



OFFICIAL VOICE OF PRO-AM

RACQUETBALL

VOLUME 2, NUMBER 3, SEPTEMBER 1974

50c

U.S. Racquetball Assn.
Page 9

*(Below) Panorama of Tropicana Hotel
site of National Championships*

Instructionals
Pages 35-41



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NATIONAL RACQUETBALL

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FROM THE EDITOR . . .

This issue introduces the new United States Racquetball Association, its policies and positions, along with the same for the 1974-75 N.R.C. Pro-Am tour.

Much has happened politically in the past few months within the world of racquetball, and the only assured thing is that much more will occur in the upcoming weeks and months.

Since the International Racquetball Association's decision to inject itself into the pro racquetball arena, the N.R.C. has felt the rank and file amateurs have been ostracized from their own organization. This was a prime consideration in the information of the U.S. Racquetball Association. Now the amateur players will have a method by which their needs and desires can be attained.

The U.S.R.A. is strictly amateur. No player who has accepted prize money will be eligible for U.S.R.A. events. Membership in U.S.R.A. will include a free subscription to this publication as well as many other benefits. The dues are the usual \$3 for one year and \$7 for three years.

The National Racquetball Club, meanwhile, has achieved its goal of one Pro-Am tournament per month from September through April. Each of these will be a combination of professional and amateur tournaments for varying amounts of the prize money.

The tour opens in Oceanside, California, moves to Vancouver, British Columbia, on to Aurora, Illinois and then to Cleveland in the 1974 portion of it. At the first of the year, the tour resumes in Sunnyside, California, then to Minneapolis, Milwaukee and the grand finale, in Las Vegas in April. It truly is going to be a great racquetball season, and we have at the U.S.R.A. and N.R.C. hope that somewhere along the tournament trail we can do you a service.

The combined U.S.R.A.-N.R.C. rule book is now available, free of charge to all members of the U.S. Racquetball Association. Just write the U.S. Racquetball Association, 4101 Dempster St., Skokie, Illinois 60076.

We feel instructional portfolio in this issue is important for all racquetball players both from the preventive and healing sides of racquetball injuries. The only major injury that we have not discussed is the elbow, which will be the topic of greater detail in the next issue.

This portfolio is a combination of articles by a member of doctors who have worked with handball and racquetball players and observed the games. They have developed a keen understanding of the rigors through which one's body goes during a tough racquetball or handball match.

With this in mind they have written their articles in order for the average player to gain an understanding of just what happens to his body when his achilles tendon pops, or his knee gives out, or he gets hit in the eye by

the ball. And by understanding the injury, you can better prevent it.

Another instructional article deals with the avoidable hinder, a somewhat sensitive subject in racquetball circles, but a necessary one on which to expound.

With the great number of new players entering racquetball daily, many of them with little or no understanding of the subtleties of the game, this article deals with one rule which, when followed to the letter, avoids probably 50 per cent of all novice injuries.

This is one of the problems of the fantastic and rapid growth of racquetball, — the neophyte playing prior to understanding the game. And it is a problem that must be dealt with continually as the game grows.

And once again, let us invite you to attend and participate in the biggest racquetball event ever, — the Las Vegas Pro-Am National Championships, April 20-25, 1975. This issue carries all the appropriate entry forms and room reservation information for your convenience.

With over 600 entries expected for the Las Vegas Classic, we urge you to make your travel and lodging plans well in advance. And we hope to see you there!

Need A Rule Book?

The new U.S. Racquetball Association-National Racquetball Club rule book is now available free of charge to all U.S.R.A. members and National Racquetball Magazine subscribers.

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New Season Promises To Be Greatest Ever

By Joe Ardito

We are tremendously optimistic about the upcoming season in racquetball, which the N.R.C. will kick-off with the first Pro-Am of the year, September 19-22 at Mel Gorham's Sport Center in Ocean-side, California. This season promises to be the biggest and best of all racquetball years, with every event leading up to and pointing toward the grand final, - The Pro-Am National Championships in Las Vegas, April 20-25, 1975.

With just small advance announcements, the Las Vegas interest has been so great that we can hardly imagine what the response will be when the ball really gets rolling. The five glass-backed courts at the Tropicana will be constantly in use, as will the eight courts at the University of Nevada at Las Vegas.

The United States Racquetball Association makes its debut this month with a number of tournaments, including the West Coast Regional event at the Los Angeles Athletic Club, the Mid-West Invitational Singles and the Oceanside Pro-Am. In all amateur events, either in co-ordination with N.R.C. tournaments or on their own, the U.S.R.A. will grant sanctioning, as long as those participating in the amateur brackets are not competing for prize money.

In the U.S.R.A. we feel we have formed a viable, amateur racquetball organization that will meet the needs of the amateur players across the nation. It is about time to draw the line between professional and amateur play in this rapidly growing sport, and the U.S.R.A. does this. We do not feel it is fair for regular amateur players to have to compete against the prize money

and contract professionals, unless, of course they want to. The U.S.R.A. offers the amateurs their choice.

Women's events in both the N.R.C. and U.S.R.A. will continue to be pro-am although there will definitely be small amounts of prize money awarded in some of these tournaments. However, the ladies' players have not reached the point of being able to make a living on their racquetball exploits and until they do reach this point, there will be no distinction made between a pros and amateurs among the females.

By awarding some prize money to the gals, however, we feel that the road is slowly being built toward a full-fledged women's professional tour. The top women deserve this consideration and we are happy to provide the beginnings.

The exciting tournament season lined up by both the N.R.C. and U.S.R.A. is indeed, another sign of bold intentions of these organizations. We hope to deliver a truly national flavor to the tours, and feel this has been accomplished by those hosts who have been working with us.

For those of you who have visited or played at these clubs, you know what a great time will be had for all. For you players who will be making your first stop at these places, - what a treat you have coming. Oceanside, Vancouver, Aurora, Cleveland, Sunnyvale, Minneapolis, Milwaukee and Las Vegas. What a line-up!

Television is one of the utmost things on the minds of the U.S.R.A. and N.R.C. in our hopes of getting the National Championships televised on one of the major networks. These efforts are being co-



ARDITO

ordinated by Jim Jacobs, long time handball champion and present fight film promoter. Jim has close contacts with both ABC-TV's Wide World of Sports and CBS's Sports Spectacular. He has made all the necessary preliminary arrangements and a meeting early this month between Jim, Bob Kendler and the television networks will iron out all of the details.

In our next issue of NATIONAL RACQUETBALL we will have the final word on the TV coverage of the Las Vegas events. Our fingers are crossed and we are optimistic at this point. Won't it be something to sit back and watch the greatest matches ever to take place right in our living rooms?

The courts at the Tropicana are presently being remodeled to insert a glass panel in the front wall of championship court number five to enable the cameras to take front angle shots as well as from behind the back wall. We have been careful to not make any visual hindrances for the players, yet still allow the best coverage possible for the media.

Speaking of the Las Vegas Classic, let me again urge all participants to make your arrangements far in advance. We expect a multitude of entrants and to make it easier for us to assure your total comfort, and for you to have as little trouble as possible in arriving, staying and leaving the tournament, please make your reservations early.

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N. R. C. PRO-AM SCHEDULE

Date	City	Site	Prize Money
September 19-22	Oceanside, Calif.	Gorham's Sport Center	\$4,600
October 24-27	Vancouver, B.C., Canada	M.A.R.C.	\$4,000
November 14-17	Aurora, Illinois	Y.M.C.A.	\$5,000
December 12-15	Cleveland	Executive Club	\$4,000
January 16-19	Sunnyvale, Calif.	Supreme Court	\$5,000
February 13-16	Minneapolis	The Court House	\$5,000
March 13-16	Milwaukee	Milwaukee HB/RB Club	\$5,000
April 20-25	Las Vegas	Tropicana Hotel/ Univ. of Nevada	\$15,000

Eight Cities Highlight 1974-75 N. R. C. Pro Tour

Oceanside! Vancouver! Aurora! Cleveland! Sunnyvale! Minneapolis! Milwaukee! Las Vegas! That's the lineup for the coming 1974-75 N.R.C. Pro-Am tournament season, one that promises to be the biggest and the best in N.R.C. history.

And what's more, the N.R.C. policy of both professional and amateur play in its events still holds true, — anybody can compete in an N.R.C. tournament. If you are an amateur, you can compete in our strictly amateur brackets, sanctioned by the new U. S. Racquetball Association. If you are amateur, and you want to test your skills against the top players in the world, you can enter against the pros, with no risk to your amateur standings.

If you are shooting for prize money, then the pro bracket is definitely for you. You do not have to be under contract with the N.R.C. to win prize money, — same as last year. If you play in any other pro tournament, not sanctioned by the N.R.C., you are still eligible for N.R.C. prize money. There are no restrictions on the N.R.C. tour.

And if you're a female player, there is the women's open bracket in almost all N.R.C. Pro-Am's, including prize money in some of them. So there's room for everyone in the N.R.C., men and women, pro and amateur.

The first event on the pro-am schedule is Oceanside, California where the Mel Gorham Sport Center

hosts our initial tournament, September 19-22. The pro-am event will be staged in co-ordination with the U.S.R.A.-sanctioned California State Championships. There will be \$4,000 prize money in the Pro singles bracket and \$600 prize money in the women's singles. All other events will be for California State titles.

There will be a multitude of amateur brackets, so please read the entry form in this issue (page 19).

Gorham's Oceanside club, with its eight courts and one with a full glass back wall make the tournament exciting and well-viewed. It will be a great one!

Following the N.R.C.'s goal of one tournament per month up to and including the Pro-Am national championships in April, the October tournament will be in beautiful Vancouver, British Columbia. There our Canadian hosts Herb Capozzi and his Men's Athletic Recreation Center (M. A. R. C.) will welcome pros and amateurs alike with hospitality second to none.

The tournament is being co-sponsored by LaBatt's Brewing Company and will be held in conjunction with the M. A. R. C.'s annual British Columbia Open. As in Oceanside, there will be a separate professional singles bracket with prize money of \$4,000 in pro singles, as well as many amateur and Canadian Closed brackets that are detailed on the entry form (page 30).

The dates for this tournament are

October 24-27.

November will mark the N.R.C.'s first \$5,000 tournament of the year at the Aurora, Illinois Y.M.C.A., well known for its outstanding glass court that seats upwards of 600 spectators. The Aurora Y was the scene for one of the National Handball Club's Super Eight pro tours last season and met with great acceptance from all the players.

There are eight courts at the Aurora facility, including the glass court with glass in both side walls, lower and upper decks, and in the back wall.

Jim Stotz is our experienced tournament chairman, having run the Illinois State singles championships and the Pro handball event there in the last year.

Prize money will be \$4,500 in Professional Men's singles and \$500 in the women's open. There will also be consolation in all events except the pro singles.

The Aurora tournament is November 14-17 and you will find an entry form on page 42.

In December the N.R.C. Pro-Am tour moves farther east to the Executive Club in Cleveland, Ohio. Owner John Leech has put together a \$4,000 tournament for the Pro singles bracket and will add other amateur events as well. It will be the first visit of the pros to the Cleveland area and they can be sure to be well received.

The dates for Cleveland are De-

cember 12-15.

And that will end the 1974 portion of the N. R. C.'s pro-am tournament tour. The 1975 events will be just as great, starting off with another \$5,000 tournament in Sunnyvale, California at the Supreme Court Sports Center. And there will be a new twist to the prize money in Sunnyvale, with \$4,000 in pro singles and an additional \$1,000 in pro doubles. All other brackets will be strictly amateur.

The dates will be the 16th-19th of January and there will be entry forms in upcoming issues of NATIONAL RACQUETBALL magazine.

azine.

February will bring the tour to Minneapolis, where Malin Greenberg welcomes the pros and amateurs to his club, The Court House, with eight courts, including one with glass in the upper side walls. And, although it may be cold outside in the Twin Cities, February 13-16, the play, we are sure, will be hot.

And then we continue to build upward toward the big one. The next stop is Milwaukee, site of the most successful pro racquetball event of all time. And Art Patch, Hal Raether

and the other members of the Milwaukee Handball/Racquetball Club have vowed to make this year's event better than last.

The six Milwaukee courts will be sizzling with pro-am play the weekend of March 13-16, 1975. And the play will be outstanding as the pro and amateur players tune their game for the grand finale of the 1974-75 N. R. C. — U.S.R.A. racquetball season, — the Las Vegas Pro-Am Championships April 20-25, 1975.

We at the N. R. C. and U. S. R. A. hope to see you along the pro-am tournament trail this season.

Strictly-Amateur United States Racquetball Association Formed

Reason number one: There is no longer a strictly amateur national racquetball organization. Reason number two: With more and more professional play, the amateurs deserve an organization of their own, without pro competition. Reason number three: Much more needs to be done among junior, intercollegiate, women, and other divisions of play, not just the top pros. Reason number four: Racquetball needs the promotion and media coverage that only the resources of the U.S.R.A. can achieve. Reason number five: Players who enjoy racquetball strictly for the competitive and healthful incentives deserve an organization devoted to their needs.

These are but a few of the general reasons why Bob Kendler has formed the United States Racquetball Association, which will be headquartered at 4101 Dempster Street, Skokie, Illinois.

"It's about time we got the amateur organization back on the right track," said Kendler. **"There are just too many things not getting done in amateur racquetball."**

And so, the U.S. Racquetball Association is born and the first item on the agenda is regional tournaments.

"We're going to start at the top and work our way down," said Kendler. **"We've got the U.S.R.A. National Championships in Las Vegas and now we're setting up U.S.R.A. regionals to complement them."**

It will be U.S.R.A. policy to send the winners in open singles and open doubles to the National Championships every year. So winners in this year's U.S.R.A. regionals will be receiving a trip to the Las Vegas tournament.

Another virtue of the U.S.R.A. is that it is strictly amateur.

Of course, if an event is co-

sponsored by U.S.R.A. and the N.R.C., pros will be allowed to play in the N.R.C. brackets.

"There is no doubt that there are a number of players playing and engaging in racquetball, not only for a profit," said Kendler, **"but for their primary source of income. In my opinion, and it will**

Continued on page 15

The Reasons Why

One of the key reasons for the formation of the U.S. Racquetball Association was the unfortunate decision on the part of the formerly strictly amateur, non-profit International Racquetball Association.

The I.R.A., formed on this basis, has done the following things, that have made it our obligation to restore pure amateurism to the racquetball world.

- Signed professional players to professional contracts to play for the I.R.A.
- Guaranteed these players \$6,000 each in prize money
- Paid these players \$2,000 each cash as bonus for signing
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- These players do not have to win this money. It is guaranteed.
- Did this without prior Board of Directors approval.
- Did this without informing or discussing it with the membership
- Banned their pro players from competing in other pro events
- Banned players who participate in other pro events from their tournaments.

It is our feeling that if you join an organization dedicated to amateur racquetball, that organization is obligated to promote and work on the behalf of all amateurs. That is the policy and resolution of the U.S.R.A.

We welcome your comments!

'Those Racqueteers Muscle in on Courts, Irking Handballers'

By G. Christian Hill, Staff Reporter

HOLLYWOOD — At the YMCA here, a squat, powerfully built handball player glowers through a small glass window at two men batting a soft rubber ball around an indoor court with strange-looking sawed-off racquets. "Swine," he mutters, and moves away.

Elsewhere in the Y, a man holding one of the racquets is yelling at Mark Quincy, the court manager, complaining about being kicked off a court by a couple of handball players. "It's just not fair," he shouts. Sighing, Mr. Quincy says: "You don't understand what I'm up against. There's so much hostility here . . ."

Mr. Quincy and the Hollywood Y are embroiled in a dispute that resembles in a farcical way the range war between cattlemen and sheepherders in the Old West. In this case, it is the venerable sport of handball defending its turf, the nation's athletic-club courts, from the invasion of a new crew of sportsmen, the racquetball players. Although the latter use a different kind of ball as well as a racquet, the two games are played the same way — and on the same courts.

Like the cattlemen, the handball buffs are having to give ground. Although racquetball has been played here and there since 1949, its impetus came only six years ago with the founding of the International Racquetball Association and the introduction of improved equipment. Now racquetball players are practically inundating the nation's courts.

The Fight for Space

By some estimates, there are 50,000 players. In San Diego County, there were only a handful in 1968; today, court owners figure that at least 10,000 players are fighting for space on slightly more than 100 courts there. In the Midwest, long a handball stronghold, racquetball now accounts for as much as 95% of the play at some of the court clubs open to both sports. The new Court House Club in Northbrook, Ill., opened eight months ago and already has 1,800 members, 90% of them racquetballers willing

to pay up to \$8 an hour for court time.

Tom Sattler, a physical-education professor at the University of Illinois who has studied the popularity of racquetball and handball in different parts of the country, says that "racquetball is drowning handball" in most places. Equipment manufacturers would agree. Leach Industries of San Diego produced 15,000 racquets in fiscal 1972, now it is producing that many every month. Seamco of New Haven, Conn. turned out 84,000 balls in 1969. This year it expects to make about two million.

(Seamco, which until recently was the only ball maker, used substitute materials to compensate for a chemical shortage in 1973 and was immediately deluged with complaints about balls bursting in midflight or against the walls. Seamco had to suspend production for two months, sending racquetballers into a panic. Some were willing to pay a black-market price of \$5 for a ball that ordinarily sells for \$1.25.)

As racquetball's popularity grows, friction between its adherents and handball players continues. The latter tend to sneer at racquetball as a sissy sport and view handball as a holy thing. Bob Kendler, president of the U.S. Handball Association, once characterized that sport as "a crusade to make America fit to fight and stand off those bearded baboons who have created so much turmoil in our good land."

But that was before the top racquetball players formed their association and persuaded Mr. Kendler to head that group along with the handball association. Since then, Mr. Kendler has allowed that "the racquetball player is just as much an American citizen as the handball player." His position on racquetball, however, set off what he calls "an explosion" of protests from handballers, who felt that his actions smack of treason.

A Split in the Ranks

Mr. Kendler split with the International Racquetball Association last year to form a rival organization, the

National Racquetball Club, which sponsors a professional tour for top-ranked racquetballers. Four tournaments have been played to date, with the winners getting \$900 to \$1,500 for a weekend's play. Mr. Kendler acknowledges that so far the club has "lost its shirt" i.e., about \$56,000 on the tour but hopes to recoup in future events, including a national pro-am tourney at the Tropicana Hotel in Las Vegas next April.

The International Racquetball Association, which last year allowed the National Racquetball Club's pros to play in its tournaments, held its open national singles competition in June. Bill Schmidtke, a court-club manager in Minneapolis, defeated reigning champion Charles Brumfield, a bearded San Diego attorney, in the semifinals and defeated Steve Serot, an 18-year-old St. Louis high-school student, in the finals to take the title as best racquetballer in the country.

As far as the rivalry between handball and racquetball is concerned, the most celebrated competition came in 1972. That's when Dr. Bud Muehleisen, a San Diego dentist and pioneer racquetball player, met the reigning king of handball, the hot-tempered, hard-drinking Paul Haber. The grudge match was billed as "Mr. Clean Meets the Devil." Nothing was settled. Mr. Haber narrowly won that contest but was defeated in a later rematch. (In such a match, each competitor plays his own game. That is, Dr. Muehleisen used his racquet and Mr. Haber his hand. However, they used a handball, which is harder and smaller than a racquetball.)

The intense rivalry between the two groups of sportsmen goes on at all levels. Racquetballers giving exhibitions at athletic clubs have been jeered and hooted by handballers, and others who have shown up at various clubs seeking a court have been ejected by employees who fear the reaction of handball-playing members.

Continued on page 29

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WE, THE UNDERSIGNED, HEREBY GUARANTEE, FOR THE LIFE OF YOUR BUILDING IN WHICH THEY ARE INSTALLED, THE USE OF _____ COURTS, CONSTRUCTED IN ACCORDANCE WITH COURT SYSTEMS, AS DEVELOPED BY D. B. FRAMPTON COMPANY OF COLUMBUS, OHIO AND INSTALLED BY _____; PROVIDED, HOWEVER, THAT PROPER CARE AND MAINTENANCE MUST BE OBSERVED AND CONTROLLED, AND ADEQUATE CIRCULATION, FREE FROM MOISTURE OR PRECIPITATION BE MAINTAINED; SUBJECT, NEVERTHELESS TO ACTS OF GOD OR OTHER HAZARDS AND CASUALTIES BEYOND THE SCOPE OF MAN.

VERY TRULY YOURS,

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PRESIDENT
D. B. FRAMPTON & COMPANY



You and/or your Architect will be greatly interested in our latest brochure... "The Frampton "F-62-SP" Panel Court System." Full of facts, drawings and specifications. Send for it today.



D. B. FRAMPTON & COMPANY

33 South James Road • Columbus, Ohio 43213 • Phone 614-239-9944

Plans Move Ahead For Las Vegas Nationals

Plans and arrangements are going forward for the biggest racquetball event in history, — the Las Vegas Pro-Am Racquetball Championships, April 20-25, 1975.

As you avid racquetball fans know, the event will be held at the Tropicana Hotel's five courts and the University of Nevada at Las Vegas's eight courts.

There will be events and championships in every bracket, from juniors to Golden Masters, singles and doubles, men and women, pros and amateurs. A 1974-75 Professional National Champion will be crowned and awarded \$5,000 first place. The title of 1974-75 Amateur National Champion will also be awarded, as well as Women's National Champion, and titles in all other brackets.

There will be open doubles, seniors (35 and over) singles and doubles, masters (45 and over) singles and doubles, Golden masters (55 and over) singles and doubles and women's doubles in addition to the open events. And, depending on the number of entries, we are planning consolation brackets in all singles events, except the professionals.

So there will be plenty of "action" on the racquetball courts in Vegas, as well as many other places in town.

Gordie Pfeifer, one of the top eight handball players in the world, has been overseeing the Las Vegas event, along with the Las Vegas Handball Classic, April 13-18, making the two weeks the greatest combined court sports affair in history.

And there's also a chance that Bobby Riggs of women's tennis fame, will pit his racquetball skills against one or more female racquetballers, for as they say, all the marbles.

Will Bobby Riggs answer the challenge? We're not sure, but Mr. Riggs has been offered a match against one of the top women racquetballers at the Vegas Nationals. Now, it's up to him.

Robert Laurion, Marketing and Sales manager at the Tropicana has been giving the N.R.C. and U.S.R.A. great support and cooperation in planning this event as has the Las Vegas Convention bureau and the University of Nevada.

"Everyone has done a superior job so far," said Bob Kendler, president of the N.R.C. "I couldn't be more delighted at the way the Las Vegas Classics are progressing. It's been a lot of hard work, and it will take that much more, but it will be worth it."

It will certainly be worth it for the professional players, who will be competing for an estimated \$15,000 total prize money pot. Although the definite numbers and breakdown are not certain yet, Kendler has assured the promoters of some details.

"First place in the Professional singles bracket will be worth \$5,000," he said. "And the rest of the breakdown will be equally generous. We plan to put some money into the women's singles, as well, which should add more excitement to that bracket."

We urge all players, associations, and groups who are planning to attend the Las Vegas Racquetball Classic to make your travel and lodging arrangements far in advance.

"Knowing the general Las Vegas tourism problem," said N.R.C. National Director Chuck Leve, "I encourage everybody to make reservations early. There could be as many as 600 or 700 entries."

For the players's convenience, the room reservations at the Tropicana are being handled exclusively through the N.R.C. Travel arrangements must be made by the player.

Another exciting development in Las Vegas will be manufacturers product display booths, where each

Continued on page 15



Official
Las Vegas Entry
U.S.R.A.-N.R.C. Pro-Am
National Championships

SITE: Tropicana Racquet Club and University of Nevada at Las Vegas.

FACILITIES: 13 indoor, four-wall courts.

DATES: April 20-25, 1975.

ENTRY FEE: \$25 per person for first event. If player enters second event, that event is \$15. PRO SINGLES - \$50 (\$25 of which goes directly into prize money).

SANCTION: By the National Racquetball Club (N. R. C.) and U. S. Racquetball Assn. (U. S. R. A.).

OFFICIAL BALL: Seamco 559 (green).

RULES: U. S. R. A. — N. R. C. rules and regulations apply. If two events entered, players may have back to back matches.

TROPHIES: To first four places in each event. First place in consolation.

ENTRY DEADLINE: In our possession by 6 p. m. April 10, 1975. Prescribed fee must accompany signed entry form. Entries received after the deadline or unsigned, or without the fee will not be accepted. Open doubles deadline, 6 p. m. April 21, 1975.

MAIL ENTRIES: Las Vegas Racquetball Classic,
4101 Dempster St.,
Skokie, Illinois 60076.
Check must accompany signed entry form.

Please enter me in:

AMATEUR OPEN SINGLES	()	GOLDEN MASTER SINGLES	()	MASTER DOUBLES	()
PRO SINGLES	()	LADIES SINGLES	()	GOLDEN MASTER DOUBLES	()
SENIOR SINGLES	()	OPEN DOUBLES	()	LADIES DOUBLES	()
MASTER SINGLES	()	SENIOR DOUBLES	()		

Consolation in all amateur singles events.

NAME _____ AGE _____ CLUB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

NAME OF DOUBLES PARTNER _____ AGE _____ CLUB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the U.S. Racquetball Assn. or National Racquetball Club, their respective agents, or any facility used for this tournament, for any and all injuries which may be suffered by me in connection with my competition in said tournament.

SIGNATURE _____ PH. _____

PARTNER'S SIGNATURE _____ PH. _____

HOUSING INFORMATION AVAILABLE
BOOK EARLY

Make checks payable to:
Las Vegas Racquetball Classic
Same must accompany entry.

LAS VEGAS NATIONAL CLASSICS

Package Advertising

25th Anniversary United States Handball Association-
National Handball Club — April 13-18, 1975

United States Racquetball Association-
National Racquetball Club — April 20-25, 1975

— Advertising can include: Souvenir Handball Magazine Yearbook; Souvenir Pro-Am Racquetball Magazine Yearbook; National Handball Club Pro Tour Program; National Racquetball Club Pro Tour Program.

() CENTER TWO-PAGE SPREAD.

All 4 publications.
10 reserved \$100 seats for either tournament.
10 souvenir T-shirts for either tournament.
Can include up to 4 colors.
10x10 products booth for either tournament
(nominal extra fee if used for both).

\$5,000

Total Value — \$10,000

() INSIDE FRONT COVER, OR BACK COVER

All 4 publications.
8 reserved \$100 seats for either tournament.
8 souvenir T-shirts for either tournament.
Can include up to 4 colors.
10x10 products booth for either tournament
(nominal extra fee if used for both).

\$2,000

Total Value — \$5,000

() INSIDE FULL PAGE

All 4 publications.
4 reserved \$100 seats for either tournament.
4 souvenir T-shirts for either tournament.
\$50 for each additional color.

\$1,000

Total Value — \$2,000

() INSIDE HALF PAGE

All 4 publications or one souvenir yearbook.
2 reserved \$100 seats for either tournament.
2 souvenir T-shirts for either tournament.
\$50 for each additional color.
(one Souvenir Yearbook)

\$800

\$500

Total Value — \$1,500

() INSIDE QUARTER PAGE

All 4 publications or 1 Souvenir Yearbook.
2 reserved \$50 seats for either tournament.
1 souvenir T-shirt for either tournament.
\$50 for each additional color.
(one souvenir Yearbook).

\$400

\$250

Total Value — \$750

() INSIDE ONE-EIGHTH PAGE

All 4 publications or 1 Souvenir Yearbook.
1 reserved \$50 seat for either tournament.
1 souvenir T-shirt for either tournament
(one Souvenir Yearbook).

\$200

\$250

() INSIDE ONE-SIXTEENTH PAGE

All 4 publications or 1 Souvenir Yearbook.
1 reserved \$30 seat.
1 souvenir T-shirt for either tournament.
(one Souvenir Yearbook).

\$150

\$100

() SPONSORSHIP DOUBLE-PAGE SPREAD.

All 4 publications. One line includes name, city,
four-word maximum
Grouped under attractive sponsorship heading.
(each)

\$25

Please insert _____ ad. Amount _____

Name _____ Firm Name _____

(please print)

Address _____ City _____ State _____ Zip _____

Phone _____ Signature _____

Please insert desired copy. Make all checks or money orders payable to:

LAS VEGAS RACQUETBALL CLASSIC,
4101 Dempster St., Skokie, IL 60076.
Phone — Area Code 312. 673 4000.

Receipt:

From: Las Vegas Racquetball Classic

Amt. Received _____

By: _____

U. S. Racquetball Association Formed

(Continued from page 9)

be the policy of the U.S.R.A., these players are as professional as any players in any sport.

These players, by getting paid to play, have an unfair advantage over people who hold regular jobs, and the latter deserve the right to participate in a strictly amateur event."

Another feature of the U.S.R.A. is a life insurance program for members. By joining the U.S.R.A. (\$3 per year, \$7 for three years) a player becomes eligible for our group insurance program. More details on this program will be available in the next issue of NATIONAL RACQUETBALL MAGAZINE.

Other benefits of U.S.R.A. membership include a free subscription to NATIONAL RACQUETBALL magazine for the duration of your membership. NATIONAL RACQUETBALL, the official voice of pro-am racquetball, will continue to give the best in racquetball news, events and instructional articles.

Here are some of the benefits to be derived from a membership in the U. S. Racquetball Association:

- Free subscription to NATIONAL RACQUETBALL Magazine.
- Eligibility for all U.S.R.A. events
- Eligibility for U.S.R.A. life insurance

If you host a U.S.R.A. tournament you can receive:

- Free scorecards
- Free rule books
- Free draw sheets
- Free trophies

The U.S. Racquetball Association is:

- 100% amateur, no U.S.R.A. tournament will award prize money, nor will professional players be eligible for the U.S.R.A. National Championships.
- Working for the promotion and betterment of amateur racquetball
- Working for the addition of facilities
- Working for the improvement of racquetball equipment

Las Vegas Championships

(Continued from page 12)

company can display their wares.

"We have been receiving a number of inquiries from manufacturers," said Pfeifer. "And we expect all of the major names in gloves, racquets and balls to be there."

This issue of **NATIONAL RACQUETBALL** contains all the appropriate entry as well as other forms you will need to participate in the Las Vegas Classic. If any player has any other questions regarding this event, please feel free to call or contact the N.R.C.

"We'll see you in Vegas!"

OFFICIAL TROPICANA ROOM RESERVATION

There are 250 rooms available for the April 20-25 25th Anniversary Classic at the Tropicana Hotel in Las Vegas. They will be reserved on a first come, first serve basis. We urge you to get your reservations in as soon as possible. All rates are at \$28 plus tax (total — \$29.68), double occupancy. In other words, two in a room would be approximately \$15 each day. Three in a room — \$6 additional, or approximately \$12 per day each.

At least \$50 deposit will be necessary to confirm these rooms. \$25 will be refundable if you cancel this reservation at least 90 days prior to the start of the tournament; \$25 non-refundable. This \$50 deposit will be applied toward your six day-five night stay.

25TH ANNIVERSARY CLASSIC
c/o N.R.C.
4101 Dempster St., Skokie, IL 60076

Please reserve, and confirm by return mail, () room(s) at the Tropicana Hotel, Las Vegas, for five nights, six days, April 20-25, 1975. The rates are understood to be \$29.68 per day, doubles occupancy, with \$25 of my \$50 refundable if reservation is cancelled at least 90 days before the April 20, 1975, start of the tournament. Three in a room at \$6 additional per day.

Enclosed is \$50 deposit. _____

Address _____

City _____ State _____ Zip _____

Make check or money order payable to: LAS VEGAS RACQUETBALL CLASSIC; Mail to: N.R.C., 4101 Dempster St., Skokie, IL 60076.

Name(s) PLEASE PRINT _____

The complete racquetball court system

by Powerlock...consultants • designers • manufacturers • installers

Panel-Master® court systems are complete down to the last detail — walls, floors, ceilings, doors, and lighting. Glass backwalls available. Approved by the N.R.C. and the I.R.A., Powerlock offers the broadest performance guarantee in the industry.

- ☐ uniform ball reaction
- ☐ maximum quietness in play
- ☐ excellent appearance . . . no open or uneven seams
- ☐ no warpage
- ☐ high durability — low maintenance



POWERLOCK SYSTEMS, INC.

590-RC Grove Road, Mid-Atlantic Park,
Thorofare, N.J. 08086 609/848-5330



POWERLOCK SYSTEMS, INC.
590-RC Grove Road, Mid-Atlantic Park,
Thorofare, N.J. 08086 609/848-5330
Attn: Sales Manager

Please send me more information on your
Panel-Master® Racquetball Court Lining System.

Project Name _____

No. Courts Planned _____ Bid Date _____ Installation date _____

Name & Title _____

Address _____

Telephone _____

LAS VEGAS NATIONAL CLASSICS

Products Booths — Reserved Seats for — 25th Anniversary United States Handball Association- National Handball Club — April 13-18, 1975 and/or United States Racquetball Association- National Racquetball Club — April 20-25, 1975

PRODUCTS BOOTHS RESERVATIONS: \$25 deposit must accompany reservation.

RESERVED SEAT RESERVATIONS: \$100, \$75, \$50, \$30. Full amount must accompany reservation.

Products Booths: Either 10' x 10', or 10' x 20'.

10' x 10' — \$250 for either handball or racquetball classics.
\$400 for both classics.

10' x 20' — \$450 for either handball or racquetball classics.
\$800 for both classics.

Please reserve 10' x 10' products booth () Handball;
() Racquetball; () for both Handball & Racquetball.

Please reserve 10' x 20' products booth () Handball;
() Racquetball; () for both Handball & Racquetball.

Reserved Seats in Court #5 (Championship Events Court) — First six rows — \$100 each; Next three rows — \$75 each; Next four rows — \$50 each; Next seven rows — \$30 each.

Reserved Seats in Court #3 (Will have some scheduled quarter-final and semi-final matches) — All seats — \$30 each.

Please reserve Handball Seats at
() \$100 each; () \$75 each; () \$50 each; () \$30 each.

Please reserve Racquetball Seats at
() \$100 each; () \$75 each; () \$50 each; () \$30 each.

() If all \$30 seats are taken I will take #3 Court reserved seats.

Name _____ Address _____
(please print)
City _____ State _____ Zip _____ Phone No. _____

Make all checks or money orders payable to:
Las Vegas Racquetball Classic
4101 Dempster st., Skokie, IL 60076
Phone — Area Code 312. 673 4000.

Receipt:

From: Las Vegas Racquetball Classic

Amt. Received _____
By: _____

From: *The Trib, Monday, July 29, 1974*

Kendler: handball's 'father'

There is a house on Dempster Street in Skokie. Really a business establishment, altho it resembles more a plantation mansion or a palace for sovereigns or lords.

In this house there works a man. His name is Bob Kendler. Age 69, snow-white pate, jolly and a bit jowly, generous of time, energy and money to a sport whose enthusiasts in the United States have long since surpassed the five million mark.

There are others in the chain of command at the same house on the same street in Skokie. Guys like Mort Leve and son Chuck, and Joe Ardito. And to make it one big happy family, Bob's sister runs the switchboard and greets visitors from her cubicle in the spacious and homey lobby.

But Bob Kendler is Father to them all. King of the Court, so to speak. And perhaps no greater love has any sport known that that which Kendler has professed daily — and more recently, three times a week — since he first batted the 'ol ball around on the top floor of a firebarn in his native Milwaukee nearly half a decade ago.

The sport is handball. And, since 1968, racquetball too. And tho he has been labeled in print as the "Great White Father" to both sports, nothing really gives the Lake Forest resident a bigger charge than to shuck the swivel rocker in his luxuriously appointed office for a pickup game at a local club.

When he has the time, that is.

"I remember when we first came out here," Kendler recalls. "We were the only building and there was prairie as far as the eye could see. That was 22 years ago. We owned all this land. Most of what you see now, we developed."

It is in his capacity as president of Community Builders, a Skokie-based developing firm, that Kendler acquired his wealth. He is presently heading 12 separate corporations and serves as president of four assorted handball and racquetball associations.

His net worth? One associate guessed in the tens of millions. And it wouldn't really be a factor in the story of Bob Kendler were it not for the fact that he almost single-handedly supported handball in its organized infancy — the early 1950s — after persuading the game's loyalists to spurn the Amateur Athletic Union for his newly formed U.S. Handball Association.

"The AAU had only one tournament a year," says fellow enthusiast Chuck Leve, who edits the U.S. Racquetball Association's bi-monthly publication. "They still only hold one tournament a year. So he (Kendler) made it possible for the players to get a little help here and there. He really upgraded the sport."

"As president of these associations, Bob doesn't want a salary. He put millions of his own dollars into the sports. It's only begun to show a profit in the last five or six years."

Before that, tho, there was a lot of backslapping, hand-shaking and promoting to be done, beginning in 1951, when Kendler lured 58 of handball's top 64 players to his Amateur Handball Union Championships. He even held the tournament on the same dates as the AAU meet.

"At first, Bob wasn't the spearhead," Leve says. "He didn't think he would be the president of the association once it got rolling. But all his peers said he was the one to do it, and he did."

He later formed the National Handball Club and, later still, the National Racquetball Club and the U.S. Racquetball Association. In the meantime, between guiding the associations and ruling his multi-million dollar developing firm, Kendler contracted with Ed Parker of Spalding to produce an official USHA handball.

"That was the turning point," recalls Leve. "He laid the groundwork for self-sufficiency. Let's face it . . . when he goes, his money goes too. He was far-sighted enough to work this out."

Kendler did the same with racquetballs and racquets in a never-ending battle for organization and promotion.

"There was a racquetball tournament in Milwaukee in 1968," Leve says. "They had a convention too, to figure out what to do with this great sport. The public eye was on racquet sports. What we had was handball played with a saw-ed off tennis racquet."

There were some spirited run-ins along the way with handball purists, who figured racquetball was merely a sissified version of their manly art. But thanks largely to the ameliorative efforts of Kendler, the soothing effect of a professional circuit for both sports, and the sympathetic acceptance of an active public, both sports are now moving forward hand in hand, if not handball in racquetball.

"It was a problem convincing facilities to let racquetball be played on handball courts," says Leve, who has persuaded an army of north suburban court clubs to allow equal time for both sports. "I tell them, 'no, the racquets do not hurt the wall; no, it's the hard handball that makes those black marks; yes, it'll be good for your club.' I've got those letters all memorized."

As proof of their peaceful co-existence, Kendler and associates have sheduled the national championships in both sports for consecutive weeks next April in Las Vegas.

"And be sure not to let out the secret of our colored balls," Kendler said, fondling a Day-Glo orange handball. "And don't tell anybody about our glass-enclosed portable court."

Such are the dreams of a man of dedication, money and true love for a sport. Dreams which, if Bob Kendler can squeeze any more time from a schedule that affords him precious little, will soon become reality.

1974 N.R.C. CALIFORNIA PRO-AM OPEN
SEPTEMBER 19-22
OCEANSIDE, CALIFORNIA

SITE: Mel Gorham's Sport Center, 1963 Apple St., Oceanside, Calif. 92054

Phone 714 — 433-1334

Tournament Chairman: Paul Haber

EVENTS:

- | | |
|---|---|
| ☐ Pro Singles (limit 32) | ☐ Senior Doubles |
| ☐ Pro Women's Singles | ☐ Masters (45 & over) Singles |
| ☐ Open Singles | ☐ Masters Doubles |
| ☐ Open Doubles | ☐ Golden Masters (55 & over) Singles |
| ☐ B Singles | ☐ Golden Masters Doubles |
| ☐ B Doubles | ☐ Women's Open Singles |
| ☐ C Singles | ☐ Women's Open Doubles |
| ☐ C Doubles | ☐ Women's Novice Singles |
| ☐ Senior (35 & over) Singles | ☐ Women's Novice Doubles |
| ☐ Juniors (17 & under) Singles | |

ENTRY FEE: Pro Singles-\$25. Pro Women's Singles-\$25. Junior Singles-\$7.50. All other amateur singles events-\$15. All doubles events-\$25 per team. Players may enter no more than two events. The tournament committee reserves the right to upgrade in bracket any player it feels has entered below his skill level. The tournament committee reserves the right to cancel any bracket in which less than six entries are returned. Entry fee also includes: hospitality, souvenir t-shirt, general admission ticket to first two days of tournament.

OFFICIAL BALL: Seamco 559 (green).

AWARDS: Professional Singles: \$4,000 prize money. Women's Open: \$600 prize money. Amateur Events: Trophies for first two places.

ENTRY DEADLINE: All entries must be received on or before September 14, 1974. No exceptions. All entry fees must accompany entry. Mail to: Mel Gorham's Sport Center, 1963 Apple St., Oceanside, Calif. 92054. Make checks payable to: Mel Gorham's Sport Center.

INFORMATION relative to starting times will be available Tuesday, September 17.

MARK above the event you wish to enter.

HOUSING: Royal Inn, 714 — 722-1821.

Name _____ Club/Y _____

(PLEASE PRINT)

Address _____ City _____ State _____

Tel. No. _____ Partner's Name _____

(PLEASE PRINT)

Continued Upswing in Court Club Boom

The second National Court Clubs Association Seminar-Meeting held May 17-19 at Storm Meadows in Steamboat Springs, Colorado, demonstrated vividly the intense interest and future growth taking place in Court Clubs. Last year in the organizational meeting held at the Chicago Marriott Hotel there were 95 in attendance. This year, despite a rather isolated location, we had 105 attend. To further service directly the Court Club owners/managers and at the same time continue to orientate those in the planning stages, a third get-together is planned for Oct. 4-6 in Chicago. (see page 54)

The No. 2 seminar-meeting booklet is now available (see application form) covering the tape recordings of the agenda.

Probably the most exciting development in the past year has been the amazing membership growth of the Court House, located in the Chicago suburban community of Northbrook. One of the club's owners, John Wineman, was a key speaker. Opening in late January of this year, the club had 1550 members for its eight-court facility, as of May 1. "We're not getting much beefing from members as yet because of our large numbers; when we do then action will be taken to alleviate any acute condition of lack of court time." The club originally operated 14 hours a day, now is open from 7 a.m. to midnight. Following the pattern set by most indoor tennis clubs, the Northbrook club blocks out some court time for a 40-week season. In other words, a member can reserve the same time, same day or days for that period of time, paying in advance.

A combination of several ingredients seems to have spurred on the Court House phenomenon: (1) Media income of over \$21,000 per family; (2) Large percentage of what we would term "second generation World War II" age families . . . husband-wife in the 25-40 age category with executive type income; (3) Blanket 30,000 mailing of brochure with attached coupon giving one free hour court time . . . in other words, "come in, play handball or racquetball as our guests". Wineman observes, "We gave away the first month of court time but it paid off in memberships. We go over 90% racquetball with the majority of the racquetballers never having played the game before. We have 350 women members." Add



CHECK LIST ON CLUB CONSTRUCTION . . . Rick Schliebe addresses seminar; athletic director of Denver A.C., also has lease on new Montebello Sporting House Court Club near City's Stapleton Airport. Seated at his right — Mel Gorham, first NCCA president, of San Diego.



THE NORTHBROOK, ILL. COURT HOUSE STORY . . . John Wineman, part owner suburban Chicago 8-court facility fabulously successful 1500-plus membership. To put it mildly much interest was aroused with the short four-month history of this Club.



GATHERING OF SEMINAR REGISTRANTS . . . Full Saturday agenda for those in attendance at Storm Meadows Complex in Steamboat Springs, Colorado. That's Tim Schliebe standing in back doorway with upcoming Summer instructional camp T-shirt at his right.

to this, the fact that the first introductory membership fee was only \$15 for men; \$10 for women; \$25 for the family. This membership, of course, merely entitles the member to rent court time. They were made aware that the regular membership fee, starting next September would be \$60 for men; \$40 for women.

The weekend got underway with a NCCA-hosted cocktail hour-dinner at the Gallery Restaurant. Guests were checked into the Storm Meadows condominium units after arrival by plane or automobile.

The official agenda got underway promptly at 9 a.m. Saturday with a yearly report by Mort Leve, covering both NCCA and Court Club developments. "The only stumbling block to the continued success of Court Club would be mounting construction costs and interest rates. These costs can only be sustained with increased membership fees and court rental time."

Tim Schliebe, athletic director at the Storm Meadows A.C., spoke on the resort area clubs. There are two courts at Storm Meadows. There is a permanent population of 5000 in Steamboat Springs with a weekly influx of 10,000-15,000 during the ski season. Tim brought out the fact that most residents of the area are very athletically inclined and so the percentage of potential handballers/racquetballers is quite high. There is a swimming pool, exercise room, sauna-steam-whirlpool included in a membership fee, with special rates to condominium owners/renters. "We could use another court in our operation . . . we find a lot of enthusiasm with tournament play."

Bill Fondren, marketing manager for Robbins Flooring of Memphis, gave a rundown on types of flooring and also spoke of the possibilities of the Dura-Wood laminated wall system that will be marketed on a limited basis.

Tony Boccaccio of Long Island, New York, spoke on the potential of his Court Club that will be built in that area and the need for such a facility in this suburban high population/media income area of Metro New York. The question in his mind is whether the feasibility calls for such additional facilities as swimming pool, gymnasium-workout room, in addition to the courts . . . and the type of gallery court that will prove most successful.

We are carrying a feature by Pete Tyson, handball coach-teacher of the University of Texas, in this issue, on the Fiberglass Reinforced Concrete, R2 represented by the Reese brothers and Ralph Smith, gave a full presentation of their product, and outlined the applications that this product has in connection with a durable finish on block construction.

Mel Gorham, president of NCCA, spoke of the multiple court clubs progression. He has gone from a six-court facility in San Diego, to eight at Oceanside, with ten now being built at Orange City. He has also worked closely with the Tucson A.C., now being opened. Discussions took place on financing, construction, and handling of membership.

Rich Schliebe, athletic director of the Denver A.C., will supervise the operation of

Rick Schliebe, athletic director of the Denver A.C., will supervise the operation of the new Montebello Sporting House near Denver's airport, a focal operation in a giant office, condominium development. Rick "sold" the developers on the need for a Court Club that will prove beneficial in drawing potential people to the development.

Ray Omholt, president of Powerlock, gave a full explanation on his panel type product, outlining its advantages as a guaranteed wall product, eliminating any danger of maintenance problems while at the same time affording an excellent playing surface.

The downtown type Court Club in the form of the Louisville Athletic Club, is now in full operation. Ken Porco, manager, and one of the leading racquetballers, gave a rundown on his particular type operation, constructed in a former hotel ball room, utilizing the World Court wall system.

There followed general discussions, a handicap handball/racquetball tournament at the Storm Meadows A.C. courts.

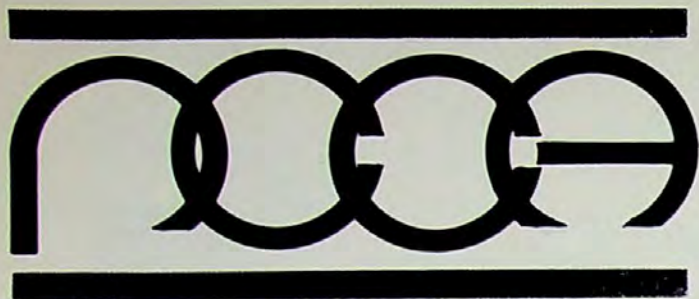


RUNDOWN ON '75 LAS VEGAS CLASSICS . . . Gordy Pfeifer, Tacoma, now full-time U.S. Handball Association rep. on West Coast, briefs assemblage on format for the 25th anniversary nationals next April. Seated is Bill Pilot, Rockford, Ill., and Mort Leve, standing at right.

The meeting-seminar concluded Sunday morning with further discussions . . . pro shop operations and products. Wally Bates of Curley-Bates, products distributors of Southern California, was most knowledgeable on the type of pro shop needed at Court Clubs and types of products most suitable. Announcement was made of the Court Club Directory that will be published in the Fall. Gordy Pfeifer outlined plans for the 1975 handball and racquetball national classics to be held in Las Vegas in 1975.

2nd Seminar Booklet Ready . . .

Full report of the Second National Court Clubs Association Seminar-Meeting, held May 17-19 at Steamboat Springs, Colorado, is now available in booklet form. This is a complete rundown, taken from tapes of the Saturday and Sunday morning agenda. \$10 to individuals through NCCA, 4101 Dempster st., Skokie, IL 60076. Make checks payable to: NCCA.



National Court Clubs Association
Meeting-Seminar, Oct. 4-6, 1974
at Flying Carpet Motel, Chicago (near O'Hare Field)

Separate all-day Saturday Seminars

1—Court Club owners/managers . . . products manufacturers.

- Managerial training procedures.
- Pro Shop Displays & Promotions.
- Billing Feasibility Studies.
- Purchase of supplies.
- Exchange of Operating experiences.
- Future promotions.
- Other subjects to directly assist Court Clubs.

2—For those planning Court Clubs.

- Chairmanned by Mort Leve, assisted by experienced personnel in Court Club operations.
- Covering all aspects of the Court Club business.

Friday Night get-acquainted cocktail hour-banquet, hosted by NCCA.

Saturday Night buffet-informal handball/racquetball play and tournaments at Northbrook's Court House (8 courts). Transportation to Club will be provided. Co-hosted by NCCA and Court House.

Sunday morning official business meeting.

Room information — \$22 single; \$26 twin or double.

Flying Carpet Motor Inn — 6465 N. Mannheim Rd., Des Plaines, IL. 60018.

Make reservations with: Mort Leve, NCCA, 4101 Dempster St., Skokie, IL. 60076

Phone — Area Code 312. 673-4000.

Please reserve () places for the Special NCCA Seminar-Meeting, Oct. 4-6, 1974, in Chicago. \$25 registration fee must accompany all reservations. () single room: () double or twin.

Name _____ Club _____
(if owner/manager)

Address _____ City _____ State _____ Zip _____

Tel. No. _____

All room reservations will be made by NCCA. Make checks payable to: NCCA.

'Racquettime' Newest Court Club

LIVONIA, MICH. — Racquetball, the latest participation sport craze to catch the American public's fancy, will mark a major milestone in the Detroit-area next fall when Racquettime, the first center here designed especially for racquetball, opens to the public. The \$800,000 facility, located in Livonia at 36600 Plymouth Road, just east of Ann Arbor Trail, will also be the largest racquetball center built to date in the U.S.A.

Another first for Racquettime is its teaching pro and manager, Kathy Williams of Hazel Park. At 27 she is one of the top-ranking racquetball and paddleball players in North America and the first woman ever named a club pro.

Actually, Racquettime is not a club in the sense of a tennis club or athletic club. There will be no membership dues.

Anyone can reserve one of the 14 regulation-size courts. The center will operate from 7 a.m. to 11 p.m. daily. Court rentals are \$8 per hour in prime time — the first hour in the morning and from 4 p.m. to closing — and \$6 per hour at other times. Racquets can be rented for \$1, and a ball costs \$1.25. Playing garb can be anything that's comfortable — shorts and T-shirts, sweat suits, jeans, etc.

In addition to the 14 courts — no other private racquetball facility in the U.S.A. has as many — Racquettime will have an observation lounge, locker rooms, saunas, a pro shop and related facilities. The court rental covers use of a locker, shower and sauna.

The principals of Racquettime, four local businessmen who have been active in commercial and residential building, hope to capitalize on racquetball's broad appeal.

In addition to individual play, Racquettime's courts will be open to leagues — men's women's and mixed. N. Allen Boes, spokesman for the principals, sees the day when offices, plants and clubs will be competing in racquetball leagues just as they now have bowling, softball and golf leagues.

"Racquetball has caught on with the public because anyone



Principals in the new court club venture in Livonia, Michigan are (l. to r.) David Joesphson, Patrick McPharlin, N. Allen Boes, Jack Akey and manager Kathy Williams.

can quickly learn the basics," he says. **"It's an ideal way for friends and families to get involved together in a recreational sport that is inexpensive and does not require special physical conditioning."**

Boes notes that at most racquetball centers around the country, about half the regular players are women.

While racquetball can be easy for those who don't want to take it seriously, it can also be a tough competitive sport for those who do.

Kathy Williams is definitely in the latter category.

A serious competitive athlete since high school, she has been playing racquetball and paddleball — a somewhat similar game popular in some colleges — for 2½ years in national competition, both professional and amateur.

Ms. Williams recently placed fourth in women's singles and second in doubles, practically a repeat of her performance a year ago. For the past two years she has won the women's singles title in the Midwest

regional championships.

As in golf and tennis, professionalism has come more quickly for male racquetball players. The top 16 male players now compete in a tour sponsored by the National Racquetball Club. They play for cash prizes ranging as high as \$1,500 for a weekend of play.

As the full-time, salaried manager and teaching pro at Racquettime, Ms. Williams becomes the first woman to achieve real professional status in the sport. Top-ranked women players have so far competed almost entirely for amateur glory, and no one except Ms. Williams has been signed for a professional teaching and managerial spot.

To accept the Racquettime post, Ms. Williams is giving up a faculty position at Oakland University. She has been teaching physical education there and coaching women's teams in swimming, basketball and tennis. In addition to numerous high school and college championships

Continued on page 33

3-Wall Nationals A Huge Success

Brumfield, Muehleisen, Weed capture coveted titles

One hundred and seven entries made up the first National Racquetball Club's outdoor 3-Wall National Championships June 28-30 and the event saw tremendous competition, outstanding facilities and great warmth, in both congeniality and the weather.

Greeted with mid to upper 90 degree temperatures each sunny day at Orange Coast College in Costa Mesa, California, the players consumed gallons of liquid refreshments en route to eventual winners.

The tournament really became a contest between the top four wall players in the nation and the host Orange Coasters, the competitive favorites. There was much doubt as to the ability of the Brumfields, Serots, Schmidtkes and Keeleys to adapt to the short side walls and absence of the back wall at this beautiful 13 court facility.

But adapt they did with the open singles finals being a repeat of many a four wall tourney with Steve Serot emerging in the top bracket and Charlie Brumfield reaching the last round from the bottom.

And the victory went to Brumfield 21-20, 21-11 for the first National 3-Wall Championship.

Brumfield completed the racquetball double play an hour later when he and partner Bud Muehleisen captured the open doubles title with a 21-20, 21-16 win over Barry Wallace and Bob Wetzel, the tournament chairmen and phys-

ical education instructors at the college.

Bette Weed, the San Diego lass threw off her bridesmaid role, so often attained in four wall and captured her first national title by defeating the field in the Women's Singles bracket. Bette topped localite Joy Koppel in the finals by the unusual scores of 9-21, 21-0, 21-14.

Seniors singles became a contest of two wily, old four wall players, Muehleisen and Myron Roderick. Roderick, from Stillwater, Oklahoma took top honors with a 21-19, 15-21, 21-15 victory over the former dentist from San Diego.

The B brackets found familiar racquetball 3-wallers doing all of the damage as Carl Crown defeated Ceasar Garcia for the biggest trophy 21-17, 21-8. Crown, the top seed, never was forced to three games on his path to the championship.

Carl then accomplished the same feat as Brumfield did in the open, by winning the doubles title in the B's with Keith Brubaker. They defeated Steve Arias and John Davidson 21-15, 21-15.

But the competition seemed almost secondary to the warm hospitality, and the beautiful weather that the Orange Coast College provided. Hundreds of spectators, glistening in the sun, enjoyed the play, and shared congeniality during this weekend.

Barry Wallace, the tournament chairman, did an outstanding or-

(Opposite top) Charlie Brumfield reaches for a forehand kill attempt on the outdoor 13 court facility at Orange Coast College.

(Opposite lower) Steve Serot, runner-up in the singles bracket dives for and retrieves a shot.

ganizational job, with well staffed committees, competent referees, and every player looked out for. Barry himself was the local favorite, being the top rated 3-wall player from O.C.C. The seeding found him in the top bracket, however, where he was forced to play current amateur 4-wall champ Bill Schmidtkes in the quarter-finals. Wallace came on strong and caused great concern to other 4-wallers when he destroyed Schmidtkes 21-3, 21-11.

But Barry couldn't pull the next upset against another pretty good foe, — Serot. The 18-year-old southpaw rapidly adjusted to the 3-wall game and used a heady strategy to defeat Wallace 21-9, 21-13.

"It's (3-wall) an unusual game," said Serot. "I'm glad I had a couple of early round matches before playing Wallace. All I tried to do was eliminate the 4-wall shots that are not effective in 3-wall and just keep the ball in play."

The one shot that never varies is the kill, and Serot had his top kill shots against Wallace.

"Without a back wall there is a great temptation to shoot from deep court," he explained. "But it's a great mistake if you do, because it's a long way up to cover the return shot. So I just waited for the good percentage kills and things went my way."

The bottom bracket semi-final was a contest between two excellent 4-wall players Brumfield and Paul Lawrence. Lawrence had come off two, tough three-game matches, topping Wetzel in a thriller 9-21, 21-8, 21-10 and then besting Steve Keeley 21-13, 17-21, 21-13. Brumfield had handled the 3-wall maze with ease in topping Jim Carson in the quarters 13 and six.

In the semi it was all Brumfield, much to the surprise and disappointment of the fans.

"He just outplayed me," said Paul. "I thought he would have



more difficulty in adjusting to the game, but he didn't."

Brumfield put him away, 21-10, 21-8.

The finals proved again that whether 3-wall or 4-wall, Brumfield has Serot's number. The bearded San Diegan made it 10 matches in a row against the St. Louis youngster and he did it in demoralizing fashion.

Serot seemingly had the first game won with commanding 15-1, 19-9 and 20-12 leads. But with the cocky confidence he always displays, Brumfield plodded back and caught Serot looking over his shoulder. On the strength of his own errorless play and Serot's inability to hit the front wall on the easiest of shots, Charlie brought the game back from the grave 21-20.

The second game saw Serot again jump out on top with a 7-0 advantage, but at this point he faltered and Brumfield won the match going away by taking game two 21-11.

The open doubles bracket proved to be the most exciting with the toughest 3-Wall veterans constantly knocking off the amazed four-wallers.

First to succumb was the superstar duo and number one seeded team of Schmidtke and Serot. But their 4-wall singles exploits did not lend themselves to 3-wall doubles expertise and they

were eliminated by a good team in Ron Starkman and Dave (D.C.) Charlson, 21-12, 21-20.

Next to go was the number three ranked team of Keeley and Drake. They lost to the brother tandem of R. O. and Rich Carson. Keeley, seemingly convinced that he could not play 3-wall effectively, proved that contention correct by having a terrible match. Drake couldn't help much either and the result was a 21-11, 21-4 shellacking.

Lawrence and partner Bob Lund, Portland, then went down to defeat at the hands of Wallace and Wetzel. The first game was a bomb 21-2, but Paul and Bob made a match out of it in game two before losing 21-17.

The other quarter-final pairing found Brumfield and Muehleisen easing their way to victory 21-10, 21-11 over Mark Susson and Craig McCoy.

The semi-finals were then the ultimate in confrontation with Wallace-Wetzel against Starkman-Charlson and the Carsons against Brumfield-Muehleisen. And neither match was a surprise.

Barry and Bob were not intimidated by the mouthy offerings of Starkman and Charlson, nor were they confused by the weird alignment which saw lefty Charlson playing the right side and righty Starkman on the left. The match

went 21-14, 21-14 to Wallace-Wetzel.

In the bottom bracket Brumfield-Muehleisen had too much control and cool for the out-gunned Carson brothers. Playing their lefty-righty combination by the book they handled the match relatively easily 21-11, 21-16.

The finals was a barnburner and pitted two completely different styles of play. On one hand there was the veteran tournament 4-wallers, whose combined knowledge of racquetball and strategic expertise was second to none. The only question marks were the conditioning of the 42-year-old Muehleisen in the strength-sapping heat, and their ability to adjust to 3-wall doubles.

On the other hand the energetic and scrambling Orange Coast duo had the definite home court advantage, not only in familiarity with the game and the courts, but also with a very high percentage of the fans rooting on their behalf. And the match was exciting.

The first game was tense and close. Neither team gave anything, and the superior control of Brumfield-Muehleisen was offset by the great retrieving and desire of Wallace and Wetzel. It went down to the wire, with Brumfield-Muehleisen



(Right) N. R. C. President Bob Kendler (l.) and tourney chairman Barry Wallace (r.) surround head referee Frank Scotti during the 3-Wall National tournament. Scotti's excellent overseeing of all officiating helped make this one of the year's smoothest run tournaments.



(Right Center) Sunning spectators included the clan from Leach Industries, president Bud Leach (l.), his lovely wife Audrey (c.) and Charlie Drake, manager of Leach's racquetball division.



(Right Lower) Unbelievably, few people violated the stern warning above the beautiful tournament trophies. Except, of course, the winners.

(Bottom) Making the 3-Wall atmosphere brighter for the males were the tanned California females.



(Right) A full panorama of the spectators viewing the 3-Wall. The 90-plus degree temperatures and sunny skies made the viewing better than any previous racquetball event. The stands were constantly full, especially for the last few days.



(Right center) Bob Kendler discusses the tourney with (l. to r.) Barry Wallace, Barry's daughter Jan, and Audrey Leach. Jan was one of the best ball retrievers the tourney had.



(Right Lower) Another familiar face in the crowd was that of Evie Morguelan, formerly of Louisville, now residing in the Costa Mesa area. Although Evie didn't compete, she never missed a day of the action.

(Lower) Some of the top four-wall players relaxing at the 3-Wall tourney. Seems like a brain trust, to try to and figure out the new game. That's Serot approaching (l. to r.) Mark Susson (hidden), Joy Koppel, Brumfield, Keeley and Charlson. And who is that lovely lady lurking over their shoulders?



(Right) Tournament queen Vicki Richardson presents the first place trophy in women's singles to smilin' Bette Weed.

(Lower) It's all over but the handshakes as Wallace and Wetzel come away defeated in the open doubles finals.

finally capturing the initial battle 21-20.

Game two was largely the same, with the teams trading points to the 16 mark. At that point the old veteran Muehleisen reached back and came up with the marbles.

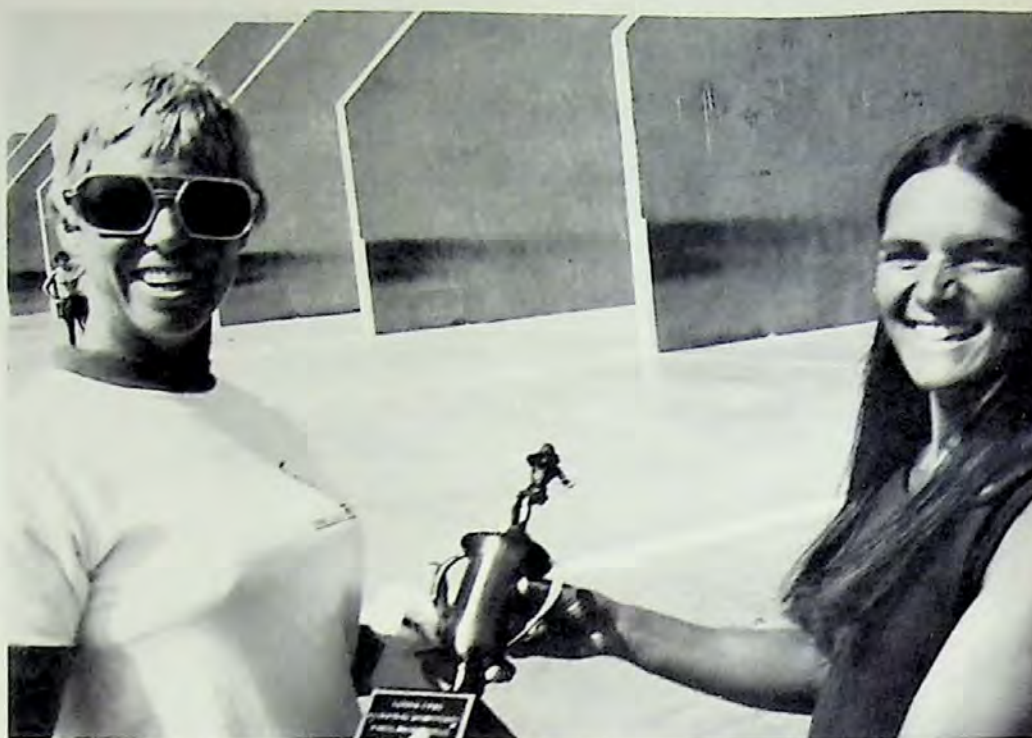
"Dr. Bud got hot when we needed it," said Brumfield. "His shots were there."

And there they were as Muehleisen hit five consecutive kills for the match, including one overhead forehand kill and at least two deep court kills that surprised everybody, not because he made the shots, but because he chose to shoot them. Final score was 21-16.

Women's singles had some super matches with two of the four quarter-final battles going three games.

Nancy Gick edged Jan Lawrence in one of those quarters 21-12, 16-21, 21-20, while Melinda Martin topped Pat Spencer in another 21-15, 20-21, 21-16. The tourney's two top seeds Koppel and Weed each had a relatively easy time to the semi's, Koppel with a 21-12, 21-12 win over Maggie Francis-kovich and Weed with a 21-9, 21-17 victory over Linda Crown.

In the semi-finals, Weed, the



number two seed, had an easier time than did Koppel, but neither gal was in trouble. Bette took Martin 12 and 12, while two courts away Joy did away with Gick 17 and 15.

The finals once again matched a competent 4-waller against the aggressive 3-wall player and although Bette eventually won the battle, it was not that way at the outset.

Koppel came out of the blocks fast, using all of her 3-wall knowledge and familiarity with the courts to grab the first game easily 21-9. Weed was hitting balls out past the side lines, skipping shots in when she got them and never really was in

the game.

Game two was just the opposite, only more so. Joy just seemed to wilt under the hot California sun, while Bette played as if she was born on a three wall court. Falling way behind early, Koppel seemed to let the game go and was issued the infamous donut, 21-0.

The third game was much better, with each gal playing to her ability. By this time Weed was very comfortable on the 3-wall court and her superior control and kill abilities set the pace, for a 21-14 match victory.

Jan Lawrence came back in the loser's bracket to capture the consolation title 21-10, 21-0 over Pat Spencer.

Senior singles, fast becoming the favorite bracket for all types of racquetball players, found the two veteran 4-wallers, Muehleisen and Roderick holding off combinations of 3-wall and 4-wall players. Dr. Bud eased through his quarter-final match two and two over Al Schmidt, while Roderick did the same to Ed Spruill five and four. The two best matches in the quarters found Keith Brubaker downing Nick Mandarano 12-21, 21-19, 21-6 and Roger Killam topping Bob Pratt 21-13, 5-21, 21-19.

Roderick breezed in the semi's six and four over Brubaker, while Muehleisen had a tougher time disposing of Killam 19 and 13.

The finals became a true endurance test and it was Roderick who



N.R.C. Aids O.C.C. Lights

One of the primary goals for Orange Coast College in hosting the first N.R.C. outdoor 3-Wall Championships was to raise a substantial sum of money to put toward the building of lights enabling nighttime play at the 13 court facility.

Through many donations, but primarily from the National Racquetball Club and Leach Industries, the College was able to clear a \$2,000 profit from the tournament which they immediately put into their lights fund.

"We hope to have the courts lit by next summer," said Barry Wallace, the tournament chairman. "And once again I would like to thank Bob Kendler and the N.R.C. for your support of this tournament."

The N.R.C. would like to assure Barry that the support was given gladly and especially for the outstanding cause toward which the funds are going.

lasted the longest. With all three games nip and tuck, Roderick topped the San Diegan, although he scored only two more points than did Bud during the match.

Game one was a thriller with Myron pulling in out 21-19. Bud turned it around and grabbed the second game 21-15 before Roderick came back to win the title by the same 21-15 score.

Jerry Northwood, first round loser to Roderick, won the consolation title.

The B singles bracket was the most closely fought of them all with 10 different games going to 21-20 during the tournament and 11 different matches going three games.

The finals was a surprisingly mild contest in the face of such bitter competition preceding it. After giving Carl Crown a pretty good battle in the first game, Caesar Garcia just didn't have enough to make it a match as Carl chalked up the first of his two titles 21-17, 21-8.

Garcia had reached the finals by winning perhaps the most exciting B match of the tourney, a thrilling 11-21, 21-15, 21-20 triumph over Scott McComas. Crown had no trouble in his semi-final encounter, topping Scott Holland 10 and seven.

Crown and partner Brubaker had a much more difficult time in the B doubles. Twice they were forced to three games, first in the quarters by the team of Frost and Keane and then again in the semis in a 21-11, 19-21, 21-18 win over Stu Bloom and Guy Spencer.

Their finals opponents had little difficulty reaching the last match,

never allowing more than 14 points en route to their shot at the title. In a good match, Crown-Brubaker came out on top 15 and 15.

NOTES ON THE TOURNAMENT

... An exceptional job was done by many, many people to make the N.R.C.'s first National outdoor 3-wall championships a success. Hats off to Barry Wallace, first of all, whose organizational job and continued efforts on behalf of all the three wall participants is most appreciated. Bob Wetzel, too, was instrumental in the success of the tournament, and he aided Barry in all areas of tournament planning. And right on the top of the list ought to be Frank Scotti, a veteran handball 3-wall official, whose expertise and knowledge made the officiating very good. There was seldom a mad rush around the grounds to find a ref, Frank always had one ... The unsung heroes of the 3-wall tourney were the ball shaggers, led by Jan Wallace. This committee was made up largely of sons and daughters of other committeemen, but they all did a great job. So, to Matt, Tom and Teri Wetzel, Jan and Jon Wallace, Mike, Jeff, and Greg Fields and all you other ball shaggers, thanks! Arlene Casala can be thanked for her hospitality job and Joy Koppel's postering was super ... Jolene Wallace rates a nod for her keeping the draw sheets quickly up to date ... And an extra, extra thank you to Dick Tucker and Dale Wonacott for their tremendous job as floor managers during the three day tourney. Super effort, by all.

Wall Street Journal

Continued from page 10

Although the sheer popularity of racquetball is breaking down these barriers, some clubs still ban the sport or sharply restrict playing time for it. The Hollywood Y wanted to give racquetball players equal time on its courts but was confronted by a petition signed by 400 handball players threatening to quit their memberships. The Y compromised by allowing racquetball on a limited basis but still lost 50 to 60 memberships to places like the Encino Health Club, which bans racquetball. Why does Encino do this, thus denying itself extra income? "Because we're stupid, that's one reason," says Joe Jorman, the general manager. "Another is that the handball players are depending on us."

Racquetball is easier to master than handball. While handball aficionados are still struggling with some of their shots after years of play, racquetball can be played with some proficiency after a few hours. The racquet itself is smaller and lighter than a tennis racquet and has a handle about six inches long. Many women are taking up racquetball, although handball remains mainly a male sport. At some of the large court clubs, a sizable percentage of the membership is female now; the Court House Club near Chicago has about 600 women among its 1,800 members, motivating officials there to set up a nursery school on the premises.

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Phone: 604-681-9561
Tournament Chairmen: Ian McKenzie, Orville Hamilton

EVENTS:

☐ ()	Pro Singles (limit 32)	☐ ()	Ladies Open Singles
☐ ()	Amateur Open Singles	☐ ()	Open Doubles
☐ ()	B Singles	☐ ()	Senior Singles
☐ ()	C Singles	☐ ()	Pro-Am Doubles

ENTRY FEE: \$15 per player for first event, \$5 for second event. \$10 per team for Pro-Am doubles. Players may enter two events only. Three events are allowed if one is Pro-Am doubles. Consolation is all events except Pro Singles, Senior Singles and Pro-Am Doubles. Entry fee also includes: hospitality, souvenir t-shirt, general admission ticket to first two days of tournament.

OFFICIAL BALL: Seamco 559 (green).

AWARDS: Professional Singles: \$4,000 prize money. Amateur Events: trophies. Trophies for all consolation winners.

ENTRY DEADLINE: All entries must be received on or before October 9, 1974. No exceptions. All entry fees must accompany entry. Mail to: Orville Hamilton, M. A. R. C., 595 Hornby St., Vancouver, B. C., Canada. Make checks payable to: B. C. Racquetball Assn.

INFORMATION relative to starting times will be available Tuesday, October 15.

MARK above the event you wish to enter.

HOUSING: Devonshire Hotel, 604-681-5481 or Abbotsford Hotel, 604-681-4335 or Vancouver Hotel, 604-684-3131.

NAME _____ CLUB/Y _____
(PLEASE PRINT)

ADDRESS _____

CITY _____ STATE _____ Zip _____

TEL. NO. _____ PARTNER'S NAME _____



Kneeling (l. to r.) are Mike Aubrey, Stan Weinstein (1st place, open). Standing (l. to r.) Ron Haisting, Les Reill, Don Griffin (2nd place in open division was won by Haisting and Griffin). 3rd place was won by Reill and Barry Kaplan (not pictured).

Arizona Doubles

Seventy individuals entered the Arizona State Racquetball doubles championships held recently at the Phoenix downtown Y.M.C.A. There were championships held in Open, B and C divisions. The B and C divisions were combined into one tournament with 1st and 2nd round losers moving from the B tournament into the C.

The team of Mike Aubrey and Stan Weinstein defeated Don Griffin and Ron Haisting 21-16, 21-10 for first place in the open division. Third place was captured by the team of Barry Kaplan and Les Reill. The B title was won by Tom O'Toole and Jim Spear by the scores of 21-20, 20-21, 21-20 over the team of Steve Hirko and Don Thomas. The C championship was claimed by the Tucson team of Randy Roberts and Paul Ramirez.

Trost & Dinkin Win Wisconsin's Carpet-Faire Invite

A spectacular 16 team invitational racquetball tournament composed of the 32 best players in Wisconsin were invited to compete in the annual JCC-Carpet Faire Invitational Saturday, June 29.

After an all day session of games, Dan Trost and Burt Dinkin, Milwaukee, won the championship by defeating Bill Harper, Eau Claire, and Larry Altman, Milwaukee, 31 to 30.

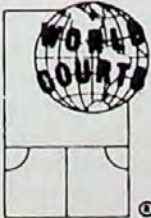
The team of Gerald Hoff, Wausau, and Larry Lederman, Milwaukee, won third place by beating Joe Carini and Howard Spector, Milwaukee, 31 to 20. Dan Davis and Bob Keenan, Milwaukee, won the consolation title with a victory over Simie Fein, Milwaukee, and Ivan Bruner, Madison, 31-21.

Sponsor for this 2nd annual tour-

namment was Tom Guarniere of Carpet Faire, Inc. who along with Rocky Felger managed some novel ideas for a sociable day which included the wives. Players were invited from the entire area of Wisconsin, games were set for 31 pointers, hospitality flowed throughout the day, and then a "food orgy" dinner after the tour-

namment for husband and wives (which was free) made the day complete. First and second place awards were stereo-radio combinations, third place and consolation received desk clocks and pen sets.

The tournament promises to be the highlight of the racquetball season in the Wisconsin area.



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Interval Training Has Advantages For Conditioning Racquetballers

Reviewed by STEVE KEELEY

"Interval Training — work or exercise followed by a properly prescribed relief (rest) interval — is superior to continuous exercise training programs." With this opening sentence authors Edward Fox and Donald Mathews plunge into a unique means of training for any sport — from ping pong to football (to racquetball). In their recently (Jan., 1974) book, *Interval Training: Conditioning for Sports and General Fitness*, these two physical education buffs define interval training, dwell briefly upon the physiological and biochemical reactions involved in exercise and set up numerous example interval training programs for a variety of sports.

If one is not immediately compelled to rush out and part with \$5.95 for 275 sweat spawned pages of college oriented physical education literature, perhaps a review of this book's main principles, programs and especially the relationship of these principles and programs to racquetball might suffice. The work is divided into three portions, which will be expanded upon below.

The main concept behind *Interval Training* is alluded to above in the initial sentence of this article, and it is worth rereading right now. Stated in other words, if one were to utilize running to get in shape for racquetball, a superior workout would include exercise punctuated by rest periods rather than continuous running. Thus we have a simplified definition for *Interval Training*: It is non-continuous exercise.

Pioneered by track and swimming coaches, Interval Training is the superior way to condition the body. It requires less time to perform and provides more rapid progress than any other training technique, according to the authors. The gut reaction to this last statement is probably, "I always thought that the longer and harder I worked the

more conditioning benefits I'd reap." To dispell this popular belief a short summary of the book's part one, "Physiological Considerations", is presented. Those less scientifically oriented and just not at all interested in an in depth study of something like, Glucose plus O₂ plus Stress — ATP plus Lactic Acid, may skip on to the next portion of the book, part two, "The Interval Training System." In this section specific condition programs for shaping up for sports (racquetball included) will be presented. In part three, "Special Considerations," a hodge-podge of helpful hints relating to physical exertion are given.

Einstein Gone Wild

As Fox and Mathews outline in part one, a complex series of chemical reactions occur when a body performs a physical activity. An Einstein type might experience mild exhilaration upon perusing these equations. However, in such matters most people appreciate the outcome rather than the rational. Therefore, this review need only be concerned with the end product of these puzzling chemical reactions, adenosine triphosphate (ATP). If ATP does not sound that profound, it should. Basically it is the energy reserve in a muscle; any muscle. There are two ways in which ATP may be supplied to the muscle cells. The first of these methods is called Anaerobic because oxygen is not a prime ingredient in the ATP product. The second method is termed Aerobic because oxygen is a prerequisite for ATP synthesis. How does one distinguish which of the two energy systems is utilized during certain exercises? The source of ATP will depend upon how long it takes to perform the physical task. For example, the 100-yard dash and the two mile events each require a predominately different ATP energy system. Thereby one does not train for the two mile run (oxygen system)

by running 100-yard dashes (Anaerobic Systems) in practice.

Racquetball depends almost entirely on the Anaerobic system for energy. Typically there is a brief (5 to 30 seconds) spurt of intense effort in running after and striking the ball followed by a short (10 to 30 seconds) rest while retrieving the ball and awaiting on service. Then the serve and rally take place and are succeeded by another rest; and so the game goes. The Anaerobic system is under constant demand to provide the necessary ATP for energy. It is only logical that a conditioning program for the serious court player would emphasize the Anaerobic mode of manufacture. So much for theory.

10X55 @ :08 (:24)??!

In part two *Interval Training* lists seventeen major sports and example interval training programs (ITP's) for each. For unknown reasons racquetball is not included among the seventeen. Under these circumstances the writer has taken the privilege of extrapolating a running program for racquetball conditioning. This workout is somewhat analagous to those given for tennis, short distance track events, and lacrosse. The common factor with all these (including racquetball) is they primarily utilize the Anaerobic energy system.

If the reader is seriously intent upon physical conditioning for racquetball, say for tournament participation, his running program should include a series of short and middle distance "sprints" with rest between each effort. This is favored as opposed to a daily five mile run. Long distance running enhances the Aerobic system, which racquetballers are little concerned with — it is a non-applicable energy system for racquetball. A satisfactory ITP for racquetball might be (in ITP lingo):

Continued on page 33

RACQUETBALL

Interval Training

Continued from page 32

Set 1 — 4X220 @ :35 (1:45)

2 — 8X110 @ :15 (0:45)

3 — 10X55 @ :08 (0:24)

4 — 6X55 @ :10 (0:24)

In English this translates as four 220 yard runs at 35 seconds with a minute and 45 seconds of rest interval between each run. Now, after set 1 is completed, eight 110 yard sprints at 15 seconds recovery between each are performed. And so on through four sets. Then collapse. It is important that the rest interval be observed in that it avoids the excessive production of fatigue products. And who wants whatever those are in excess? Generally speaking, the rest interval time should be two to three times the duration of the work time. It should consist of slow jogging or walking.

If the above ITP seems a little too concentrated to the reader, this writer is in concurrence. As an alternative, the use of the interval training principle for off-court conditioning can be applied in a more palatable manner. For example, if one chooses to run around a track, a suitable workout might consist of sprinting the straight-aways (work interval) and slow-plodding the curves of the track (relief interval). If running off a track is one's preference, a similar workout can be attained by traveling the way the Indians used to: run 50 steps and jog or walk 50, run 50 and jog 50 . . .

Drink Green Sweat . . .

Part three of *Interval Training* deals with "special considerations", a catch-all title which encompasses an interesting variety of exercise believe-it-or-not type facts, plus a section of self-testing and evaluation. Of special significance to the sweaty court dwellers are the authors' thoughts on salt and water loss: "During strenuous activity, particularly on hot and/or humid days, large amounts of water and some salt are lost by the body. Heat illness can be induced if their replacement does not occur within 24 hours. Water loss is by far the more serious consequence. Unfortunately, the uneducated person concerns him-

self more with taking salt tablets than water. Such is absurd; actually it a very poor health practice." It is not unusual for a racquetballer to lose five to ten pounds of water during a blood-and-guts-and-cramps type three game match. A ten pound weight loss is equivalent to 1.25 gallons of water! (One pound equals one pint of water — or perspiration.) The proper way to replace one's water loss is by drinking small amounts of fluid frequently rather than gorging the gut all at once between games. A water or Gatorade jug kept outside the court door is a handy refreshing solution to the problem. This can be referred to during timeouts and floor mopping up episodes.

Gobbling salt tablets without proper water intake is much worse than taking no salt at all. Why is this? Through perspiring we lost more water, comparatively, than salt. When one downs salt without water, the salt concentration within the body increases, causing an imbalance and subsequent sickness. Take your average salt pill (7-10 grains). The book recommends that with it you consume a pint (equivalent to two cups — one pound) of water. Note: through testing and evaluation and whatever else the experts do to come up with such figures, it has been found that for the first six pounds of sweat loss, salt tablets are not required; salt obtained previously through the

normal diet is sufficient. Gatorade, that lime-colored sweat (carbonated or non-carbonated), is an entirely acceptable body water replacer. This and other less familiar liquid replacements on the market today allow a person to almost "drink sweat". When consuming these, salt tablets must *not* be taken.

Keep in mind, Fox and Mathews later point out, that the warmer the day the larger the amount of water loss. A more humid environment (ever play in an enclosed court near an indoor swimming pool on a muggy day?) greatly increases body fluid depletion. Remember, too, that wearing an excess amount of clothing, such as sweatsuits, during play restricts the evaporative cooling area of the skin. The same is true for tight fitting shirts or shorts, tape, etc.

Interval Training: Conditioning for Sports and General Fitness is recommended for racquetball players as well as participants in any sports requiring moderate to extreme physical exertion. It is also well suited for the "health nut" desiring to condition himself simply for health purposes. Except for the first chapter on the energy systems, which is necessarily technical and detailed, the concept of *Interval Training* is direct, well presented and easily understood. The book may be obtained by writing the W. B. Saunders Co., W. Washington Square, Philadelphia, PA 19105. The cost is \$5.95.

Racquettime Court Club Opens In Livonia, Michigan

Continued from page 23

in those and other sports, her credentials include bachelor's and master's degrees in physical education. She did her academic work at Central Michigan University, the University of Colorado and Michigan State University.

At Racquettime, Kathy will give both individual and group lessons. Private sessions will cost \$6 per hour plus the court fee. Groups renting a block of courts will get a group lesson as part of their court fee.

"I'm looking forward to getting a lot more people in the Detroit area interested in racquetball," Kathy comments. "With a minimum of instruction, anyone can play well enough to have fun

while getting some exercise. And who knows, we may find some real talent that can be developed for serious competition."

In addition to Boes, who lives in Rochester, the principals backing Racquettime are Patrick McPharlin of West Bloomfield, David Josephson and Jack Akey, both of Farmington. Together and individually they have been involved in numerous local commercial and residential development projects.

They envision Racquettime as the major racquetball center for the Midwest. Possible future plans include bringing in the professional tour and having national and regional championships held here.

Champion Glove Company To Make Eye Guards

"Because of our great concern about eye injuries in the playing of handball, racquetball, badminton and squash... we have purchased the M-K Eyeguard Company of Seattle, Washington", reports Ken Konkol, vice president of Champion Glove Manufacturing Company, Des Moines, Iowa.

Champion manufactures and distributes a complete line of handball gloves, golf gloves, tennis gloves, racquetball gloves, racquetball racquets, batters gloves and golf hats. And, the Champion M-K Eyeguard, as it will be called, is most compatible with the rest of the line, according to Konkol.

There have been approximately 100,000 patented M-K Eyeguards made and sold since the company was founded in 1959 by the late M.K. Anderson of Seattle. Anderson invented the eyeguard while he was a Northwest Handball Commis-

sioner. Since he died in 1969, the company has been owned and operated by Ray Mangold of Seattle, who sold the company to Champion.

The Champion M-K Eyeguard will be manufactured at the Champion plant in Des Moines. It will be sold to retail outlets throughout the United States and Canada by the 36 Champion representatives. Also, as explained by Konkol, the eyeguard will have extensive advertising and merchandising efforts behind it to help encourage players to use it to protect their eyes.

The Eyeguard, which weighs less than two ounces, is precision constructed from aluminum rod and sponge rubber. It protrudes just enough to keep an object such as a



The M-K Eye Guard

handball or racquet edge from hitting the eyeball. It fits snugly and comfortably so the player is not impaired by weight or loss of vision.

"We feel there is great potential for the Champion M-K Eyeguard with just the estimated two million handball players alone", says Konkol, "Especially since there has never been an eye injury reported by a player wearing this eyeguard".



KEN KONKOL

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Injuries



What they are, how they affect your body, steps toward prevention, and methods of treatment, - and INSTRUCTIONAL PORTFOLIO

Achilles Tendon Gives No Warning

By DR. DOUGLAS JACKSON

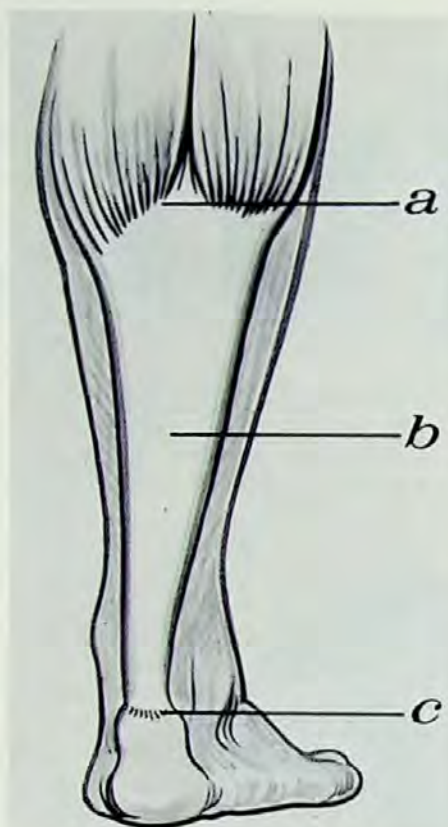
The achilles tendon (Figure 1) connects the two bellies of the gastrocnemius (calf) muscle and the underlying soleus muscle to the heel bone (calcaneus). These muscles and tendon contribute to the explosive push off required in athletic competition and are also important in regular walking as well as running or jumping. One can obtain an appreciation of this musculotendinous unit by standing on his toes and feeling his calf and its attachment to the heel.

A tendon is a fibrous cord (sinew) that connects a muscle to its bony attachment. The muscle is the contractile unit and the tendon allows the action of the muscle to be transmitted to the skeletal (bone) system. Tendons have several interesting properties of their own. They are composed of numerous inter-twining fibers. They are immensely strong and yet have a limited blood supply which makes them quite vulnerable when infection occurs and alters some of their healing capabilities.

Pain in or around the achilles tendon is usually related to inflammation of its sheath (tenosynovitis), incomplete tears in the tendon (strain), or occasionally related to the well publicized sudden disruption of the tendon (rupture).

Whenever a tendon is subjected to friction, a lubricating sac (bursa) or lubricating sheath exists. Inflammation of this lubricating sheath in which the tendon slides, is called tenosynovitis. Movement of the tendon in the inflamed sheath may be accompanied by a crackling sound or sensation and pain. The inflammation of the tendon sheath may be the result of chemical irritation from the bleeding following an injury, irritation from overuse, infection, or be related to generalized involvement of the synovial tissue of the body.

This may cause pain during the pushoff phase during walking, running, and jumping and in the more severe cases, pain may even be present at rest. Differentiating this



The achilles tendon connects the powerful calf (a) (gastrocnemius and soleus) muscles to their bony (c) (calcaneus) attachment.

inflammation (tenosynovitis) from a partial tear (strain) involving the achilles tendon may be difficult at times.

The partial tears in the tendon often heal in a manner that results in a bulbous thickening of the tendon. As a result, the altered tendon may encroach on the sheath and adjacent structures and a long standing (chronic) low grade inflammation can become established. Sometimes a "cortisone injection" into or around the tendon sheath will stop the pain. There is increasing evidence that injection of a cortisone or one of its derivatives into the tendon weakens the tendon. This is even more important in the aging athlete that has had recurrent problems and weakening of his achilles tendon over the years. The achilles tendon is subjected to tremendous loads

that most tendons elsewhere in the body are not.

If a tear in the tendon is complete, one is dealing with a *rupture*. The most common sensation associated with a rupture of the achilles tendon in the racquetball player is that he has been kicked by his opponent. It can be accompanied with a sudden loud pop. The athlete is unable to support his weight on the ball of his foot on the injured side and there is considerable pain and discomfort associated with the achilles tendon. It can occur at any age, but ruptures of the tendon occur with increasing frequency in the older athlete and the individual who has had trouble with chronic tenosynovitis of the tendon. From a surgical standpoint, the detachment from the heel bone (calcaneus) is the easiest to repair (Figure 1, level c). Tears in the middle are relatively easy to repair (level b), and tears at the tendon-muscle junction (level a) are technically the most difficult to repair surgically. The results of surgery are quite satisfying and one should be able to return to unrestricted racquetball competition six months to nine months after surgical repair and essentially regain their previous racquetball efficiency.

Some physicians treat complete ruptures of the achilles tendon without surgery and have shown some good results. My experience with the nonsurgical treatment of this injury has been in older (i. e. over 60) and nonathletic individuals. In athletes of any age who plan to continue jumping, running and other explosive push off activities, I continue to repair the achilles tendon ruptures that are complete. Whether surgery or nonsurgical methods are used, it usually means a *minimum* of six to eight weeks in a cast and then an additional two to six months to regain full strength, motion and agility.

The safest and simplest treatment for strains and tenosynovitis remains to be heat and rest. There

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Controlling The Muscle Cramps

Muscle cramps are most common in the calves of the legs and are due either to a contracture of the muscle itself or to a nerve problem which can cause a secondary muscle contracture. As many of us know, this occurs most commonly, as I said, with severe exercise, but it can also occur even without exercise such as the cramps that occur in sleep. Most of the cramps sustained by racquetball players are of the muscle type. Medically speaking, the two can be differentiated although they are closely alike. Muscle cramping causes the involved muscle to be palpably firm, bulging and painful and even after the pain has subsided, it will remain sore and quite tender.

There is no general agreement with regard to the exact cause of muscle cramps. There are many factors involved. The tissue levels of sodium chloride (salt) are a critical factor and these levels may be seriously depleted by prolonged exercise, particularly in hot weather, even though the players have taken what they conceived to be adequate quantities of salt. An individual can lose as much as 3-5 grams of salt per liter (quart) of sweat of the equivalent, which is two pounds of weight loss. Translated this means that anywhere between 6 to 10 of the 500 mg. salt tablets are required for every quart of fluid loss or two pounds of weight. It has been shown that loss of 1-2 quarts of sweat per hour is certainly possible. Experience with marathon runners indicates this and it is shown with them that even though they take what they think are liberal quantities of salt and water during a competitive race, the quantities are not more than a mere fraction of the amount which they lose. I am sure that if these same studies were done on racquetball players, this would also be the rule.

Let's face it, how many of us take time out during a long match to get a drink of water or to replace our salt loss or potassium loss. In fact, I believe that it is against the rules to leave the court without the referee's permission. If this is indeed so, I think that this rule need be altered in

cases where one is perspiring profusely and also in a prolonged match. Another factor to be considered is the depletion of muscle glycogen, which is sugar. This needs to be replaced. Recent studies have also implicated that potassium is being recognized as an additional important factor in symptomatology and pathophysiology of heat stress and fluid loss syndrome.

Most of us are concerned, naturally, with what we can do to prevent and treat these muscle cramps once they are a problem. Many things have been used in the past to treat chronic recurring cramps including Chloroquin, multiple muscle relaxants, calcium, quinine and Vitamin E. Recently a study appeared in the Journal of the American Medical Association reporting the use of Vitamin E in leg cramps. It has been found that approximately 300 International Units of Vitamin E need to be taken a day to help patients who have repeated or frequent leg cramps. It is certainly safer and has been shown to be more effective than the above named medications which were used heretofore. The dosage recommended is also in excess of anything conceived of being

a minimal daily requirement for Vitamin E and is far in excess of what can be obtained by an ordinary diet. It might be wise to mention too that the kind of Vitamin E necessary is the D-Alpha Tocopherol Acetate.

Occasionally 800 International Units of the above may be necessary. One of the patients treated was an athlete training for the Olympics who regularly had severe cramps following strenuous exercise which included long distance running, swimming and weight lifting and he received very gratifying relief from the use of the D-Alpha Tocopherol Acetate.

Above was the treatment for chronic leg cramps. But, I think that it would be wise to consider some of the preventive measures that might be taken. Prevention should include fluid replacement, salt replacement, sugar replacement and also potassium replacement. It is very difficult to be precise in measuring these losses and here arises the problem. A good general "rule of thumb" is that at least 16 ounces, or one pint, of fluid is necessary to replace every pound of weight loss. It should be mentioned too that when a person loses approximately one or two pounds only, most of what he has

FIGURE 3 — Sodium-Potassium-Carbohydrate-Calorie Comparison of Some Commonly Used Food Liquids

Food Liquid	Sodium mEq/L	Potassium mEq/L	Carbohyd. GMS 8 oz.	Carbohyd. Cal per 8 oz.
1. Whole Milk	22	3712.5		50
2. Orange Juice	<1	4327		108
3. A Common Cola	6		127.6	
4. Ginger Ale	3	120		80
5. Beer	1	4.710.6 (CHO) 8.9 (ALC)		114
6. Coffee (plain)	1	101		4
7. Tea (plain)	1	101		2
8. Electrolyte "Ade" A*	27	14-2022.5		90
9. Electrolyte "Ade" B*	21	310		40
10. Electrolyte "Ade" C*	24	219		76

lost has been water. However, if he should lose more than this, then definite salt, potassium and sugar replacement is warranted. As a general rule, salt should be replaced and the usual tablet contains 500 mg. One of these tablets should be taken for every pound of weight loss. Estimating the potassium is a little more difficult and there is no good so-called "rule of thumb". However, the commercial preparations such as Gatorade supply 3 milliequivalents of potassium and 50 grams of glucose per quart.

Other commercial preparations such as Sportade supply as much as 14 milliequivalents of potassium per quart as well as 7 grams of glucose and 40 grams of sucrose. I feel that if these preparations are taken with the above formula, they would be adequate. I also personally feel that if half of the fluid loss is replaced as pure water with salt tablets and the other half with a fruit juice such as pineapple, grapefruit or orange or apple, that this also would be adequate and would replace the potassium as well as the sugar. To think in terms of equivalents, we should remember that one quart of Gatorade provides approximately two of the 500 mg. salt tablets as far as sodium replacement.

In an attempt to guide us as to our needs, I think that we should rely on a symptom that all of us have and that is thirst. This is really quite adequate in helping us to prevent dehydration and electrolyte imba-

lance. However, we should mention that the ingestion of large quantities of water alone without adequate salt can result in a condition known as hyponatremia, which is a low sodium condition and water intoxication. This can actually give us further cramps, fever and confusion. We should try to use liberal amounts of salt and salty foods at mealtime if we perspire a great deal or are playing racquetball regularly. This usually can prevent the above syndrome. The amount of sweat and

consequent salt and water requirements vary greatly with different individuals because this depends on the heat, humidity, intense induction of exercises and also on many other unpredictable individual factors. One can only arrive at his needs by experience and experimentation.

I hope that what I have said will be helpful to those of you who suffer from this problem and if I can be of further help at any time, please feel free to write.

Ankle Sprains Are Touchy

An ankle sprain is a very common athletic injury. Fortunately, the majority are mild, require little treatment and recovery is complete in one to two weeks. However, a small percentage of sprains in athletes are quite severe and go on to recurrent reinjuries and joint instability. A *sprain* is an injury to ligaments and may be anywhere from a partial to complete tear of the ligament. This differentiates it from a *strain* which is a partial to complete tear of the muscle-tendon unit.

An ankle ligament (see Figure 1) is a fibrous band or sheet that connects one bone to another. They reinforce the capsule of the ankle joint to move its natural range of motion. They give stability to the joint and are a check against motion that will disrupt the ankle joint. When the ankle twists under certain cir-

cumstances, the forces normally transferred through the ankle can contribute to stretching the ligaments beyond their limits. They will yield to excessive force and tear. Figure 1 shows the ligament and capsule area involved in the majority of ankle sprains seen in racquetball players. Sprains confined to this area usually do very well if allowed to heal.

The immediate swelling following a twisting injury to the ankle is the result of bleeding into the soft tissue in and around the joint. Beside tearing small arteries and veins, the injury often interferes with the channels involved in the return of lymphatic fluid. The swelling may develop rapidly or slowly over the first twenty-four hours after the injury depending on the small vessel involvement. During this phase, ice, elevation and an ankle wrap will minimize swelling. The blood that accumulates in the tissue can cause a bluish to purplish discoloration that may extend down into the toes after a few days.

The criteria I give to athletes to help them decide if they should stop playing following a twisting injury to the ankle are: 1. inability to weight bear without pain, 2. inability to support their weight on their toes on the injured ankle, 3. inability to hop symmetrically on each lower extremity. If they fail any of these tests, they should stop the match and start ice, elevation and a wrap. It will shorten their recovery.

Treatment after the first 24 hours following an ankle sprain varies



Figure 1: The anterior talofibular (a) ligament is the most commonly injured ankle ligament associated with sprains occurring in athletic competition.

Items 1-7 taken from "Food Values of Portions Commonly Used" 11th Ed. Bowes and Church, Dec. 1969, J. B. Lippincott Co., Philadelphia.

Items 8-10. Values of 3 Electrolyte "Ade's" taken from Medical Letter, 8/22/69. Carbohydrate changes since then, taken from labels on cans or packages. Values are approximate and can be subject to variation.

Sodium and potassium values of each food liquid were converted from mgs per liter to mEq per liter.

Note:

*Electrolyte "Ade" A: Sportade, Becton, Dickinson Company; Electrolyte "Ade" B: Gatorade, Stokely Van Camp Company; Electrolyte "Ade" C: Bike Half Time Punch, Kendall Company.

Continued on page 39

Treatment For Bicep Muscle Injuries

The biceps muscle is a powerful flexor of the elbow, and also an assistant in supination of the forearm. Supination is the forearm motion involved in turning the palms up. An everyday example of the supination movement is using the screw driver in which the biceps muscle helps the forearm rotate (supinate). These two motions—flexion of the elbow and forearm supination—are frequent motions used during racquetball competition.

A rupture of the biceps muscle or one of its tendons is infrequent, but when it does occur it is usually the long head (A) of the biceps tendon that ruptures. When a rupture of the long head occurs it may result in a sharp stabbing pain, a snapping sensation and/or a feeling of "giving way" in the shoulder. On examination pressure over the usual site for the long head tendon elicits tenderness, and when one attempts to flex his biceps it balls up in comparison to the uninvolved biceps of the other side.

The long head of the biceps (A) is subject to more wear and tear than the short head (B). Its long course in the bicipital groove and into the shoulder joint subjects it to gliding with most all shoulder motion. As in

other tendon ruptures the actual occurrence is usually the result of accumulative changes from aging, from repeated minor injuries and from wear and tear. Often the individual has had repeated episodes of bicipital tendinitis (inflammation around the tendon in the bicipital groove). However, ruptures of this tendon do occur in young men and are usually associated with an unexpected sudden strain or from rather severe trauma. It is less likely to occur in the younger population.

The treatment for the rupture of the long head of the biceps in the athlete is somewhat controversial and each individual case should be discussed with one's private physician. Initially there is pain with movement and limited use of the shoulder and arm, but this passes. The sagging biceps muscle gradually becomes more apparent (with the passing of time) especially when the elbow flexes.

The injury can be treated without surgery with satisfactory results in many cases. If surgery is elected, the ruptured tendon is either fixed to the floor of the bicipital groove or it is transferred to the short head and attached to its bony insertion or tendon. After either method of treatment with or without surgery, it is from six weeks to six months before one returns to racquetball and regains his game. A deciding factor for the necessity of surgery is if there is also an associated tear in the rotator cuff. Fortunately, the rupture of the long head of the biceps is usually an isolated injury.

Complete rupture of the biceps muscle belly (C) or insertion (D) at the elbow is very disabling, and it is an injury I have not seen resulting from racquetball competition. This would most likely require surgical repair. This type of rupture differs from a rupture of the long head in that it also renders the short head ineffective, and one loses the entire use of the biceps muscle.

The tendon of the short head of the biceps (B) seldom ruptures. The amount of strength and function that can be developed from the short head of the biceps following rupture of the long head varies between in-

dividuals. I have seen quite excellent gymnasts perform strength events following a rupture of the long head of the biceps in surprising fashion. Likewise, many have returned to racquetball following rupture of the long head of their biceps with little difficulty after a period of time.

In summary:

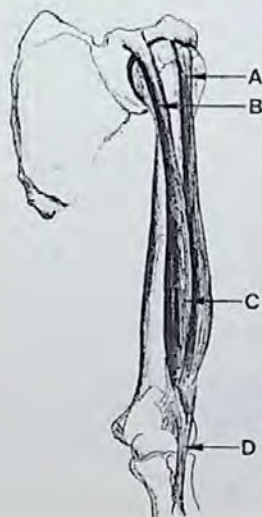
- 1) Inflammation in and around the tendon of the long head of the biceps is called "bicipital tendinitis" and may be one of the many different causes of shoulder pain in the racquetball player.
- 2) A rupture of the long head of the biceps is an infrequent injury. When it does occur, it is the most frequent in the middle aged and older racquetball players.
- 3) It may or may not require surgical repair depending on the particular circumstances of the individual case.

Ankle Injury

Continued from page 38

from cold to warm whirlpool, wraps and taping, pressure boot treatments, casts, injections, exercises and surgery. Each athlete, trainer and physician has their favorite treatment. The important factors are recognizing extensive ligament tears with instability and fractures and preventing or prolonging recovery by lack of protection. The more severe sprains should have x-rays taken and be evaluated for joint stability by a physician.

Occasionally severe ligament injury requires a period of casting or even surgery. These severe sprains are very infrequent among racquetball players. During the recovery phase, while weight bearing is still accompanied with some discomfort, swimming is an excellent method to maintain conditioning. Jumping rope, running diminishing figure eight patterns and distance running are exercises that assure the return of agility and endurance following an ankle injury that is well on its way to recovery. As in most other injuries to the athlete, attention to the initial ankle injury with adequate treatment and complete recovery helps to insure painfree participation for the years ahead.



Knee Problems Differ; All Bear Watching

By DOUGLAS W. JACKSON, M. D.

Probably the most common knee surgery that racquetball players have had or will have is the removal of the semilunar cartilage (meniscus). A tear in the meniscus (semilunar cartilage) is most often referred to as a "torn cartilage" in discussions in the locker room. This can be confusing as there is more than one type of cartilage inside the knee. The illustration depicts the two menisci that are inside the knee. They rest on the tibia (shin bone) and are attached at their margins. Their attachments to the ligaments and capsule of the knee become important in the complex motion of the knee.

Knee motion is more than a simple bending and straightening. There is some rotation and gliding motion between the femur and the tibia during a complete arc of motion of the knee. The functions of the meniscus are felt to serve in some role as a shock absorber, to help prevent pinching of the lining of the joint, and to contribute some to the configuration of the joint.

The knee menisci are a special type of moon-shaped fibrocartilage. They have a nerve and blood supply along their outer edge but the inner two-thirds receive its nutrition from the fluid inside the joint. A tear in this portion of the meniscus without a blood supply does not heal itself and often enlarges with time.

If a meniscus (semilunar cartilage) is torn and displaces, it can interfere with the knee motion. The incapacity may be sudden and dramatic tears may occur with arising from a squatting or kneeling position, a sudden twisting motion of the knee or a quick change of direction during racquetball competition. They occur infrequently but may occur when least expected.

The meniscus injuries I have seen among racquetball players are usually not dramatic ones that cause complete incapacity. They are more subtle and chronic in nature. Diffe-

rent types of small and/or incomplete tears may exist in the semilunar cartilage giving varying symptoms. These symptoms may include pain along the joint line, intermittent locking, a giving way sensation, swelling, clicking, night pain, pain on squatting or pivoting, and the inability to duck walk. It is important to state that each of these or all of these symptoms can be produced by other problems in the knee than a "torn cartilage".

The menisci are described by indicating their position in the knee; medial and lateral. The medial is on the side nearer the midline of the body, while the lateral meniscus is the one along the outer side of the knee (away from the midline of the body). The medial meniscus is torn much more frequently than the lateral because of its attachment, size and location.

Diagnosing a tear in the meniscus may be very straightforward in some cases and it may be difficult in others. Besides taking a detailed history and examination, the physician has two other tools to aid in making the diagnosis. One is called an arthrogram and the other is an arthroscope. The arthrogram is an x-ray study in which dye (and sometimes air) is placed inside the knee to outline the meniscus that does not show up on a regular x-ray. The dye will flow into the tears and demonstrate their presence. The arthrogram is not 100 per cent accurate and must be coupled with the clinical picture by the physician.

The arthroscope is a small optical system that can be used to look inside the knee. It usually requires that the patient be put to sleep and is like a minor surgical procedure. Usually it is not necessary to diagnose a routine meniscus problem, but can be of assistance in a confusing case.

Not all tears of the meniscus produce symptoms and not all tears require surgery. A meniscectomy is the name of the surgical procedure for removing the "torn cartilage".

After a meniscus is removed, there is often an attempt made by the body to form another one, but this is usually quite limited.

Most athletes do well after a meniscectomy, but there are many reasons for the differences between individual recoveries. Two tears are seldom alike. Associated injuries to other structures in the knee, the duration the tear is present prior to surgery, and the presence of arthritis in the knee are among just a few of the factors that alter the recovery time. The resumption of athletic competition varies from three weeks to four months following removal of a meniscus. This is assuming there are no complications.

In conclusion, the information of use to the racquetball player is:

1. Not all tears in the meniscus require surgery.
2. Not all knee problems are related to a torn meniscus.
3. A tear may present suddenly and be incapacitating, or it may become more noticeable over a period of time.
4. The incidence of tearing a meniscus playing racquetball is small but it does occur.
5. Playing racquetball may aggravate an old tear.
6. If a racquetball player does develop a symptomatic tear in the semilunar cartilage of his knee, he should be able to continue to play following treatment in most incidences.



There are two menisci in each knee, a lateral and a medial.

Guarding Your Eyes Is The Best Insurance

Racquetball is a sport that has a minimal serious injury risk but visual loss is a potential high factor in comparison to other sports. The incidence of eye injury varies by skill levels, playing technique and experience. Most often when an injury occurs it is the result of an unpredictable shot. The ball may glance off the racquet of an opponent or ricochet from the player's own racquet. The inexperienced player may be looking at his opponent after he has hit the ball or misjudge a ball coming from the wall. Even championship players have sustained eye injuries although they probably have the lowest risk factor.

"Close calls", where the ball strikes the face around the eye, are more frequent than eye injuries themselves. The eye rests in a bony shell that is protective in most situations and can dissipate a considerable amount of the force from a racquetball that strikes in the area of the eye. If you take a racquetball place it in contact with your eye you can see it would take an unusual shot to hit dead center or even partially strike the globe itself. The degree of damage from being struck in or about the eye varies. Bleeding is the most frequent result of a sudden force applied to the eye from a racquetball. Blood can accumulate in the anterior (front) chamber of the eye and is called a hyphema, or the bleeding may fill the larger vitreous cavity.

While a small amount of blood following a blow to the eye is generally rapidly absorbed, the presence of blood in the eye is potentially serious and often results in hospitalization. The danger of the bleeding starting after it has initially stopped exists, even if the patient is at rest. The irritation from the presence of blood can cause later changes in the delicate eye structures and possibly some permanent visual impairment. One must remember that damage may be done to the eye without an outward sign of injury.

It is easy to see how a direct blow to the eye could cause varying de-

grees of injury. Impact sustained from a blow about the eye can be transmitted to the eye and cause visual disturbances including detaching the retina. The retina is a thin, delicate sheet of tissue in the back of the eye that is an important sense organ for vision. A retinal detachment should be suspected when there is a loss of vision in one part of the visual field or one experiences a "floating curtain" image in one eye following trauma.

The chance of anyone sustaining loss of vision from a racquetball injury is small. From players I have met in different areas of the country over the past five years, I have had contact with two examples of partial vision losses and one man with total loss of vision in one eye. Among five hundred players I observed from November, 1971 to April, 1972, there were nine eye injuries with no permanent visual loss in any of these players. Two had bleeding into the anterior chamber, two had bleeding into the vitreous cavity, two had corneal lacerations, one had an eyelid laceration, and two developed inflammatory changes in the eye following their injury. These men all received immediate medical attention and four were hospitalized for a portion of their treatment.

If an injury occurs and immediate medical care is obtained, the chance of permanent impairment is decreased further. One must remember that a small potential exists for an eye injury that is irreversible no matter what is done. Prevention is the best approach to eye injuries. They can be minimized by protective eye gear and proper playing techniques. The argument of decreased peripheral vision from the eye guards is mainly a matter of adjustment.

Racquetball players are individuals who make up their own minds and will choose their own risk factors. The purpose of this article is to present some information to help the reader in making his own decision.

In closing the following recom-



Steve Keeley wearing an eye guard in recent pro tournament.

mendations are made: 1. Encourage the use of protective eye equipment for all racquetball players (especially players just taking up the game)

2. Consider putting signs on the court doors encouraging the use of protective eye wear by those using the facilities.

3. When an eye injury occurs, seek immediate medical attention to prevent the possible extension or complication of the injury.

Achilles

Continued from page 36

are oral medications that reduce inflammation that may benefit some cases. The local injection of steroid preparations in or around the achilles tendon must be approached cautiously and is done with the understanding that it may increase the incidence of rupture of the tendon in the future in a few of the individuals. (If one's symptoms have become a real problem, it should be discussed in detail with one's physician). The treatment must be individualized for each racquetball player. Fortunately, rupture of the achilles tendon is an infrequent problem in the conditioned racquetball player and if it does occur, it is usually only a temporary setback. We all have occasional intermittent soreness in the achilles tendon complex (often in the morning) as we get older and it usually does not become a problem. If it does persist and interferes with performance, one should seek medical evaluation.

1974 N.R.C.MIDWEST PRO-AM OPEN

November 14-17

Aurora, Illinois Y.M.C.A.

SITE: Aurora Y.M.C.A., 460 Garfield Ave., Aurora, Illinois 60506

Phone: 312 — 896-9782

Tournament Chairmen: Jim Stotz, Benn Eilert.

EVENTS:

- () Professional Singles (limited to 32)
- () Amateur Open Singles
- () Women's Open

ENTRY FEE: \$10 per player. Players may enter one event only. Consolation in Amateur Open Singles and Women's Open. Entry fee also includes: Hospitality, souvenir t-shirt, general admission ticket to first two days of tournament.

OFFICIAL BALL: Seamco 559 (green).

AWARDS: Professional Singles: \$4,500 prize money. Women's Open: \$500 prize money. Amateur Open Singles: trophies. Trophies for all consolation winners.

ENTRY DEADLINE: All entries must be received on or before November 7, 1974. No exceptions. All entry fees must accompany entry. Mail to: Jim Stotz, Aurora Y.M.C.A., 460 Garfield Ave., Aurora, IL 60506. Make checks payable to: Aurora Y.M.C.A.

INFORMATION relative to starting times will be available Tuesday, November 12.

MARK above the event you wish to enter.

HOUSING: Hilton Inn, 312-892-6481 or Holiday Inn, 312-896-0801.

Name _____ Club/Y _____
(PLEASE PRINT)

Address _____ City _____ State _____ Zip _____

Tel. No. _____

1974 N.R.C. CLEVELAND PRO-AM OPEN
December 12-15
Cleveland, Ohio Y.M.C.A.

SITE: Executive Club, 21330 Center Ridge Rd., Rocky River, OH 44116
Phone: 216-331-2800
Tournament Chairmen: John Leach, Gerry Lapierre

EVENTS: () Professional Singles (limited to 32)
 () Amateur Open Singles (limited to 64)

ENTRY FEE: \$10 per player. Players may enter one event only. Entry fee also includes: hospitality, souvenir t-shirt, general admission ticket to first two days of tournament.

OFFICIAL BALL: Seamco 559 (green).

AWARDS: Professional Singles: \$4,000 prize money. Amateur Open Singles: trophies to first four places.

ENTRY DEADLINE: All entries must be received on or before December 1, 1974. No exceptions. All entry fees must accompany entry. Mail to: John Leach, Executive Club West, 21330 Center Ridge Rd., Rocky River, OH 44116. Make checks payable to: Executive Club West.

INFORMATION relative to starting times will be available Monday, December 9.

MARK above the event you wish to enter.

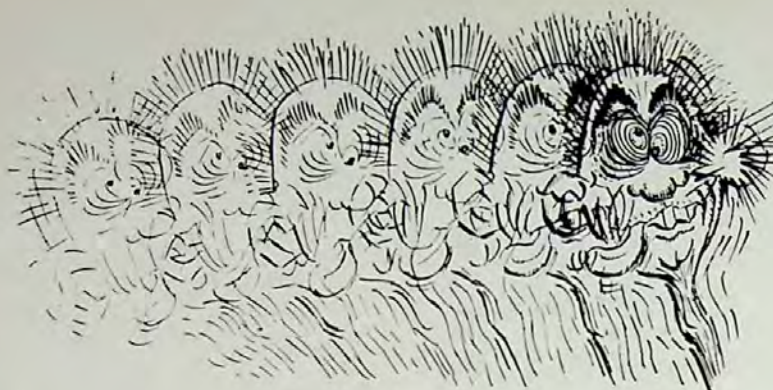
HOUSING: Sheraton Inn, 216-333-6200.

NAME _____ CLUB/Y _____
(PLEASE PRINT)

ADDRESS _____

CITY _____ STATE _____ Zip _____

TEL. NO. _____ PARTNER'S NAME _____



DEAR EDITOR:

....now that I have your attention....

Loved Steamboat

Dear Bob:

I have just returned from a fabulous week at Storm Meadows in Steamboat Springs, Colorado. I had the good fortune to participate in a truly outstanding racquetball clinic. Thanks to your fine efforts of publicizing the event, I have, indeed, improved my game by five points!

It was a wonderful experience to learn from and be working with Steve Strandemo and Steve Keeley. Not only are they superstars on the court, but they rank in the same category off the court. They were never too busy to assist us "rookies" in our search for excellence.

As I was leaving the parking lot of Storm Meadows for my return to Wisconsin, Steve Strandemo came sprinting out of the athletic club towards my car. As he approached, Steve asked, "Do you have a racquet in the car?" Unfortunately, it was packed away and was not to be easily located in our vast amount of luggage. It so happened that Steve just wanted to make darn certain that I was gripping that racquet in the appropriate way.

What a privilege to know such fine individuals as Steve Strandemo and Steve Keeley!

Sincerely,

Dr. Thomas A. Marshall
Wisconsin Rapids, Wisc.

P.S. Enclosed is my check for a subscription.

See You In Vegas

Gentlemen:

Enclosed you will find a check for seven dollars (\$7.00), along with an application for a subscription to your magazine.

Having played Racquetball for only the past five or six months I find myself increasingly frustrated by a lack of

knowledge of the rules of the game. I would appreciate it if you could tell me where I might obtain a Rules Handbook.

I see by your latest magazine that a large tournament is to be played here in Las Vegas at the Tropicana Hotel in April, 1975. You could not have picked a finer facility nor a better time to visit our City.

I look forward to reading more about your fast growing sport, and also to seeing many of your members participating here in the tournament.

Dan M. Seaton
Las Vegas, Nevada

Illini Open

Dear Chuck:

As president of the Illini Racquetball Club, I would like to announce the 3rd annual Illini Open on December 6, 7, and 8, 1974.

The tournament will be held at the IMPE Building, University of Illinois, Champaign, Illinois. The entry fee is \$12 per person (one event only). Checks should be made payable to — (Don Webb — Illini Racquetball Club).

Events will be — Open Singles (Includes Consolation)

— Senior Singles (35-44)

— Master Singles (45 and over)

— Women's Singles

Trophies in each division for 1st, 2nd, and 3rd, also consolation winners. There will be souvenir t-shirt and a hospitality room for all participants.

Entries should be mailed to — Don Webb, 280 Natural Resources, Urbana, Illinois 61801

We would appreciate any mention in your tournament calender.

Jeff Bowman
U. of Illinois

The outlook wasn't brilliant for Racquetball that day;
The score stood nineteen all, with but two points more to play;
Because when Brumfield lost the first, but won the second game,
A sickly hush then fell upon the patrons of the game.

A straggling few got up to go in deep despair. The rest
Clung to the hope which springs eternal in the human breast.
They thought, if only Charley could get the serve, at that,
They'd put up even money now, – with Brumfield they'd be fat.

His fame preceded Charley, as did his style of play;
At the finals here of court games in Rolloff, U.S.A.
So upon that stricken multitude grim melancholy grew,
For there seemed but little chance of Charley's getting first the two.

But Chas let drive a killshot, to the wonderment of all!
His peer, the much despised, tried to claim a broken ball;
And when the words had ended, and the two no longer cursed,
There was Brumfield standing sadly – the ball indeed had burst!

Then from the gladdened multitude went up a joyous roar,
It bounded from the ocean waves and sounded on the shore;

It fell upon the eardrum, and recoiled along the nerves,
For Charley, mighty Brumfield, was to receive the serve.

There was ease in the champ's manner as he stepped into his place,
There was pride in Chas's bearing and a smile upon his face;
And when responding to the cheers, he lightly tugged his beard.
No stranger in the crowd could doubt, 'twas he who should be feared!

Ten dozen eyes were on him as he gazed ahead, face mean!
Ten dozen tongues applauded when he toned, "It is routine!"
Then while his writhing rival took the ball into his hands,
Defiance gleamed in Charley's eye – a hush 'mong Chas's fans.

And now the rubber coated sphere came hurtling through the air,
And Chas the spas a-watching in haughty grandeur there;
Right by the master player the serve unheeded sped.
"That ain't my style," said Charley. "Match point!" the court ref said.

From the bleachers, packed with people, there went up a muffled sound,
Like the pounding of the thunder above lost and distant ground.
"Kill shot! Hit the freak ball!" shouted someone in the stands.
And it's likely they'd have rioted had not Brumfield raised his hands.

With a smile of Christian charity great Charley's visage shone.
He stilled the rising tumult; he bade the game go on.
He signaled to his player, and once more the spheroid flew,
But Charley still ignored it, and the ref cried, "Short! Serve two!"

"Short!" screamed the relieved gallery, and the echo answered "Short!"
But a scornful look from Brumfield stayed the audience retort;
They saw his face grow stern and cold; they saw his muscles strain,
At twenty to twenty in this, the third and final game!

The sneer is gone from Charley's lips, his teeth are clinched abhorred,
He pounds with cruel violence his racquet on the floor;
And now the server holds the ball, and now he serves the thing,
And now the air is shattered by the force of Brumfield's swing . . .

Oh! Somewhere in some favored court the lights are shining bright,
The crowd is cheering somewhere, and somewhere hearts are light;
And somewhere players laughing, and somewhere players shout,
But there is no joy for Brumfield – mighty Charley was aced out!

Brumfield On The Court

*The "thinker", Charley Brumfield.
Our apologies to the original Casey at
the Bat.*

The MIGHTY CHARLIE



How To Avoid the Avoidable Hinder

By Chuck Leve

The most confusing and sensitive rule in racquetball, for beginners and veterans alike is the avoidable hinder. It is a rule that has plagued players and referees since its inception six years ago and it will probably continue to do so for many more years.

The purpose of this article is to help all racquetballers better understand the avoidable hinder, the reasons for its presence in the rule book and the interpretation of it for competitive purposes.

The avoidable hinder has four specified areas within the rules, all of which have been generally expanded through interpretation. Briefly, a point is awarded, or a handout ordered upon the committing of an avoidable hinder. Such a play occurs when 1) One player does not move sufficiently to allow his opponent a shot, or 2) one player moves into a position affecting a block on his opponent, thus making it impossible for the opponent to return the ball, or 3) one player moves into the flight of the ball and is struck by that ball just played by his opponent, or 4) one player deliberately pushes his opponent.

The simple facts related in the above paragraph will come as a surprise to many beginning racquetballers, who incorrectly assume that once a player has established "position" it is his to hold. This is one of the greatest misconceptions of racquetball. No player at any time during any match "owns" a position on the court.

It is the obligation of any player to move sufficiently to allow his opponent a clear and unimpeded shot at the ball.

The reasons for the avoidable hinder are many, and can be specified.

First and foremost, the avoidable hinder acts as a deterrent to injury. By making it mandatory under the rules that each player must move to allow his opponent a shot the chances of one player striking another with his racquet are greatly reduced. Of course, this is assuming both players get out of each other's way.

Injuries caused by getting hit by the ball are also reduced due to the avoidable hinder rule, and although generally much less painful than getting hit by the ball, bruises have been known to slow up some players.

Another injury eliminated by the A.H. is that caused by collisions be-

tween two players. Although some unavoidable collisions and potential injuries can occur, the avoidable hinder makes the possibility far smaller.

Another reason for the avoidable hinder rule is to allow more movement and freer flow of action on the court. By prohibiting the establishment of position theory, the avoidable hinder enables the players to move about the court with less worry of contact, and therefore, more concentration on the game.

This encourages higher skills, better workouts, and much more enjoyable watching.

With adherence to the avoidable hinder rule, players can minimize arguments, greatly reduce play stoppages and generally find the game much more fun to play, - as it is intended.

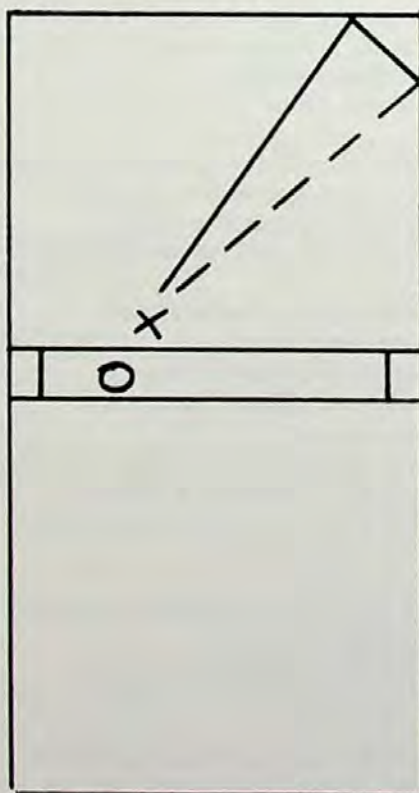
Failure To Move

As stated earlier Rule 4.11 in the official U.S. Racquetball Association and National Racquetball Club rules is divided into four sub-parts, each describing various offenses under the avoidable hinder. Remember, each offense results in a point or handout against the committing party.

The first such specified offense is "Failure To Move., — when the offender *does not move sufficiently to allow his opponent his shot.*"

The interpretation of this section is clear. You must get out of the way of your opponent. It makes no difference if doing so will almost assuredly result in your losing the rally. You have undoubtedly gotten yourself in this position due to a poor shot and now you must pay the consequences.

All players at one time or another



Player X creates an avoidable hinder, if after his shot, he fails to move out of the way. Player O is entitled to his shot.

have hit a shot that seems to come back at them. You have to move out of the way.

Many players claim that they have no idea where their opponent is, that they are afraid to move for fear of a violent collision. Again, this is no excuse, for just as it is your obligation to move out of the way, it is also your obligation to know where your opponent is, if that is what is necessary to make you move.

For example, the biggest single threat to safety on the court among beginning racquetball players is that player who never takes his eyes off the front wall. This player will strike the ball and crouch down, facing the front wall, waiting for his opponent's return to come into view. Not only is this practice poor racquetball fundamentals, it is also extremely dangerous.

If that ball he just hit should carry to the back wall on the fly, it could very easily rebound back to center court. And if the opponent is playing correctly his total concentration will be on striking the ball, and that's where his eyes will be focused.

It is the obligation of the first party to look over his shoulder, and if necessary get out of the way, to allow his opponent this shot. If there is a collision, or if this player is struck

by the racquet, or in any way hinders his opponent's shot, such hinder is avoidable and the rule applies.

Many players do not look over their shoulder because they are afraid the return will strike them in the face. Yet I assert that the damage potential from being struck by the ball is far less than that of being struck by the racquet.

And not only will it lessen the chances of injury, looking over one's shoulder will improve your game, by enabling you to react far quicker to your opponent's next shot.

Blocking

This section of the avoidable hinder rule states, such a hinder is created when one player, "moves into a position effecting a block on the opponent about to return the ball, or in doubles, one partner moves in front of an opponent as his partner is returning the ball."

The first part, devoted primarily to singles, is the opposite offense of *Failure to Move*. This is moving too much.

The player who is guilty of moving into another and effecting a block, is unquestionably the dirtiest of players. I would rather contend with the player who occasionally forgets that double bounce pick-ups are illegal than with the blocker.

This is the guy who, when you have him out of position, doesn't care, - he'll get to the position he wants, even if it means putting shoe rubber on your chest.

The blocker realizes at all times what is happening. He is watching the ball and sizes up every situation. When his poor shot results in a virtual set-up for his opponent, there he is with his block, claiming "hinder, hinder," when no movement on his part would have enabled his opponent a clear shot.

A player who blocks like this is usually a poor loser. He is the guy who wants to win so badly, that he will do anything to achieve that goal, including the risk of getting hit by his opponent's racquet. And although the blocker can strike from any point on the court, he usually does so from behind.

In general, at least 90 per cent of waffle faces, i.e., getting struck in the face by your opponent's racquet, are the result of blocking. And it is always the blocker who is on the

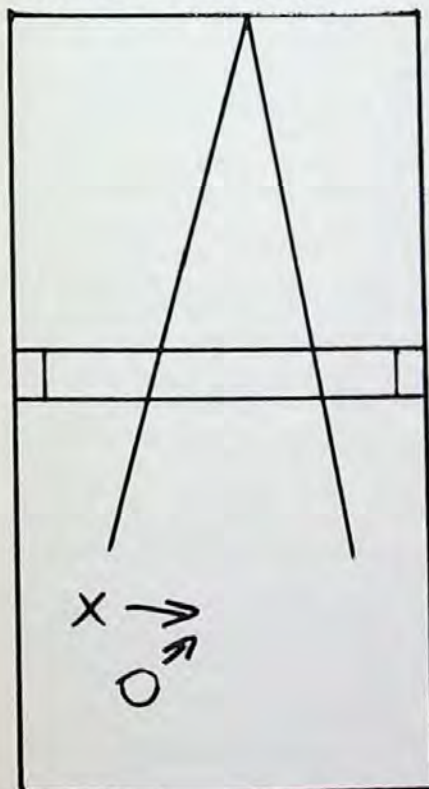
receiving end of the waffle.

Many players contend that this is the blocker's due reward, and one waffle face should cure him of this habit. However, the purpose of the avoidable hinder rule is to stop these injuries before they occur, which the rule does, if adhered to.

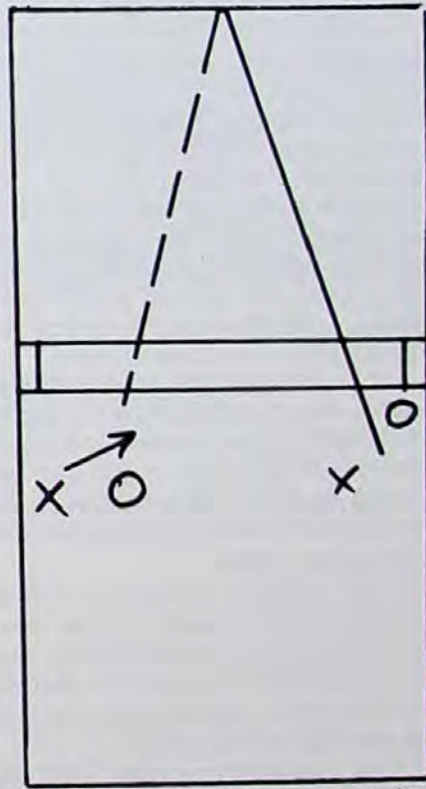
If you have hit a poor shot from deep court, giving your opponent a mid-court set-up, do not rush in directly at him in a frantic attempt to get back into the play. If your opponent should in any way delay his stroke, or move back slightly for a better angle, or even have a large backswing, you have received a waffle face. And it is your own fault. You must allow your opponent his shot.

Many top players, when forced into this situation just choose to cover one side of the court. They make this decision based on the assumption that if their opponent kills the ball there's no way to retrieve it anyhow, and secondly, if they were to attempt to climb their opponent's back for center court position this would block his own vision.

I remember one player whose favorite play was to run directly to the point behind his opponent who had a sure set-up. And every time his opponent would kill the ball he'd



After hitting his shot, Player X commits an avoidable hinder by moving into the path of Player O, creating a block. X loses the point or the serve.



As his partner hits a cross court shot, Player X on the left moves in front of his opponent O on the same side. This, too, is an avoidable hinder.

throw up his hands yelling, "hinder, hinder, I never saw the ball." Of course, this is not a hinder, when created by that player. In other words, you cannot create a hinder for yourself. He had poor position because he hit a poor shot, and that's all.

The line in this portion of the avoidable hinder rule commenting on doubles play is one of the most difficult avoidable hinders to detect. Veteran doubles teams have thoroughly frustrated their opponents and confounded rookie referees by this tactic.

It is the case when as your partner strikes the ball, say, from the right side of the court, you at that moment move directly in front of your opponent on your side. Your partner's shot, if it is a pass cross court, will never be seen by the player you have just blocked. It's nice if you get away with it, although not only is it dirty play, it is an avoidable hinder.

A block of this type is asking for trouble and the leading reason for bad feelings between some doubles teams. Doubles is close enough with four players inside that 20 x 40 box. More blocking is unnecessary.

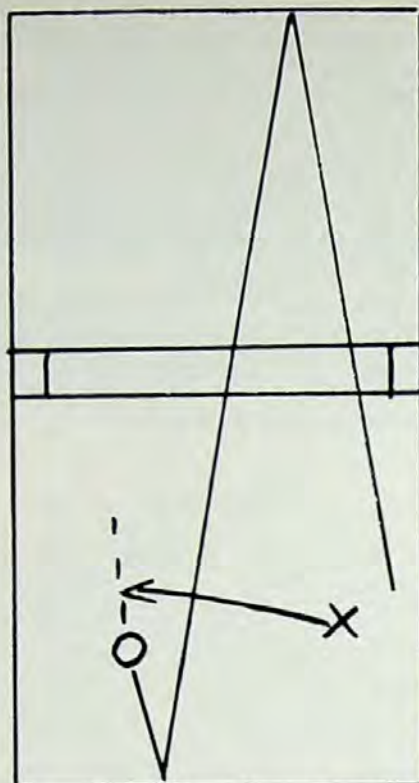
Moving Into Ball

In one of the first tournaments I ever attended I watched the most unusual and disgusting displays of racquetball imaginable. I witnessed a player who dressed himself in thick gray sweat pants, a long sleeved thick gray sweat shirt and even wore a hat. Every time his opponent would have a shot off the back wall, this player would move directly into the path of the ball, be struck by it, and claim hinder.

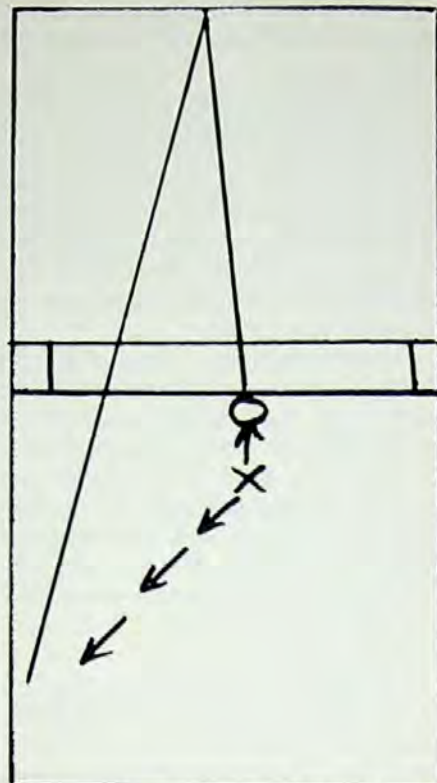
Unfortunately, the referee was in experienced and allowed the player to continue this practice. I believe the player won his match, but ran into a more competent referee the next round and continually hit with avoidable hinders.

This extreme example shows clearly what is meant in the third section of the avoidable hinder rule which reads that a player "moves in the way and is struck by the ball just played by his opponent."

This avoidable hinder can be created at almost any spot on the court but it is usually done off the back wall, when the player has time to move into this blocking position.



Player X commits an avoidable hinder as he moves into the path of the ball struck by Player O.



If Player X pushes Player O as he retreats for the ball, he has committed an avoidable hinder.

Moving into the ball is perhaps the most easily detectable of all avoidable hinders. It is a blatant attempt on the part of one player to prohibit his opponent's shot from following its natural course.

I would imagine that our friend in the sweat suit had calculated the risks involved, wore his outer coating of protection and just decided to take his lumps. It was embarrassing to watch, as no player can make a bigger fool of himself under any circumstances.

Pushing

An avoidable hinder is called when one player is "deliberately pushing or shoving an opponent during a volley." This avoidable hinder is not as easy to detect as one might imagine. Some top racquetball players have received reputations for being able to subtly push an opponent without detection by the referee.

However, the most common pushing done, and that mainly referred to in Rule 4.11, is done by the rookie racquetballer, the player who really doesn't know any better.

He is the one who rushes in to cover your shot, and when you anticipate this move and hit a ceiling or

pass return he puts his hand on your back, and pushes off as he changes direction.

The reason for making pushing off an avoidable hinder is due to the effect that it has. For one, it gives the player doing the pushing an unfair start on his retrieving efforts. Secondly, it often results in making the player who is being pushed, off balance and thus in an awkward position to retrieve the subsequent shot. A third reason, of course, is injury.

Remember: at no time are you allowed to push your opponent. It is always an avoidable hinder. What then, should you do if your opponent is in your way? Well, whatever you do, don't push. If you get boxed in and he's in your way, just take a hinder and forget it. Pushing will lead to hard feelings on the court and probable rough play, and more injuries.

If your opponent is not moving out of your way, it should be an avoidable hinder and if the match is refereed, it should be called.

Other Violations

Although the aforementioned cir-

Continued on page 49

Avoidable Hinder

Continued from page 48

cumstances directly fall under the avoidable hinder rule, there are a number of other circumstances that do as well, through interpretation.

It must be pointed out that at no time is the avoidable hinder meant to infer deliberate hinder, although any deliberate hinder would, in fact, be an avoidable. There are cases where the player does not deliberately hinder his opponent, yet it can still be avoidable.

One of the most sensitive calls occurs when one player dives for a ball, and is successful in returning it to the front wall. Many players with intense competitive desires often dive for balls, especially late in a close match. That is not the problem. The problem is when that player attempts to get up from the floor.

In the event that the return after

the dive rebounds at or near the fallen player, he still has every right, of course, to regain his feet. He does, that is, unless in doing so he creates an avoidable hinder.

In other words, if in regaining his feet, the player effects a block on his opponent, or moves into the path of the ball, or fails to move as the ball rebounds toward him, he must lose that point, or a handout must be called. We all have compassion and admiration for the player who can make this desperate lunge for the ball and get it. However, he has no unlimited freedom in regaining his feet. He must let his opponent have his shot. And even though this seems like a pretty tough interpretation, remember, that player probably would not have had to dive, had he not hit an earlier shot poorly.

The opponent cannot be discriminated against for showing superior control in making the rally reach this situation where he has finally maneuvered his opponent into the ultimate of poor position, — prone on the floor. To allow the fallen player complete freedom in regaining his feet would be to possibly take away a well

earned point from his opponent.

Another example of an avoidable hinder, not clearly spelled out in the rules but encompassed by interpretation, is that player who yells, or stamps his feet as his opponent is about to strike a shot, particularly a set-up. This not only is an avoidable hinder, it is also unsportsmanlike conduct and can be punishable under that particular rule (3.5 (d.1)).

Usually one or at most, two avoidable hinder calls will stop a player from continuing his illegal on the court antics. There are some players who attempt to see how far they can go in intimidating a referee along these lines. Thus, in the final analysis, it is the referee's duty to see that avoidable hinders are called. Many refs are too timid to take what they consider this drastic action, the awarding of a point or serve to one player.

Yet it must be done. For the game to continue to evolve as a clean, sportsmanlike and enjoyable sport, the avoidable hinders must be called, and just as importantly, they must be understood by the players.

I guess we could say that you should avoid, the avoidable hinders.

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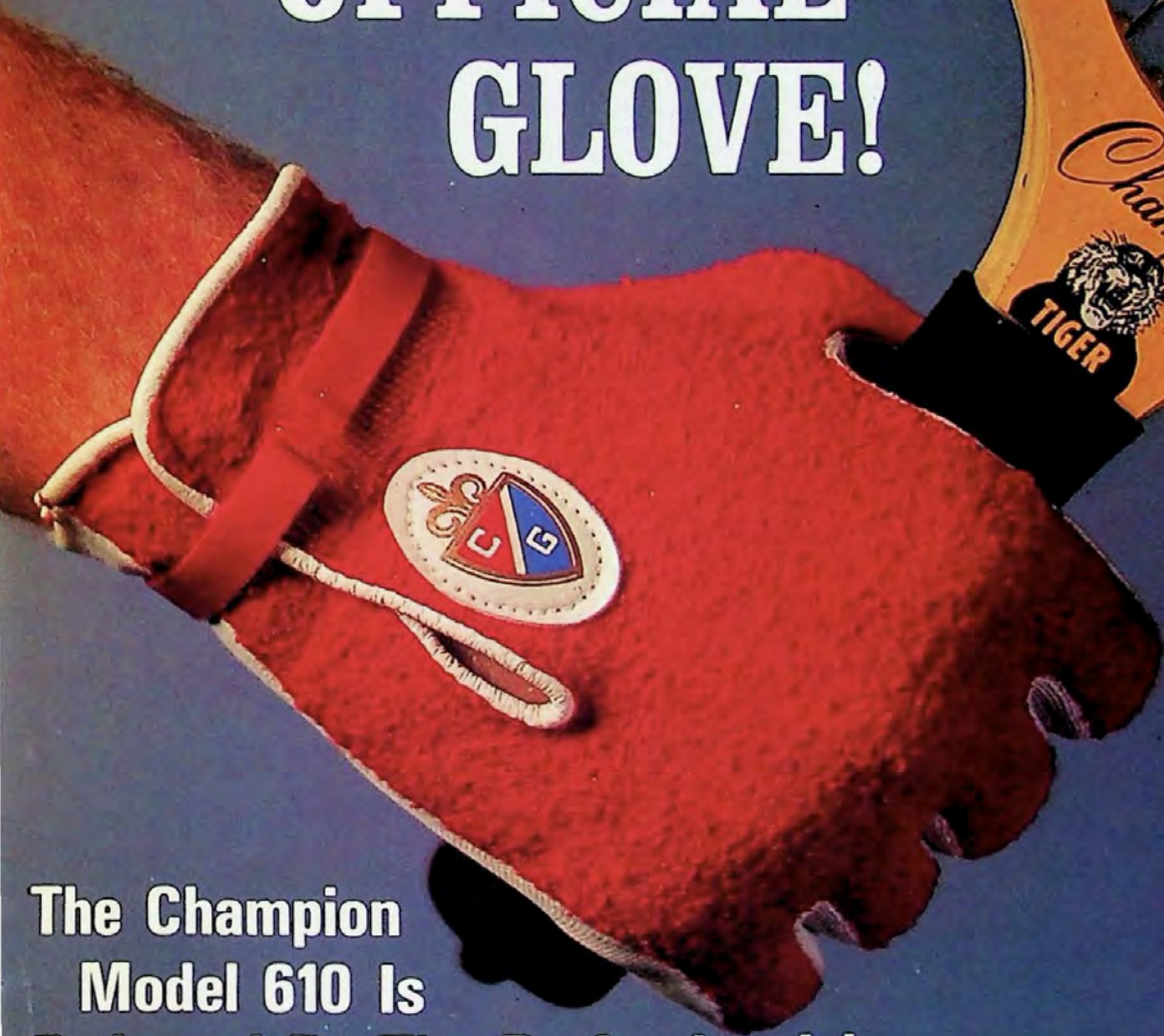
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It Must Be Done . . .

I founded the National Racquetball Club a year and a half ago to offer the racquetball community an alternative to the strictly amateur International Racquetball Association. The N.R.C. was born, not to compete with or destroy the I.R.A., but to increase the stature of the sport and aid in the promotion of racquetball through professional play.

Despite our live and let-live policy, the I.R.A. does not want a peaceful racquetball world. They prefer confrontation. The N.R.C. never went head-to-head against the I.R.A., who violently opposed our pro efforts. We never set up regional tournaments, never organized state associations, or anything of the kind to hinder them. But recent news out of Stillwater has put an end to this mutual era of good feelings.

The I.R.A. has announced it is launching a professional program. They have lured a few top pros with cash and guarantees to sign contracts to play PROFESSIONAL racquetball. Hard to believe, yes, but true.

The I.R.A. approached all of the top players with similar offers. For what reason? Why should this non-profit, amateur organization wish to go into the professional arena, a direct violation of their national charter? For the good of the game? No, we don't think so.

We do think that the \$3.00 that many of you pay for your I.R.A. membership is going to professionalism. But what is worse is the new policy adopted by the I.R.A. which mandates that any player reaching the money round of an N.R.C. tournament is automatically ineligible for any I.R.A. event, pro or amateur. And no pro player who signs with the I.R.A. can compete in N.R.C. events. Yet these players will be allowed to win money in I.R.A. pro events and still play in I.R.A. amateur tourneys.

The N.R.C. has gone on record (see page 8) with a policy of openness. Anybody in the world can compete on our tour. You don't have to sign anything, join anything or do anything. All we want is for each and every player to be able to compete in any tournament he or she wishes, without fear of recrimination. Have we asked too much when we ask the same of the I.R.A.?

We feel that this has been a grievous abuse of power and we are compelled to right the wrongs done. Therefore, we have formed the UNITED STATES RACQUETBALL ASSOCIATION, and dedicated it to the interests of 99 per cent of racquetball, - the amateurs. Your memberships in U.S. R.A. will not go to the elite professional few, it will go to the amateur many. I ask you to come along with us, the U.S.R.A.

For the good of the game.

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