

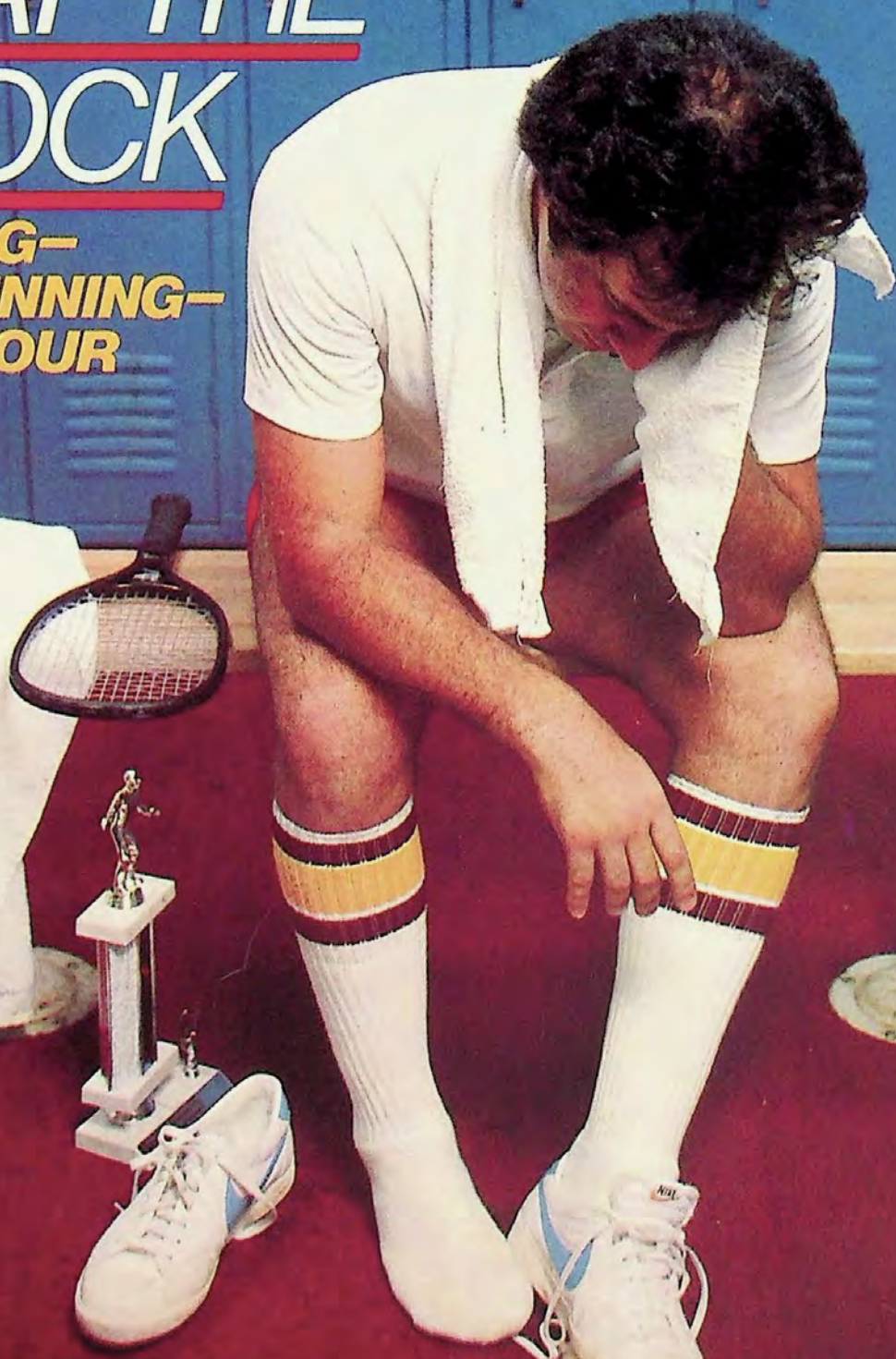
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COVER PHOTO: Larry Kuzniewski

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Letters To The Editor

Senior Miss

I am writing to you as a player of racquetball for the past 2½ years. I can't believe it has been around all my life and I have just been introduced to it. It is a fantastic game for everyone.

I will play with anyone who will accept and can usually give them a good game. I've played in six tournaments going as far as the semi-finals in "B" consolation at Penn State. Now this may not sound like much of a feat except when I say that I am eligible for not only "Seniors" but the "Masters" class.

None of the tournaments I've been in offered a Senior division for women and of course no Masters division. This is a little disappointing to me. I would like to see these two classes offered along with the unique classes of "Under 12" and "Teens".

I enjoy your magazine and love the game. Looking forward to a "Women's Masters Match."

Doris R. Gordon
The Bently Club
Harrisburg, PA

Super Juniors

I'd like to take this opportunity to thank Luke St. Onge and the people of the IRA for the excellent job at the Junior Nationals. I know how difficult it is to stage a tournament like this and was amazed at the ease with which it was handled. I believe that the Juniors program is so important and must be continued in order to provide the younger players with competition under the proper theme. . . . Luke's presentation at dinner Saturday evening was superb. It certainly enlightened all of us with a new insight into racquetball.

I know a program like this takes a lot of work and I would be delighted to get involved and help with it. As of November 1st, I will have the good

fortune of becoming the manager of the Supreme Court West here in Wichita and am making a strong Juniors program my number one priority. It is going to be an exciting experience and I am looking forward to working with the IRA. Keep up the good work and please let me know how I can help.

Thanks again.

Dewane Grimes
Wichita, Kansas

Well Run!

Thank you so much for a successful Junior Nationals. I had a great time and really appreciate the opportunity to play and be there. The tourney was run really well, and my compliments to all others who helped with it.

Thanks again to everyone!

Leslie Lindskog
Olympia, WA

Shoe 'Nuff

Your magazine is fantastic. It is well worn by the time the racquetball players here read and return it.

An article on shoes would be welcome. As you know, there is a proliferation of sports shoes on the market and some pointers on what to look for in a racquetball shoe would be appreciated.

Many Thanks.

Major P.B. Everitt
4th Transportation Brigade
APO New York

Us vs. Them

I would like to thank Mr. Thomas

Bisset for his truly excellent article entitled, "Confessions of a Handball Player." As an avid racquetball enthusiast, I can attest to Bisset's statement, "Hand ballers do think racquetball is beneath them in every way." All one has to do to experience the snobbery prevalent on some courts is to knock on the door of a court and kindly tell the handball players that their time is up; that you, with your wall chipping racquet, are going to enter their domain and play racquetball. Of course, not all handball players have a superiority complex, but Mr. Bisset's prejudice (or past prejudice) is well noted.

I'm sure Mr. Bisset's article was found to be very revealing, yet comforting, to us die-hard racquetball players. Thanks again for a well-written and original piece of literature.

David Lutz
Dayton, Ohio

After reading Tom Bisset's *Confessions of a Handball Player*, we of the Penn State Handball Club are packing our fishing gear for the trip to Baltimore. If Bisset thinks that offhand kills from midcourt are so rarely practiced, the courts must be stocked with fish ready for the scaling. I'm surprised he thinks he can win a trophy without playing a game of racquetball. We know it takes one or two games of practice. I'm puzzled that he doesn't once mention the hinder strategy, which executive director Luke St. Onge honed to a razor edge in his Penn State days. Hinder calls are 80% of the fun of your game. The other 20% must be the delicious women who play. And that's the clue to the nature of racquetball; it's easy, otherwise women wouldn't join. They're too smart to get trapped into anything that is difficult and requires hard work.

Harlan Berger

Yeah, sure. Remind yourself of that the next time your wife takes your drive serve and turns it into a diving kill. Of course, you can always run home to Mama—if she's not out on the court running Dad into the ground—The Editors. ■

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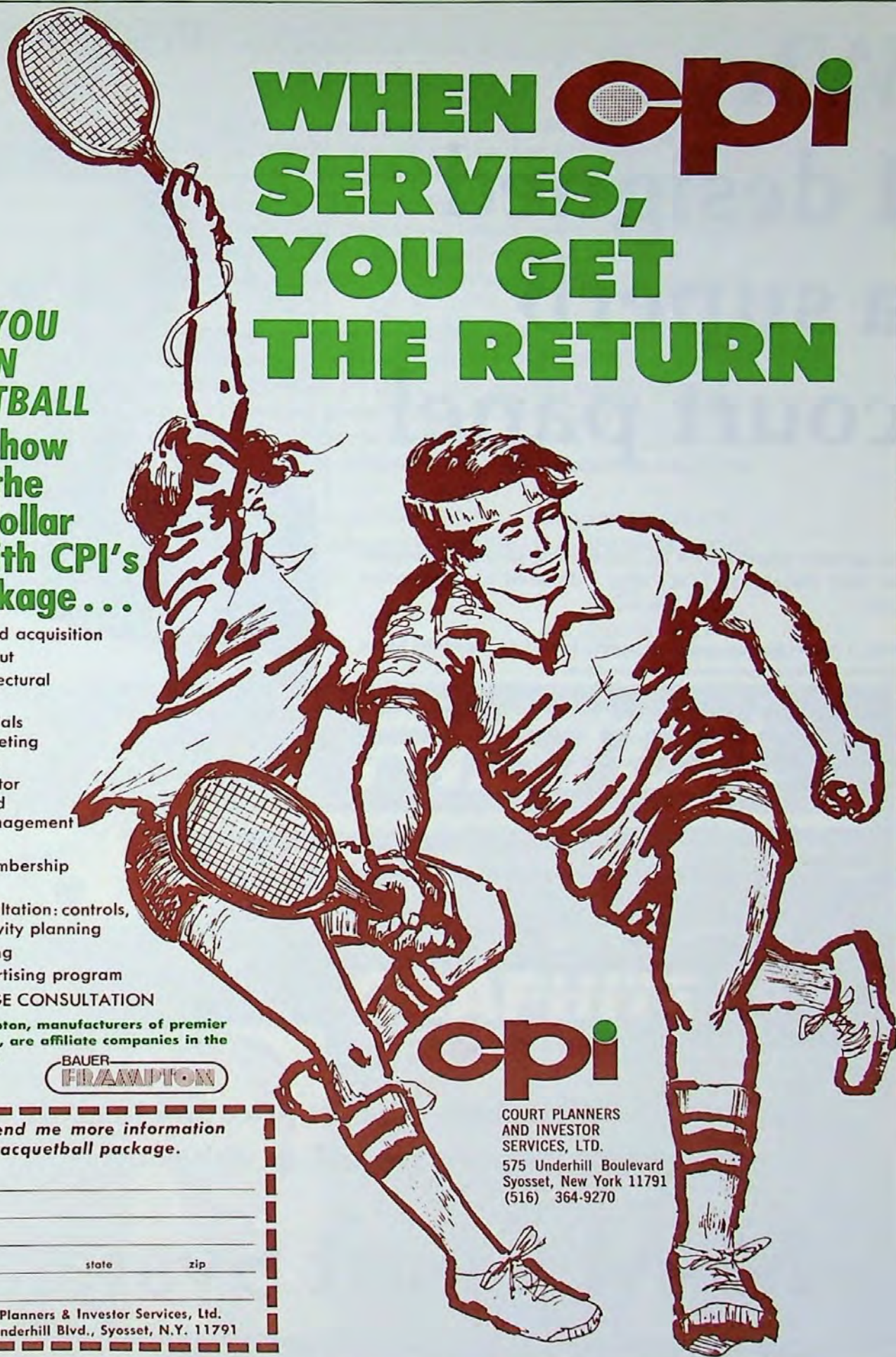
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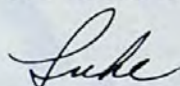
NEW DIRECTIONS

Dear Member:

In a continuing effort to be responsive to our membership and be the voice of amateur racquetball across the country, we are pleased to announce that RACQUETBALL Magazine, the official voice of the player's Association, has adopted a new editorial policy. Effective immediately, RACQUETBALL will have open editorial content and is not restricted to any single association or sporting philosophy. We welcome for publication all tournament dates, and all racquetball news. We feel that leadership requires responsibility to represent all areas of racquetball.

Our sport is suffering growing pains at the moment with many decisions being made that are not in the best interests of racquetball. RACQUETBALL and the I.R.A. feel that developments in the sport should be carefully monitored and decisions made which will ultimately benefit the sport and its players. To this end, and to allow our members and the racquetball community a voice, we have begun in this issue a guest editorial written by an interested member who feels change in the rules should be made.

Ours is an exciting sport, and we must be careful that our sport remains in the player's control. RACQUETBALL Magazine and the I.R.A. are dedicated to this end.



Luke St. Onge
Executive Director, IRA



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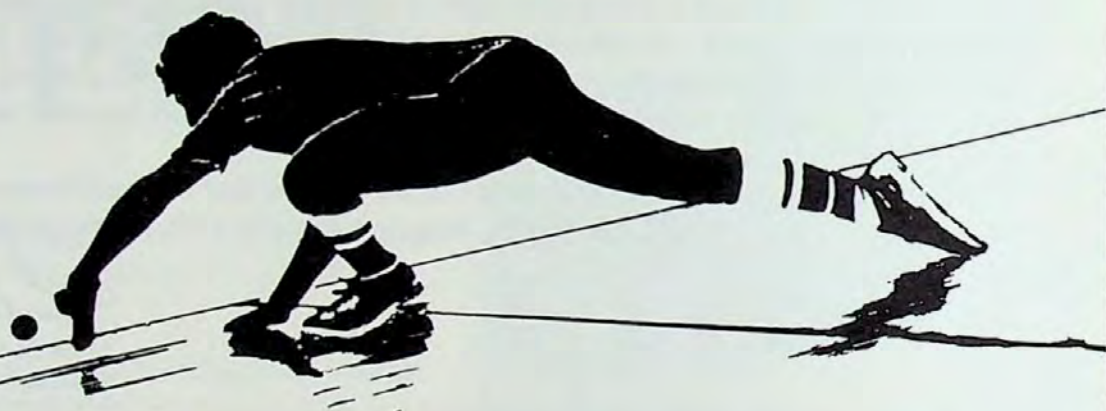
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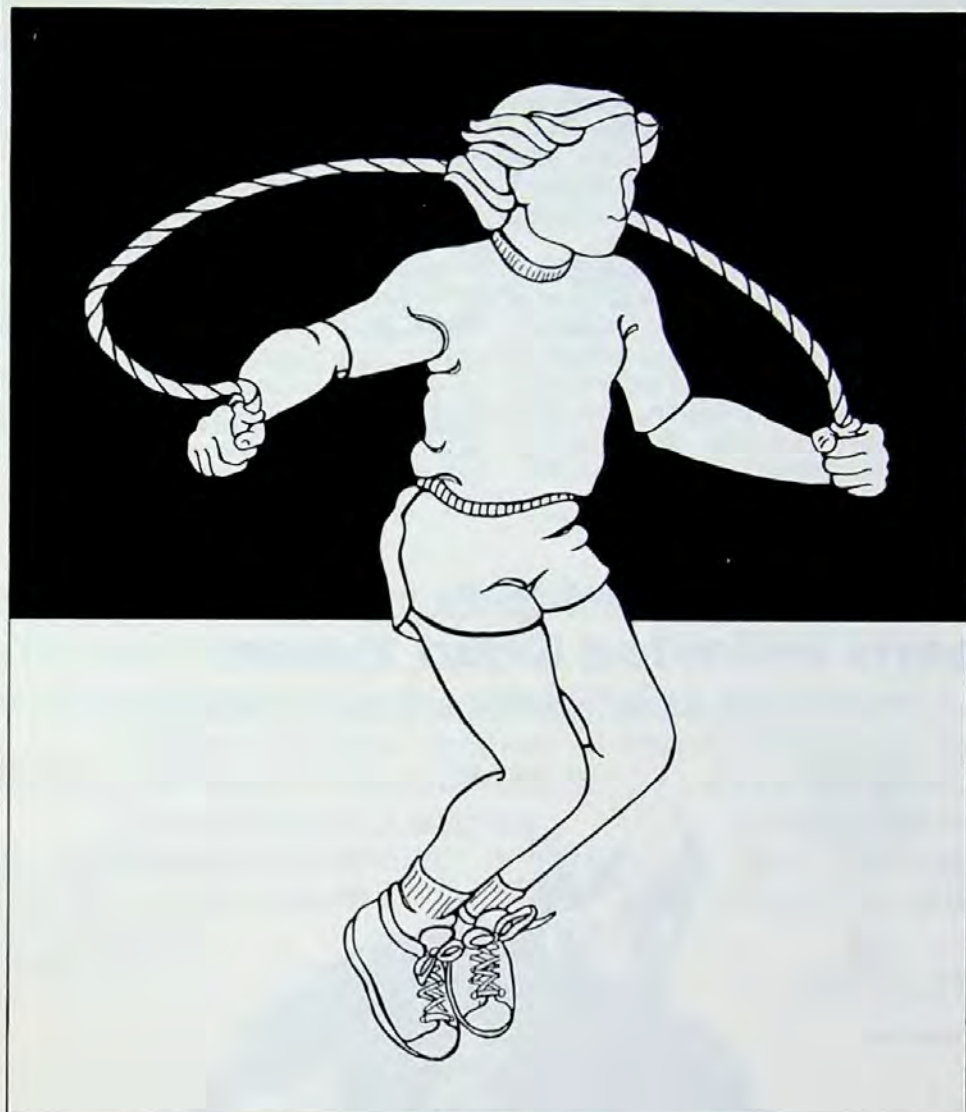
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BETT WATKINS

If, after mild exertion, your lungs labor like busted bellows, your heart lub-dubs against your ribs, and your muscles quiver in protest, it's time to get firm, fast, and flexible. You'll need an exercise program that you can do at your own pace, but which doesn't bore you back into lethargy.

For the quickest improvement of cardiovascular efficiency (the body's capacity to absorb and use oxygen in the muscles), and for trimming calves,

thighs, and bottoms, nothing beats jumping rope. "Rope skipping approaches being a perfect all-around exercise," states Paul Smith, health, physical education, and athletic director. "It is for people of all ages and physical conditions."

What about walking or jogging, you say? Turning the rope exercises more upper body muscles than jogging does. Jumping strengthens feet, ankles, and wrists better than jogging, and it's *much*

quicker. A test at Arizona State University showed that only 10 minutes of jumping equals 30 minutes of jogging. Other tests on sedentary female office workers and out-of-shape male students and adults show that physical-work capacity increased 25% after only five minutes of rope-jumping a day for 20 days. On the average, jumping 10 minutes a day, five days a week for two months improved cardio-vascular efficiency 23%; hearts beat slower and stronger and hand grip strength improved. Rope jumping is a superior way to get into and stay in shape.

Any rope heavy enough to develop inertia (so it swings back up over your head after you swing it downwards in front of you) is good enough. You can buy fancy ropes autographed by Mohammed Ali for around \$7.00 or a length of flexible clothesline or rope for less than \$1.50. Get a piece long enough so that it reaches from shoulder to shoulder while you stand on it in the middle.

If you haven't jumped in years ("Cinderella dressed in yella went upstairs to kiss her fella") or grew up thinking that jumping rope was for girls, start slowly. Hold both ends of the rope in one hand and practice swinging on one side of your body. When the timing seems right, jump straight up just *before* the rope hits the floor. As soon as you're consistently in the air as the rope hits the floor, switch both ends of the rope to the other hand and try it again. (You might want to try this in the privacy of your home, bedroom, or garage. There are few things more embarrassing than having a six-year-old neighborhood kid giggle at you.)

Now practice your footwork: without the rope, hop once on one foot, then once on the other. Then twice on one foot, twice on the other. Now three times—but you get the idea. When you can do it without looking like you're six stories up, balanced on a quarter-inch wire in a 30 mph wind, you're ready to go on.

Wear sneakers or go barefooted and skip only on carpet or grass, never on concrete or other hard surfaces. Land on the balls of your feet so that the small bones and connective tissue in your feet absorb the shock (if you land flatfooted, or jump on a hard surface, all the force and weight of your body travels directly up your shin bones—and shin splints you don't want). Once you're consistently jumping, it's time to start in on a program of jumping. Just like for any other exercise, warming up first is

important. Without the rope, jump, both feet together, 50 times, then with the rope 50 more times. Go as slowly as you wish, resting as often as you like.

Stop. Don't overdo it or your muscles will complain and you'll quit altogether. Even if you don't feel tired, stop anyway; some overextended muscles don't ache until the day after you've exercised. And stop if you get winded or your muscles holler before you've done the prescribed number of jumps. Pain is your body's way of telling you to knock it off.

For the next few days, add 10 jumps to your routine until you are doing 100 jumps.

Up to this point, you've been jumping with both feet together, either once each time the rope turned (BUMP) or twice (bump-BUMP). Warm up the second week by jogging in place 50 paces, then step over the swinging rope left-right, left-right 50 times. Each day for a week, add 10 more steps.

So far, you've strengthened your muscles, but you've done little for your heart and lungs. So the third week, warm up as usual and then skip 100 times *without stopping*. Yes, your heart may

Skip rope can not only improve your general health, but also make you the hit of any gymnasium, racquetball court, or cocktail party.

thud and your lungs may heave, but you have to push them to strengthen them. Rest for 10-30 seconds, then skip another 100 times. If you haven't recovered your wind within 30 seconds, slow down your jumping rate.

By the end of the fourth week, you'll want to skip long enough to get out of breath—anything less and you aren't taxing your heart and lungs enough to maintain their fitness. Skip and rest, skip and rest until you're skipping 500 times within five minutes. Some people become so efficient (arms almost still,

hands describing a small circle, feet barely off the floor) that they can do 600 jumps or more in five minutes.

We promised to get you back to your old self, but we also promised you wouldn't get bored. Let's face it: even five minutes of skipping rope day after day can bore anybody. But learning how to cross the rope in front of you and still jump through the loop without the rope looking like an expressway traffic interchange at 5 p.m. is a challenge. So is turning flips, or snapping the rope around three times for every one time your feet hit the ground. In fact, a program called Skip It, designed by Richard Cendali, physical education instructor at Douglass Elementary School and Curriculum Development Specialist for Boulder Valley Schools, can not only improve your general health, but make you the hit of any gymnasium, racquetball court, or cocktail party. And as for losing weight at your next meal—skip it! ■

For a copy of Cendali's booklet *Skip It for Fun*, (\$2.00), write to him at 840 75th Street, Boulder, CO 80303. His students perform rope skipping trick exhibitions and are listed in the Guinness Book of World Records for jumping a 100' rope with 51 children for six jumps.

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1978 IRA National Doubles Championships, Capital Courts,
Sterling, Virginia

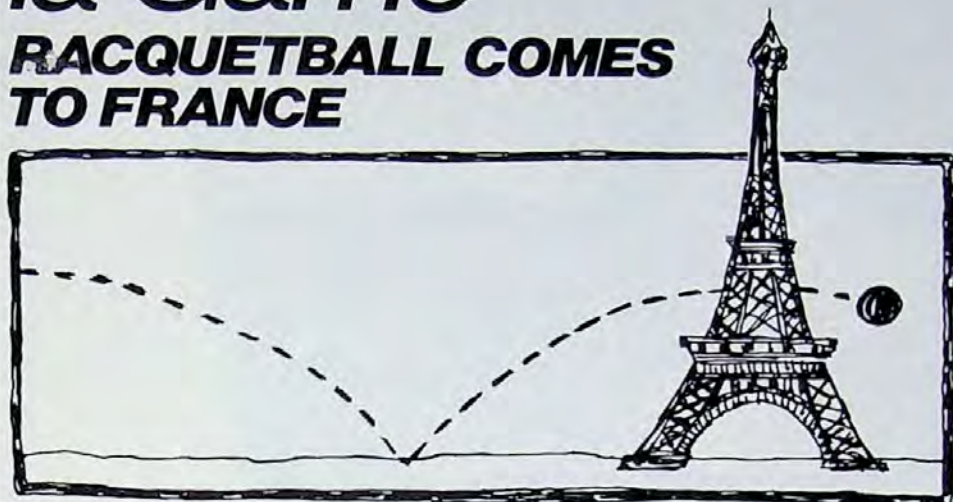
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Cherchez la Game

RACQUETBALL COMES TO FRANCE



By John Parry

When Daniel and Betsey Roveri wanted to start playing racquetball in France — where the game's about as well known as Petanque in Milwaukee — it was a question of IRA to the rescue! Contacts made through IRA headquarters in Memphis have led to the foundation of France's first Racquetball Club, the enrolling of more than 80 members, many of whom had never even seen the game played, and a flying start in yet another country for the world's fastest growing game.

"It all started when Daniel and I were vacationing with my family in St. Louis, in the summer of 1977," says Mrs. Roveri, who is American-born. "My brother Fred invited us along to the South Hampshire Racquet Club and invited Daniel to try the game out. Daniel had no idea of what racquetball was, of course, and the whole idea of side-by-side play in a closed court was foreign to him. But he found it great fun and good exercise, and even before we left the States he was saying it would be worthwhile trying to get racquetball started in France, where the climate limits outdoor sports to a relatively short period of the year."

Back in France the Roveris began talking up racquetball with their friends, who were, to put it mildly, bemused. But Dr. Roveri is persuasive and soon he had enlisted a powerful ally in his friend Charles Medic, a local businessman with a finger in many pies. Medic is active in

local sports circles, too, and within weeks he and Dr. Roveri had rounded up five other friends — Serge Ploncard, Robert Liebttag, Roger Eschenlohr, Henri Huret and Jean-Pierre Pretaut — and formed an official sports club, necessary in France, where red-tape can be strangling.

Now they had a club but no court. Undaunted, the seven set out looking for a site not too far from town and not too expensive, while Liebttag, an architect, drew up blueprints for the court. "There were shouts of 'Eureka' when Charles found a restaurant called the Chalet de Montvaux, which had an adjoining open-walled dance floor of poured concrete and a high tiled roof. It was big enough to hold two full-sized racquetball courts," Mrs. Roveri recounts. "Mr. Minoux, the owner of the restaurant, was using the dance floor to house chickens and he was pleased to give us a free nine-year lease to build our Racquetball Center."

Financial arrangements were handled by Dr. Roveri and his friends — leading members of the community in the Metz area — who were able to arrange financing for the courts from a local banker; to keep costs down they had to do most of the physical construction work themselves. The walls went up around mid-April, and the complex was finished shortly before the end of May. Voluntary labor accounted for more than 50% of the construction, with

professionals handling key chores.

Now that the court was available, who would play on it? And how would they learn the game, since no racquetball courts existed elsewhere in France — or players either, for that matter?

"It wasn't easy," admits Dr. Roveri. "We had to hunt up members — and I mean *paying* members—for a club which hadn't existed half a year ago. We needed pre-payment of a least 10 hours of court time from would-be members who had never even heard of racquetball!"

It's a tribute to the persuasive powers of Dr. and Mrs. Roveri that around 30 members had been found when the court was inaugurated June 4. And it was here that IRA expertise was called into play to get the ball bouncing in France. The Roveris wrote a letter to IRA headquarters in Memphis which was passed on to Hal Leffler, a long-time American resident of Frankfurt, Germany, who is President of the European Racquetball Association. The ERA governs the sport for some 200 Americans — mostly in the Armed Forces — playing racquetball in Europe, and is also stretching out feelers to various groups in other European countries who are seeking to start regular competition.

"It was quite a challenge," Leffler says. "Mrs. Roveri told me quite frankly that while her husband and his friends were very keen on the game they really had very little exposure to it other than Dr. Roveri's few games in the States last summer. And then there was the language problem. With the exception of Mrs. Roveri, nobody spoke anything more than rudimentary English, and my French is, shall we say, peripheral?"

But the organizing skills of the Roveris were soon brought into play to brush away these difficulties. A formal opening was scheduled. Leffler and a friend, Herman Zimmerman, were called on to conduct a clinic — using Mrs. Roveri as translator — and to play a few exhibition games. "I've never seen such enthusiasm for racquetball among people new to the game," says Leffler after returning from the inauguration. "Every single person we had on that court was really keen, convinced that racquetball is the game of the future and eager to learn as much as he could so that he could participate in the further spread of the game in France."

The Roveris signed up several new members for their club during the weekend, and arranged with Leffler to send regular parties to ERA tournaments

in neighboring Germany this year, where they can observe skilled American players at work and pick up pointers for the future. Moreover, the inaugural weekend convinced Dr. Roveri that the game has a future not only in France but on a Europe-wide basis — an opinion he shares with Leffler. "We've affiliated ourselves with the Ministry of Sport in Paris, which means that we've now got the chance to get government subsidies for racquetball in France," he told RACQUETBALL. "That means, in turn that we can use the government's network of sports clubs to spread the word about racquetball to areas of the country where it's never even been heard of."

Sports clubs in France often tend to be all-embracing — the Racing Club of Paris, for example, has sections for basketball, rugby, soccer, track and field, volleyball, European handball, field hockey and tennis. So by tuning in to this network, Roveri has a chance to bring racquetball to a far larger public. "But we're just beginning," he says. "First we have to improve the standard of play of our members here in Metz, and this we can do best by watching and playing against the Americans in Germany as often as possible. "Then, we have to spread the word about the game in France itself. This we hope to do by means of the network of major sports clubs which already exists, but we have to convince them first of all that it's a year-round game for French people. Then there's the problem of building courts: maybe it won't be easy in other parts of the country the way it was for us in Metz."

Easy? The way he tells it, the whole Metz operation was a breeze. But if racquetball is really going to take off in France, then it needs to find more people who are convinced that it's the world's best and fastest growing sport — like the Roveris. ■

European Racquetball Association



HAL LEFFLER, PRESIDENT

The European Racquetball Association, under the direction of Hal Leffler, was founded in 1975 and represents amateur racquetball players from South Europe, France, Germany, the Mediterranean, Italy, North Europe, Belgium, and Holland.

In 1977 at the National Singles in Southfield, Michigan, the European Racquetball Association affiliated with the I.R.A. as its 11 Region. At the 1978 Nationals in Denver this year, two of their members, Al Stock

and Eddie Baptista, fared extremely well, with Al Stock taking the consolation singles title over Jim Cullen, Tennessee, and Eddie Baptista losing to open singles winner Linsey Myers in the round of 16—21-18, 21-13.

The racquetball explosion is just beginning to reach Europe. Hal Leffler and the European Racquetball Association can be proud that they are the guiding influence in this growth of our sport, and are truly making racquetball an International sport.

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BODY AND SOLES



LARRY KUZNEWSKI

PLAY BETTER RACQUETBALL THROUGH WEIGHT LIFTING

The growing popularity of racquetball can be largely attributed to the simplicity of the game. As long as you can hold a racquet in your hand and hit a soft rubber ball against a wall, you can play. Old and young, male and female, everyone is eligible.

But being able to play racquetball and being a *good* racquetball player are two entirely different matters. For the player who wants to improve, the simple matter of returning the ball to the front wall before it bounces twice on the floor becomes a complex exercise that demands both skill and conditioning. In this article we will take a closer look at how improving your cardiovascular and muscular abilities can make you a better racquetball player, and the parts that can be played by running and weight lifting in a serious training program.

Every player rises and falls on the strength of his cardiovascular system. The body is a sensitive mechanism which knows its own limitations, and quickly exposes the individual who attempts to ignore them. Every local court has its "star" player who can beat anyone—in one game. But wait until the middle of the second game, when his legs turn to rubber and our local hero begins to have trouble getting to the ball. His shots lose their zing. He manages to mess up sure points. He's beat. Pooped. It's all over but the handshake.

You don't have to be a one-game

wonder. The sure cure for this kind of mid-match collapse is a serious program of conditioning that begins with running. Nothing can improve your cardiovascular system so dramatically. But some kinds of running are more beneficial than others. Most serious racquetballers think that jogging steadily for several miles every other day is better than persistent long distance running. They're probably correct. Long distance running eventually "runs down" the athlete, decreasing both reflexes and quickness of movement. Furthermore, such running tends to inhibit the stretching and bending that is so much a part of racquetball, and does nothing to help develop the low, sweeping stance needed for the all-important kill shot.

However much running the player does, windsprints should be part of every racquetballer's training program. They per workout. Resist the temptation to do supply quickly with less huffing and puffing. Improving this recovery rate makes it possible for muscles to regain virtually their full strength after only a brief respite. The well-conditioned player can thus make the most of his sixty-second timeouts.

Most conditioning experts suggest that players should do eight to ten windsprints, from thirty to fifty yards each, per workout. Resist the temptation to do these first; windsprints are much more effective when placed in the middle or at

the end of a workout. Be sure that you run some of these *backwards*; after all, racquetball is not just a game of forward movement.

One of the hidden benefits of running is that it does wonders for your arm. That's right, arm as in ARM. Tired players lose a step or two, and their arms pay the price of their playing out of position. If you do not have the proper weight and motion of your body behind each shot, your arm will begin to feel as heavy as lead. Once that happens, you cannot hit the ball with either accuracy or authority. Learn this lesson early in your racquetball career: arm weariness is the hidden retribution exacted by out-of-shape legs.

Once you have developed a running program, you should next consider the problem of strength training. Unlike running, which enjoys the near-unanimous support of court devotees, the question of strength training often prompts friendly debates about its place in racquetball. After all, few athletic activities seem as far removed from the racquetball court as weight lifting. It is hard to picture Vasily Alexeev even getting his foot in the door of a racquetball court.

Usually the doubters point to someone they know, a Skinny Sam with broomstick arms who can hit the ball harder than Muscular Max, the iron pumper who can bench press 400

BY TOM BISSET WITH KENNETH NEILL

Continued on page 20



Charlie Brumfield—who is all of what, 29 years old?—has been heard grumbling lately that racquetball has become “a young man’s game.”

Aren’t they all.

Racquetball requires the resilience of a radial tire, the reflexes of an electric typewriter, and the hand-eye coordination of a sideshow knife-thrower. Once, perhaps, you had all those things. But now you find yourself over thirty. Maybe over forty. Maybe . . . Enough. More and more, your resilience is that of a punctured inner tube, your reflexes those of a rusty Underwood, and your coordination that of the five-legged chicken. You’ve decided to face it: you reached your physical peak on some balmy summer day when you were, say, 24, and from then on you were doomed to go downhill.

And as you got softer, the game of racquetball got harder: the ball faster, the kids quicker, and the strategies more ruthless than ever. So maybe, seeing that first silver hair in the mirror, you decided to give up the competitive game and from now on to resign yourself to “social” racquetball. Maybe Charlie Brumfield was right.

And maybe not. Think about it: John Havlicek was still running rings around the world at 38. Ken Rosewall was a Wimbledon finalist at 39. Ted Williams hit .388 at that same age. George Blanda was winning football games at 48. And Gordie Howe still glides on at 50 like some Methuselah on ice. Exceptions to the rule? Freaks? A growing bank of medical evidence suggests not. The latest studies show, for example, that there is no significant slowing of a person’s reaction time from age 20 to age 50, that muscles will retain their strength and flexibility as long as they are put to regular use, that middle-aged bones do *not* become porous and brittle in those who exercise regularly, and that one can not only maintain but continue to *improve* the efficiency with which he or she processes oxygen as time goes by. Even “inevitable” signs of age, such as slower “recovery time” (the ability of the muscles to bounce back after a tough match) and stiffer joints, have proved to be anything but inevitable.

In other words, if your game has fallen off since you were a youngster, don’t blame your body. More likely, the culprit is your head. Or your desk. Your head, because it’s probably convinced you that you can’t play with the youngsters anymore, even though there’s no physical reason you can’t.

And your desk, because you’re probably spending too much time chained to it.

The fact is that, injuries aside, you *can* play racquetball as well as ever. As you grow older, you’ll find more silver in your hair, perhaps, but you can also find more in your trophy case. Here’s all you have to do:

Stay In Shape

“The best way to train for racquetball is to play racquetball,” says Dr. Frank Rosato, a specialist in motor learning at Memphis State University. “But you have to play hard every day, against players who are good enough to give you training.” Probably the single biggest reason you find it harder to beat younger players these days is that the “kids” play the game up to six or seven hours a day, while you, a working man, are lucky to squeeze in an hour and a half on alternate evenings. This means not only that the kids are in better shape than you, but that their skills are fast improving while yours are barely holding their own.

So you’ve got to do two things: a) get yourself in shape and b) keep your skills finely honed. And the best place to do these things is on the court itself. So use your court time wisely. The latest

BEAT THE CLOCK

HOW TO WIN WHEN YOU’RE
PAST YOUR PRIME
• BY ED WEATHERS •

studies show what athletes have suspected all along: that specialized training specific to the sport they play is best, and that general conditioning exercises like jogging and weight-lifting—while not to be underestimated, as we'll see—are not going to help your game as much as hard playing itself will. If you want to improve your foot speed on court, for example, running yourself from side to side and front to back on the court is better than jogging. If you want to strengthen your backhand, hitting backhands is better than lifting weights. If your game has such specific weaknesses, you can train even more specifically. Say your regular partner is having forehand problems and you're having backhand troubles: next time you play, try a game or two in which you do nothing but hit to his forehand while he hits to your backhand. Tennis players have been doing this sort of thing for years; it offers a competitive challenge while zeroing in on specific weaknesses. In any case, remember that your most important racquetball training takes place on the court itself, that you must use what little playing time you have as efficiently as possible, and that as a result you must play as hard as possible when you *do* play. Envious opponents note that Masters champ Bud Muehleisen, for example, plays constantly (he even has a court in his own backyard) and travels regularly to tournaments to keep his competitive edge. The result? "The only thing wrong with Muehleisen is a receding hairline," sighs one opponent.

It is likely, however, that you have let your body go the same route as your game: to pot. If so, you probably *do* need to do some non-racquetball exercise to get back into general shape before, or while, you increase the intensity of your on-court play. And for this, running and weight-lifting are excellent.

In running (or rope-jumping) the primary purpose is to improve your heart-lung conditioning. It may take an out-of-shape person six months or more to reach his maximal oxygen uptake (MOU), which is his body's ability to process oxygen most efficiently. An older person who has *kept* himself in shape over the years, however, has an advantage over the youngsters: the length of time that a person can *sustain* his MOU *increases* with time, if training is kept up. In other words, when you first achieve your MOU, you may only be able to keep up that peak of efficiency for five minutes; but as you continue to train, you will be able to increase the time over which you can maintain MOU to far longer. That is why marathon runners frequently peak after the age of 28 or 30 and are rarely teenagers. So if you *have* been running to keep your

MOU over the years, your stamina is probably *better* than that of your teenage opponent. And if you haven't, you can look forward to increasing endurance as the years pass. The key is to run regularly. Remember: it takes only 48 hours for the good effects of your last bout of training to wear off.

Larry Liles, coach of Memphis State University's NCAA champs and a successful tournament player in his own right, also believes that running helps him (and even his younger players) overcome the "recovery" problem. "You get to Saturday morning [of a Thursday-Sunday tournament], and you're sapped out," he says. "The legs go flat. So I jog and do sprints. I find it's helped me get from the third round to the fourth and fifth rounds, and I'm not as sore as I used to be."

Dr. Rosato points out that wear and

Some past-their-prime players resign themselves to losing the early points of a match while they "work the kinks out" of sore muscles and tired joints. Nonsense.

tear on the joints is the hardest problem to prevent as players get older. Here is where weight-lifting is useful. "A light program of weight-training can help strengthen muscles, ligaments, tendons, and even cartilage, and can make joints stronger and safer," says Rosato. He stresses, however, that a "complete range of movement" is necessary when you lift in order to keep muscles and joints flexible. "Contrary to the popular misconception, proper weight-training *increases* speed and flexibility," he notes. (For more particulars on running and weight-training for racquetball, see Page 15.)

Finally, older racquetball players can watch their diets between tournaments. As you've grown older and more successful in your profession, two-martini lunches and Lobster Cantonese dinners have probably replaced the milk and peanut butter sandwiches you had as a struggling kid—and fat has started to replace the old muscle. (Although many older players swear that beer is "the perfect food," it's not. Sorry.) A traditional well-balanced diet is best for *any* player, regardless of his age. Older

players can help themselves by taking vitamin supplements—especially vitamin C. "Active people need more vitamin C," says Rosato, "especially if they smoke or are around smoke a lot. Smoke destroys vitamin C." One study, as yet unconfirmed, indicates that vitamin C, which helps build connective tissue, also speeds the recovery process. Older racquetball players should also eat plenty of potassium-rich foods like bananas to maintain the electrolyte balance in the bloodstream and prevent cramps. In other words, you'd do well to substitute orange juice, which has vitamin C, sugar, potassium, and a number of other good things, for that martini at your next business lunch.

Prepare Yourself Sensibly

Some past-their-prime players resign themselves to losing the early points of a match while they "work the kinks out" of sore muscles and tired joints. Nonsense. With proper pre-game preparation, you can play your best from the first point on.

Again, diet can help. "Carbohydrate loading" (see RACQUETBALL, May-June, '77, p. 28) can provide an energy "rush" which may be more helpful to you than your younger opponent, who's probably too hyped up on youthful energy for his own good, anyway. And on the day of the match, don't forget those potassium-rich foods and that orange juice, Gatorade, or lemonade, so you don't get cramps or dehydrate too fast. Pumping yourself full of salt tablets, warn the experts, is unnecessary and can even be dangerous: salt tablets can perforate the stomach lining and upset the salt balance in your bloodstream. Most Americans get more than enough salt in their regular diet, anyway. (In fact, too much salt is thought a leading cause of high blood pressure and heart disease, neither of which you need.)

It is also common among many older players—especially those who suffer from joint ailments or the lingering effects of injuries—to take two aspirin about an hour before a match in order to cut down on distracting minor aches and pains. Some, it is said, even take the muscle relaxer and pain killer Equagesic before a match. Such self-medication can be dangerous, though. Check with your doctor before developing a pill habit. (Better still, get a doubles partner who's a doctor: he'll want the best for your game, and you'll have advice near at hand. At least one well-known Masters player employs this tactic.)

Virtually every top-level over-30 player follows a pre-match ritual that includes a) stretching exercises and b) a leisurely warm-up which brings him to a

light sweat just before the match begins. Rosato suggests at least ten minutes of slow stretching before a match. Extending the leg muscles is particularly important for players who have been at the game for years. "This game develops the legs," says Rosato, "so the muscles lose some flexibility. The hamstring tends to shorten and get tighter." Hence, you stretch. Liles feels stretching is so important that he does it for 30 minutes before *and* after a match. Only one player we know (the same one who swears by beer and aspirin) refuses to do stretching exercises: "I'm afraid I'll pull something," he says, somewhat blithely. But even this fellow runs a quarter of a mile before a match—which, if done carefully, can have the same effect as stretching.

Such a brief, leisurely run also has the effect of getting the circulation going. Most players, however, do this by actually getting on the court (often in a full warm-up suit) and throwing the ball against the wall, then hitting it easily from the short line, then moving back, then hitting harder from a variety of court locations. This approach has the advantage of exercising muscles specific to racquetball and of getting your heartbeat up *gradually*. Heartbeat and circulation always lag behind actual activity: e.g., it takes a while for your heart to catch up with your feet when you run, which is why the second lap is often easier than the first. Experiments indicate that, even in those who exercise, some fatty deposit build-up in the blood vessels may be inevitable over the years, so a gradual warm-up which does not put too great a strain on the circulatory system by thrusting it unprepared into the first points of a match is particularly important for older players. Besides, it'll pump oxygen to your brain, relax you, and get you hyped up from the very start—a nice advantage to have over that tight, nervous youngster you may be facing. (For more on pre-match preparation, see RACQUETBALL, March-April '78, p. 36.)

Play Smart

You can train, diet, and warm-up all you want between and before matches, but if you don't play smart *during* the match, you'll be nothing but a pumpkin ripe for the kill. There are two things you can do for your old bod during a match: 1) keep it replenished with fluids (Liles suggests double-strength Gatorade; Rosato suggests orange juice or lemonade with maybe a spoonful of salt) and 2) play so cleverly, so efficiently that your body doesn't get so tired.

The drinking is important. The

thinking is more important.

If you're feeling your age, here are some tips on strategy for playing a younger opponent:

a) *Control center court.* This is significant for all players. For older players, it's essential. You don't want to find yourself bouncing from wall to wall. That does nobody's bones any good.

b) *Be patient, at first.* Lots of younger players will beat themselves if given the chance. Don't try low percentage shots at the beginning of a match. (But see e.)

c) *Slow the game down.* Negate his power with your garbage. Serve junk. This saves your energy and forces him to use his if he tries to generate his own pace.

d) *Try the ceiling game.* Most young players have developed their power game at the expense of their ceiling game. In addition, your experience has probably made you a

Grey temples, a stone face, and one great shot have intimidated more than one young phenom.

better shooter from the back wall than a youngster.

e) *If it's up, shoot.* The disadvantages of b, c, and d are that slowdown strategies prolong rallies, and if your young opponent is not impatient and careless, you'll find yourself hoist by your own petard—panting and exhausted as the game goes on interminably. So, assuming you're not yet in as good condition as your opponent and your skills are about equal and b, c, and d aren't working, you'll have to go for kills with slightly lower percentage shots than when you were at your peak. Anything that comes off the ceiling at three-quarters court, for example, shoot. "Given comparable ability," says one experienced tournament player, "you've got to go in against a guy with good legs with the idea that the game will be over very quickly—one way or the other." One corollary: when you make a kill off a low percentage shot, act as if it were a matter of course. Grey temples, a stone face, and one great shot have intimidated more than one young phenom.

f) *Vary the pace.* If the ceiling game

doesn't work and the shooting game doesn't work, try a combination of the two. Shoot one point, lob the next. Younger players generally have a harder time adjusting to sudden variations in tempo and speed than their experienced opponents who have seen it all.

g) *If you find a weakness, be ruthless.* Exploit an unsure backhand; go unrelentingly after a weak back wall forehand. It may be the only advantage you have.

h) *Be Mr. Nice Guy, but don't give him a thing.* Fortunately, most kids are still brought up to respect their elders. Your young opponent probably won't want to beat you too badly. And you don't want to give him any reason to want to beat you. So be intense, play hard, but wear a congenial face.

Relax After the Match

Before and during a match, the adrenalin that accompanies eager anticipation and intense concentration can turn even a flagging past-its-prime body into a shot-making dreadnought. But once the match is over, whether there's a trophy in the locker or not, sore muscles and aching joints demand one's attention like so many growling mongrels.

When that happens, do what comes naturally: have something to drink (non-alcoholic), stretch those tight muscles, rest, step into the sauna, steamroom, or whirlpool. The whirlpool may be the best invention for athletes since sweat socks. As a muscle relaxant, it is ideal for older players who have to play another match in an hour and don't want to stiffen up. A massage is just as good, if you can find a masseur.

Three warnings: 1) too much time in the steam room or sauna will dehydrate you when what you need is to give your thirsty body plenty of fluids; 2) too much time in the whirlpool will relax you to the point of weakening you, so don't overdo it; and 3) if you have another match soon, don't lie down or sit still right up to the last minute—you'll still need a warm-up to get your circulation going.

...

What it all comes down to is this: if your racquetball prowess seems to have been deserting you in recent years, it's most likely because you're overworked and under-exercised—not because you're old. And even if you can't find the time to keep yourself in peak racquetball condition, you can still beat that kid who thinks he's Marty Hogan. Just use that one part of your body that keeps getting better as you get older. You'll find it between your ears. ■

pounds. Actually, comparing Skinny Sam to Muscular Max under these conditions is like comparing apples to oranges. Usually there are other factors involved in Skinny Sam's startling success, such things as timing, eye-hand coordination, and natural aptitude for the game. The fact remains that both Sam and Max can benefit from a regular program of strength building. Weight training might not make you a better player than either Sam or Max, but it will make you a better player than you might be without it.

There are two major schools of thought regarding strength training techniques. The first group includes what might be called the traditionalists. They believe that strength is general and must be built up in all muscle groups through slow movements against heavy resistance. Once "raw" strength is developed, this theory goes, this muscular conditioning can be applied in specific areas.

Although the "high resistance-slow speed" approach to weight lifting is still widely practiced, another method of weight lifting is gaining more and more support. This calls for the use of slightly lighter weights, but exercises that are carried out with much greater speed than in traditional weight lifting. Advocates of this method use exercises that put a

premium on developing specific muscles without fostering excessive (and unnecessary) muscular bulk. The emphasis in this "medium resistance-high speed" approach is on quickness as well as strength.

Not surprisingly, this weight lifting technique is very popular among athletes like swimmers who depend equally upon speed and endurance. It probably is the method best suited to the needs of racquetball, although both the high-speed and slow-speed methods have their advocates. All agree, however, that strength is vitally important in the sport. All other things being equal, the stronger player will always win.

Contrary to popular mythology, weight training does not make the athlete a sluggish, muscle-bound oaf. Research has proved that larger, stronger muscles improve endurance, increase speed and promote flexibility. Further studies have indicated that stronger muscles are less prone to injury. The really good news is that a carefully designed and faithfully followed program of strength training can increase strength from 50 to 100 percent within six months. Now that's what can be called a real competitive edge!

If you are eager to get started, here are a few general rules of thumb which ought to be kept in mind no matter what

weight lifting program you follow.

First, break in easily. At the beginning you should work out no more than three times a week, and use only light to medium weights regardless of what technique you choose.

Second, keep in mind the needs of racquetball. Racquetball is a sport which demands greater-than-average strength from the upper body muscles—i.e. back, shoulders and arms. This fact dictates a program which emphasizes these muscle groups without of course neglecting others.

Third, be sure to work up to the limits of your strength in the various exercises you select. This is the only way that muscles will begin to stretch and become heavier and longer.

Finally, be sure that you follow a well-balanced exercise program. Sports injuries are often the result of an imbalance of muscular strength between agonist muscles which move body parts and antagonist muscles which oppose such movements. Failure to exercise properly can in fact increase the risk of injury.

There you have it, fans—some simple ways to improve your game. Running and weightlifting won't make you the best player in the world, but they will make you a much better player than you might be otherwise. ■

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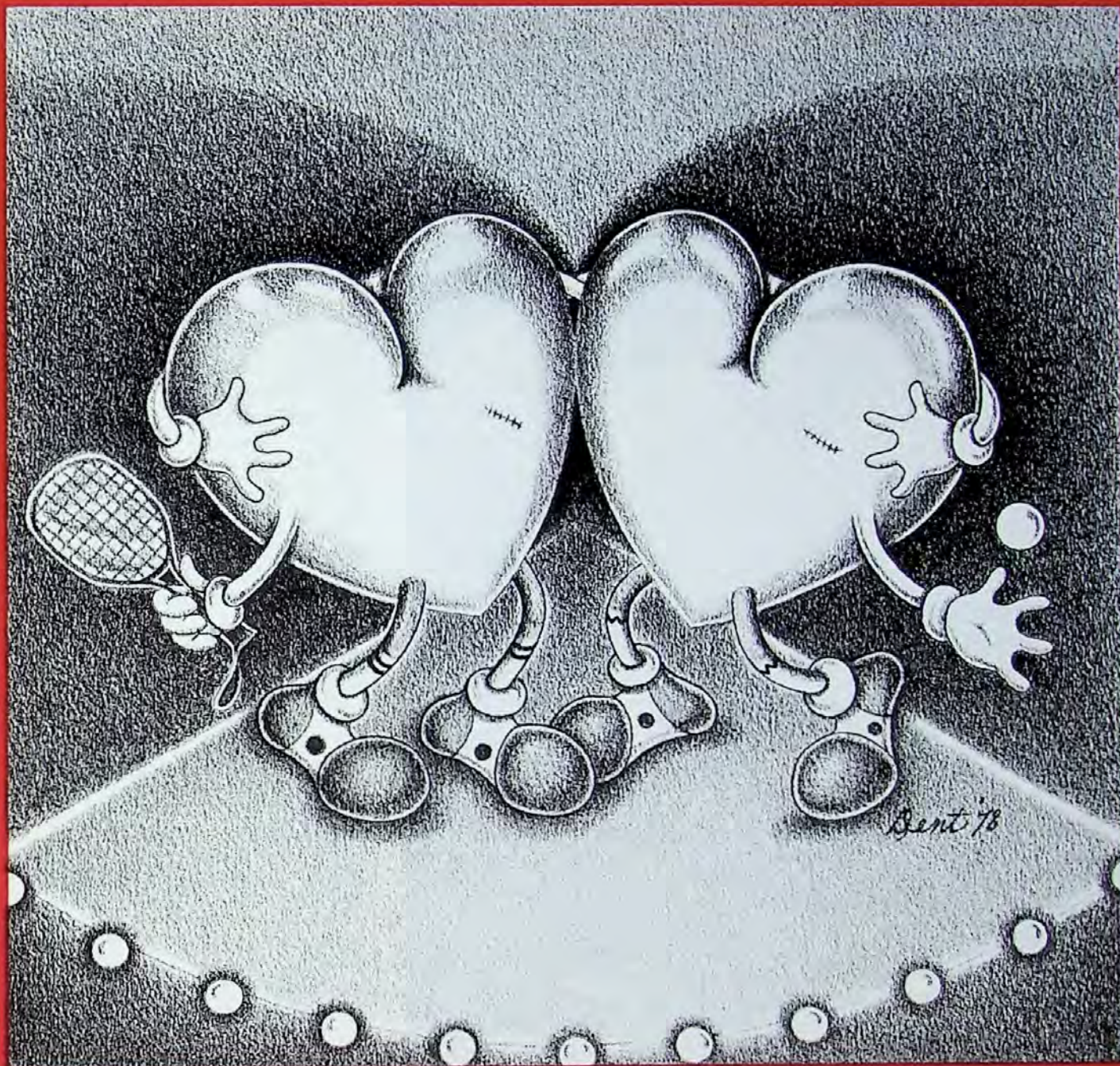
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heart to heart

The Dramatic Battles of Ray Crowley and Alex Guerry



MICHELLE DENT

by John Kaege Thud. Red cinder dust gently clouded the air around the body as it settled awkwardly, partly on and partly off the Rice University track. Pulse fading, lips blueing, his face turning pale, racquetball master Alex Guerry sprawled unconscious, the victim of a tiny blood clot that packed the punch of a megawatt bolt of lightening.

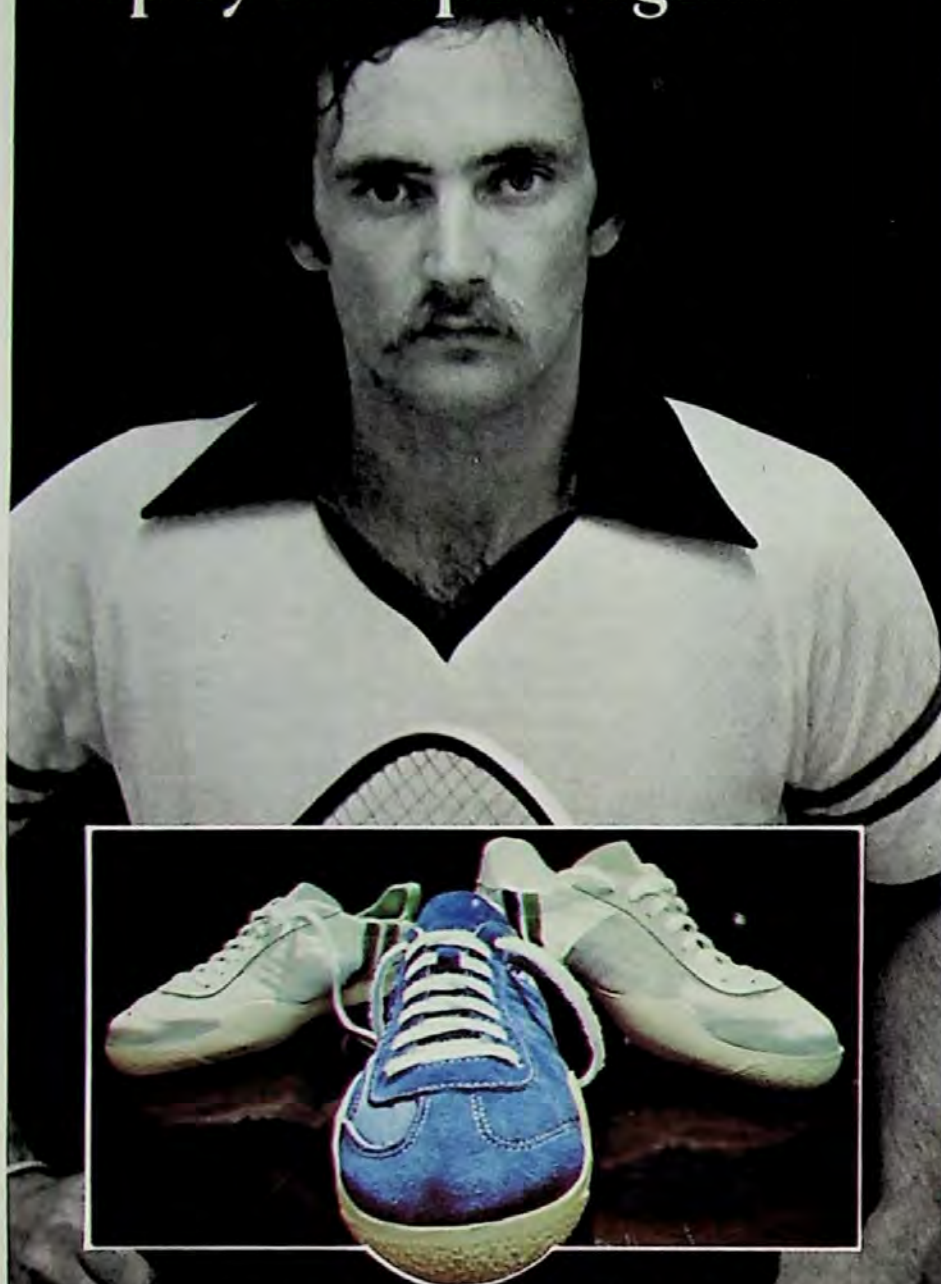
It appeared to be a cruel ending for the fierce competitor. But instead it was a beginning. Like all winners, Guerry has that special combination of luck and finesse that often pulls him through to victory. In the moments that followed Guerry's cardiac arrest, his incredible luck—or was it divine intervention?—would make a lot of new believers in

predestination.

It was typically sunny and warm in Houston that March 22, 1976. Watching son Pem represent Southern Methodist University in the Rice Invitational Tennis Tournament incited a burning competitive urge in Alex Guerry, otherwise known as president of Chatterm Drug and Chemical Co. in Chattanooga. A quick change into jogging togs and Guerry was off and running the oval track. That's the last moment he remembers about the next five days of his finely balanced life.

A passerby discovered him lying still—too still—across the cement frame around the track. The call for help summoned a nearby intern—Tom Calhoun—Guerry's first stroke of luck. Calhoun rushed into CPR (cardio-pulmonary resuscitation).

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Guerry had no sign of pulse and was turning purple.

Meanwhile the commotion attracted a nearby doctor—the second break—who, not a moment too soon, began mouth-to-mouth resuscitation. Ten minutes later an emergency unit hooked Guerry up to a defibrillator to keep his weak heart pumping blood en route to the hospital.

Guerry's son Pem was notified that his father was in grave condition and that he should get the family to Houston at once. It was four full days before Guerry was declared out of danger.

...

Two years earlier, in Tulsa, Oklahoma, a similar dramatic event had occurred which, along with Guerry's experience, set the stage for a dubious contest of the world's best life-extended, reconditioned racquetball players. On a spring afternoon in 1974, a Tulsa YMCA director had begun feeling chest pressure—not pain, but tightness. His knees were giving him problems on the racquetball court and his doctor advised surgery. But Ray Crowley wanted another opinion. In a second appointment, high blood pressure was detected. As an afterthought, Crowley mentioned the chest pressure, prompting his doctor to start him on a treadmill test. The doctor pulled him right off. Heart disease was his new diagnosis. Crowley went to the hospital for more tests that radically confirmed the suspicion and he was told he'd have to have immediate heart surgery.

"We were shocked," recalls Joan, his wife since 1942 and a physical education graduate herself. "He was always on the go, never let up and never, never complained about being tired. We just couldn't believe it."

The doctors could scarcely believe what they found in Crowley's chest. It was another medical case with miraculous overtones. A mass of extra capillaries had developed around Crowley's heart as if to circumvent the heart's diseased blood vessels. In a recent test with pigs on treadmills, such growth of new blood vessels was said by scientists to be impossible. They claimed exercise would not develop new vessels around the heart. But for Crowley, exercise and nature had compensated.

"Had I died on the racquetball court," says Crowley, "people would have blamed it on the exercise. But I know that 40 years of handball and racquetball saved my life. The doctors said I should have died 20 years ago."

...

At the time, Guerry and Crowley didn't know one another. Nor did they know that someday they would meet on the court to settle the unlikely question

of who was the best rebuilt racquetball player over age 60 in the world.

Guerry, a hard-working corporate executive, impatient to complete one job and get on with another, belies his 60 years of age. And Crowley, an easy-going sort who has unlimited energy, yet is tolerant of life's vagaries, appears 10 years younger than his 63 years. They have similar heart operations in common—a double by-pass for Guerry and a quadruple by-pass for Crowley—and they share an intense love of competition; but otherwise they would appear to have little in common.

Their shared love of racquetball, however, led them on new title conquests, ultimately leading to a showdown in the IRA nationals in May, 1978. It was to be a classic match-up, really. The ambitious versus the adaptable; the unrelenting versus the compromising; the business genius versus the jack-of-all-trades. And the scene for this incredible contest would appropriately enough be in oxygen-thin, mile-high Denver.

"Alex is the type of guy who is tenacious, never gives up," his wife Millie proudly explains. "He is just the way he plays racquetball, absolutely striving." For Guerry, two weeks in a Houston hospital was unnerving. The hospital had a rule that all heart patients must walk a mile around the corridors every day. "I asked if there was any reason why I couldn't walk the whole mile all at once," Guerry recalls. His doctors smiled, grins that make a person feel foolish for having the naivete to ask such a question. They said no one had ever done it before and it was unlikely, as close to death as Guerry had been, that he could either. So he did.

After all, he had invested a lifetime in sports. The 5-11, 140-pound Guerry (the weight's the same as he carried in college) was determined to continue his athletics.

"He has been competitive since day one," says Millie. As a youngster at a private boarding school, Guerry was proud of his athletic prowess against the older boys there. Even today he enthusiastically sets new goals, writes them down, and methodically achieves them. While convalescing in that Houston hospital, he set his mind on being number one in the world in the 60s division of racquetball.

He recovered fast, as his doctors said he would. Within four weeks he was back on the court and had charted a reconditioning program consisting of alternate walk and jog stints, rest, and prescribed medication. "My doctors insist I go through a strenuous treadmill test every year," he says. "They push me to absolute exhaustion." But Guerry

didn't mind. He was getting ready for the 1978 nationals.

Ray Crowley recovered fast also. Within four weeks he was back on the court. In another month he was competing—in fact, winning. He took the Southwest Golden Masters title and in another four months had finished third in the nationals held that year in St. Louis. He, too, pointed toward a shot at number one in Denver.

But, alas, Crowley discovered a chink in his rebuilt armor: arrhythmia, or premature beats. The arrhythmia heart pumps two or three times a minute before filling with blood. With strenuous exercise it gets less oxygen and the arrhythmia increases. But it wasn't a

*It was to be a classic
match-up: the ambitious
versus the adaptable;
the unrelenting versus the
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the jack-of-all-trades.*

hurdle Crowley couldn't or at least thought he couldn't overcome in time for Denver.

"I'd quit if I didn't feel good during the tournament," Crowley says. But as the tournament neared, the arrhythmia worsened in proportion to his stepped-up training. It worried his wife, Joan.

"He has never babied himself, never complained," Joan says. "He was determined to compete."

Both men arrived in Denver several days early to train in the altitude. It was becoming obvious that Crowley could be limited. Millie Guerry, who usually accompanies Alex to such tournaments, says, "Ray seems to be a person who strives as hard as Alex. They get along real well. Alex was quite concerned about him, though."

As fate would have it, the two advanced through the early rounds toward the inevitable showdown. (Crowley had beaten the man who eventually ended up in the finals on the other side of the

draw), but he had yet to face the determination and skill of Alex Guerry. So far, the arrhythmia was under control.

Then, in Crowley's quarterfinal match he labored and struggled to victory. The arrhythmia quickened. He worried about his shot at the title. In an unprecedented prematch summit, Guerry told Crowley he should default. "You really shouldn't push yourself, Ray."

"I didn't come all this way to retire," Crowley responded.

"I hope you'll be careful tomorrow."

In the semifinal warmups between them, the stricken Crowley could hardly move. His old quickness and time-tested skills would have to be replaced with cunning, he thought. To the gallery of fans who had no idea that Crowley was engaged in two contests at once, he appeared unusually tired and sluggish. Could Crowley overcome the biological restraint imposed upon him and play—much less beat—the number three ranked senior player in America?

"I think you'd better stop," Guerry warned his opponent early on.

"I'm going to give it a try," insisted Crowley.

Guerry won the first game 21-7 to the astonishment of the gallery. No one was ready for a lopsided defeat of Ray Crowley. He looked as though he couldn't run. The score stood 7-1 Guerry's way in the second game.

Breathing lightly, Guerry repeated his plea.

"I think you're right," sighed an exhausted Crowley. He retired.

"I felt bad, but I wanted to try anyway," says Crowley in retrospect. "But, heck, I couldn't go after any balls. It was all I could do to warm up. My limbs felt heavy, I got very dizzy and nearly passed out."

With the help of rest and medication, Crowley's heart normalized overnight. The next day Crowley won the third place trophy, obviously back in top form. Guerry lost to Ike Gumer in the finals 21-5, 21-3. "I guess he was a bit better," surmises Guerry.

Crowley's medication has since muted the arrhythmic condition and has allowed him complete athletic freedom.

Guerry continues his daily practices, aiming to be number one. His optimism and drive are an inspiration to many players. Perhaps he best summarizes the plight of the life-extended, reconditioned racquetball player.

"Attitude is more important than anything else. Be optimistic and go ahead doing fully what you can do. My doctor says I'm not overdoing it, but that I'm right at the limit. And I love it." ■

CALENDAR

October 6-8, 1978

Southeast Region Racquetball Clinic
for President's Council on Physical
Fitness
Contact: Larry Liles
Memphis State University
901-454-2805 •

Sarasota Y
Tim Willis
1075 S. Euclid
Sarasota, FL 33577 •

Redding Open
Ed Martin
c/o Sun Oaks Racquetball Club
3452 Argyle Rd.
Redding, CA 96001 •

2nd Annual Tri State Tournament
Manchester Court Club
2 Driving Rd.
Manchester, NH

October 12-15, 1978

Jack Fulton Open
Memphis Racquetball Association
P.O. Box 12525
Memphis, TN 38112

AMF Voit / Datsun Racquetball Classic
Courts Royal North
Baltimore / Washington, D.C.
Contact Joy Koppel
213-276-2018

October 20-22, 1978

3rd Annual Des Moines Open
Racquetball Tournament
Rollout Racquetball Club
101-109 Locust St.
Des Moines, Iowa 50309
515-288-8131 •
Tournament Director: Charles Moore

2nd Annual Sport Palace Racquetball
Tournament
Tournament Director: Ken Kostick
1821 Sesame Dr. No.
Harlingen, TX 78550

International Racquetball Association Doubles Championships

Capitol Courts
P.O. Box 218
Sterling, VA 22170 •

October 27-29, 1978

AMF Voit / Datsun Racquetball Classic

Greenfield Open
Greenfield Court Club
1845 Wm. Penn Way
Lancaster, PA 17601 •
Tournament Director: Elaine Lee

3rd Annual Racquetball Classic of
N.E. Ohio
Royal Racquetball Club
234 E. Market St.
Warren, OH 44483
Tournament Director: Dwight Miller

Mass State Doubles
Northmeadow Club in Tewksbury
Tournament Director: Bob Sechrist
603-893-4023 •

Colorado A.M.F. Head Three Wall
Championships
Tournament Director: Bob Klass
15502 E. Oberlin Pl.
Aurora, CO 80013 •

Connecticut Closed
Tournament Director: Phil Panarella
Box 259
New Britain, CT 06050 •

Hogsbreath Racquetball Festival
Tom Young's Spa and Court Club
2250 Wyoming Blvd. N.E.
Albuquerque, NM 87110 •
Tournament Director: Clay Childs

November 3-5, 1978

Penn State 7th Annual Invitational
Doubles Championships
The Racquet Club
Monroeville, PA
Tournament Director: Gene Grapes
c/o W.W. Patterson
830 Brockett
Pittsburg, PA 15233
412-322-2012 •

New Hampshire State I.R.A.
Closed Singles and Doubles
Off the Wall Racquet Club
596 W. Hollis St.
Nashua, N.H. 03060 •
Tournament Director: Ina Ivarson

November 9-12, 1978

Blue Point Open
Blue Point Racquet Club
c/o Richey Franceze
P.O. Box 148
Blue Point, NY 11715 •
A.B.C. Seniors, Women's Open

Roadrunner Schlitz Light
Metro State College
Tournament Director: Bob Klass
15502 E. Oberlin Pl.
Aurora, CO 80013 •

AMF Voit / Datsun
Racquetball Classic
Atlanta, GA
Site not determined
Contact Joy Koppel
213-276-2018

Atlanta Budweiser Open
Court South
1500 54th St.
Columbus, GA 31904
Tournament Director: Jim Cullen
404-952-2120

November 17-19, 1978

Fall Festival
Shrewsbury Racquet Club
Tennis Drive
Shrewsbury, MA 01545
Tournament Director:
Paul Henrickson
617-845-1001 •

Nittany Lion Open
Tournament Director: Denny Oncotz
Rt. No. 1 Box 255-A
Boalsburg, PA •

Turkey Shoot
Supreme Court
Nashville, Tennessee
615-832-7529
Tournament Director: Mike Miehovich

Ike Gumer Golden Masters Singles
Invitational
Louisville JCC
Dutchman's Lane
Louisville, KY 40205 •
Tournament Director: Andy Hyman

Turkey Fest
U of Maine
Contact Bob Folsom
207-780-4170 •

President's Council of Physical
Fitness Clinic
Midwestern Region
South Dakota State University
Brookington, So. Dakota •

November 30-December 3rd
Manhattan Athletic Racquetball assoc.
c/o Phil Panarella

December 8-10, 1978

2nd Annual Western New England
Open
Bousquet Racquet Club
Pittsfield, MA
Tournament Director: Mike Meyer
413-442-2546 •

AMF Voit / Datsun Racquetball Classic
Dallas, Texas
Site not determined
Contact: Joy Koppel
213-276-2018

January 5-7, 1979

Hemophilia Foundation Benefit
Racqueton
Supreme Court
Memphis, TN
Tournament Director: Jim Vinings
c/o Union Planters Bank
901-523-6000 •

January 12-14, 1978

AMF Voit / Datsun Racquetball Classic
National Playoffs for all Tournament
Finalists
Supreme Court
Las Vegas, NV
Contact: Joy Koppel
213-276-2018

January 25-27, 1979

Long Island Open
Tournament Director: Allen Seitelman
1657 Westmoreland Rd.
Merrick, NY 11566 •

5th Annual Mass Singles (Closed)
Cedarale Racquet Club
Haverhill, MA
Tournament Director: John Lepore
617-662-6791 •

President's Council on Physical
Fitness Clinic
Northeast Region
Board of Education
New York, New York •

February 9-11, 1979

New Hampshire Open
Off the Wall Racquet Club
596 W. Hollis St.
Nashua, NH 03060 •
Tournament Director: Ina Ivarson

February 16-18, 1979

Connecticut Open
c/o Phil Panarella

March 9-11, 1979

West Virginia I.R.A. State
Championships
519 Warwood J Ave.
Wheeling, W. VA 26003
304-277-3640 •
Tournament Director: Kevin Becker

March 16-18, 1979

Intercollegiate I.R.A. Championships
to be held at Penn State University
Tournament Director: Larry Liles
Memphis State University
901-454-2805 •

Bay State Open
Racquetball Five-O
Framingham, MA
Tournament Director: Leo Fonseca
617-584-1182 •

New York Open I.R.A. State
Championships
Tournament Director: Allen Seitelman
1657 Westmoreland Rd.
Merrick, NY 11566
516-379-0043 •

Delaware I.R.A. State Championships
Bryn Maw Racquetball Club
Marsh Road - Bryn Mawr Shopping
Center
Wilmington, Del. •
Tournament Director: Willie Wang

March 23-30, 1979

1st Ann Arbor City Tournament
Imperial Court Club
Ann Arbor, MI
Contact Laurel Jo Reynolds
313-665-6677 •

March 23-25, 1979

Gary Martin
Monroeville Racquet Club
Senior Invitationals and Singles
Masters Invitationals
Racquettime, Inc.
4314 Old William Penn Highway
Monroeville, PA 15146 •

March 29-30th, 1979

International I.R.A. 3-Wall
Championships
Tournament Director: Fred White
777 American Express Way
Ft. Lauderdale, FL 33337
305-473-3912 •

April 20-22, 1979

Lemontree

Detroit, MI

Contact Joy Koppel

213-276-2018

North Country Open

S.U.N.Y. Pottsdam

Pottsdam, NY 13676

Tournament Director: Mike Lewis

315-268-3324 •

Canadian National Closed Racquetball

Tournament

Regina Court Club

3615 Pasqua St.

Regina, Saskatchewan

AND

Regina YMCA

2400 13th St.

Regina, Saskatchewan

Manhattan Athletic Club for Men

3421 Sepulveda Blvd.

Manhattan Beach, CA 90266

Contact: Susan Jones

213-545-6618

B-4 Sporting Goods Racquetball

Classic

Sorrento Valley Racquetball Club

Sorrento Valley Road

San Diego, CA 92121 •

Attn: Jim Lovell

Box 259

New Britain, CT 06050 •

February 23-25, 1979

Woman's '79

Boston Tennis Club

Tournament Director: Carol Mason

617-358-4341 •

President's Council on Physical

Fitness Clinic

Northwest Region

Pacific Lutheran University

Tacoma, WA •

Masters Singles Invitational

Jacksonville Racquet Club

6651 Crestline Dr.

Jacksonville, Fla. 32211

904-724-6994

Tournament Director: Gordon Ira

March 2-4, 1979

International Racquetball Assoc.

State Championships

Contact State Chairmen in Each State •

International Racquetball

Association Regionals

Contact the Regional Commissioner

in Each Region •

April 21-22, 1979

President's Council on Physical

Fitness Clinic

Mid Atlantic Region

U.S. Naval Academy

Annapolis, MD •

May 24-28, 1979

International Racquetball

Association Singles

Championships

Site to be announced •

July 12-15, 1979

International Racquetball

Association National Juniors

Singles and Doubles

Championships

Supreme Courts

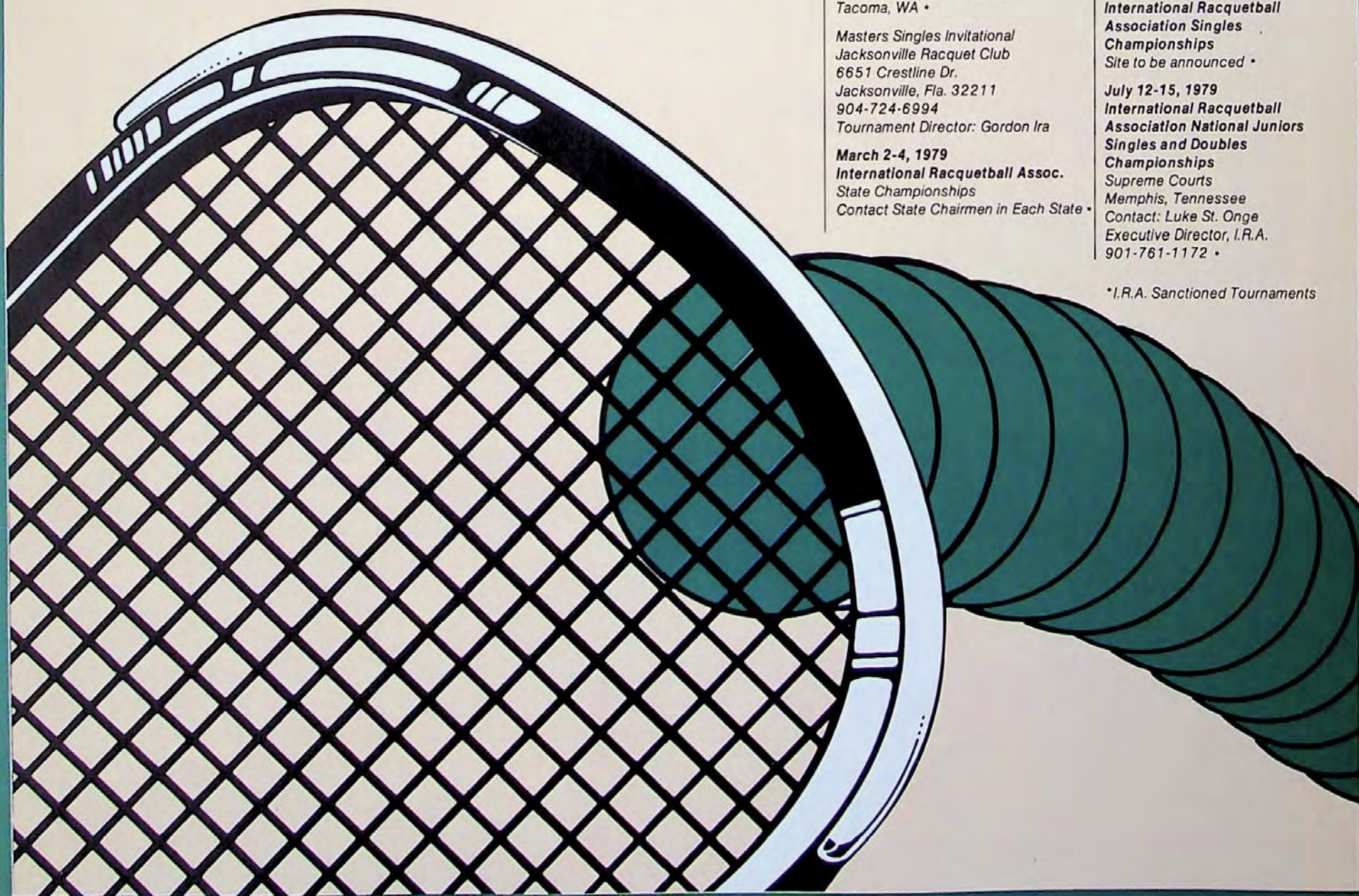
Memphis, Tennessee

Contact: Luke St. Onge

Executive Director, I.R.A.

901-761-1172 •

*I.R.A. Sanctioned Tournaments





Winning With Morphology

THE SHAPE OF FOES TO COME

You've lost to everyone on the men's ladder, and you're considering changing your name to Zucchini so you can claim that the rankings posted in the locker room are in alphabetical order. You haven't won a match since you played the second-seeded grandmother and her back brace snapped in the third game. You're pondering hanging up your racquet for good and giving pinochle a try.

Wait. Don't give up the game before you try the strategy of last resort: morphology. Morphology? Morphology. The study of body types and the personalities that go with them. Folklore has it that fat people are jolly and generous, skinny people cynical and dour, and strong people silent and not too smart. For the last forty years or so, scientists have been studying the correlation of body types with personality, and son-of-a-gun if folklore isn't right. At least, sort of.*

What does this mean to you as a racquetball player? A bunch. It means that if you ever play against anyone who is fat, thin, or muscular, whether for the first or forty-first time, you've got an edge, an angle. Simply, you know more about him than he knows about you. And while normally, of course, you would never stoop to gamesmanship or semi-sportsmanlike conduct, you're desperate. You'll do anything to win, including accusing your opponent's mother of wearing football shoes or reading an article on something called "morphology." Here's how it works.

Let's say you've just shaken hands with an Arnold Schwarzenegger. As his shoulders inch sideways through the court door, your palms start to sweat and you wish you had your \$25 entry fee back. Not to worry.

This muscle-bound Tarzan is a somatonic, or mesomorph. He is assertive, ready for action, and would love nothing better than to beat you 21-

zip. His main personality trait is ENERGY, and that's where you've got him. He doesn't tire or relax, and when forced to wait—for your serve or for a lazy return that kisses the front wall, floats just under the ceiling, and dribbles off the back wall—it drives him frantic. He may have strength, but he doesn't have patience. So slow the game by adjusting your safety glasses (they alone will irk him: he doesn't like safe-ness and he sees safety equipment as sissy stuff. He's the type who works on highrises without a safety belt or steeltoe shoes), pull up your sox, change the grip on your racquet, bounce the ball three or four times. And don't—chuckle—worry about getting caught. None of this will be obvious to him. But watch him: he's crouching with his shoulders hunched, dancing from one foot to the other, waving his racquet like a radar antenna. "C'mon, c'mon," he mutters.

The mesomorph also loves attention. If you know beforehand that you're playing him, ask all your friends not to watch. Your friends will probably applaud a great shot—even if your opponent makes it—and you don't want that; the mesomorph thrives on such adulation—even on just polite applause. If he brings his own gallery and they shout or clap enthusiastically, first look distracted, then take a little extra time getting ready for the next serve to counteract the effect. If they persist, look up like you are puzzled. Don't glare—you'll only encourage them and look foolish. Eventually, the referee will signal them to tone it down—to your benefit.

The desire to dominate may be exaggerated in *short* muscular men (the Napoleonic complex). If you're taller, your standing close to a Napoleon type a couple of times will heighten his desire to dominate you and cause him to hurry shots. If you're shorter, your standing

close and looking up at him will lull him into a false sense of complacency: he'll find it hard to reconcile your lack of height with your kill shots.

His love of domination also means that he takes himself, his body, and his racquetball seriously. You can really irritate him by seeming to take the match lightly. Save up some racquetball jokes, make fun of yourself, the shot, the game. Good humor puts him in a bad humor.

Surprisingly enough, the racquetball court is not the mesomorph's element, for he often suffers from claustrophobia. You can take advantage of this by making a fuss over closing the court door. You might even pretend it's stuck shut, then open and close it firmly again and walk off without checking it a second time. He will worry all match long about the "stuck" door. You might also casually mention how this court seems smaller than other courts, or how stuffy the air is. If any of this nonsense begins to weigh heavy on your conscience, remember what it will be like going through life with the name "Zucchini." All is fair in love and tournaments. Besides, he's bigger than you. You deserve a handicap.

But suppose the guy who shows up is thin—thin arms, thin legs, scrawny chest, long, thin face. This type of person is a cerebrotonic, or ectomorph. You're probably not going to meet a "pure" ectomorph, since they hate exercise, crowds, and letting go. Your opponent is more likely a combination of ectomorph and mesomorph, but you should be able to tell right away which personality is dominant.

The ectomorph tends to react with such speed to social situations that he figuratively stumbles over himself, "especially when attempting to adapt to a slow, complacent, self-sufficient personality," says one expert. So be

* For a comprehensive study of "somatotypes," see Dr. William Sheldon, *The Varieties of Temperament*.

calm, cool, and collected. The experts also report that the ectomorph "responds too quickly in crises, becomes too tense and suffers from buck fever . . . particularly . . . in competitive events of all sorts." In other words, he chokes. Anything you can do to increase his awkwardness will increase your chances of winning.

For example, introduce him to a charming female. Ectomorphs find initial social situations with members of the opposite sex very awkward and unsettling. Or you might take advantage of his need for privacy by using the "hail-fellow-well-met" approach. Be aggressively friendly; slap him on the back; shake his hand longer than normal; invade his personal "space" by getting as close as possible to his face to talk with him. After a long rally, ask him if he feels ok, tell him that his face is flushed. Even though that's a normal physiological reaction to hard racquetball playing, your concern will exaggerate his overconcern with his health. Hee, hee.

The ectomorph has tight control of his emotions, and finds a vociferous display of joy or anger confuses him. When you make a point, give a Texas "whoopie" or an Arkansas "soo-eee." When you miss a shot, groan, grimace, and swing your racquet viciously. He'll flinch—and play poorly.

Unlike the mesomorph with his claustrophobia, the ectomorph is in his element in small, narrow rooms like a racquetball court. They like closed doors. Keep opening the door.

The third basic body type is the viscerotonic, or the endomorph, who is chubby (a cross between the endomorph and the mesomorph can be described as "chunky") or just plain fat. The "pure" endomorph won't expend any more energy than necessary, so he's unlikely to play racquetball, but every once in a while, someone with predominant endomorphic characteristics comes along. He's fairly easy to spot: his body is conspicuously relaxed, especially his face. He moves smoothly and deliberately and speaks slowly and with ease. He is at home in social situations.

As you might expect, his greatest love is food and the ceremonies surrounding it: family breakfasts, business luncheons, formal banquets. Although you can't eat a gooey candy bar or juicy apple on the court, you can talk about food—the lunch you had, the dinner you're looking forward to—in great detail. Emphasis on gravy, succulent meats, and high-calorie desserts should get the attention of his salivary glands and keep his mind on food instead of forced errors.

Or you might want to play off the endomorph's need for human affection, goodwill, and approval. Social disapproval makes him frustrated and uncomfortable. A brusque handshake, a superior attitude, and abrupt social amenities can really throw him. He enjoys and depends for security on politeness and manners. He wants to be liked and you can make him (subconsciously) want to lose points if you act pleased with him only after you've won a point. He'll lose the game in order to win your friendship. You'll win a game, he'll win a friend. What could be nicer?

Of course, there's one problem in all this: you, too, may be a slave to your body type. Take a look in the mirror. Analyze your behavior. Are you the chubby sort who'd rather lose a match than a few pounds? The lean and hungry sort whose brittle personality falls to pieces under pressure? Or the hulking sort who begins to feel the walls closing in when that little door clicks shut? No matter. Knowledge is power. Now that you're armed with the wit and wisdom of morphology, you can face the racquetball world with renewed confidence. Next time you face that muscle-bound grandmother, tie your shoes, adjust your glasses, and watch her mutter her way to mesomorphic defeat.

Aftate

FOR ATHLETE'S FOOT
KILLS ATHLETE'S FOOT FUNGUS.

FOR JOCK ITCH
KILLS JOCK ITCH FUNGUS.

KILLS FUNGUS ON CONTACT

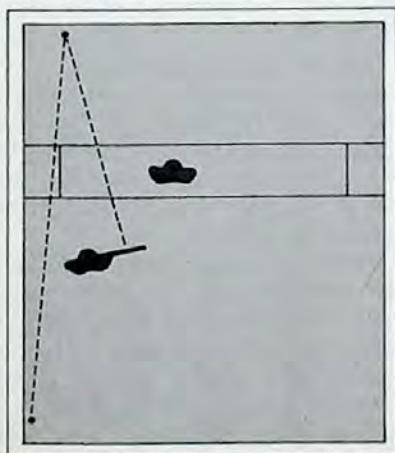
Aftate FOR Athlete's Foot

Aftate FOR Jock Itch

Return To Sender

Last month we described 4 serves designed to vary your game and confuse your opponent. But since you also end up on the receiving end of those serves, here's how to return one of the most effective of them: the garbage serve.

This is a piece of cake. You've been taking his drive serve and jamming it down his throat. This match will be over soon. If you didn't make so many stupid errors, it would have been over long ago. You have him 11-2, his serve. What? He's abandoning his drive? He hits a serve like a slow low balloon right to your backhand. You can't believe he's giving you a set up like this. You step up, measure the ball, and promptly skip it into the front wall. 11-3. He hits a high lob serve that hangs on the ceiling. Will it ever come down? You wait, grinning, knowing it's another plum. The ball bounces 6' from the back wall and promptly dies in the corner. 11-4. The next serve is a slow backhand down the side wall. You wait for it to hit the side wall, and set you up with another plum, but it hangs on the wall and dies in the back corner. 11-5. In four slow, agonizing minutes your confidence has been shattered and your game is going down the tubes. How do you handle the garbage player??

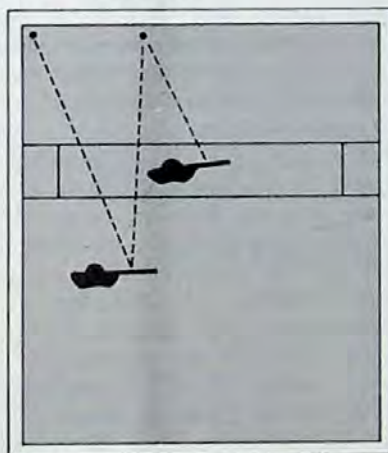


When you run into a garbage player or a change of pace player, don't panic. Analyze the situation, and use the old football slogan: "The best defense is a good offense." The most important factor in return of serve on the garbage serve is attack.

There are 5 basic returns of service for the garbage serves:

a) Ceiling ball. The return is taken either forehand or backhand with a deliberate motion striking the ball at shoulder height, so that it strikes the ceiling 6' from the wall, rebounding in such a way that it drives your opponent out of that all important center court area into the back wall. Depending on how good the serve is, you can wait and take it on the first bounce, or take it out of the air before it strikes the floor. Don't hesitate. However you decide to return the ball, don't change your mind half way into the return. The ceiling ball is your highest percentage shot in this situation.

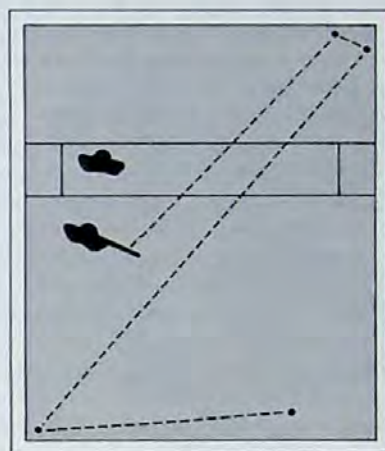
b) Down the line drive. Depending on the type of garbage serve, charge the serve, striking the ball with your backhand hard into the front corner about 2 to 4 feet up the front wall. The ball will strike the front wall, rebounding down the side wall for a passing shot. When charging this shot, leave enough room for your opponent to attempt to get to the ball or you'll find yourself in a "hinder" situation.



c) Corner kill. This is a low percentage shot, but must be used at times to keep your opponent honest. Nothing demoralizes the garbage player more than returning his best slow serve for a perfect kill in the left hand corner. If it's not perfect and you have attacked the serve, you will likely catch your op-

ponent drifting back for one of those endless ceiling returns. Remember you can't use this shot repeatedly, unless you are superhuman or want to finish your match without breaking a sweat.

d) Cross court drive. The last three returns have dealt with the left side of the court. After a period of time using these returns, you will find your opponent is looking for them. Now is the time to attack the serve and drive the ball cross court to the opposite back wall corner. If the shot is executed properly there is no way your opponent will return the ball with an offensive shot. Again, you must attack these serves. You cannot wait on them.



e) Last but not least, try the Z ball return for the fun of it. Again, you must take this serve out of the air before it bounces on the floor, striking the ball about shoulder high. The ball must be struck in such a manner and with such velocity that it hits the front wall 15' high and about 6' in from the side wall. Height and distance will vary depending on the angle you strike the ball. The ball will hit the front wall, then the right side wall, then carom cross court hopefully striking the left side wall about 1' from the back wall. The spin on the ball when it strikes the side wall will result in the ball traveling in a line parallel to the back wall. The effect will hopefully be a weak return by your opponent. Be careful: some players get so enchanted hitting Z balls that they lose sight of why they are on the court.

A word of caution. We emphasized attacking the slow serves. Do not and we repeat, DO NOT compromise safety out of frustration. Remember under IRA rules you may not cross the 5' safety lines until the ball passes the short line. You may then strike the ball in this no man's land area, but only if you do not break the invisible horizontal plane of the short line. ■

Anticipation

LOOKING AHEAD CAN KEEP YOU FROM FALLING BEHIND

By Dr. Craig R. Hall

What makes a good player better? A new \$200 racquet? Broken-in sneakers? An admirer hanging over the barn wall? Perhaps. But more likely, it's anticipation—the ability to predict, and prepare for, an opponent's every move.

The art of anticipation is most clearly demonstrated when a good racquetballer plays an opponent of lesser caliber. In this situation, the more skillful player often seems to know what shot his opponent is going to make even before his opponent has initiated the stroke. Consequently, he usually is in the proper position to execute a return and gets to practically every shot made against him. He often wins simply because opponents become frustrated at their inability to score on shots that would normally appear to be sure points. This ability to anticipate is not inborn, but learned, and it can be developed, given some understanding of the nature of anticipation and how it can be incorporated in your play.

Anticipation is necessary because of the delay that occurs between the occurrence of some action (the ball coming off the wall, for example) and a player's initiation of a movement in response to that action (getting into position to return it). This interval of time, called reaction time, is overcome through anticipation. The role of anticipation becomes clear if we consider the speed at which the ball travels in racquetball. Often a stroked ball will exceed speeds of 60 miles per hour. It takes approximately two tenths of a second for a player to react to a stroke (half the time it takes to blink); this means that the player's decision to react must be made while the ball is a considerable distance from him, since in two tenths of a second the ball will travel about 18 feet. Moreover, because reaction time does not take into account movement time (the time it takes the

player to move his body and limbs to stroke the ball), the decision to react must be made when the ball is even farther away from him. Since skilled players enjoy a fair amount of success in returning shots made by their opponents, it is obvious that some type of anticipation is required which allows them to predict the path of the ball.

There is substantial evidence indicating that improvements in performance can be partially attributed to improvements in the ability of players to anticipate. How do these improvements take place? Through learning, a player builds up a vast reservoir of experience that he can use to interpret the events encountered in game situations similar to previously experienced situations. He is better able to judge, for example, how a ball will come off a wall, having seen similar trajectories before. Consider how a child learns to catch a ball: at first his hands simply go up in the air in the general vicinity of the ball; soon the ball passes through both hands as he zeroes in on it, using past experience as a guide to what the ball will do. Eventually, he learns to anticipate at what point the flight of the ball will coincide with the reach of his hands and then he learns to close his fingers around the ball. This learning process is based on trial and error modified by past experience. In essence, a player, through the use of past experience, makes "best-bet" judgments as to what will probably happen in a certain situation.* This is possible because of the coherency or pattern in the event sequence and is often referred to as "reading the rally."

While anticipation is related to past experience or practice, there are a few elementary principles that a player can apply that will help him learn to anticipate in his performances. The first

principle is to watch the ball. A novice racquetball player often stares at the front wall after having driven the ball to the rear of the court. Neglecting to turn his head to trace the course of the ball, he fails to see the shot his opponent executes and is thus unable to react to or anticipate that shot. The second principle is to watch your opponent, particularly his racquet and wrist. The shot an opponent makes will be governed to a large degree by the action of his wrist and racquet. His stroking technique should allow the accurate anticipation of where the ball will go, and often he may telegraph a shot by some characteristic of his stroke or play. The third principle is to ask yourself what your opponent *can* do from the position he is in, and always be ready to move in quickly to exploit the information available. You may find yourself knowing the shot your opponent is going to make almost as soon as he does.

A skillful player not only attempts to anticipate in his performances, but strives to prevent his opponent from anticipating. He accomplishes this by concealing the type of shot he is going to make until the last moment and by using unpredictable strategies (shooting an overhead drive off a ceiling shot, for example). Another useful technique that can sometimes be employed is to lull an opponent into a false sense of security by repeatedly playing a certain shot in a particular game situation. If you consistently return all serves to the ceiling and then suddenly shoot a cross-court pass, he won't take you for granted again. Finally, the most effective method for inhibiting anticipation by an opponent is to employ variety in your game. Variety makes it extremely difficult for an opponent to predict which shot you are about to execute in a given situation, thereby severely limiting the possibility of anticipation.

Variety, like anticipation, is definitely a characteristic of the highly skilled player. The more "moves" he has, the less predictable any one of them becomes. The skilled player displays variety in a number of areas in his game, including shot selection, ball speed, stroking action, playing tempo, and

*Which may explain why many men seem better able to anticipate the trajectory of a ball than many women. Up until recently, females gave up sports in their early teens while males continued to throw, catch, hit, and return balls of all sorts, storing up memories of how balls act in a great variety of situations. Hence, not only do males have more psycho-motor memories of ball behavior, but those memories are fresher, closer in time. Hitting against a wall is the best way to catch up. (Editor's note)

playing strategy. This ability to execute a variety of shots at any given point in the rally not only hampers an opponent's anticipation, but also enables the skilled player to respond appropriately to almost any game situation confronting him. In other words, he has the ability to make the best possible return for any shot an opponent plays. The variety in his game counters or neutralizes the variety in his opponent's game.

Practice, of course, is the basis for the development of variety. Most players work on increasing the variety in their shot selection but many neglect to add variety to the other aspects of their game. Changing your stroking action and the speed of the ball adds complexity to your game, creates uncertainty for your opposition, and may lead to an unforced error on his part. Similarly, if an opponent alters his playing tactics or changes the tempo of play, you must be able to initiate the necessary counter-adjustments in your own game. It is not possible to over-emphasize the advantages you can enjoy by developing both variety in your play, and the ability to anticipate while consciously limiting anticipation by others. ■

Dr. Hall is on the faculty of the Psycho-Motor Behavior Laboratory, Department of Physical Education, at the University of Western Ontario, London, Canada.

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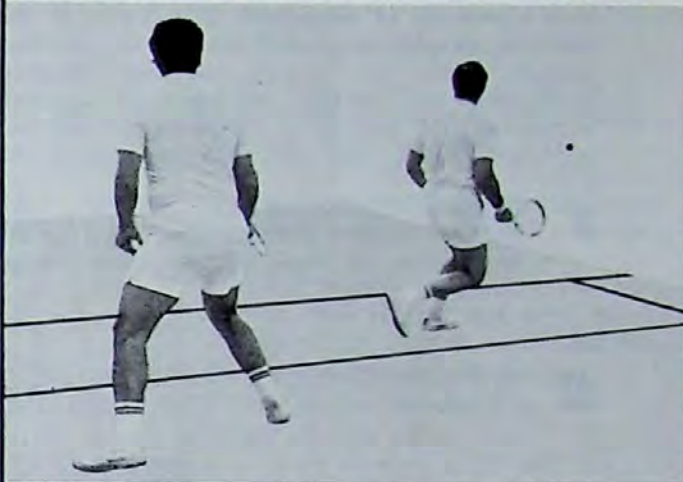
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QUESTIONS & ANSWERS

This is the third in a series of quiz exercises to test your knowledge of racquetball. It will also be the basis for developing overall testing—for certified referees. This can be an excellent learning instrument for anyone interested in playing racquetball and could be incorporated into physical education classes. The quiz was prepared by Al

Uher, a special education teacher who took up racquetball five years ago. He was looking for a sport which offered a maximal workout with a minimal amount of time spent.

Each of the questions is arranged to correspond to the I.R.A. Official Rules of Racquetball listed in the rulebook. Choose only one answer per question.

- 1** RULE 4.5 LISTS (6) FAULT SERVES; "ANY BALL SERVED THAT FIRST HITS THE FRONT WALL AND ON THE REBOUND HITS (2) SIDE WALLS ON THE FLY IS CALLED:" A (AN): a) Short serve, b) Three wall serve, c) Ceiling serve, d) A long serve, e) Out of court serve.
RULE 4.5 (c)
- 2** ANY SERVED BALL THAT TOUCHES THE CEILING AFTER HITTING THE FRONT WALL EITHER WITH OR W/O TOUCHING ONE SIDE WALL IS CALLED A (AN): a) Ceiling serve, b) Short serve, c) Long serve, d) Out of court serve, e) Three wall serve.
RULE 4.5 (d)
- 3** A LONG SERVE IS ANY SERVED BALL THAT FIRST HITS THE FRONT WALL AND REBOUNDS TO THE: a) Side wall, b) Floor, c) Ceiling, d) Backwall, e) Ceiling and side wall.
RULE 4.5 (e)
- 4** AN OUT SERVE OCCURS WHEN THE SERVER: a) Bounces the ball more than (3) times in the server's zone, b) Misses the ball after attempting to strike the ball on the first bounce, c) Serves a 'non front' serve, d) Serves a 'touched serve', e) All of the above.
RULE 4.6 (a,d)
- 5** A CROTCH SERVE INTO THE BACKWALL: a) Causes a hand out, b) Is good and in play, c) Results in a take over serve, d) Is a point for the server, e) Is an out serve.
RULE 4.6 (b)
- 6** A SERVED BALL IN SINGLES PLAY HITTING THE FRONT WALL-SIDE WALL CROTCH IS A (AN): a) Out serve, b) Good serve, c) Take over, d) Point for the receiver, e) Hand out.
RULE 4.6 (b)
- 7** THE MINIMUM NUMBER OF FEET THE RECEIVER OR RECEIVERS MUST STAND IN BACK OF THE SHORT LINE IS: a) 3 ft., b) 4 ft., c) 5 ft., d) 6 ft., e) 2 ft.
RULE 4.7 (a)
- 8** FAILURE TO RETURN A SERVE RESULTS IN A (AN): a) Hand out, b) Out, c) Missed ball, d) Point for the server, e) Side out.
RULE 4.7 (d)
- 9** A CHANGE OF SERVE OCCURS WHEN THE SERVER: a) Hits an out serve, b) Hits partner with a fly ball, c) Failure to return ball, d) Causes an avoidable hinder, e) All of these.
RULE 4.8 (a)
- 10** HINDERS ARE OF (2) TYPES, DEAD BALL HINDER AND: a) Avoidable, b) Unavoidable, c) Accidental, d) Intentional, e) Court.
RULE 4.10
- 11** DEAD BALL HINDERS, AS DESCRIBED IN RULE 4.10, RESULT IN: a) A side out, b) Lost point by server, c) Point played over, d) A point for the receiver, e) Hand out in doubles.
RULE 4.10

(Answers on page 40)

New Court Club Openings



Memphis, Tennessee

The Supreme Court is moving across the country. On August 1, 1978, Perlmac, Inc. undertook the operation of Supreme Court Sports Center's racquetball facilities in Nashville and Memphis, Tennessee. These mark the thirteenth and fourteenth facilities originated by the Supreme Court organization. G. Andrew Pearl, President of Perlmac, Inc., which also

operates Supreme Court clubs in Reno and Las Vegas, has taken up residence in Tennessee. Joining him are Phil Mooney in Memphis and Mike Mjehovich in Nashville. According to Pearl, "It is a new experience for us to move in and assume operation of an existing facility. We look forward to the challenge and are optimistic about the Tennessee business prospects. The athletic attitudes that prevail in the South have to be good for racquetball."

The facilities are ten courts each, both containing weight rooms, child care facilities and well appointed locker rooms.

Pittsburgh, Pennsylvania

St. Clair Courts, 1337 McLaughlin Run Road, Pittsburgh, Pennsylvania, opening this December with a ten court club. Features include air-conditioning, carpeted lounge and locker rooms, pro shop, sauna and supervised nursery.

A free slimnastics clinic is also being offered. Bill Englert has been named Manager/Pro. Family, individual and corporate memberships offered.

New Orleans, Louisiana

Racquetball One, Downtown New Orleans' latest recreational facility, will be opening shortly in the One Shell Square building. Located on the thirteenth floor of the high rise, the ultra-modern Racquetball One, designed by Ronald E. Kilcrease & Assoc., will have six racquetball courts (with planned expansion to ten) with glass back-walls, spectator gallery, complete pro shop, locker rooms, showers, exercise equipment and programs, saunas, a health and juice bar, and a players' lounge. One particular highlight of the new facility, for both men and women, will be whirlpool baths with a panoramic view of the city. Racquetball One will be open from early morning to late evening. The operation will include on-staff professional instruction and organized competitions. Memberships, both corporate and individual are available. The on-schedule construction will be completed on December 1, 1978.

Lubbock, Texas

The Supreme Court Racquet Club, 5507 Brownfield Highway in Lubbock, Texas is the city's first large-scale racquetball and handball club with ten regulation courts.

Members can enjoy a revitalizing hour on the racquetball/handball court, a skin-cleansing session in the Scandinavian Sauna, a tension-relieving whirlpool bath, a fitness-conditioning class, or a relaxing few minutes in the steam bath (men only). Club membership will be limited to 1,400 members.



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Wheaton, Illinois

December 1 is the estimated opening date for the Wheaton Sports Center, a \$2.4 million athletic and physical fitness/health club. The sports complex will include 12 racquetball/handball courts, eight outdoor tennis courts, a six-lane, 25-yard indoor/outdoor competitive swim pool, an indoor jogging track, and an extensive health club with weight-training equipment. A physical fitness program with emphasis on aerobic conditioning will be available to members.

The center will also offer locker rooms equipped with saunas, steam rooms, whirlpools, and lounge, nursery and pro-shop facilities.

The founders of the project are Don Watson, Rob Elliot, Roger Benson, and Chuck Biersborn.

Charleston, South Carolina

the Charleston Racquet/Nautilus Center, South Carolina's first total recreation and exercise facility, is scheduled to open in the early fall of this year.

The 44,000 sq. foot complex will feature eight racquetball/handball courts, three indoor tennis courts, one squash court, an indoor jogging track, and a Nautilus exercise area, staffed with trained technicians, offering individualized exercise programs. Other amenities will include a social lounge, supervised day nursery, game room and

pro shop. Large comfortable locker rooms will feature a steam and sauna for men and sauna for women.

The center will be owned by Racquet Club Associates and co-managed by Charles and Phil Rizzo.

Houston, Texas

Co-developers Charles Spaulding, president of Spaulding Racquetball Clubs, Inc., and Nat Davis, president of Hines Industrial of Houston, announced that construction has begun on a new Spaulding Racquetball Club in Houston, Texas.

The 20,000 square foot facility, located on Point West Drive in southwest Houston, will feature 16 professional racquetball courts, carpeted locker rooms with saunas and whirlpools, a modern nursery, and an upper-level gallery for easy viewing of all courts.

Detroit, Michigan

The BACKWALL Racquetball Club announces the opening of the Detroit area's most luxurious racquetball facility. Located in suburban Madison Heights, The BACKWALL offers twelve professional racquetball courts, whirlpools, saunas, two complete exercise rooms, nursery, spacious carpeted locker rooms and fresh juice bar. A large lounge area overlooks four glass backwalled tournament courts.

The club is owned by Steven E. Jacob.

Randolph, New Jersey

Located in Randolph Park West, just across Route 10 from the County College of Morris, Olympic Racquetball & Health Club plans to open in early November with fourteen regulation, climate-controlled racquetball/handball courts.

The club, which is fully carpeted, contains facilities for every member of the family. An attended nursery, a well-stocked pro shop, a snack bar and lounge are all located on the mezzanine level which affords a view of racquetball play on the courts below.

Club activities include jogging on a 100-yard track, daily yoga classes, one-on-one basketball, volleyball, and workouts in the gym which features a 15-station Universal Gym and additional weights, equipment, and an instructional weight-training program. The locker rooms contain in-ground whirlpools, saunas, steam, and individual shower compartments for both men and women.



Order in the Courthouse

Spencer Garrett has been named Operations Manager for BKB Partners' racquetball/health centers in Southern California. General Partners Bill Burke, Dennis Kuttler and Rick Beguelin are owners and operators of the seven Courthouse recreation centers located in Westlake Village, Canoga Park, Camarillo, Ventura, Bakersfield, Lompoc, and San Luis Obispo. All seven facilities are scheduled to be in operation by December, 1978. As the Operations Manager, Garrett will be responsible for opening the four new centers and for the total operations of all facilities.

With the completion of their current construction later this year, BKB will have 74 first-quality tournament courts available for racquetball play. Active programming enables the centers to offer a wide variety of interesting activities including exercise classes, disco-dancing classes, running programs, ladder tournaments, and child care. They are negotiating for similar centers in other cities to meet the ever-increasing demand for court time.



Shorts and Shirts

Adidas is lighting up the court with designer shorts and shirts. Made of Adilite, a double faced material, 60% polyester on the outside and 40% cotton on the inside, they are soft to the skin and provide excellent moisture absorption. The elastic waistband in the back of the shorts assures optimum fit during the game. A small hand towel comes with the shorts and attaches to

either the left or right side with a velcro strip. Both the shirt and the shorts will be available in white or light blue with navy blue stripes.



Pro Choice

Rita Hoff, one of the top eight professional women racquetball players in the country, has become associated with the Spaulding Racquetball Clubs, Inc., it was announced by Charles A. Spaulding, president.

Ms. Hoff will assume a variety of duties as Spaulding's resident professional including teaching clinics, giving exhibitions, and becoming involved in public relations for Spaulding.

In the recently completed United States Racquetball Association National Championship Tournament, Rita was defeated in the quarterfinals by Shannon Wright, who went on to defend her national title.

Revelations

Allen R. Nelson Research of New York, a Sports Consumer Research firm, has announced they will soon provide the racquetball industry with an understanding of who racquetball players are, what they want, why they want it, and in what directions the evolving racquetball market is heading.

From Allen R. Nelson, President:

With the phenomenal growth of racquetball as a recreational activity, a pressing need has arisen for vital, up-to-date, in-depth information for use by racquetball equipment manufacturers,

court club owners and developers, and others who are considering entering this rapidly-expanding market.

Intensified competition within the booming racquetball equipment market has made it vitally important that these companies achieve the most effective brand positioning within the minds of potential consumer buyers. Racquetball manufacturers therefore have a growing responsibility to continually monitor the kind of image or identity their brands have in the marketplace vs. competitors.

Likewise, the proliferation of court clubs into new markets coupled with intensified competition within existing ones, have resulted in a genuine need for court club owners and developers to learn which specific facilities, services, programs and organized activities have the greatest appeal to both existing and potential members.

Both these needs will soon be met by our forthcoming consumer research study called REVELATIONS ON RACQUETBALL. This groundbreaking study will uncover meaningful information on brand, product-line and corporate identity of Racquetball equipment brands, as well as the relative attraction of various court club facilities and programs.

The research project will be conducted this fall in two distinct phases and will be updated each year. This will enable subscribers to have a barometer for tracking significant trends that occur in this changing market. The research findings will be made available to prospective clients on a syndicated basis.

Phase I of the study will consist of a series of focus group session interviews and individual depth interviews. These will be conducted among specific male and female demographic and lifestyle groups comprising racquetball players, potential converts to the sport and industry professionals. Based upon the insights acquired from these revealing conversations, a self-administered questionnaire will be devised and mailed to respondents in the second study phase.

Phase II of the study will involve the mailing of a comprehensive survey to a nationally-representative sample of several thousand consumers. In addition, completed returns from more than 1,200 current racquetball players will also be obtained.

The cost per client for participation in the REVELATIONS ON RACQUETBALL study varies from \$2,000 to \$14,000 depending upon the kind of information that will be obtained. For further information of this study we

urge you to contact: Alan R. Nelson Research, Inc.-220 East 60th Street-New York, N.Y. 10022 or call (212) 758-7573.



On Senters

Clyde Senters has been named Midwest Regional Sales Manager for Vittert Sports, manufacturer of racquetball and platform tennis equipment. To be based in Chicago, Senters will supervise all Vittert sales activities in a 14-state Mid-West region.

An avid racquetball player, Senters is currently a member of the Board of Directors of the Illinois State Racquetball Association (ISRA). On a national level, he is active in the United States Racquetball Association (USRA), having officiated at the nationals in June.

New Racquet

Ektelon has named its new lightweight racquet for Jennifer Harding, their premier lady player. The racquet features super small grip sizes down to 3 11/16". At 250 grams, the Jennifer Harding blue anodized frame of 7005 alloy aluminum sports a flat I-Beam extrusion for flexibility and its rectangular head shape offers a good-sized sweet spot.

The racquet is 17 3/4" long and carries a full year frame and 90-day string warranty.



Stan Anonsen, Chairman of the Board; John Prentis, President; Ned Durham, Vice President.

Change in Quarters

Omega Sports, St. Louis, recently celebrated its move into new quarters for the company's sales office and warehouse facilities with a ribbon cutting ceremony that included a luncheon and tour of the new quarters for customers, employees, media representatives, and friends of the Company. The new headquarters are located at 10850 Metro Court in Maryland Heights, Missouri 63043.

The move was necessitated by the growth of Omega into the racquetball marketplace and their desire to continue

providing quality service to their customers. Omega is committed to product development, production, and service, and is justifiably proud of their "FAST SHIP" delivery program.

Head Pro

AMF Head Division announced the signing of Steve Strandemo to become Head's touring professional. Strandemo will also give technical advice on the preparation of new products and assist in developing the Division's rapidly expanding racquetball program. ■



Tracy Leonard congratulates Steve Strandemo.



Photograph courtesy of King's Racquetball Court, Westminster, Cal.

10th
ANNUAL

**INTERNATIONAL RACQUETBALL
ASSOCIATION DOUBLES
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October 19-22, 1978
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Answers from Quiz on page 34

1.b, 2.a, 3.d, 4.e, 5.b, 6.b,
7.c, 8.d, 9.e, 10.a, 11.c

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SHORT LINES

Racquetball Marathon

Paul Schaeffer played racquetball for 66¾ straight hours at the Dayton Court House (Ohio) over the Labor Day Weekend for the benefit of Muscular Dystrophy.

Schaeffer started at 10 a.m. on Friday, September 1st with doubles partner Mark Hannahan. Another marathoner, Phil Clarke, also started playing singles at the same time. Clarke had to drop out on Saturday afternoon due to severe blisters. Hannahan made it until 5 a.m. Sunday morning, at which point various other partners joined Schaeffer as he continued his doubles play.

Schaeffer, 32, accumulated 5 minutes of break time every hour. He took his breaks in various lengths, sleeping only once for 25 minutes. He finally stopped playing at 4:45 a.m. on Labor Day, September 4th. Schaeffer played over 200 games during the marathon, winning over half.

After stopping, Schaeffer slept for only 9 hours, waking up refreshed and alert. He was monitored during the marathon and during his recovery sleep by Webb and Associates, a medical testing lab in Yellow Springs, Ohio.

Over \$700.00 was collected for M.D. during the marathon. Donations were made by challengers who pledged a given amount for each point scored.

Help a Pro Out!

Steve Keeley is racquetless. Steve broke his last Leach Bandido racquet at the Denver Nationals and hasn't hit a kill shot since. He is looking for the *old* Bandido, a heavier model (made from a plastic mold which Leach Industries no longer produces) than the present Bandido.

Keely will trade a *new* Leach Bandido for any old-model model anyone can come up with. Identify the old Bandido by its heavier weight (about 312 grams), or by examining the top of the handle (eight-sided surface) just above the grip. The words "Leach San Diego" appear in raised plastic letters on the two widest faces of this eight-sided surface. On the *old* Bandidos the two surfaces on either side of the raised plastic letters are *flat*. But on the new Bandidos these two surfaces kitty-corner to this "Leach San Diego" are indented or dimpled.

If you have any non-dimpled old Bandidos you would be willing to trade to a kill shot-less pro for a brand new model write or send racquet to: Steve

Keeley, 6369 Reynolds Rd., Haslett, MI 48840.

Southern Sports Clinic

The Southern Regional Physical Fitness and Sports Clinic, presented by the President's Council on Physical Fitness and Sports, will run October 6 and 7 in Memphis, Tennessee at the Memphis State University Field House and Physical Education and Recreation Complex on the campus. Conducted by national sports authorities and master clinicians, teachers, coaches, administrators, recreation leaders, and physical education specialists, the clinic will provide programs for everyone — kids, senior citizens, champions, the handicapped — interested in all phases of sports. \$2.00 will be charged to participants who are members of their state AAHPER of TPRS organizations; adult non-members will be charged \$5.00 and students \$1.00. Activities will include clinics on soccer, fitness for older adults, jogging, fundamentals of weight training, fitness for women, aquatic activities for mentally and physically handicapped, and tennis, among others. For further information, call Ms. Carolyn McDougal (901/454-5484) or Dr. Mel Humphreys (901/454-2321).

Amateurism Defined

At the Board of Directors meeting in Southfield, Michigan in 1977 the term "amateurism" under the I.R.A. constitution was clarified, and it was established that a person shall be termed "professional" and ineligible to compete in any I.R.A.-sanctioned event if he has accepted money in any professionally sanctioned tournament under the N.R.C. or I. P.R.O. Associations. A professional who wishes to return to the amateur ranks must write a letter to the Executive Director of the I.R.A. indicating his wishes to do so. He or she must then wait one full year, during which he must refrain from taking money as a "professional." When that year is up, amateur status will be reinstated.

New Rule

In a special board meeting held recently the scoring rule has been changed back to 21 point games, 15 point tie breaker for Masters and Golden Masters divisions. The old rule had been three games to 15 for all Masters and Golden Masters divisions. ■

Scorecard

CHICAGO EKTELON/ NATURAL LIGHT BEER RACQUETBALL CHAMPIONSHIP



Men's Open: Rick Dern, Hoffman, over Glen Gibrellina, Melrose Park.

Women's Open: Judy Sawicki, Palos Heights, over Sue Sulli, Elmhurst.

Senior Men's: Shelby Clar, Northbrook, over Tom Street, Schaumburg.

FIFTH WORLD RACQUETBALL CHAMPIONSHIP

Eastern Washington University
Cheney, Washington

Men's Division: Dave Retter, Spokane, over Jeff Larson, 15-21, 21-13, 11-9.

Women's Open: Vicki Panzeri, Seattle, over Lindsay Robinson, 21-14, 21-4.

Men's Senior: Ernie Lenart, Fairchild Air Force Base, over Dave Kieler, White Rock, B.C., 21-10, 21-5.

Master's: Duncan Stockwell, Edmonton, Alberta, over Floyd Svensson, San Francisco.

Golden Master's: Floyd Svensson over Dan Goddard, 21-11, 21-16.

Open Doubles: Dave Retter and Gary Retter over Bob Stephens and Charlie Jackson, 21-20, 21-7.

Men's B Doubles: Rick Rios, Cheney, and Dan Allen, Yakima over Dave Kieler and Jerry Kubasek, Canada, 13-21, 21-20, 11-8.

Women's B Singles: Taffy Savard, Vancouver, B.C., over Suzanne Olsen, Seattle, 21-13, 21-5.

B-1 Division: Winner: Mike Dalton, Glasgow, MT.

B-2 Division: Winner: Duane Kamei, Seattle.

C-1 Division: Winner: Ken Collins, Cheney.

C-2 Division: Winner: Dave Smith, Minneapolis.

RIVERCADE RACQUETBALL TOURNAMENT

YMCA of Siouxland
Sioux City, Iowa

A Singles: Irvin Rodin, Omaha, over Dave Evans, Brookings, S.D., 21-9, 21-11.

B Singles: Joe Pope, Sioux City, over Randy Hisey, Lincoln, Nebraska, 15-21, 21-20, 11-1.

Women's Open: Sally Kloofstra over Rita Christian, 21-11, 20-21, 11-9.

ROYAL PALM FESTIVAL OPEN RACQUETBALL TOURNAMENT

The Court House
West Palm Beach, Florida

Men's Open: Semifinals: Steve Sulli defeated Steve Squire 21-2, 21-1; Gerry Sherlock defeated Steve Terry 21-19, 21-14.

Men's Finals: Sulli defeated Sherlock 21-7, 21-3.

Men's B: Semifinals: Dan Turk defeated Byron Lobsinger 21-19, 21-13; Tinker Hewitt defeated Rick Taylor 21-2, 7-21, 15-13.

Men's Finals: Hewitt defeated Turk 21-13, 18-21, 15-5.

Men's C: Semifinals: Jeff Goldberg defeated Fred Pitten 21-13, 21-18; Bob Mastromarino defeated Ted Meilleur 21-10, 21-2.

Men's C: Finals: Mastromarino defeated Goldberg 14-21, 21-10, 15-5.

Men's Novice: Semifinals: Tim Rauscher defeated Mike Rohde 21-8, 21-6; Bob Staninger defeated Fred Pitten 21-3, 21-15.

Men's Novice: Finals: Rauscher defeated Staninger 21-6, 21-5.

Men's Seniors: Semifinals: Bob Riley defeated Sonny Marcus 21-7, 21-9; Fred White defeated Ray Ingalsbe 21-2, 21-8.

Men's Seniors: Finals: Riley defeated White 21-6, 21-3.

Women's Open: Semifinals: Pam Harrison defeated Dee Lewis 21-17, 21-7; Kathy Gall defeated Jan Lord 21-12, 21-7.

Women's Open: Finals: Gall defeated Harrison 21-10, 21-16.

Women's B: Semifinals: Desiree Smith defeated Mary Jo Kazen 17-21, 21-16, 15-9; Florence Stoufer defeated Bev Trevor 21-13, 15-21, 15-12.

Women's B: Finals: Stoufer defeated Smith 21-10, 21-12.

Women's C Finals: Smith defeated Griffin 21-20, 21-7, 15-9.

Women's C: Semifinals: Kathy Griffin defeated Judy Scacci 21-5, 21-4; Desiree Smith defeated Debbie O'Hara 21-2, 21-2.

Women's Novice: Semifinals: Susie Newkirk defeated Connie Grubb 21-8, 21-7; Annette Gardinal defeated Rita Perini 21-0, 21-8.

Women's Novice: Finals: Gardinal defeated Newkirk 21-11, 21-3.



ROCHESTER INVITATIONAL

Winston Racquetball Club
Rochester, New York

(Sponsored by Champion Products, Inc.,
and Up-State New York
Racquetball Association.)

Men's: Winner: Mike McDonough.

Women's: Winner: Donna Meger.

SECOND ANNUAL SPAULDING RACQUETBALL LABOR DAY TOURNAMENT

September 1-4
Spaulding Racquet Club
Merriam, Kansas

Men's A: John Gardner

Men's B: Bob Brundage
Men's C: Cornelius Bibb
Men's D: Bob Bishop

Men's Novice: Jim Brannon

Women's B: Kathie Mahan
Women's C: Mona Bibb

Women's Novice: Laura Lugge

Scorecard

1978 (IRA) NEW MEXICO STATE RACQUETBALL TOURNAMENT

August 24-27

Supreme Court Racquet and Health Club
Albuquerque, New Mexico

Men's Open: Gary Mazaroff defeated Jack Blystone 21-18, 21-12; third place, Rick Wright.

Women's Open: Jan Corsie defeated Wrenne Saunders 21-7, 21-7; third place, Rene Lowden.

Men's B: Bob Stoermer defeated Steve Rozzell 21-16, 21-9; third place, Eric Sanchez.

Women's B: Marla Higgins defeated Mary Lou Furaus 10-21, 21-12, 15-6; Marla Higgins defeated Ernestine Tenorio 21-14, 21-5 (round robin division).

Men's C: Brad Caress defeated Dennis Woods 21-18, 21-5.

Women's C: Penny McAlister defeated Judy VanderGeest 21-11, 21-13; third place, Judy Glenney.

Men's Novice: Tom Beck defeated Russ Wade 21-18, 21-18; third place, Alonzo Smith.

Women's Novice: Jun Barrack defeated Amy Fritz 21-6, 21-8.

Men's Juniors (under 18 years old): Kevin Dean defeated Roland Lucero 21-17, 21-8; third place, Steve Giblin.

Men's 35: Matt Eichinger defeated Ernie Nello 10-21, 21-13, 15-13; third place, John Friedrich.

Men's 45: Robert Sanchez defeated Bob Bogan 21-3, 21-15; Robert Sanchez defeated Joe Fritz 21-8, 21-10 (round robin division).

Men's 55: 1st—Richard Leone, 2nd—Joseph Goldstein, 3rd—Al Sample (Round robin division).

Men's Open Doubles: Jack Blystone and James Van Sickle defeated Eric Sanchez and Tom Frank 21-18, 21-8; third place, Frank Sandry and Mike Sandry.

Men's B Doubles: Bob Stoermer and Rick Bowman defeated Ron Chavez and Jeff Gregg 21-5, 21-7; third place, Gary Arbogast and Terry Linton.

Men's Doubles: Ken Brock and Gary Sanchez defeated Bob Southwick and John Bogers 18-21, 21-12, 15-8; third place, Jerry Green and Ron Meck.

Women's C Double: Bixler and Brueger defeated Judy VanderGeest and Connie Caffrey 21-15, 10-21, 15-11; third place, Kathy Vigil and Kim Allen.

KING'S SECOND ANNUAL JOUST

August 24-27

King's Racquetball Court
Westminster, California

Men's Open: Rich Wagner defeated Jerry Hilecher.

Women's Open: Karin Walton defeated Marci Greer.

Men's Open Doubles: Jerry Hilecher and John Davidson defeated Bill Hildebrand and Brian Cloud.

Men's A: Carl Buggs defeated Dave Bush.

Men's B: Jim Hicks defeated Steve Mitchell.

Men's C: Marc Kaplan defeated Terry Kressel.

Men's Novice: Brian Sideritis defeated David Baca.

Men's Beginning Novice: Ron Garcia defeated Kent Karnes.

Senior's: Dr. Bud Muehleisen defeated Price Thomas.

Men's Masters: Duane Caine defeated Vance Lerner.

Men's Golden Masters: Dr. Burt Morrow defeated Bill Brierty.



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Scorecard

Women's B: Irene Dolan defeated Janell Raulins.

Women's C: Janet Preleyko defeated Lori Mullen.

Women's Novice: Nancy Barreras defeated Diana Kaylor.

Women's Beginning Novice: Lynda Breithaupt defeated Michelle Garland.

Men's Juniors: Jim Flannery defeated Steve Lerner.

Men's B Doubles: Gross and Olson defeated Hohl and Mitchell.

Men's C Doubles: Perkins and Lopez defeated Durant and Brunk.

Upper Mixed Doubles: Walton and Wendel defeated Levin and Heims.

Lower Mixed Doubles: Rodreguiz and Raulins defeated Raul and Garcia.

SOMRA 6th ANNUAL LABOR DAY CLASSIC St. Louis, MO.

Men's A: Bo Champaign defeated Cliff Dawson, 21-11, 21-15; Kenny Wong, 3rd place.

Men's B: Jim Edwards defeated Tom Spicer, 21-13, 3-21, 15-12; Martin Pranger 3rd.

Men's C: Curt Nance defeated Pat Butt 21-18, 21-19; Randy Dunlap, 3rd place.

Seniors: Bob Hardcastle defeated Larry Carlisle, 21-16, 21-5; Max Scharf, 3rd place.

Men's Novice: Mike Karasick defeated Ted Leslie 20-21, 21-5; Charles Collins, 3rd place.

Boys' (Under 15): Brad Fink defeated Fred Dallas, 21-10, 21-1; Dave Berger, 3rd.

Women's Novice: Martha Geers defeated Judy Glich 21-5, 21-4; Sandy Springer 3rd place.

Women's A: Mary Dee defeated Linda Hogan 21-16; 21-1; Nancy Zelson, 3rd place.

Women's B: Susie Bush defeated Linda Landweher 21-8, 21-9; Robin Parodi, 3rd place.

Women's C: Lisa Collins defeated Robin Parodi 21-5, 21-8; Marcy Edwards, 3rd place.

Masters Doubles (70+): Dan Helicher, Lennie Marks (Round Robin).

A Doubles: Cliff Dawson/Marty Dryer defeated Bo Champaign and Joe Zelson; Denny Frye/Bob Hardcastle, 3rd place.

RACQUETBALL welcomes all tournaments to report their results. Please list all rounds of each event. Scorecard will report as many rounds of each tournament as space allows.

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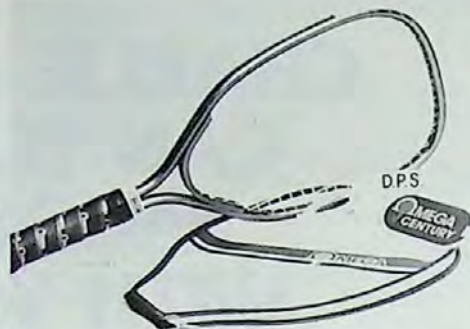
NEW PRODUCTS



Prep-Shot Inc.

Prep-Shot Inc.

Prep-Shot Inc. is now marketing a new training and warm-up aid. The Prep-Shot racquet weight acts like the lead "donut" that baseball players put on the ends of their bats when taking practice swings. The weight itself attaches to the top of the racquet. Prep-Shot is made of a vinyl material and stretches over the frame. By swinging the weighted racquet prior to playing, players are said to be able to strengthen the muscles most called upon in the game, and also speed their swing. Prep-Shot retails for \$3.50.



Omega

Prep-Shot Inc., Chicago, Illinois 60614

Omega

Omega Sports introduces a new concept in top-of-the-line racquets, the Century. Combining a one-year string warranty and a five-year frame warranty, the Century utilizes a new flared quadrangular headshape.

In designing this new racquet, Omega consulted Ashaway Line & Twine (makers of Vantage tennis string) and developed a new string specifically for racquetball—Vantage 16.



RSI

The Century's new flared quadrangular headshape provides power and control, and the enlarged sweet spot provides protection against mis-hits at the top of the racquet. The Century will be available in three grip sizes, XS 3 7/8", S 4 1/8", M 4 3/8". Combined with a weight of 260 grams and a length of 18 1/2", the Century has the balance and feel players of all skill levels will appreciate.

RSI

The FORCE 250 and FORCE 260 are the newest additions to the line of composite racquets by RSI.

RSI claims a major departure from conventional racquet designs. Innovations include an open throat area and RSI's new QUAD+ head shape. This design is said to provide larger hitting area and "sweet spot" for better power and control without sacrificing overall length or head velocity.

At 250 grams and 18 1/4", the FORCE 250 is precision balanced for the high mobility required for competitive tournament play. The FORCE 260, at 260 grams and 18 1/2", is slightly longer and heavier for increased power.

The elimination of the conventional throatpiece is made possible by RSI's patented M-COMP construction, a composite design that joins two ABS thermoplastic extrusions with an M-shaped aluminum extrusion. Noted for its excellent energy storage capacity and torsional stability, ABS thermoplastic gives RSI racquets moderate flexibility for optimum control with minimum energy loss, according to RSI.

The FORCE 250 and FORCE 260 are available in three grip sizes: 4 3/8", 4 1/8", and RSI's exclusive 3 7/8" Tapergrip. Both FORCE racquets come complete with cover and carry the standard RSI one-year guarantee.

Descriptions of new products are as requested by the manufacturer and have not been tested by RACQUETBALL Magazine.

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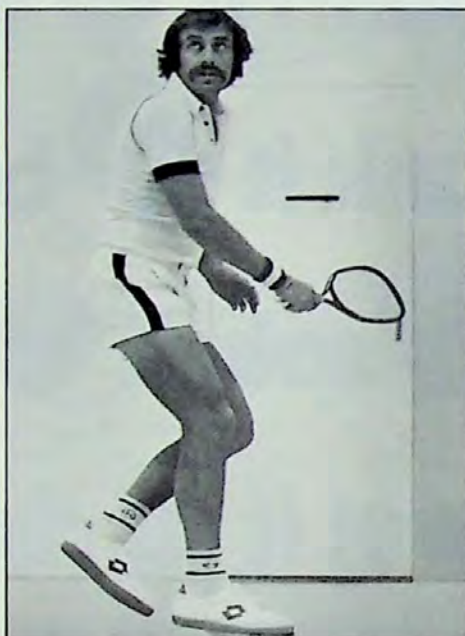
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The Shadow Serve

Clarifying the rules of racquetball is a major concern of the I.R.A., and encouraging dialogue among players is a major concern of RACQUETBALL Magazine.

The rules pertaining to the shadow serve have long been vague and almost unenforceable. Player's Association Forum provides a place for you, the player, to ask questions and offer answers to some of the problems of the game. RACQUETBALL would like to receive your response to the following suggestions offered by Joseph A. Zelson, of Clayton, Missouri.

The livelier balls that we're currently playing with have created a situation in the game which may require the rules to be re-defined or reinterpreted. What has happened in fact is that the hard, low serve, hit with the ball crossing in front of the server's body has become the most effective serve in racquetball. The reason that it's so effective is, quite frankly, that it's really a "shadow serve"—except that the combination of the lack of clarity of the Rule Book plus the previous tradition as to what was a "shadow serve" means that only the most courageous of referees calls the shadow serve as it occurs.

As a result, it's not unusual for a player to score 5 to 8 points a game on shadow service aces; and some can score even more.

Let's start with the traditional rule of what was a shadow serve. Even though the Rule Book didn't say anything so specific, it was generally agreed that a shadow serve was one that passed so close to the server's body that the receiver couldn't see it.

I'm sure, also, that everyone knows of people who quote the "fact" that the ball must pass within "12 inches" or within "18 inches," etc., but I've never seen any specific number in any rule. In the past, though, unless the ball did pass close to you, the ball was slow enough that you had a reasonable chance to return it, and so there was no need to consider a ball that wasn't pretty close to the server's body a shadow serve.

Now, however, with the live balls, everybody's hitting the hard low serve across the body, and because by the time the receiver sees the ball, he doesn't have time to react and get to where he has to be to return it before the second bounce, we have a lot of service aces; and the better a job the server does of

shadowing the ball, the more effective his serve is!

Now let's look at the specific rules in the rule book and how they should be amplified. The specific rules are 4.4 (b), 4.10 (a-4) and 4.10 (a-6).

Rule 4.4 (b) says:

"Screen Balls. Passes too close to the server or the server's partner to obstruct the view of the returning side. Any serve passing behind the server's partner and the side wall is an automatic screen."

Rule 4.10 (a-4) says:

"Screen Ball. Any ball rebounding from the front wall close to the body of a player on the side which just returned the ball, to interfere with or prevent the returning side from seeing the ball. See Rule 4.4 (b)."

Rule 4.10 (a-6) says:

"Other interference. Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball."

Now, you'll notice that none of these rules state that the ball must pass within a specified distance of the server's body; also, none of the rules really makes clear what a "shadow serve" is.

Let's look at what the rule implies, though, and see whether perhaps we can improve the language to make clear what is intended.

The rule should make clear that a "shadow serve" is a ball which is served in such a way that the receiver is blocked from seeing the ball until it's too late for him to have an opportunity to return it.

With the current lively balls, if you don't see the ball at the time it hits the front wall, and it's well hit, there's a good chance that you won't see it in time to "have an opportunity to return it."

Okay, then, let's see if we can strengthen or qualify the rule so that everybody knows what a shadow serve

is, and also so that the individuals who are refereeing matches can feel more confident in their calling of shadow serves.

Let's try two prospective tests . . . how's this for a starter?

1. "A serve on which the server's body prevents the receiver from seeing the ball at the time the ball contacts the front wall is automatically a "shadow serve."

(This rule is pretty simple, and I think that if you're able to see the ball at the time it contacts the front wall, you have a fair chance to get there and return it. You may wish to perhaps soften the rule by putting in a condition and saying something like " . . . unless it is obvious to the referee that the receiver did have a fair chance to return it"—but it seems to me that you really don't need the conditional exception.)

Here's another alternative rule—

2. "A ball in which the flight of the ball to the front wall crosses in front of the server's body (so that the ball is screened from the receiver for a period of its flight by the server's body) is deemed a shadow serve unless it is obvious to the referee that the receiver had a fair opportunity to get to the ball before its second bounce and had a reasonable opportunity to return it. Any doubts in the interpretation of this shall be resolved in favor of the receiver; i.e., a ball that the receiver is unable to return is presumed to be a shadow serve." (Of course, this wouldn't apply where the receiver gets the ball and tries to hit a ceiling ball and it comes out short, or where he sets up and tries to shoot it, but skips it in, etc., but it would be applicable where the receiver just barely gets to it and perhaps foul tips it, or skips it in because he wasn't able to get there really in time.)

There's another point which perhaps should be brought out in this strengthening of the shadow serve rule: is it sound to be using a more rigid and stronger definition on a shadow occurring on a serve than one occurring in the course of play?

I think there is a good justification: in the course of play, each person has to hit the ball where it is, and doesn't have the opportunity to arrange body positions to accomplish a shadow; on the serve, the server has the opportunity to select his court position, and hit from wherever he wants, having arranged the potential shadow. ■



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