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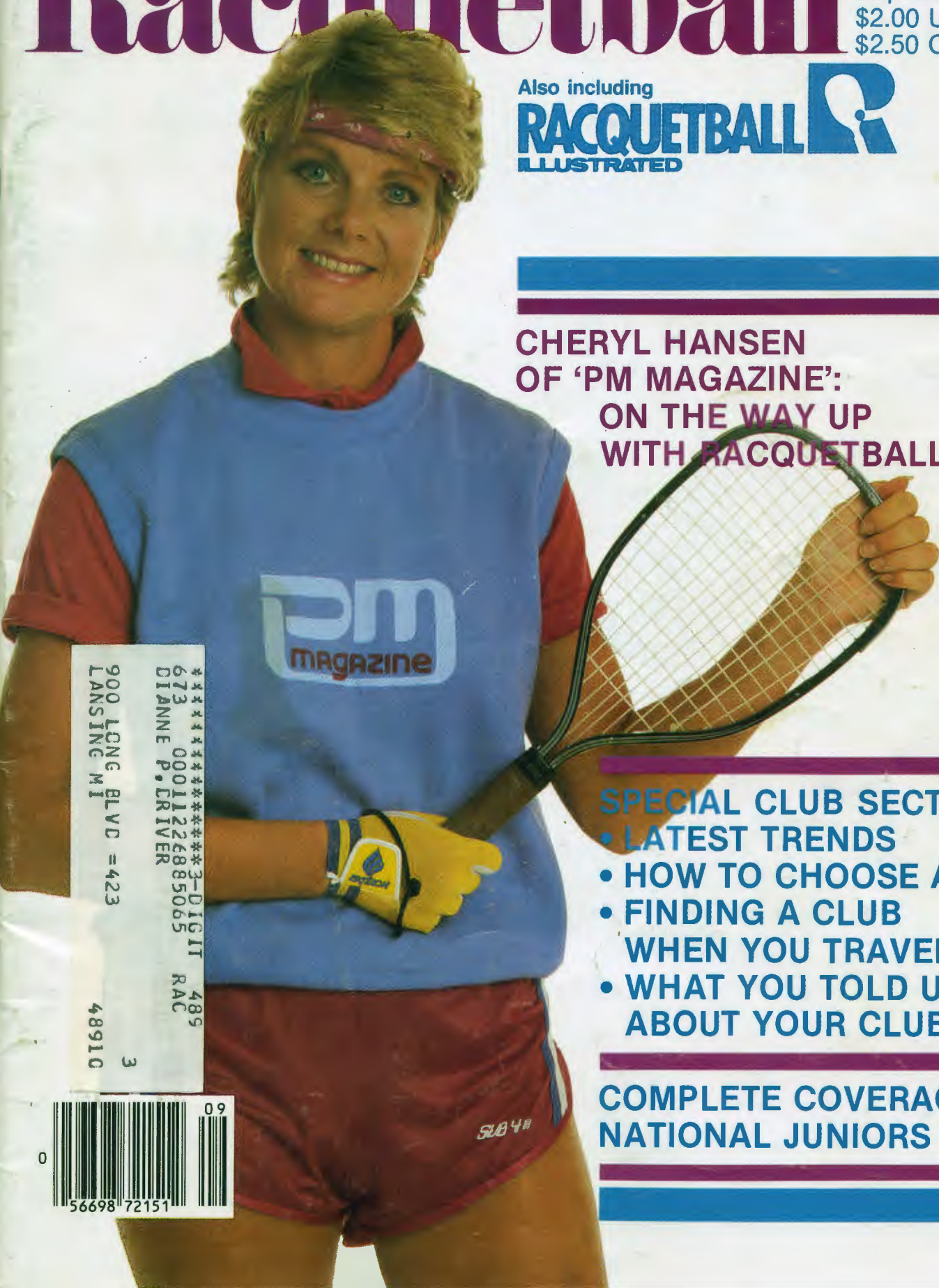


**CHERYL HANSEN
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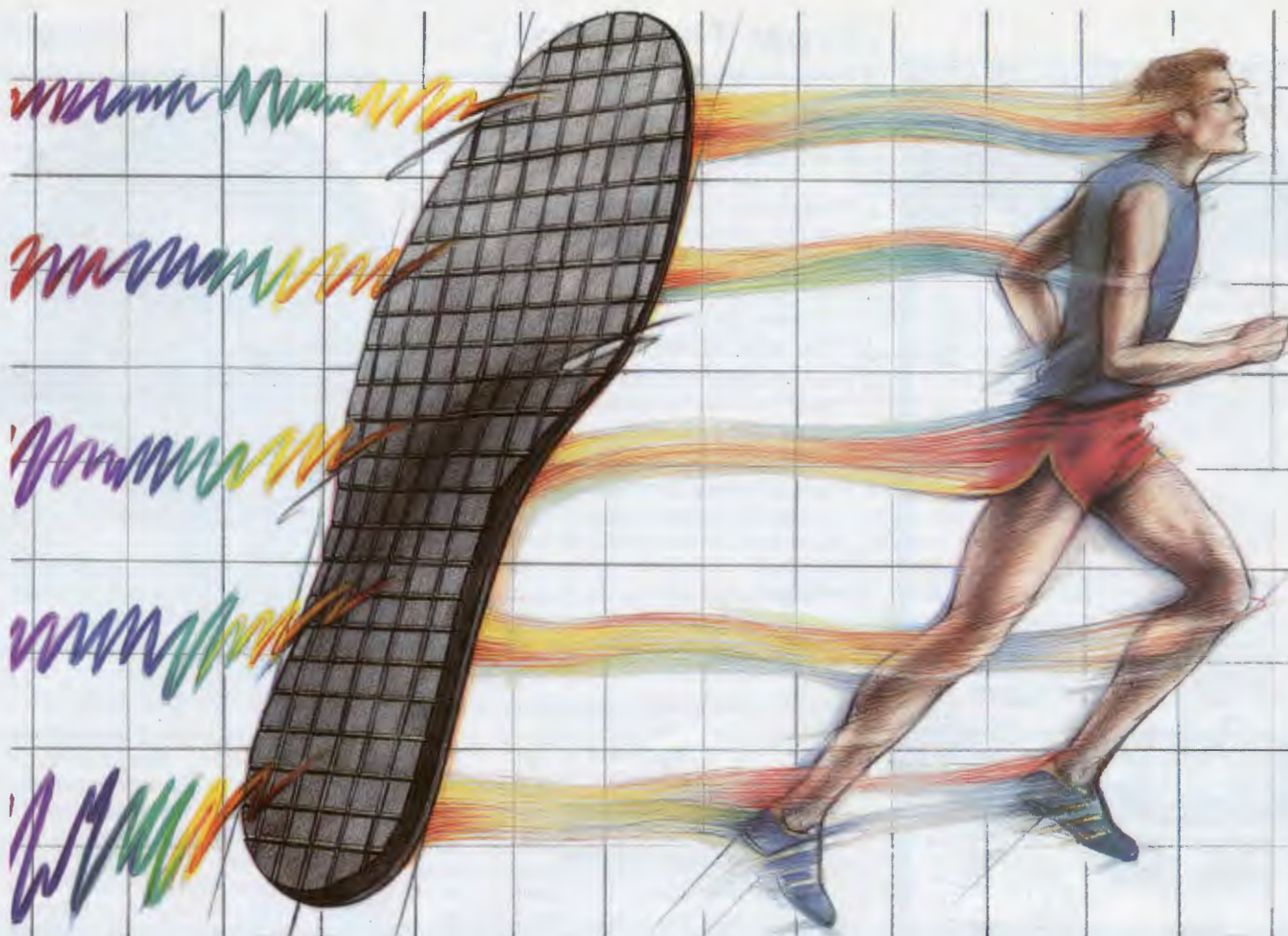
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On the cover . . .

Cheryl Hansen, co-host of PM Magazine in the Northwest, gives a surprisingly candid appraisal of her job, her rise to celebrity status, and of course, her racquetball game. For an indepth look at an interesting, successful racquetball fanatic, turn to page 7.

Next issue . . .

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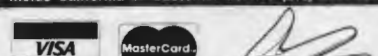
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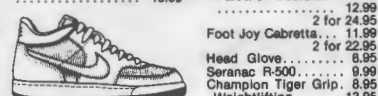
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From The Editor . . .

Kids Go Home



As a player, have you ever noticed how few kids there are in your club? I have, and it bothers me.

Have you ever noticed how few kids there are in other clubs you visit? I have, and it bothers me.

Have you ever noticed how unconcerned most clubs are at the absence of kids in their club? I have, and that one *really* bothers me.

It is a bit ironic that this issue carries the best racquetball has to offer in junior competition ("Double Plays Highlight AARA National Juniors," page 40) while industry experts explain the problems that owners have in dealing with kids in their clubs ("What Ever Happened To My Racquetball Club," page 16).

John McCarthy, executive director of IRSA and the man who speaks for club owners, put it best when he said, "The racquetball club owner is in a tough spot. It's very difficult to focus on the junior market and be profitable. The adult market pays the bills."

Yet everybody agrees that owners who think this way are short-sighted and in for future rough sailing. Developing the next and future generations of players is a responsibility that falls on the total racquetball community, including owners.

But owners cannot and should not be singled out. Manufacturers, publications, associations and sponsors all need to carry their weight to help develop the teen and pre-teen core of players. To do anything less is an industry-wide slow death, if not immediate suicide.

I don't pretend to have all the answers. I'm not sure I even have any. But I do know that promoting racquetball to juniors can be profitable in the short run as well as the long run. We must all be creative, dedicated and willing to share our love of racquetball with the youngsters.

Why is that so hard? As Chuck Spaulding, one of racquetball's foremost owners and a man who has accomplished wonders in this area, says, "Racquetball is a great game for kids. It's a great workout. Physical fitness for young people will build a stronger nation."

Not only that, racquetball improves the very skills that juniors need for other sports. A baseball swing, for example,

is virtually identical to a racquetball forehand stroke; racquetball's quick changes of direction and motion strongly resemble those of a basketball player; the stamina and endurance of soccer is inherent to racquetball.

The point is that even if racquetball is but one of several of the junior's athletic interests, his or her participation in racquetball will help develop skills in the other sports as well. Junior players do take to racquetball—when given the opportunity to play. We as an industry must give them that opportunity.

We have to give them more than once-a-year extravaganzas; more than a program here and a promotion there; more than an article or a column; more than a token piece of equipment aimed at the junior market.

And where are the parents? Huge numbers of racquetball-playing adults have kids. Are you doing your part? Isn't a sport that adds years to your life, and quality of living to those years, good enough for your children?

And what makes the situation even more frustrating is that a program is already in place, ready to be implemented. Somebody I'm very close to in racquetball has outlined a racquetball program for juniors patterned after Little League baseball. It's a natural.

But the program is as yet unsponsored, after over two years of availability, despite an inexpensive test cost. It seems to me that the racquetball industry can do better. And if we don't want to do it for ourselves, let's at least do it for the kids. ●

Chuck Spaulding

Letters

Check His Age

Dear Editor:

Just wanted to drop this picture in the mail. As you can see, it shows my son Matthew with his famous backhand followthrough—the stroke that is knocking off everybody in sight (including Joe Perez, left).



Actually, it was accidental, as we were just trying to get Matthew to hold the racquet. We just wanted to share this with you and encourage other subscribers to get those kids on the court as soon as possible.

Craig Steichen
Carol Stream, IL

Don't Fool With the Ruskies

Dear Editor:

I just finished reading Arthur Shay's "satire" about the Russians pulling out of the Olympics because of racquetball. I didn't think it was funny.

It seems that you people should be doing more to help those in racquetball reach their lofty, yet admirable goal of Olympic participation for racquetball, than tearing down such dreams with satirical barbs.

I, for one, believe that racquetball can become an Olympic sport by the turn of the century if everybody in the racquetball industry works together to help promote this wonderful sport.

As for Yuri Brokhin and his racquetball-playing Russian friends—why waste the pages?

Jim Reed
Steamboat Springs, CO

Don't Fool With The Ruskies, Part II

Dear Editor:

Arthur Shay's hysterical satire on the Russians pulling out of the Olympics

couldn't have been better timed, with the '84 Olympics about to begin. Anybody who thinks racquetball will be or should ever be an Olympic sport has to be a little wacko.

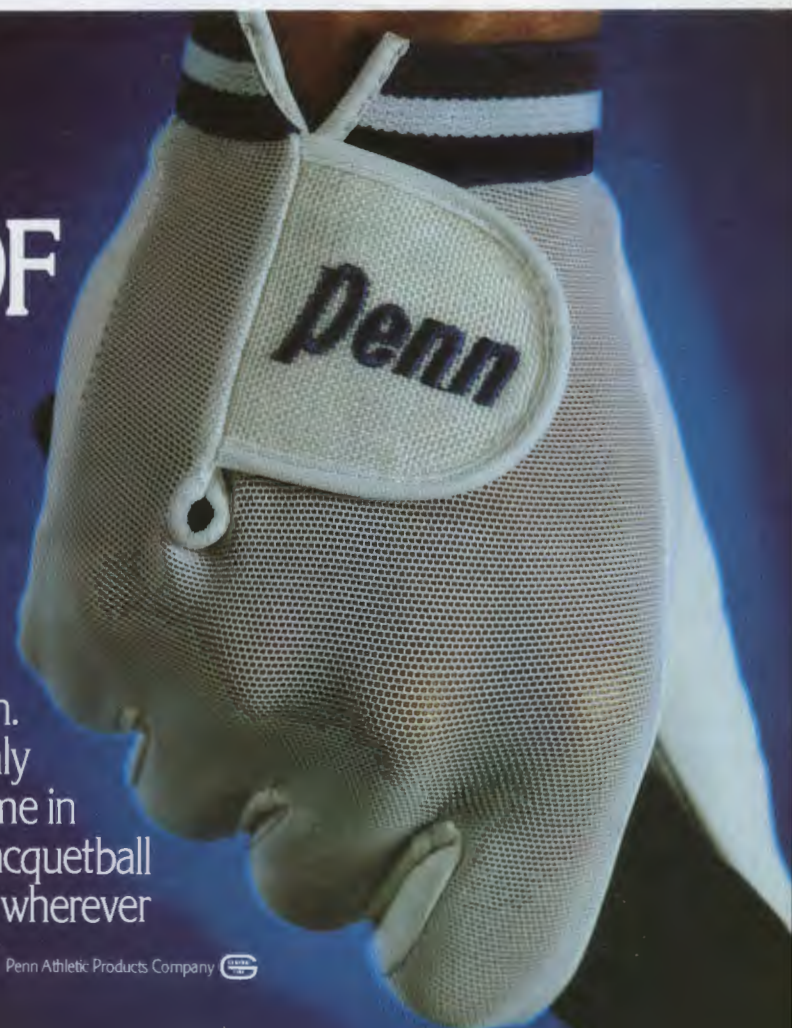
For one thing, can you imagine being a referee for Olympic racquetball? There's a subject that Shay could do wonders with! If we think the Iron Curtain judges do us in in gymnastics, figure skating and diving . . . can you imagine the avoidable or non-avoidable avoidable hinders in a Moscow Olympics?!

I found Yuri Brokhin to be exactly that—a broken man in search of self-respect on the verge of his inevitable apprehension by law enforcement (whether ours or theirs doesn't matter) officers. That Brokhin never gains that self-respect is a lesson we should all learn well as we scramble, perhaps crawl toward our Olympic aspirations in racquetball.

Howard Anderman
Gadsden, AL

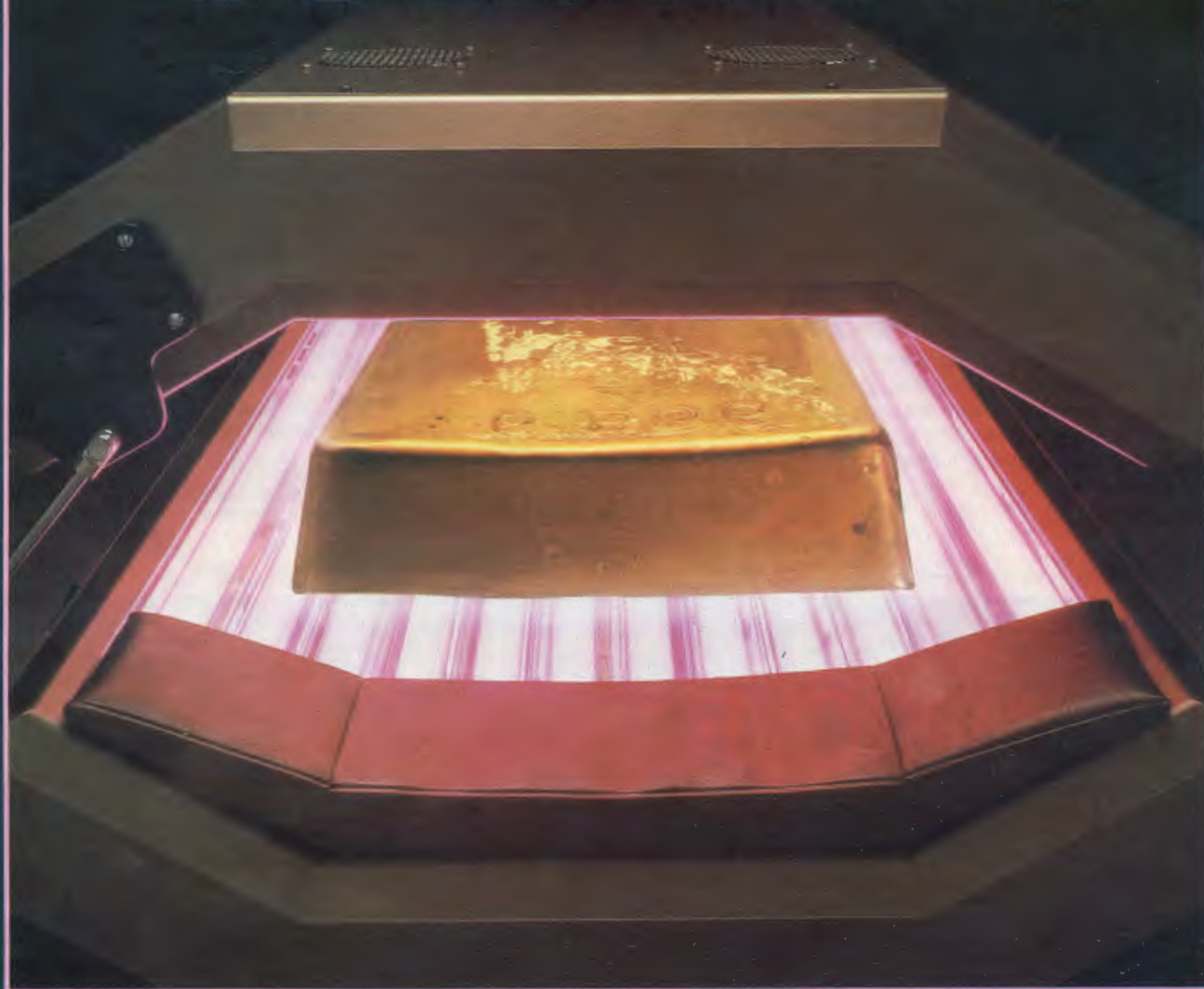
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E V E R Y D A Y I S S U N D A Y

Cheryl Hansen: PM Magazine's Racquet-Toting Co-Host

by Linda Catanzaro Boberg

"The first thing people say to me isn't 'Oh, hi! You're Cheryl Hansen from PM Magazine.' They say, 'Oh, hi! I met you last week at the Newport tournament. Are you playing better this week?'"

Energetic and attractive Hansen, 35, co-host of the Northwest edition of the popular syndicated television show, will gladly pass up watching her 7:30 p.m. show to spend time talking about "my chosen sport." To her Portland, OR viewing audience, "I'm their friend, their next door neighbor who comes into their home every night," says Hansen.

On the court, she's an A player who plays hard to work off the tension of a long, hard, day. "It's amazing the cleansing and healing power of a good hour of racquetball," she says.

Like most TV people, Hansen does not work the "normal" nine-to-five, five day week. She's often up early, off to the studio for staff meetings, tapings, wardrobe fitting, and producing and taping stories that she puts together on her own. After that come the obligations for radio and TV announcements, P.R. work, benefits—everything expected of public personalities.

"I think if I had not had the club (the Willamette Athletic Club) and my friends, and my racquetball game to go to after a long day, I would probably have jumped off one of the 11 bridges here in Portland," she says with a quick laugh.

Three or four days a week when Hansen finishes her PM Magazine work, she takes off for the club where she spends an hour and a-half warming up with aerobics before another hour and a-half of racquetball.

Usually she plays with Darcy Lenz, her partner for the past three years. If Lenz isn't available, Hansen will look for anyone who can challenge her. "I'm tenacious—I work hard at my game," she says.



Hansen steps into a backhand against regular opponent and friend Darcy Lenz . . .

But it wasn't always that way. Prior to moving to Portland from Omaha, NE, she was an avid tennis player. But the consistently rainy climate of the Northwest disillusioned many outdoor enthusiasts and Hansen admits that her tennis game, "went down the toilet."

She'd been trying racquetball with no serious interest. At the same time she knew that her four-packs-a-day cigarette habit was anything but healthful. When PM Magazine scheduled a hypnotist who claimed to cure cigarette smokers, Hansen made herself the subject for the program.

"My little bargain with myself was that if I quit smoking, I was going to join some nice racquetball club and take the game seriously," she says.

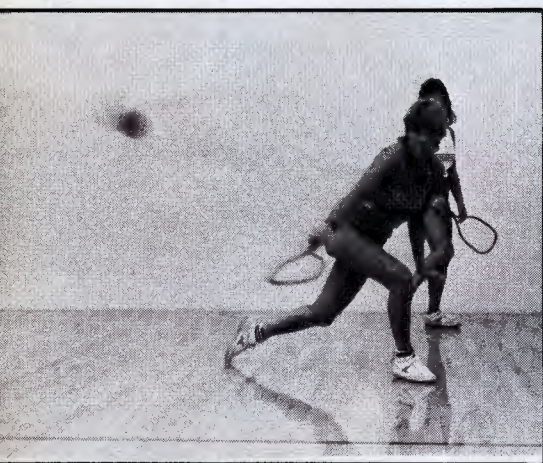
And so the hypnotism was tried and although she was tempted to start smoking again, racquetball and the friends she'd acquired as a result of the sport took hold. It's been five years since she quit smoking and got serious about her game.

In 1977, she was working at TN-TV in Omaha. The NBC affiliate had seen her in local commercials and doing freelance work while attending the University of Nebraska at Omaha. Her bachelor's degree was in communications and a master's was earned later in clinical psychology. While teaching high school theater and hoping to gain a position in high school counseling, TN-TV offered her a news anchoring position.

"I decided that it might be a good thing for me to get away from the school system and teaching and try to see what my own performance abilities were," she says.

After a year and a-half with TN-TV, KGW-TV in Portland, another NBC affiliate, offered her a job with their news department. It was a time of major changes for Hansen—her future in broadcasting looked bright, but she'd be leaving behind good friends.

"I left behind a wonderful group of people in Omaha," she says. "But their



... and lets it go cross court.

parting words to me were, 'If you don't like it there, come home. We'll find a place for you here.'"

Against that background of security, Hansen left for Portland. She intended to stay there for two years and, assuming success, then tackle the larger markets of Los Angeles, San Francisco, or Chicago. Six and a-half years later, she feels firmly rooted, in love with Portland and its people.

"I like where I live. I like my friends. I guess you can say that although I work in an industry where there's always the competitive edge and achievement and recognition, I've found a quality of living that I've been looking for."

She began at KGW-TV as a news anchor. A short time later, Hansen began co-hosting a local evening magazine show. Then the station picked up PM Magazine and Hansen was selected as a female co-host.

As the most widely syndicated TV show (over 80 U.S. stations) PM Magazine's parent company, the Westinghouse Corporation, helps a great deal by sending specific instructions on putting each segment together.

"They provide you with virtually everything you need to know to put

together a half-hour program, even down to the point of saying 'Co-host A will put pancake batter on the grill and say this; Co-host B will flip pancakes and say such-and-such a line.'"

Although they basically follow the format, Hansen and co-host Dave Sullivan have found that their own ad-libbing works well. They get some static from Westinghouse officials, but since the show holds the largest market share in its time slot, the complaints aren't often loud.

Each area of the country has its own couple to co-host PM Magazine. More than once, people have approached Hansen and asked why she wasn't on the PM Magazine they watched in another state.

"Everyone has their own Barbie and Ken," she answers, although some of their own locally produced segments, if appropriate, are sent by Westinghouse to other syndications. Thus it is possible, though not likely, to see Cheryl Hansen in other parts of the country.

Travel is a major part of her job. She is often out "on a shoot" for weeks or months to places throughout the Northwest or as far away as Nepal, Japan, New Zealand, and in August, to India.

"I've seen places I never thought I'd see," she says. "How many times do you think you're going to end up sitting on an elephant in the jungles of Nepal?"

Whenever possible, Hansen and Sullivan (who's also a racquetball fanatic), try to find a club to ease the tension out of a long day. They generally call the local chamber of commerce, find a club, and spend two or three hours blasting their troubles against the front wall.

"You spend all your time all day working. If you go for drinks or dinner, you talk about work!" she says. "That's a good 12-14 hours of work-related things, so it's very nice to take off in the evening and even though you're still with the people you work with, racquetball is an enjoyable way to divert your attention for awhile."

At 6'4", Sullivan has "reach." Tall and somewhat lanky herself at 5'9", Hansen describes her arms as "ape-like," a dubious distinction that serves her well on the court—especially against men. Presently, she enjoys their competition.

"There aren't enough Women's A players for steady workouts whether I'm at my own club or in tournaments," she says. "Usually tournaments lump together the Open/A players into one division. If I'm scheduled against Open players, I can pretty well bet on getting blown right out."

Prior to her March, 1984 marriage, Hansen played in three or four tournaments a month with Lenz. They don't play for notoriety, or money, or trophies—just for fun!

"Yeah," Hansen teases, "we thought we'd go to the Nationals just for grins."

"Seriously, our attitude is that we enjoy the people we've met through racquetball and have made a lot of good, long-lasting friendships. As a result, that is what has always kept me going back to the tournaments—the camaraderie and knowing that when I go in and play a match, there are people up there wishing that I do well, cheering me on."

More often than not, these people don't care that Cheryl Hansen, TV star, is on the court. They yell at her about what she's doing wrong, how to improve her game. It's this down-to-earth quality that Hansen most appreciates.

"Knowing that I'm always going to have four or five coaches hanging over the edge and somebody running down whenever I take a time out and saying, 'You're not doing the right thing!' or yelling, 'You gotta get up! Go back! Go to the ceiling!' makes me work hard," she says.

"They're more interested in knowing whether my backhand is off or not, and, frankly, I am, too!"

One of the down-to-earth people Hansen met through racquetball is pro/instructor Jean Sausser. Sausser and club owner/pro Jennifer Harding invited Hansen and Paul Linnman, her PM co-host at the time, for an exhibition match at their club opening a few years ago. Tall, blond Hansen and short, dark Sausser started their friendship with teasing.

"I gave her a hassle about being from Chicago. I can do that," Hansen says, "because I'm from Nebraska."

"She a kick," Sausser says of the woman who'll pick up her phone and greet the caller with anything but the usual hello, startling that person into convulsive laughter.

Racquetball tips turned into lessons, then a celebrity sponsorship from Ektelon, and soon Sauser was calling Hansen when she'd find a player who could challenge the PM co-host. And whenever possible, Hansen, Harding, and Sauser would find a fourth for doubles.

"They'd make up funny little names about all my various shots—which they couldn't get I might add," Hansen remembers. "And then because I'm tall, I'd jump up for these impossible shots and do something with my legs that they termed the 'donkey kick.'"

Sauser remembers that Hansen "was a really good player when she worked at it" and pauses, smiles, and asks, "does she have a backhand yet?"

When Hansen's not playing racquetball, she doesn't sit still. She skis ("I do great, but I'm better in the lodge . . ."); she golfs ("My father is a scratch golfer and I would be strangled if I didn't play well"); she horseback rides, and bikes.

Other forms of relaxation include a Christmas visit to Nebraska to see her parents. An only child, Hansen is given a good deal of quiet, private time that she feels is very needed.

"We only children are characterized as spoiled," she says. "I prefer the research that says we're over-achievers."

She often visits the friends back at TN-TV in Omaha and was once pressed into service when there was an airplane crash at the Omaha airport.

"I was in the news room watching my friend do the news when the crash occurred," she says. "There was no one around; it was after working hours and the regular reporter was out to dinner. I said, 'Well, somebody's gotta go' so I went."

Most of her relaxing moments these days are spent at home in a big house with nine cats, an Old English sheepdog, and husband Dave Hanzlik, 37, who doesn't play racquetball "yet." These moments are few and far between because the price of celebrity status is to forego the casual visits to local restaurants, spur-of-the-moment trips to the mall, and even supermarket ventures.

"I don't think anybody who has any sort of interest in privacy in their life would be comfortable with trying to sneak off and go to the grocery store on a Saturday afternoon with dark glasses on, hair in a ponytail, and having people chase you around the store wanting to talk about their great-aunt Lucy's 109th birthday and wouldn't you want to cover it? And you're just trying to get home with your groceries to make dinner," she says.



Here, Hansen shows her tough, forehand stroke . . .

On the other hand, Hansen feels a strong responsibility to the people who recognize and approach her, whether it's while she's doing the show or in a supermarket.

"I just try to be myself, talk to the people, and be consistent. Sometime's it's hard," she says.

And that consistency is one thing that she tries to maintain even while at the racquetball clubs. Although she's never done a racquetball story for PM Magazine, she has crossed over to the sports department to help with racquetball stories. Once, when the sportscaster wasn't too sure about the names of shots or players, Hansen helped out and "it was truly enjoyable."

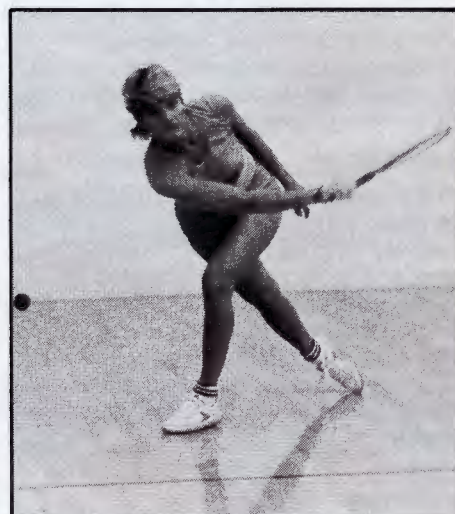
Hansen feels that any form of exercise is vital to a person's well-being, but she knows first-hand what can happen if you're not careful on the court. After "two real whopper injuries," including a broken ankle, Hansen watches how she plays.

Hansen's future with PM Magazine, continues to look good. She understands, however, that her marriage will soon force her to make another major decision.

"My job is exciting and I love it," she says. "But there will come a time when I have to choose whether or not to have children."

"Is there life after PM?" is a question the entire cast and crew of the show ask once in awhile, never with any major concern of its cancellation but with knowledge of the nature of the TV world. Hansen is content with her product.

"In my career I've always felt that if my goal were to be Jane Pauley and live and work in New York, then I would set myself up for failure," she says. "I've always felt that it's much better to have smaller goals that are attainable and help build confidence.



. . . er, well, that's the difference between A and Open players.

"In racquetball, too, it helps to say, 'hey, I may not win this A tournament, but in this tournament I want to place.'"

For now, the fun of the TV show is still there. And on the days that it's hard, rough work, there's always the club to help get it out of her system.

"At the end of most hard days, I've been able to pick up my gear, trudge off to the court, beat the you-know-what out of the ball, scream at my partner about what a lousy day I've had as I'm hitting the best kill shot I've hit in years and get off the court thinking, well, tomorrow will be better."

She pauses for a moment to think about the kind of show she works on that requires the relief that racquetball brings.

"It's happy, up-beat, and entertaining, and affords me the opportunity to display personality," says Hansen. "It's not like I'm reading news. It's not like I'm being taken overly serious. I'm having a good time!"

That she is—both on and off the court! ●

How To Choose A Club: Get The Most For Your Money

by Jean Sauser

If you are looking for a racquetball club to join, you've probably noticed that there are an abundance of clubs in your area. The problem for most players is not finding a place to play (that problem is long gone). It is finding the *right* club for you. Location, facilities, price, programs, and staffing are major factors to consider when you go shopping for a club to join.

Location

The biggest mistake you can make is to join a club with a location that is too far from where you live or work. So, step one in finding the right club involves getting out the yellow pages and finding the location of the clubs nearest you. Or, if your local newspaper features an appealing ad for a club, check to see that it is not more than a 20 minute drive from where you live or work.

Facilities

Most clubs today offer more than just racquetball, and most racquetball players today do more for their games than just play. But neither the courts nor exercise machines should be your first thought. Rather, when checking on club facilities, first note the maintenance.

Does the club appear to be well maintained, or as you walk around the facility, do you notice that things are broken and unclear? The better clubs in the country are cleaner than most player's homes. You should expect as clean a facility as you are willing to pay for.

Check to see that the racquetball courts are clean, well-maintained and that the lighting is adequate. Some clubs appear clean at first sight but neglect their racquetball court maintenance.

If you are checking out a total fitness club, make sure that all the facilities have good quality and are of adequate size. The weight area should not be smaller than the size of a racquetball court. A swimming pool that is less than 60 feet long cannot accommodate its users in a club situation. An indoor track that you have to run around more

Facilities include things like whirlpools where you not only get a good idea of what the facilities are, but also how they are maintained.



than 20 times to go one mile is too monotonous for you to use seriously. An exercise area that is less than the size of two racquetball courts turns members into packed sardines if more than 10 people show up for class. Half court basketball is not the real thing.

Remember, clubs are businesses first. And, like all businesses, some will stretch the truth about their product, while others really have what it takes and more. It's up to you to pay very close attention to the facilities as you walk through them.

Price

The most important thing about purchasing a membership to a club is *not* what the price is.

Do not buy a membership until you know what the price includes and what it does not. There are as many different prices and price payment plans for club membership as there are clubs in the country today. Avoid confusion by asking as many questions about what you are getting for your money as you can possibly think of.

Does your membership include court fees? If not, how much is court time?

Most good racquetball clubs have payment plans for unlimited use of the courts. If you play a lot, you do not want to pay per visit unless the fee is \$3 or less.

As for payment plans, make sure that the terms are acceptable for *you*. Avoid signing contracts that require you to pay for more than one year unless you are sure that you want to make a real commitment to the club for the amount of money and time involved in that contract. Many a racquetball player has spent more time in Small Claims Court than in the racquetball court because (s)he didn't really understand the terms of the membership contract (s)he signed.

No matter what the price, make sure that you can trust the person who is selling you the membership. If the club representative comes across to you like a "used car" sales type, it's "buyer beware" time. Do not join that day. Check out the club with the Better Business Bureau.

There once was a time in the health club industry (in which some people consider racquetball clubs), where sales people were ruthless with their customers. I've heard of sales routines

The staff is an important element in any club. Smiling, clean-cut and helpful personnel always make for a more enjoyable club experience.



that included locking the prospective members in the sales office until they agreed to join. You don't have to be locked into any club that you don't want to join. Just be careful.

It is safe to say that any club that is *reputable* will not use high pressure sales techniques to get you to join.

Programs

Another way to tell if you've found a good club is to check out the club programs available. Are there racquetball leagues, lessons and special events? If so, you can count on getting regular games and finding new partners.

Basketball leagues, instruction in the weight areas, running and swimming programs are all activities that can help your racquetball game and keep you involved with your club when you are not playing racquetball.

Clubs that offer programs in all areas are interested not only in your membership money, but in keeping you involved for as long as you want to stay involved. This is the kind of service you want.

There is one program that most good clubs have that you should ask about. It's called a guest workout program. What this means is that as a prospective buyer, the club will allow you one (or more) free workout(s). You can come in and play racquetball and/or workout in the other areas at no charge.

The guest workout program will vary from club to club. Some clubs will just give you a free pass that you can come in and use by yourself. Other clubs require that you check in with a member

of the club staff who will show you where the facilities you will be using are located and even give you free instruction if you need it. This usually applies to racquetball or the weight areas. It assures that your visit is safe as well as fun.

When taking advantage of a guest workout, talk to as many members as possible. Ask them if they like their club. If they reply in a positive manner, you'll know that it is probably a good club. A reply that indicates too many maintenance and service problems can save you from spending your money foolishly.

A good question to ask a current member is: *"If you had it to do over again, would you join this club?"* You can form your opinion about the club based on how many "Yes" answers you get.

Also, when taking your guest workout, check out the members in general. Is your lifestyle represented in the club? It's important to feel that you can fit in with your fellow members. Most clubs are made up of singles, couples and families. Make sure that you feel comfortable in the club you are joining.

Staff

Last, but not least in your consideration about joining a club is its staff. Do they dress neatly and cleanly? Are they friendly, or put out by your very presence in the club? You can determine this on a tour of the club and/or during your guest workout.

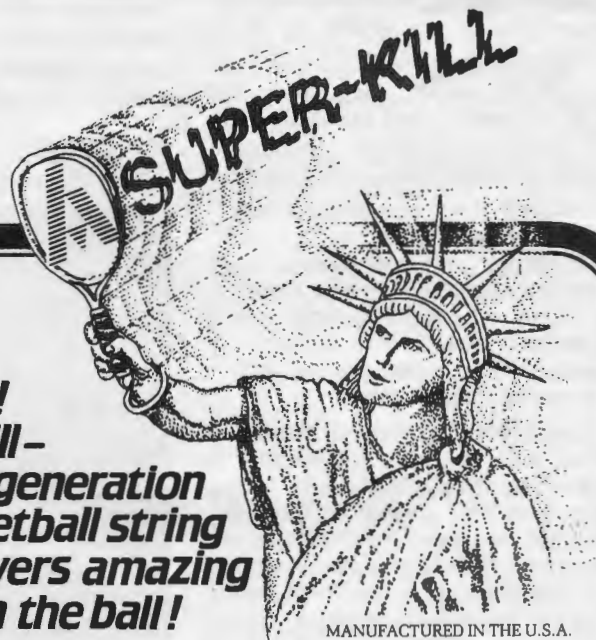
Beware of a club that has fashion models in every department. After your eyes adjust to the pleasant scenery, you'll often find that the friendly good service you anticipated just isn't there.

Instead, look for a staff that is *genuinely* fit and friendly. Age is insignificant. In fact, older fit and friendly staff members usually are the most professional due to experience.

Every time you visit the club, your first contact will be a staff member. Make sure that you like the staff.

A Lifestyle

Statistics now indicate that joining a club is becoming as American as buying a car. You owe it to yourself to shop around. Every club you look at, like every person you meet, will be different. What really matters is that you join the club that meets your own individual needs. The suggestions in this article are put forth to increase the odds of finding the best club for you. ●



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What You Told Us About Your Clubs

You want them clean, friendly, and with a good attitude toward kids. And for the most part, you've got what you want.

That's the primary results from our *Tell Us About Your Club Survey* (June issue), which drew over 150 responses from 35 states and Canada. Clearly, our readers feel strongly about the club they belong to.

And why shouldn't they? Averaging \$150 in annual dues, the clubs our survey respondents listed should have a certain degree of polished perfection. Expectations ranged from expecting the staff of a club to be courteous, knowledgeable, and efficient to having clean, homey locker rooms, to enjoying a wide variety of programs. Nearly every survey we received had a comment about each of those three items.

Not everyone can scout around before choosing a club that fits their needs. If you live in a small, rural town that only offers racquetball at the local club, you pretty much have to make due with that or else drive over 20 miles to a "spiffier" club that offers a full range of recreational facilities. Therefore, it wasn't surprising to see convenience listed as a major reason for belonging to a particular club.

"My court is close to work," wrote Jim Gregerson, Racine, WI, under the item of what he especially liked about his club.

Jim wasn't the only person who liked the close proximity of the club. Sixty-eight percent of our respondents play after work between 5-10 p.m. The next highest group (13%) were those players who hit the courts during their lunch hour. These percentages will come as no surprise to club owners, and generally, they represent players who play close to home or job.

The people responding to our survey, as usual, were the more active and higher caliber racquetball player. Fifty-eight percent play racquetball three or more times per week with 74% falling in the Intermediate/Advanced playing levels. Twenty-eight percent have been playing for more than five years. Age levels were consistent, too, with 64% in the 25-44 year old range.

As to *why* one club is chosen over another (if there is a choice), our readers looked for a place that offered some physical and social activities.

Exercise weight training machines, like this Nautilus machine (demonstrated by Mark Rawhouser, Nautilus Fitness Center and Jane Rhode, Lake Geneva Fitness & Racquet Centre) have become standard equipment in clubs.

"My club is a good place to relax as well as to exercise hard," wrote Jeffery Cirar, La Canada, CA.

If there was any one improvement that nearly all the clubs represented by our survey could do to aid their players, it would be to offer more tournaments.

Sally Rose, Menomonie, WI, echoed with "Open tournament, and more structured leagues are needed," in response to our question, "What could be done to improve your club."

"More tournaments!" wrote Steve Meredith, Pensacola, FL.

"Give us more things for kids!" demanded Edward Borchers, Derry, NH.

Although 71% of all our readers' clubs have nurseries, only 11% of our respondents said they took advantage of this amenity. Perhaps this isn't a representative group since 71% of our answers came from men, most of whom probably don't have children tagging along with them to the club.

There is an industry-wide assumption that not all clubs appreciate members bringing their children. Thus, it was nice to see 76% of our readers rated their club's attitude toward children as being good or excellent.

A club's attitude toward arranging games is another area where our

Using The Facilities

Have It (%)	Use It (%)	Facility
21	21	Swimming Pool
83	65	Sauna
31	32	Steam Room
8	1	Cold Plunge
64	64	Whirlpool
72	67	Exercise Machines
48	33	Free Weights
41	25	Suntan Machines
21	16	Jogging Tracks
21	9	Basketball Courts
12	0	Squash Courts
20	4	Tennis Courts
15	2	Massage
52	44	Snack Bar
15	15	Restaurant
27	32	Cocktail Lounge
0	0	Inhalation Room
71	11	Nursery
65	19	Aerobics/Dance Studio
8	6	Quiet Room

respondents felt their clubs could improve. Twenty-five percent of our readers said that their club rated poorly when it came to arranging a match.

As for the number of courts each club has, that number ran all over the place! One reader wrote that his club has 24 racquetball courts, another listed his club as having only two! The average number of courts per club was 8.48.



The growing interest in the fitness field was clearly demonstrated by the types of facilities our readers used. Exercise machines, swimming pools, snack bars, and dance/aerobic rooms are facilities available and frequently used. Saunas, sun tan machines, and whirlpools are also popular. (See graph for an example of how many of our readers have access to different facilities and how many use them.

Although most clubs are offering more and more activities, to meet their patrons' needs and desires, they aren't being utilized to the extent one might imagine. Obviously, our readers are racquetballers first and foremost.

We startled a few people with our comprehensive list of facilities that are available (at some clubs). But it's a rare club that offers such a wide range. A quiet room? An inhalation room? What's a cold plunge? No one commented directly, or asked what they were, but there were a number of question marks on our survey.

There were even a few items we left off. One reader listed a beauty salon and a golf driving range as facilities he could take advantage of at his club.

Perhaps most importantly, some respondents didn't care what the building had to offer, as long as the personnel and the atmosphere of the club was cohesive.

"I have always felt that I could get more out of a club if the pro floated

Rating Your Club

	Poor (%)	Fair (%)	Good (%)	Excellent (%)
The Club, Overall	0	13	49	37
Cleanliness	7	16	32	45
Variety of Programs	11	30	33	26
Variety of Social Programs	31	32	32	5
Quality of Instruction	15	32	34	18
Child Care Availability	6	20	55	19
Staff Courtesy	10	19	30	50
Staff Efficiency	2	20	35	42
Club Attitude Toward Kids	7	16	49	27
Locker Room Conditions	13	15	37	35
Club Atmosphere	1	12	50	36
Arranging Games/Matches	25	13	29	32

and instructed. This has been lacking in clubs I have previously and up to now belonged to. However, I can understand why they don't because the pros are not treated with respect for their knowledge and enthusiasm," said Andrea Schwartz, Wooddale, IL.

"The owner and manager and most employees at our club know nothing about racquetball. As a result we have no organized activities to promote play. Also, suggestions that players have are not considered. Too often, it feels like it's 'them' against 'us' instead of everyone working for the success of the club and the satisfaction of the members . . .," wrote one disgruntled reader.

Happily, the majority of our survey respondents felt that their club was a great place to be. *"Our club personnel*

are friendly and go out of their way to help," said Jim Kerr, Duluth, MN.

"Great people and many good players of all ages. Also frequent and well-run tournaments," said John Kaller, New Mexico.

Since we received many comments like John's, we can conclude that the clubs offered around the country are doing a good job! Keep it up! ●

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Running tracks, like this one at Lehmann Courts in Chicago, have gone over extremely well in clubs.

Traveling? Two Ways To Find A Place To Play

by Victor Block

Lee Greer quietly closed the door to his supervisor's office, strode back to his desk and picked up the telephone. Dialing quickly, he waited impatiently for his wife to answer so he could play the "good news-bad news" game.

Sharing the negative information first, Lee explained that three far-flung clients in different areas of the country had run into problems with the firm's latest product innovation; he was assigned to troubleshoot, and was scheduled to leave in two days.

Waiting for Ariane's words of disappointment to subside, Lee sprung his surprise. Why didn't she arrange to take a few days away from *her* work, ask her mother to keep the children, and turn his business trip into a mini-vacation for them both?

Ari didn't have to be asked twice. She told Lee to arrange the flights and said she would make other arrangements — including checking with the racquetball club to which they belong regarding facilities in their destination cities where they could play as guests.

In response to her phone call, the manager of their club looked in his International Racquet Sports Association (IRSA) directory. He listed the name, address and telephone number of a club in San Francisco; Milwaukee, WI, and a suburb of Boston, and explained that with a reciprocal play card, the Greers could reserve court time at each, paying the guest and court use fees in exchange for use of the racquetball and other facilities.

This reciprocal play program — available to members of IRSA — is among services provided to racquetball and tennis clubs that belong to the organization and, in turn, made available by them to *their* members. IRSA is a non-profit association that promotes racquet sports and provides various support services to club owners and operators. Individual members of any club associated with the Association are entitled to take advantage of the reciprocal play feature.

Clubs such as Cedardale in Haverhill, MA, (upper right), West Allis Athletic Club, just outside Milwaukee, WI (lower) and Schoeber's (lower right) with four clubs in the San Francisco area are all participants in either the IRSA or Traveler's Tennis and Racquetball programs. Many clubs are in both.



Operation of the program is simple. A member planning to travel at least 75 miles from home tells the desk clerk or office manager of his club where he will be visiting. A look in the IRSA membership directory reveals the name and address of clubs in that area, along with a description of the facilities, and a reciprocal play card provided at no cost to the traveler serves as an introduction.

All the person need do is contact the host club when he arrives at his destination to reserve a court, present the card when he shows up to play, and pay the regular guest and court fees before taking to the court.

With almost 800 clubs throughout the United States and Canada listed in the IRSA directory, the great majority of travelers on business or pleasure trips usually find one conveniently located to where they plan to visit.

For further information, contact the International Racquet Sports Association, 112 Cypress Street, Brookline, MA, 02146, or call (617) 734-8000.

Another source of contact with clubs that welcome visitors from out of town is Travelers Tennis & Racquetball. Rather than being available through membership in clubs that belong to the organization, this is a membership service for individual racquetball and tennis enthusiasts who wish to be able to play at some 350 clubs throughout the United States.

The annual \$75 fee includes a membership card that provides entry to and use of racquetball and tennis courts at participating clubs, as well as use of exercise equipment, swimming pools, restaurant and other facilities, and a directory that lists and describes the clubs by city and state.

In addition, Travelers Tennis & Racquetball members benefit from a number of other extras. For example, participating Hertz and Avis locations in the United States and Canada offer rental car discounts up to 35% below standard time and mileage rates.

Victor Block is a free-lance travel writer for newspapers, newsletters and magazines; a state editor for Fodor's Guidebooks, and a member of the Society of American Travel Writers. When not on the go researching travel articles, he lives in Washington, DC.

Readers are encouraged to send your racquetball travel questions to Victor Block, c/o National Racquetball, 1800 Pickwick Ave., Glenview, IL 60025.

A number of Ramada and Holiday Inns provide members with discounts and various VIP benefits, such as automatic room upgrade and express check-in.

And all members under the age of 70 receive at no cost a \$10,000 insurance policy — which is in force at home or away — against accidental death, dismemberment or loss of sight.

For additional information contact Travelers Tennis & Racquetball at 4016 Gulf of Mexico Drive, Longboat Key, FL, 33548, or call toll-free (1-800) 321-0891 in the United States; in Florida and Canada, call collect (813) 383-5586.

Oh, yes. If you wonder how the Greers made out on their trip — Lee pinpointed and straightened out the hitches that had developed at each of his firm's clients. Ari enjoyed days of sightseeing and relaxing at each city. And they rounded out each evening with several games of racquetball, followed by a dip in the pool and an enjoyable dinner, at each of the host clubs they visited. ●



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What Ever Happened To My Racquetball Club?

by Chuck Leve

A long time ago, in a galaxy far, far away there was a racquetball club: eight courts, a locker room or two, vending machines, front desk, TV and a sofa. Then another racquetball club was built. Then another. And another.

Yes, 1973 seems like a long time ago, and the racquetball clubs in that galaxy bear little resemblance to today's clubs, which by their very name are not racquetball clubs, rather, "athletic clubs," or "health and racquet clubs," or "racquet and fitness clubs." It's been some time since we unveiled the latest "racquetball club."

According to the experts, the reasons are sound and simple.

"Clubs are trying to answer more of their member's recreational needs and wants," said John McCarthy, executive directory of the International Racquet Sports Association (IRSA), the association of club owners. *"As clubs become more responsive to the consumer, they're becoming more profitable and more professional."*

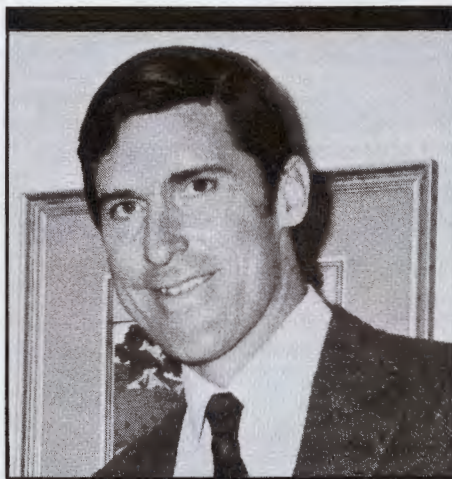
"I agree there is a trend to multi-purpose clubs," said Chuck Spaulding, president of Spaulding Racquetball Clubs, Inc., and probably the person most identified with "pure" racquetball clubs. *"The facts are that racquetball by itself in most places won't carry a club. The numbers just don't work. We have to make the facilities multi-use."*

"We had to keep up with the times. The demand was there," said Keith Nygren, owner of the West Allis Athletic Club, which has undergone eight major additions or renovations since it opened in 1976 as the West Allis Racquetball Club (see inset). *"Our courts are still full, but with the other amenities, our membership base is much larger."*

Of course, it wasn't always so. In the early and mid-1970's racquetball clubs were being built all over the place, eventually leading to the supply outstripping the demand. In order to compete, the newer versions of clubs started adding anything-you-can-think-of to attract members. That made life tough for the little racquetball clubs, forcing some of them out of business.

"The clubs that were pure racquetball had utilization problems," said McCarthy. *"The clubs that are multi-purpose are still filling their courts."*

"Racquetball, the owners have learned, is not the future. But it is part of the future. Every new club that's going up does have a racquetball component—a



"Clubs got a real bum rap when they were labeled 'singles bars of the 80's.' Clubs can become a source of lifetime friendships and permanent bonds between people. To call a club a singles bar doesn't do justice to what happens at clubs."

—John McCarthy

significant racquetball component."

Spaulding, who either owns, manages or otherwise is involved with 25 clubs in seven states and the District of Columbia, believes that the pure racquetball club, even with slight modifications, will still have to work hard to compete in today's market.

"I'm going to have all sorts of trouble competing against the big guy," he said. *"But then, he's got that huge, expensive building to pay off. We've been in business a long time, we're profitable, and I like to think we're doing the job."*

"I heard the other day that a club went up recently for over 20 million dollars. Heck, my first club cost \$170,000 and I guarantee you it costs less to play racquetball at my place than his."

But Spaulding, who has added full lines of Nautilus equipment to all his clubs in the past few years, admits it's a tough battle.

"Truthfully, we do best when we have our own market, do it the right way, and go ahead and perform. Programming is the key to success in the club business and we hire programming specialists to see that we're responding to the needs of our members," he said.

National Racquetball's bi-annual survey of players on their clubs (see page 12) consistently finds consumers extremely interested in the cleanliness, friendliness and efficiency of the club. In fact, players would rather go farther to play, than play at a club in which they don't feel comfortable.

"Just as a restaurant could have the best food in the world, if the service is poor, people won't come back," said McCarthy. *"It's no different for a club. Farsighted owners hire friendly and enthusiastic people. Those are qualities that can't be trained."*

One of the bad raps against racquetball clubs over the years has been the image of clubs not doing enough to promote the long-term growth of the sport. Translated it means that most clubs have put out the "kids not welcome" sign. It is a problem that goes to the very heart, soul and pocket-book of the racquetball business.

If racquetball as an industry can attract teens and pre-teens, then these people will eventually become the young adults who carry the bulk of the business in clubs. Yet most adults would prefer to play, work out, and relax without a bunch of screaming meanies carrying on.

Evolution Of A Club

West Allis Athletic Club

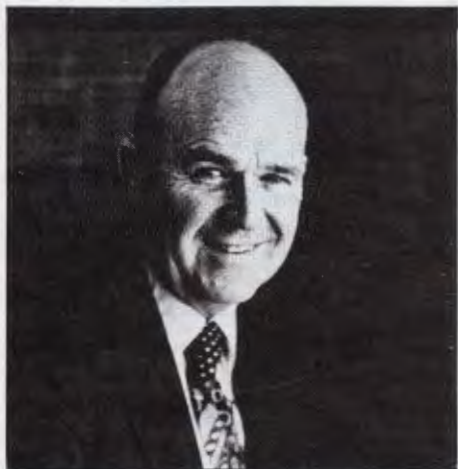
West Allis, Wisconsin
(suburban Milwaukee)

Owners: Ted Torcivia, Keith Nygren, Jim Griffin, Harry Jordan

- 1976:** Club opened as West Allis Racquetball Club with 8 courts, two locker rooms, vending machines, front desk, TV.
- 1977:** Due to racquetball demand, added 4 more courts and Universal weight machine.
- 1980:** Added 4 more courts (total now 16) and began selling liquor lockers and beer through vending machines.
- 1981:** Name changed to West Allis Racquetball And Fitness Center
- 1982:** (January) Converted one racquetball court to a fitness center (top portion) and locker room expansion (bottom portion). Fitness center included mirrors, chrome weights, exercise equipment/machines including Paramount and Universal; at same time added bar with full liquor, full service.
- 1982:** (April) Expanded fitness center to add full line of Nautilus, Lifecycles, necessitating expansion of building; added full-time fitness director; added aerobics room.
- 1983:** (April) Major renovation of bar, doubling size of area, better and more extensive food service.
- 1983:** (May) Added outdoor, 24x48' swimming pool and deck; changed name to West Allis Athletic Club.
- 1984:** (June) Added 3 outdoor, sand volleyball courts; outdoor basketball area; began sponsoring local softball teams; added office space.
- 1984:** (August) Expanded bar again; remodeled front desk area; re-furbished entire club.

Unfortunately, racquetball doesn't have the luxury of great numbers of public and semi-public facilities like tennis, or even golf. As a result, a greater burden of developing future generations of players falls on the club owner.

"Most clubs are designed for the adult market," said McCarthy. "It's very difficult for a club to focus on the junior market and be profitable. Well over 90 percent of the members are adults."



"The facts are that racquetball by itself in most places won't carry a club. The numbers just don't work. We have to make the facilities multi-use."

—Chuck Spaulding

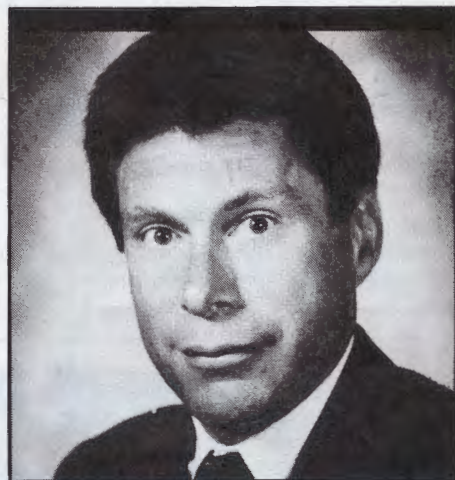
"The racquetball owner is in a tough spot. The challenge is to provide the opportunity for junior play without damaging his adult market. After all, the adults pay the bills."

One owner who has succeeded phenomenally in developing junior play is Spaulding. Partly out of his long-time conviction of stimulating fitness in kids and partly out of his need to maintain profitability, Spaulding has in place a program that is the envy of racquetball owners nation-wide.

After going through the usual routine of clinics, exhibitions and teaching programs for kids, Spaulding reached agreement with the local school system for a high school competitive racquetball program. Today, there are 24

schools fielding 48 teams of boys and girls. It has been so successful that the State of Missouri is considering giving the program official interscholastic rating.

"One of our great markets is youth," said Spaulding. "Racquetball is a great game for kids. Physical fitness for our young people will build us a strong nation."



"If we're going to have the equipment then we have to present it properly. We put a great emphasis on programming. When we went to weight training we hired a full-time fitness director."

—Keith Nygren

"We're real proud of our junior development program and if the State of Missouri gives us official recognition, it will be a real step into the future."

One of the trends often identified with the evolution of clubs is the emphasis on the social activities that surround clubs. Since most people who join and visit a club are active, fitness-minded and healthy, it stands to reason that

they will attract or be attracted to others with similar interests and likes.

"I think clubs got a real bum rap when they were labeled 'singles bars of the 80's,'" said McCarthy. "Clubs are very much traveling the track that private country clubs have followed for generations. They can become a source of lifetime friendships and permanent bonds between people. To call a club a singles bar doesn't do justice to what can and does happen at a club."

Nygren, whose club once sold liquor lockers (places where members could store their own booze since the club didn't have a liquor license), obviously sees the social aspects of the bar/lounge as important. After all, he's expanded and renovated his bar twice in two and a-half years.

"We used to serve beer out of vending machines and sell those liquor lockers," he said. "I can't believe now we really did it. We'd also rent out a room at the club for parties, so the members would store their booze and have their parties."

"Finally, we put in the full liquor, full service bar with some food like pizza, microwaveable sandwiches, and so on.

It didn't take us long to realize that we had greatly underestimated the demand for this service, so 14 months after we put it in, we totally re-did the bar/lounge area, effectively doubling its size. A

"The mistake made by owners years ago was to think racquetball players were only racquetball players. Almost all racquetball players have additional recreational and social needs besides racquetball."

—John McCarthy

year later, we added to it again."

The bar/lounge at West Allis Athletic Club now serves food daily, makes fresh sandwiches on premises daily and is an integral part of the club and its atmosphere.

To many people the fitness "craze" means weight training. And while almost every racquetball club now has some free weight or machines in place, the degree of success in this area largely depends on what the club's attitude toward the equipment is.

Nygren's attitude perhaps best describes that of the successful racquetball owner making the transition to successful multi-purpose owner.

"If we're going to have the equipment then we have to present it properly," he said. "We put a great emphasis on programming. When we went to weight training equipment, we added a full-time fitness director."

When it is all said and done, most industry experts believe you must understand your market and react to it.

"Paradoxically, when a club becomes less of a racquetball club, it actually becomes more of a racquetball club," said McCarthy. "The mistake made by owners years ago was to think that racquetball players were only racquetball players. Actually, almost all racquetball players have additional recreational and social needs besides racquetball." ●



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Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to Mike Yellen, c/o *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.



Question: My local teaching pro recommended that I get a good book or two to read up on improving my game. Are there any books that you recommend? Can you really help your game by reading books?

Yellen: Most of the best-selling instructional books were written by top players, or at least players who were the best at one time. I've read the books by Steve Keeley, Steve Strandemo, Charlie Brumfield, Marty Hogan and others and I think there are some really good tips in all of them that the reader could use to improve his or her game.

One thing that is important to remember, though, is that every author (player) is going to have his own, individual style of play and swing mechanics. Hogan, for example, promotes his power game; Keeley, the control game that made him great.

Don't try to redesign your entire game around what you might have read, but rather, take from a book that which you can apply to your game to improve it. Extract a few parts or a few tips or a few drills to put a few points on your game.

There's no way that you'll be able to hit a beautiful, perfectly placed V pass tomorrow, just by reading how to hit it tonight. Unfortunately, racquetball doesn't work that way. But if by

reading about the shot, you understand the philosophy behind it, the situations when it is most effective, and generally how to hit it, then you'll be better able to learn it on the court.

Drills would be the next step, then game experience, more drills and finally — confidence.

Books are good, instruction is better.

Question: A situation occurred to me at a recent tournament that no one seems to be able to give a clear answer to. I hope you can do it.

My opponent served a hard Z to my backhand (I'm left-handed) and positioned himself so that I could not return the serve cross court to his backhand (he's right-handed) without hitting him with the ball. Thus, my only choices were down-the-line to his forehand or a ceiling shot, and my most successful shot, the cross court drive, was taken from me.

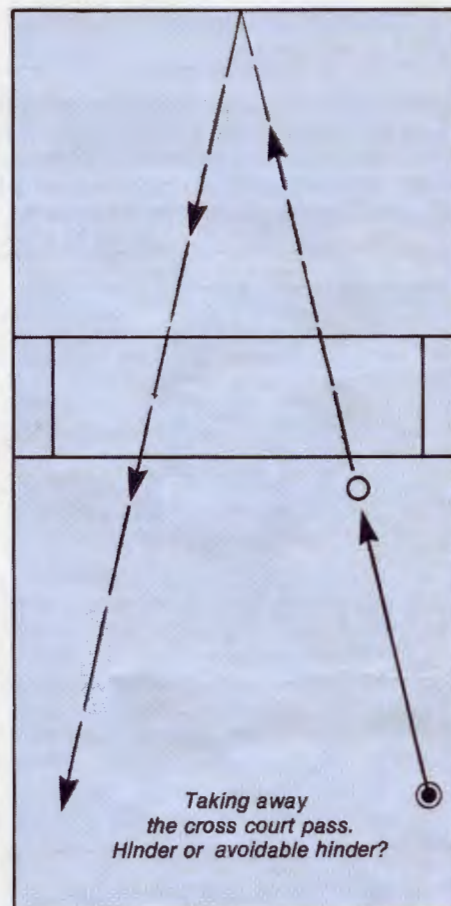
During the early portion of the match I hit my opponent five or six times and more. Finally, I asked the referee who said it was *not* an avoidable hinder.

What is the rule? Shouldn't it have been an unintentional, but still avoidable hinder on my opponent? Shouldn't I be given an opportunity to hit the shot of my choice? There are several people besides myself waiting for your answer.

Yellen: You have stated well one of racquetball's finest lines, grayest areas and mis-interpreted rules. And I'll preface my remarks by telling you that no two referees will call the situation you described the same way, and depending on the tournament and sanctioning group, you might find it enforced differently from event to event as well as from match to match.

Racquetball rules say that you must be given a clear and unobstructed view of the ball. As well, you must be given the opportunity to your shot. I suppose we're talking about the definition of *your* shot.

If your opponent is 10 to 15 feet in



front of you, I don't interpret that as "taking your shot away." At the distance not only do you have the options you described, but you also have a splat and cross court wide angle pass at your disposal.

Most referees and top players interpret "taking your shot away" to be when the player steps directly in front of you as you're about to hit (taking *any* shot away) or moving into the path of the ball (deliberately or almost deliberately).

Further, most referees will only award an avoidable hinder on a situation where an offensive set up opportunity has been taken away from you. I'm not necessarily agreeing with this philosophy of refereeing, but that is the reality.

It's unfortunate that some players feel they have to go to the very limits of the rules and then bend them a bit to try and get every ounce of advantage. Then again, others would say that's what competition is all about. ●

Charlie Garfinkel's 'Spot' Racquetball

Beating The Power Player

by Charlie Garfinkel

This article continues a monthly series by former top pro Charlie Garfinkel using the "spot" theory of racquetball, which helps improve your game by hitting a specific spot on the wall, which will give the desired effect for the shot. The spot theory also takes into consideration the "spots" on the court occupied by both you and your opponent.



Does the following scenario sound familiar?

You've literally been blasted off the court 15-3, 15-3, by a 6'2, 185 pound behemoth, who probably resembles Superman's twin brother. He hits the ball at three speeds: hard, harder, and hardest. It's so frustrating playing against him, because his devastating power never lets you get set for his serve or his shots.

However, there are definite ways in which you can counter the seemingly awesome skills of the power player. Assuming that your skills are average or above, practicing against hard hitters as often as possible will greatly help you in acclimating yourself to the wide variety of drive and Z serves used by power players.

After a short period of time you'll be able to decide which serves should be returned before they hit a side wall or bounce twice. Conversely, you'll be able to determine which serves you can allow to hit the side wall, knowing they

will carom off the back wall, allowing you to hit an easy service return.

Watching the power hitter closely will allow you to pick up different mannerisms or movements that will help you decide which side of the court the serve will be coming to. Perhaps he stands far to the right or left of center when he is serving. Usually, this will result in a hard drive serve to the opposite side of the court. Once you've determined this type of strategy, you'll be able to return his serves with a far better percentage.

Sometimes a power player steps into the ball in such a way that he gives you a clue as to where he is going to serve. And, the angle of the power hitter's racquet at contact with the ball could help you in determining which side of the court the serve will go to.

Observing how quickly or slowly the hard hitter moves past the short line toward back court after he serves will also help you determine the most advantageous service return.

Increasing your foot speed by practicing lateral movements or star drills will also help you to move faster and increase your anticipation. Once the power hitter sees that you're returning his supposedly unreturnable drive serves, his confidence level will drop considerably. Naturally, yours will go way up.

As for the types of service returns to use against the power hitter, the ceiling ball is the most prevalent. However,

other excellent returns that may be used are cross court kills, down-the-line kills, pinches, and passing shots. These are especially effective against a server who moves out of the service box too quickly.

Although the ceiling ball return is the predominant service return against a power player (especially a backhand ceiling ball), you must be careful that your ceiling ball doesn't fall short after you hit it. Ideally, the backhand ceiling ball should hit 3-5 feet (*Diagram 1*) from the front wall on the ceiling, 1-2 feet from the left side wall. The ball will then hit the front wall and ricochet to the deep left corner.

When it is apparent that the drive serve to the left side is going to be difficult

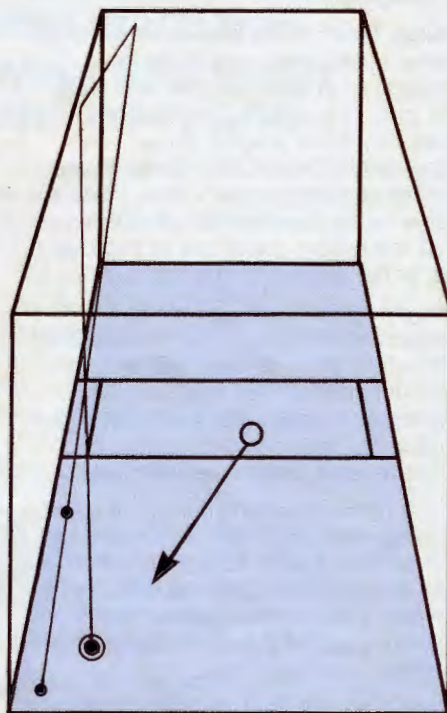


Diagram 1. The backhand ceiling ball.

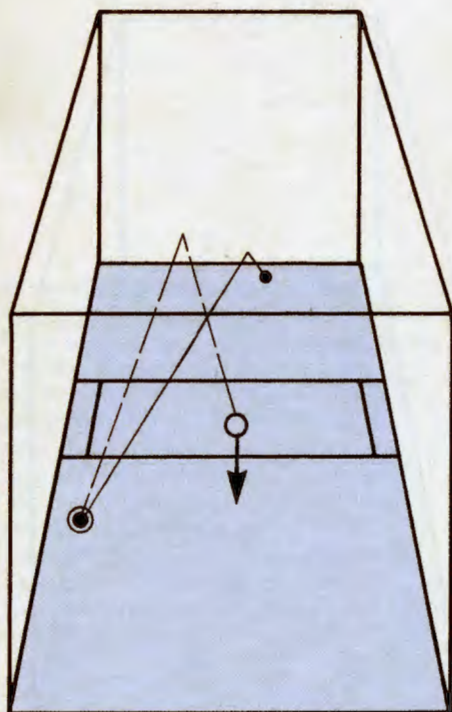


Diagram 2. After serving a blistering drive, the power hitter backs out. You respond with a cross court kill.

to return, a sharply hit crosscourt kill can be very effective against a server rushing out of the service box (*Diagram 2*). Because he is so far away from the front wall, a low shot will be virtually unreturnable. And, for those who are questioning this strategy by thinking that you should go to the ceiling in this situation, have you ever tried going to the ceiling on a ball that was moving 125 miles an hour, and was only two inches off the floor? Since you're so low to the floor already the kill is a far better shot.

When a power player hits a serve that carries to the back wall after hitting the side wall, a side wall pinch shot will be very effective. This is due to the server moving away from the front wall. He will not have time to react to this return (*Diagram 3*).

Using a variety of ceiling balls, kill shots, and pinches will greatly help you in offsetting the speed of the power player. And, an occasional passing shot (*Diagram 4*), especially when the server has moved up anticipating a kill shot return, is especially effective.

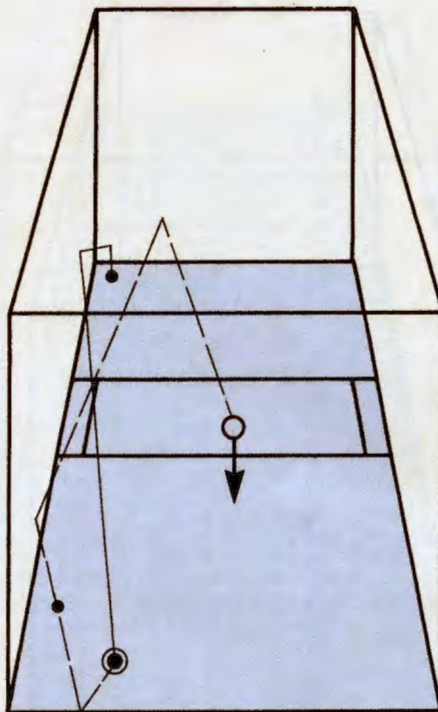


Diagram 3. The power serve comes off the back wall. As the server backs out, you pinch kill into the left corner.

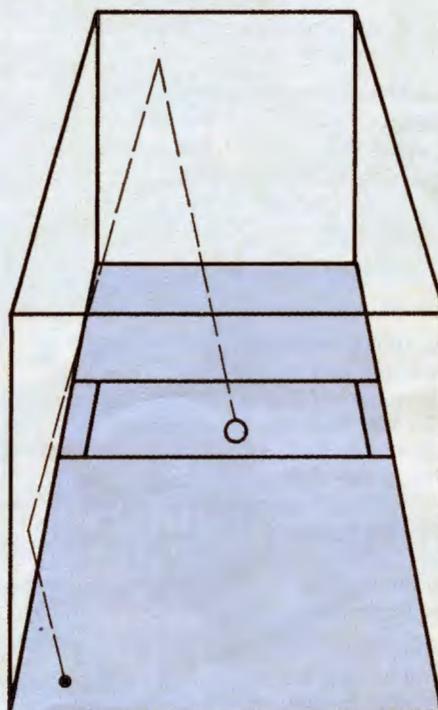


Diagram 4. The high lob serve.

When you're serving, this is your chance to really slow down the game. If there's one thing that a power player can't stand, it's a well-hit, slow serve. Because the power player likes to blast every shot or service return as hard as he can, you can imagine his frustration when he sees the ball coming at him like a big marshmallow. Of course, there are times (soon to be discussed) when you may want to use a harder type of serve.

Although a variety of lob or slow Z serves are very effective, you must be careful. For instance, because the receiver can take the ball out of the air after it crosses the short line, I wouldn't advise using a medium lob serve. If the power player happens to step forward into the ball as you're moving out of the service box, his racquet may come into contact with another spheroid: your head!

Therefore, an ideal serve to use is the high lob to the backhand (*Diagram 4*) which must hit the front wall slightly to the left of center, high on the front wall. The ball will then carry to the deep left court, grazing the left side wall and dropping into the back left corner. This serve is especially effective because it is practically impossible to return on the fly. Furthermore, it

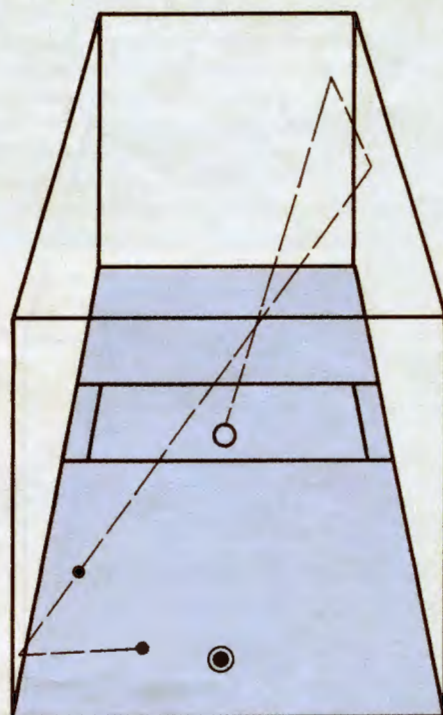


Diagram 5. The high Z serve to the backhand.

frustrates the power hitter because he doesn't have enough room to take the swing to do what he likes to do best: obliterate!

A high Z serve to the backhand is also an excellent serve. You should stand 2-3 feet to the left of center (*Diagram 5*) hitting high on the right front wall. The ball will ricochet off the right side wall and carry at an acute angle to the left side of the court, producing a serve that will be very difficult to take out of the air.

Another serve I've found particularly effective is an overhead Z (*Diagram 6*). The ball should be hit extremely hard into the right front wall, about 6-8 feet from the floor. It will then hit the right side wall, and carry to the deep left corner, jamming the power hitter.

Once the ball is in play the power hitter tries to kill the ball at the earliest opportunity. But, despite his power, he rarely tries to pass his opponent. Because he hits so hard, always anticipating a rollout, he is often off balance after his followthrough.

Therefore, instead of being intimidated when the power hitter is winding up to destroy the ball, you'll have an excellent opportunity to rekill. I'm stressing *rekill*. Trying a drop shot on a shot that is hit with so much pace is foolish.

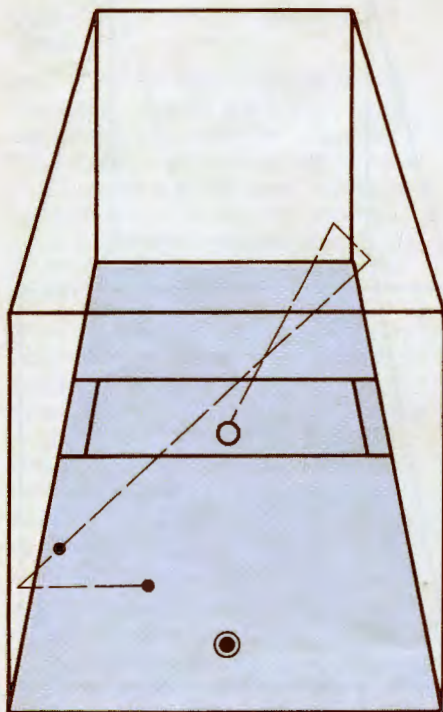


Diagram 6. The hard, overhead Z serve to jam the receiver.

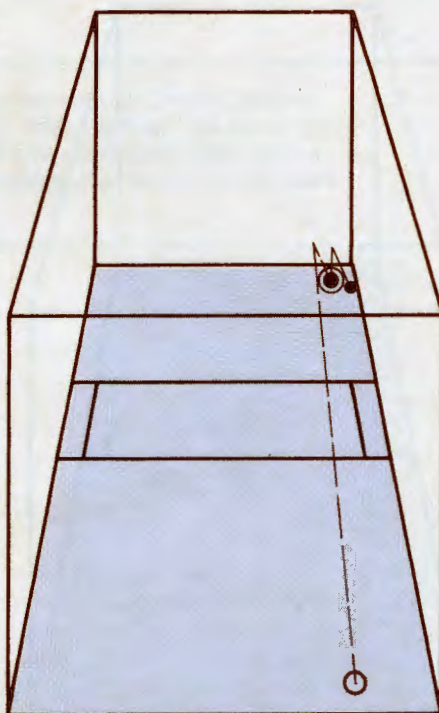


Diagram 7. When the power player leaves his kill attempt up, you move in and rekill in the same corner.

You're not properly set and could make an unnecessary error.

An excellent example of this is when the power hitter has a kill attempt off the back wall on the forehand side with his opponent near the short line. As the power hitter shoots the ball his opponent anticipates the shot. If the ball is left up 6-8 inches, the power hitter is stuck in deep back court as his opponent rekills (*Diagram 7*).

In addition to straight in kill shots, power players love to splat. They like nothing better than to hit the side wall 20-30 feet from the front wall as hard as they can, assuming the ball will carry to the front wall and die. Their assumption is correct if the shot is executed perfectly. However, many of these types of shots hit the front wall and provide cannon fodder for a prepared opponent.

In *Diagram 8*, the power hitter has hit a devastating backhand splat. But, his opponent is ready and moves toward the front court. The ball hits about 4-6 inches from the floor and the power hitter's opponent hits a hard forehand pass down-the-line for an easy point.

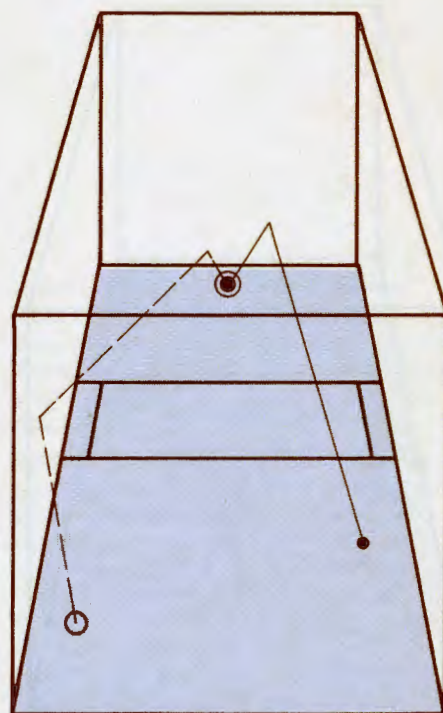


Diagram 8. When the power hitter rips his splat, cover it by hitting a hard pass down-the-line.

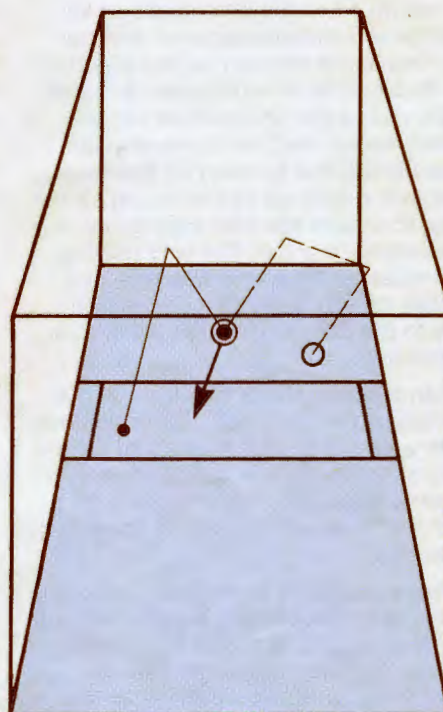


Diagram 9. When the power hitter's pinch stays up and comes back to center court, you respond with a pass left.

When the power hitter is in front of you, you could be in serious trouble. They especially like to hit hard pinches into the nearest corner. Although they do hit some tremendous kills, they often hit the ball so hard that it re-bounds to the center of the court. This is your salvation. As soon as you see the ball is going to be up, proceed immediately to the ball (*Diagram 9*). Because the power hitter will be positioned far to the right, you need only to hit a hard passing shot down-the-line to win the rally.

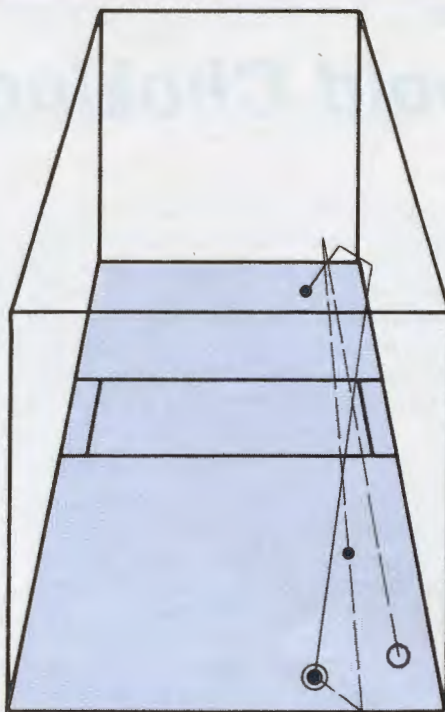


Diagram 10. The power hitter's overhead often comes off the back wall. When it does, you react with a pinch kill from deep court.

Because the power player considers the ceiling ball as a shot for ordinary mortals, he rarely tries them. However, he does try a great many overheads, which if they're working, can be deadly. But many overheads are hit so hard by the power hitter that they fly off the back wall. My advice is to let the overhead carry to the back wall (*Diagram 10*). Usually, you will get an easy shot to put away into the right corner when the power hitter is hitting an overhead to the right side.

Although it is true that the power hitter can be awesome, you can defuse the "Powerhouse" by hitting shots to the right spot. I'm sure that you won't be receiving many "Chuckles" from the power hitter after you defeat him. ●

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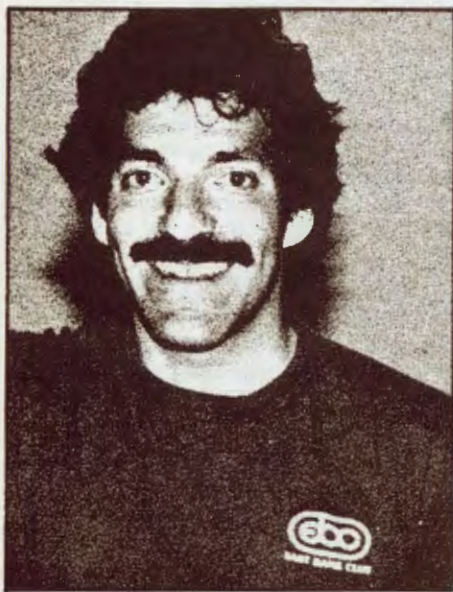
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Steve Mondry's Racquetball Clinic:

6 Ways To Avoid Choking

by Steve Mondry



At the 1977 National Championships, Marty Hogan, the pre-tournament megafavorite, found himself on the short end of a 21-20 first game against Davey Bledsoe in the finals. Still lacking his first National title, Hogan was determined that this was going to be it.

The problem was, somebody forgot to tell Bledsoe.

While Bledsoe's race to the title has been detailed to death, one aspect of his victory has been shied away from, sort of hidden away in the hush-hush world of the never-spoken.

The truth is that late in game two, when all the marbles were on the line, Hogan choked. Marty knew it then and he knows it now. It was probably the last time Hogan ever choked and the following year he began his national reign of five consecutive National Championships. Still, he choked in the Nationals.

Late in the second game Bledsoe, down 20-19, managed to stave off game point, regain the serve, and score one of his own to tie the game at 20. Serving for the match (and despite using hard, drive serves almost exclusively to this point), Bledsoe opted for a medium speed Z to Hogan's vaunted backhand.

Hogan stepped up, set up, took a full, power-laden swing, and drilled the ball directly into the floor, a good 20 feet

from the front wall! The match and National Title went to Bledsoe, while Hogan could only boast one for the all-time choke record books. And although Marty did go on to five national championships, I'd bet if you ask him about the one he'd most like to have, it would be the '77 loss to Bledsoe.

All athletes have to deal with choking. From "severe" choking, where the player freezes and literally can't swing, to the "milder" forms like blowing big leads, double faulting, or hitting absolute set-ups into the floor.

I should add that all players at one time or another choke. Just a year after the Bledsoe-Hogan match, I saw Charlie Brumfield — in many ways arguably the greatest player, especially pressure player, of all time — choke in the finals, against — you guessed it — Hogan. Brumfield had a forehand set-up at the short line for game point that would have extended the finals to a third game tie-breaker, but he nearly hit it into his toes for the skip that turned the match around.

Given that most of us have the same basic shots and strategy, the question to be asked is, "why do some of us seem to choke more often than others?" While I'm not sure I have an answer for that, I do have six tips to help you avoid choking during a match.

1) Push Hard On The Big Points

The top players are all convinced they will win the "big" points. Often we can't identify the big points until after they've been played, but for those obvious biggies, 10-10 in the fifth game for example, the best players seem to always find a way to win 'em.

Other players aren't so sure. While we know we want to win these big points, as we're standing in the service zone or receiver's position, there isn't that overwhelming confidence like the best players have. It is this hesitation, or tentativeness, that makes you uptight and causes you to play the big point poorly.

Being able to relax at this juncture will help you execute those shots you know you can make. It is here that you should mentally remind yourself of those hours of solitaire practice that you used to sharpen your kills, passes and serves. Knowing that you may not hit 10 out of 10 from a given spot is okay, as long as you dwell on the eight of the 10 you know you will hit.

2) Stay In The Present

From the time you were nine years old playing little league baseball, your coaches have told you to "concentrate on the game." Where kids may "chase butterflies" between pitches of a boys baseball game, adults on the racquetball court also tend to mentally chase butterflies as their mind wanders all over the place.

It's so easy to let yourself daydream during a match! Sometimes the troubles you're trying to forget by playing creep back into your awareness. Sometimes you dwell on that forehand set-up you missed three rallies ago. Sometimes you're still wearing irritation caused by a bad call by the referee.

Actually, anything can cause your mind to leave the present. Only you can grab your consciousness and bring it back to where it should be — the rally at hand.

Instead of visualizing about the post-game handshake (even if you see yourself as the winner), or the post-game dinner engagement (even if she's a knockout), or the post-game thirst quencher (even if it's your favorite on tap), you should be visualizing your next ace, serve return or backhand kill shot.

To win big points and avoid choking, you need to be in the here and now, concentrating on the next rally, the next shot. Once you let yourself become distracted, or worse yet, if you let your opponent distract you, then you become vulnerable to making unforced mistakes.

3) Play Each Point As The Last

How many times have you seen a good player go through a lackluster performance for most of a game, and then, as if magic, he perks up and is all intensity, fire, and enthusiasm when his opponent nears game or match point? I've seen it plenty, and nine times out of 10, that player ends up on the short end of the final score.

It's extremely difficult, if not impossible, to sit back and go through the motions, relying on your ability to turn it on at the end. For one thing, it's stupid and dangerous. Unfortunately, some of us can't seem to help ourselves and we fall into this trap, especially against opponents we think we should beat.

In these situations I recommend that you mentally play each rally as if it's match point. By doing this you will increase your chance of maintaining concentration throughout the match, while at the same time impressing your opponent with your intensity.

Also, by playing in this manner you almost eliminate any "big points" since your entire playing philosophy will now be built around every point being a big one. With big points now not so big, your fear of choking will diminish as you play one rally at a time.

4) Practice Hard

By concentrating and working diligently in practice sessions, you will develop the confidence and skills that will help you be better prepared for the big points in the match.

When the time comes to choke or not to choke, your mind will relay positive impulses, based on the repetition of practice, that will allow you to fluidly and accurately hit your shot. You will repel the possibility of choking because you know that you've worked harder than your opponent and thus you deserve to hit the winner.

As this happens more and more, you will find that you'll look forward to the big points instead of fearing them. It's rather like the baseball hitter who's on deck with two outs in the last inning. The hitter who wants to be at the plate in the game situation will do much better than the hitter who wishes it were somebody else at bat.

5) Hit Hard

When things get tight in a match, the tendency for most players is to stop ripping the ball and start blocking or pushing it, hoping for the opponent to make a mistake. I have seen more than a few big leads lost because players took up this strategy, either knowingly or unknowingly.

Now, even if your opponent was considering choking, the mere fact that all you're hitting him are sitting ducks will cause him to change his mind. It's really difficult to choke when all you get are set ups.

I recommend that you take your normal swing and hit the ball with authority. You don't have to hit 142 mph but you do have to hit as hard as your game would normally call for. You don't have to roll the ball out, but you do have to hit it and do something with it.

6) Have A Positive Mental Attitude

The fear of choking is merely just a fear. A good way to overcome fear is to recognize it for what it is and go on with what you're doing.

I believe that everyone chokes. The better players choke less, that's all. By realizing that the worst that can happen if you choke is that you'll lose a match, it's not all that bad. It's not like getting hit by a car.

So go out on the court, relax and have some fun. If you're having fun, you'll play better. And the better you play, the less you'll choke. ●

Steve Mondry, a top touring pro for six years and author of numerous articles on racquetball, conditioning and weight training, is an instructor with the East Bank Club, Chicago.

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Workouts For Women: Exercises For Arm Strength & Tone

by Jean Sauser with Jodi and Jennifer

—Photos by Jim Sauser



Much of the power in a racquetball shot, as well as the strength necessary to hit crisp, accurate shots anywhere on the court, comes from your arms. And while I'd never recommend that anybody concentrate solely on arm strength for solid racquetball shots (you need to use your entire body), the arms are extremely important.

Strangely, many people overlook their arms, especially portions of the arms that don't seem to generate a great deal of the force in your swing. You don't have to be muscle-bound to hit hard; but having strong muscles sure doesn't hurt.

Here are five, easy-to-do exercises that will help develop arm strength and tone.



Photo 1

Tricep Extension

This exercise is for strengthening and toning the triceps area of the arm, not only for racquetball, but for the elimination of "grandma arms." In racquetball, this exercise will help your overhead shots.

Equipment necessary: Easy curl bar with light weight; flat bench.

Starting position: While sitting on the flat bench, with your back straight and your hips steady, grip the bar with an overhand grip on the inner part of the easy curl bar. Hold the bar overhead, shoulder width apart (Photo 1).

Phase 1: Bend your elbows and lower the bar slowly behind your head until it almost rests on your shoulders (Photo 2).

Phase 2: Push the bar back up over your head.

Number of repetitions: 10-12.

Number of sets: 1-3.

Additional tips: The movement for this exercise is focused from your elbows to your hands. Breathe naturally throughout the entire exercise. You'll notice that you will exhale when pressing the bar over your head.



Photo 2

If you want to build a leaner, stronger underarm area, increase the number of repetitions in a set to 20 before you increase the weight load. If you are unconcerned about build-up in your arms, or desire it, then increase the weight load so that your 12th rep is always extremely difficult.

Bicep Curl

Strengthening and toning the biceps has been a standard exercise ever since people began lifting things. Bicep curls contribute to the overall strength of your racquetball strokes and help you hit solid front court shots, especially when re-killing an opponent's shot.

Equipment necessary: Easy curl bar or straight bar with light weight.

Starting position: Stand and hold the bar at hip level with your arms straight. Use an underhand grip and your hands should be shoulder width apart (Photo 3).



Photo 3

Phase 1: Pull the bar up to your shoulders. Make sure you exhale as you do (Photo 4).

Phase 2: Slowly lower the bar back down to your hips, to the count of four.

Number of repetitions: 10-12.

Number of sets: 1-3.

Additional tips: Keep your elbows at your sides throughout the entire exercise. Even though this exercise is for your biceps, the movement is in the lower arm area. Do not rock your body to help move the weight. Use the same weight and repetition considerations as with the *tricep extension* exercise.



Photo 4

Reverse Grip Bicep Curl

This exercise helps strengthen wrist and finger extensors and brachialis muscles. The *reverse grip bicep curls* will give you overall forearm strength that helps prevent the development of tendinitis.

Equipment necessary: Easy curl bar or straight bar.

Starting position: Stand, holding the bar with an overhand grip. Your hands should be at hip level and hips width apart (Photo 5).



Photo 5



Photo 6

Phase 1: Pull the bar up to your shoulders. Make sure you exhale as you do (Photo 6).

Phase 2: Slowly lower the bar back down to your hips. Inhale as you do.

Number of repetitions: 10-12.

Number of sets: 1-3.

Additional tips: Keep your elbows at your sides. Movement is again in the forearm area. Do not lock your knees or your elbows (this holds true for the *bicep curl* as well). Use the same weight and rep considerations as for the previous two exercises.

Wrist Curls

This exercise will strengthen your wrists. Strong wrists result in harder drive serves and kill shots that stay down.

Equipment necessary: Flat bench and dumbbells of five lbs. or more. Be sure to start with a weight you can handle.

Starting position: Kneel at the bench and place your forearm flat on the bench. Hold the dumbbell stationary with an underhand grip. Flex your wrist so that your knuckles are pointing downward (Photo 7).

Phase 1: Curl the dumbbell up as far as your wrist will allow, so that your knuckles are now pointing toward your bicep, if possible (Photo 8).

Phase 2: Curl the dumbbell back down and away from your forearm to your original starting position.

Number of repetitions: 10-12.

Number of sets: 1-3.

Additional tips: Wrist strength is very important to racquetball success. Because you can't build bulk in your wrists, keep increasing the weight as soon as you can do three sets of 10-12 reps with no fatigue.



Reverse Grip Wrist Curls

This exercise is for strengthening the wrist and finger extensors. It also adds

to wrist and forearm strength. In racquetball, this exercise helps increase the strength and speed of your wrist snap on backhand strokes.

Equipment necessary: Flat bench and dumbbells of two and a-half lbs. or more. Be sure to start with a weight you can handle.

Starting position: Same as the wrist curl exercise except the grip is overhand (Photo 9).

Phase 1: Curl the dumbbell up as far as your wrists will allow (Photo 10).

Phase 2: Curl the dumbbells down toward the floor, again, as far as your wrists will allow.

Number of repetitions: 10-12.

Number of sets: 1-3.

Additional tips: Again, keep building the weight load as your wrists get stronger. Expect to use lighter dumbbells for the reverse grip wrist curls at first because you will tend to be weaker in your wrist and finger extensors. Keep increasing your weight load as your strength builds. ●

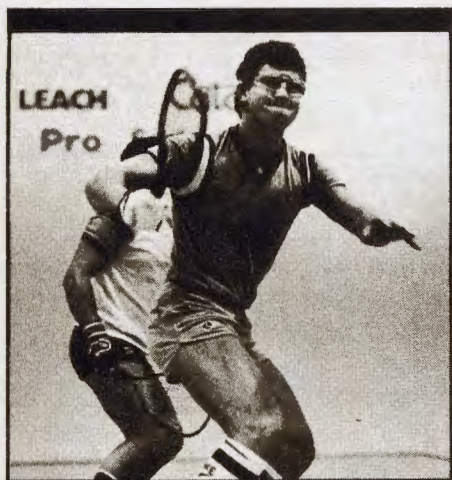


Next: the machines!

The Hogan Way

by Marty Hogan

Five time National Champion Marty Hogan answers questions about his game and how to improve your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to: Marty Hogan, c/o The Hogan Way, *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.



Question: There was an article a few months ago in which you stated you were in the process of trying to put together a pro tour. What has happened to that, and more specifically, what are your fall plans?

Hogan: In no way have I given up on the pro tour. I haven't seen anybody else connect on sponsorship, so I'm still going at it. In fact, by the time this issue is off the press, I may have an answer from a major firm I've been negotiating with.

I would say the prospects of me putting together a pro series are not dead by any stretch of the imagination. In fact, they're better than ever.

I am also definitely going to do my "Hogan Tours America" exhibition series again, although it will be in a slightly different format this year. We'll be concentrating my appearances in general geographic regions, going to one region per month. This will make for a more efficient use of my time, enabling me to reach more sites.

I've also just signed a contract with Coors beer to do an exhibition/instructional series separate and apart from "Hogan Tours America." This series will be to promote Coors Light beer and racquetball.

Besides all that, the fall is the most important part of the year for industry-wide trade shows. They're major sales

and marketing events and my appearances there are mandatory. I guess what I'm saying is—I'll be plenty busy this fall.

Question: I recently saw the Ektelon Nationals on ESPN and noticed that both Jerry Hilecher and Bret Harnett run around their backhands to hit forehands. I was always taught that this was poor strategy, but if it's good enough for them, why isn't it good enough for me?

Hogan: Running around your backhand to hit your forehand is still bad form, no matter if it's Hilecher, Harnett, or a C player. One reason you see lots of pros running around their backhand is from the bad habits they've picked up along the way.

It's easy to hit a forehand. It's more comfortable to hit forehands. So many players grow up hitting as many as possible. As a result, they don't work as hard as they should on their backhands and end up with poor backhands, forcing them to run around them.

Players like Hilecher and Harnett have excellent backhands, don't kid yourself. But under the immense pressure of a tight national tournament championship match, they do revert back to the single shot that they think they'll hit best in a particular situation.

In these cases, if they think they've got time to get it with a forehand, they will.

However, I happen to believe that in the long run, the player who has equal strength in forehand and backhand shots will achieve more.

Question: I ran across some old pictures of you and, wow! Did you ever bulk up! What type of bodybuilding did you do and what would you recommend for beginning racquetballers?

Hogan: Thanks for the compliment, but I've done very little weight training and certainly nothing you could term "bodybuilding." Frankly, I've been a little concerned with building bulk which could slow down my court speed and reflexes.

That's not to say that using weight machines or free weights can't help nor is it to say I don't use them, because I do. Generally, I work on specific muscle groups that I feel need strengthening. I use lighter weights with high numbers of repetitions for flexibility and mobility. Frankly, I prefer free weights to machines, but I use both.

Most of my bulking up, as you put it, is due, I think, to my never-ending athletic workouts. I've always been a seasonal jock, playing whatever sport it was time for, and I guess my body just grew into an athlete's physique.

I do literally hundreds of push ups and sit ups daily and I run an average of five miles a day. Plus, I spend a lot of time on the racquetball court every day, so it all adds up to keeping me in pretty good shape. ●

Reader Survey

Tell Us About Your Racquetballs

We'd like to know a little something about the racquetballs you use. Since there are so many different brands to choose from, perhaps you have a favorite and want to let the world (or just your fellow racquetballers) know why you like a particular brand.

Or perhaps you're not all that thrilled about the balls (over the years there have been problems), and you want to vent your anger, or at least your opinion.

Either way, we'd like you to help us out by filling out the survey below and mailing it back to us. We'll publish the results in our December issue. Please send your completed form to *National Racquetball Reader Survey*, 1800 Pickwick Avenue, Glenview, IL 60025.

1. How often do you play racquetball?

- ☐ 3 or more times per week
☒ 2 times per week
☐ 1 time per week
☐ 1 time per month or less

2. What is your playing level?

- ☐ Beginner
☐ Intermediate
☒ Advanced
☐ Open
☐ Professional

3. How many years have you been playing?

- ☐ More than five
☒ 5 or less
☐ 4 or less
☐ 3 or less
☐ 2 or less
☐ 1 or less

4. Are you female or male?

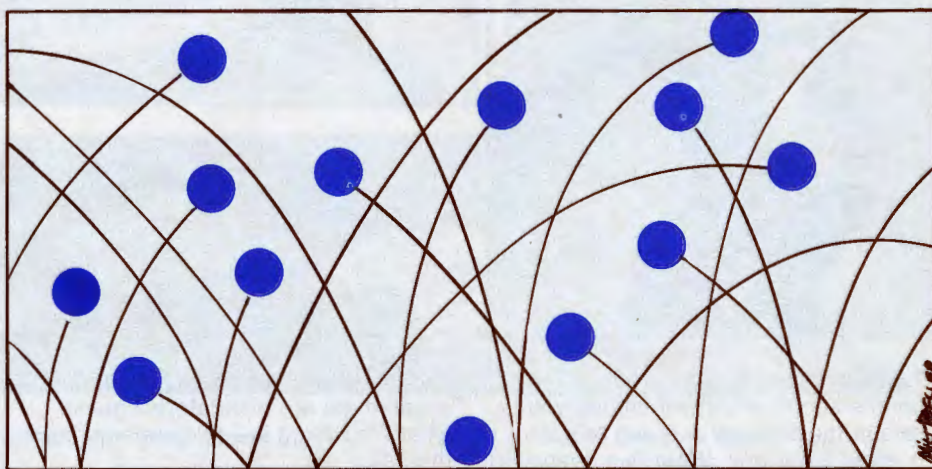
- ☐ Male
☒ Female

5. What is your age?

- ☐ Under 18
☐ 18-24
☒ 25-34
☐ 35-44
☐ 45-54
☐ 55 or over

6. Who manufactures the ball you currently use?

- ☒ AMF Voit
☐ Ektelon
☐ General Sportcraft
☐ Merco-North
☐ Penn
☐ Ram
☐ Right Guard
☐ Seamco
☐ Spaulding
☒ Wilson
☐ Other _____



7. Have you switched manufacturers in the last year?

- ☐ Yes
☒ No
☐ If yes, from which manufacturer? _____

8. Are you satisfied with your ball's performance?

- ☒ Yes
☐ No
 Comments: _____

9. What improvement, if any, could be made to racquetball balls?

10. How would you rate your ball's performance in the following categories:

	Poor	Fair	Good	Excellent
Overall Performance	☐	☐	☐	☐
Durability	☐	☐	☐	☐
Liveliness	☐	☐	☐	☐
Consistency of Bounce	☐	☐	☐	☐

11. How often do you use a new ball when you play?

- ☐ Always
☒ Usually
☐ Sometimes
☐ Rarely
☐ Never

12. How many cans of racquetballs do you purchase a year?

- ☐ None
☐ 1-5
☐ 5-10
☐ % More than 10

13. Where do you buy your balls?

- ☐ Sporting Goods Store
☐ Discount Store
☐ Club Pro Shop
☐ YMCA/JCC
☐ Mail Order
☐ Other _____

14. What do you pay for a can of balls?

15. Any comments?

16. (Optional)

Name _____

Address _____

City/State/Zip _____

Facility you play at _____

EXTRA!

'No Men's Pro Tour 'Til January—At Best' — Marlboro Co.

Showing an obvious willingness to take the good with the bad, the Howard Marlboro Company has reset its sights on the opening of a men's pro racquetball tour, now aiming for January, 1985. The fact that there won't be a Fall, 1984 tour opening is the bad news.

The good news is that the folks at Marlboro are remaining steadfast in their optimism that tour sponsors will be developed and that there is a bonafide, definite

future for men's pro racquetball.

"There are at least 10 companies that have shown strong interest in a racquetball program," said Marlboro president Don Dixon. *"But we've come to realize that this has to be a 1985 budget activity for these firms."*

A fourth quarter opening of the tour was impossible, according to Dixon and Larry Gershman, one of Marlboro's account executives, because most companies

are at the tail end of their budgetary year.

"We just got started selling too late for a September start," said Dixon, *"and we wanted to stay away from the holidays."*

"It wasn't physically possible for a Fall opening," said Gershman. *"It looks like first of the year, at best."*

The news comes as a great disappointment to racquetball pros who have been hoping for a "normal" September-June tour season. However, Gershman

maintains that now is not the time for pessimism.

"We may be a few weeks away from something breaking," he said. *"There's too much interest in racquetball for nothing to happen. We really believe that once one company comes in, it'll have a snowball effect."*

Although neither Gershman nor Dixon would identify the companies they're negotiating with, they did say that there was some interest expressed by breweries.

We'll keep you posted.

Strandemo, Yellen Add To Fitness Cruise

They've given plenty of lessons over the years, but none quite like this. At least that's what touring and teaching pros Mike Yellen and Steve Strandemo related after instructing for a week aboard the S/S Norway of the Norwegian Caribbean Lines.

The S/S Norway, which offers a one week "Fitness Cruise" (*National Racquetball*, December, 1983 issue), attracted Strandemo and Yellen on separate cruises to organize and run a fun racquetball instructional program on board the seven day cruise.

"It was a lot of fun and I got to meet some really nice people," said Yellen, normally a land-loving type of guy. *"I was apprehensive about sea-sickness, but there was no problem. The guy who drove did a good job."*

Strandemo, perhaps the best known instructor of racquetball in the nation can now boast of giving lessons in the Caribbean.

"It was a great time," he said. *"I didn't think the people on board were going to be as active as they were. I know it was billed as a 'fitness' cruise, but I was still surprised."*

"The people really wanted to learn how to play and how to play better. We put together some fun games and tournaments."

The S/S Norway visits St. Thomas in the U.S. Virgin Islands, Nassau in the Bahamas and its own private island also in the Bahamas. When the ship is in port, the racquetball activity on its one, 3-wall court tended to slow down.

"We really don't stay in port all that long, so everybody wants to get as much sight-

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 • Tennis • Sailing
 and deep sea
 fishing.

For information, contact your local travel agent.

© 1983 Norwegian Caribbean Line

seeing and souvenir hunting as possible," said Strandemo.

The racquetball pros were by no means the only professional athletes among the 2,000 voyagers. The Fitness Cruise has pro baseball, football, and basketball players (in their off-seasons), as well as gymnasts, bodybuilders,

boxers and their own full, fitness staff.

"I wasn't the star of the show by any stretch of the imagination," said Yellen. *"But that made it all the nicer. Those people on the cruise who were into racquetball learned a lot."*

If you're the cruising type, better hurry. Next boat leaves November 24.

10 Day Diet For A Healthy Heart

by Frances Sheridan Goulart

In the next year, your heart will pump 1.5 million gallons of blood and during your lifetime, this powerful artery will pump the equivalent of enough liquid to fuel the tanks of an entire fleet of 2,100 Boeing 747 jet planes.

Exercise keeps it pumping by keeping your entire cardiovascular system operating efficiently—taking in oxygen and delivering it to muscles and organs with a minimum of wear and tear. But getting physical won't get you far if your diet is high in fatty foods. Meat, cream, butter, even avocados contribute to unhealthy deposits of fat, cholesterol fibrin, calcium and cellular debris which narrow artery channels and reduce the flow of blood.

Here are 10 better ways to eat well and shape up your heart for sports in only 10 days:

Day One

An unbuttered diet is better. Aim for 30 grams of fat a day. Here's how to ferret fat from your diet by making healthy substitutions:

In place of . . .

Potato chips *have* salted pretzels;
Peanuts *have* plain popcorn;
Cream of mushroom soup *have* tomato soup;
Beef franks *have* turkey franks;
Tuna, light in oil, drained *have* tuna, light, in water, drained.

Day Two

Get your fill of the five foods that lower cholesterol and blood fats naturally—garlic, eggplant, wholegrains, soybeans and dried beans. And make yourself a better butter that's 50% lower in saturated fat by blending one cup of soft butter with one cup of vegetable oil.

Day Three

Teach yourself the ABC's of meat grading.

"The purpose of the system is not for merchandising, but to facilitate whole-sale trade, to describe a commodity," says the National Cattlemen's Association.



Tenderness and better taste means *more* fat, and "Choice" has nothing to do with health. It refers to heavily marbled beef with external fat. Look for leaner cuts, but remember, trimming fat doesn't remove the "hidden fat" that makes meat tender and juicy.

More than four ounces of trimmed red meat a day or more than twenty ounces a week raises the level of fats in the blood called triglycerides. These are considered more dangerous than cholesterol.

Day Four

Forty percent of the fat in our diets comes from meat, but 20 percent of it comes from ice cream, milk, cheese and other dairy goodies. If you've got a sundae kind of love you can't lick, switch to the new low-calorie, no-fat health food "ice cream" taste-alikes made with soybean tofu.

Day Five

Check out the hidden sources of fat in your diet. Did you know the avocado is the only vegetable that provides fat—and that there's *more* of it (19 unsaturated grams) than you get from a three oz. sirloin steak (11 grams)? Substitute pureed asparagus when you gotta have guacamole.

Day Six

Don't bring home the bacon and pass up the breakfast danish, too. Most commercial baked goods are fatty offenders because of the eggs, saturated shortening, hydrogenated vegetable oil and milk powder solids they contain. If you're a "muffin maniac," here's how to make them without breaking an egg or melting a spoonful of butter—

Magic Muffins

Alternate layers of any hot cooked cereal (such as cracked wheat or hot Ralston) and sliced fresh berries or bananas in lightly oiled muffin tin,

pressing down on each layer as you add. Refrigerate until cooled (to help muffins hold their shape), then pop out, dribble with hot low-fat sesame oil and eat.

Day Seven

Fish power! The more omega-3 fatty acids in your blood, the less risk of coronary thrombosis you run. Eskimo and Japanese fishermen who consume large amounts of fish oil and fatty fish have the lowest incidence of heart disease in the world. Omega-3 fats are richest in trout, haddock, salmon, mackerel and sardines, and are also available as a food supplement (look for the words EPA or DHA on the label). Three grams a day taken with meals is a good heart-protective dose.

Day Eight

Reading labels? Avoid foods that list hydrogenated fats. Food processors are not required to list fat saturated levels so they may be as low as 5% or as high as 95%. You'll never know. Hydrogenated fats destroy vitamin E in your body and speed up hardening of the arteries, says the Shute Institute in Ontario, Canada. To make your own Non-Hydrogenated Non-Dairy Creamer, put equal parts of dry powdered milk and powdered lecithin in a jar, add just enough water to make a slurry mixture when shaken. Refrigerate. Use in place of cream, coffee lighteners and whole milk.

Day Nine

Reduce your total milk intake. According to Dr. Kurt Oster, a Bridgeport, Conn. cardiologist, and Fairfield University (CT) biologist Donald Ross, all homogenized milk (including skim) blocks digestion of an enzyme called xanthine oxidase (XO) and may cause premature hardening of the arteries and heart disease. (Homogenization breaks up fat globules in milk and keeps the cream from rising to the top.) Here's one alternative to try on tomorrow morning's Rice Krispies (after that switch to soy milk twice a week):

Melon Milk

- 2 cups fresh or frozen melon
- 1 tablespoon lemon juice
- 1 teaspoon honey
- ½ cup water or soy milk (fresh or made from powder)



Puree all ingredients in blender until frothy. Use over hot or cold cereal or drink as a breakfast shake.

Day Ten

Give guar a chance if you're serious about lowering cholesterol. Studies of patients who have taken cholesterol-reducing drugs for more than two years without success, showed a typical blood cholesterol level reduction of 11 percent when five grams of this food additive was taken three times a day with meals. Guar (or xanthan gum) is sold as a powder or supplement at health food stores. It can be baked into bread or used as an addition to juices, soups, or casseroles, even sprouted. ●

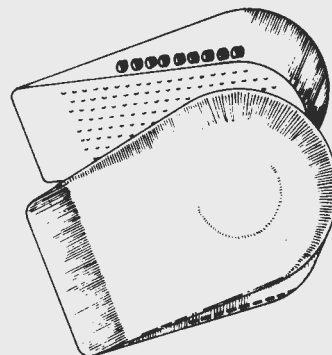
Frances Sheridan Goulart is the author of Nutritional Self-Defense (Dodd, Mead), The Caffeine Book (Dodd, Mead), 101 Allergy-Free Desserts (Simon & Schuster), The Official Eating To Win Cookbook (Stein & Day), and The Vegetarian Weight Loss Cookbook (Simon & Schuster).



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Game Stoppers

—How Pulchritudinous Beauty Did In The Boys From Delray Beach

by Lou Kaplan

You've heard of game stoppers? Like kill shots, corner splats, a swarm of gnats attacking the players on a muggy morning, etc. Well, I've got a new one for you.

The greatest game stopper of them all, at least down here in Delray Beach, FL, is when gorgeous young women visiting from points north arrive at the pool. The pool, luckily, happens to be adjacent to the racquetball courts. A real serendipity for us 'over sixty-fivers.'

These pulchritudinous beauties, fully aware that eight bulging eyes are focused on them, start to shed their outer garments. Their tantalizing curves are clearly revealed in their nothing, show-all bikinis, bringing on an instantaneous rise in blood pressure levels to all of us Golden Masters.

The Boys from Delray Beach: (l. to r.) Ben Grisar, Lou Kaplan, Sid Sugarman, Mel Mellon, Larry, Bernie Levine, Teddy Stoll.



Besides this, a few other things occur. Like the game stops dead! Right in the middle of a hot rally! The players turn their undivided attention to what's happening at the pool. Never mind the game. What's more fun, hitting the blue ball back and forth, or absorbing beauty?

After a few moments of unabashed gawking, the boys resume their game, but all of a sudden everyone seems to be affected by a streak of wildness, hitting balls over the fence into the pool area. This gives them the opportunity to retrieve the balls and at the same time talk to the girls. It also gives them a chance to get a closer look at the splendors of youth.

Something else happens. Slack muscles are tightened and tensed. Stomachs are pulled in as far as possible—which isn't very far. It's difficult to keep that excess avoirdupois from spilling out over your trunks. One guy, however, did a pretty good job in pulling in his gut. So good his shorts started to slip down.

How long can you hold in your breath? Not too long. Pulling in your stomach and not breathing can be hazardous to your health. One has to breathe to live. Besides, whom are we trying to kid? What we've got is it, and it ain't exactly Tarzanlike.

Sid Sugarman (l.) hits an overhead against Carl Reingold while Mel Mellon watches. That's the infamous pool in the background.



Little did the ladies know that they were driving the boys nuts—or did they? As one of the guys said, "You can look all you want but it won't do you a bit of good. What was, was, and is. So let's play ball!"

The boys of Delray Beach—Carl Reingold, Bernie Levine, Sid Sugarman, Teddy Stoll, Mel Mellon, Foster Hartman, Ben Grisar and your truly, retired down here from Brooklyn, Long Island, New York, the Bronx and New Jersey.

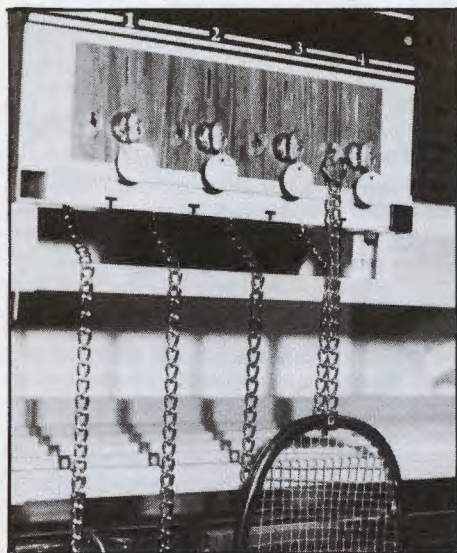
We came down to enjoy the sun and fun. A big part of the fun is playing outdoor 3-wall racquetball. And if playing racquetball also involves a little extra perk like ogling bathing beauties, what's to hurt? ●

—Photos by Carl Reingold



Barbara, a pulchritudinous beauty, doing her thing.

New Products



Lok-A-Racquet

S.R. Bastion Company introduces Lok-A-Racquet, a revolutionary idea that keeps racquets safe and secure while you're away from the court.

Lok-A-Racquet is made from 16-gauge cold-rolled steel. Each chain is 48 inches long and made of #2 brass-plated steel. The paint is tough epoxy—the strongest, most durable paint known. Virtually mar-proof, it wipes clean easily.

To use Lok-A-Racquet, simply loop the chain through the racquet strings, insert a quarter into the lock box and securely fasten the racquet.

Shipped 99 percent pre-assembled, all you have to do is insert legs (if required) and lock box. Two screws are inserted and tightened and the Lok-A-Racquet is ready to go.

There are three different Lok-A-Racquet models: *Standing 19* model with 19 locks, mounted on locking castor; *Hanging 19* is a 19 lock unit that can be fitted onto a wall; *Standing 38* which has two rows of 19 locks each and is particularly useful for creating an aisle.

For more information contact S.R. Bastion Company, 5542 N. Parkside Ave., Chicago, IL, 312-774-9121.



McArthur Towels

McArthur Towels, manufacturer of authentic locker room gear since 1885, announces its new 1984 catalog.

The main emphasis of the McArthur catalog is on their institutional program which offers a complete line of towels, robes, wraps, and swim wear.

SportsTowel, known for years as the Super Gym towel, is the star of their extensive towel line. It measures 20" x 40" and features a jaunty full length strip in 17 color combinations.

SportsTowel is supplemented by a full line of other high quality towels, available in a multitude of colors and various pounds per dozen weights, including the Athlete's Sports-Robe, a terry robe designed to fit any size.

For complete information on these items and McArthur's custom and rental programs, contact McArthur Towels, P.O. Box 448, Baraboo, WI 53913.



The Nieman Winder

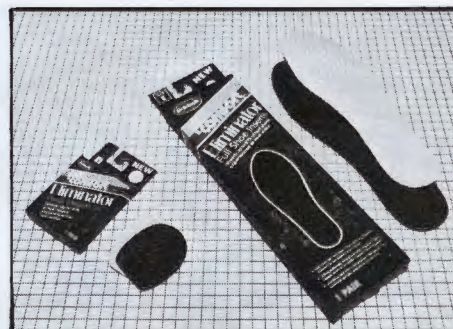
Nieman Enterprises introduces the Nieman Winder, a new and exciting Exerciser, which is a hand, wrist and forearm piece of equipment.

Currently manufactured by the Schwinn Bicycle Company, the Winder builds strength and stamina in the hand, wrist, and forearms as the final extension of the athlete's body in skill sports.

The combination of progressive resistance and repetition for a few minutes each day can build muscles and tone. Used regularly, it can improve performance in sports, weight-lifting, gymnastics, and music instruments where fingering and wrist action are important.

The Winder can also be applied for the relief of sedentary arthritic pain or rehabilitative physical therapy. It retails for \$24.95.

For more information, contact Nieman Enterprises, Inc., 3671 Woodhead Dr., Northbrook, IL 60062 or call 312-291-0345.



Dr. Scholl's Eliminator

Dr. Scholl's Eliminator is a super shock absorbing shoe insert that absorbs up to 97% of foot shock experienced at heel strike.

The newest addition to the Dr. Scholl's Pro Comfort line of sports medicine products, the Eliminator helps prevent common foot and leg injuries by reducing the jarring effects of foot shock.

In addition, lateral foot movement and over-pronation are controlled with an orthopedically cupped heel and raised arch.

The Eliminator is constructed from a technically advanced rubber polymer called Wingfoot XL, developed by the Goodyear Tire & Rubber Co. Wingfoot material is lighter and more effective than material used in other super shock absorbing inserts.

The cupped heel and raised arch provide needed foot support and control with a terry lining that helps feet stay cool and dry. Eliminator full shoe inserts are designed to replace removeable inserts found in premium running shoes, but can be used in shoes for basketball, racquetball, baseball, football, and soccer.

Full shoe inserts carry a retail price of \$15.95. Heel inserts retail for \$9.95. For further information contact The Public Relations Board, Inc., 150 East Huron St., Chicago, IL.

Racquetball South Of The Border:

by Carole George

Memorable Costa Rica

Keeley and gear after first leg of avoiding the Darien Gap.

Costa Rica was memorable, not only because of a well-organized, successful clinic, but also because of the country itself. I had visited San Jose, the capitol city of this tiny Central American paradise, in October 1983 for the "Torneo de la Raza." However, I didn't have a chance to explore much more than the racquetball courts at that time, and to set up a tentative clinic sometime down the line.

Eventually, we established April 2-6, 1984 giving us 10 days from the end of the clinic in Panama. Lonnie Benson and I started out hitchhiking from Panama City on March 24th. We reached the Panama/Costa Rica border in one day by being picked up by a father and son in a vintage Valiant; two American college students on vacation; a truck driver with a load of sand; and another transporting empty soda bottles.

Diary Of A Clinic Series

by Steve Keeley

Handling The Darien Gap

I'll tell you a few things about racquetball in Latin America that you won't find in your usual magazine article. The game is played only in a few of the major metropolises in any country.

For example, the only courts in Honduras are in the capitol city of Tegucigalpa, in Ecuador in its capitol of Quito, and in Panama, in Panama City. The players who have discovered the game in these cities are gung-ho about it, clamoring for more court time, better equipment, magazines, any news whatsoever about the game in the states and, especially, for personal instruction.

The state of the Latin racquetball player, therefore, reminds me of that of the American player 10 years ago. Strategically, the winning players are those who flail the ball the hardest, not the lowest or with the most accuracy.

Physically, the *Latinos* are much more footquick (from being weaned on soccer) than Americans, plus they are surprisingly hand-quick. But, in general, they lack the physical coordination in the hips, the hand-eye coordination of their *gringo* counterparts. These deficiencies may be cultural, or they may be genetic, and thus they may or may not easily be overcome with practice.

Now I'll tell you a few things about travel in Latin America which you won't find in a normal travel book. You won't get killed while crossing Central or South America, but be prepared to have your bus/train stopped every 50 to 100 miles by uniformed, armed soldiers who check your passport, person and luggage.

Train and bus travel in Latin America is so cheap it's almost a shame to stay home. You can go a thousand miles for five dollars if you don't mind standing



The next day we rode the bus six hours over beautiful mountain terrain, directly to San Jose and checked into the *Pension Tica Linda* (*Linda* means beautiful in Spanish and a *Tica* is a Costa Rican woman)—quite a name for a place that charges 60 colones (\$1.35) per person and attracts all types of travelling street vendors and vagabonds.

The next day Rodolfo Echeverria, president of the Costa Rican Racquetball Association, took Lonnie and me out to lunch to discuss the details of the clinic to take place in a few days. As before, I was impressed by the efficiency and originality of the *Ticos*.

Rather than go with the usual three-hour format, Echeverria had set up two one and a-half hour sessions per night, one for beginners and one for advanced. In addition, he proposed a little extra money for two afternoon juniors clinics because they have a lot of *muchachos* playing at the Indoor Club where the clinic was to be given.

Boarding the boat to circumvent the Darien Gap.



up in the aisle for half the distance in second class, or you can reserve a seat a day in advance in first class for double the price.

Some buses and trains may make no regular bathroom or food stops for 12 hours at a time, so it's up to you to pack a lunch and to ask the driver to make restroom stops alongside the road. The highway system throughout Central and South America is sufficient for its purpose but is reminiscent of the cowboy and Indian days in America. It's very exciting to travel.

Except for the Pan-American highway, which runs from the United States through Mexico and Central America and South America to the southern tip of Chile, many of the main routes are, as the indigenous maps indicate, "*dirt or graded earth which may not be negotiable during the rainy season; inquire locally when traveling from May*

With everything well in hand, Lonnie and I were free to take the train to the Caribbean coast. The six-hour ride is famous for its scenic descent from a 5,000 foot altitude in San Jose, through mountain coffee plantations and remote villages, down to the sea level city of Limon. We bused back, not only for a different angle on the scenery, but also because the old train reportedly takes 9 or 10 hours to climb back up to San Jose.

It's amazing what a difference there is between the Pacific side and the Caribbean side of Costa Rica. San Jose seems very cosmopolitan, with a distinct Spanish style to the people and the architecture. Westernization has definitely affected this modern day, urban area. The beach of Puntarenas, not even an hour drive from the capitol city, is a favorite resort of European and North American tourists.

What do you want for \$1.25 a night?!



through December." The famed Pan-Am highway itself is indeed an admirable feat of construction which courses through jungles, cuts through mountain passes and winds between desert sand dunes.

This all sounds very romantic, but be prepared to encounter snakes, cows, llamas, boulders, trees, sand piles, rivers, carts, vendors and assorted wayfarers in the road. The highway is complete in one form or another from northern to southern hemisphere save a 100 kilometer stretch of jungle terrain between Panama and Colombia.

This is called the *Darien Gap*, after the province in which it lies, and there is no road and will not be one for a long time to come according to the natives, because the land is a quagmire and because a road would facilitate illegal drug and contraband traffic which nonetheless presently trickles through the seamy *Gap* from Colombia to Panama and northward.

Limon, on the other hand, has all the flavor of a Caribbean island, where many of its inhabitants originally emigrated from. The majority of the people are black and speak a mixture of English and Spanish. Lonnie was so used to saying to everyone, "*No espanol!*" that he was taken by surprise when an old man retorted, "*I'm speakin' english, man.*"

The people seem to be quite happy and the night air is filled with the sounds of marimbas and drums and singing to a reggae beat. Lovers walk along the beach at night and children play in the streets by day.

An hour away from Limon is an even smaller, even more Caribbean town called Cahuita. The town is so small that Lonnie and I missed it and stayed on the bus too long, getting off instead at the state beach.

We walked along the white sand, enjoying the miles of palm trees bordering

I have observed that there seem to be two broad groups of people among the *Latinos*: the very, very good and the nasties. The nasties are the city swindlers, liars and thieves who have a special eye for the traveling *gringo*.

In Panama, in a part of the city where perhaps I shouldn't have been walking alone, a firm grasp on my left shoulder jolted me out of sightseeing reverie, but not soon enough to stop another quick paw from reaching in my left pocket and snatching my money and room key.

Carole's experience in Panama was more upsetting. Two *hombres* brandishing a 10-inch knife the way Marty Hogan tinkers with his racquet, relieved her of her cash and ring and left a few superficial cuts on her right arm.

However, the good people in Latin America are so beautiful it makes you want to cry and wonder how they stayed

the ocean waters, until finally we came across another American couple, who was camping on the beach. We learned from them that "town" was a two-hour hike through the jungle which they didn't recommend after dark, so we pitched our borrowed tent and joined our only neighbors for a feast of coconut juice, coconut meat, and vegetable soup.

When the early morning sun began heating up our tent, Lonnie and I decided to brave the jungle trail. Actually, it was one of the highlights of the trip, as we watched scurrying lizards and hermit crabs clear our paths. We heard the eery howl of the holler monkeys, but were only able to see the white-faced variety. We even saw a few snakes, one of which was about the width of a pencil, yet as long as a yardstick. Fortunately, they wanted as little to do with us as we did with them—I've never used my snake bite kit and hope I never have to.

We splurged and bought a chicken, potatoes and onions to share with Kathy and Dave in exchange for their generosity the night before. We really ate well that night since Dave also had succeeded in lasooing a lobster with a homemade "LFD" (Lobster For Dinner) trap. He said it was the same kind used by the natives.

It was quite difficult to pull ourselves away from the tranquility of Cahuita Beach, but we had clinic commitments in San Jose and a free ride back to Limon with some picnickers, so we shook the sand out of our gear and began psyching up for a week of racquetball.

The Indoor Club of San Jose is primarily a swim and tennis club, but it also has three racquetball courts and 300 active players. Eduardo Mata, the vice president of the Costa Rican Racquetball Association and a professional architect, has just finished the plans for

adding an exhibition court with spectator seating for 80 and standing room for an additional 20. Their racquetball association has steadily been raising funds to finance the construction, as well as the money necessary to send a men's and women's team to the World Games in July in California.

Our clinics ran nightly from Monday through Friday, with two juniors sessions on Tuesday and Thursday afternoons. We ran the usual format with two days of straight instruction, a day of videos, doubles instruction and play, and a "carnival day" where each participant tallies points for hitting different targets on the court.

The carnival was especially popular with the kids. By virtue of speaking *un poco* more espanol than Keeley's *un poco*, I got the younger kids who spoke no english. I think they enjoyed laughing at my broken spanish as much as

The sheep . . . that one runs across.



that way. They sit all night by their proud little stacks of screws, tamales or handmade alpaca socks, freezing and chatting with their neighbor vendors about the weather.

They light up like a beacon when you make a 30¢ purchase which enables them to live another day, and they search for you all over town if you accidentally overpay them a dime for their wares. Most of these simple folks live in bamboo and straw, patch-wood and cardboard, or adobe and mud huts, with a couple generations of families occupying two or three rooms in the single dwelling.

Now we're in South America. Following our April clinic in San Jose, Costa Rica, we bused 20 hours south to Panama City where we had already done three clinics. This time in Panama we spent a couple days researching possible means of travel across the *Darien Gap*,

or some way to circumvent it. Carole stayed with Ben Moyer, president of Panama Racquet Club, and family, while on the first night in town, I taxied to the apartment of Barry Stevens, the top Army player in Panama.

I spent the next two days discovering that you can either walk, fly or boat the *Darien Gap* from Panama to Colombia. I was told that I would get shot by contraband runners if I tried to walk, that flying cost \$120 (almost as prohibitive), and that boats are catch-as-catch-can. Carole and I decided on the latter, but didn't catch as some can because we missed the boat, a block-long cargo carrier, by some 12 hours. The next boat wasn't leaving for a few days, so we decided to improvise.

A \$36 flight in a four-seater, single prop took us from Panama City to the isolated *puerta* of Obaldia, Panama, where we engaged a local hire to carry

us in a motorized dugout along the Pacific coast to a village called Copurgana, Colombia.

Copurgana is a one-street paradise for *Latinos* who want to temporarily evade civilization. The only things to do are wiggle your toes in the hot sand, watch the Atlantic surf roll in, swim in the aqualine water, attend the raucous *cantinas* at night, and hike to *cielo* (heaven). All of these we did in the two days spent waiting for a plane to leave town.

The hike to *cielo* was especially memorable for two reasons. One because we had a volunteer guide dog—a dirty white canine of dubious ancestry but keen direction who happened upon us early in the trip—and because heaven was such a disappointment.

The dog and we tramped through jungle and mud, through creeks and rain, and into the night only to discover that heaven is a dried-up riverbed with a

hitting backhands into cardboard boxes and knocking over empty racquetball cans with their forehands.

I really enjoyed the two, hour and a-half nightly sessions more than single hour sessions which we did in Honduras and Panama because the shorter session were better for the student's attention spans. Also, it's a lot easier to teach when you have a more homogenous group of beginners or advanced players.

Costa Rica had the most advanced players thus far, since their courts are four years old and many of the players have that much experience. Also there are a lot of younger players like Teo Fumero, Tati Herrera, and Jose Arias who are coming up quickly through the ranks.

Fortunately, we had a few extra days to spend in Costa Rica after the clinics

before heading to South America. So, on Saturday Keeley and I were able to join Tati and his brother, a pilot, in a four-seater airplane ride to one of the islands off the Pacific coast.

Keeley wasn't even phased, but since this was my first flight in such a small plane I was glad I'd written a will before embarking on this clinic tour. But Tati's brother is an excellent pilot and quickly had me well at ease and able to enjoy the bird's eye view of Costa Rica.

On top of a volcano is also another good place to get a *vista* of Costa Rica. Keeley had already visited *Vulcan Poas*, which is so high up that on a clear day you can see both the Pacific and Atlantic Oceans. So on Sunday, Keeley, Lonnie and I made the bus trip up to the famous volcano, *Vulcan Irazu*.

Keeley and the chicken. Not exactly the San Diego variety.



thatched hut alongside that offers coffee, a tethered pig and a long clothesline full of hanging sheets. As we left the place I couldn't resist offering a derogatory evaluation regarding our long walk to the sheets of heaven.

Our hotel room in Copurgana was interesting in its simplicity and its visitations. Our door opened itself unless we propped a hefty slab of wood against it from the inside. Thus, the first morning, an eight-inch crab was our first guest. The bug-eyed crustacean sidled uncertainly from bed leg to bed leg until we thought it necessary to show him out with our door prop at bedtime; I was sleeping on the floor.

The next morning I awoke and Carole was up and gone. The door had swung itself open and a big white chicken was strutting around my sleeping bag. Its great white head bobbed up and down and its red waddle jiggled side-to-side as it pranced about the room in the absurd way which only a chicken can.

I herded the bird out the door and was greeted in the lobby by a pack of friendly dogs, their tails wagging and their ears waiting to be scratched. They all, every dirty white one, looked like yesterday's guide dog to the sheets of heaven. This cloning of dogs, cats and other animals is typical, I have observed, in the small, isolated *pueblos* where a dog never gets a chance to get out of town and there isn't a whole lot to do for entertainment in town.

Carole and I flew out of Copurgana on April 18, scratching. Something silent and insidious on the walk to heaven had eaten at our legs, from ankle to knee. This morning in the airplane we were red eruptions, tonight we would be scabs. Our plane, a six-seater, bounced down the meadowland runway during takeoff with its clattering propeller scattering cloned chickens, dogs, and donkeys. For \$55 each we bypassed the *Darien Gap* and dropped into Cali, Colombia a few hours later.

The next day I took Lonnie to the airport and bid him *hasta luego*. As much as he had enjoyed the adventures thus far, he was not at all convinced that either of the people he was travelling with were altogether sane. Between Keeley's plans to walk the jungles from Panama to Colombia and my preference for hitchhiking rather than busing, Lonnie decided it was time to go back to a real job before he got any farther from the good old U.S. of A.

So, minus one bodyguard/teaching assistant, Keeley and I boarded a southbound bus back towards the jungles of Panama and onward to South America, for a month of adventure and travel before resuming our clinic schedule in Bolivia. ●

Tough, determined, and dedicated to bringing forth the gospel to the multitudes...



—Photos by Carole George

During a stopover in the Medellin airport, we phoned the Ceylam Plaza Court Club, plus clubs in Bogota and Cali to confirm clinics a month and a-half down the line. Then we taxied to the bus station to pick up the Pan-Am highway south to the Colombia-Ecuador border.

Since we had entered Colombia the same way Charley Brumfield used to exit the racquetball court—without official permission—the border immigration officials were upset with us. They saw the whole thing as unsportsmanlike and hauled us in an unmarked auto to an official's office where we had to pay \$10 each to get a stamp on our passports which allowed us to leave their country.

Once in Ecuador the Pan-Am highway takes a fun turn.

Next: Over the river and through the woods to the racquetball courts we go. ●

Tournament Results

Double Plays Highlight AARA National Juniors

by Linda Catanzaro Boberg

Double plays were the order of the day at the Davison, Michigan Racquet Club for the 1984 National Juniors Championships, June 23-27, as many of the same faces showed up for multiple awards at the tournament desk.

Tammy Horrocks, Jennifer Celaya, Doug Ganim, Elaine Mardas, Dina Pritchett, Michelle Gilman, Becky Rush, Scott Peckovich, Nicki Xynidis, Robin Levine, and Cindy Doyle were among the 584 entrants of this year's tournament, sponsored by Diversified Products and Penn Racquetball, to bring home two medals each.

Ganim, Solon, OH, earned his nickname "Assassin" by making incredible kills from deep in the back right corner, working his way through the brackets to win the 18 & Under Singles title. Along with partner Jim Leone, Boardman, OH, he also earned the gold medal in the 18 & Under Doubles division.

Pritchett, Anderson, IN, brought home medals for both divisions in the Girls 18 divisions, as did Becky Rush, Sherwood, AZ.

Cindy Doyle, Williamsville, NY, and Robin Levine, Fishkill, NY, earned honors in the Girls 14 divisions, first by playing on their own in the singles and then teaming up in the doubles.

Tammy Horrocks, Mason, OH, and Jennifer Celaya, Tucson, AZ, performed the same miracle in the Girls 12 and 14 categories.

In the Boy's divisions, Scott Peckovich, Billings, MT, brought home two medals from the Boys 12 divisions and Nicki Xynidis, Daytona Beach, FL, did the same in Boys 10.

Mardas and Gilman not only won double medals, but also played up in the tournament, winning medals in their own age division and one age higher.

18 & Under

Ganim and Toni Bevelock, Dunmore, TN, showed the racquetball world the best in juniors play by winning the Boys and Girls 18 & Under Singles division titles.

Both earned berths on the U.S. National Racquetball Team which competed at the World Championships, July 16-22, in Sacramento, CA.

Ganim's cool concentration, which he demonstrated while walking around the court during time outs, paid off in the finals showdown against Hugh Klein, Pittsburgh, PA. Klein was Ganim's opposite—frequently screaming in frustration and dashing out the door during time outs.

Klein had a huge gallery wherever he played (complete with cheerleaders wearing T-shirts bearing his name). He used this same hyper-energy throughout the tournament.

Prior to the 18 & Under championship match, Klein was found leaning against the wall of his designated court, ear plugs in, listening to his favorite music from a portable tape player.

"It helps psych him up," a fan said.

But when the music stopped it was Ganim who emerged victorious in a match filled with numerous long rallies and frequent side outs. Ganim's kills made the critical difference in his 15-9, 15-8 win.

In other matches, Klein continually worried his supporters by losing the first game, then coming back to win the second game and tie-breaker.

"He's played like this throughout the tournament," a spectator noted between games of his upper bracket semi-final match against Chuck Teets, Detroit.

Teets, who started out red-hot while winning the first game of that match 15-10, seemed to lose energy while Klein, his light grey shirt turning dark with perspiration, kept playing better! The next two games and the match were all Klein, 15-9, 15-9.

Ganim faced Cliff Swain, Braintree, MA, in lower bracket semi's action. Seeded number two in the division, Swain gave third-seed Ganim the anticipated stiff competition during their two-game match.

"Swain's the best this state has to offer," an admiring adult from MA said.

In a match that couldn't have been more thrilling, Ganim's strength and composure showed well as he emerged victorious after heavy battle, 15-14, 15-14.

Ganim faced Steve Rubin, New York, in his quarters match, easily winning 15-6, 15-8.

Eighth seeded Klein created the tournament's biggest stir when he defeated number one seed Andy Roberts, 5-15, 15-9, 15-9 in the quarter-finals. An angry Roberts threw his racquet across the court at the end of the tie-breaker.

In the Doubles division, Ganim/Leone won their championship match over Mike Coleman/Scott St. Onge, Worcester, MA, 15-12, 15-9.

The righty/righty team of Coleman/St. Onge played well, with St. Onge giving instructions and encouragement to his partner after difficult rallies. Despite their great attempt, Coleman/St. Onge placed second as Ganim/Leone, utilizing the Assassin's powerful kills, took the gold 15-12, 15-9.

In upper bracket semi-finals, St. Onge/Coleman faced Mike Zwierchaowski, Sterling, MI (known affectionately as "Big Z") and doubles partner Scott Reid, Grand Rapids, MI, seeded fourth. Although Big Z/Reid beat St. Onge/Coleman at the Ektelon Nationals six weeks previously, they were unable to repeat at Davison.

The match, which went to a tie-breaker, was intense with numerous spectators crowding the glass back wall. There were frequent appeals as St. Onge/Coleman found themselves on the floor more than once for fantastic gets while Big Z/Reid did their best to reach the finals. In the end, the Massachusetts boys took the match, 15-8, 8-15, 15-14.

Ganim/Leone faced Charley Nichols/John Schneider, Florida, in the lower bracket semi's—a match not as exciting as the upper bracket action although Nichols/Schneider took Ganim/Leone to the wire in the second game. Ganim's pinch kills made the difference with the Ohio duo winning, 15-8, 15-14.

Familiar faces abounded as the same people seemed to win everything in the Girls 18 & 16 divisions.

Bevelock, her confidence high from her April Intercollegiate win, defeated Becky Rush in the Girls 18 & Under final. Rush, ill with stomach flu, refused to forfeit the match despite her condition.

"I just wanted to play it out," she said, but one could sense her agony when she attempted to return Bevelock's serves. Bevelock, sensing her opponent's discomfort, played an easier game, but still took the title 15-4, 15-1.

Upper bracket semi-final action found Rush stopping Julie Ginsburg, Sarasota, FL, 13-15, 15-14, 15-8. In lower bracket play, Bevelock stopped Pritchett 15-5, 15-9. Pritchett, who went on

Scenes from the National Juniors

to take third place in the singles, captured first in the 17 & Under Doubles division with Elaine Mardas.

16 & Under

Top-seeded Mardas, Columbus, OH, who won the Girls 16 & Under title by defeating Michelle Gilman, Ontario, OR, 15-10, 15-5, played consistently well throughout the tournament. Her quiet, controlled manner made her a gallery favorite.

In the upper bracket, Mardas eliminated Michelle Morrow, Tuburn, CA, 15-9, 15-8 in the quarters; and Shelly Lee, York, PA, 15-3, 15-7 for the win that put her against Gilman in the finals.

Gilman, only 13, upset second-seeded Lisa Anthony 15-4, 15-9 in the first round of the 16 & Under. She went on to defeat Christine Upson in the quarters, 15-9, 4-15, 15-13 and Californian Kelly Pulis in the semi-finals, 15-11, 9-15, 15-10, before facing Mardas.

Mike Lowe, Bacaville, CA, won the gold in the Boys 16 & Under division, defeating Dave Simonette, Baltimore, MD, 15-9, 15-10.

"I've played very well throughout this tournament," Lowe, number one seed stated after the win. *"I felt confident going into this match."*

He faced Greg Vargas, Soquel, CA, in upper bracket quarter-finals play, winning 15-2, 9-15, 15-4; and Jim Juron, Niagara Falls, NY, whom he defeated 15-4, 15-7 in the semi-finals.

Simonette had an easy time to the semi's. He defeated Mike Bronfield, Carmel, CA, in the quarters, 15-3, 15-9; but in the semi's, Joe Linwall took him to the tie-breaker before succumbing 4-15, 15-9, 15-9.

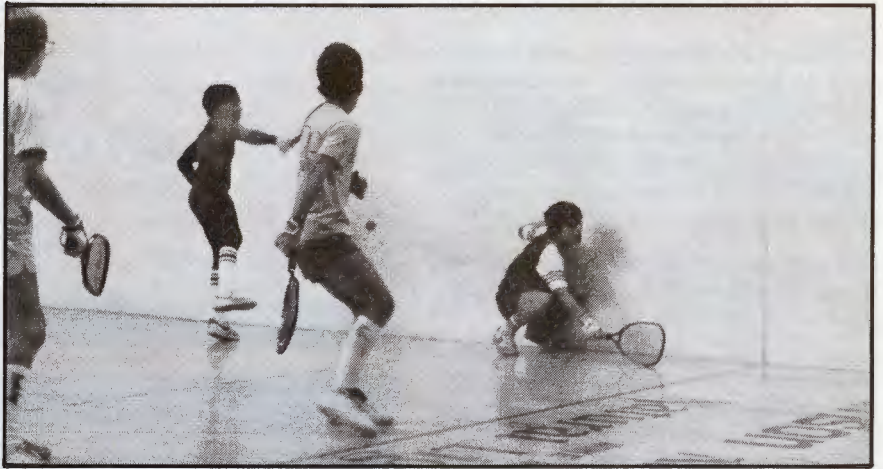
Simonette looked nervous going against Lowe, shaking his head at every point Lowe earned. Lowe, his face set in stone with concentration, made pinches and passes look surprisingly easy en route to the win.

Greg Barbas/Mike Griffith, Eugene, OR, earned the Boys 16 & Under doubles gold medals, besting Henry Martinez/Matt Rudich, Las Vegas, 8-15, 15-14, 15-9. Third place went to John Millhollin/Scott Bronfield, CA.

14 & Under

Michelle Gilman won her second medal of the tournament by winning the Girls 14 & Under where she was top-seeded. Robin Levine, Fishkill, NY, took second when Gilman defeated her 15-13, 6-15, 15-7.

Tall, pony-tailed Gilman fought hard against Levine to win the medal. Cindy Doyle, Williamsville, NY, took third.



The Boys 12 & Under semi-finals.



David Simonette contemplates second place.



Big Z and partner Scott Reid.



People you should know (l. to r.): Luke St. Onge, Siri Gottlieb, Bob Wilhelm.



Favorite juniors pasttime, no matter what age bracket.



The thrill of victory, agony of defeat, exhaustion of competition.

Doyle/Levine teamed up to take the Girls 14 & Under doubles over Delainie Comer/Tammy Horrocks, Mason, OH, 15-11, 15-5. Third place went to the sister team of Kim and Stephanie Pinola, Pennsylvania.

Other Divisions

Scott Peckovich, Billings, MT, took home the gold for both singles and doubles of the Boys 12 & Under.

Nicky Xynidis, Daytona Beach, FL, who took second place in the Boys 10 & Under singles division, teamed with John Engle, Bradenton, FL, to win the gold medal in the doubles.

This year's National Juniors tournament also had state team competition. Fourteen states formed teams which competed for first, second and third place trophies. As a team member won a division award, his or her state was awarded points which were then added up to determine overall state winners.

Team California earned 136 points for first place; captain Talya Dotson accepted her state's award. Jackie Charbonneau, NY, accepted Team New York's second place trophy. Co-captains Elaine Mardas and Doug Ganim accepted the third place trophy on behalf of Team Ohio.

State Team Final Standings

California	136
New York	118
Ohio	89
Florida	67
Massachusetts	58
Pacific Northwest (Canada)	50
Pennsylvania	40
Colorado	25
Indiana	22
Illinois	22
Arizona	6
New York - B	4
New York - C	3

Notes of the tournament . . . National Champion Mike Yellen, in attendance all week, gave a clinic on Sunday for the eager juniors. He seemed to most enjoy posing with parents and kids for numerous photos . . . *Former pro Steve Strandemo showed up to promote his camps which he gives in conjunction with AMF Head . . .* The big AMF Head racquetball truck sat outside the front door of the Davison Racquet Club all week . . . *Pat Gerrity did another wonderful job running an AARA national tournament, this one with the usual hundreds of entrants and families to boot . . .* This year's juniors have the chance to participate in the 1984 Junior Orange Bowl festivities to be held in Miami around Christmas . . . *The weather couldn't have been nicer for the juniors banquet, held under a huge tent behind the club . . .* Leann Coutu, C.J. Sanford, and David Ganim (Doug's younger brother), won the Junior Sportsmanship awards, given to those players who help out with tournament activities. They each received a

U.S. National Racquetball team bag tag and an Olympic pin . . . *C.J. also got an Olympic jacket, miles too big for him, but, oh, well . . .* Dina Pritchett sang "Special Touch" and dedicated it to Luke St. Onge and Jim Hiser . . . *Hiser received an award from the AARA for his dedication to juniors' activities . . .* Greg Eveland and Bob Beebe, representing DP and Penn Racquetball, respectively, received awards for their sponsorship of the tournament . . . *Hiser did another spectacular job on a slide show following the week-long activities. Unfortunately, there were a few initial problems with getting the show going, but once everything worked, the juniors seemed to love it, making the banquet seem more like the last night at camp . . .* "Z! Z! Z!" shouted the entire gathering when Mike Zwierzchaowski's picture showed up on the screen. "Control," he replied, "Have a little control . . ." . . . *Next year's juniors tournament is tentatively scheduled for a club just outside of Anaheim. Anyone for Disneyland?*

1984 National Juniors Championships

Davison Racquet Club

Davison, MI, June 23-27, 1984

Doubles Divisions

Boys 18 & Under

1st—Doug Ganim/Jim Leone, Solon/Boardman, OH; 2nd—Mike Coleman/Scott St. Onge, Worcester, MA; 3rd—Mike Zwierzchaowski/Scott Reid, Sterling/Grand Rapids, MI.

Boys 16 & Under

1st—Gregg Bargas/Mike Griffith, Soquel, CA/Eugene, OR; 2nd—Henry Martinez/Matt Rudich, Las Vegas, NV; 3rd—Mike Bronfield/John Millhollin, Carmel Valley, CA/Suisun, CA.

Boys 14 & Under

1st—Tyler Hangas/Scott Peckovich, Missoula/Billings, MT; 2nd—Eric Ramm/Josh Taekman, Woodland/Danville, CA; 3rd—David Bogenschultz/Brad Monroe, Appleton/Kenosha, WI.

Boys 12 & Under

1st—John Ellis/Jeff Russell, Stockton, CA; 2nd—B.J. Harris/Don McNeil, Baltimore, MD/Margate, FL; 3rd—Adam Yourell/John Gillooly, Whitman/Stoughton, MA.

Boys 10 & Under

1st—John Engle/Nicki Xynidis, Bradenton/Daytona Beach, FL; 2nd—Brett Buegen/Jim Ellenberger, Golden Valley, MN/Beloit, WI; 3rd—Billy DeFranc/Kullen Dickenson, Lake Ronkonkoma/Rochester, NY.

Girls 18 & Under

1st—Elaine Mardas/Dina Pritchett, Columbus, OH/Anderson, IN; 2nd—Julie Ginsberg/Becky Rush, Sarasota, FL/Sherwood, AZ; 3rd—Renee Merritt/Kim Russell, Indianapolis, IN/Louisville, KY.

Girls 16 & Under

1st—Michelle Morrow/Kelly Pulla, Tuburn/Fairfield, CA; 2nd—Nancy Laurent/Laurie Wade, Columbus, OH; 3rd—Sarah Ali/Gine Fera, Williamsville/Buffalo, NY.

Girls 14 & Under

1st—Cindy Doyle/Robin Levine, Williamsville/Fishkill, NY; 2nd—Delainie Comer/Tammy Horrocks, Redding/Mason, OH; 3rd—Kim Pinola/Stephanie Pinola, Bluebell, PA.

Girls 12 & Under

1st—Jackie Charbonneau/Sarah Nesbitt, South Beach/Hilton, NY; 2nd—Candi Conway/Terra Flowers, Gallitzin, PA/Burton, MI; 3rd—Corie Lahman/Jennifer Calaya, Rockford, IL/Tucson, AZ.

Singles Divisions

Boys 18 & Under

1st—Doug Ganim, Solon, OH; 2nd—Hugh Klein, Pittsburgh, PA; 3rd—Cliff Swain, Braintree, MA.

Boys 16 & Under

1st—Mike Lowe, Bacaville, CA; 2nd—David Simonette, Baltimore, MD; 3rd—Jim Juron, Niagara Falls, NY.

Boys 14 & Under

1st—Scott Peckovich, Billings, MT; 2nd—George Delaney, Hamilton, MA; 3rd—Matt Rudich, Las Vegas, NV.

Boys 12 & Under

1st—Jeff Russell, Stockton, CA; 2nd—John Gillooly, Stoughton, MA; 3rd—Mike Altman, Coral Gables, FL.

Boys 10 & Under

1st—Joaquin Marieta, Woodland, CA; 2nd—Nicki Xynidis, Daytona Beach, FL; 3rd—David Freeman, Columbia, MD.

Boys 8 & Under

1st—Scott Zimmerman, Grand Rapids, MI; 2nd—Jason Mariano, Brooklyn, NY; 3rd—Jason Eaton, Goffs Town, NH.

Girls 18 & Under

1st—Toni Bevelock, Dunmore, TN; 2nd—Becky Rush, Sherwood, AZ; 3rd—Dina Pritchett, Anderson, IN.

Girls 16 & Under

1st—Elaine Mardas, Columbus, OH; 2nd—Michelle Gilman, Ontario, OR; 3rd—Shelly Lee, York, PA.

Girls 14 & Under

1st—Michelle Gilman, Ontario, OR; 2nd—Robin Levine, Fishkill, NY; 3rd—Tammy Horrocks, Mason, OH.

Girls 12 & Under

1st—Jackie Charbonneau, Sound Beach, NY; 2nd—Erika Wilhite, Bexley, OH; 3rd—Jennifer Calaya, Tucson, AZ.

Girls 10 & Under

1st—Talya Dodson, Modesto, CA; 2nd—Hayden May, Auburn, CA; 3rd—Melissa Smith, Noblesville, IN.

Girls 8 & Under

1st—Christine Van Hees, Kelowna, B.C., Canada; 2nd—Lia Brooks, Williamsville, NY; 3rd—Christine Skinner, Burton, MI.

Tournament Results

Michigan

MRA State Doubles/State Juniors
Championship
AMF Voit, Jet Speed Duplicating
Oakland Racquet Club
Michigan - March 30-April 1, 1984

Men's Open
Finalists — Radiation Man/Harris d. Easterling/Loabaldo, 21-8, 21-10

Men's A
Finalists — Marx/Ferrel d. Gravelyn/Van Dis, 21-11, 21-5

Men's B
Finalists — Goodman/Broucek d. Bos/Hartman, 21-19, 21-12

Men's C
Finalists — Buckley/Buckley d. Clemens/Moretto

Men's D
Finalists — Jones/Pleins d. Falvo/Andrews

Seniors
Finalists — Birescu/Sisinger d. Szuch/Emerson

Masters
Finalists — Puddock/Schermer d. Sewell/Karhu

Women's A
Finalists — Jahn/Hengel d. Yelp/Murray, 21-4

Women's C
Finalists — Byers/Johnson d. Beau/Gannon, 21-13

Women's D
Finalists — Tratter/Maralde d. Durma/Finn, 21-15, 21-11

Juniors

Boys 17
Finalists — Gage d. Larry, 21-9, 21-13

Boys 15A
Semi-Finalists — Metaj d. Fogler, 21-3, 21-6, Kelly d. Tanielian, 21-7, 21-3
Finalists — Metaj d. Kelly, 21-17, 21-19

Boys 15B
Semi-Finalists — Meeusen d. Heim, 17-21, 21-14, 11-6, LaHaie d. Ladomer, 21-10, 21-18
Finalists — Meeusen d. LaHaie, 21-5, 20-21, 11-6

Boys 13
Semi-Finalists — Steinbach d. Skinner, 21-5, 21-8, Kummier d. Covell, 21-13, 21-20
Finalists — Steinbach d. Kummier, 21-17, 9-21, 11-5

Girls 17
Finalists — Schetter d. Steinbach, 21-7, 21-10

Girls 13
Finalists — Reid d. Eichenberg, 21-1, 21-4

Maine

The Bud Light/DP Leach Spring Fling
The Court Yard
Saco, Me — Mar. 23-25, 1984
Tournament Directors — John Bouchard

Men's Open
Quarter-finalists — Bouchard d. Pierpont, 15-6, 15-5; Bilodeau d. Spugnardi, 15-9, 15-8; Spugnardi d. Bouthot, 15-14, 15-10; Wright d. Bailey, 15-14, 15-7
Semi-finalists — Bouchard d. Bilodeau, 15-3, 15-14; Spugnardi d. Wright, 15-11, 15-10
Finalists — Bouchard d. Spugnardi, 15-7, 15-6

Men's A
Quarter-finalists — Langmaid d. Spugnardi, 15-10, 15-10; Dean d. Liller, 15-6, 15-5; DiPalma d. Norsworthy, 11-15, 15-6, 15-6; Smith d. Fodsom, 15-7, 1-15, 15-13
Semi-finalists — Dean d. Langmaid, 15-7, 15-8; DiPalma d. Smith, 15-11, 13-15, 15-13
Finalists — Dean d. DiPalma, 15-1, 15-3

Men's B
Quarter-finalists — Ackendorf d. Deegan, 1-15, 15-11, 15-14; Graham d. Silver, 15-12, 3-15, 15-6; Kurzmann d. Dewitt, 15-13, 15-2; LaPrino d. Sargent, 15-12, 15-12
Semi-finalists — Graham d. Ackendorf, 9-15, 15-2, 15-4; LaPrino d. Kurzmann, 15-12, 14-15, 15-6
Finalists — LaPrino d. Graham, 14-15, 15-11, 15-7

Men's C
Quarter-finalists — Shea d. Savage, 15-10, 15-14; Rollerson d. Guntz, 15-4, 15-1; Homa d. Letourneau, 15-14, 15-1; Letellier d. Friel, 6-15, 15-7, 15-14
Semi-finalists — Rollerson d. Shea, 6-15, 15-7, 15-14; Homa d. Letellier, 15-14, 15-11
Finalists — Rollerson d. Homa, 10-15, 15-7, 15-2

Men's Novice
Quarter-finalists — Collelo d. Smith, 15-9, 15-4; Carr d. Seidel, 15-2, 10-15, 15-11; Parker d. Godin, 15-7, 15-6; Tousignant d. Hirst, 13-15, 15-8, 15-7

Semi-finalists — Carr d. Collelo, 6-15, 15-10, 15-7; Parker d. Tousignant, 10-15, 15-10, 15-7
Finalists — Parker d. Carr, 15-6, 15-3

Men's Seniors
Quarter-finalists — Isenberg d. Smith, 15-1, 15-1; Keefe d. Dewitt, 15-8, 15-2; Brown d. Sargent, 15-4, 15-1; Daye d. Kuss, 15-12, 15-11
Semi-finalists — Isenberg d. Keefe, 15-8, 7-15, 15-7; Daye d. Brown, 15-14, 15-13
Finalists — Daye d. Isenberg, 15-9, 15-10

Men's Masters
Quarter-finalists — Friedman d. Trask, 15-5, 15-6; Sedor d. LeBrasseur, 15-8, 15-6; Roberts d. LeCompte, 15-11, 15-10; Butt d. Lowell, 15-5, 15-11
Semi-finalists — Sedor d. Friedman, 11-15, 15-11, 15-4; Butts d. Roberts, 15-4, 15-5
Finalists — Butts d. Sedor, 15-2, 15-3

Women's Open
Quarter-finalists — Ehelich d. Taylor, 15-3, 15-5; Gagne d. Bilodeau, 15-3, 15-7; Eon d. Kent, 15-6, 15-8; Graham d. Wetherly, 15-1, 14-15, 15-4
Semi-finalists — Ehrlich d. Ghagne, 15-2, 15-9; Graham d. Eon, 15-8, 12-15, 15-6
Finalists — Ehrlich d. Graham, 15-4, 13-15, 15-2

Women's B
Quarter-finalists — Truman d. Treer, 15-9, 15-5; Kent d. Hoey, 15-12, 15-5; Geiknefeldt d. Taylor, 13-15, 15-1, 15-3; Findlen d. Patterson, 15-4, 15-8
Semi-finalists — Kent d. Truman, 15-5, 15-9; Geiknefeldt d. Findlen, 15-5, 15-7
Finalists — Geiknefeldt d. Kent, 15-12, 4-15, 15-13

Women's C
Quarter-finalists — Hoey d. Good, 15-1, 15-6; Pelczar d. Mott, 15-5, 15-6; Bouchard d. Henke, 15-7, 15-11; Wilson d. Macfarland, 15-0, 9-15, 15-5
Semi-finalists — Hoey d. Pelczar, 14-15, 15-10, 15-12; Wilson d. Bouchard, 15-7, 15-6
Finalists — Hoey d. Wilson, 11-15, 15-9, 15-5

Women's Novice
Quarter-finalists — Romanelli d. Ewing, 13-15, 15-11, 15-8; Curtis d. Parker, 15-7, 15-4; Good d. Poulin, 15-7, 15-6; Kistler d. Mailman, 15-9, 15-9
Semi-finalists — Romanelli d. Curtis, 15-14, 15-8; Kistler d. Good, 12-15, 15-10, 15-13

Finalists — Kistler d. Romanelli, 15-10, 15-5

Men's Open Doubles

Quarter-finalists — Bailey/Bouchard d. Dean/DiPalma, 15-13, 15-2; Dae/Griffing d. Langmid/Wright, 15-8, 15-11; Biledeau/Spugnardi d. Norsworthy/Pierpoint, 15-10, 15-12; Fournier/Spugnardi d. Bouthot/Tite, 15-9, 15-13
Semi-finalists — Bailey/Bouchard d. Daye/Griffing, 15-7, 15-9; Fournier/Spugnardi d. Biledeau/Spugnardi, 15-5, 13-15, 15-13
Finalists — Bailey/Bouchard d. Fournier/Spugnardi, 15-5, 13-15, 15-13

Washington

Washington State Singles Championships
Tomwater Valley Racquet Club
Olympia, WA — Mar. 2-4
Tournament Director — Jeff Eberle

Men's Open

Finalists — Larson d. Snow, 11-7

Women's Open

Finalists — Robertson d. Tiedman, 21-15, 21-20, 11-2

Senior's Open

Finalists — Snow d. Henderson, 21-5, 21-8

Men's Masters

Finalists — Williams d. Buehler, 21-8, 21-20

Men's A

Finalists — Laury d. Wilson, 21-13, 21-20

Men's Seniors, B/C

Finalists — Hammill d. Freemantle, 21-8, 21-13

Men's B

Finalists — Storaasli d. Harden, 21-19, 19-21, 11-9

Women's B

Finalists — Luce d. Houser, 21-16, 15-21, 11-6

Men's C

Finalists — Buehler d. Docktor, 21-17, 21-12

Women's C

Finalists — Samuels d. Hawkey, 21-4, 21-20



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Ohio

Harvey's Holiday Open
Harvey's Wallbanger
Middlebury Heights, OH — Dec. 9-11
Tournament Director — Dave Bricker

Men's B Doubles

Quarter-finalists — Murphy/Murphy d. Larsen/Reinet, 15-11, 9-15, 11-8; Mithcell/Moler d. Lambert/Russ, 15-8, 15-4; Joseph/Joseph d. Krug/Eiglar, 15-14, 15-2; Denish/Hasselschwert d. English/McNamara, 15-2, 15-7
Semi-finalists — Mitchell/Moler d. Murphy/Murphy, 21-18, 15-21, 11-4; Joseph/Joseph d. Denish/Hasselschwert, 21-19, 19-21, 11-9
Finalists — Mitchell/Moler d. Joseph/Joseph, 21-20, 21-11

Men's Open Doubles

Quarter-finalists — Clifford/Lillis d. Bunn/Hoffman, 15-13, 15-11; Weisman/Eagle d. Amadio/Moles, 12-15, 15-9, 11-10; Anthony/Salvatore d. Bricker/Krug, 15-8, 15-6; Ganim/Sweet d. Finic/Smith, 15-2, 15-7
Semi-finalists — Anthony/Salvatore d. Ganim/Sweet, 21-19, 19-21, 11-5; Clifford/Lillis d. Weisman/Eagle, 21-11, 21-17
Finalists — Clifford/Lillis d. Anthony/Salvatore, 21-19, 21-15

Juniors 15 and Under

Quarter-finalists — Ganim d. Bednarick, 21-9, 21-20; Lutch d. Weist, 21-18, 21-4; Platak d. Strick, 21-17, 21-9; Zilke d. Mueller, 21-5, 21-0
Semi-finalists — Zile d. Platak, 21-6, 21-9; Ganim d. Lutch, 21-9, 21-11
Finalists — Ganim d. Ziles, 21-6, 21-17

Men's Golden Masters

Quarter-finalists — Witham d. Lamb, 21-3, 21-7; Biscotti d. Ferguson, 21-1, 21-6; Stubbs d. Laderman, 21-9, 21-10; Kaufman d. Buschak, 21-3, 21-4
Semi-finalists — Stubbs d. Kaufman, 21-18, 21-10; Witham d. Biscotti, 21-7, 21-8
Finalists — Witham d. Stubbs, 21-5, 21-7

Women's C

Quarter-finalists — Figlar d. Chase, 21-3, 21-16; Knapp d. Cherwon, 21-18, 21-15; Boratto d. Zile, 21-19, 21-2; Baxter d. Cagnina, 21-14, 21-4
Semi-finalists — Figlar d. Knapp, 21-13, 20-21, 11-3; Baxter d. Boratto, 21-14, 21-5
Finalists — Figlar d. Baxter, 21-9, 14-21, 11-1

Women's Open Doubles

Semi-finalists — Thomas/Stickland d. Justice/Fritz, 21-9, 21-14; Martin/Krieger d. Kane/Mausser, 15-10, 15-9
Finalists — Tomas/Strickland d. Martin/Krieger, 21-14, 21-19

Women's B Doubles

Quarter-finalists — Cashin/Ralosky d. Opsinics/Schlager, 15-6, 15-9; Glazer/Simon d. Brigner/Zile, 15-8, 15-1; Creedon/Nadai d. Alasken/Mueller, 15-10, 15-12; Kunkle/Mallet d. Brick/Humphreys, 15-7, 15-4
Semi-finalists — Cashin/Ralosky d. Galzer/Simon, 21-14, 21-18; Creedon/Nadai d. Kunkle/Mallet, 18-21, 21-8, 11-3
Finalists — Cashin/Ralosky d. Creedon/Nadai, 21-13, 21-16

Women's Novice

Quarter-finalists Frey d. Kupek, 21-12, 21-10; McKee d. Randall, 21-1, 21-6; Dubasak d. Kuchnick, 21-12, 21-8; Eatough d. Roberts, 21-2, 21-9
Semi-finalists — Eatough d. McKee, 21-4, 21-8

Women's B

Quarter-finalists — Abbott d. Kamada, 21-8, 21-4; Cashin d. Balala, 21-8, 21-13; Simon d. Glazer, 21-9, 21-18; Bullock d. Kurek, 21-5, 21-3
Semi-finalists — Abbott d. Cashin, 21-6, 21-16; Bullock d. Simon, 21-10, 13-21, 11-2
Finalists — Bullock d. Abbott, 16-21, 21-18, 11-4

Women's A

Quarter-finalists — Abbott d. Ralles, 21-5, 14-21, 11-8; Fritz d. Otto, 21-14, 21-10; Baxter d. Mueller, 21-13, 21-15; Kowalski d. Beatty, 21-16, 21-13
Semi-finalists — Fritz d. Abbott, 21-8, 20-21, 11-2; Baxter d. Kowalski, 21-16, 17-21, 11-3
Finalists — Fritz d. Baxter, 21-14, 21-8

Women's Open

Quarter-finalists — Mardas d. Rudo, 21-9, 21-5; Thomas d. Mausser, 17-21, 21-9, 11-5; Harrison d. Niggemeyer, 21-16, 14-21, 11-2; Roach d. Fischer, 21-15, 21-3
Semi-finalists — Mardas d. Thomas, 21-13, 21-11; Harrison d. Roach, 21-18, 21-14
Finalists — Mardas d. Harrison, 21-9, 21-13

Juniors 17 & Under

Semi-finalists — Sedlacka d. Armstrong (forfeit); Arvis d. Smocko, 21-4, 21-7
Finalists — Sedlacka d. Arvis, 21-4, 21-7

Men's Open

Quarter-finalists — Ganim d. Wiseman, 21-6, 21-9; Travers d. Lillis, 21-17, 21-14; Anthony d. Eagle, 21-10, 17-21, 11-5; Clifford d. Salvatore, 21-9, 15-21, 11-6
Semi-finalists — Ganim d. Travers, 21-16, 21-16; Clifford d. Anthony, 21-1, 21-12
Finalists — Clifford d. Ganim, 21-18, 21-16

Men's A

Quarter-finalists — Joseph d. Ford, 19-21, 21-18, 11-4; Denish d. Grubich, 21-7, 21-8; Laren d. Hasselschwert, 21-15, 16-21, 11-0; Bigrig d. Vaneck, 21-13, 18-21, 11-9
Semi-finalists — Joseph d. Denish, 21-17, 21-14; Larsen d. Bigrig, 21-2, 12-21, 11-3
Finalists — Joseph d. Larsen, 21-15, 15-21, 11-21

Men's B

Quarter-finalists — Ganim d. Mitchell, 21-8, 21-4; Figlar d. Murphy, 12-21, 12-13, 11-10; Russ d. Lambert, 21-10, 10-21, 11-6; Krug d. Kopp, 21-12, 21-11
Semi-finalists — Ganim d. Figlar, 21-10, 13-21, 11-3; Krug d. Russ, 21-17, 2-21, 11-6
Finalists — Ganim d. Krug

Men's C

Quarter-finalists — Speece d. Reinek, 21-15, 21-12; Nemecek d. Romito, 21-14, 21-20; Bruck d. Depompei, 15-21, 21-13, 11-5; Dixon d. Gilligan, 8-21, 21-8, 11-10
Semi-finalists — Speece d. Nemecek, 10-21, 21-9, 11-2; Dixon d. Bruck, 21-14, 15-21, 11-10
Finalists — Dixon d. Speece, 21-15, 21-12

Men's Novice

Quarter-finalists — Greenlee d. Platak, 21-17, 10-21, 11-7; Willis d. Smith, 21-9, 21-16; Ferguson d. Effinger, 21-14, 21-6; Wolf d. Victor, 21-10, 17-21, 11-2
Semi-finalists — Greenlee d. Willis, 21-10, 21-20; Ferguson d. Wolf, 21-11, 21-5
Finalists — Ferguson d. Greenlee, 21-17, 21-15

Men's Senior Doubles

Quarter-finalists — Sobue/Davis d. Grubish/Mathers, 15-4, 15-5; Gungelman/Mitchell d. Root/Cremens, 15-7, 15-8; Kasl/Cosiano d. Weist/Sanders, 13-15, 15-9, 11-10; Sanders/Sterns d. Matts/Bucci, 14-15, 15-5, 11-4
Semi-finalists — Sanders/Sterns d. Kasl/Cosiano, 21-18, 16-21, 11-9; Sobue/Davis d. Gungelman/Mitchell, 21-16, 21-13
Finalists — Sobue/Davis d. Sanders/Sterns, 21-15, 21-8

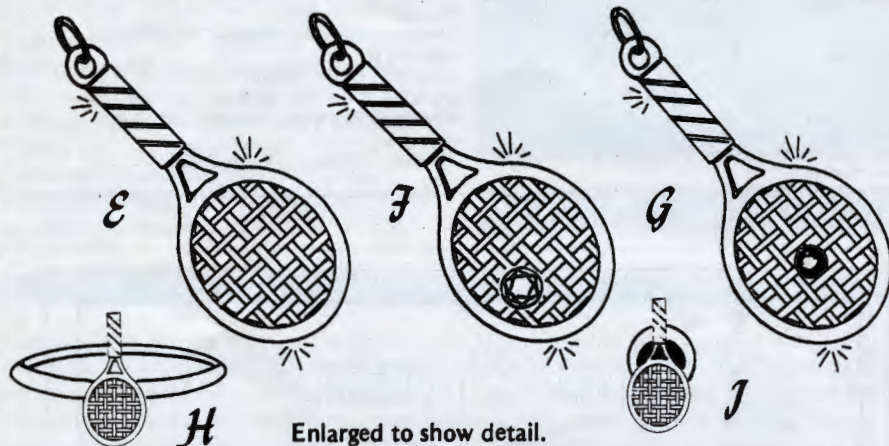
Men's Masters

Quarter-finalists — Mitchell d. Taylor, 21-9, 21-4; Hebron d. Leech, 21-8, 21-18; Kasl d. Stemple, 20-21, 21-5, 11-2; Gungelman d. Eversole, 21-5, 21-15
Semi-finalists — Mitchell d. Hebron, 21-12, 21-15; Kasl d. Gungelman, 21-20, 21-5
Finalists — Mitchell d. Kasl, 21-3, 21-5

Men's Seniors

Quarter-finalists — Sanders d. Spaulding, 21-16, 21-12; Hurd d. Tallal, 21-20, 21-19; McNamara d. Carlson, 21-11, 21-20; Hoffman d. Romito, 21-7, 21-11
Semi-finalists — Hoffman d. McNamara, 21-6, 21-12; Sanders d. Hurd, 13-21, 21-6, 11-7
Finalists — Hoffman d. Sanders, 21-19, 21-18

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Men's Veterans

Quarter-finalists — Staskus d. Krauczak, 21-15, 21-8; Engle d. Gilligan (forfeit); Bricker d. Sitarr, 21-7, 21-16; Bartok d. Bennett, 21-5, 21-5

Semi-finalists — Bartok d. Bricker, 21-14, 21-19; Staskos d. Engle (forfeit)

Finalists — Bartok d. Staskus, 21-17, 21-17

Connecticut

1983 Holiday Open

The Sporting House

Enfield, CT — Dec. 9-11

Tournament Director — Patty Stauble

Men's Open

Quarter-finalists — Murek d. Flaherty; Godikson d. Mason; Kieran d. Peele; Thiel d. Sonicrope

Semi-finalists — Murek d. Godikson; Thiel d. Kieran

Finalists — Murek d. Thiel

Women's Open

1st — Cross; **2nd** — Adler; **3rd** — Ehrogt; **4th** — Peers; **5th** — Barnes

Men's B

Quarter-finalists — Lagrow d. Vitolo; Thibodeau d. Marcandante; Aulum d. Rosenblatt; Delarocco d. Honehan

Semi-finalists — Delarocco d. Aubin; Lagrow d. Thibodeau

Finalists — Delarocco d. Lagrow

Men's C

Quarter-finalists — Eule d. Delgrossi; Ellis d. Ryan; Brooks d. Ponette; Harrington d. Novak

Semi-finalists — Brook d. Harrington; Ellis d. Eule

Finalists — Brooks d. Ellis

Men's Novice

Quarter-finalists — Hebert d. Tyler; Young d. Lauzon; Wilson d. Smith; Gansanti d. Marinone

Semi-finalists — Gansanti d. Wilsopn; Hebert d. Young

Finalists — Hebert d. Gansanti

Women's B

1st — Kamych; **2nd** — Slater; **3rd** — Selmonte; **4th** — Hayden; **5th** — Zimmerman

Women's C

1st — Linsky; **2nd** — Sciolabba; **3rd** — Zimmerman; **4th** — Benesch; **5th** — Drake

Women's Novice

1st — Komay; **2nd** — Linsky; **3rd** — Torres; **4th** — Stopa

Men's Seniors

Quarter-finalists — Hollander d. Maitland; Champagne d. Chabot; Jez d. Crane; Peele d. Eule

Semi-finalists — Peele d. Jez; Hollander d. Champagne

Finalists — Peele d. Hollander

B/C Mixed Doubles

Quarter-finalists — Slater/Vitola d. Boyko/Pinette; Kolb/Sandilo d. Linsky/Linsky; Ehrrott/Shrades d. Barnes/Aubon; Delrocco/Adler d. Delgrasso/Delmonte

Semi-finalists — Vitolo/Slater d. Kolb/Sandilo; Delrocco/Adler d. Ehrrott/Shrade

Finalists — Delrocco/Adler d. Vitolo/Slater

Maryland

1983 Santa Claus Anonymous Racquetball

Classic

Merritt Racquetball Security

Baltimore, MD — Dec. 9-11, 1983

Men's Open

1st — Cascio; **2nd** — Clark

Men's A

1st — Jones; **2nd** — Worthington

Men's B

1st — Polsky; **2nd** — Elzey

Men's C

1st — Weaver; **2nd** — Kaplan

Men's Novice

1st — Dichter; **2nd** — Mann

Men's Seniors A

1st — Remen; **2nd** — Martin

Men's Seniors B

1st — Gilbert; **2nd** — Clear

Men's Masters A

1st — Jones; **2nd** — Sebolt

Men's Masters B

1st — Acuff; **2nd** — Magruder

Boys Juniors

1st — Kramp; **2nd** — Coutu

Women's A

1st — MacFetrich; **2nd** — Cusick

Women's B

1st — Daly; **2nd** — Munoz

Women's C

1st — Weiss; **2nd** — Donaldson

Women's Novice

1st — Uhllich; **2nd** — Coffey

Women's Seniors

1st — Verbeek; **2nd** — Tull

Men's Open Doubles

1st — Powell/Simonette; **2nd** — Bond/Myers

Men's A Doubles

1st — Lee/Laird; **2nd** — Rogolino/Ruth

Men's B/C Doubles

1st — Lustig/Carter; **2nd** — Lankford/Rode

Women's B/C Doubles

1st — MacFarland/Sifrit; **2nd** — Tull/Miller

Mixed B/C Doubles

1st — MacIntosh/Decatur; **2nd** — Walls/Schmidt

Illinois

2nd Annual Miller Lite/Penn Open Racquetball

Tournament

World of Health

Taylorville, IL — Dec. 9-11

Tournament Director — Mike Traynor

Men's Open

1st — Negrete; **2nd** — McDowell; **3rd** — Fleischacker

Men's A

1st — Bass; **2nd** — Morrissey

Men's B

1st — Spresser; **2nd** — Sams

Men's C

1st — Arnold; **2nd** — Body

Men's Novice

1st — Kilwy; **2nd** — Watchman

Women's Open

1st — Vorreyer; **2nd** — Ecizi

Women's A

1st — Grintjes; **2nd** — Sheldon

Women's C

1st — Waggoner; **2nd** — Eichoff

Women's Novice

1st — Keown; **2nd** — Collins

Vermont

AMF Head Pepsi Racquetball Tournament

Springfield Racquet Club

Springfield, VT — Dec. 9-11

Tournament Director — Shawn Brown & Joe Cerniglia

Men's Open

1st — Harvey; **2nd** — Panarella

Women's Open

1st — Dee; **2nd** — Callahan

Men's A

1st — Loras; **2nd** — McCumber

Women's A

1st — Westover; **2nd** — Burton

Men's B

1st — Roach; **2nd** — Griffin; **3rd** — Merrill

Men's C

1st — Patton; **2nd** — Whitcher; **3rd** — Fagan

Women's C

1st — Smith; **2nd** — Lewis; **3rd** — Westfall

Men's Novice

1st — Nitzel; **2nd** — Westfall; **3rd** — Canning

Women's Novice

1st — Brown; **2nd** — Smith; **3rd** — Potter

Maine

Bud Light Pro/AM

Holiday Health & Racquet Club

Bangor, ME — Dec. 2-4

Men's Open

1st — Nogler; **2nd** — Collard; **3rd** — Olseon; **4th** — Bouchard

Men's A

1st — Trail; **2nd** — Dean; **3rd** — Fransoso; **4th** — Fitzpatrick

Men's B

1st — Lawson; **2nd** — Whipple; **3rd** — Waterhouse; **4th** — Fitzpatrick

Men's C

1st — Tardiff; **2nd** — Newson; **3rd** — Eggleton; **4th** — Sutherland

Men's Novice

1st — Clakey; **2nd** — Jordan; **3rd** — Millett; **4th** — Kiah

Men's Seniors

1st — Isenberg; **2nd** — Nadeau; **3rd** — Gagne; **4th** — Dahlmann

Women's Open

1st — Graham; **2nd** — Larkin; **3rd** — Carr; **4th** — Eon

Women's B

1st — Hackey; **2nd** — Kent; **3rd** — MacNevin; **4th** — Stern

Women's C

1st — Weavitt; **2nd** — Marter; **3rd** — McFarland-Lear

Women's Novice

1st — Hout; **2nd** — Boivin; **3rd** — Mahaney; **4th** — Brooks

Men's Open Doubles

1st — Collard/Fitzpatrick; **2nd** — Bouchard/Olson; **3rd** — Dave/Griffing; **4th** — Dubard/Geruais

Men's B Doubles

1st — Whivde/McCarroll; **2nd** — Gates/Tenagha; **3rd** — Roach/Townsend; **4th** — McCarrau/Mosher

New Mexico

New Mexico Invitational

Tom Youngs Athletic Club

Albuquerque, NM — Jan. 11-15

Men's Open

1st — Neill; **2nd** — Mazaroff; **3rd** — Owen; **4th** — Rivera

Men's A

1st — Vogel; **2nd** — Southwick; **3rd** — Mims; **4th** — Vogel

Men's B

1st — Garcia; **2nd** — Woodruff; **3rd** — Binder; **4th** — Torres

Men's C

1st — Rhodes; **2nd** — Diaz; **3rd** — Bennett; **4th** — Bolton

Men's Novice

1st — Bennett; **2nd** — Hobl; **3rd** — Vernon; **4th** — Lovato

Men's 30+

1st — Alvarado; **2nd** — Sanford; **3rd** — Clark; **4th** — Whisenant

Men's 45+

1st — Sauer; **2nd** — Waddington; **3rd** — Koller; **4th** — Bogan

Indianapolis

Indy Open

The Court Club of Indianapolis

Indianapolis, IN — Jan. 13

Men's B

1st — Davis; **2nd** — Schmuller; **3rd** — Van Natter; **4th** — Vallancourt

Men's Open

1st — Gabriel; **2nd** — McKulla; **3rd** — Disiher; **4th** — Zipes

Men's A

1st — Butler; **2nd** — Colan; **3rd** — Carnicella; **4th** — Vogt

Men's Seniors

1st — McCabe; **2nd** — Wildworm; **3rd** — Lawler; **4th** — Coyle

Men's Masters

1st — Dorman; **2nd** — Robinson; **3rd** — Bushfield; **4th** — Miller

Men's D

1st — Gaseor; **2nd** — Young; **3rd** — Exilien; **4th** — Inglet

Men's C

1st — Looper; **2nd** — Strait; **3rd** — Stefandel; **4th** — Allen

Women's A

1st — Fisher; **2nd** — Lauck; **3rd** — Wertz; **4th** — Martin

Women's B

1st — Michael; **2nd** — Retz; **3rd** — Woods; **4th** — Hanna

Women's C

1st — Hutnicke; **2nd** — Marion; **3rd** — Walls; **4th** — Hawkins

Women's Open

1st — Russell; **2nd** — Younga; **3rd** — Mackell; **4th** — Hagler

Women's D

1st — Nye; **2nd** — Owens; **3rd** — Chapdelaine; **4th** — Camara

Maine

Maine State Junior Championships
Hillside Racquetball & Heath Club
South Paris, ME — Dec. 10
Tournament Director — Randy Olson

Boys 18

1st — Jere Spugnardi; 2nd — Mike Spugnardi

Boys 16

1st — Spugnardi; 2nd — Currier

Boys 14

1st — Thompson; 2nd — Lennox; 3rd — Eshleman; 4th — Gerrier

Boys 12

1st — Lennox; 2nd — Myles; 3rd — Lentz; 4th — Eaton

Boys 10 and Under No Bounce

1st — Herzberg; 2nd — Lentz; 3rd — Gagne; 4th — Stanewick

Girls 12

1st — Stanewick; 2nd — Warriner

Illinois

Twelfth Annual Illini Open
University of Illinois
Champaign, IL — Jan. 6-8
Tournament Director — Don Webb

Men's Open

1st — McDowell; 2nd — Fusch; 3rd — Webb; 4th — Derrickson

Men's A

1st — Morrissey; 2nd — Shappell; 3rd — Bass; 4th — Quisenberry

Men's B

1st — Corcoran; 2nd — Dillehay; 3rd — Collins; 4th — Shavocky

Men's C

1st — Richardson; 2nd — Markiewicz; 3rd — Krasner; 4th — McIntosh

Men's Masters

1st — Williamson; 2nd — Dzuick; 3rd — Davey; 4th — Davis

Women's B

1st — Moss; 2nd — Shapley; 3rd — Vear; 4th — Powell

Women's C

1st — Bazzali; 2nd — Richter; 3rd — Flack; 4th — Pancoast

Illinois

Budweiser Light Celebrity Classic
Lehmann Courts
Chicago, IL — Jan 13-15
Tournament Directors — Craig Steichen & Anita Efron

Men's Open

1st — Newman; 2nd — Moskwa; 3rd — Negrete

Men's A

1st — Stopinski; 2nd — Frick; 3rd — Oslance

Men's B

1st — Simpson; 2nd — Kirhofer; 3rd — Gonzales

Men's C

1st — Rodriguez; 2nd — Bodnar

Men's D

1st — Hamiti; 2nd — Barton

Men's Seniors

1st — Waldo; 2nd — Dolby

Men's Masters

1st — Ciprani; 2nd — Kurtz

Women's A

1st — Pearce; 2nd — Olawoye

Women's B

1st — Kneen; 2nd — Johnson

Women's C

1st — O'Connell; 2nd — Hunley

Women's D

1st — Schulz; 2nd — Mikan

Men's Open Doubles

1st — Mondry/Siegel; 2nd — Nixon/Clar

Men's A Doubles

1st — Cipriani/Silius; 2nd — Oslance/Sweeney

Men's B Doubles

1st — Lodespro/Randauzzo; 2nd — Benz/Markowitz

Men's C Doubles

1st — Downs/Saurbagh; 2nd — Bartholomew/Nacano

Mixed B Doubles

1st — Hancock/Filter; 2nd — Carlisle/Cohen

Mixed C Doubles

1st — Saurbagh/West; 2nd — Sheamon/Adams

Minnesota

Advantage Athletic - Universal Ford Racquetball
Tournament
Supreme Court Racquetball & Fitness Center
Rochester, MN — Jan 27-29
Tournament Director — Ann Townsley-Evans & Mike Gorman

Men's Open

Quarter-finalists — Stead d. French; Ikier d. Jerome; Pederson d. Caustrom; Wegner d. Lavoie

Semi-finalists — Ikier d. Stead; Wegner d. Pederson

Finalists — Ikier d. Wegner, 8-11, 7-11, 11-4, 11-4, 11-0

Men's A

Finalists — Wegner d. Childester, 11-5, 11-4, 11-5

Men's B

Finalists — Weisbecker d. McMersmy, 11-6, 10-11, 11-4, 11-4

Men's C

Finalists — Pool d. Tumberg, 11-7, 11-7, 11-7

Men's Novice

Finalists — Wilson d. Selker, 8-11, 11-6, 7-11, 11-8, 11-8

Men's Senior A

Finalists — Ramlo d. Oronigan, 7-11, 4-11, 11-5, 11-1, 11-6

Men's Senior B

Finalists — Johnson d. Bohnenblust, 11-2, 6-11, 11-4, 11-10

Masters

Finalists — Carpenter d. Schefer, 11-7, 11-9, 8-11, 11-5

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Men's A Doubles

Finalists — Pederson/Chastaion d. Gorman/Gorman, 15-13, 15-9

Men's B Doubles

Finalists — Hanson/Gronigan d. Schacht/Lerr, 15-4, 10-15, 11-2

Women's Open

Quarter-finalists — Boyum d. Robinett; Reder d. Heise; Woods d. Warfield; Chastain d. Goblish

Semi-finalists — Boyum d. Rudeseh; Chastain d. Woods

Finalists — Boyum d. Chastain, 11-2, 11-6, 11-4

Women's A

Finalists — Middlestadt d. Broughton, 5-11, 11-5, 11-2, 3-11, 11-6

Women's B

Finalists — Wright d. Johnson, 10-11, 1-11, 11-9, 11-2, 11-7

Women's C

Finalists — Kostohryt d. Darko, 11-5, 11-1, 11-2

Women's Novice

Finalists — Zahn d. Keller, 11-8, 11-3, 11-8

Women's A Doubles

Finalists — Stephens/Hawbaker d. Middlestadt/Zishka, 15-13, 15-4

Women's B Doubles

Finalists — McDougall/McLane d. Lamerty/Schmidt, 15-13, 15-4

Men's D

1st — Cox; **2nd** — Hlavaty

Women's A

1st — Touhy; **2nd** — Tarzon

Women's B

1st — Jaskier; **2nd** — Duncker

Women's C

1st — Nowert; **2nd** — Roboczewski

Women's D

1st — Trytek; **2nd** — Parks

Men's Open Doubles

1st — Babbitt/Gouleke; **2nd** — Kane/Viola

Men's A Doubles

1st — Burnes/Burnes; **2nd** — Kanefsky/Katler

Men's B Doubles

1st — Denz/Markewitz; **2nd** — Fittler/Minor

Men's C Doubles

1st — Aschallher/Mueller; **2nd** — Snyder/Vahldick

Mixed Open Doubles

1st — Peterson/Prischling; **2nd** — Bradley/Robson

Mixed A Doubles

1st — Cratty/Peck; **2nd** — Feigen/Kleimann

Men's D

1st — Pilon; **2nd** — Kiekhofer

Veterans

1st — Neilson; **2nd** — Heeb; **3rd** — Thovson

Seniors

1st — Peterson; **2nd** — Gorman; **3rd** — McCarthy

Masters

1st — Carpenter; **2nd** — Hoailman

Juniors A

1st — Bengen; **2nd** — Melville

Juniors B

1st — Bengen; **2nd** — Molnar

Women's Pro

1st — Boyun; **2nd** — Miles

Women's A

1st — Erger; **2nd** — Ostrowski; **3rd** — Omodt

Women's B

1st — Hamzy; **2nd** — Flack; **3rd** — Bullis

Women's C

1st — Wojo; **2nd** — Tingwald; **3rd** — Rodel

Men's Doubles — Pros

1st — Ferris/Bakken; **2nd** — Taunton/Taunton; **3rd** —

Page/Johnson

Men's A Doubles

1st — Rivet/Wagner; **2nd** — Heeb/Waller; **3rd** —

Dowell/O'Connell

Men's B Doubles

1st — Kerkow/Hoailman; **2nd** — Spaeth/Banks; **3rd** —

Tate/Modder

Women's Doubles

1st — Huben/Kelsey; **2nd** — Grose/Warfield

Illinois

Nielson Winter Open

Oak Park Court House

Oak Park, IL — Feb 2-5

Tournament Directors — Lou Caravatta &

Joanne Peck

Men's Open

1st — Nixon; **2nd** — Gouleke

Men's A

1st — Restaino; **2nd** — Mizgate

Men's B

1st — Cosmano; **2nd** — Gloor

Men's C

1st — Gordon; **2nd** — Rankin

Minnesota

St. Paul Winter Carnival Pro-Am Racquetball

Tournament

Sponsored by Liberty State Bank

Carlton Racquetball Club

Carlton, MN — Feb. 3-5

Men's Pro Singles

1st — Bakken; **2nd** — Ferris; **3rd** — Ikier; **4th** — Wagner

Men's A

1st — Schaffer; **2nd** — VanSlooten; **3rd** — Overcamp; **4th** —

Johnson

Men's B

1st — Welch; **2nd** — Dietz; **3rd** — Blackman; **4th** — Schulenberg

Men's C

1st — Turner; **2nd** — Szymanski; **3rd** — Werschay; **4th** — Brown

Illinois

Heart of Illinois Tournament

Courtside 3

Bloomington, IL — Feb 3-5

Tournament Director — Dennis McDowell

Men's Open

1st — Negrete; **2nd** — McDowell; **3rd** — Gray; **4th** — Suppan

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Men's A
1st — Buturusi; 2nd — Traynor; 3rd — Kirkwood; 4th — Helphistine

Men's B
1st — Johnson; 2nd — Sterwart; 3rd — Vorreyer; 4th — Ward

Men's C
1st — Boyer; 2nd — Cyrulike; 3rd — Bright; 4th — Mitchell

Men's D
1st — Curry; 2nd — Venerable; 3rd — Plonka; 4th — Sthal

Men's Seniors
1st — Bass; 2nd — Roberts; 3rd — Pruitt; 4th — Clay

Women's C
1st — Hopper; 2nd — Casey; 3rd — Flynn; 4th — Haga

Illinois

Sixth Annual St. Valentine's Day Massacre
Killshot, Ltd.
Bloomington, IL — Feb. 9-12
Tournament Directors — Sue Sulli & Craig Steichen

Men's Open
1st — Grigg; 2nd — Steichen

Men's A
1st — Smith; 2nd — Fronczak

Men's B
1st — Jensen; 2nd — Rodia

Men's C
1st — Hamiti; 2nd — Claps

Men's D
1st — Thoms; 2nd — Weiss

Men's Novice
1st — Toniolo; 2nd — Weissgerber

Women's A
1st — Pearce; 2nd — Horn

Women's B
1st — Nero; 2nd — West

Women's C
1st — Miller; 2nd — Kohoutek

Women's D
1st — Metzger; 2nd — Medernach

Men's Seniors
1st — Dolby; 2nd — Johnson

Arizona

National Masters Invitational Singles
Championships
Tucson Athletic Club
Tucson, Arizona, Feb. 17-19, 1984
Tournament Directors — Peter Farina, Lou Sukov, Bill Daley, Dace Peschier, Jack Bradley, Roy Wheeler

Men's 45
1st — Garfinkel; 2nd — Jackman; 3rd — Talbot; 4th — Corte

Men's 50
1st — Colombo; 2nd — Ferrari; 3rd — Whitehill; 4th — Clar

Men's 55
1st — Dzuik; 2nd — Lambert; 3rd — Held; 4th — Henley

Men's 60
1st — Goss; 2nd — Loveday; 3rd — Williams; 4th — Stern

Men's 65
1st — Wilde; 2nd — Lohr; 3rd — Hagen; 4th — Roark

Men's 70
1st — Pearce; 2nd — Scott

Okinawa

All-Navy Western Pacific Regional Racquetball
Championships
Naval Air Facility
Kadena, Okinawa, Feb. 23-27, 1984
Tournament Directors — J. McKenzie, L. Johnson

Men's Open
Quarter-finalists — Krumm d. LeRoux, Hooley d. Moya, Johnson d. Ofstun, Vosbury d. Suknaic
Semi-finalists — Hooley d. Krumm, Johnson d. Vosbury
Finalists — Hooley d. Johnson

Women's Open
Quarter-finalists — Andrew d. Sommer, Nelson d. Novak, Campbell d. Nance
Semi-finalists — Nelson d. Andrew, Campbell d. Tallas
Finalists — Nelson d. Campbell

Men's Seniors
Quarter-finalists — Beason/Schaumburg d. Vosbury/Moya, Krumm/LeRoux d. Nelson/Green, Hooley/Suknaic d. Belt/Jardine, McBride/Goryanaic d. Ofstun/Lowers
Semi-finalists — Krumm/LeRoux d. Beason/Schaumburg, Hooley/Suknaic d. McBride/Goryanaic
Finalists — Hooley/Suknaic d. Krumm/LeRoux

Women's Doubles
Semi-Finalists — Nelson/Campbell d. Nance/Tallas, Novak/Sommer d. Nance/Tallas
Finalists — Nelson/Campbell d. Novak/Sommer

Oregon

Fifth Annual Saint Valentine's Day Massacre
Bay Area Open Racquetball Tournament
Bay Area Athletic Club
Coos Bay, OR — Feb. 24-26
Tournament Directors — Harris Hinden, Bill Malcolm, John Wisher

Open Singles
1st — Griffith; 2nd — Barry; 3rd — Matheson

Men's A
1st — Barron; 2nd — Turri; 3rd — Bern

Men's B
1st — Garcia; 2nd — Wilson; 3rd — Charitar

Men's C
1st — Hill; 2nd — Bateman; 3rd — Bloesinger

Men's D
1st — Huntington; 2nd — Whitty; 3rd — Sagisi

Men's Seniors
1st — Matheson; 2nd — Chesselet; 3rd — Powell

Men's Masters
1st — Bloesinger; 2nd — Bushong; 3rd — Malcolm

Women's Open/A
1st — Boyer; 2nd — Nguyen; 3rd — Hegenrader

Women's B
1st — Johnson; 2nd — Gallegos; 3rd — Burgess

Women's C
1st — Powell; 2nd — Lopez; 3rd — Burke

Women's D
1st — Dohrman; 2nd — Taylor; 3rd — Gruber

Open Doubles
1st — Griffith/Zunke; 2nd — Brown/Thrush; 3rd — Whitely/Young

B/C Doubles
1st — Thrush/Zunke; 2nd — Dennis/Martin; 3rd — Charitar/LeMasson

Mixed Doubles
1st — Boyer/Wilson; 2nd — Nguyen/Kahler; 3rd — Lopez/Lopez

New Hampshire

3rd Annual WLNH Open
Laconia Athletic Center
O'Shea Industrial Park
Laconia, NH — Feb. 25-27
Tournament Director: Joyce Beaudoin

Men's A
1st — Crimm; 2nd — Martinelli; 3rd — Fransoso; 4th — Marcotte

Men's Seniors
1st — Ryan; 2nd — Crimm; 3rd — Smith; 4th — Heguy

Men's Open
1st — Varrill; 2nd — Marcotte

Men's B
1st — Savage; 2nd — Aldrich; 3rd — Laurent; 4th — Brown

Men's C
1st — Whitcher; 2nd — Alger; 3rd — Carroll; 4th — Cohen

Men's Novice
1st — Young; 2nd — Lane; 3rd — Snow; 4th — Petty

Men's Beginners
1st — Bloom; 2nd — Nadeau; 3rd — Meade; 4th — MacAvonia

Women's Open
1st — Beaudoin; 2nd — Bloom

Women's Novice
1st — St. Gelais; 2nd — Smith

Women's C
1st — Taft; 2nd — Copeland; 3rd — Duisdecker; 4th — Annis

Women's B
1st — Shattuck; 2nd — Gainty; 3rd — Burton; 4th — Devine

Mixed Open Doubles
1st — Beck/Bloom; 2nd — Brown/Westover; 3rd — Boucher/Fernley

B/C Mixed Doubles
1st — Salta/St. Gelais; 2nd — Canning/Peters; 3rd — Forkell/Tsakiria

Indiana

1983-84 INSRA Classic Tour Tournament
Off The Wall Racquetball & Fitness Center
Portage, In — Mar. 2-4
Tournament Directors — Larry Wackowski & Susan Moran

Men's Masters
Semi-finalists — Cox d. Bushfield, 15-5, 15-11; Robinson d. Kroeger, 14-15, 15-9, 11-6
Finalists — Cox d. Robinson, 15-12, 15-8

Men's A
Semi-finalists — Christiansen d. Batistatos, 15-6, 15-7; LeSeure d. Sondel, 15-7, 15-10
Finalists — Christiansen d. LeSeure, 15-14, 15-14

Men's B
Semi-finalists — Van Natter d. Wildheart, 15-13, 15-6; Kallimani d. Fehsel, 15-6, 11-15, 11-3
Finalists — Kallimani d. Van Natter, 13-15, 15-4, 10-6

Men's C
Semi-finalists — Struck d. Ligocki, 12-15, 15-9, 11-3; Malooley d. Norvell, 15-5, 15-4
Finalists — Malooley d. Struck, 15-12, 15-12

Men's D
Semi-finalists — Barton d. Rynard, 15-11, 13-15, 11-6; Vaerwyck d. Dillard, 11-15, 15-6, 11-4
Finalists — Barton d. Vaerwyck, 15-9, 11-15, 11-6

Women's A
Semi-finalists — Lenburg s. Chaney (forfeit); Martin d. Freeman, 15-9, 15-10
Finalists — Chaney d. Martin, 8-15, 15-5, 11-1

Women's C
Semi-finalists — Julian d. Kroeger, 15-5, 15-2; Julian d. Retzlaff, 15-10, 15-5
Finalists — Julian d. Julian, 15-14, 14-15, 11-10

Men's Open
Semi-finalists — Robbins d. Wackowski, 15-12, 15-8; Pufahl d. Phillips, 15-10, 7-15, 11-7
Finalists — Pufahl d. Robbin, 15-12, 10-15, 11-1

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You know the problem. Racquetball players have self-declared rankings, like A, B, C or novice. Then, in a tournament, an A plays a C because they thought they were B's. As a result, there are complaints. ARHS can solve these problems.

ARHS is a computerized rating system that provides players with performance ratings based on actual game results over a period of time. So players don't declare their rating — they earn it. Then, in leagues and tournaments, you know that players of similar skill are competing. That means fewer complaints and a more enjoyable event for everyone.

ARHS isn't just for leagues and tournaments. It provides all racquetball players additional incentives that go beyond just winning. They can improve their performance rating, beat the handicap, or arrange new, compatible matches. And generally become more active. More active players are happier players and that is good for the players and the sport.

So put an end to sandbagging. Increase your enjoyment of racquetball by encouraging your club to join ARHS. Club Managers or Activity Directors can contact ARHS at (612) 933-8400. Or write to:



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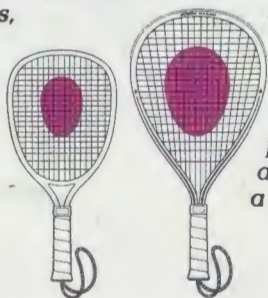
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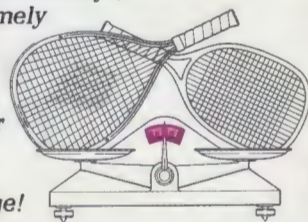
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