Racquet World Review

VOLUME 2 NO. 3
JULY 1978
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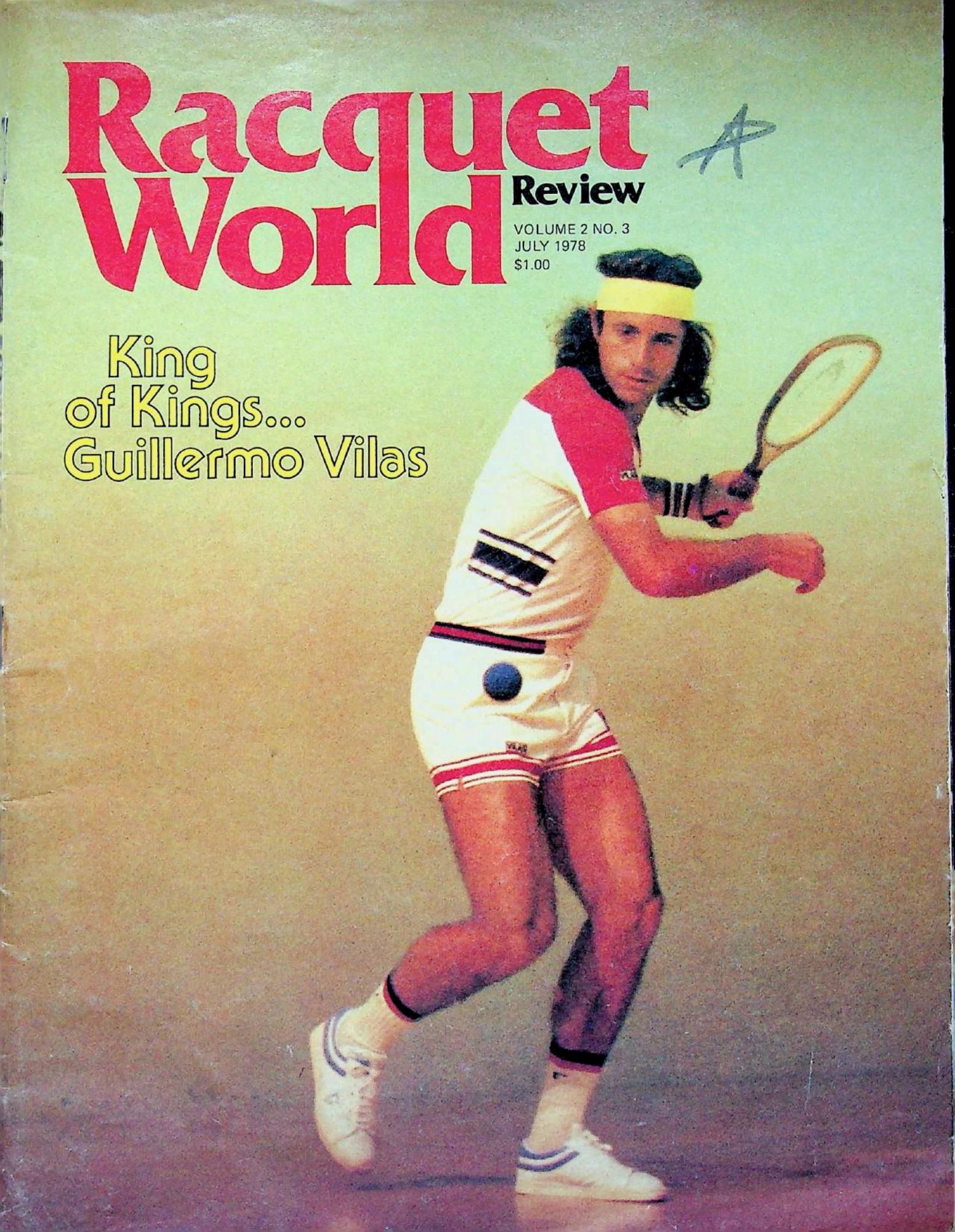
King of Kings... Guillermo Vilas



Calendar of Events

TENNIS

June 24-25. Fifth Annual "Maze Cup" North vs. South Junior Team Matches. Northern California Tennis Association. Team selected and entered by Southern California Tennis Association, 609 North Cahuenga Boulevard, Los Angeles, CA 90004, (213) 467-5151.

June 24-25-26-27-28-20-30, July 1-2. Seventy-Sixth Annual Southern California Juniors Sectional Tennis Championships. Los Caballeros Racquet & Sports Club, 17066 Newhope, Fountain Valley, CA. Southern California Tennis Association, 609 North Cahuenga Boulevard, Los Angeles, CA 90004. (213) 467-5151.

June 26-27-28-29-39, July 1-2-3-4-5-6-7-8. All England Lawn Tennis Championships Wimbledon, England.

July 3-4-5-6-7-8-9. California State Junior Tennis Championships NCTA (restricted to equal number of players from Northern and Southern California). Entries must be approved by Southern California Tennis Association.

July 10-11-12-13-14-15-16. Thirty-Fourth Annual Ventura Junior Tennis Tournament. Cabrillo Racquet Club, 3945 Clubhouse Drive, Camarillo. Pierpont Racquet Club, 500 San Juan Road, Ventura. Ventura Tennis Club, Mr. Steve Sherman, P.O. Box 967, Ventura, CA 93001 (805) 644-7421.

July 15-16, 22-23. Forty-First Annual Santa Barbara Tennis Tournament ($1500). Santa Barbara Recreation Department courts. Mr. Bob Aronson, P.O. Drawer P-P, Santa Barbar, CA 93102 (805) 963-0461.

July 17-18-19-20-21-22. St. Louis (Missouri) Invitational Junior Championships. Events: BS/D-18, 16, 14, 12, GS/D-18, 16, 14, 12. Western Girls 18 and 16 Championships (Dayton, Ohio). Southern Junior Championships. Boys and Girls 18 (Sreveport, LA). Boys and Girls 16 (Chattanooga, TN). Boys 14 and 12 (Knoxville, TN). Girls 14 and 12 (Atlanta, GA). Entries must be approved by Southern California Tennis Association.

July 17-18-19-20-21-22-23. Forty-Seventh Annual Los Angeles Junior Metropolitan Tennis Tournament. Griffith Recreation Center, Los Angeles, CA. Los Angeles Municipal Tennis Association, 1330 City Hall East, Los Angeles, CA 90012 (213) 485-4871.

July 22-23-24-25-26-27-28-29-30. Ninth Annual Senior Sports International. Anaheim Tennis Center, 975 South State College Boulevard, Anaheim, CA 92806. Mr. Robert Waunch, Anaheim Tennis Center (714) 991-9110.

July 24-25-26-27-28-29-30. Thirtieth Annual National Public Parks Junior Tennis Championships. Arcadia Park, CA. Los Angeles County Tennis Association, Mr. Ben Cariaga, 155 West Washington Boulevard, Los Angeles, CA 90015 (213) 749-6941, ext. 691.

RACQUETBALL

June 17-24. Colgate Men & Women's 1977-78 National Pro-Am Racquetball Championships at Sports Illustrated Court Club, Lemontree. 49345 South 1-94 Service Drive, Belleville, Michigan 48111, (313) 600-0900.

June 8-11. Second Annual International Interservice Racquetball Championships U.S. Military Academy West Point, N.Y. at West Point Gym, (914) 928-2233.

July 14-16. National Juniors Ektelon/Pony/I.R.A. Tournament at The Sports Illustrated Court Club in Detroit, Lansing.

July 14, 15, 16. 1978 Kings Court Aquatennial Racquetball Tournament at Kings Court, 7001 Cahill Road, Edina, MN 55435.

AMF Voit/Datsun National Racquetball Tournament. The schedule for the tournament is:

Los Angeles	May 18-21
New York	July 9-11
St. Louis	July 28-30
Boston	Aug. 18-20
Chicago	Sept. 8-10
San Francisco	Sept. 29-Oct. 1
Baltimore-Washington, D.C.	Oct. 13-15
Detroit	Oct. 27-29
Atlanta	Nov. 10-12
Dallas	Dec. 8-10
National Finals: Las Vegas	Jan. 1979

(exact dates to be announced)

Tournament entry blanks will be available at AMF Voit sports equipment and Rollei dealers.

Racquet World Review

VOLUME 2 NO. 3
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Calendar 2
Baselines 5
The $225,000 Giveaway . . . . . By Linda-Marie Singer 6
"I'd Rather Be An Underdog!"
An exclusive interview with Jerry Hilecher . . . . . By Carole Charfauros 8
Rebounds 11
Dear Tennis Parents . . . . . By Larry Willens 12
Ann Kiyomura . . . . . By Linda-Marie Singer 13
The Basic Strokes
First of a two-part instructional series . . . . . By Davey Bledsoe 14
King of Kings . . . . . By Joseph Ditler 21
Your Prescription For Fitness . . . . . By Thomas V. Pipes 28
Hogan, Wright Regain Titles At Tempe . . . . . By Carole Charfauros 31
Seemiller and Bhushan
Tops With Short Padddle . . . . . By Ben Press and Joseph Ditler 33
Czech-Mate
Martina won the match, but Evonne won the crowd. . . By Linda-Marie Singer 34
Soleful News . . . . . By Rick Hertz 36
Jose Alberdi
Portrait of a jai alai interdente . . . . . By James Redfern 37
Hooked! . . . . . By Jim Feeler 38
Biorhythms And Your Game . . . . . By Dan Bialk 40
New Products 42

Cover: Guillermo Vilas. Photograph by Joseph Ditler.

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Short Lobs

By Ben Press, USPTA Tennis Professional

It's an ill wind that doesn't blow someone a bit of good, and in sports the same holds true. Recently there were two important tournaments running at the same time, the annual Pacific Coast Doubles Championships at the La Jolla Beach and Tennis Club and the Pacific Coast Table Tennis Championships at the Federal Building in Balboa Park. Normally I would have been watching the spirited tennis in La Jolla, but it was another of our unusual but inclement weekends, so I decided to take in the table tennis.

As it turned out, I enjoyed the matches so much that I went back twice more, including the finals. Both the men's and the women's national champions were participating, plus a supporting cast of many other nationally ranked players. It was exciting watching these fine athletes hit that little ball at speeds up to 150 mph to an area 4½' x 5'. This seemed all the more incredible to me when I think of how much trouble I have hitting a larger yellow ball at *any* speed into an area 27' x 39'.

National king pin, Danny Seemiller, is a 23 year old dynamo from Pittsburgh, Pa. Admittedly he is the only table tennis player in the United States who earns his entire livelihood from that sport. This seems most peculiar when a Nielsen survey puts the number of players in the U.S. at 40 million.

I have always fancied myself as a fair table tennis player and still play once a week for practice. Our nation's number two player, Mike Bush, was nice enough to play some with me and it didn't take long to discover that what I have been playing weekly is ping pong as opposed to table tennis. Had Bush wanted to keep me from hitting the table at all, he could have. Even after his telling me I would be forced to hit the ball right or left, I couldn't do otherwise. Once, Bush warned me that I would be unable to return the ball. I tried my best to hit the ball back, but because of the incredible amount of slice he used, it rolled into the bottom of the net.

These table tennis players are in super shape and train as diligently as do the touring tennis pros. Seemiller plays an average of 25 tournaments a year, where prize money ranges from $250 to $1,500, certainly not like the tennis tours with $20 million up for grabs in 1978.

Still there are many ideas that tennis might encompass that would make it an even more interesting game. The tournament was literally an open tournament, in that the women were equally eligible. Although upset in the quarter finals of the open, In Sook Bhushan, the national women's champion has gathered wins over every ranked male player in the U.S., with the exception of Seemiller. All matches are the best of five games and all were umpired by other participants. After the match, the contestants shook hands with each other and then with the umpire. I didn't see one thrown racquet or hear any offensive language used. The tournament's only major incident was resolved quickly and quietly by Seemiller, who maintains a great deal of respect from his fellow players. Coaching is allowed so long as it does not interfere with the continuity of play. The same is true of toweling off, which is done frequently between points instead of games, as is often the case in tennis.

All in all, it was a delightful way to spend several rainy afternoons and evenings. As for my own weekly sessions, I went to the next one all fired up, hit with a new soft rubber paddle, used an official ball, but soon learned I was back to playing ping pong. ○

Racquet World Review

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Letters

RWR

Dear Editor,

As a long distant friend of Dr. Bud Muelheisen, I too would like to extend a personal expression of tribute to him and to the sport which he so significantly and capably represents. God only knows that our youth need more examples of success being achieved through diligence, fairness and dedication to an honest dream.

The article in "Racquet World" on the game in the year 2000 (by Nancy Martin) was excellent. I hope that many of those goals can be reached by 1985. It's an exciting challenge and could potentially be the most driving force in the affairs of man to come along in recent times. In this regard I shall do my best to see it through any stumbling blocks which may occur in this part of the world.

Milton (Rad)
Tokyo, Japan

Please send to me a subscription to your magazine. I would prefer that you begin my subscription with the February 1978 issue as there is specific information in that issue in which I am interested.

J. Carter
Colorado

I want to congratulate you on the steady growth and improvement in your magazine, and now the name change to *Racqeut World Review.*

There are a lot of publications that attempt to cover the racquet sports, but there are very few which offer this coverage intelligently and in depth.

Thank you for a fine job. We at Omega look forward to working with you for a long time to come.

Yours very truly,
John B. Prentis
President
Prandur Corporation

Picked up a copy of your magazine at the South Central Regionals for racquetball. I was very pleased at how well the magazine was thought out.

Enclosed is a check for a subscription to your magazine. Thank you very much.

J. Wittenbrink
Texas

Enclosed is my check for a year's subscription to your magazine. I am

Text continued on page 45

Baselines

Glasgow And Van Linge Win Long Beach Buffums Kodel Mixed Doubles Title

Gail Glasgow and Jerry Van Linge of the John Wayne T.C. won the Buffums Kodel Mixed Doubles Championship Sunday, April 16, at the Billie Jean King Tennis Center in Long Beach without losing a set.

No. 6 seeded Pat McCabe and Steve Simon of the Virginia Country Club stunned No. 2 seeds Mark Andrews and Penny Johnson from Lakewood Country Club in the quarter final round by coming from behind to take the first set. They led 5-3 in second set but Andrews and Johnson came back to 6-all. McCabe and Simon won the tie breaker and the second set to take the match 7-5, 7-6 (3-2).

McCabe and Simon then stormed through the semi-final match against No. 3 seeded Susan Warfield and Morio Parker upsetting them 6-4, 6-1. But they ran out of steam against Van Linge and Glasgow who breezed through the final 6-3, 6-1.

Glasgow, a former Virgina Slims player and Van Linge, Tennis Pro at the John Wayne T.C., will represent Long Beach at the Kodel Cup, Eastman's National Mixed Doubles Tournament, July 25-27 in New York. Winners of the Kodel Cup gain automatic entry into the mixed doubles division of the U.S. Open Tennis Championships in Flushing Meadows, New York next fall.

Long Beach currently holds the Kodel Cup won by Ken and Bettyann Stuart last year. St. Louis held the Kodel Cup the three previous years.

QUARTER FINALS

Gail Glasgow, Jerry Van Linge (John Wayne Tennis Club) def. Pam Prest, Ed Speer (Old Ranch Tennis Club) 6-3, 6-2; Diane Desfor, Frank McCabe (Oakwood Tennis Club) def. Francis Troll, Scott Harper (Billie Jean King Tennis Center) 6-3, 6-4; Susan Warfield, Morio Parker (The Tennis Shoppe) def. Cheri Kay, Dave Bohannon (Lindborg Racquet Club) 6-2, 6-1; Pat McCabe, Steve Simon (Virgina Country Club) def. Penny Johnson, Mark Andrews (Lakewood Country Club) 7-5, 7-6.

SEMI-FINALS

P. McCabe, S. Simon (Virginia Country Club) def. S. Warfield, M. Parker (The Tennis Shoppe) 6-4, 6-1; G. Glasgow, J. Van Linge (John Wayne Tennis Club) def. D. Desfor, F. McCabe (Oakwood Tennis Club) 6-4, 6-0.

FINALS

G. Glasgow, J. Van Linge (John Wayne T.C.) def. P. McCabe, S. Simon (Virginia C.C.) 6-3, 6-1.

Barry Sanderson Opens Management Firm in Phoenix

Phoenix, Ariz. – Barry Sanderson Enterprises, Inc., a tennis consulting firm with offices in Phoenix, San Diego, Calif. and Vancouver, B.C. has recently opened Resort Tennis Management, Inc. of Phoenix.

The new firm offers resort and hotel owners and developers a tennis consulting service which specializes in feasibility studies as well as designing, leasing, managing and marketing a complete tennis package. Tennis clinics are also included.

"Tennis facilities can earn big money for resorts and hotels," says British born Sanderson, "but it takes a professional to run the game profitably."

Sanderson has been a tennis administrator for 22 years. From 1975 to 1976 he was director of tennis facilities for the Arizona Biltmore Hotel. Within 10 weeks after his appointment Sanderson was able to wrap up memberships in the Arizona Biltmore Racquet Club.

"The popularity of tennis is growing at a rate of five percent a year," Sanderson points out. "In order for resorts and hotels to show a profit on investment in facilities and acreage necessary to provide court space for guests, leasing the complete complex to a professional tennis administrator and proven operator has become attractive to owners.

"To insure a successful tennis operation," he continues, "The resort should provide guests with a ratio of one court for every 25 rooms in order to offer adequate playing time. It is also important to supply playing partners for the guests."

Sanderson's expertise has been used to upgrade existing facilities and to build new ones. He served as director for the Phoenix Tennis Center when it opened in 1969 and consultant for Rancho Bernardo Inn following his services at the Biltmore.

Sanderson has directed junior development programs in Canada and was teaching coordinator for Professional Services and Equipment, Ltd., of Vancouver.

As director for the first major junior tennis camp in Canada he attracted an international clientele. In 1973 Sanderson started the first tennis resort in western Canada known as Naramata Tennis Village.

San Diego Professional Tennis Association Update

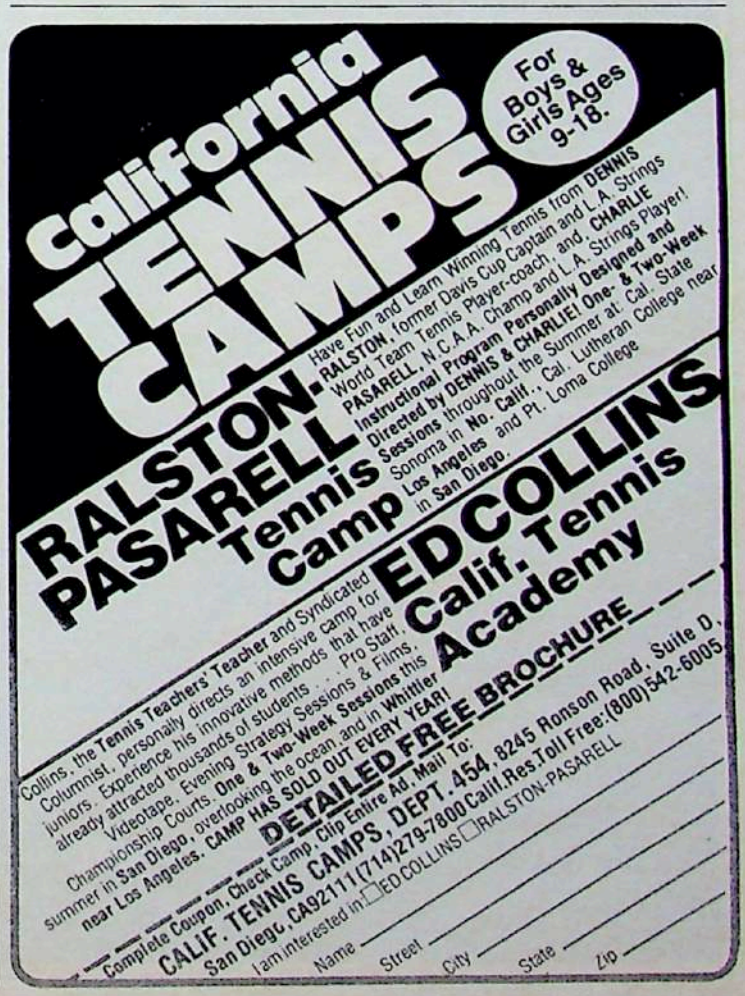
SDPTA has organized a junior tennis league for San Diego residents, called the SDPTA/Friars Junior Team Tennis. Anyone 14 years of age or younger can participate by contacting their USPTA tennis professional. There are four divisions throughout San Diego County. Playoffs were held the first of May with an awards presentation held at a San Diego Friars match. This is a good opportunity to develop skills in match play and develop a positive attitude towards team competition.

SDPTA initiated a sportsmanship awards program in 1977 to honor those junior players who displayed outstanding behavior during competitive play. California First National Bank Tournament Sportsmanship awards were presented to Henner Lenhardt and Lynn Lewis.

SDPTA Pro of the Month for February was Ed Collins, commentator for the San Diego Friars, Director of Ed Collins Tennis Academy, Author of "Watch the Ball, Bend your Knees, Thank You, That Will be $20, Please." SDPTA Pro of the Month for March is Al Hopp, a new USPTA Certified Professional, Head Professional at the Bonita Valley Tennis Club, Professor and Tennis coach at USIU San Diego.

First Annual California Advertisers Doubles Tennis Classic

Saturday and Sunday, April 22, 23 found the 1st Annual California Advertisers Tennis Classic (doubles) in full sway. Teams from San Francisco, San Jose, Los Angeles and San Diego were invited and played for individual trophies in Mens, Womens and Mixed Doubles in A, B and C categories. Also on the line was the City Championship Placque donated by *Tennis* Magazine. The two day event was held at the San Vicente Tennis Ranch in Ramona. There were over 60 participants who stayed at the San Diego Country Estate Villas and also enjoyed a Saturday night Luau by the pool. Final results were – *Los Angeles,* Team/City Champions.



The $225,000 Giveaway

By Linda-Marie Singer

BARBARA SINATRA WAS THERE.

So were Kirk Douglas and Spiro Agnew.

But the biggest star of the fifth annual American Airlines $225,000 challenge was Roscoe Tanner – the winner who would boast of collecting a cool $35,200.00 when it was all over.

. . . Well, not bad for one week's work.

Not bad also for the week of February 13-20 was Coachella Valley's sun-drenched weather, and the location of the games: the multi-million dollar Mission Hills Country Club in Palm Springs, Southern California's playspot capital.

Last year at Mission Hills it was champ Brian Gottfried who dominated the cement courts. "Confidence is the key to success," chirped the Floridian, but this year relative newcomers played "Brian's Song."

Stunning quarter-final upsets eliminated four "name" players: Manuel Orantes, Arthur Ashe, Ilie Nastase, and the man who graced the Palm Springs billboards, Mr. Brian Gottfried.

For this year it was Roscoe Tanner, the former Stanford star, who trounced the best of the seasoned players, and the best of the younger crop. The twenty-six year old southpaw cruised by newcomer George Hardie, snared powerful Colin Dibley and Manuel Orantes, and then trotted past "comeback kid," Tom Leonard.

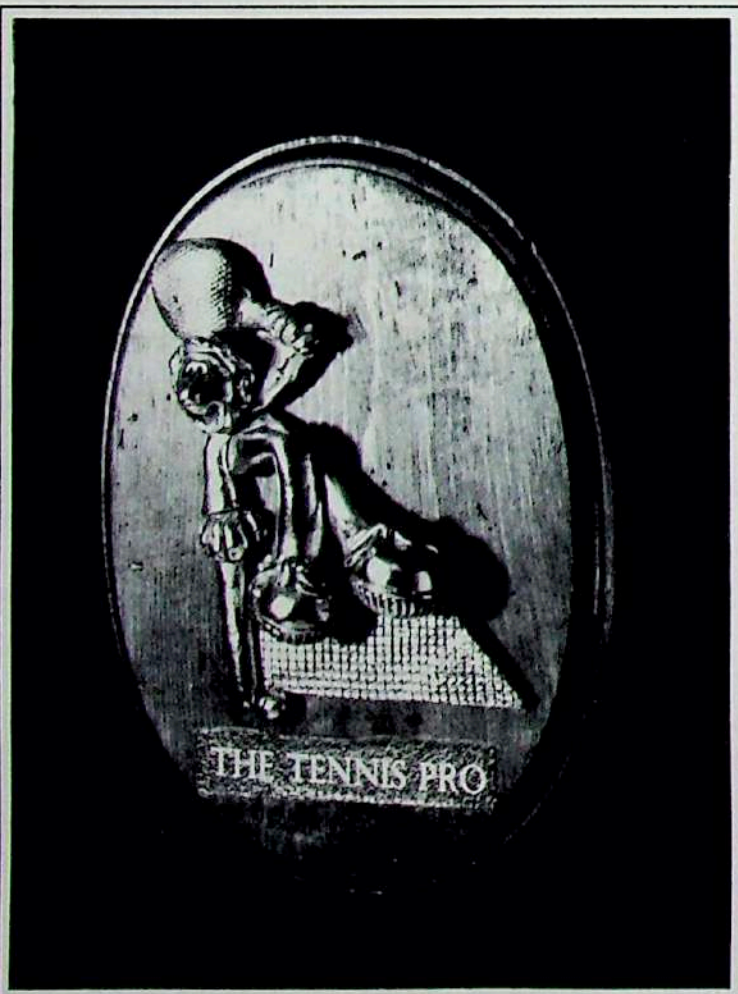
Even against Mexico's Raul Ramirez, Tanner simply acted as if he owned the courts when he whipped him 6-1, 7-6. "It wasn't so much that I started slowly," lamented the twenty-four year old former USC Trojan, "it's just that Roscoe started quick, and that made things bad for me."

Although somewhat understated, in the first set a frustrated Ramirez stared forlornly as Tanner scored a total of 11 straight points. Indeed, the part-time Palm Springs resident was determined not to let his challenger get his racquet into the act.

Flashing his 140 mph serve, Tanner, seeded No. 8 in this tournament, proved that Dennis Ralston's four hours a day coaching had not been in vain. "It makes me feel all the practice is worth it," he beamed after sweeping the finals. "The ball feels as good as it's ever felt."

Considering that he's ranked No. 11 in the world, Tanner didn't want to make the mistake of bombing out early as he did last year to Charles Pasarell in the third round. Winner of the Australian Open in 1977, Tanner will long remember February '78 as a time when there was little doubting his superiority. To make matters more complete that day, he and doubles partner Ray Moore split $13,200 when they showed off their combined talent by overshadowing doubles' sensations, Bob Hewitt and Frew McMillan, 6-4, 6-4.

While all eyes focused on the champion-to-be, fans were treated to livewire Peter Fleming, whose wild antics matched his playing. Jumping 100 places in the



TENNIS SCULPTURE

Now for the first time, this attractive tennis sports figure with the rich luster of brass on a solid wood base, is on sale to tennis fans and pros alike. It's the perfect gift or decorating item for the tennis fanatic! Measures 10"x7". Included gold stamped "THE TENNIS PRO".

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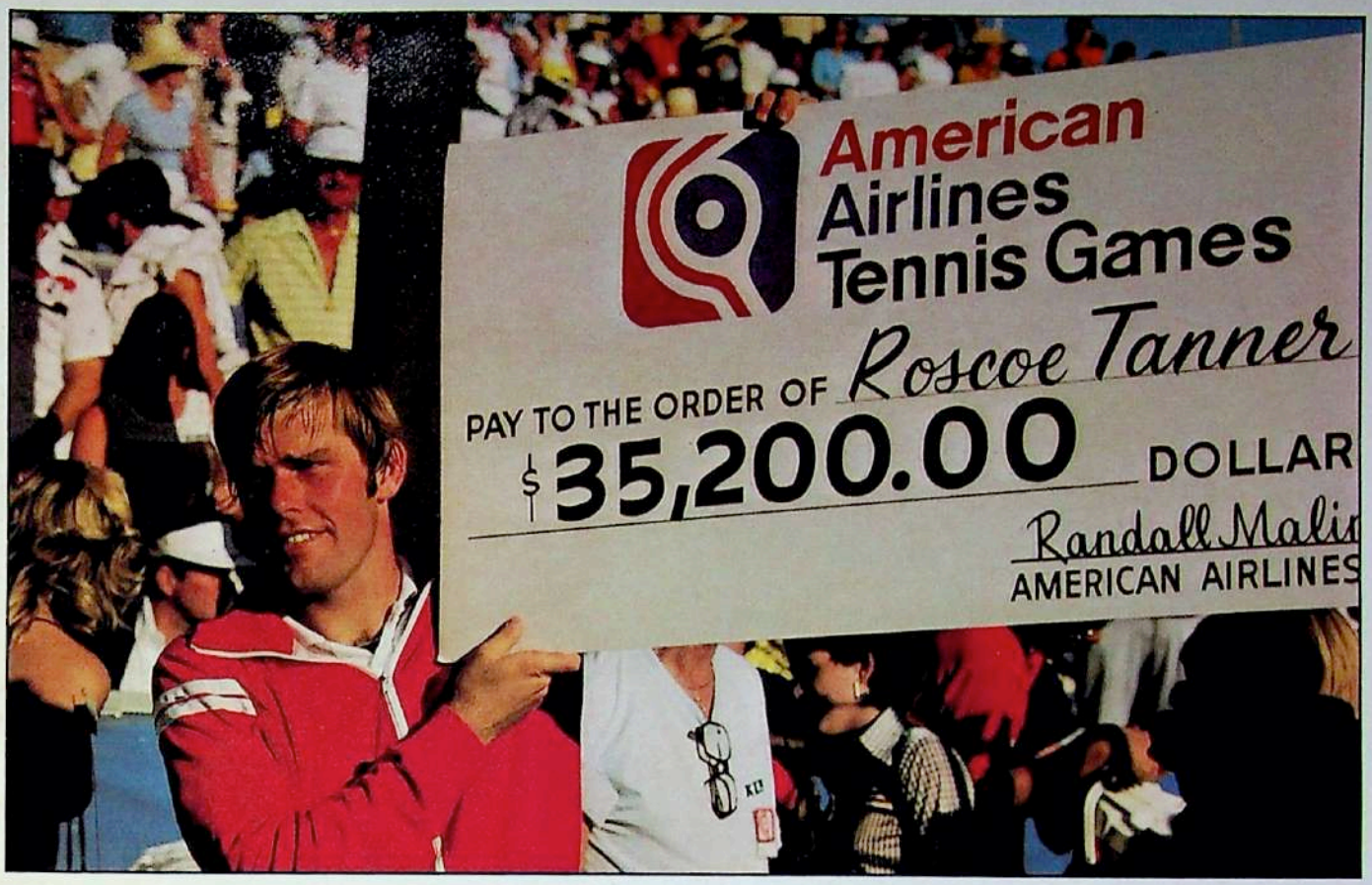

world ranking to the high 20's, the twenty-three year old blond, unseeded in this event, thrilled the record-breaking crowds by first playing matchless tennis, and then by spouting quotable lines for the press.

"I used to have a pansy serve," piped Fleming. "There was no time this week when I thought I couldn't win," he continued.

Against defending champion Gottfried, the impressive challenger boasted: "Gottfried was the highest ranked guy I've ever beaten. I guess this has to be the biggest win in my pro career, and the biggest tournament . . . someone must have lit a fire under my butt, for I played the greatest tennis of my life."

Upsetting the No. 1 seed, the 6' 5" giant doggedly proceeded to the semis, but not without comment on his quarter-final surprise victory. "I beat Gottfried two weeks ago in Richmond, so I wasn't in awe of the guy. He won the American Airlines 52 weeks ago, and believe me, that's a long time ago."

Yet only since December has Fleming felt his game successfully turned around. Although he's never won a tournament, there's little need to feel sad for the spontaneous "racqueteer" whose past year's earnings topped the $70,000 mark. Trying to attain an even higher income bracket by winning this tournament, Fleming made inexcusable errors against semi-finals winner, Raul Ramirez, who showed off his flair for comedy by banging himself repeatedly on the head with his racquet. Even so the handsome USC attraction ended the match by downing the noisy challenger 4-6, 7-6, 6-4.

"Oh, Merry Christmas!" shouted Fleming, as he missed vital tie-breaker points, settling for $9,680 prize money.

Ramirez, who went on to lose to Tanner in the finals, collected $17,600 for his efforts. "Today I've got more weapons to use," Raul commented. "I have a better backhand and I hit a lot better passing shots. I'm returning serves harder and running faster. I feel I have a good touch which lets me beat the lower 50 players about 90% of the time."

Tom Leonard, a 29-year-old on the comeback trail, aspires to be one of those enviable "lower 50." Certainly one of the surprises at the contest, Leonard – a "lucky loser" – backhanded and served his way past experienced players like Wimbledon veteran Arthur Ashe, until he was stopped by the cannon ball serving of Roscoe Tanner.

Into tennis his whole life, Tom left unhappily three years ago when he realized he just wasn't winning all that much. "It's no fun when you lose most of the time," mused the 5'7" blond. But when he was informed that his services were to be cut at the Irvine Racquet Club, he rejoined the circuit. "I figured at that time, why not try again?"

There were several men who wished he had reconsidered.

"I'm not surprised at how well Tom played," said a disappointed Ashe after his defeat. "He's got a pretty good serve. Of course if he served like that every day, he'd be ranked in the top 20." Looking a trifle embarrassed, Ashe said, "I don't like losing to Tom Leonard. I'd rather lose to Harold Solomon."

Just for the record, he did beat Solomon, but Ashe still was amazed at Leonard's agility at returning the seemingly impossible shots, and fluffing the give-away ones.

Leonard's luck prevailed until he failed to put the pressure on the aggressor. "Tanner just played too well. My game today was sluggish. I had no chance on his serve. I never unwound from last night's game with Ashe, and you might say I was on the defensive."

Critics might take Leonard a step further. The reason he and someone like Fleming got to the semis at all was due perhaps to the absence of the world's most talked about players: Jimmy Connors, Bjorn Borg, and Guillermo Vilas.

"Look, just because Borg and Connors weren't here, when Nicklaus and Watson don't enter a certain golf tournament, people don't run down that event, right? It's about time," said Tanner in disgust, "that people begin to recognize that there are *other* good players around." ●

"I'd Rather Be The Underdog!"

Jerry Hilecher

PART II

An Interview by Carole Charfauros

Jerry Hilecher, a recent migrant to California, was born and raised in St. Louis, Missouri. He is currently ranked number four in international racquetball, following Marty Hogan, Davey Bledsoe, and Charlie Brumfield. He recently married his high school sweetheart, Debbie. They live in Solana Beach, not far from Ektelon where Jerry works in the marketing department. Ektelon also sponsors Hilecher on the pro tour.

RW: What would you recommend for someone aspiring to be a professional racquetball player?

HILECHER: They have to realize, like anything else, on the pro level it's going to take practice. Just because they see an amazing advancement in just a few weeks, there is a very big distance between the "A" player and the pro. It's going to take a few years to develop it. Once they accept that, they can go ahead and put in the hours and hours and hours, without seeing any improvement. In the end it'll happen. It's very hard to put a lot of time into something when you can't see the return and that's going to happen after you reach a certain point in anything, as well as racquetball.

If I had it to do over again, it would be very difficult for me to be where I am now, because I wouldn't have had the patience to put in the time that it takes between the "A" and the pro. I already did that six or seven years ago when there weren't as many people playing racquetball. All of a sudden my "A" level was on a national level because all the guys were at that level, so I kinda progressed and put in my hours with very little improvement just as everyone else was doing the same thing. Here I am a pro, only because I built along with the sport. I could not compete right now as an "A" player, watching the pros and knowing it would take me years to do. I don't think I would do it.

RW: Do you see yourself still improving?

HILECHER: Yes, definitely.

RW: Is there any limit to it or can you always get better?

HILECHER: I think you can always get better. Just like in any sport, there's always something you can improve on. There's always fewer mistakes that you can make.

RW: Do you think your age is about right for racquetball or will you mature when you reach, say, Brumfield's age?

HILECHER: I feel very old right now. I really do. During a tournament my body is tired. I feel like I'm in my thirties. I come home to Deb and say, "Gosh, I'm an old man." I don't see how Brumfield can do it.

RW: Do you think 18 is the ideal age?

HILECHER: At 18 your recovery's much better. That's what it is. You feel old when your body's dead and it doesn't want to recover. I recover slowly. Tonight I only want to play a few games just because I played a tournament (Oregon) four or five days ago and I'm still aching from it. Year by year you get a little slower. You have a mixture in racquetball where speed is very important. Your mental game is important. Your speed is taken away with age, while your mental game improves. So I think you reach your optimum somewhere in the late twenties. You might be smarter or even play a more consistent game later on, but you still don't have the speed you had

in the 18 to 22 or 23 range . . . no, I think I'm out of that range. Let's say until you're 22 years old.

RW: Aren't you playing much better now than you were during those years?

HILECHER: I wish I could look back to when I was 17 or 18 to see how I played back then. Sometimes I think I was better than I am now, as far as shots, being able to kill the ball better. Now I play better defensively. I don't make the same skip shots, but still I don't think I could make some of the weird shots I tried when I was really young because I had the guts back then. Now I don't have the overall confidence to just go out and win it.

RW: What do you think it takes physically to become a racquetball pro?

HILECHER: Right now the consensus is you want to stay away from huge muscular arms because a big arm is going to be very slow. It's not a very flexible muscle. It's limited to very short movement. Your stroke is a very definite extension of your arm. If a pitcher was really big and built up, he wouldn't be able to extend and flex. I feel when I run, my legs are very tense right now. A lot has to do with racquetball because I'm building them up. I constantly have to do flexing exercises to get loose. Racquetball is very bad for tightening up your legs. You gotta really concentrate on keeping them loose by doing other things. So I think you have to be fairly strong, but not tight or short muscled.

RW: So you don't recommend weight lifting at all?

HILECHER: I recommend possibly small weights, doing lots of repetitions to increase your strength but not overall build. Your legs have to be strong, but not really thick. Marty Hogan has probably one of the thickest pair of legs of all the pro players. He uses them for power, but still he's definitely not the fastest player. He's very slow. So it has a negative effect. I think the guy who's six foot tall, weighing 157 pounds, fairly slim (sound like anyone we know???) is probably the best!

RW: I've heard you say that you don't actually watch the ball. Is that true?

HILECHER: If you watch the ball hit the racquet you're behind the ball. If you're watching it here, you've already hit the ball, the ball's on the way to the front wall, and you're not moving into position. I think I watch the ball to a point, right before it's hitting the racquet. That's why I don't really have problems playing glass. During one of the tournaments (Sacramento) I played on front wall glass. I'm looking for the area. I know the area, I start moving for the area, and all of a sudden the ball comes into focus. I hit the ball and lose the ball, but still I think more "area." That's why guys like Brumfield are having lots of problems playing on glass, partly because he's got glasses and probably gets reflection. There were times where I would serve him the ball and he would dive to the wrong side of the court. Certain players have definite weaknesses when they cannot see the ball all the time.

Playing back wall I don't really set up and watch the ball that much. I watch it, I get my timing, watch the speed and all of a sudden I take my eyes off it. If you look at any pictures of Keeley, his eyes are five feet above the ball. It's really amazing how he hits it. I don't think it's as definite as turning away when I'm hitting the ball, but I'm not actually watching the ball make contact with the racquet. If you do I think you're behind it.

RW: If you played one of the top women's pros what would be the difference?

HILECHER: If I played my best the difference would be power. I think, getting back to the point of the "A" player and the pro, if you drop the ball and place it, you can hit the spot. There's not going to be any difference. When you get to overall power, putting overall exertion into the ball, that's where the difference is.

RW: Do you ever play racquetball with your wife?

HILECHER: We go out every now and then for me to try and help her play. I've got poor patience with Debbie. I'm not the best teacher for her. I expect too much too fast.

RW: Is she interested in learning racquetball?

HILECHER: Oh, yeah. She's out there playing all the time. Something about the climate out here. In St. Louis she never played.

RW: What was it like for you, moving to San Diego from St. Louis?

HILECHER: San Diego's a lot different than St. Louis was. It's a very different life style, more relaxed, very big on athletics. I'm in way better shape after moving out here than I was in St. Louis. In fact, even now when I go back home I just don't work out. I don't run or anything. I just say "When I get back to San Diego I'll go ahead and run. It was very uncomfortable for me when I first came to San Diego. I didn't know anybody. Racquetball was the only thing I talked about or did. I went to work at Ektelon, I practiced, and I came home to sleep. That's not a very fun kind of life style. I didn't feel very good about it at all, but since I got married it's kinda been a lot better, more things to do, and somebody to share it with.

RW: Did you meet Debbie in St. Louis?

HILECHER: I met her as a sophomore in high school. We've been dating since our junior year.

RW: How did she feel about you moving to San Diego?

HILECHER: She wanted to get rid of me. It was kinda a tough decision, but a

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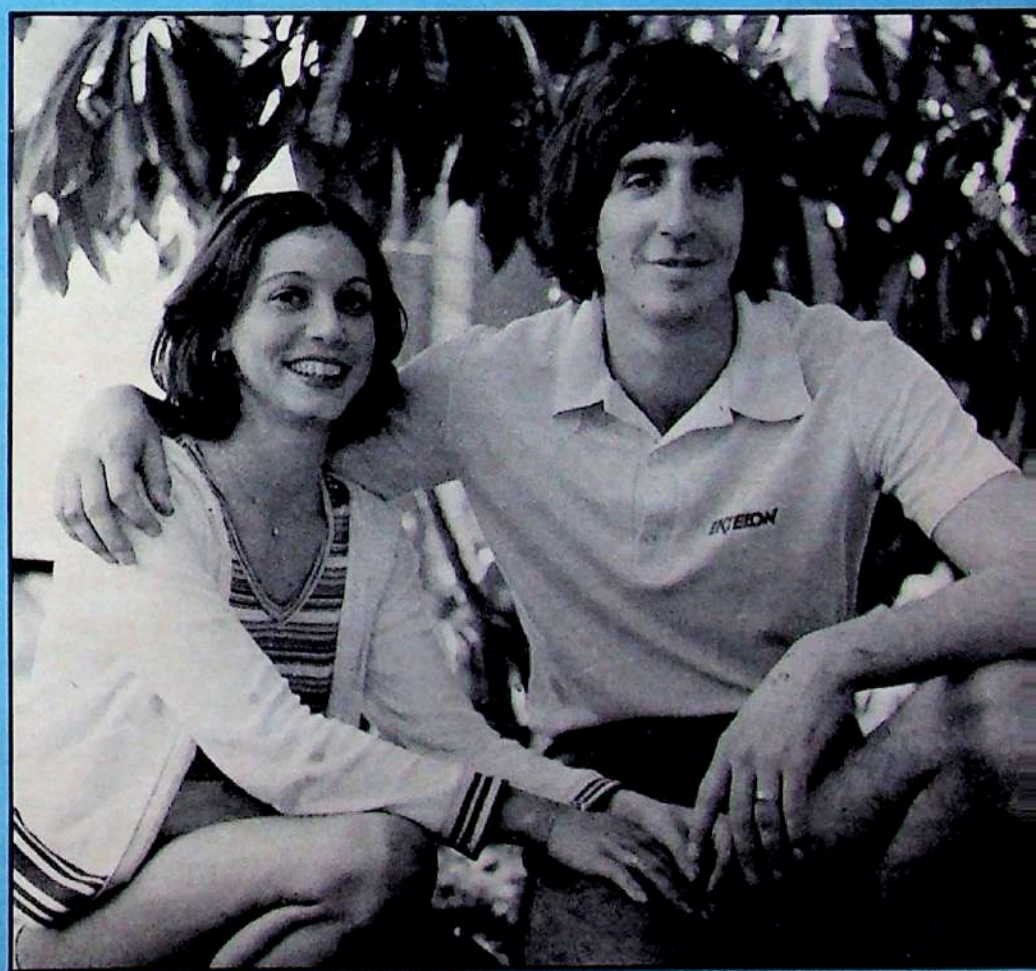

Debbie and Jerry Hilecher

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Jerry Hilecher

Text continued from page 9

guy has to do something to feel good about himself. If I would have stayed in St. Louis I don't think I would have felt too good about just playing racquetball and living off my folks, that kind of thing. So I had to make a life of my own and that outweighed staying with Debbie for the year. I kinda knew in the back of my mind that she'd be out here someday, which she is. Anyhow it worked out.

RW: How do you feel about publicity, about being on TV and in magazines?

HILECHER: I think it's inevitable that racquetball will make it big on TV. A few years ago I thought I really couldn't see myself on Ultra Brite commercials, "Hey, how's my sex life?" or something like that. It's just like anything else. We're going to get into it slowly, so it won't be a shock. We've already done that by being on TV and now we're going to be on it more and more. It's not going to be as big a shock as the first time. I think by going to it slowly, getting our feet wet first, I feel a little more comfortable about it. I think we'll be on TV as much as tennis in just a few years. Of course you're going to be a little nervous at first, but after a few times I won't even think about it.

RW: Do you think Jerry Hilecher will become a household word like Jimmy Connors or Chris Evert?

HILECHER: I don't think anybody can pronounce it. I don't think I could say that would ever be the case, even if I became number one. That is too far into the future. I haven't gotten my feet wet enough for that. Maybe next year I will turn around and say it should; the top eight guys are going to be household names. Right now I can't see it in the really near future.

RW: How do you feel going to certain gatherings where everyone recognizes you and treats you like a star?

HILECHER: It's nice, but as I said, now I don't think about it that way. First it was "Wow, this is really kinda neat." Now it's just part of business. In fact it could get very tiring. Like on tour or doing clinics and stuff; it's very much of a drain on you to be able to try to present yourself energetic, being able to look friendly, to be able to carry on a conversation with guys you've never seen before, trying to be interesting because you're representing racquetball. So that can be very tiring and after a while I just go to a hotel room and collapse.

It does have good points, but just as the top movie stars say sometimes, they'd give it all up just to be an unknown. I'm not anywhere near that point, but I can see what it's like sometimes. ●

Rebounds

Ektelon, Natural Set U.S. Racquetball Championships

Racquetball, the most exciting, dynamic participant sport in America, is getting a big boost this year with the creation of the "Ektelon/Natural Light Beer Racquetball Championships" in some 30 U.S. cities, it was announced today.

The announcement was made jointly by Jack MacDonough, marketing manager for Natural, Anheuser-Busch's light beer, and Ron Grimes, director of marketing for the San Diego-based Ektelon Company, leading manufacturer of racquetball racquets and accessory equipment.

Said Grimes, "This association of Ektelon and Natural, both leaders in their own fields, brings added credibility to the sport of racquetball, and is another progressive move for the advancement of this great sport."

MacDonough commented, "We at Natural are glad to be taking the lead with Ektelon in helping this tremendous sport gain the national attention it deserves. Last year, there were nearly six million people playing racquetball, which is incredible in light of the fact that the sport didn't even exist until the late 1960s."

Sites scheduled for the local tournaments are: San Diego, Los Angeles, Orange County (Calif.), San Francisco, Portland, Seattle, Phoenix, Las Vegas, Denver, Kansas City, Dallas, Houston, St. Louis, Chicago, Milwaukee, Minneapolis, New Orleans, Detroit, Cleveland, Buffalo, Pittsburgh, Boston, Fairfield (N.J.), Philadelphia, Sacramento, the Washington, D.C. area, Atlanta, Orlando, Miami/Ft. Lauderdale and Oklahoma City.

National Racquetball Tournament Announced

A ten-city, four division racquetball tournament aimed at the grass roots afternoon and weekend player has been announced. Known as the AMF Voit/Datsun Racquetball Classic, the tournament will get underway in Los Angeles in May, with competitions following in the New York area, St. Louis, Boston, Chicago, San Francisco, Baltimore-Washington, D.C., Detroit, Atlanta and Dallas. National finals are scheduled for Las Vegas in January, 1979.

Each local tournament which will be conducted in four separate divisions for both men and women: Pro Am Open, Seniors (over 35 years old), B (Intermediate), and C (Novice). About $10,000 worth of prizes will be awarded in each of these ten cities among the eight categories of winners in the quarter-finals, semi-finals and finals.

Racquetball has become one of the fastest growing participant sports in the country according to Thomas W. Pomeroy, director of merchandising, who announced the tournament. He pointed out that in but a few years the number of players involved in the sport has reached about seven million, with more than a third of them women. "The attraction seems to be ease in learning the game, the minimum amount of equipment required and the fact that intensive lessons and practice sessions are not needed," he stated.

The AMF Voit/Datsun Racquetball Classic, called "ATHLETES: DRIVEN TO EXCELLENCE," is sponsored by a number of major corporations including: Bally Manufacturing Corporation, The Clorox Company, the Jos. Schlitz Brewing Co., Nissan Motor Corporation in U.S.A. (Datsun), Playboy Club of Los Angeles, Quasar Electronics Co., and Rollei of America, Inc.

The schedule for the tournament is:

Los Angeles	May 18-21
New York	July 9-11
St. Louis	July 28-30
Boston	August 18-20
Chicago	Sept. 8-10
San Francisco	Sept. 29-Oct. 1
Baltimore-Washington, D.C.	Oct. 13-15
Detroit	Oct. 27-29
Atlanta	Nov. 10-12
Dallas	Dec. 8-10
National Finals	
Las Vegas	Jan. 1979 (exact dates to be announced)

Tournament entry blanks will be available at AMF Voit sports equipment and Rollei dealers.

National Amateur Racquetball Tourney In U.S.

Wilson Sporting Goods Company and the National Court Clubs Association have announced they will co-sponsor what they describe as "the first truly national amateur racquetball tournament." The tournament, to be named the National Amateur Racquetball Championships, will be open to all classes of players at the "grass roots", local club level.

Lee Steele, Wilson's racquetball business manager said the co-sponsors expect about 15,000 players to participate in the new nationwide competition for A, B and C level players – both men and women – who are members of NCCA court clubs.

"This is the only racquetball tournament, national in scope, that's been organized with the interests of the local club player at heart," Steele said. "First round matches will actually be played at local NCCA-affiliated clubs, instead of regional sites as with other national amateur racquetball competitions. Contestants won't have to travel to distant cities to compete."

Local club elimination contests are scheduled to be held between June 15th and July 30th, with three regional tournaments slated for the month of August and the finals set for September in Chicago. Sites for the western, central and eastern regionals will be announced at a later date. John Wineman, president of the NCCA and one of the owners of Chicago's Court House court club chain, said regional and national winners in the new tourney will be awarded merchandise prizes with a total retail value in excess of $24,000.

NCCA Affiliation Necessary

To be eligible to participate, racquetball players must be members of an NCCA-affiliated court club and pay a $17.00 entry fee. The fee covers all court time for tournament games, and in addition each contestant will receive a National Amateur Championships gift package including Wilson tote bag, tailored man's or woman's official tournament shirt, and souvenir sew-on patch. Wilson will also furnish balls for all tournament play.

In a joint statement, Wilson and NCCA officials said they believe the new tournament, and publicity about local, regional and national matches, will help stimulate public interest in the many health and recreational advantages of racquetball. Wineman also stated:

"The tournament will also offer NCCA clubs the chance to offer an exciting event for *all* their members by enabling them to compete in a truly national championship event for amateur racquetballers. Since the number of participants is so large, the six national class winners will represent the absolute tops in amateur racquetball. We expect these championships to be truly meaningful in the world of racquetball right from the start."

Sport's Growth "Phenomenal"

The new NCCA, reorganized in 1977 and headquartered in Northfield, Illinois, estimates there are between 5.5 and six million racquetball players in the U.S., as compared to less than ½ million only three years ago.

"The growth rate has been phenomenal," states Wineman, "and it shows no signs of slowing down. We think it's because racquetball is such an easy game to learn and to play – it's fast, fun, comparatively inexpensive when it comes to both equipment and court time – and a player can get a very healthy workout in a short time. With the renewed interest in physical fitness in the U.S. these days, racquetball has 'taken off' with all kinds of people who are making an attempt to keep in shape – and have a good time doing it."

There are about 500 court clubs in the U.S. today, approximately half of them court clubs

Text continued on page 20

David Fleetwood, (left) 1977 National Intercollegiate Doubles Racquetball Champion, signs on as the newest member of the Wilson Sporting Goods Company Advisory Staff. Welcoming him are Don Juenemann, (seated) Wilson Racquetball Promotion Manager, and Davey Bledsoe, 1977 National Men's Professional Racquetball Champion and Wilson Advisory Staff member.

Dear Tennis Parents:

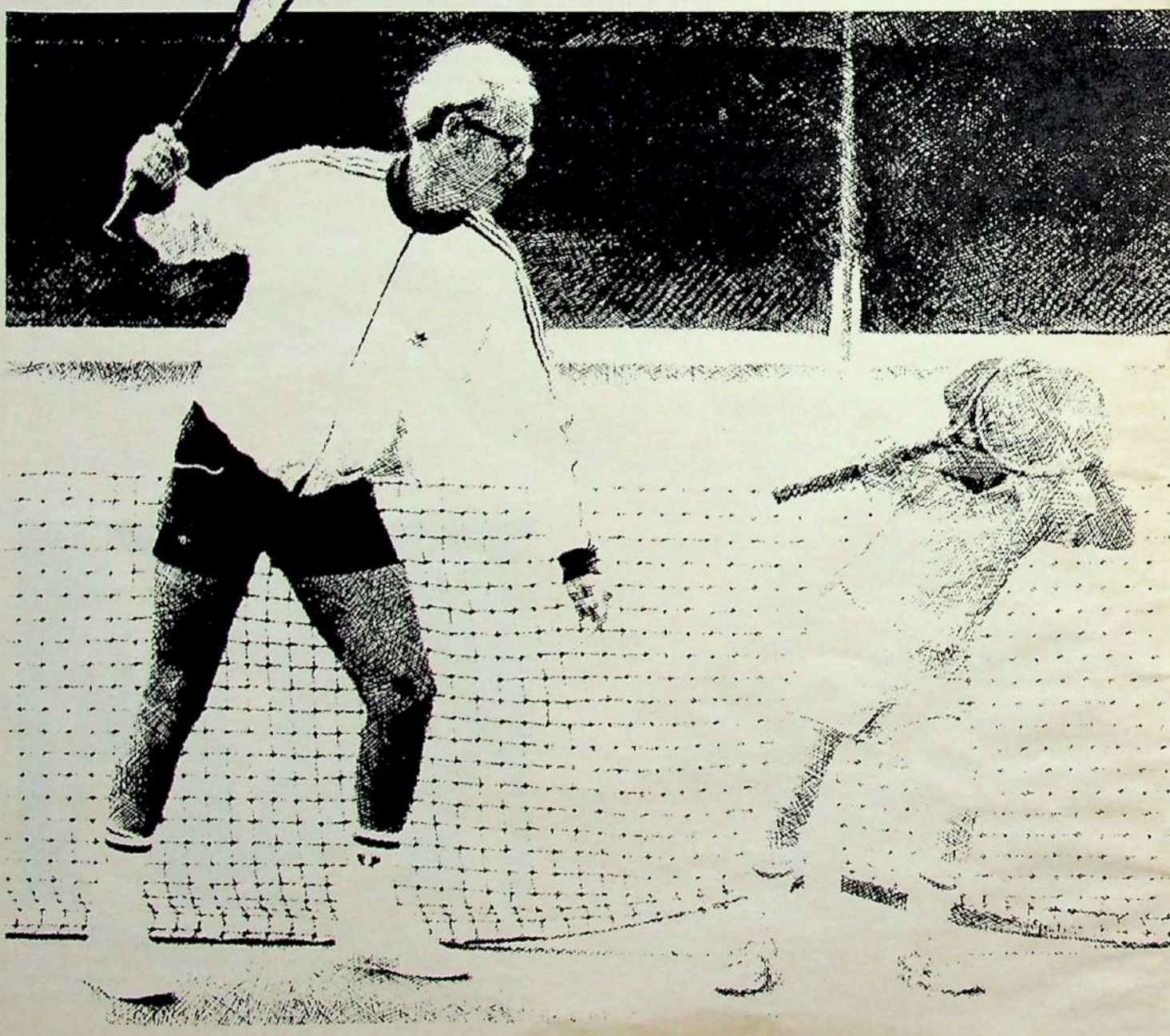
By Larry Willens

There is nothing more exciting or satisfying than playing tennis. We run all over the court, get tired, make a few errors, some great shots, and just plain have fun. Along with being the greatest game in the world, it is also the toughest game to play at the professional level. The reason is that at the pro level 50-90% of the game is psychological. Out of the hundreds of juniors in San Diego, one or two will be successful as pros. Part of the reason the percentage of successful players is so low is "tennis parents." It is rare when the National 12 or 14 champion makes it later on in his or her career.

By the time the 12's and 14's get out of the Juniors, they have been "beaten" so much by parents they hate the game. By beaten, I don't mean physically beaten, although this happens too often, but mentally beaten, which is much more harmful. Tennis players play either to win or to not lose. Too many juniors play to not lose. In fact, these kids are scared to death to lose. After a match they know they are going to hear, "how did you do? did you win? you should have hit your forehand crosscourt, how could you lose to her?" The list of comments goes on and on.

The game is very frustrating. There is one winner and one loser in every match, but one winner and many losers in every tournament. The kids want to win as much as you want them to. Don't make tournament tennis tougher than it is by wanting your child to win MORE than he or she does. Life is far more important than any tennis match. How a player reacts to losing will greatly affect his or her play and life.

When I talk about the fear of losing, we must realize it is not the loss the player fears, but how he or she feels others will react. This reaction of parents and friends can scare the daylights out of people. If parents criticize harshly, the player will be affected now and in future matches. The more criticism the tougher



it is to win the next match.

Everyone loses sometime. It is a major part of the game. We must learn from our losses. The positive, happy player IS able to learn from losses. Parents must remember that the coach or pro criticizes and talks about the loss, not you. If they want to talk to you about the loss they will, because they know you love them. They KNOW you will not lecture or criticize, but listen.

Never make excuses for your son or daughter, either to them or to others. If they tried as hard as they could, they simply were beaten.

Love is what is needed after a loss. It can be quiet love or open love. The feeling is what counts. The most important part of this love is that the player knows there will be no, and I repeat NO, criticism. Just deep, deep love. Losing is like being in the dark, which most kids fear. When my son fears something, I tell him to remember that I love him and I am always with him, even if I may not be right there. Tennis players need this thought. They need to think happy thoughts, not scary ones. Parents and coaches can help this.

I demand that my players, the Friars, Marita and Walter Redondo and Mike Klarr, play as hard as they can in every match. When they give 100% I will be just as proud, win or lose.

The coach has a different problem from the parents. I play every match my players play. As many of you have witnessed, I am a nervous wreck when my people are on the court. Recently I was in Houston, Texas with Marita for a Virginia Slims tournament. She was playing Florenza Mihai in the first round. Mita won the first game easily and I left to drive to the airport to pick up her brother Walter. We drove to the hotel to meet Marita. When she opened

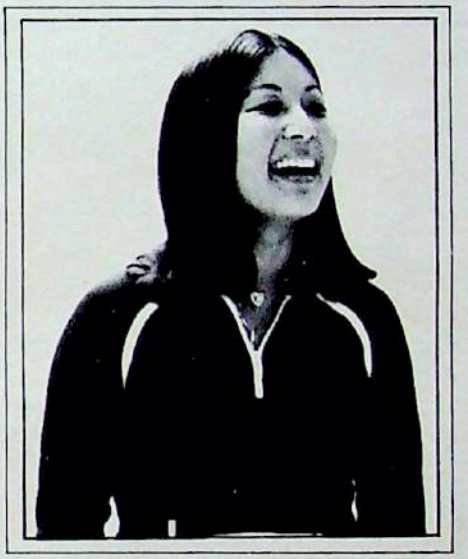
Text continued on page 44

Ann Kiyomura

By Linda-Marie Singer

8:30 a.m. Fade in.
San Mateo, California courthouse.
Ann Kiyomura argues her 3-year-old case against the World Team Tennis Hawaii Leis.
3:30 p.m. Dispute is settled in favor of the tennis player.
6:00 p.m. Match against Peanut Louie at the Avon Futures of Northern California.
7:30 p.m. Louie wins the 3-setter.
8:30 p.m. Fade out.

Does this sound like "Days Of Our Lives" or, is this a typical day in the life of tennis star Ann Kayuzo Kiyomura?



"I didn't really feel so good playing the Avon match that night," said Kiyomura understandably. "But I did win my case . . . Actually, you might say it was the only thing I won in court!"

Not entirely so.

At age seven Ann took tennis so seriously that by twelve the dynamic youngster started winning junior championships left and right. All in all, she racked up 14 national junior titles – an incredible feat!

"People ask what my high point has been in my career. Besides the Wimbledon Doubles championship in '75, the runner-up in the Bridgestone, and reaching the semis at Forest Hills in '76, I tell them *every junior title* was exciting. You're so young when success hits you."

During high school, Ann continued her competitive streak by joining the Virginia Slims circuit. Her timing was just right for a new level of experience. "I didn't have any worries," she recalls. "I was so enthusiastic. *Everything* was so new. The Slims was demanding, and I was up for it. Now the constant strain of traveling and competing isn't that thrilling. I am at a crossroads where I need to rebuild my self-confidence."

Maybe what she needs is another win at Wimbledon. Kiyomura's self-esteem was boosted as she reflects back to 1975 when she and her Japanese partner, Kazuko Sawamatsu captured the Wimbledon doubles prize.

Although a third generation American, she is fiercely proud of her Japanese heritage, and has set her sights after tennis on living in Tokyo for a year, and gaining a fluency of the language. "You can't imagine how very Japanese I feel. My ways of thinking, for example, are Japanese, in that I tend to think of people before I think of myself. That's the type of person I am. So when I visit the country, I don't mind being a real Japanese!"

Thanks to the prestigious British tournament, Ann became an instant celebrity in Japan, and should blend in well when she takes her leave from a full-time tennis career. "It's really upsetting to meet a wonderful guy, and have an interpreter sit between you and your date! I wouldn't mind getting serious with someone in Japan; there just aren't any Oriental professional tennis players, and although I'm open to dating anyone, I still think Japanese."

Something else the quiet-spoken player thinks about is her ranking. Currently No. 40, she shudders from any thought of slipping further down the tennis ladder. "It's such a long road, and I'm not trying to say I'm aiming for a steady climb, so I must think of one match at a time. If I lose again in the first round of the Avon, I may have to go *down* to qualifying, which I definitely do not want to do.

Text continued on page 44

The BASIC STROKES

The Forehand, Backhand And Overhead

By Davey Bledsoe
"1977 National Champion"
with Jim Feeler

First of a Two Part Instructional

If you've ever played golf and tried to power the ball down the fairway like Jack Nicklaus, you realize there is more involved than just brute strength. The technique you use to execute the stroke is more important. This is true not only in golf, but all sports where a stroke or swing is employed.

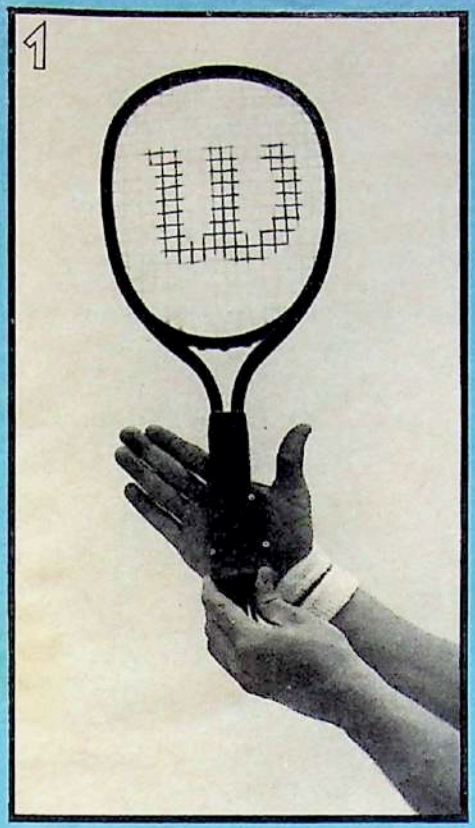
Recently in racquetball, a new method of executing the stroke has been developed that is proving to be superior to the traditional technique. This should come as no surprise, because of the obvious impact this development has had on the game.

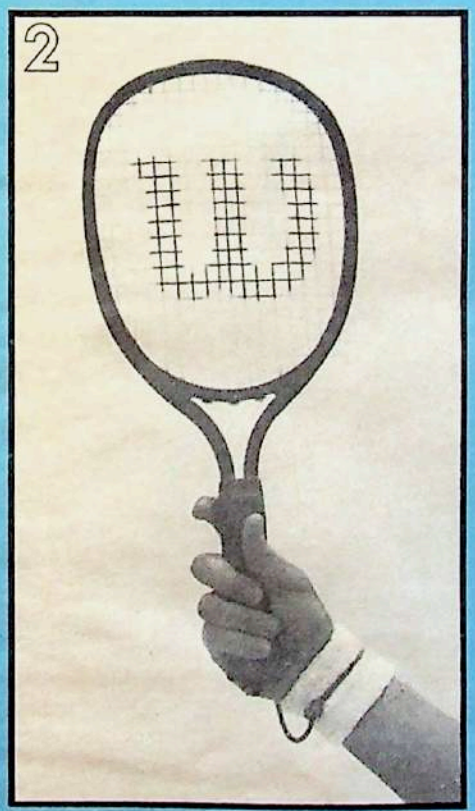
The control style of play that was so effective a few years ago has been replaced by a super-charged power game that is dominating play on the pro level. This is more than just a change in strategy, it is the result of greater ball speed produced by the advanced stroke technique. The control game relied on precise ball control to force an opponent out of position until a safe kill could be made. However, the increased speed eliminated the long rallies that were essential to the control style of play. Therefore, the development of greater power *forced* the change in style — it simply was a matter of having no choice but to fight speed with speed. I don't mean to imply that the traditional method of executing the stroke is obsolete. Quite the contrary! There are many successful players still using this technique and, more importantly, a solid foundation should be built around this approach before attempting the advanced style. In order to benefit players at all levels, I will describe both the traditional and advanced methods of executing the basic ground strokes, in addition to the overhead stroke. But before I begin, it will be helpful to understand how the advanced technique evolved.

When I began playing racquetball I adopted the popular or what is now referred to as the traditional method of executing the stroke. However, after two years of play, I began experimenting with my stroke, until I gradually developed my present style. The direction my stroke evolved was largely influenced by my background in baseball and, specifically, with modern hitting techniques. This resulted in using an open stance and making contact with the ball near my back knee. Other changes were made, but I'll discuss those later.

It was as if the time for this new style had come, and nothing was going to hold it back; because the basic techniques were developed simultaneously by different players throughout the country. What emerged was more of a parallel evolution, than an individual creation.

With the new technique, players were able to generate ball speeds in excess of 140 mph. At this time, no one using the traditional approach has been able to match that speed. In the following examples you should realize that my stroke contains some individual preferences. Therefore, slight adjustments may be necessary to suit your individuality.





THE GRIP

Before describing how to execute the stroke, it is important to understand what constitutes a proper grip. The basic duty of the grip is to create racquet control! Besides being comfortable, the grip should make the racquet feel like a natural extension of the arm and insure the racquet face will be in the proper position when contact is made with the ball. For this reason, it is necessary to design the stroke and grip in combination, if you expect to generate maximum power and still maintain control. Because of physical differences in the nature of executing the forehand and backhand strokes, I rotate my forehand grip position ¼" to the left for the backhand stroke. This keeps the racquet face from opening up too soon and causing the ball to lift. With this understanding, study figures 1 through 4.

Figure 1 — The Forehand Grip

A. Grasp the handle in much the same manner you might reach out to shake hands.

B. Notice how the butt of the racquet rests at the heel of the hand and the handle extends diagonally across the palm to the base of the index finger. The further up the racquet neck you grip the handle, the more control you have, but the less power. The reverse is also true. I have found this position a good compromise between power and control.

Figure 2 — Side View Of The Forehand Grip

A. Observe how far the index or "control finger" is up the racquet neck. This finger is only used for control, not to grasp the handle!

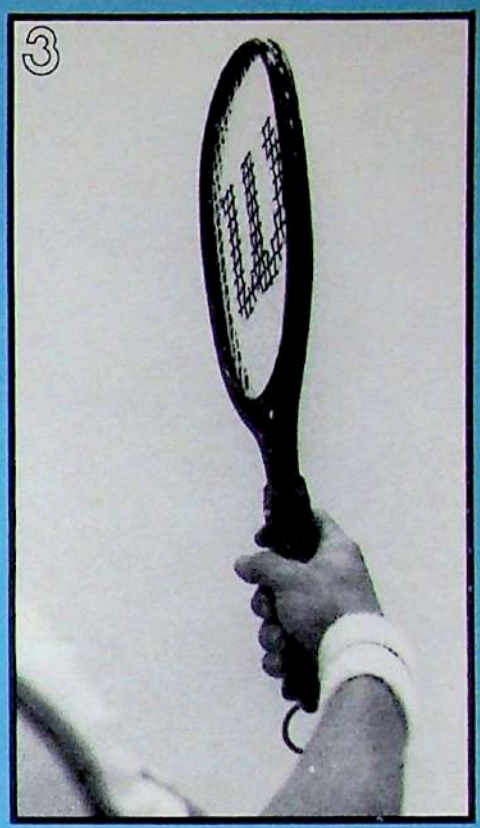
B. Note the amount of separation between the three bottom fingers. This helps create racquet control.

Figure 3 — Top View Of The Forehand Grip

A. Note the position of the "V" formed by the thumb and index finger on the top bevel of the handle.

Figure 4 — Top View Of The Backhand Grip

A. Observe how far the racquet has been rotated clockwise by noting the new "V" position is approximately ¼" to the left of the original forehand position. This is the only difference between the forehand and backhand grips.



Text continued on page 16

The Traditional Forehand Stroke

(Text continued from page 15)

If you are a beginner, this is where you should start. This stroke is the easiest to learn and, by far, the most popular. Because the stroke is executed in a side arm manner, it allows for excellent ball control, along with a substantial amount of power. The basic stroke is characterized by a low elbow position (below the shoulder at the top of the backswing) and making contact with the ball at the instep of the lead foot. The following figures (5 through 8) illustrate the proper method of executing the stroke.

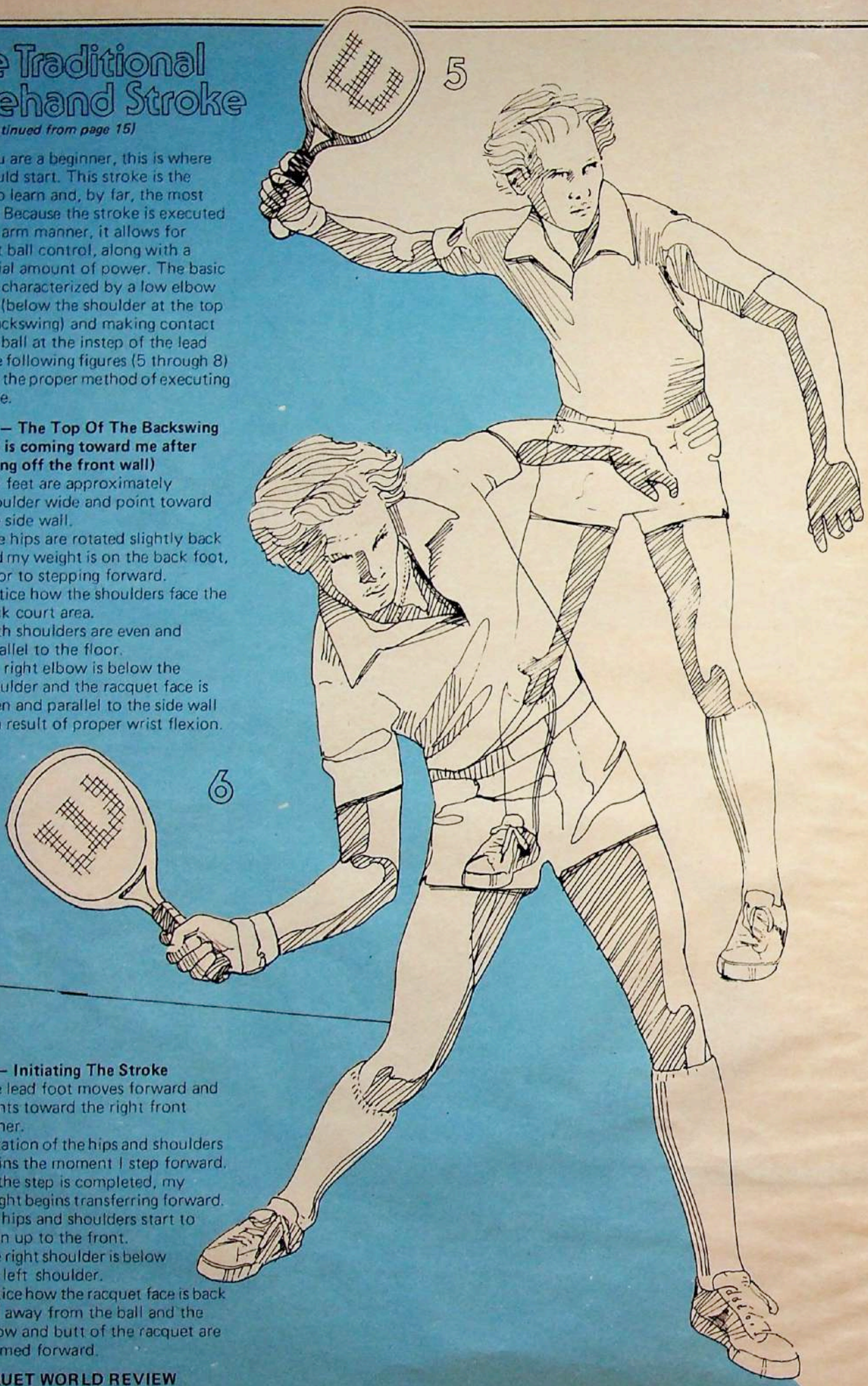


Figure 5 — The Top Of The Backswing (The ball is coming toward me after rebounding off the front wall)

A. My feet are approximately shoulder wide and point toward the side wall.
B. The hips are rotated slightly back and my weight is on the back foot, prior to stepping forward.
C. Notice how the shoulders face the back court area.
D. Both shoulders are even and parallel to the floor.
E. My right elbow is below the shoulder and the racquet face is open and parallel to the side wall as a result of proper wrist flexion.

Figure 6 — Initiating The Stroke

A. The lead foot moves forward and points toward the right front corner.
B. Rotation of the hips and shoulders begins the moment I step forward. As the step is completed, my weight begins transferring forward.
C. My hips and shoulders start to open up to the front.
D. The right shoulder is below the left shoulder.
E. Notice how the racquet face is back and away from the ball and the elbow and butt of the racquet are jammed forward.

Figure 7 — The Point Of Contact

A. The back foot is pivoting.
B. At contact, the bulk of my weight shifts to the front foot.
C. Eighty percent of hip and shoulder rotation is completed.
D. Note the full forearm extension.
E. Contact is made at the instep of the front foot and the racquet face is perpendicular to the side wall and floor. Although not shown, wrist snap begins at the moment of contact.

Figure 8 — The Follow Through

A. Both feet point to the front wall.
B. Hips and shoulders rotate around and my body weight is on the front foot.
C. My chest faces the side wall.
D. The racquet carries across and around the body.
E. My head is up and I am looking toward the front wall.

(Text continued on page 18)

The Advanced Forehand Power Stroke

(Text continued from page 17)

I suggest only accomplished racquetball players attempt to master this stroke. However, even if you never use the stroke, you can derive some pleasure, just by becoming more knowledgeable about its execution. You'll be able to recognize which of the top men and women players use this stroke and be able to understand how they generate so much power. The basic stroke is characterized by a high elbow position (above the shoulder at the top of the backswing) and making contact with the ball just in front of the back knee. Furthermore, this stroke is more concise and compact than the traditional one, because of the underhand method of execution. Compare the following illustrations (9 through 12) with those depicting the traditional stroke.

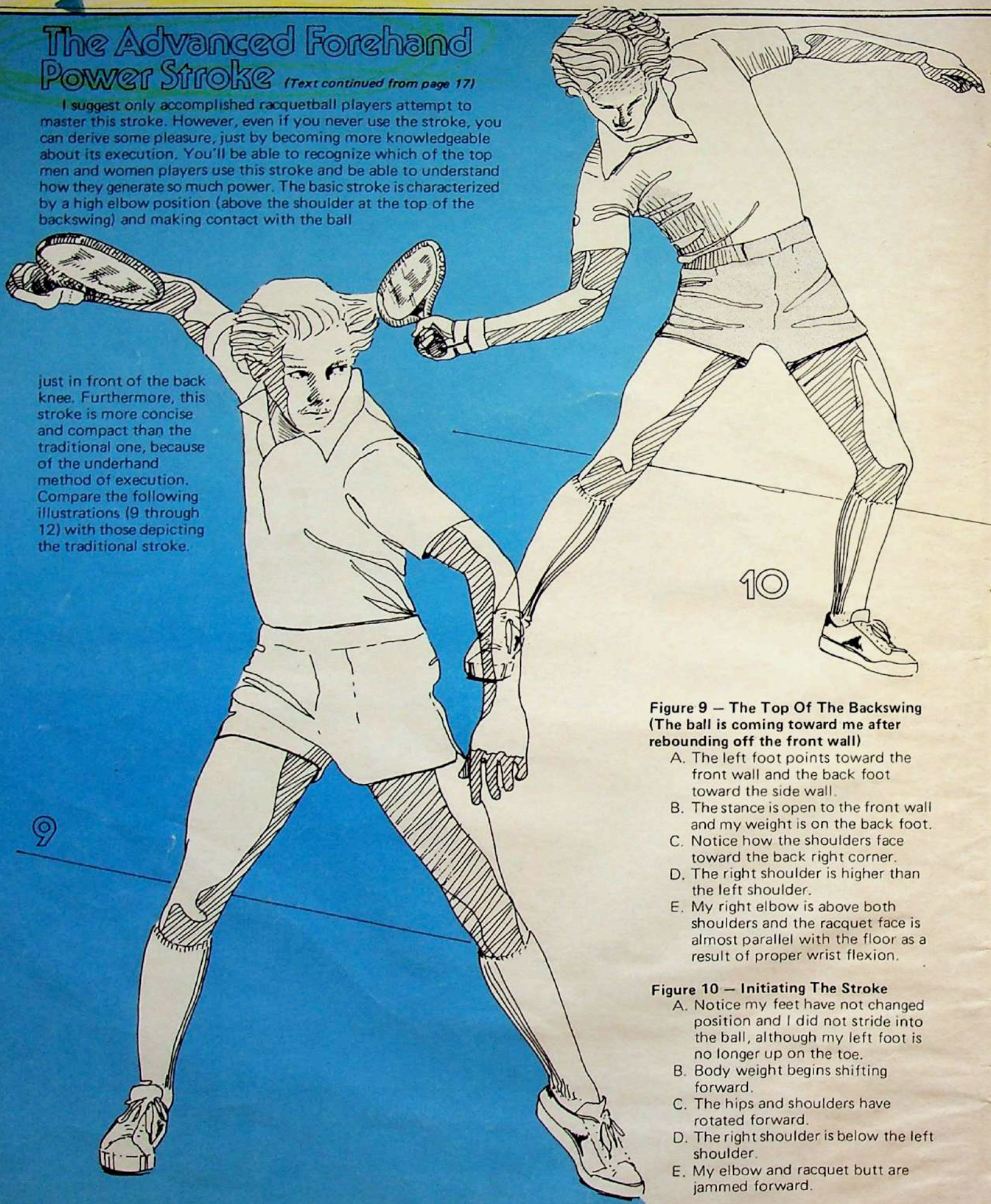


Figure 9 — The Top Of The Backswing (The ball is coming toward me after rebounding off the front wall)

A. The left foot points toward the front wall and the back foot toward the side wall.
B. The stance is open to the front wall and my weight is on the back foot.
C. Notice how the shoulders face toward the back right corner.
D. The right shoulder is higher than the left shoulder.
E. My right elbow is above both shoulders and the racquet face is almost parallel with the floor as a result of proper wrist flexion.

Figure 10 — Initiating The Stroke

A. Notice my feet have not changed position and I did not stride into the ball, although my left foot is no longer up on the toe.
B. Body weight begins shifting forward.
C. The hips and shoulders have rotated forward.
D. The right shoulder is below the left shoulder.
E. My elbow and racquet butt are jammed forward.

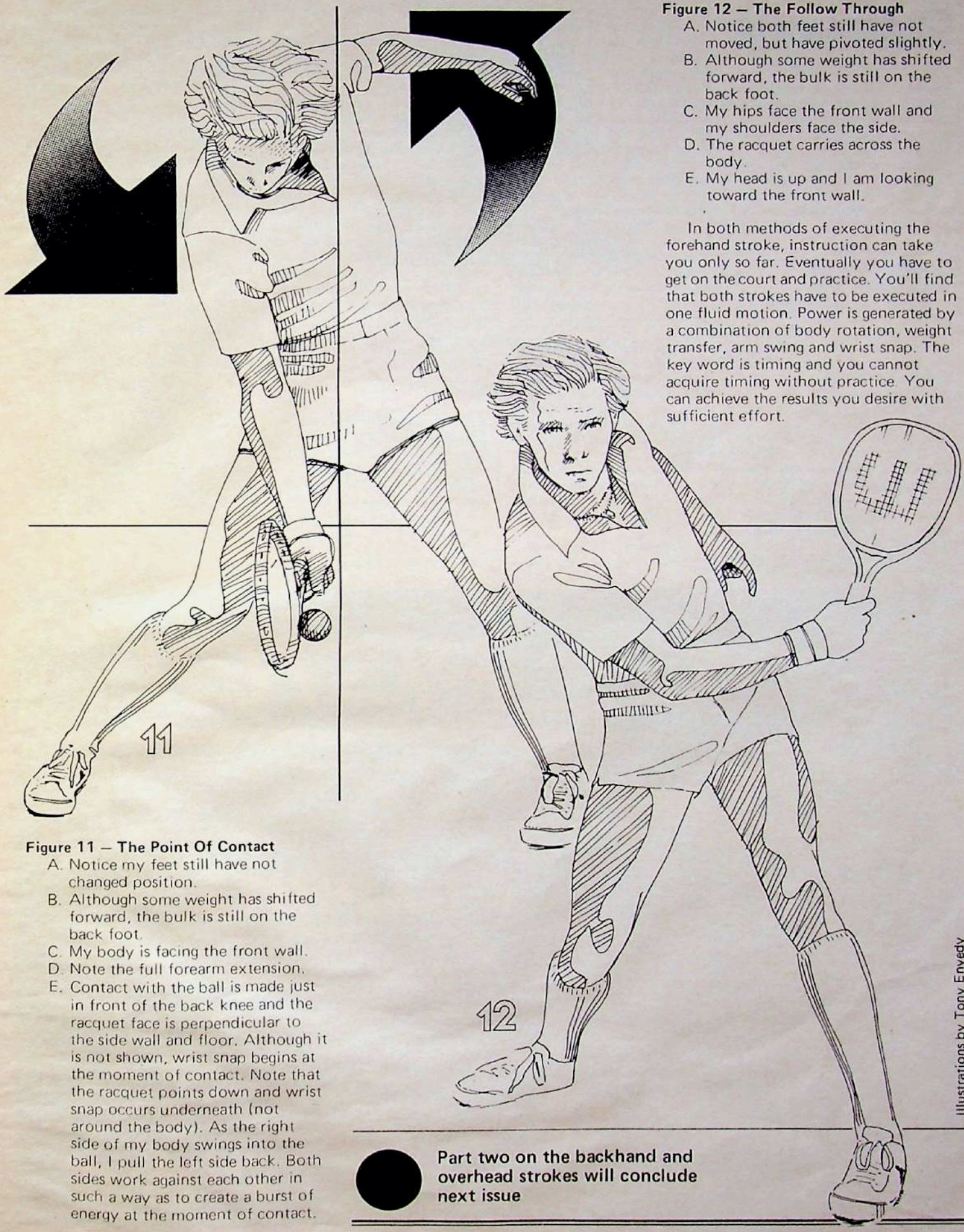


Figure 11 — The Point Of Contact

A. Notice my feet still have not changed position.
B. Although some weight has shifted forward, the bulk is still on the back foot.
C. My body is facing the front wall.
D. Note the full forearm extension.
E. Contact with the ball is made just in front of the back knee and the racquet face is perpendicular to the side wall and floor. Although it is not shown, wrist snap begins at the moment of contact. Note that the racquet points down and wrist snap occurs underneath (not around the body). As the right side of my body swings into the ball, I pull the left side back. Both sides work against each other in such a way as to create a burst of energy at the moment of contact.

Figure 12 — The Follow Through

A. Notice both feet still have not moved, but have pivoted slightly.
B. Although some weight has shifted forward, the bulk is still on the back foot.
C. My hips face the front wall and my shoulders face the side.
D. The racquet carries across the body.
E. My head is up and I am looking toward the front wall.

In both methods of executing the forehand stroke, instruction can take you only so far. Eventually you have to get on the court and practice. You'll find that both strokes have to be executed in one fluid motion. Power is generated by a combination of body rotation, weight transfer, arm swing and wrist snap. The key word is timing and you cannot acquire timing without practice. You can achieve the results you desire with sufficient effort.

Illustrations by Tony Enyedy

Part two on the backhand and overhead strokes will conclude next issue

Rebounds

Text continued from page 11

in the U.S. today, approximately half of them affiliated with the NCCA – which has become the recognized voice for court club owners. The NCCA plans to support member clubs and racquetball as a sport through activities such as the National Amateur Championships.

Teens Take Top Titles In California State Championships

Racquetball is definitely becoming a sport for the young. Marty Hogan is a prime example of that. At 20 years old, Hogan has won more tournament prize money than any other pro in the history of racquetball.

The winners of the California State Championships, held at Mel Gorham's Sports Center in Oceanside, California, were no exception. Winners in the Open divisions were National Junior's champion, Larry Meyers, and runner-up in the National Girls 17 & under division, Laura Martino. They are both 18 years old.

Meyers was really smoking during the entire weekend, despite an injured rib which resulted from a dive return against Bill Stevens (runner-up in the Southwest regionals) in the quarters. Meyers won the first game, coming back from 11-20, but failed to take the next 20-21. Then Meyers got hot and shut out Stevens in the tie-breaker 11-0.

In the semis Meyers outraced defending champ, Steve Trent, with scores of 21-20, 21-17 and advanced to the finals.

In the other bracket, Leo Gurnoe was also playing one of his best tournaments. In the quarters he met Bob Bos, who had taken out National Amateur finalist, Stan Wright, in the round of 16. Gurnoe finished Bos off in two straight.

In the semis, Gurnoe matched shots with sixteen-year-old Beaver Wickham, who had beaten highly regarded Roger Ehren in three close games. Wickham and Gurnoe split, but Wickham failed to score one point in the tie-breaker.

After all the exciting matches, the finals were pretty routine. Gurnoe was never in the match as Larry Meyers rolled past him 21-12, 21-14.

The Women's Open division followed somewhat the same pattern, with exciting semis and quick finals.

Karen Seavello came back from a 14-21 first game loss to annihilate Shirley Mitchell 21-4, 11-4 in the next two.

Meanwhile in the other semi finals match, Laura Martino had her hands full with Peggy Gardner. They split almost evenly, 21-15, 13-21 and Gardner had the lead 8-1 in the tie-breaker. Suddenly Martino came alive and started rolling them out, taking the third game 11-9.

After beating Seavello in the finals 21-7, 21-16, Martino admittied that she only plays as hard as she has to. "I knew Seavello was going to be tough, so I didn't let up at all."

How did the newly crowned Women's champ do in last year's tournament? "I got blown out in the first round!"

Ektelon's Wright To Give San Francisco RB Clinics

San Diegan Stan Wright, 1977 International Racquetball Association Open Doubles champion, will move to the San Francisco Bay area soon to begin a program of racquetball isntructional clinics.

The 27-year-old Wright, an Ektelon player representative, has signed an agreement to act in the same capacity for Heard, Jenkins & Co., a sales and service representative for Ektelon racquetball products in the San Francisco area.

Wright will initiate a program of racquetball instructional clinics at San Francisco area court clubs and play in local as well as national racquetball tournaments.

Born in Honolulu, Hawaii, he has lived in San Diego nearly all his life.

In addition to the IRA Open, Wright's major tournament record includes the 1978 California State Doubles Championship, the 1978 Golden State Singles Championship and seconds in both the 1975 and 1977 National Racquetball Club Singles Open.

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The King of Kings...

"Each came, convinced that he or she alone could remove the sword from the stone."

By Joseph Ditler

Many kings gathered from far and wide to test their strength against the sword in the stone. Strong and able men were they, all champions and heroes in their own right. There was even a queen, whose beauty was known throughout the land.

Each came, convinced that he or she alone could remove the sword. The rewards were many – fame, distinction, riches and the prestige of being the "King of Kings."

This tournament was unique and the players covered the spectrum of racquet sports at the second annual World Racquets Championships held the first week of May at the Atlas Health Club in San Diego.

Champions in six racquet sports (see sidebars) – tennis (Guillermo Vilas), table tennis (Danny Seemiller), badminton (Rudy Hartono), squash (Sharif Khan), racquetball (Marty Hogan) and platform tennis (Hilary Hilton) – competed against each other in tennis, racquetball, table tennis and badminton, in all but their own specialty. Thus, each participant competed in three sports.

For purposes of this competition, the squash champion did not play racquetball and the platform tennis champion was excluded from tennis (because of the obvious similiarities in their respective games).

Play began early Saturday morning with Guillermo Vilas meeting Hilary Hilton on the racquetball court. Hilary came out swinging as she wrapped up the first two points quickly and decisively.

Vilas may have been thinking about her twinkling blue eyes, but not for long, as he steamed through the match winning 21-2. When asked after the match, what if you had lost to the girl? Vilas smiled and answered, "I was thinking about that. What would people say?"

The next match involved Danny Seemiller and Rudy Hartono. It was Seemiller all the way, as he won handily, 21-1. Danny's mother, who flew out from Pittsburgh to see him play, remarked, "Danny planned to take the racquetball event over everyone else. He has worked very hard to do so and feels it is his only chance to win the tournament."

After a ten-minute break, Seemiller returned to the court to meet Guillermo Vilas. Vilas' coach, manager and friend, Ion Tiriac, who earlier admitted in his Romanian accent, "I neever play thees game before," jokingly yelled to Vilas. "Put the lions into the arena." After a five-minute warm-up, they began to play the match which was to be the highlight of the entire tournament.

Long, gruelling ball exchanges took place as the two southpaws fought to the best of their limited ability in this alien sport. Seemiller had the lead, at 17-13, but could not close it out.

Vilas seemed to get stronger as he won the next few points. At one point, in an attempt to stop the attack of Vilas, Seemiller dove five times to keep the ball in play, but Vilas kept the pressure on, showing relentless determination to win. Vilas won the racquetball event 21-18, but Seemiller won the crowd.

After the match, a disheartened Seemiller reflected, "I hit too many balls to his forehand towards the end. I had him at 17-13." Then the despondent Seemiller added, "I need the money more than him. That was a $2,000 match, more money than I make in months at table tennis." And so the tournament had begun. Vilas had eight points and Seemiller three.

Tony Trabert, who was present as a commentator for CBS (who were filming this event to be aired June 11th at 3 pm Eastern Time) commented, "This is a good concept, I think it's fun, and that people really like to see good athletes in other sports."

Many of the players felt that Sharif Khan, last year's overall winner of the World Racquets Championship, would easily take the badminton championships because of its similiarity to squash. Trabert had this to say before the match,

Text continued on page 22

Photos by Joseph Ditler

The King of Kings...

Text continued from page 21

"Sharif Khan is certainly the odds-on-favorite to win the badminton, it's the sport that the other athletes have played the least. But if there is the slightest breeze, it could be the equalizer to a certain degree since badminton is an indoor sport."

Little did Trabert realize at the time, but the wind became such a large factor in the badminton, that the players were forced to leap and lunge like spastics to keep the bird in play. The wind was so bad that Seemiller, although beating Vilas 15-13, nearly lost the match. He served eight consecutive service faults into the wind, and allowed Vilas to come within winning range several times before finally avenging his loss earlier in racquetball.

Seemiller lost to Hogan in the semis 15-8. Hogan then lost to Khan (who beat Hilton 15-6 in the semis) 15-8, giving Khan eight points and setting the stage for tennis.

The tennis went quickly, as Khan eliminated the field. He beat Rudy Hartono 6-0, and then Marty Hogan 6-2.

Seemiller, who had expected to meet Khan in the tennis, was put out by Hogan in the semis, 6-2. The table tennis champion, who had played tennis so well in practice the day before, had trouble in the wind.

Hogan possessed a big serve which made matters worse for Seemiller, and Danny played with his left hand but was forced to serve with his right (because of a bad shoulder. Ironically, he double faulted on match point.

While tennis was being played outdoors, Vilas and Ion Tiriac moved the table tennis indoors practicing literally in the hallway of the Atlas Health Club.

Gathering as much practice as possible, Tiriac (a fine table tennis player himself) coached technique and strategy to his friend, in Italian. The two often speak Italian, even though Tiriac is Romanian and Vilas, Argentinian.

The final event to decide the overall winner was about to begin. Going into the table tennis, there were three possible winners – Khan, Vilas and Hogan. It was also the last chance for Hilary Hilton and Rudy Hartono to come alive and stake their first victory in the tournament.

As Hartono and Hogan started off the competition in a quarter-final match, Hogan quickly dropped behind. The score was 18-6, and the crowd sensed a win for Rudy Hartono. Suddenly Hogan came alive. The net seemed to be working in his favor as ball after ball trickled over, beyond Hartono's reach.

When Hogan was within two points of Hartono (16-18), Marty yelled out, "I'm takin' it, I'm takin' it." Hogan went on to win the match 21-19. Afterwards he admitted that luck was with him and that it was the biggest factor in his winning.

Hogan played Hilton in the next round. The players appeared to possess talent of equal ability in this sport, but Hilton seemed a little nervous, hitting many balls off the end of the table. Marty and Hilary shared leads up until the very end, when Hogan pulled ahead 21-19. Hilary Hilton had lost her chance for a win, and joined Hartono in a battle for last place. After the tournament, Hilary admitted that she enjoyed the tournament and would like to come back. Of Hogan, she said, "He was the only player who was lighthearted enough to be nice, he smiled at me."

After a short break, the other two contenders for the title appeared . . . Guillermo Vilas and Sharif Khan. It was *the* showdown. For Khan it was necessary to win, without a win in table tennis, the World Racquets Championships would crown a new king.

For Vilas it was equally important, since Khan had won the tennis and badminton events (scoring 16 points) and Guillermo, only the racquetball (eight points). If Vilas were to win the finals in table tennis, he would tie Khan at 16 points. But the way the rules were set up, Vilas (providing he beat Khan) would be the winner since he won their only head-to-head confrontation.

Vilas won the toss and elected to serve. At first the match was close, first Vilas taking the lead and then Khan. Tension was visible on Khan's face as they switched sides. Vilas hit four winners in a row, and a smile crept onto the face of Khan. As if he sensed the futility of it all, Khan slowly succumbed to the elaborate chopping and top-spinning of Vilas. Vilas won the match 21-15 and . . . "then there were two."

Guillermo Vilas and Marty Hogan were all that remained. The rest had fallen in battle to make way for this finale. Again Vilas won the toss and began the match serving. The match was so close that, when the players changed sides, the crowd was still chanting for their favorite player to win. Tennis fans were cheering Vilas, and San Diego racquetball fans were yelling for Hogan. There was not a clue as to who the victor would be.

Suddenly, the deep voice of Tiriac was heard in the crowd. He coached Vilas on with a few Italian instructions. Vilas, with new flame in his game, grabbed the lead that would hold. Vilas outlasted Hogan in the finals of the World Racquets Championships 21-11. The

Text continued on page 24

Hilary Hilton

How did Hilary Hilton feel about being the only woman in the World Racquets Championships? "I loved it!" she beamed behind a beautiful smile and sparkling blue eyes. "I've competed against men all my life, so it was nothing new."

Racquet sports in general are also nothing new to Hilary, 28, who began playing paddle tennis on the Santa Monica beaches at the age of five. "I grew up on the beach, playing paddle tennis, volleyball, running and surfing. Sometimes I was the only girl," she admitted.

Hilton went on to win every national singles and doubles championship in paddle tennis. She was ranked in California as a junior tennis player and won the National Public Parks doubles title from 1973 to 1976, consecutively.

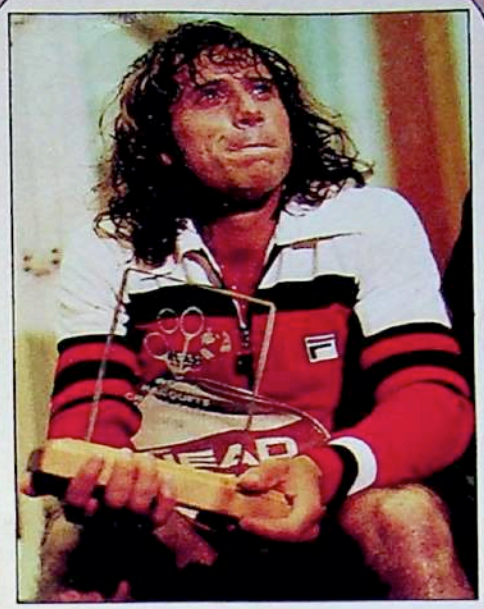
Just three years ago platform tennis started a professional circuit for men. The women joined them a year later, with Hilary Hilton as women's doubles and mixed doubles champion (singles are not played in platform tennis because there is too much court for one player to cover).

"Platform tennis was the first sport to offer equal pay for equal play," said Hilton proudly.

In 1975, Hilton became the first person to ever hold three national racquet titles at the same time. Although she is experienced in all the racquet sports, for the purpose of the World Racquets Championships, she was considered a tennis player and could not compete in that sport.

One person who was undoubtedly rooting for Hilary, was her fiance, Charles Marold. The couple had tentatively scheduled their wedding date for May 6, but had to postpone it so Hilary could compete in the World Racquets Championships.

Look for Hilary in the commentators box this year at Wimbledon.



Guillermo Vilas

Guillermo Vilas, 25 years old and a native of Argentina, achieved a personal breakthough last year when he eradicated his image as "The Eternal Second" in major tennis tournaments. In the opinion of the editor at *World Tennis* magazine, Vilas was the number one player in the world.

In 1977 Vilas won an unprecedented 140 of 154 matches. At one point, his hot streak included 50 matches and eight titles in a row.

His 21 tournament victories included the U.S. Open at Forest Hills and the French Open. At season's end, he was awarded the $300,000 Grand Prix overall championships. On the court, Vilas' career earnings from 1972 to 1977 totaled $1,249,067.

Vilas had never played racquetball, nor badminton. But going into the matches, his feeling was that he would do well in all events.

Vilas, when asked if he had been promised an appearance fee for playing in the World Racquets Championships (as Bjorn Borg was last year), denied any knowledge of, or association with financial reimbersements saying that, "Money things . . . don't ask me about them. That is why I have a friend for a manager (Ion Tiriac). I never have a manager in my life, but now I have a friend who tells me when to play and what is good. I trust him with all money things."

A national promoter from New York, however, admitted that it was not a secret that "Vilas received the same appearance fee as Borg," $25,000.

The King of Kings...

Text continued from page 22

tournament had ended and . . . "then there was one."

As the new king was crowned, Guillermo Vilas sat quietly . . . perspiration glistening off his forehead . . . waiting for the cameras to prepare for the awards presentation.

After the match Vilas spoke easily of the tournament and the challenges he faced. "I am very happy with myself," said Vilas in his quaintly broken English. "I was very disappointed after badminton, but when I play table tennis I feel good, I practice it the whole tournament.

"Racquetball," he continued, "I never play before, but . . . I take all the rules and study in my room. I also ask the pros many questions. In badminton, the racquet is so light I don't know where I am swinging. I am used to a very heavy racquet in tennis. But racquetball I enjoy very much."

Vilas went on, "When you have an event that is televised, you don't want to look stupid, so I prepare for this the best I could. I could not stop playing tennis, but I practice other sports when I could. When I realize racquetball is a game of power, I had only to pick up how to hit the ball."

After the tournament, while watching Danny Seemiller and his friend Tony Koyama (top ranked junior in U.S. table tennis from San Diego) put on a table tennis exhibition for the press, one got the distinct impression that the sunburned face and bruised knees were worth it, but Danny Seemiller, like the proverbial fish returning to water, was glad to be back to *his* sport.

Vilas and his mentor Tiriac departed for a tennis tournament on the red clay courts of Hamburg; Hogan packed his racquetball gear and was off for a championship tournament in Westminster, California and Hilary Hilton took a leave of absence from competition to get married.

Whether a dream or a nightmare for the players, Vilas, Hogan, Seemiller and Khan expressed a desire to come back next year. The 1978 World Racquets Championships are over, a new king has been crowned, and they all lived happily ever after . . .

Text continued on page 26

Sharif Khan

Sharif Khan, 33 years old, a native of Pakistan, the best squash player in the world and the winner of last year's World Racquet Championships, returned this year to defend his title.

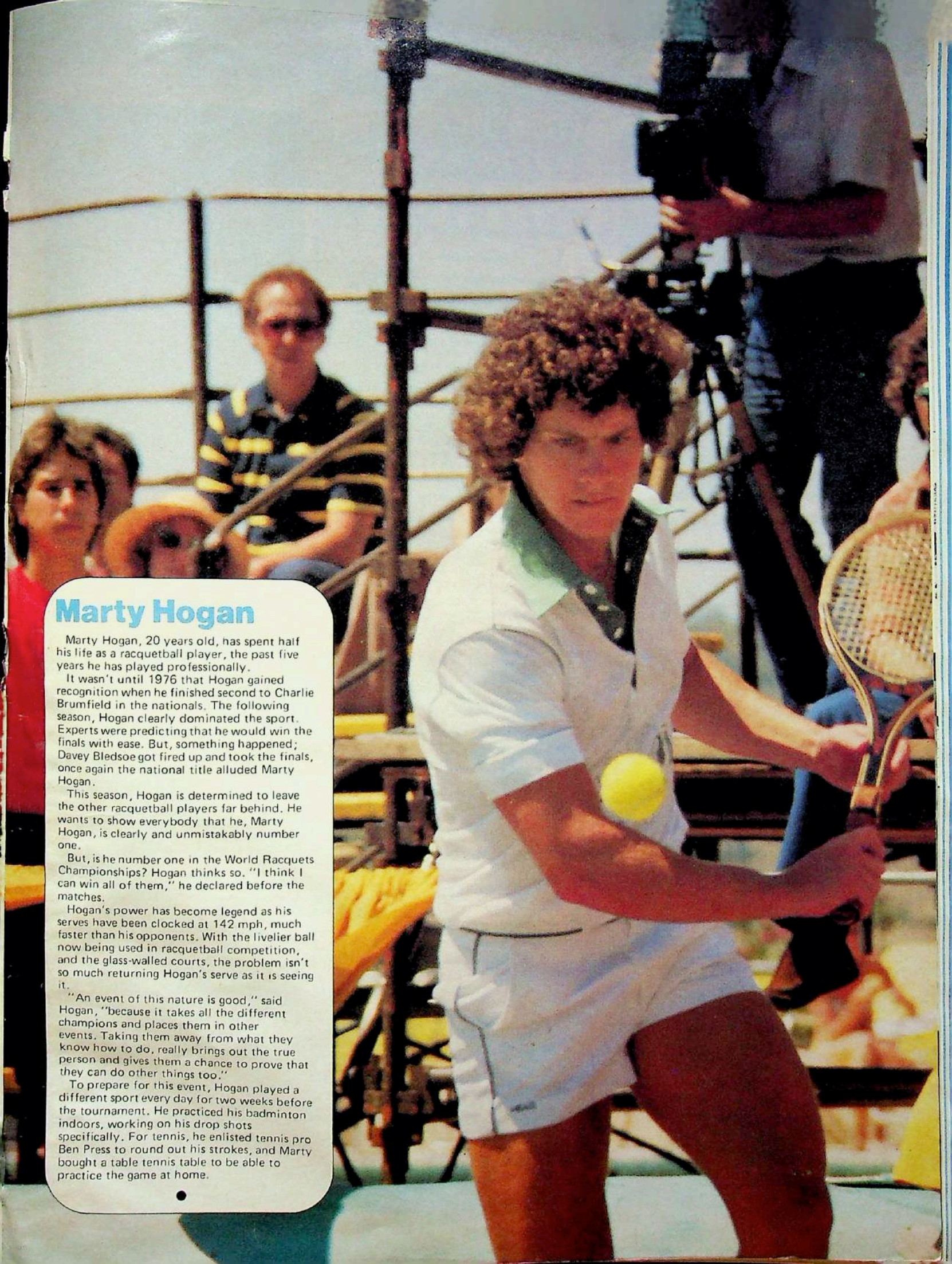
Last year, Khan competed in, and won the racquetball, tennis and badminton events.

Khan dropped racquetball this year, and in its place added table tennis. Of the six contestants, he entered the competition as the favorite to win.

Khan, who is anything but weak in these events admitted, "There was a time when I played a fair amount of tennis and racquetball, but now it's full time squash for me.

"Squash is an everincreasing sport in Canada, and in the Eastern U.S. as well, and" adds Khan, "this racquet event which brings all of us together is truly a unique event. Judging by the mail and phone calls I received after last year's tournament, I am convinced that each of us has a special following. Squash players hope I will win, tennis players hope their representative will win and so on."

Sharif Khan, eight time World Squash Champion, has two brothers and one cousin who are also world class players. His father, Hashim Khan, is known as the "father" of the sport, and now teaches squash in Denver, Colorado. Although Hashim could not attend this tournament, (due to another squash engagement), the rest of the Khan Clan were present to support Sharif, the best squash player in the world . . .



Marty Hogan

Marty Hogan, 20 years old, has spent half his life as a racquetball player, the past five years he has played professionally.

It wasn't until 1976 that Hogan gained recognition when he finished second to Charlie Brumfield in the nationals. The following season, Hogan clearly dominated the sport. Experts were predicting that he would win the finals with ease. But, something happened; Davey Bledsoe got fired up and took the finals, once again the national title alluded Marty Hogan.

This season, Hogan is determined to leave the other racquetball players far behind. He wants to show everybody that he, Marty Hogan, is clearly and unmistakably number one.

But, is he number one in the World Racquets Championships? Hogan thinks so. "I think I can win all of them," he declared before the matches.

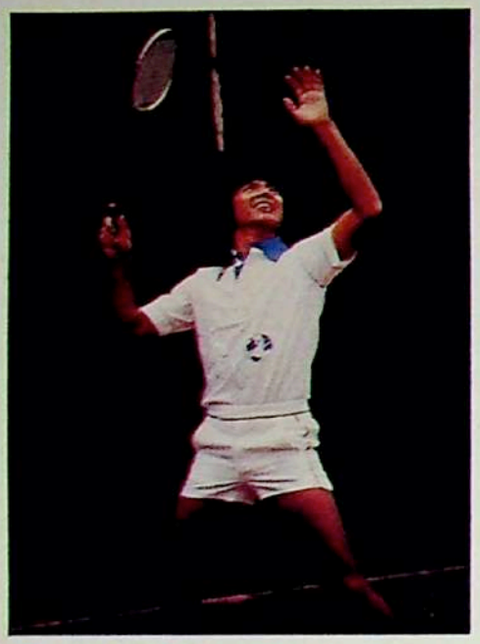
Hogan's power has become legend as his serves have been clocked at 142 mph, much faster than his opponents. With the livelier ball now being used in racquetball competition, and the glass-walled courts, the problem isn't so much returning Hogan's serve as it is seeing it.

"An event of this nature is good," said Hogan, "because it takes all the different champions and places them in other events. Taking them away from what they know how to do, really brings out the true person and gives them a chance to prove that they can do other things too."

To prepare for this event, Hogan played a different sport every day for two weeks before the tournament. He practiced his badminton indoors, working on his drop shots specifically. For tennis, he enlisted tennis pro Ben Press to round out his strokes, and Marty bought a table tennis table to be able to practice the game at home.

The King of Kings...

Text continued from page 25



Rudy Hartono

Although few Americans have ever heard of Rudy Hartono, his name has been a household word for the past decade in Asia.

Hartono, the dark, slender native of Indonesia, is the most successful badminton player of all time. He has been beaten only two times in international tournaments in the past 12 years.

When Hartono set a new record by winning the world title eight times, it was declared an Indonesian national holiday. Police estimated that 2.5 million people lined the streets to greet him on his return from victory.

Even in his home town Hartono has a full-time bodyguard to protect him from the groupies and fans who flock wherever he goes. Even the army has been called in to escort him.

The World Racquets Championships will broadcast Hartono for the first time on American TV, but in Asia he appears as regularly as the president.

Both Hartono and his manager, Roger Stinton, an Englishman, are excited to be able to represent badminton. "In order to start a professional circuit, badminton has to be accepted in the U.S.," said Stinton.

"In Indonesia, it's the number one sport," said Hartono. But San Diego is a long cry from Indonesia as he knows all too well. The flight took 23 hours.

Before coming to the Championships Hartono had never heard of racquetball. He had hoped that strong wrist and quick reflexes would keep him in the game.

Hartono has actually played very little table tennis or tennis, even though they are popular sports in Asia. Stinton predicted that table tennis would be Hartono's strongest event, but Hartono describes himself as a "bad" table tennis player. "That should tell you how good he is at the other two sports," laughed Stinton.

World Racquets Championship

The Format

There were four competitors in tennis and racquetball, and five in badminton and table tennis. Each of the four participants in tennis and racquetball played a semi-final match. The exceptions were in the table tennis and badminton, where two of the five players played a qualifying round, with the winner advancing to the semis. Qualifiers were determined by a blind draw.

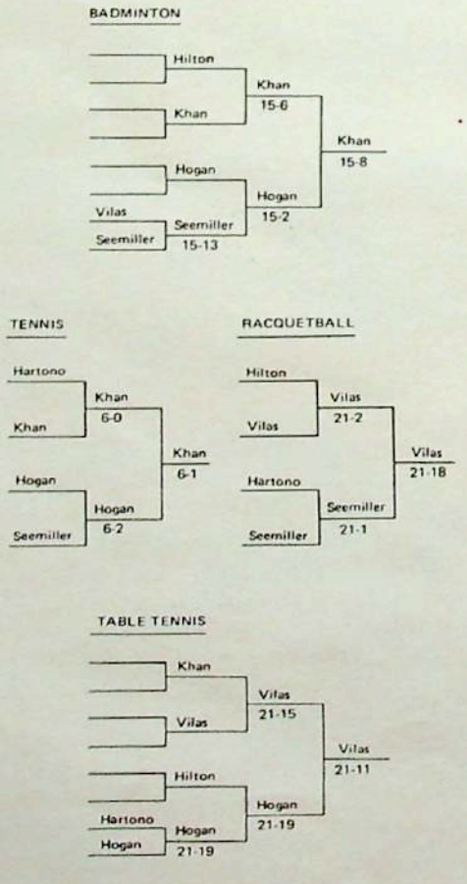
Tennis was a one set match, table tennis a 21-point game, badminton a 15-point game and racquetball a 21-point game.

To determine an overall winner, points were awarded to the players. Semi-final winners received three points, winners of final matches were awarded five points total. Qualifying winners received no points.

Prize Money Breakdown

First Place	$15,000
Second Place	6,000
Third Place	5,500
Fourth Place	5,000
Fifth Place	4,500
Sixth Place	4,000

Tournament Draw



Danny Seemiller

Danny Seemiller, 23 years old, resides in Pittsburgh, Pennsylvania and is the number one table tennis player in the U.S.

Seemiller won the U.S. table tennis title the past two years. He participated in the World Racquet Championships last Spring and tied for fourth place.

Danny played racquetball, tennis and badminton. In regard to the latter, Seemiller predicted, "Khan will kill everybody in badminton, but I should win the racquetball. I play Khan in tennis, and if I can't stop him, he will probably win it all. With a little luck," continued Seemiller, "I could win this thing.

"Racquetball is my strong point," he continued, "because the racquet's closer to my hand, as in table tennis. The big difference for me will be that all these sports use strings in their racquets and table tennis doesn't.

"Another problem," he continued, "which I've been concentrating on, is the weight shift involved in hitting the ball. My stance is completely open in table tennis, and to hit the ball in tennis, you have to turn sideways to the net.

"Whatever happens," concluded Seemiller, "I'm just glad to be here. The publicity and exposure are great. If I come in first or fifth, I won't complain. If I lose and come in fifth, the $4,000 will be more money than I will make all year in my sport."

Seemiller's plans for the future include playing the U.S. Open championships and then a playing tour in Europe, where the competition is really great. Perhaps playing professional table tennis in Germany will be in his future, but that, he confesses, is still undecided.

John Newcombe doesn't play racquetball in tennis shoes. Why do you?

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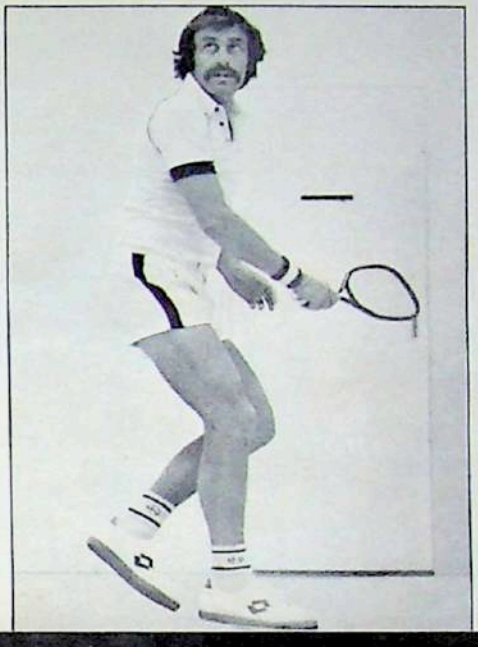

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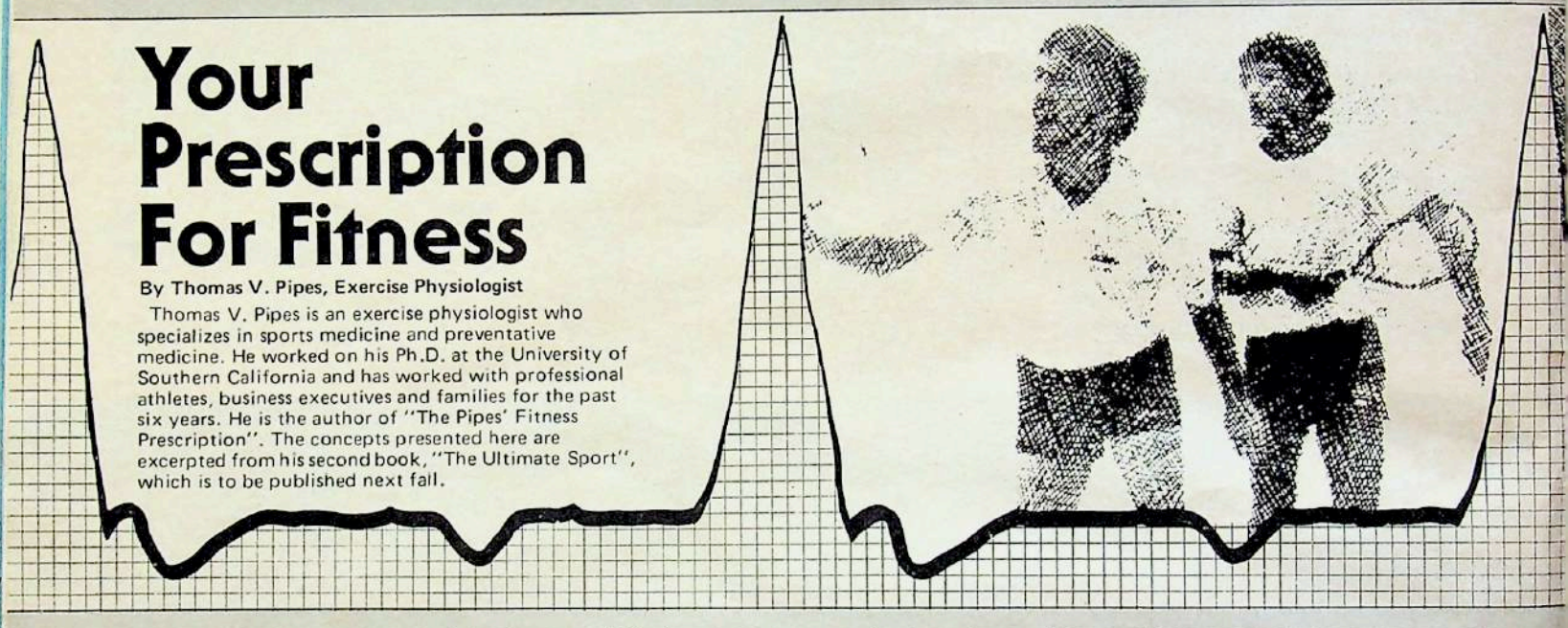
Your Prescription For Fitness

By Thomas V. Pipes, Exercise Physiologist

Thomas V. Pipes is an exercise physiologist who specializes in sports medicine and preventative medicine. He worked on his Ph.D. at the University of Southern California and has worked with professional athletes, business executives and families for the past six years. He is the author of "The Pipes' Fitness Prescription". The concepts presented here are excerpted from his second book, "The Ultimate Sport", which is to be published next fall.



HUMAN FITNESS

Fitness is presently used by many people to describe your state of health. It is defined along a continuum with chronic illness at the extreme left and the perfect human specimen at the extreme right. 50-60% of our adult population are below average fitness and are prime targets for various degenerative diseases. I prefer to place most of my clients into zones of fitness. These zones have a wide range within themselves, yet they exemplify the state of fitness for the people in them.

The Danger Zone is certainly an undesirable category. This zone represents the area to the far left on the fitness scale. People in this zone tend to suffer more disease and end up in the hospital more often than those who maintain higher fitness levels. A tired, worn-out feeling at the end of the day is a sign of being in the Danger Zone. Simple activities such as climbing stairs or shopping for groceries bring on fatigue and minor body aches. Recreational activities are short lived because of poor stamina. Psychological problems begin when you accept these bouts with fatigue and lethargy as a normal occurrence in your life. Most importantly, being in the Danger Zone creates an increased risk of heart disease. Lesser physical problems can include low back pain and frequent muscle soreness. If you're in this zone, you must make every attempt to increase your level and avoid the associated physical and psychological problems.

The Safety Zone is for those people who want sufficient fitness to assure decreased blood pressure, body fat levels and lowered blood fat levels. Other positive benefits include more energy, both during and at the end of the day, increased levels of self-confidence and a secure feeling that comes from knowing your body is well taken care of.

The Fitness Zone is for those people who know that high levels of fitness can increase the amount of enjoyment in life. The worlds of recreation, social sport games, such as the many racquet sports are open to you, if your fitness level resides in the Fitness Zone. More and more people are realizing today that superior fitness is not only necessary for healthy living, but it's importance for increased social pleasure is real. While the Fitness Zone provides some extra protection against heart disease or many other health problems, the increased enjoyment for additional sports and recreational activities brings a deeper feeling of self-pride.

BODY COMPOSITION

When most people think of fitness, they think of how much body fat they are carrying around. After all, it's difficult to look into your body and see what your heart, lungs and circulatory system looks like. For this reason, a simple technique has been developed to determine how much body fat your body has.

Archimedes discovered several thousand years ago that the volume of an object can be determined by its loss of weight in water. If this procedure is done, we can measure your body fat in much the same way. Since the density of the various body tissues is known, it is possible to divide your body weight into a fat component and a lean component, i.e., muscle, bone and skin. The ratio of your fat weight to your total weight tells us what percentage of your total weight is fat. This is an extremely accurate technique which allows us to predict an ideal or optimal weight for you which is both valid and realistic.

Measurements can also be taken to determine the greatest places of deposition of fat. While not as accurate as the underwater weight, this technique still provides realistic values for body composition. The average body composition of many athletes and for the normal population are presented in Table 1.

MUSCULAR STRENGTH

While it is true that no one ever died of a weak arm, your need for muscular strength is as important as any other component of fitness. In males, a normal increase in strength will result in an increase in muscle size, with improvements in aesthetic appeal of the physique. Without sufficient arm, shoulder and back strength, correct posture is difficult to maintain. You also require muscular strength for those everyday tasks which involve pulling, pushing and lifting. Because strength is highly related to sex and body size, values differ between individuals. Special dynamometers have been designed to evaluate your muscular strength, without the hazards of lifting weights. These instruments have proven to be very effective for most people.

BODY FAT VALUES FOR ATHLETES AND NON-ATHLETES

Group		Relative Fat, % Males	Females
Distance Runner		4-9	6-12
Gymnasts		4-8	6-10
Wrestler		4-8	—
Basketball Players		8-12	15-20
Football Players	backs	5-12	—
	lineman	10-15	—
Racquetball Players		6-10	12-22
Tennis Players		7-12	14-22
Basketball Players		8-20	14-24
Normal Population			
15 years old		12	20
20 years old		15	26
30 years old		19	30
50 years old		25	36
Grossly Obese		+40	+45

TABLE 1

MUSCULAR FLEXIBILITY

This area, unfortunately, is the most forgotten component involved in fitness. The ability to use the muscles of your body through their normal range of motion is defined as flexibility. It is the ability to move, bend, stretch and twist. Age and lack of use causes most of us to lose our suppleness. If you have ever seen a child move in his everyday activities you have to wonder how they don't hurt themselves with the contortionistic movements they make. They maintain high levels of flexibility and so should you. We all need flexibility to be able to stretch, stand and reach an object or to bend over and be able to pick something up.

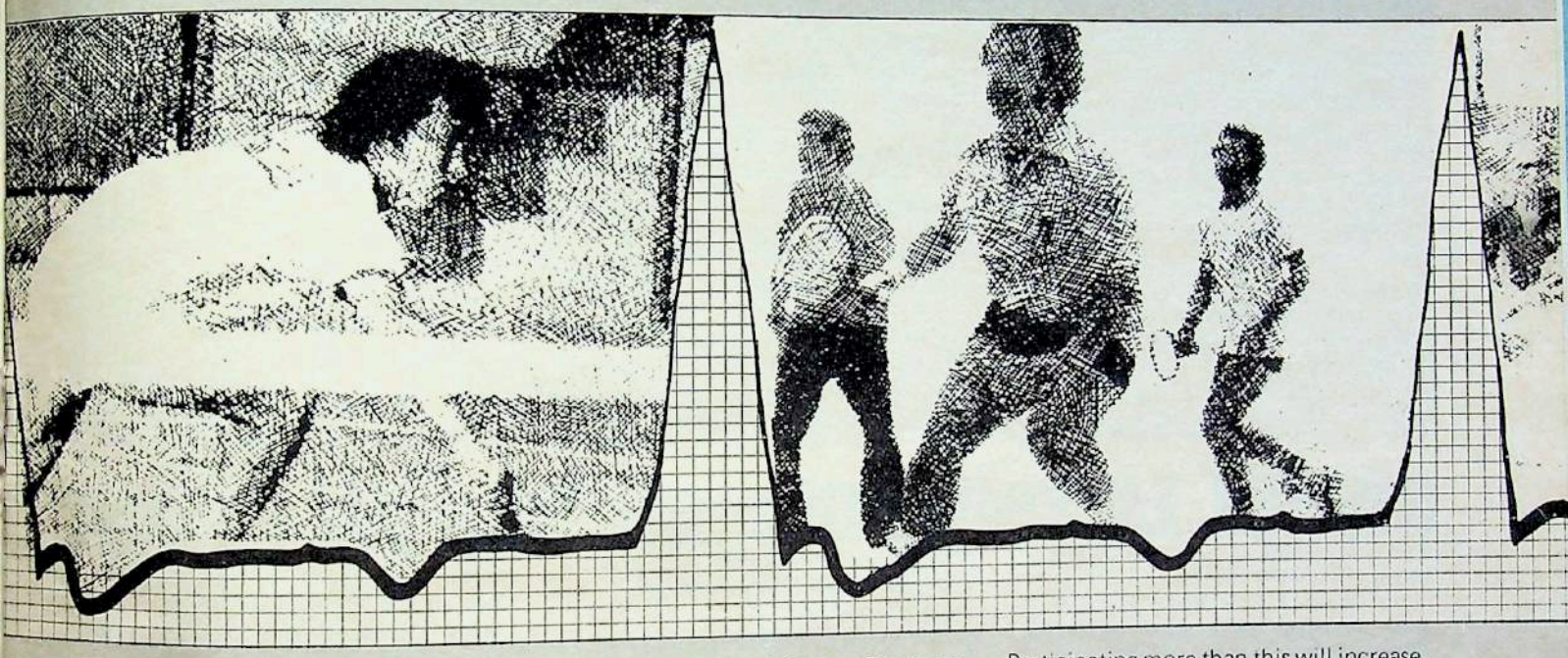
RISK FACTORS

Medical research has long been attempting to find those factors that are related to a high mortality rate. Of the factors singled out, the following have been shown to have the highest relationship to your physical health and life expectancy.

1. Sleeping Habits - Most men and women sleep between 7 and 8 hours a night. These people are the most healthy. Those sleeping 9 hours or more are not as healthy and those sleeping less than 6 hours maintain the lowest level of health.
2. Obesity - The people maintaining a relative body fat over 25% for men and 32% for women have poorer health than those maintaining a relative fat around the ideal of 15% for men and 23% for women.
3. Physical Activity - When many different activities have been examined, they rated to health in the following manner.

1) Active sports such as running, racquetball, tennis, or squash, 2) swimming or walking, 3) calisthenics and 4) gardening. Those who did not pursue any physical activity maintained the poorest health.

4. Eating Habits - Those who eat erratically have the poorest health rating here. Eating on a regular basis is important. Those eating breakfast everyday were shown to be the healthiest of the lot. Those of you who eat between meal snacks are found to be in the poorest health.
5. Heredity - Those of us who have picked our parents well are lucky to some degree. It has been well known that many of the outside physical appearances of your parents and ancestors will present themselves in you. This is true of your inward appearance as well. There's not a great deal you can do about this factor, but knowing where you stand is still valuable.



6. Occupation and Stress - There are certain types of jobs that allow some type of physical activity. There are also jobs that generate a great deal of stress. The inability to deal with stress and tension has ended many active lives prematurely. Heart disease, hypertension and brain hemorrhage are all end products of severe stress. Those of us who are highly ambitious by nature usually suffer problems with stress. But these people can learn to relax while maintaining their ambitious nature and learn to truly enjoy life. One of the best ways is through physical activity. We'll show you how.

THE BASIS OF THE FITNESS PRESCRIPTION

This prescribed fitness program has been devised based on the results of evaluative tests of thousands of people. It has been designed to effect positive changes in your fitness based on your interest, your personal needs and your capacity for activity. This prescription will allow you to achieve the basic level of fitness and once you've achieved this level to maintain it.

The basis of any prescription, be it to treat illness or ward off illness, is based on three basic principles:

HOW OFTEN?
HOW LONG?
HOW MUCH?

Several research scientists have attempted to answer these three vital questions. It has been found that participating in some type of physical activity three times a week is the optimal frequency. That is, how often. If you participate more, all the better. However, the returns you receive diminish with increasing frequency. It has also been found that 20-30 minutes are necessary to bring about the healthy condition you're striving for, (How Long).

Participating more than this will increase your body fat loss and should be considered if you're attempting to lose excess pounds. For optimal results get at least 20-30 minutes in each activity session.

Determining how much is a little more difficult. It has been found that participating in an activity that stimulates your body's systems to 60-75% of their maximum will result in increased fitness. The next question is, expectedly, how do you monitor the amount of work your body's systems are performing? Fortunately for us, the body has a built-in monitoring system: The Heart. By monitoring the heart beat

PRESCRIBED HEART RATES

Age	PHR (Prescribed Heart Rates)
60-69	108-114
50-59	115-120
40-49	121-126
30-39	127-133
20-29	134-140

TABLE 2

Text continued on page 30

Your Prescription For Fitness

Text continued from page 29

it is very easy to determine how hard your body is working. We have given you prescribed heart rates in Table 2. This is the rate you will attempt to maintain while you are participating in your fitness activity.

HOW TO MONITOR YOUR PULSE

To determine whether you are at your prescribed heart rate, learn to count your pulse. Since the pulse count is almost always the same as the number of heart beats, placing your hand over your heart is a simple method. However, clothing may prevent your clearly feeling the beat. It is usually easier to obtain an accurate count over one of the large arteries (carotid artery) at the side of the neck (Figure 1) or the artery that lies in the wrist just below the thumb (Figure 2). Use your middle and index finger to feel for the pulse. Do not use the thumb as it has a strong pulse of its own.

When you've found the pulse, count how many times it beats in ten seconds. Multiply this number by six for a minute count. After you warm up, begin to monitor your heart rate every 5-10 minutes. Soon you'll be able to monitor your heart rate half way through and at the end of your fitness activity. As you begin to exercise, you will notice that your prescribed heart rate may not be always on target. If your heart rate is below your heart rate level, exercise more intensely. Conversely, if it is above your prescribed heart rate, exercise less vigorously.

MET SCORING SYSTEM

While monitoring your heart rate will allow you to perform any activity you choose, some people still enjoy keeping a record of the activities and how much work these activities provide. The concept of classifying several activities into units of energy expenditure has been called the "metabolic equivalents system" or METS for short. One MET is equal to the amount of oxygen your body uses at rest. An activity that is rated as two METS would therefore require two times the energy used or oxygen used compared to the resting state.

The MET system lends itself to those who want to keep track of how much activity they'll be getting. This is how it works. For every 30 minutes of time spent on an activity, give yourself the MET value. As an example, if you performed a sport such as racquetball, (10 METS), for 30 minutes, give yourself 10 MET points. If you perform this for 1½ hours, give yourself 30 MET points. Several activities that may interest you are presented in Table 3. Use the many different activities listed here to get the necessary MET point you may need. If you are in poor shape and consider yourself in the Danger Zone, start out accumulating 18-23 MET points a week. If you feel you're in the Safety Zone, accumulate 24-35 MET points each week. And if you're in the Fitness Zone, accumulated 36-48 MET points each week.

A GUIDE TO YOUR PRESCRIPTION

When you begin your activity program there are several basic and important factors to be considered. Here are a few of them:

Warm-up - You should begin any program of activity at a low intensity.

MET VALUES FOR DIFFERENT FITNESS ACTIVITIES

Sports, Games And Fitness Activites	Met Value
Canoeing, 2.5 mph	2.0
Horseback Riding, walk	2.5
Walking, 2 mph	2.5
Volleyball, 6 man	3.0
Cycling, 5.5 mph	3.0
Billiards	3.0
Bowling	3.5
Golf	4.0
Archery	4.5
Calesthenics	4.5
Dancing	4.5
Softball	4.5
Tennis, (singles)	6.0
Jogging, 5.0 mph	7.5
Skiing, alpine	7.5
Squash	8.0
Basketball	9.0
Running, 7.5 mph	9.0
Gymnastics	9.5
Football	9.5
Swimming, 2.0 ft/sec	10.0
Handball	10.0
Racquetball	10.0

TABLE 3

Take a few minutes to let your body warm-up. This warm-up period allows all the functions of your body to "gear-up" for the upcoming activity. Warming-up will prevent much of the muscular soreness that you may have experienced from exercises in the past. You may warm-up by walking briskly or jogging slowly. Perform any activity that will increase your body's temperature. Do **not** stretch to warm-up. Passive warm-up techiniques such as the sauna or steam may also be used to warm up your body.

Cool-down - After any session of activity you should allow your body to cool down naturally. Just slowing down your pace will allow your body temperature to lower. Walk around for a few minutes. This allows the blood to keep pumping through the body and helps reduce muscle soreness. Stopping abruptly may cause the blood to pool in your legs and can cause you to feel dizzy and you may even pass-out.

It is recommended that you follow the following order while pursuing your fitness prescription:

- warm-up
- your fitness activity
- strength and flexibility exercises (optional)
- cool-down

WHEN TO PARTICIPATE

A specific time of the day is best set aside by you. You should however, not pursue a program of activity soon after a meal. It may not necessarily give you cramps, but it may make you very sick. Early morning before breakfast, during the lunch hour, or just before dinner are possibly the best times to pursue your prescription.

Text continued on page 43

LANDMARKS FOR MONITORING HEART RATE

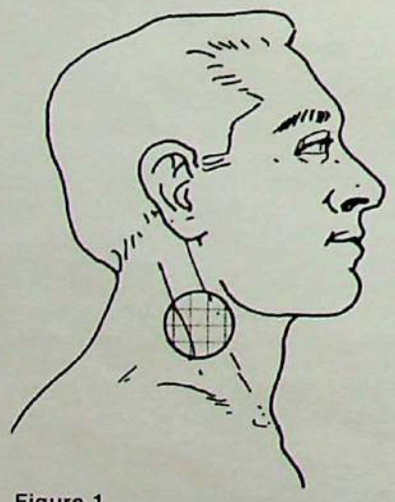


Figure 1

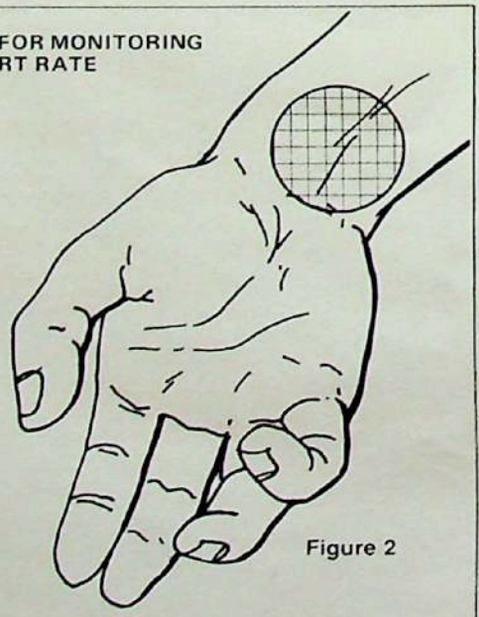
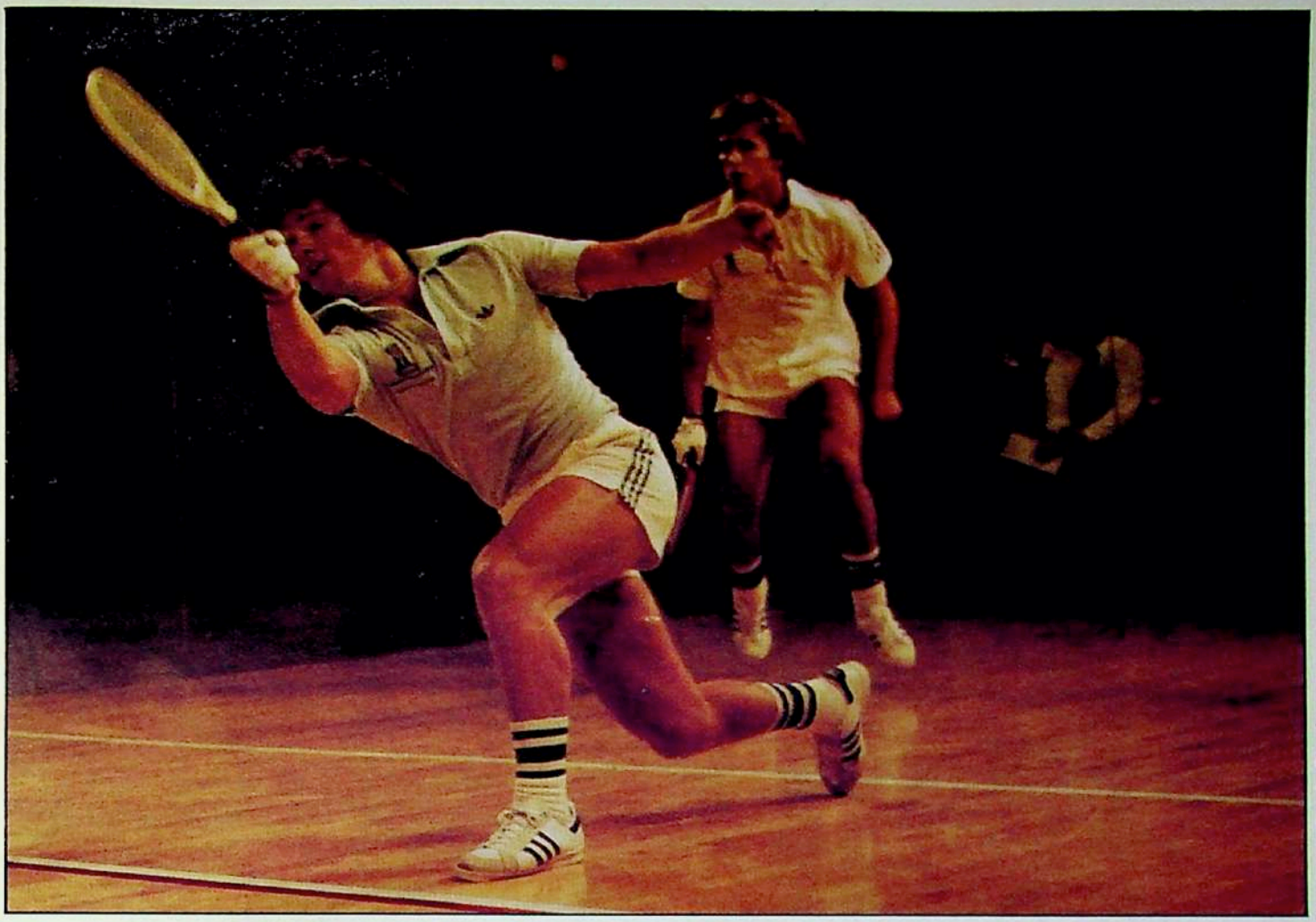


Figure 2



Photos by Carole Charfauros

Hogan, Wright Regain Titles At Tempe

By Carole Charfauros

Marty Hogan and Shannon Wright proved once again that they are number one, by destroying all the competition at the Arizona Pro-Am. The tournament was held at the spacious Arizona Athletic Club and was televised for National Broadcasting Company.

Even though Hogan and Wright had little trouble with most of their matches, some of the other highly ranked players were sweating it out, even in the round of 32.

Steve Mondry upset Steve Chase with a 20-21, 21-17, 11-7 squeaker in the first round.

Bobby Bolans proved to his home town fans that he's definitely pro caliber. Bolans outshot veteran Steve Serot 21-8 first game, but couldn't hold the momentum as Serot came back to win the next two 21-11, 11-4.

Mike Zeitman and Jay Jones were paired up in the 32s for what would seem to be quite a match. Surprisingly, Jones took it with very little resistance from Zeitman, 21-5, 21-7.

Charlie Rish got his chance at an upset, but couldn't quite pull it off. Craig McCoy's experience pulled it out for him 21-10, 11-21, 11-4.

Even Charlie Brumfield went three games in the round of 32. Dave Bush was playing hot, but not hot enough to take out the number two seed. The match went to Brumfield 21-14, 20-21, 11-3.

In the upper bracket round of 16, all the matches were won in two games, with all outcomes easily predictable:

Hogan defeated Mondry 21-13, 21-9. Serot took out Yellen 21-17, 21-6. Ben Koltun beat Morrow 21-14, 21-16, and Bledsoe defeated Steve Keeley 21-7, 21-10.

In the lower bracket all the matches went three games. The big upset was when No. 12 seed Rich Wagner, smoked No. 4 seed Jerry Hilecher. First game Hilecher practically got shut out 21-2. He came back second game 21-11, but Wagner got the momentum back to take the tie-breaker 11-6.

The other upset winner of the round of 16 was Jerry Zuckerman, who is playing his first season of pro racquetball. He took out Jay Jones, who was seeded seven spots ahead of him. Final scores were 21-20, 6-21, 11-5 for Zuckerman.

Craig McCoy had his hands full with Steve Strandemo, who is making a comeback after a period of illness. McCoy pulled it out 11-21, 21-7, 11-5.

Dave Fleetwood took a game on Brumfield 21-11. Then he came really close to taking the match, but Brumfield edged past him 21-20. The tie-breaker was all Brumfield 11-3.

Again the upper bracket matches were won in two. Hogan breezed past Serot in the quarters 21-15, 21-11.

The surprise match was Ben Koltun vs. Dave Bledsoe, the current national champion and number three seed. Koltun defeated Bledsoe 21-18, 21-12 and advanced to the semifinals.

Rich Wagner and Jerry Zuckerman had a close match, both of whom were surprise quarter finalists. Wagner finally took the lead, winning 16-21, 21-19, 11-5.

Brumfield and McCoy had their usual

Text continued on page 32

Marty Hogan's (L) quickness and powerful game, made him an easy winner in finals against Rich Wagner (R).

Hogan, Wright Regain Titles At Tempe

Text continued from page 31

battle for a spot in the semis. Brumfield was again able to defend his higher ranking with scores of 20-21, 21-11, 11-3.

Ben Koltun certainly could be proud of his performance at Tempe. He came up from a number 8 ranking to advance to the semifinals, and then scored more points off Hogan than anyone else in the tournament. After coming so far, he finally bowed down to the champ, 21-16, 21-14.

The other semifinals match was even quicker. Brumfield's case of the flu was too much to keep him in the match. Wagner took him down in two quick games 21-18, 21-6.

After playing superbly throughout the tournament, Wagner lost it in the finals. While Wagner had been struggling through hard matches, Hogan breezed to the finals. Even though Wagner scored only 11 and 6, it looked like Hogan was hardly trying.

Before TV camera audiences, the number one player in racquetball today, Marty Hogan, barely worked up a sweat to defend his title.

Shannon Wright did almost the same thing as Hogan, but for her it's a fight back to where she was last June in the Nationals. Since her break from Leach to sign with Wilson, Wright's ranking had dropped to No. 6. Consequently, she was matched up with No. 1 seed, Peggy Steding, early in the tournament. It was the only match that took her three games.

There were some exciting matches in the 16s of the Women's Pro division. Rookie Karin Walton, who cleaned up on every amateur title last year, had a go with Jean Sauser. Sauser was able to pull it off 21-20, 8-21, 11-5.

Diane Heims, another new face on the tour, took Sarah Green to three games in a see-saw match. First game totally belonged to Green 21-9. Second game, Green was never in it, losing 21-6. Green regrouped her forces and forced Heims out of the match, 11-1.

Old rivals Janell Marriott and Jan Pasternak met in the 16s. Marriott pulled it out 17-21, 21-6, 11-8.

The quarter finals matched Wright with her toughest competition, the tournament favorite, Peggy Steding. Wright took the first one 21-8 and was leading late in the second game. After some bad calls, Steding fired up to take the match three games. She was able to come back and win the second one 21-17, but was powerless in the third as Wright won it 11-2.

Sarah Green put Jean Sauser away 21-9, 21-18 to go into the semis against Wright.

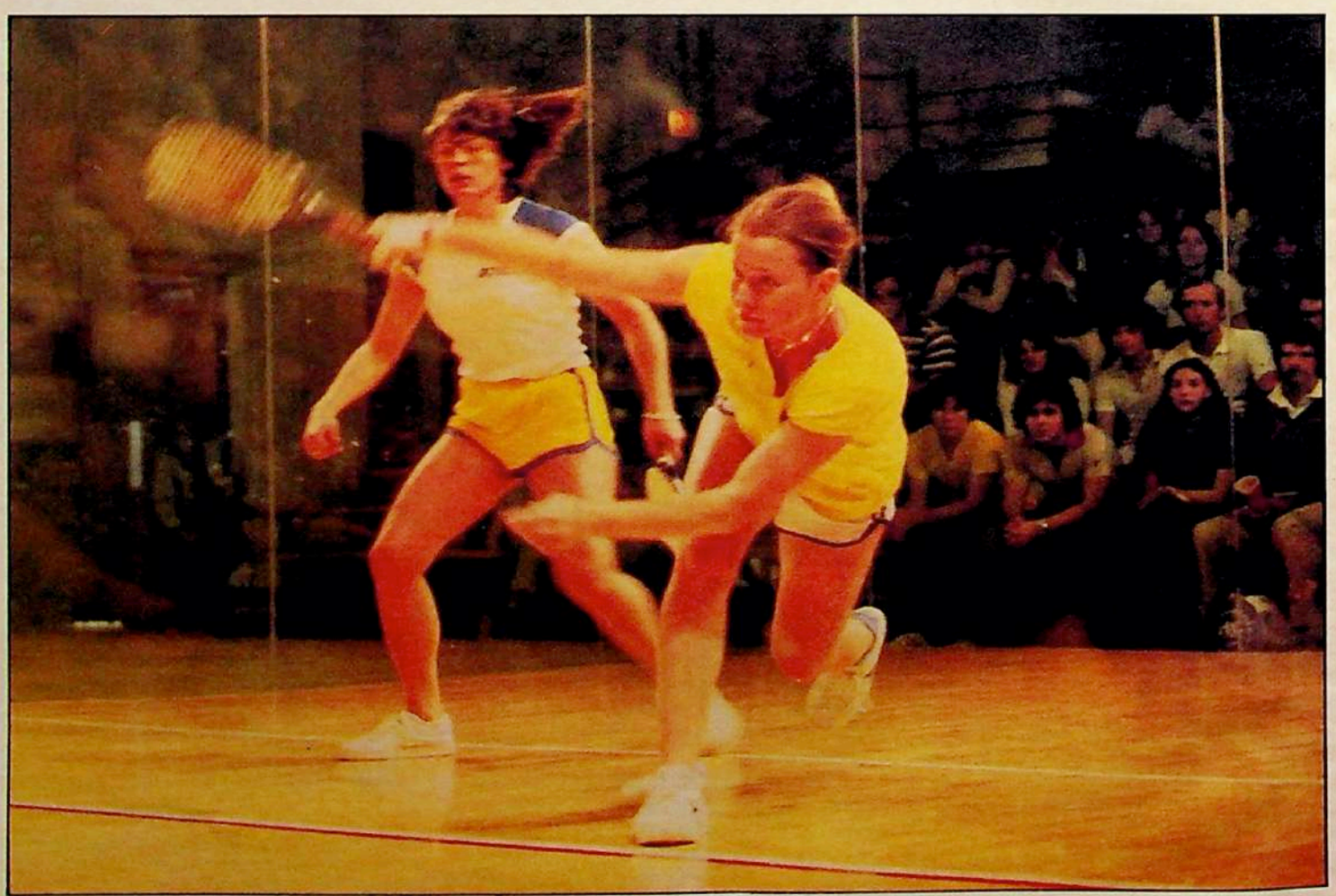
Janell Marriott and Kathy Williams had an exciting match in the quarters. Both were hitting ace serves left and right and exchanged the lead many times. Marriott came out the winner 21-15, 14-21, 11-9.

Southpaw Jennifer Harding had little trouble with Rita Hoff, winning the match 21-12, 21-6.

Janell Marriott was a different story. These two met in the finals of Westminster already this season, where Harding won the tournament. Now in the semis at Tempe, they again fought neck and neck. Again the outcome was the same, with Harding taking the match 21-16, 17-21, 11-7.

Meanwhile, Wright totally outpowered Sarah Green 21-6, 21-8. "I've never done much better than that against Shannon. She s playing just as well as she did last year," commented Green after the match.

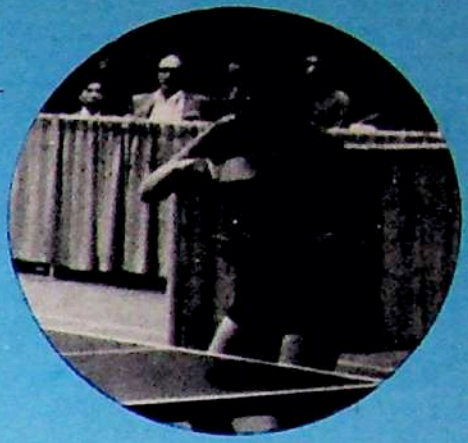
Jennifer Harding fared better against Wright in the finals than Green had in the semis, but still it was clearly evident who was number one all the way. Despite the fact that the crowd favored Harding, Wright took the title 21-16, 21-13 as everyone clapped politely. ●



Shannon Wright (R) overpowering Jennifer Harding (L) in the second game to win 21-16, 21-13.

29th Annual Pacific Coast
Table Tennis Championships

Seemiller, Bhushan Tops With Short Paddle



Photos by Mark Adelman

By Ben Press and Joseph Ditler

The 29th Annual Pacific Coast Table Tennis Championships were played at the Balboa Park Federal Building in San Diego recently, and it was one of the city's most guarded secrets. There were more contestants than spectators, which proved unfortunate, as it was one of the best shows in town.

The open tournament categories included both U.S. men's and women's national champions, plus a supporting cast that boasted many nationally ranked players.

San Diego players occupied a major part of the draw, as they make up a good portion of the Southern California and national rankings.

There were numerous events, 26 in all, and 18 tables to support play. Understandably, because of the number of events and players, there were some scheduling problems which left tables empty, but they were quickly grabbed up by players seeking warm up or practice, which kept the tables in constant use.

The sportsmanship was to be commended, as each match was governed by an umpire and closed with players and umpires extending their hands in congratulations and thanks. So often in tennis and other racquet sports, a player will shout and curse when missing a shot or playing badly. The game of table tennis saw none of this but simply the refreshing smiles of the players, whether the point was won or lost.

Amidst all this activity and confusion, there was only one player incident of consequence, and it was resolved amiably, with a few words from national champion, Danny Seemiller, the unofficial spokesman for the group.

Seemiller, presently the number one player in the United States, stands out alone in U.S. table tennis. He is the single dominant force in the game, and it's only true "professional."

After an exhibition match for the press, just minutes before his final singles match, Seemiller corrected one of the reporters, explaining that, "Ping pong is played in the backyards by the masses. What we at the tournament level play is table tennis. There's a big difference."

Seemiller, while driving topspin after topspin at his cooperative partner Mike Bush (currently the number two player in the nation) revealed to the amazement of the press that, "The balls we hit at this level of the game reach speeds of 150 miles per hour."

The reported annual earning of Danny Seemiller is $30,000. Mike Bush, who traveled to San Diego from Philadelphia to play this tournament, although reaching the semis or finals in five events, did not make enough money to cover his traveling expenses. Seemiller took home $600 for first prize in singles and won the doubles and mixed as well, but to augment his income had to give many hours of his time to clinics and sitting behind his display table in hopes of selling a few racquets or shoes to inspired fans and players.

Another plus for the tournament was the entry of In Sook Bhushan from Columbus, Ohio, who is the current female champion of the United States. In Sook, who learned table tennis in her home country of Korea, is the epitome of the defensive game.

Bhushan is an accounting major at Ohio State University, but still manages to squeeze in three hours of practice, four days a week. Her present goal is to make the world's top ten at the next world championships which will be held in March of 1979 in North Korea.

One notable mention about In Sook Bhushan, is that she has beaten every male and female player of consequence in the United States, with the exception of Danny Seemiller.

Many thought that In Sook would beat Seemiller in their much publicized "Challenge of the Sexes" which appeared on television in the earlier part of this year, but Seemiller prevailed.

When table tennis promoters advertise an open tournament, it is exactly that. The women are entered in the draw the same as the men.

The equivalent to this in tennis would look something like this: Evert, King, Navratilova and Goolagong in competition with Connors, Borg, Vilas and Gerulaitis. In tennis all this would accomplish would be to prove the decided differences between men and women tennis players. In table tennis, there are no such marked differences.

The tournament was sponsored in part by the USTTA (United States Table Tennis Association). Tournament director Dr. Richard Alden, a UCSD (University of California San Diego) chemistry professor, and Gary Hranck, president of San Diego Table Tennis Association successfully handled the 185 entrants with a minimal amount of difficulty, and all the contestants thoroughly enjoyed the San Diego hospitality.

The game has its stars and it has its color. To see players like In Sook Bhushan defensively outlasting her opponents with cool, calm style and grace, to see Danny Seemiller, with his well-trained reflexes, blasting that little white ball relentlessly from corner to corner; or to see Mike Bush with his looping forehand and awesome physical resemblance to tennis' Ilie Nastase, one can scarcely help but wonder why the game is so slow in catching on, both in popularity and financially.

The level of play witnessed at the 29th Annual Pacific Coast Open was most fulfilling and entertaining to all who were involved. The best in their field performed to the best of their ability for the sake of the game and nothing more. The clincher was that . . . admission was free. ○

Czech-Mate

Martina Navratilova Won The Virginia Slims, But Evonne Goolagong Won The Crowd

By Linda-Marie Singer

Sandy Haney sat pensively while watching her client, Martina Navratilova practicing. Later there would be plenty of time to remind her mercurial friend of her own house rule: Keep Thy Cool.

"I told Martina not to lose her temper *or* one set tonight," commented Haney, her elfin eyes twinkling. During the opening match against Australian Kerry Reid, the new American accomplished her manager's goals.

"Martina's concentration *definitely* has improved," her opponent stated. "She's a great athlete, and with a lefty serve, what more do you need?"

Not a great deal more as the ex-Czech proved by reducing everyone to mere pawns. After Reid, she downed former doubles partner, "Dutchess" Stove, humbled "Rabbit" Turnbull, and finally outpaced "Mama" Goolagong, thus capturing the reknown Virginia Slims championship title at California's Oakland Coliseum.

"The biggest improvement this year is my brain!" exalted the winner. "But I must say it didn't help my confidence to hear from you reporters, 'When are you going to lose?'"

Dimming the hopes of the press, she set out to diminish the dreams of the players. And with good reason. Over the last three years, Martina has been a runner-up in the '75 Slims, a semi-finalist at the '76 Wimbledon, and twice a semi-finalist at Forest Hills.

Clearly, this should be *her* year.

"If I have to go on Martina's past Slims record of 7 tournament victories and 37 straight matches, she seems to be the most consistent player," piped vacationing Chris Evert. "I think winning the championship means more to her because she hasn't won a major title yet. If she's ever going to win one, I'd say now's the time."

The timing proved propitious as Chrissie correctly tabbed the 21-year-old as the heiress of the "first jewel in the Triple Crown." (Wimbledon being the second, and the U.S. Open the third.)

Royalty aside, this year's final prided itself on having exceptional contestants, three of whom comprised the ORIGINAL 8 Slims race: Kerry Reid, Billie Jean King, and Rosie Casals; the latter won the premiere finals in 1970, and what was considered then big prize money for women — $7,500. Eight years later, Martina Navratilova pocketed the $50,000 jackpot, with the $30,000 consolation ticket awarded to Evonne Goolagong.

But not without weathering rough competition.

Billie Jean King, for instance, who has six singles crowns at Wimbledon, and three at the U.S. Open, has never won the Slims coveted prize. Her eagerness was more than apparent, but her health was less than tip-top. She withdrew suddenly from the games, leaving an uncomfortable void in the round robin proceedings.

But it must be stated that before buckling under to Virginia Wade, "The

Photos by Cheryl A. Traendly

Old Lady" gave the persistent Wimbledon Queen a run for the money, as she steamrolled by her in the first set, 6-1.

Virginia's luck did turn around in the first game of the second set, however, when she won a breakpoint and King missed an easy overhead.

In the grueling third set with the game at deuce, Billie Jean ran to cover a deep volley, and it was then the crowd knew she was in severe pain. Although she suffered from cramps in both legs, she doggedly refused to quit. Even her inevitable loss proved to be no easy victory for Wade.

When the set was over, Billie Jean's vivid yellow sparkling dress was all that glimmered.

Afterwards, Virginia had these words for the reporters: "I was dazed in that first set. I thought I played terrifically today in practice, so I was keyed up and anxious to win. I was ***dying*** to win."

So was Rosie Casals.

Standing in front of her hometown fans, she did everything to impress the spectators short of a Barnum & Bailey routine. From near falls to behind-the-back shots, "Rosebud" kept up an excellent pace during her game with Wade, and rattled the Queens' crown by shaking her, 7-5, 2-6, 6-0.

While Casals made a total of 14 unforced errors, her opponent made a whopping 25, but it didn't faze the crowd who backed a determined Wade, the newly signed No. 1 player for the Bay Area Golden Gaters. This lack of appreciation for Casals caused her to comment bitterly. "They (the fans) were pulling for ***you,*** Virginia. AND at the Wightman Cup. I mean, didn't the audience give you a standing ovation when you came back from Wimbledon? The hometown people ***never*** did that for me."

Rosie's unhappiness did not mar Virginia's antagonism.

Rosie: "I was totally shocked to see the scoreboard in the third set, and that *I* was leading 3-0, 4-0, 5-0, 6-0."

Virginia: "Don't worry, Rosie. There ***won't*** be another time."

Unfortunately, there was another time for Rosie when she encountered Evonne.

Rosie, in a fetching, iridescent hot pink outfit, looked more like a disco lady than a tennis player. Only her shoes and white socks gave her away.

And Goolagong, the "Prima Ballerina" of women's tennis today, resembled and played like a Dorothy Hamill in tennis shoes, as she glided around the court, and cut two good sets of figures: 7-6, 6-4.

The loser rationalized. "Evonne is a very deceptive player. You must play the net and stay tight, and pray she doesn't hit the lob. She really doesn't have a pattern."

Usually the "Fearless Fly" of women's tennis, Casals went on: "I had a rotten, rotten, rotten game . . . Oh well, maybe the secret is to have a baby (i.e., Evonne), or to have an operation (i.e., Renee Richards?)" Rosie concluded.

"Actually I rather thought Rosie was going to injure herself out there!" Evonne quipped. "She dives for ***everything,*** you know . . .

"I'm so pleased at how well things are going for me. I still feel keen about doing better, but I couldn't be happier.

"For a while I forgot tennis and concentrated on my 11-month-old daughter Kelly. So it was hard and frustrating to push myself and go out there. Traveling with Kelly and Roger (Evonne's husband) have made me so much happier now."

Goolagong, always known for her good disposition on the court, captured the people once more in a convincing duel with Wade, which again saw the volatile Britisher shut out in the first set, 6-0.

Displaying beautiful backhand crosscourt volleys, Goolagong constantly wrong-footed Wade. Her spectacular dropshots frustrated Virginia, and although the crowd showed its support for her, she didn't stand a chance. Prancing around dramatically while protesting linesmen's calls, caused the throng to shift its allegiance to the calm, serene Evonne.

And who could be against Motherhood, anyway?

Goolagong's only hostilities aired in the pressroom as she and the Englishwoman got into a clash of wits.

Evonne: "I ***never*** think the night before of the match I'm to play the next day. I just play it as it comes."

Virginia: "Wish I could do that! (Laughter) How about lending me Kelly for a while? (Pause) At least ***she*** smiles at me." (Laughter)

Evonne: "Think you can handle her? (Silence) I mean, change diapers . . .?"

Virginia: "She's easier to handle than you! (Silence) By the way, you had a good match yesterday." (Referring to the King default. — More Laughter.)

Aside from the jibes and jeers, the Wednesday to Sunday matches were exhilarating to watch. Throughout the week, the 45,000 spectators not only saw the emergence of a new No. 1 star, but also witnessed the expertise of the talented women players.

Still the facts remained.

Although Martina Navratilova won the Virginia Slims title, Evonne Goolagong captured everyone's heart with the quite visible appearance of her baby. Yes, while Mr. and Mrs. Cawley practiced, Baby Goolagong crawled around and grimaced at the unfamiliar faces. Never a peep or a cry, the infant delighted the fans with her kittenish gestures and tickled sounds.

Always rooting for the underdog, Goolagong had gained the sympathy of the people not only with her bundle of joy, but also from her much publicized foot injury. She had to forfeit any hopes of being in the LA and Seattle programs due to the flu. In later weeks she developed bursitis in her left achilles, causing her to skip the Philadelphia tournament. Still, the road to Evonne's comeback, while laced with ailments, catapulted her into the winner's seat in Florida, Dallas, and Boston. This may now look to be a rather mundane pattern for the young woman who took the Slims championship away from Chris Evert both in '74 and '76.

"Evonne is the ***most*** dangerous player when she's down. At Love-40, for instance, she's quite dangerous," remarked the newest champion.

"All I can say is that I am really pleased that I was even able to make it to the playoffs," responded Goolagong. "It's a nice feeling to know that I'm at a consistent level towards the end. From Dallas on, I've felt that with each match I've gotten better, and gained more confidence . . . Now that Martina's beaten me, it will boost her confidence. Once she gets a big tournament under her belt, she'll be hard to keep down."

Ironically, it was Evonne who proved hard to keep down. Emotionally, that is. Zipping onto the court with baby Kelly during the pre-game introductions, it was almost a scene from a Garbo movie. There wasn't a dry eye in the house.

As for Martina, she may well have been talking in Czech to the audience when it was her turn to run out. Clearly the foreigner, no one wanted to see "Mom and Apple Pie" lose.

But Martina persisted.

Answering Goolagong's devastating shots with incredible strength, Navratilova showed who was boss as she played out her own game plan. Never letting her temper destroy her concentration, she fooled her graceful cohort with a tricky score of 7-6, 6-4, and ***finally*** won a major tournament!

"I tried to be like Evonne on the court, you know. Like a ballerina!" gushed Martina when it was all over. "Now I just want to scream, jump, and do crazy things. But I'll have to wait until the locker room I guess."

And so the new victor contained her joy and stoically responded to stereotypical press questions:

1) "When did you feel the game turned round for you?"

2) "How did you feel about going into a tie-breaker in the first set?"

3) "Did you think all along that you would win?"

4) "How do you rate your chances for Wimbledon?"

Martina Navratilova returned their questions with a studied look on her face. She was elated by her victory, yes, but perhaps she was really pre-occupied with the saying: "It's not where you start, but how you finish."

Right.

Czech-Mate. ○

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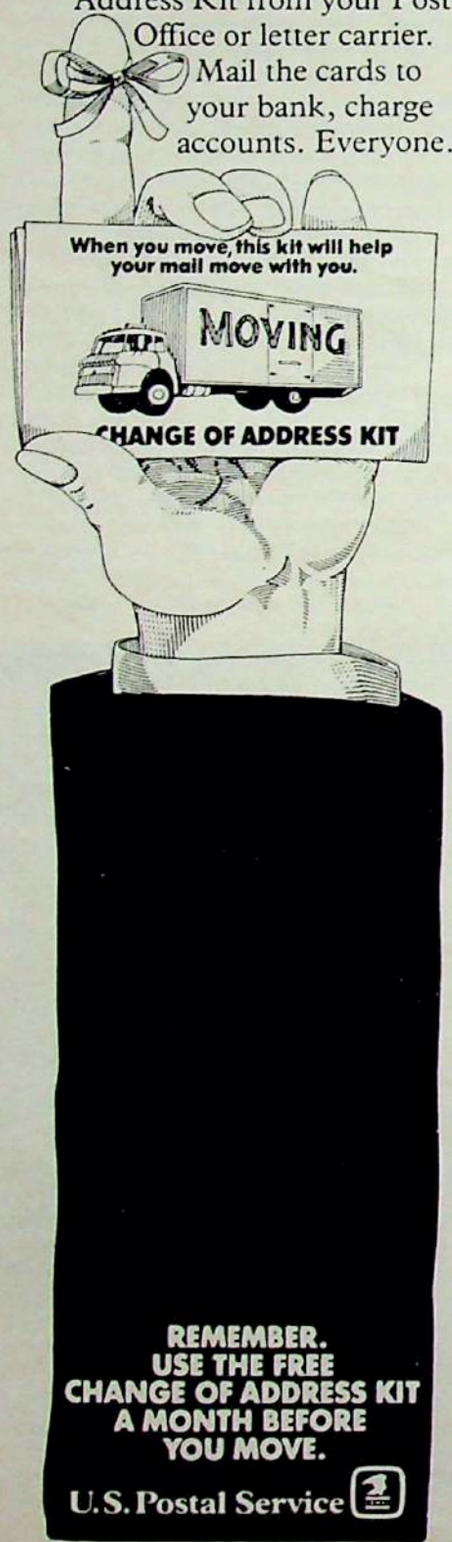

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Soleful News

MAKING IT THROUGH THE MAZE

By Rick Hertz

It is confusing these days to try and purchase a pair of shoes for tennis or racquetball. One envisions the poor rats running through the maze whenever one sees someone at an athletic shoe store trying to figure out which of some one hundred different shoes is best for their needs. I personally know the difficulty of customers who want guidance on what shoe to buy, precisely because the choice is so mind boggling. Unfortunately most clerks at sporting goods or shoe stores are as uninformed as the average customer in terms of quality and sizing of various brands that are on display. Few of us wish to be mere victims of a company's ad campaign because most of us realize that wearing an autographed shoe won't make you play like the person whose name is on it, especially when so many people find the shoe so darned uncomfortable. I have always thought that the average player needs some sort of roadmap to guide his choice of shoes, since few stores have knowledgeable sales people. The usual response when a customer asks for a recommendation is, "My boyfriend likes the ones with the cute stripe," or the guy who has just come over from the rifle and gun department says, "Gee they're all pretty good. I'd buy the one that'll go with your shorts." What you really need to know, is which shoe runs wide or narrow, or which one will be better for racquetball as opposed to tennis. Since no one else has really tackled the job of recommending a proper shoe, and because I go out on a limb every day suggesting one shoe against another, I will attempt to give you a few clues that might make selecting your next pair of shoes a more pleasurable experience.

The first and primary concern with any shoe should be the fit. If the shoe does not fit your foot properly it will be a waste of money and a liability on the court. Lesson number one is: The shoe that your doubles partner thinks is the best invention since the wheel may be the worst shoe for you. Some brands run narrow, others wide and the following is a brief description of the major brands so that you need not try on every available shoe to see which particular model will fit your narrow or wide foot.

Adidas is still number one in nationwide sales and they probably offer about the largest selection of various styles. The Adidas shoes are primarily made in Germany and France and they are generally narrow. The most common men's tennis shoes, such as the Professional, the Nastase Master and the Stan Smith, are about a "C" width, but leaning more towards the "B" than the "D" in width. The Stan Smith is the widest of the three and, of course, the leather will stretch somewhat to accomodate a slightly wider foot. If your foot is wide, beware of the Professional and the Nastase Master or almost any shoe that has a polyurethene sole, as opposed to a rubber sole, as the shoe will not stretch very much and the arch area may cause blisters. The tennis shoes for ladies, by Adidas, are also on the narrow side with the Billy Jean King II being the narrowest, and the Loveset being the widest.

Nike is rapidly gaining strength throughout the country and is giving Adidas a real run for dominance in the market. Nike shoes are made in Japan and Taiwan, as well as the U.S. The quality is just as good as Adidas, though the selection of tennis and racquetball shoes is more limited. The men's favorite is the Wimbledon, which used to be very wide and is now a generous medium width. Most of their racquetball shoes are also cut the same and are good for the man with the "D" foot. The ladies shoes, on the other hand, are on the narrow side though not as narrow as the Adidas line. If the Adidas Monte Carlo does not fit, try the Nike Racquette.

Looking for a narrow shoe?? Men should try the K-Swiss first, in my opinion it is one of the best shoes available. Tretorn runs narrow but the soles are really made for clay courts, thus they provide perhaps the worst wear of any brand. This is a shame because they are a very comfortable shoe. The ladies will find that K-Swiss and Tretorn are both narrow, with the same recommendations and warnings provided for the men. Lotto is introducing a new ladies shoe to complement its already well established line. It should fit even a triple A foot.

Need a wide shoe? Men should try the Lotto SuperComp, the Puma Hard Court or the Asahi made by Yamaha. Women will delight in the Lady Newk by Lotto, the Asahi, and the Hard Court set by Puma, the best made of the wider cut shoes.

Do you really have a normal foot? Ah c'mon, you can level with me. Maybe your arch is quite high and you'll be happiest with Adidas or Lotto . . . maybe your foot is on the flat side, so slip on a Nike. Do the laces always cut into your instep? Well, give a shoe with speed lacing a chance and K-Swiss might fit the bill. I could go on for pages and pages,

Text continued on page 46

José Alberdi

Portrait Of A Jai Alai Intendente

By James Redfern

Six days a week, José Alberdi invents a puzzle no one is going to solve; the next night's schedule of 12 to 14 jai alai matches at Tijuana's famous Frontón Palacio.

It is mainly a subjective process, calling as much for intuition as knowledge. Alberdi must weigh the skills, strengths, weaknesses, current physical condition and mental foibles of some 30 highly individualistic and often temperamental athletes, and match them against each other so evenly that no one can predict the outcome of the games with any consistency. Alberdi would be last to try.

His job involves more art than science.

Alberdi belongs to one of the most select coteries in the world of professional sport — perhaps three dozen men, all Basques, who carry the title of ***intendente.*** In English they are called "players' managers," but that does not even begin to convey their full authority. ***Intendente*** means someone charged with total responsibility for performing a certain office.

In this case, the office is the ***cancha,*** the jai alai court, and there, the ***intendente's*** word is absolute law. With millions of dollars bet daily on jai alai games around the world, the knowledge, judgment and integrity of men like Alberdi are critical to the sport.

It takes Alberdi perhaps an hour to make up the night's schedule of matches. But behind that hour is a lifetime of jai alai experience. Alberdi, 48 last St. Patrick's Day, was one of the best ***zagueros*** (back court players) ever to play in Tijuana. During the 50s he was a dominant figure there, as he has been in frontons in Barcelona, Manila, Florence, Tampa, and Bilbao. To him, jai alai is a cultural experience.

"In the Basque country, we play jai alai as soon as we can walk," he notes. "It is like baseball is here.

"The first gift I ever received was a ***pelota*** — for handball, not with the ***cesta.*** I think I was seven. It was for the ***Día de los Reyes*** (the Spanish holiday following Christmas, when gifts are exchanged).

"What you do is look for a wall, any wall. A church, a school, any public building. And you play — here, there, everywhere — and you never, never lose the ***pelota.***"

Alberdi was 17 before he could afford his own ***cesta.*** He got one from a friend for 40 ***pesetas*** — 50 cents in 1947, just eight years after the Spanish Civil War, in which the Basques were on the losing side, as Franco never let them forget.

It was three hours travel by two trains and a bus from his home town of Zumarraga, in Guipuzcua Province, to the nearest first-class fronton, at Marquina. And three hours back.

"Six hours travel time to play one hour of jai alai three times a week," he says with a laugh. "You really had to want to play. And you have to play at least three days a week, or you never develop into any kind of player."

Alberdi directing a practice session for amateurs: No letting up. (Photo by James Redfern)

In 1948 Alberdi won the championship of Viscaya Province with Fernando Orbea, who went on to become a world-famous front court player — perhaps the best of his time — and a tragic figure in modern jai alai. Hit in the head with the full force of the pelota in Miami in 1965, he never really recovered, and soon retired from the game. The injury caused the introduction of helmets as mandatory equipment in professional jai alai.

"Orbea won the championship, not I," recalls Alberdi. "I wasn't that good a player in those days."

But the next year, he turned professional at Zarragoza. He was 19. For the next 18 years, until his retirement in 1967, he played jai alai around the world.

So to Alberdi or any other ***intendente,*** jai alai is not just a game. It is a way of life. They form one of the closest knit fraternities in the sports world. They are in constant contact with each other, through friends and friends of friends — all ***intendentes*** — via what might be called the Basque telegraph.

There is no such thing as an unknown player in the jai alai world. He enters through the good offices of an ***intendente,*** and his reputation precedes him wherever he goes. A ***pelotari*** who gets seriously on the wrong side of an ***intendente*** will find it hard to get another to accept him. There are always exceptions, particularly with outstanding players. But the general rule is not to be trifled with.

Many players, most notably the newly arrived Americans, are not particularly overjoyed with this situation. Cuban and Mexican players have accustomed themselves over the years to the power and influence wielded by the ***intendentes.***

Alberdi shrugs.

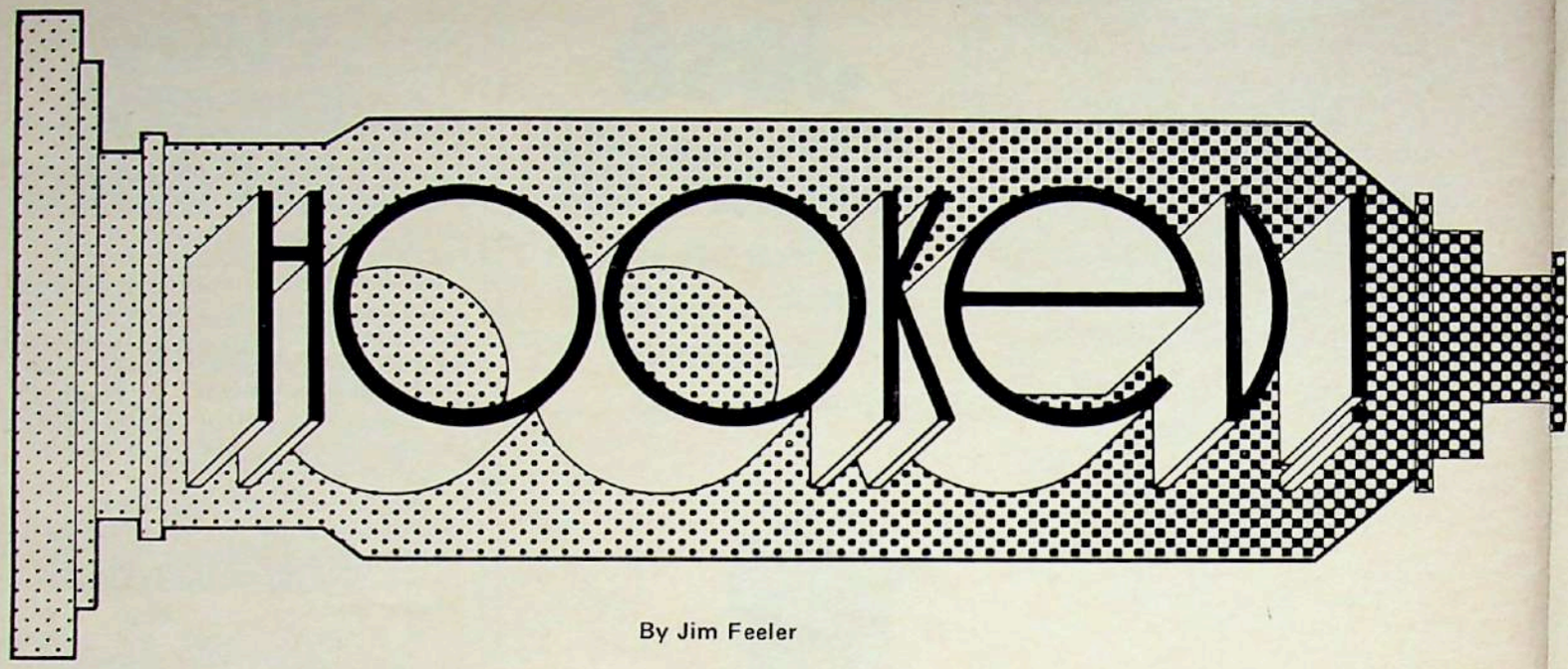
"Naturally, I am not going to go out of my way for any ***pelotari*** who gives me trouble," he says. "Listen: We've all paid our fines for fooling around as players. But in truth, a good player seldom gets into real trouble. Jai alai requires too much self discipline. It is a serious thing. You don't have time for nonsense in the ***cancha.***"

On the role of the ***intendente:***

"You can't be a dictator," he says. "You can drive a player out of the game, but what good does that do you? The game needs players. There has to be discipline, but a ***pelotari*** also has to have his freedom.

"Of course there are times . . ." He laughs, making a motion as if reining in a horse.

"I'm not always the most popular person here — understand?" ●



By Jim Feeler

For more than five years I've been hooked! It all happened so fast it's still hard for me to believe. You always think these things happen to the other guy, never yourself. Then one day you wake up and realize what you've become and what you've done to your health, that's shocking enough! Not to mention all the time I've served. I have been in and out of more courts than I can remember.

It all began at evening college when I was taking a couple of classes. Some of the faculty were actively pushing it on campus. They had quite a few of the students hooked and were using them to turn others on. It's the same old story: I started running with this crowd and one thing led to another. Before long I was popping little green, blue and black balls.

Looking back it was innocent enough in the beginning. We were just playing around, I never intended to make a habit of it. But soon I began hitting it real hard. I'll admit I lost control. The harder I hit it the higher I got! Things started moving faster and faster, but no matter how hectic the situation was, I had the illusion of being in control. In those days I was continually high. I guess you could say I was a "speed freak". What I didn't realize was eventually I would have to come down and when I got low enough, I finally understood why they say "speed kills"

Considering the circumstances, I guess it was inevitable that I would become one of the pushers. Our meeting place was a tall drab building on the edge of campus. It was the perfect place for a discreet rendezvous; not a single window in the building and all the rooms were empty. This was fine with us, we wanted room to swing. Believe me, a lot of action went on behind those closed doors that semester!

The longer I was involved the more dramatically my health changed. I lost a considerable amount of weight, leaving me with a pale, lean appearance. At times my heart would race wildly and I would sweat profusely. Occasionally I would be near exhaustion and end up gasping for breath. For some strange reason, I not only grew accustomed to this, I actually anticipated these experiences.

Because of our close relationship it was natural for me to get my girl involved. I know what you must be thinking, but try to understand, I couldn't help myself. She had never been into anything like this and she was a little frightened. Initially she was a constant hinder, but soon she got into the swing of things. After a while she started playing around with any man who asked her. That's the typical way it goes. She became so bold that she even set up a foursome with another couple and before long we were swapping partners.

About this time my old friends started to avoid me, they thought I was too wild and, I'll have to admit, I did lose my grip on things. Before long I started to mainline, yeah, it was in my blood! At first it was only singles, but soon I graduated to doubles. I couldn't get enough! I left college and started hanging around the clubs downtown, looking for some fast action. Just to get something started, I'd go up and ask a stranger for a match. It wasn't hard – all you had to do was hustle and you could score! I thought I knew all the angles, but I ran into a group of guys who were way out of my league. They were popping Zs and stuff like that. But it wasn't my bag. Like they say "different strokes for different folks."

At college everything had been free and I thought it always would be. But later, you guessed it! I had to pay to support my habit. Boy did I pay! Those guys were all business, they sucked money out of me like a leech, but what could I do? They had the rackets behind them!

Don't think it's only guys like myself who get hooked. There were some real educated people who became involved. Like this doctor named Muehleisen. He even quit his practice to devote full-time to pushing the stuff. He'll never be the same! Same thing happened to a lawyer named Brumfield. I'm afraid both of those men are in too deep to ever get out.

The turning point for me came when I saw this guy named Hogan. Remember the movie, "THE MAN WITH THE GOLDEN ARM"? Well, this guy has the arm. He was running around, smashing everything, he was going crazy, a real animal. I told myself I would never get like that, but the thought is always in the back of my mind that it could happen.

Regardless of what you may think about me, the fact is: All the statistics point the same way – the addiction is spreading – racquetball is America's fastest growing sport. So like I said, "I'm a pusher." Come on and try it – you'll like it and I know you'll get hooked! ●

Biorhythms And Your Game

By Dan Bialk

Pat Haden, Los Angeles Rams quarterback, dropped back for a pass and hit his wide receiver in the end zone. The Rams won. The Oakland Raiders lost. Haden's intellectual and emotional highs apparently won for the Rams over the Raiders and Ken Stabler, opposing quarterback, who was low emotionally and intellectually on the very same day.

Guillermo Vilas defeated Jimmy Connors in a recent championship tennis match. Vilas was at tremendous physical and emotional peaks for the entire series, while Connors faced two critical days during the same series.

Jim Marshall, defensive end of the powerful Minnesota Vikings, ran 89 yards the wrong way with the ball on a triple critical day.

Ohio State football coach, Woody Hayes punched a TV cameraman during the Buckeyes loss to Michigan. His emotional and intellectual cycles were down that day.

For U.S. History buffs, Abraham Lincoln died the day after he was shot in the Ford Theater. On that day his physical cycle was critical.

Robert E. Lee surrendered to the Union at Appomatox, ending the Civil War when his emotional cycle was at a critical stage.

Meanwhile, Ulysses S. Grant enjoyed highs in all three areas from two days before, until two days following Lee's surrender.

What are biorhythms? The concept evolved through the works of a Vienna psychologist and a German physician in the early 1900's. They collected evidence that each individual experiences a 23 day physical cycle, a 28 day emotional cycle and a 33 day intellectual cycle. This idea was brought to the U.S. in 1922, and many studies have included biorhythms since. For example, there's a correlation between critical days and accidents.

The philosophy of bioryhthm says you can know whether you're likely to be on the top side of the cycle or the down side. Biological rhythm is based upon the theory that the energy of the brain and the nervous system vary in cycles of fixed duration. These variations affect the physical, emotional and intellectual powers of each individual. The first half of each cycle is the positive phase, when that part of the system operates at maximum efficiency. The second half of the cycle is the negative period, when the system operates at a reduced level of efficiency. The problem days are those when one or more of the cycles change from positive to negative or vice-versa, namely the critical days. Such days are full of potential problems because they are states of transition where the individual is more prone to errors, accidents and physical setbacks.

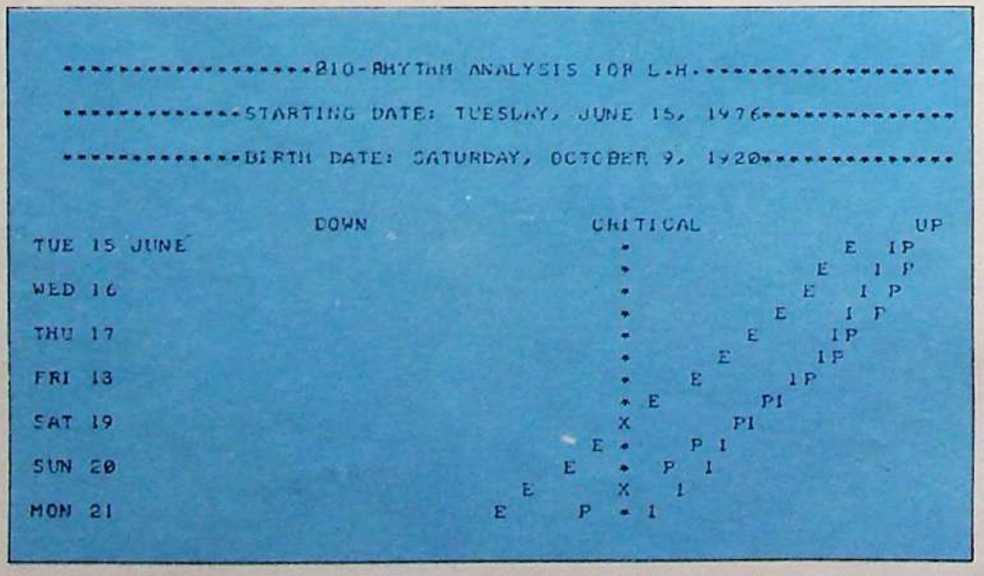
All three cycles start with the date of birth and continue in the same fixed pattern throughout life.

In a recent Women's Professional Racquetball tour meeting at Tempe, Arizona, in February, I calculated the averages of all three cycles: physical, emotional and intellectual. Then, I applied them to the tournament brackets, which looked like this.

Quarterfinals:
Harding, 42 def. Hoff 14
Wright, 69 def. Steding, 53

Semifinals:
Harding, 40 def. Marriott, 12
Wright, 63 def. Green, 51

Finals:
Wright, 57 def. Harding, 39



L.H. While visiting her son, she stepped off the curb in front of his house and fractured her right leg — really a freak accident. The "E" curve goes through the critical line on the day she fractured the leg.

On the other hand, the Men's Pro division was slightly different. Some 20% of us are unaffected by biorhythms, and apparently Marty Hogan and Charlie Brumfield fall into this category – at least they did at Tempe.

Quarterfinals:

Hogan, 37 def. Serot, 48
Wagner, 41 def. Zuckerman, 36
Kolton, 63 def. Bledsoe, 44
Brumfield, 38 def. McCoy, 66

Semifinals:

Hogan, 41 def Kolton, 61
Wagner, 39 def. Brumfield, 46

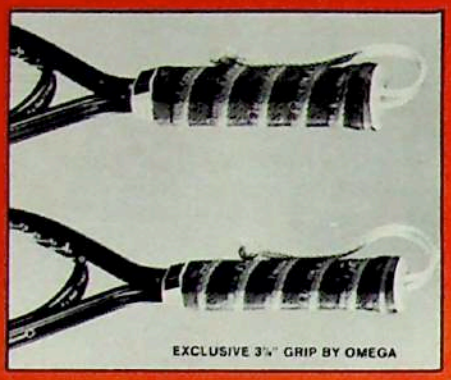
Finals:

Hogan, 45 def. Wagner, 37

If both Hogan and Brumfield are not immune to biorhythm charts, then perhaps there is some mystique about them that causes opponents to become affected by them instead of playing the game as if under normal conditions. If so, how long will it last?

In the 1977 finals at the Atlas Health Club in San Diego, perennial champion, Peggy Steding lost to Shannon Wright. Shannon averaged a 45 to Peggy's 32.

Text continued on page 43



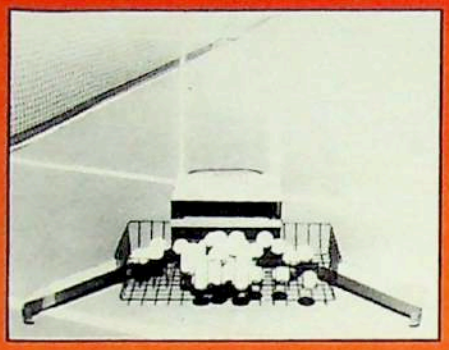
Omega Offers Smallest Grip Size For Better Wrist Action

Omega Sports continues its innovation in the racquetball industry with the addition of the smallest grip size offered by any manufacturer. The new 3-7/8" circumference grip is presently offered on three Omega racquets: the Pro-II, MTD and Esprit. Omega has developed this grip size in response to the trend for better players to use smaller grips in order to achieve easier and more powerful wrist action.

Until recently, most players followed the direction that "the larger the hand, the larger the grip". This is a carry over from tennis which requires a stiff wrist with no snap. With experience, however, racquetball players have discovered that the smaller grips allow more power through better wrist snap.

In addition to the 3-7/8" grip, Omega's top-of-the-line racquet, the Pro-II, also offers another exclusive: the only 5-year warranty available in the industry. The MTD is Omega's most versatile racquet with a modified teardrop headshape for power and flexibility with an expanded hitting surface. The Esprit is designed especially for women with a modified teardrop headshape, lighter weight, and with a pale metallic blue frame.

Omega offers a complete line of racquets for all levels of play. For more information, contact Omega Sports, 2366 Schuetz Road, St. Louis, Missouri 63141 or call (314) 872-9007.



Rayco Mower VII

The Rayco Mower VII, a portable, trouble-free ball pickup machine, with nine technical improvements over Rayco Mower VI. New ¾" clearance virtually eliminates court damage. Sturdier basket creates quieter operation. Jam-proof, no-gear rotor. 56" claw arms for fast fence and net sweep. Compacts for easy mobility. $149, complete with 1-yr warranty, all parts. Rayco, P.O. Box 4034, San Diego, CA 92104.

The premium Spalding Specialists frames, each specialized to one winning game. Pictured from left to right are: the updated, all-wood World Open for the placement game; the improved WCT Steel for the deceptive game; the boron-reinforced Accomplice for the forcing game; the headlight aluminum Targa for the anticipation game; the boron-composite Intimidator for the power game; and the all-wood, handcrafted Natural for the percentage game. All frames come with choice select leather grips, customized racket cover and leather key ring, and playability and construction features on the side of each frame. All frames except the WCT Steel will come in all-new light-medium weights – half-way between light and medium.

Wilson ULTRA/PWS Tennis Racquet

The new ULTRA/ pws tennis racket which has been introduced by Wilson Sporting Goods. Exceptional accuracy, maximum power and a larger sweetspot are the hallmarks of this all graphite racket.

Players can now return more shots accurately and with greater velocity regardless of where the ball strikes the face of the racket. The sweetspot can be hit more often than with other rackets because it is closer to the center of the head.

The tubular frame is constructed totally of braided graphite fibers which surround a polyurethane foam filling. The racket has a tapered frame construction which allows Wilson to determine the stiffness along the frame. This controlled stiffness gives the racket additional strength in those areas that receive the greatest stress. The weight has been relocated on either side of the head at the widest points by embedding tungsten weights into the frame for reduced racket head twisting and greater control.

Voit Markets Two Racquetball Bags

Two new completely lined racquetball bags featuring wet pockets and nylon zippers have been introduced to the complete line of racquetball products from AMF Voit.

Both come in a brown/cream color with similar accent tones and are Scotch-guarded for extra protection.

In addition, the RBT-3 model features dual pockets plus space for two racquets. The bag is center-balanced and also features a durable leather grip.

The RBT-4 model features a hinged, collapsible bottom and handy side pocket. Additional space is provided for carrying a racquet.

For more information about racquetball bags, write to AMF Voit advertising department, 3801 South Harbor Boulevard, Santa Ana, California 92704.

Biorhythms And Your Game

Text continued from page 41

Shannon was high physically and intellectually throughout the tournament, while Peggy stumbled through an emotionally critical day and declined thereon to the finals. Shannon's victories were 21-13, 21-10.

In the Men's finals of the same tournament, Davey Bledsoe surprised everybody except his biorhythm chart by upsetting Marty Hogan in two straight. Bledsoe averaged 37 that day to Hogan's 23.

Bledsoe, who struggled through two critical days in the tourney, admitted that he had a lot of self-confidence. Physically, he was on the upswing. He said he didn't practice before the tournament, "I went to the beach, cleaned house, anything but play racquetball. When the tourney came, I was ready to play."

Hogan's three categories all were on the negative side. Throughout the tournament, he was down physically and emotionally, while intellectually he declined to the finals.

Biorhythms aren't the answer to your problems by any means, but they can be an indicator of past, present and future performances. If you're interested in having a biorhythm chart done for yourself or for anybody, for that matter, send your check or money order to BIORHYTHMS, in care of this magazine according to the following plan.

1. Any 30 day period: $2.00
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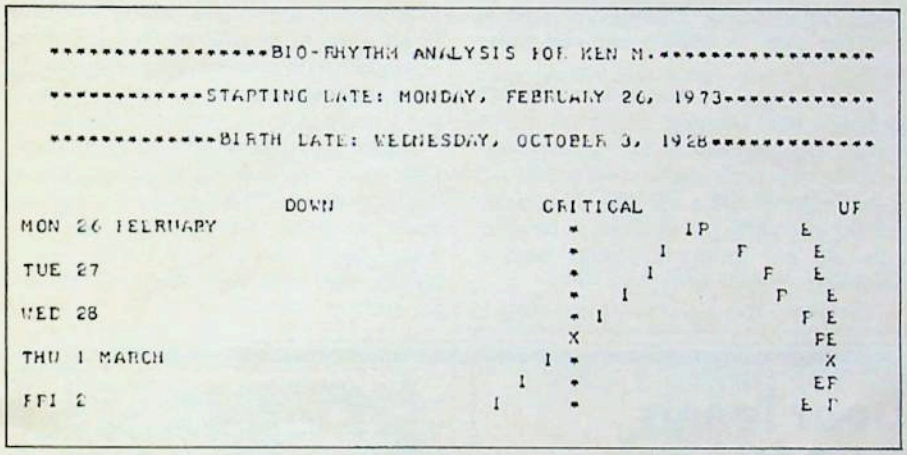
Wouldn't you like to know who will win the Nationals ahead of time? ●



Ken. Ken was skiing at Mammoth. On Wednesday, the 28th in 1973 he had an accident which resulted in a bad fracture of his right hip. He is still intermittently on crutches and will never recover the complete use of his right leg. The "I" or intellectual cycle crosses the critical line on the day of the accident.

Your Prescription For Fitness

Text continued from page 30

IF YOU'RE ILL OR INJURED

You should stop or modify your activity if you're ill or injured. "Working it off" is not a wise way to deal with these problems. You may cause yourself more problems than you initially had. Any persistent illness or injury should be brought to the attention of your physician.

BEFORE YOU BEGIN

Before you begin any activity program it is suggested that you consult with your doctor, and if you're over 35 years of age you should request a resting EKG. If you're interested in having your fitness evaluated, many health clubs and organizations are now performing the tests talked about earlier in the article. I suggest most of you go through this testing. You will not only know exactly where you are, but you will know where you are going.

– Go Slow. Your fat and flab took years to accumulate and will not disappear overnight.

– Keep In Tune With Your Body. Don't push yourself beyond comfortable limits, but don't quit at the first sign of perspiration either.

– Be Cautious And Skeptical Of Rapid Weight Loss Diets Or Claims Of Effortless Exercise Claims. The body wasn't designed to work that way.

– Wear Comfortable Clothing. Avoid plastic sweat suits or anything that restricts your body's natural cooling mechanism.

– Most importantly, HAVE FUN. Through years of experience I've found this to be the most important aspect. You see, if you're not enjoying yourself, you'll eventually give it up. Try to find those activities that you enjoy, but will still fill your prescription. ○

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Ann Kiyomura

Text continued from page 13

"There's so much pressure from myself, not from anyone else. I know I have to win to earn money, and it's not always easy to push myself each time. Everyone gets a little weary now and then."

You'd never know it watching this skilled, polished competitor. Whacking the ball squarely down the line, leaping for impossible lobs, rushing the net, and running down each shot, Ann Kiyomura is someone not to be trifled with on the court.

Away from the net, hair unbraided, and sporting chic apparel, her Oriental looks and charm are unmistakable. Easily "Miss Congeniality" of any tour, people find her easy to talk to and fun to be with.

"I don't look at myself as a difficult person," she explains. "I don't make waves. I'm basically a calm person who tends to help people with their problems. I always seem to be the one they come to. I try to work out my own problems, although my mother's always been a great help."

Certainly the Kiyomuras are instrumental in Ann's achievements, as well as their eldest daughter, who earned the title of Hawaiian State Open Champion. Such competitiveness must run in the family, as Mrs. Kiyomura herself was ranked No. 3 in Japan during World War II, and Mr. Kiyomura is presently a part-time tennis coach. "My mom encouraged us to play tennis and also to learn the piano. It's a wonderful hobby and very much a part of me."

Tennis, being Ann's "other" hobby, will continue to dominate her life for the next few years. "People ask me when I'm going to stop playing, settle down, raise a family. I take each day as it comes. And the days run into months, and the years into other years. Maybe tomorrow I'll break a leg and then my career will be all over."

For now the spunky pro will concentrate on improving her singles game, and regaining her self-confidence. Admitting that playing tennis and having a professional career "is a lesson in learning to contend with loneliness," Kiyomura nevertheless will push on until she feels she's ready to try a different avenue.

Sparkling, peppy, and successful, the Californian still looks forward to brighter days on court. "You know I never sat down to think whether I'm happy or not. I never like to look back. There's always the next day. And you always get another chance." ○

Dear Tennis Parents:

Text continued from page 13

the door her first words were, "you're going to be mad at me." She then explained that she had lost. I sat her down and said something like: "Mita, I love you. I could never be mad or even disappointed when you lose a tennis match. I know you tried as hard as you could and that is all I ever ask. When you win I win with you, and when you lose I lose with you. If you do lose, I must realize it is because I have not prepared you well enough. We both feel you can be the best in the world. It is my job to get you there. Mad at you, no way."

After losing to Mihai, Marita worried about what I was going to say. Somewhere in our relationship I had failed as a coach and friend. She should have known that we could discuss the loss openly to learn from it.

We need to give our kids confidence. Real confidence, not false hope. We believe in them and they should know it. They must know we love them, win or lose. Don't assume they know this just because they are "your kids." If we believe in them they will believe in themselves. If they believe in themselves they will play positively. This means attacking the ball and playing loose. The positive player plays the crucial points better than the opponent as there is less fear and nervousness. The positive player becomes winner and has fun. What is more important than that?

Support your son or daughter as best you can. Everything you do is out of love. They will have to play the match by themselves, however. Prepare them for that. Help your child be positive. Let your child do the talking for him or her self. They are capable of setting up their own practice matches. Let them do it. It will mean more to them if they do. If there are any questions to be asked of the coach, let the player ask them. The answer will mean more. The player wins or loses, you don't. Let the player practice and take the lessons.

These are children not adults. They are novices in the tennis world, not professional athletes. One of my jobs with the Friars is that of team psychologist. I keep the players happy, win or lose. I teach them to be positive people on and off the court. I do it because I love them as people. My basic coaching philosophy is love. Yours as tennis parents MUST be the same. Please don't assume that it is, but instead, work at it. ○

Letters

Text continued from page 4

presently planning to build a number of racquetball courts in central Pennsylvania and would appreciate receiving your magazine and any information you might have concerning the construction or financing of racquetball courts.

D.B. Corneal
Pennsylvania

My husband and I thoroughly enjoy your magazine, and we are particularly delighted with your coverage of badminton. Please keep up the good work — perhaps some feature articles on prominent players, etc.

Enclosed is our check for a two year subscription.

Sincerely,
Cheryl Carton

The last issue I saw had Marita Redondo on the cover. Could you please start my subscription with the issue following that? Thanks very much.

I wrote the racquetball book with Steve Strandemo and I want to keep up with his articles, and also the news about tennis and racquetball.

Sincerely,
Bill Bruns

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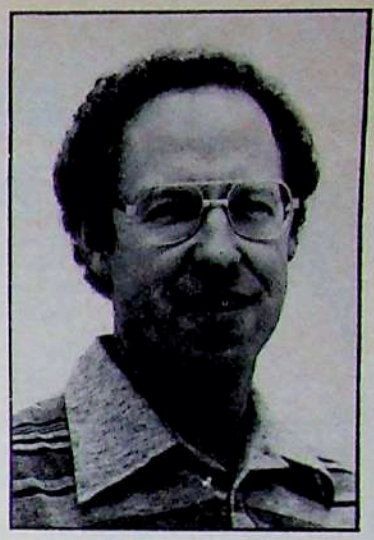

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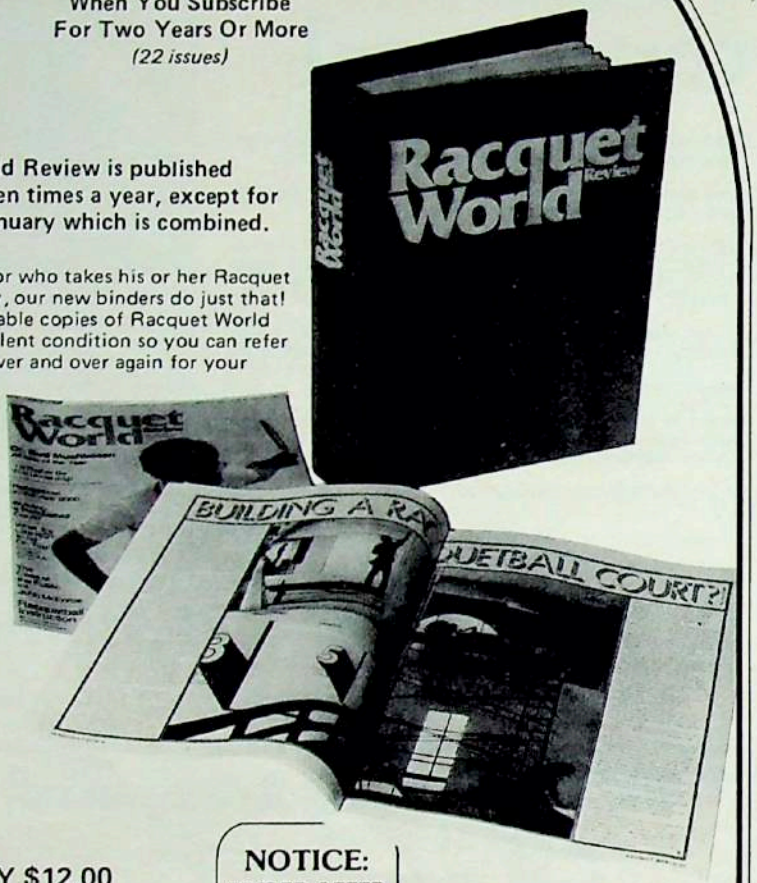

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Soleful News

Text continued from page 36

because after many years in the shoe business I have learned that no one really has a normal foot, we only pretend that our feet are "normal" because we do not believe that anyone will take the time or trouble to properly fit us in an athletic shoe. Everyone has some problem, like a tendency to blister, an ill placed corn, a bunion, a second toe longer than the "big" toe, a wide foot with a narrow heel, a high instep, or a nail that always seems to hit the wrong spot. If everyone were really normal, manufacturers would not go to such great lengths trying to capture a market share in wide or narrow shoes, because sizing is generally a very intentional shoe manufacturer's decision.

In the next issue we'll go through the maze, part two, as we try to recommend various shoes on the basis of quality, wear, and performance. My famous last words are, "Fit should come before anything else," and never let some sporting goods store clerk con you into believing that all you have to do is play in the shoes and they will magically become comfortable – it simply ain't true! If it hurts in the store (even if it does look real sharp) I guarantee that it will hurt even more when you play. Beware of stores that carry only one or two brands, with a limited selection, because when you ask for a recommendation, they will have to promote one of those brands, which may not be a good one for you. Finally, if the clerk cannot tell you in a believable fashion which shoes are narrow, wide, etc., then do try on six or eight different kinds until you really feel comfortable with one pair and the shoes yell, "Take me to the courts, I'm hot to play." See you next month racqueteers.

Rick Hertz is the president of Second Sole Inc., the developer of the Second Sole Resoling Process and a consultant to several major shoe companies.

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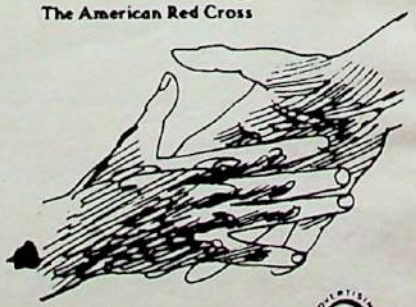

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