



National Racquetball

September 1988

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Shoe Issue

**Bret Harnett
Interview**

**Instruction
— The Serve**

by Fran Davis, Lou Fabian
and Dave Peck





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Helen L. Quinn
Publisher/Managing Editor

Sigmund Brouwer
Editor

Janet Bechtle
Art Director

Kristen Wallace
Advertising Director

Chris Sotnick
Circulation Manager

Sharon Seabert
Production

Dr. Paul Ross
Medical Editor

Contributors:

Michael Arnolt

Norm Blum

Lou Fabian

Dave George

Stu Hastings

Dr. Jim Hiser

Steve Keeley

Jack Nolan

Dr. Alan Salmoni

Playing Contributors:

Lynn Adams

Fran Davis

Bret Harnett

Roger Harripersad

Marty Hogan

Marcy Lynch

Dan Obrenski

Dave Peck

Gregg Peck

Mike Ray

Jim Winterton

Requests for advertising information should be directed to Kristen Wallace at (813) 736-5616.

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From The Editor...

TIME FOR A CHANGE?

by Sigmund Brouwer

A major contract combining television and men's professional racquetball has been signed for the upcoming season. Jim Hiser, commissioner of the new World Professional Racquetball Tour, deserves a great deal of credit for his perseverance. As a commissioner of the former RMA men's professional tour, he has seen a lot of racquetball.

It was interesting then, to hear him say he would like to see the ball slowed down. For many years professionals struggled to get faster balls (*see page 46*).

As Jim Hiser knows, a slower ball makes the game easier to televise for three reasons. First of all, a slower ball is easier to follow, both by camera people and by viewers at home.

Second, the game is easier to watch because the rallies become longer. Instead of "serve, return, maybe return again", strategy becomes obvious, even to people unfamiliar to racquetball, and viewers can involve themselves in a pattern of action.

Finally, slower balls lead to more retrieves. Racquetball's tremendous advantage over tennis and squash is that 'gets' in our sport are so spectacular. I believe no sport can rival for excitement the heart rending efforts of dive after dive somehow keeping the ball in play.

To uninitiated viewers, professional players make kill shots look routine. Set-ups anywhere in the court are expected to become rally-ending shots. It is the unexpected and suspenseful — magnificent gets — which keep spectators on the edge of their seats. Think back to the last exciting tournament match you saw. Didn't most of the applause and cheering come after long, hard fought rallies? With a slower ball, these rallies happen much more frequently and will make racquetball on television exciting to any viewer.

Television itself — because of what it can bring to racquetball — is a good enough reason to consider slowing the ball down. However, even without television, it wouldn't be such a bad idea.

For starts, because with a slow ball shot selection becomes more important than shot execution, players are rewarded for their hard-gained experience. Unfortunately, power and mindless rollouts with the help of a fast ball can defeat experi-

ence at most levels of the game. The wrong shot, hit enough with enough pace, could still be a winning shot. Since stroke mechanics can be learned much quicker than court savvy, players who have "paid their dues" can still lose to less-experienced players. The incentive to stay in the game and accumulate experience is lessened by a fast ball.

When shot selection becomes a bigger factor because of a slower ball, strategy becomes an exciting factor. Charlie Brumfield was famous for giving his "tour-de-court". He would move his opponents forward with pinch shots, bring them back with wide-angled passes, moving them around like a chess master. It was great to watch.

With an emphasis on strategy given by a slower ball, racquetball becomes challenging on more than the racquet swinging level. There is no denying it's fun to roll the ball out; it's also fun to win a rally by outguessing your opponent five or six shots in a row.

The worst part of the fast-ball game is that it essentially becomes a young person's game. At the professional level, people remark time and again that Ruben Gonzalez is "still good at his age", indicating we expect players a decade younger to be the contenders. Yet in other sports, where the emphasis is on control and 'smarts' — baseball, golf, squash — older champions are not uncommon at all.

At the club level, an emphasis on power discourages the people who can contribute the most to the sport — the players in their thirties and forties who have leisure time and money. It also discourages many women players who prefer longer rallies, less power and fewer bruises.

The bottom line is that a slower ball becomes a much truer test of your racquetball game. A slower ball takes away the one-dimensional necessity to 'hit the ball hard and when in trouble, hit it harder'. Instead, a slower ball demands better court coverage, smarter and more precise shots than a fast ball.

In other words, a slow ball makes racquetball more challenging and everybody knows that racquetball players love challenges. Is it time to take serious steps towards getting a slower ball? ○



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HARNETT —

No. 2, BUT NOT DEFEATED

Bret Harnett, age 24, is currently ranked second on the men's pro tour. For years many have felt he is the

natural successor to Mike Yellen and Marty Hogan. Yet, last season, as in the two seasons before, he narrowly missed his first national title as a professional player. In this interview, Bret speaks candidly about racquetball and the 1987/88 season.

NR: *The end of the last season must have been disappointing after leading the rankings for so long. What kind of perspective on your second place finish has the summer given you?*

Bret Harnett: To tell the truth, when I started looking back on the season, I sometimes wondered how I was number one for so long to begin with. I started wondering why someone didn't overtake me earlier. After all, I had lost two tournaments in early rounds to qualifiers.

I did win three tournaments, but that is deceiving. Ruben won two tournaments and lost in the semifinals a couple of times. Obviously, he had a more consistent season and that's why he finished number one.

On the other hand, winning three tournaments says to me that I can be the national champion and in a lot of situations I can be the best player on the tour.

NR: *It seems funny that you can win the most tournaments, just as you did the previous season, and still be denied that national championship. What are your feelings on the ranking system?*

Bret Harnett: It's a little upsetting. I think I've been number one for 20 of 24 months. It's also deceiving when you can lose two tournaments in the round of 16 and are still seeded number one a tournament later.

I was also upset of course, to find out that Ruben had overtaken me in that last tournament. I've been telling people that I almost wish someone would have overtaken me in mid-season so I would have had a place to stand and go for it.

One other thing that made a big difference was the point value of that final tournament. Because of the car (first place prize awarded to Ruben Gonzalez), the money was almost double normal tournaments. That meant the points earned for each round was almost double as well. So to have the final tournament all of a sudden worth double meant it was easier to overtake me.

NR: *Your last game of the season, an*

11-9 tiebreaker loss against Marty Hogan in the quarter finals, was an intense thriller. Unfortunately, losing it cost you your first professional national title. What went through your mind during that game?

Bret Harnett: As you probably know, I lost the first game of that match. In the second and third game, I was doing exactly what I wanted to do with the ball and I won them both. Then the fourth game, I started missing a bit and couldn't get into a groove. I started putting pressure on myself — I have no idea why — and it hurt my game. So going into the tiebreaker, Marty was still on a momentum flow, still in rhythm. I simply couldn't stop him until he was at match point. The only thing I could do the entire game, until he cooled down, was hang in there as long as possible. Looking back, I could have won the match by keying in on a lot of shots.

With Marty, it doesn't matter what he's ranked or how old he is, he's someone who is always a threat. It frustrated me because the one time I needed to win bad, he comes in and beats me. I beat him twice before at regular pro stops.

NR: *How do you answer to people who think you folded?*

Bret Harnett: It wasn't a fold. All season long, I had trouble with my consistency. I mean I lost two 11-10 tiebreakers to qualifiers.

NR: *Did those losses affect your confidence?*

Bret Harnett: They came at back-to-back tournaments, then I won Vancouver so I would say they did not affect my confidence. The only time I remembered those 11-10 tiebreakers was when I found out I was number two instead of number one.

NR: *The way you ended your tiebreaker with Marty Hogan was unforgettable. After stopping him nine or ten times at match point, you skipped what some might regard as a low-percentage shot instead of going for a safe ceiling ball. Have you second-guessed yourself on that one?*

Bret Harnett: For the match point, I skipped an overhead and missed it by an inch but I haven't second guessed myself on it at all. I've also won tight matches before on shots like that. When I get down like that, I'm not conservative. My attitude is that you've got to go for it. People re-

member that skipped overhead, but they forget earlier shots. At match point earlier, Hogan also

served a lob that barely came off the back wall. From 39 feet I went for it and rolled it out. That one could have just as easily missed. That overhead could have just as easily been a winner too.

NR: *You mentioned earlier that you had been inconsistent during the season. Looking back, do you know why?*

Bret Harnett: Definitely. A lot of it was my mental attitude. During the season, I was not all that happy with racquetball. I've been at tournaments and wondered why we were there. I'd look around and it would seem like no one cared what we were doing, that no one cared that there was a professional in their club. I want to play, play hard and have the benefits of winning.

Don't get me wrong. In the overall picture, the game is not going down by any means. But when you're playing professionally as I have for years... Let me put it this way: My ranking has been getting better for years, and my salary is going down each year. I feel like I'm taking steps backwards, even though my performance is getting better. If I can't make money, I have to look for another career.

Right now, it's six or seven thousand dollars prize money if you win a tournament. Twenty-five hundred for second. The money breakdown is still a little slim. A lot of guys are trying to win but only semifinalists are making any money.

Prize money is where a lot of my income comes from and eight tournaments a year is not enough. So I put myself in a state of disappointment and took it to a couple of tournaments and that's why I didn't perform as well as I should have.

NR: *Do you see this changing in the near future?*

Bret Harnett: Yes, I do. The answer might just be cable television. Now we'll be in every tournament knowing if we get to the finals, we'll be televised (see story on page 46).

This summer I can go to other companies — as can the other players — and say there are guaranteed stops on television. I can show them a resume that says I'm a pretty consistent finalist and hopefully add more endorsement contracts to my earnings.

Professional racquetball is looking much better and I think I'll be able to

concentrate on my game in the upcoming season.

NR: *Do you think professional racquetball suffers any image problems?*

Bret Harnett: I think there is a need for courtesy by all the players. I do understand and do think that all players should dress and look and act like professionals in all situations.

It's hard to define professionalism because everyone has their own definition. For me, I think being a professional is just having a sense of class. If people want autographs or pictures, help them out as much as possible. I try to mingle a little, I try to dress well on and off the court. The biggest mistake professional racquetball players can make is to get on the linesmen. It happens all the time, but players have to realize the linesmen are volunteers, and more important, that they are local people.

When you leave a tournament these people will never forget that you cussed them out. You might never think of them again, but as far as they're concerned, you're unprofessional and it disappoints them. And they tell a lot of people about it. Or write letters to sponsoring companies. It only takes a few people a tournament to give problems. It doesn't take very many letters or comments to a company to have them wonder if they are doing the right thing by sponsoring someone. And I think a lot of players have had a situation where someone writes in to complain about their behavior.

NR: *You certainly don't have a reputa-*

tion as a problem player, have you been "reported" by anyone?

Bret Harnett: As a matter of fact, yes. Three years ago, a lady in Arizona thought I had been rude. To make a long story short, Dave Peck and I were having

it myself. Some lady sitting next to him thought that was the rudest thing anyone ever did in racquetball and she sent a letter to my sponsor.

Maybe I wasn't that rude, but she thought I was. On the other hand, in sports,

people need to love to hate someone. I believe that everyone should be professional, but shouldn't change the way they win or lose.

NR: *Do you see professionalism increasing or decreasing?*

Bret Harnett:

I think it's increasing. I got into racquetball when a lot of the old pros were playing the game. It had a different feel then. It was a good feeling. It was just a sense of these guys knowing who they were. They would project themselves a lot better, because they were professional racquetball players and they knew it. They would walk into a room and people would say, "Hey, that's so and so."

For a while, that seemed to be gone. Now, I think a lot of that is returning. Players are starting to think about what they do between matches. They are starting to realize they need to be professional people, on and off

the court. And that is what people like to see when they go to tournaments — professionals.

NR: *And what about you? What do you see happening in the upcoming season?*

Bret Harnett: I've done a lot of things in racquetball. But the thing to shoot for is number one. I'm training, lifting weights and I'm looking forward to playing. I think that will help. ○



a marathon match. I ended up diving and getting the floor wet.

We were toweling the floor, and a guy starts tapping the glass insistently to point out a wet spot there. I was exhausted and in the middle of this tough match and it was one of those times you just want to be left alone. So, I looked at him and smiled to make a joke and motioned for him to clean it himself. Then I smiled again and wiped

THE DEMANDS OF ELITE LEVEL RACQUETBALL

"How should I train during the off-season?"

"Should I add weight training to my preparation for racquetball?" "Should I improve my flexibility?" "How important is reaction time in racquetball?" "What energy systems are most important for racquetball?" "I don't like to run, what other exercises can I do instead?" "How important is aerobic fitness for racquetball?"

Over the past three years, the American Amateur Racquetball Association has begun to methodically answer some of these and other questions which are important to advance our knowledge of the game. This effort has been directed by Dr. Alan Salmoni from the School of Human Movement, Laurentian University and Dr. Jim Hiser, vice president of the AARA. Since 1985, the AARA's Elite Racquetball Training Camps in Colorado Springs have included a research goal. It was hoped that not only would athletes at the camps gain skill and knowledge, but the sport of racquetball would benefit from an increased awareness created through sport science research.

It is very important to understand that this research is aimed at the sport in general and its results cannot be taken as a complete guide for individual players.

For example, although the research to date has not found the amount of flexibility to be one of the key factors in different skill levels in racquetball, it doesn't mean that players should drop flexibility exercises from their training program.

THE SCIENTIFIC WAY TO MOVE YOUR GAME UP A LEVEL

by Dr. James Hiser and Dr. Alan Salmoni

First, our findings could be wrong — always a possibility in any research program. It takes years of research to establish facts conclusively. Second, there are reasons other than striving for skillful play to include certain types of training in a program. Most researchers, coaches, and players would agree that flexibility helps reduce the risk of injury. In addition, a certain player may be very inflexible and his/her performance could be improved by increasing flexibility. Third, this research is aimed at discovering the variables important for elite level play. Your main aim in playing racquetball may be to have fun and stay fit, and flexibility is certainly important for total fitness.

The research proved that one of the variables most important for predicting level of success at the elite level is ball velocity. At the camps, speed of both forehand and backhand shots was measured with a radar gun similar to those used by the police for checking traffic speed. The gun tracks the ball as it leaves the racquet, and measures its speed as it travels toward the front wall.

For age-group racquetball players, ball speed was the most important predictor — subjectively and objectively assessed — of their playing ability. For the elite players, however, only backhand speed seemed to be critical, since forehand

speed did not vary significantly among the

players. (Most open-level male players hit forehand serves between 125 to 130 mph.)

On the other hand, backhand speeds were much more variable; the better players had greater backhand speed. The average backhand speed was 113 mph, with most players falling between 95 and 130 mph. Obviously then, players should strive for an equally fast forehand and backhand speed. As further proof, other research has shown that the best players hit with equal pace from each side.

Adding that crucial speed to your backhand

There are many determinants of shot speed; these include strength, limb length, timing, body size, and speed of limb movement prior to ball contact. The role each factor plays is not known, but it is obvious that some factors, such as limb length or body size cannot be changed through training.

In addition, unless someone is exceptionally weak, strength training by itself will have only a small effect on shot speed. However, all other things being equal, an increase in shoulder, arm and wrist strength would likely improve shot speed.

Possibly the most critical factor for ball speed is shot technique, and this is affected mostly through skill practice. Other research has shown that greatest ball velocity is related to racquet head velocity



at contact, as well as distance travelled by the racquet head. For maximum velocity, the best backhand form occurs when a player bends the elbow and cocks the wrist at the top of the back swing, then fully extends the elbow before ball contact. The correct timing of these movements is also crucial to ball speed.

Since backhand velocity is one of the biggest factors in determining a player's skill level, players should spend a significant amount of time perfecting their backhand shot. This is done most effectively through backhand drills, some of which are described on page 8.

It is important that these drills simulate as closely as possible a game situation so use some two-player drills. Not all backhand shots require maximum velocity, so one player can act as the dummy, setting up the proper shots with his or her backhand while the other practices high-velocity backhands. Reverse these roles every five minutes.

Because style is important, it is essential that a player is videotaped hitting backhand shots to determine his or her techniques. If possible, this should be done in a game situation, since players may not use the same style of shot under pressure as in a practice setting. The video should be taken from as many angles as possible because shots do not always look the same on tape from different angles. Obviously, a totally glass court would be best for this analysis. An alternative to videotaping is to have someone watch you play, although it is quite difficult to analyze style without slow motion replays.

Another variable which affected the level of playing ability in the elite players, as might be expected, was years of experience in competitive racquetball. Experience is a double-edged sword however, since it can refer not only to the attainment of physical skill but also to knowledge gained.

Consistent findings from research in other sports shows that sport-specific knowledge usually separates the experienced from the novice performers. Not only is tournament play of obvious importance, but information concerning training, technique, and strategies is also needed. Serious players should not only maximize playing time but become "students" of the game.

Training to improve your skill level

The training camp research to date also indicates that sprinting speed and the ratio of leg strength to body weight are important factors in a player's skill level. (The latter has been shown to be a significant predictor of success in squash also).

In racquetball, these variables indicate that the ability to move with power and agility is important. To some degree, these abilities are "God given" and although they can be improved through training, there is a limit to this improvement. However, with a combination of weight training, sprint workouts, and court drills, one can become faster on the court.

To develop muscle power in the lower legs, one should choose weight training exercises which work the muscles responsible for hip, knee, and ankle flexion and extension. The best apparatus for this type of program is the newer equipment (made by companies like Hydra Gym) which offers resistance in both the flexion and extension directions. This type of equipment is relatively safe and players can work on flexion and extension with the same exercise.

In the off-season — three months of intensive conditioning and only some racquetball practice — complete a weight program three times a week. Two workouts should take 80 to 85 percent of maximum effort and one only 30 to 40 percent effort.

All weight movements should be done at high speed, since speed is the ultimate goal. Because of this, it is very important to warm-up first, going through the exercises with little resistance and doing them 15 to 20 times or until you feel warm and supple. Go through the different exercises two or three times each, emphasizing different muscle groups with each successive exercise and completing eight to 15 repetitions each time through.

If you are starting your program from scratch, you should take one or two months to build up to the 80 to 85 percent effort level. Once into the program, increase the difficulty of the workouts every five or six weeks.

During the preseason — three months with intensive practice and some tournaments — drop the weight program down to twice each week (one light workout and one heavy), and spend the extra time in on-court skill practice.

During the in-season — five months of heavy competition — limit the weight training program to once per week at 80 percent effort. Never train

closer to a major tournament than three or four days before. In fact, during the last month of the in-season stop the weights altogether if this makes you feel more energetic. At the end of the in-season, you should reward yourself with a month off from racquetball — without neglecting conditioning.

Sprint drills

Sprint drills should be used primarily during the rest month and the three-month off-season. Just as with the weight program, it is important to begin with a good warm-up. Run one or two easy miles — this could become part of your aerobic training which will be discussed in the next article — and follow it with light stretching, especially of the lower extremities. An example program is shown in Sprint Drills on page 8.

If a player has been totally inactive during the allotted rest month, the sprint drills should be done at a slower speed for the first two or three weeks. Once into the preseason, when the player is on the court two or three times each week, the sprint program should be dropped in favor of court drills more specific to racquetball.

Use court drills during the preseason to

(continued on page 8)

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The Scientific Way

(continued from page 7)

develop power and agility — these same drills can be used as a warm-up during the in-season if done gently. Again, make sure that you are warmed up before starting, either by jogging or by doing the drills at a slow speed. All drills illustrated should be done at full speed with emphasis placed on the first two strides.

Attempt to reach full speed forcefully and as quickly as possible. The total session should initially contain 10 to 15 minutes of active work with enough rest between drills (one to three minutes) to recover adequately. A one-to-one, work-to-rest ratio would be preferred (e.g. one minute or two minute drill). As conditioning improves, increase the work by increasing the number of drills or repetitions of drills, not by increasing the duration of each drill. Since these court drills can be found in many racquetball source books, only a few are mentioned in below.

Another very important part of the research to date has been the time motion studies of actual racquetball games. This analysis is designed to study the work done during a game, and assesses the energy systems needed to supply the fuel for the competitor.

Court drill for backhand practice

In all of the following drills proper techniques and stroke mechanics should be emphasized. In reviewing your mechanics, concentrate on:

Positioning. Shuffle into positioning

(during motion drills only); feet shoulder-width apart or wider; face side wall; hip and shoulders turned.

Racquet up. Racquet brought up behind head; this should be done as soon as you determine direction of ball.

The swing. Lead with your elbow and bend at your knee and waist; transfer weight to front foot but don't open up hips and shoulder until just before contact.

Point of contact. The point of contact is on the outside of the front foot; keep racquet flat through the swing and follow through with non-hitting arm; fully turn your shoulders to give you power and a smooth swing.

Drills

Drop and hit. Drop the ball at proper point of contact and hit, concentrating on proper form. This is a good way to warm up your shoulders and upper body muscles. Concentrate on technique at first. Review parts of the stroke every five shots (racquet preparation, hip rotation, ball contact, etc.). After you review all parts of mechanics, then introduce power into swing.

Toss and catch. Begin to emphasize footwork. Toss the ball off the front wall. Let it bounce and catch it inside with racquet hitting hand. The sideways shuffle should be used to position the player to catch the ball between knee and hip level.

Toss and Hit. Toss the ball off the front wall. Let it bounce, then set up for shot. Focus on footwork and positioning your feet. Later on, emphasize correct shot selection.

Player or instruction 'feeds' into corners. The previous drills use feeds

which rebound directly from the front wall. Not all balls rebound so simply during matches. This drill requires the student to play balls rebounding from different angles. Concentrate on proper hip and shoulder rotation.

Court drills for power and agility

- 1. Shuttles.** Players run end-to-end in the court, always facing the front wall (see diagram A).
- 2. Stars.** Players run to each point of the star in sequence, stressing "proper" footwork (i.e., as would be used in a game) for the different directions run (see diagram B).
- 3. Perimeters.** Players touch each corner, using proper footwork along each wall (see diagram C).

Sprint drills

Set	Reps	Distance	Direction
A	30	alternate 5 & 10 yd.	forwards
B	30	alternate 5 & 10 yd.	backwards
C	30	five yd.	side shuffle
D	30	five yd.	side crossover

Special instructions

1. Start each repetition from a stopped position.
2. Emphasize (forceful) the first two strides of each repetition.
3. Slow down gradually for ten yards between each repetition.
4. Take a three minute walk/rest between sets.
5. Because of the danger of injury, these drills should only be done when the player is "fit" for running.
6. These drills can be done two or three times/week. ○

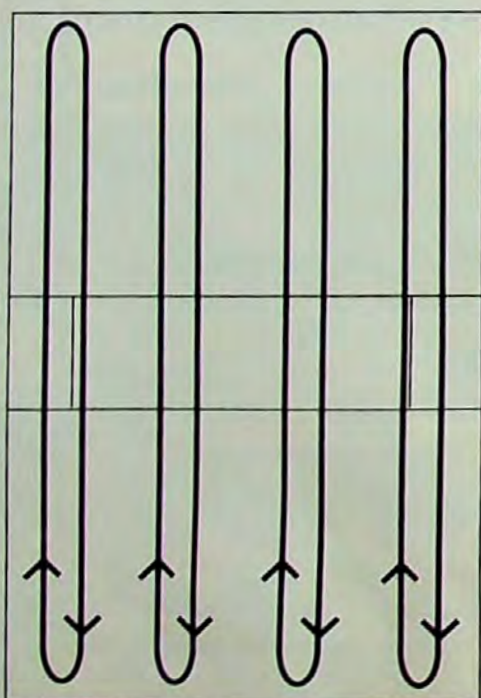


Diagram A

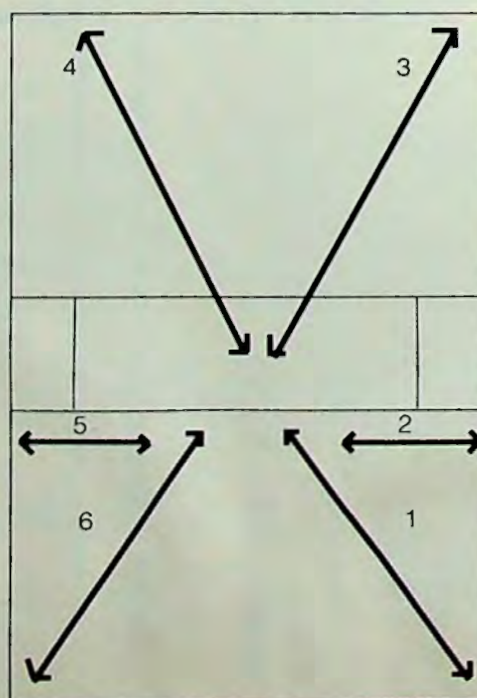


Diagram B

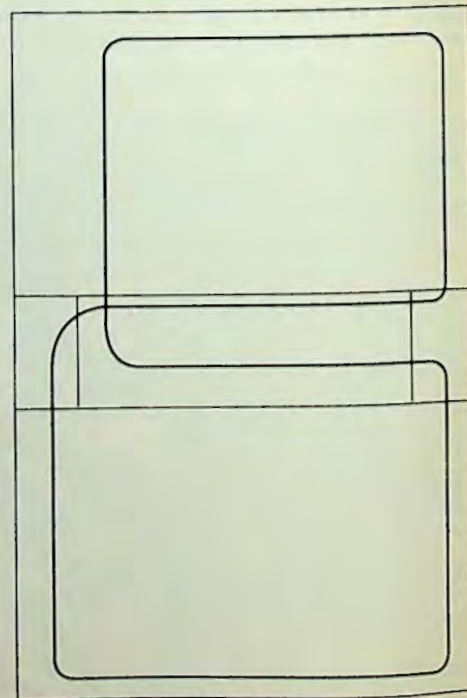


Diagram C

SERVING WITH DECEPTION

Fran Davis is a top-ranked WPA player and a regular contributor to *National Racquetball*.

by Fran Davis

(right-handers) face the right front corner.

Serves are the driver's seat of racquetball. As one of the most important shots in racquetball, it lets you make all the first moves. To a major degree, your serve also dictates the type of return you can expect.

Accordingly, when you get in the service box, you should have only one thing in mind — how to score the next point. Obviously, you cannot score many points if you don't serve well. You want your serve to surprise your opponent; make him or her guess which side and which serve to expect. Once you have your opponent thinking, confused or apprehensive during your service motion, you have won half the battle towards scoring the next point.

There are a few basic steps which will add deception and give your serves that point-scoring edge. The most important elements of the deceptive serve are ball position, feet position, shoulder position and racquet face position. If you keep these elements consistent during your serve, different types of serves will appear the same to your opponent until the ball actually crosses the service line.

Ball position

Drop the ball in line with your shoulder at arm's-length distance on the extreme left side of your body (right-handers). The key here is to drop the ball in the same spot, regardless of the type or direction of serve.

Feet position

Start with your left foot in front of your right foot or vice versa, whichever feels more comfortable to you. Whatever pattern of footwork you use, finish with your feet a little further than shoulder-width apart. Your left foot (right-handers) will be closest to the front wall as you finish stepping into the serve.

This approach hides the ball for a longer period of time because your body acts as a shield to hide the ball completely. Your footwork should be the same for every type of serve you hit.

Shoulder position

For right-handers, your shoulders will be in one of three positions as you hit the ball:

1. A serve to the forehand side requires your shoulders to be slightly closed when contact is made with the ball. Shoulders

side requires your shoulders to be square with the front wall when contact is made with the ball.

3. A Z-serve to the forehand side requires your shoulders to be slightly open when contact is made with the ball. Shoulders (right-handers) face the left front corner.

X	X	X
1	2	3

To add deception to your motion, no matter which serve you hit, bring your shoulders completely around during the followthrough after contacting the ball. For example, you might hit a serve down the right wall. This requires early contact in your stroke. Even though you have hit the ball with shoulders slightly closed, keep swinging through and let your shoulders open as if you had hit a forehand-Z to the opposite side of the front wall.

Racquet position

The angle of your racquet face is dictated by the path of your shoulders. As a result, when your shoulders are slightly open, so is your racquet face. When your shoulders are square with the front wall, so is your racquet face.

If you use wrist motion to change the angle of your racquet face, despite what your shoulders and upper body might indicate to your waiting opponent, you will add extra deception to your serve.

Service box positioning

After mastering the mechanics of deceptive serves comes the choice of serve. Mix up the choices as much as possible.

For starts, there are basically three important areas within the service box to begin your serve (see diagram). The best position in the box for a right-handed server is position three — the right side — because your body can shield the ball quite well. Don't limit yourself to one position, however. Learn to serve from all areas of the service box; during the game, try to move from position to position and don't serve from the same position repeatedly. The better players move around the service box, keeping in mind the element of surprise.

Remember, throughout the course of a match, it is also a good idea to serve four or five different serves from one position. The more you can do to keep your opponent guessing, the more effective your serve will be. O

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The lob serve is the most misunderstood serve in racquetball. Many people believe the lob is reserved for beginners and second serves. In reality, the lob serve is an effective weapon when used at the proper time.

There is an important reason for using the lob serve against any type of racquetball player — it can be easily adjusted to counter any player's style. The lob can also be used as a safety serve to put the ball in play, or as an offensive weapon. By selecting and executing the proper type of lob serve, you can greatly increase the chances of opponent error.

Types of lob serves

The **half-lob** is the most widely used lob serve in racquetball today. Most beginners learn this serve during their first time on a racquetball court, and many players use it as a second serve.

It is the easiest serve to execute, but has the widest margin for error. The front wall target is approximately 12 feet high (see diagram one) The half-lob's first bounce should land in the safety-zone of the court, with the second bounce finishing roughly 38 feet deep and within six inches of the side wall. This placement restricts the receiver's swing once he or she lets the ball carry too deeply into the back court. To properly return the half-lob serve, the receiver should move forward and play the ball to the ceiling.

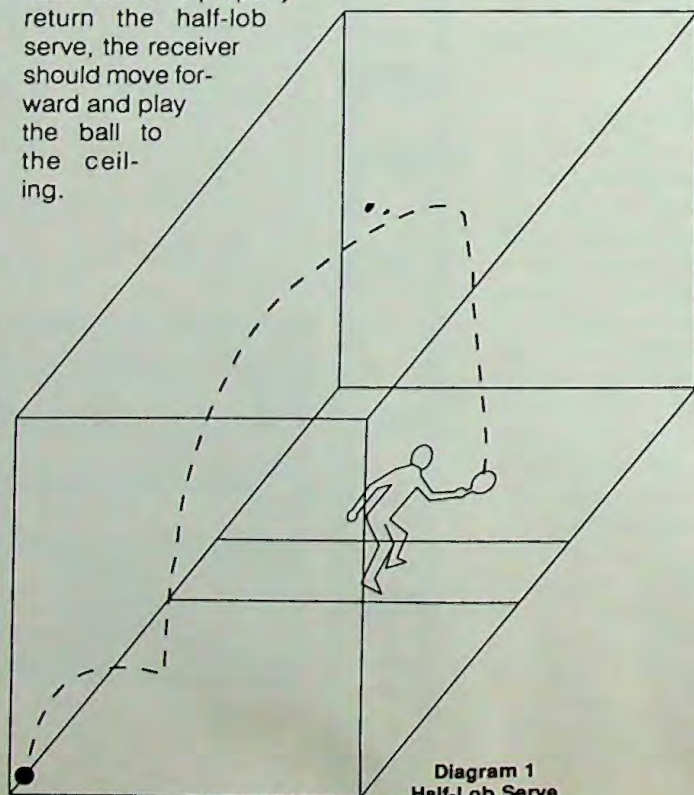


Diagram 1
Half-Lob Serve

THE BEST KEPT SECRET IN RACQUETBALL — THE LOB SERVE

by Lou Fabian

The **lob serve** (see diagram two) is very effective against an impatient receiver. The serve should hit the front wall at an height of 16 to 18 feet. The second bounce should be 38 feet deep, but only after grazing the side wall with a sharp downward projection 36 feet back from the front wall.

The **Z-lob** (see diagram three) can be served using either a backhand or forehand from several positions in the service box, to both sides of the court. This serve picks up spin from hitting two walls (the front wall and one side wall) and hops unexpectedly after bouncing in the back court. To hit an

effective Z-lob, aim for a spot close to the sides of the front wall, anywhere from eight to 18 feet high. The higher you hit the serve, the softer you should hit it. If you over-hit the ball and it comes off

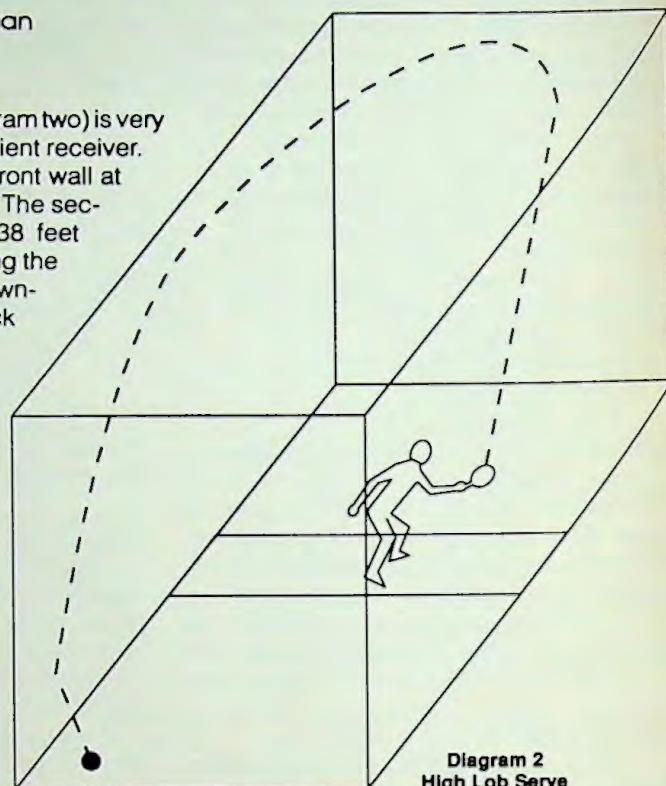


Diagram 2
High Lob Serve

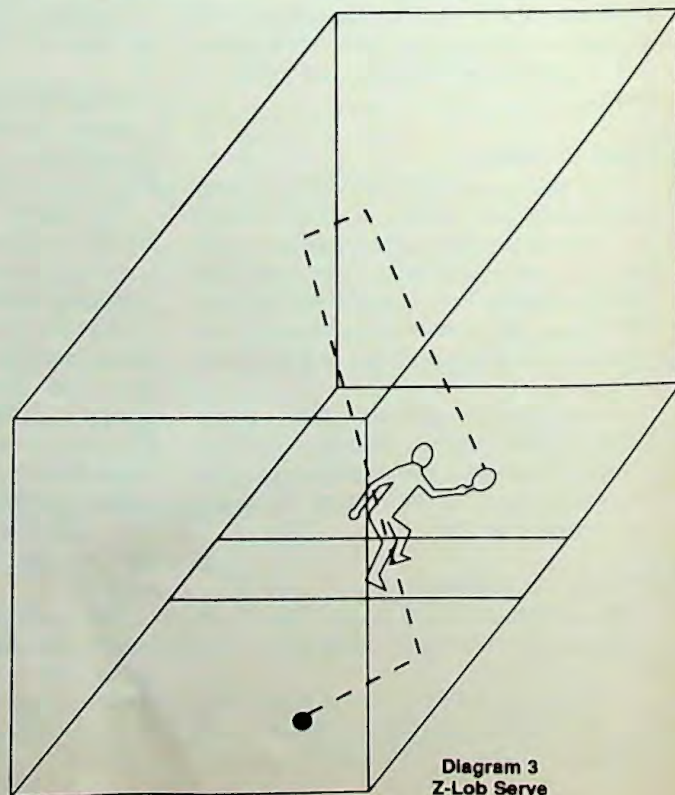


Diagram 3
Z-Lob Serve

the back wall, it will be an easy setup for your opponent. The Z-lob can also be served with your backhand from several positions. This technique reverses the spin on the ball and allows you a better view of the receiver.

The **wide-angled lob** serve is a combination of the high lob and Z-lob serves. The ball hits the front wall 16 to 18 feet high, and the side wall 18 to 20 feet back.

The carom from the front wall then carries the ball to the center of back court about 38

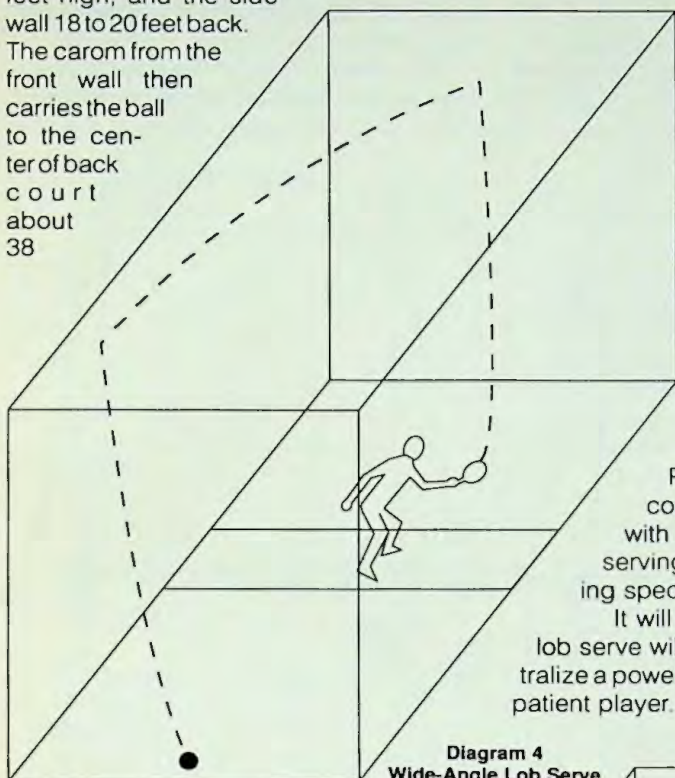


Diagram 4
Wide-Angle Lob Serve

feet deep (see diagram four). If the serve should not carom off the back wall. It is very effective and tests your opponent's ability to hit a ceiling ball return.

A final variation to the lob serve is the waist-high lob serve. Similar to the half-lob, it finishes 38 feet deep and within six inches of the side wall. The important difference is that you should aim to hit the front wall only six feet high, and to put a little more speed into the serve. The trajectory becomes a little flatter and forces the receiver to make a split-second decision, especially if the serve is a second serve when opponents tend to relax and anticipate something slower.

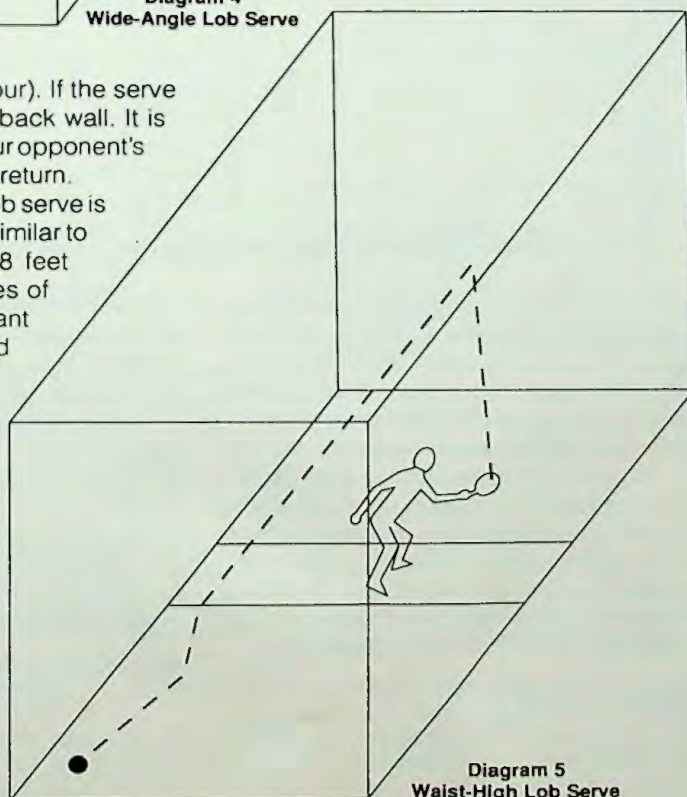


Diagram 5
Waist-High Lob Serve

When To Use A Lob

The primary advantage of the lob serve is that it gives you a service game to use during an entire match. The lob serve is excellent for changing the tempo of the game. If your opponent is on a hot streak, don't throw gas onto the fire by serving low and hard into his or her power zone. Make your opponent wait on the ball to hit it from

shoulder high instead. Use the lob serve to challenge shooters. If the receiver prefers to wait in deep court, use lobs and half-lob. If the receiver tends to charge the ball and cut it off, serve high-angled lobs. Finally, use the lob serve when your drive serve game has stalled and seems ineffective.

To use a lob serve game as an offensive strategy all that you need is practice time. Practice variety alone on the court at first. Then practice with a partner — each of you serving specific lobs and practicing specific returns.

It will be worth your efforts. The lob serve will slow a faster player, neutralize a power player and frustrate an impatient player. Serve lobs and win! ○

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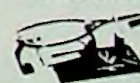
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SERVING WITH POWER

by Dave Peck

First of all, the purpose of the serve is to initiate the play. Your serve is also an offensive power. Whenever you're in the serving zone, you should never just go in, drop the ball and serve. What you must do is decide what kind of serve you want to hit.

There are three types of serves. There's the power drive, Z serve (power, medium and garbage) and lob serve. Once you decide what type of serve you're going to use, you should find your basic position in the service zone and execute the serve. You can control the pace, the tempo and the match in that little service area.

The Power Serve

To begin, let's talk about the drive serve (or the power serve). To initiate play, there are three things you must do. As you drop the ball, your arm should be lifting and you should take a step back. As you drop the ball do it in such a way that the ball drops into your power zone. That's the first step.

The next step is to step and strike the ball accordingly. It's not how hard you hit the ball, but the angle in which you hit the ball. You want to get the proper angle going up to the front wall. You want to get the proper shoulder angle to hit up through the ball.

For the drive serve you should contact the ball at shin level. You should also angle the stroke up to knee level. This allows the ball to shoot up from the shins at that angle, hit the front wall, elevate, level out and then drop.

Your shoulders control the angle of your swing. If you hit the ball and say it travels up, there's usually one reason for it. It's not necessarily because your racquet face is pointing up as much as it is your shoulders are pointed up. Remember, it's where you step, hit the ball and the angle of your shoulders which dictates how high or low the ball goes.

Concentrate on getting up underneath the ball and getting the angle of your shoulders correct. Do not concentrate on hitting the ball as hard as you can. Concentrate on hitting up and through the ball.

The ball should bounce within five feet past the short line on all your serves. You don't want to hit the ball straight into the front wall. If you hit the ball straight into the front wall, the ball is going to come straight out and drop immediately. However, if you hit your serve with the same type of power or maybe even a little less and get up through the ball, it will elevate, level out and drop. What you're trying to do is get the ball to come up so it will travel to the front wall, start to drop and hopefully drop right past the short line.

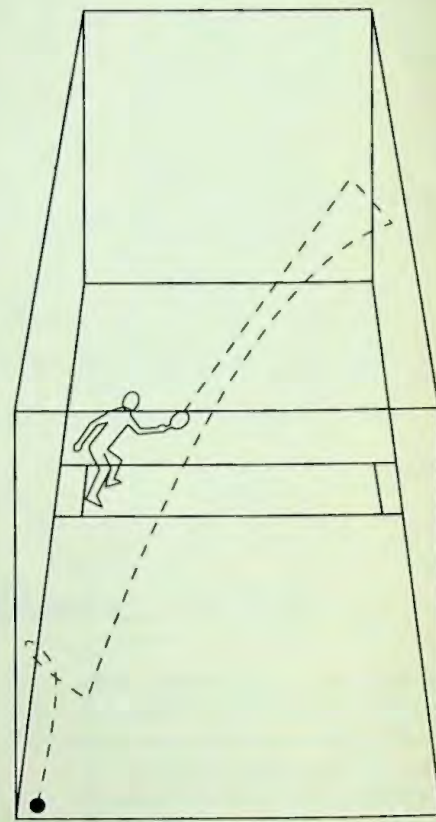
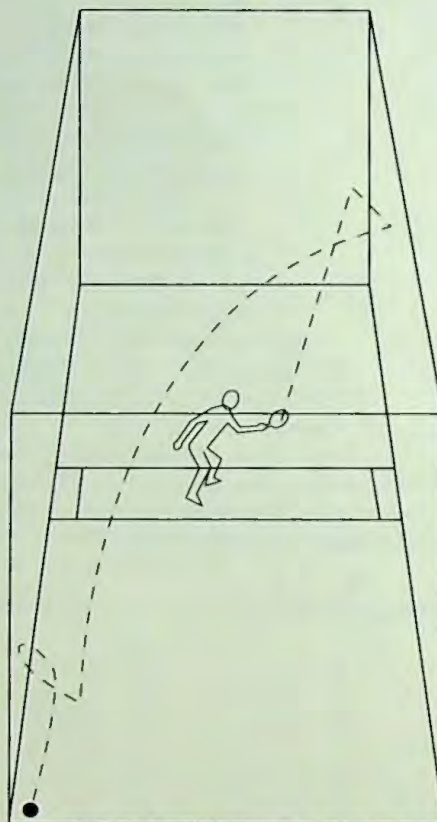
You don't want to leave your serve a little bit in center court. You'll be in a bad position there. Your opponent will just step up and pound it back down the line. Get the proper angle on your serve so the ball will travel low toward the side wall.

The angle at which you hit the ball up to the front wall will dictate where the ball will go. If you hit it short, it means you are not

take the same exact step with the power drive Z as you do with the power drive serve.

You want to contact the ball at knee level and take it up to waist level. Make sure you hit the ball flat. If you put any type of side on this ball at all, the ball will kick off the side wall and bounce off the back wall. On this power Z serve, you've got to make sure you contact the ball knee level, hit through the ball and angle the ball up to waist level.

The power Z is not difficult to do. If you have a good forehand stroke, the power Z



Medium Z serves can be hit from either the center of the service box (left), or either side (right).

getting enough angle going up to the front wall. If this is the case, you should change your shoulders around, bend your knees and lower part of your back. Again, the key word is angle. Hit up through the ball so you can get the proper angle on the ball.

You can conserve energy and still hit a good, proper drive serve. You don't have to swing and throw your arm out of joint to hit a good serve. It can be a controlled swing. If you watch Mike Yellen and Marty Hogan or any of the pro players, you will see they use the same strategy.

The Power Z

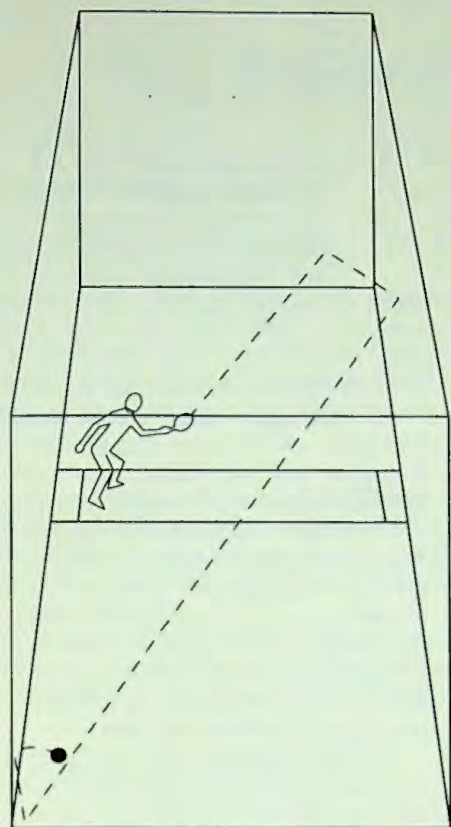
There are three types of Z serves. There's the power drive Z serve, medium paced Z and garbage Z serve. You still

should be easy to learn. It's just a matter of execution and understanding of how to position your shoulders and where to contact the ball.

Again, the angle of the power Z is hit from knee level to waist level. The angle is going up. Now, the more angle you put on this serve, the further back the power Z will travel. So if you hit a three-wall serve with this particular serve, this means the angle in which you contacted the ball was too great. You need to decrease the angle.

The Medium Z

The medium Z is used 85 to 90 percent of the time as a second serve. Try to contact the ball at waist level. You don't want to take a complete stroke and hit the



Power Z with a hard-Z, avoid hitting the ball too deep, or else it will rebound off the back wall and set up your opponent.

ball as hard as you can. Hit through the ball and hit it at a medium pace. The key is to make sure you hit the ball fairly sharply and get it to come around as you position yourself.

One common error a lot of players make on the medium Z serve is that they watch the ball as they turn to follow the serve. However, what you're doing is exposing your face and the ball. Instead, hit behind you, step in and float back. You want to take that little step so you can float back. Don't step straight back. In other words, you want to go sideways.

The Garbage Z

Next is the garbage Z. You should contact this serve at waist level and angle it up to head level. In other words, you want the angle to go almost straight up as if you were pushing through the ball rather than taking an actual stroke.

The medium Z and the garbage Z are good to use as a second serve. A good second serve forces your opponent to go with a defensive return. You're basically taking the offense away from the receiver whereas with your power Z drive serve the offense is strictly with you.

One common complaint about the Z serve is that many players believe you are telegraphing your serve. This isn't true.

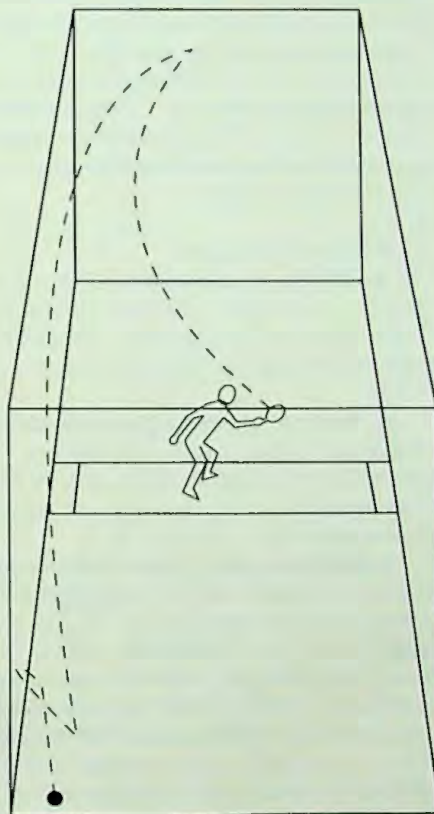
You can always take little steps in the service box that can sort of throw off your opponent. This way you can disguise the serve. You don't want to go with the Z serve 100 percent of the time. You should always mix it up with the drive serve.

The Lob Serve

The lob serve can be hit from anywhere on the court to create different angles. The lob is more of a push stroke than a normal racquetball stroke. You don't snap your wrist and your arm motion is fairly straight. You want to feel as if you are cradling the ball on your strings for as long as possible.

For a high lob serve, you want to get the ball as high on the front wall as possible. The objective is to have it bounce inside the five-foot mark and then die in the back corner. The reason these serves are so effective is: one, the hardest ball to hit is the one coming straight down; and two, if you get the serve into the back corner, not only is the receiver hitting a ball coming straight down, but they're also fighting the walls.

These serves are effective against



You want to make a high lob serve rebound into the side wall, and come off in deep back court.

someone with weak ceiling balls, or against a serve and shoot player. These types of players get frustrated because they have to play a ceiling game or they try to shoot impossible shots. O

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Stu Hastings was the 1985, 1986, 1987 Michigan Outstanding Male Player of the Year, and is on the Olympic Training Center coaching staff. He also has eight state titles and a national championship to his credit.

by Stu Hastings

Today, many players are entering more than one division at tournaments. The AARA Nationals in Houston, for example, had over 1,100 entries from under 700 players.

Playing two divisions has its pros and cons, depending on what you want out of the tournament. A major factor to consider is the size of the draw.

Today, a standard draw of 16 would give you four matches (usually two Saturday, two Sunday). A draw of 16-32 could give you a fifth round if you are unseeded. Five rounds also assumes that you go all the way to win the tournament. However, many of today's divisions may have eight or less players. In a full eight-person draw, you would play three rounds maximum, probably one Saturday and two Sunday. Does two or three matches give you enough racquetball equal to the amount of time you have set aside or committed for the tournament?

If the answer is no, then look at your fitness and ability. Weigh the following advantages and disadvantages as factors before you make a final decision:

Advantages

1. More play, more matches. This gives you more opportunity to try out the things you worked on for the last several weeks. (Also, the more times at bat, the better your chance of getting a hit.) Don't forget, you enter a tournament to play, not watch.

2. More experience. By playing two divisions you get twice the experience in the same weekend. Play your normal competitive division (where you have a chance to win) plus another division where you are playing "up" (the division you might not have a chance of winning). Playing "up" for exposure to the next level of play is a painless way to practice for when you are a contender.

3. More exercise. In smaller tournaments, you might not get enough. Playing two divisions doubles your fun and exercise.

4. Less time to get cold. With two divisions, you have little time between matches, and that usually spares you the

time and effort it takes to warm up.

5. See more styles of play. The more variety you face, the more defenses and offenses you can devise. Watching a style of play is helpful, but playing against it is better.

6. More exposure in dealing with emotional stress. You can play tough in practice, only to discover it's a new game in tournaments. The "demon", stress, can be beaten with practice under pressure, or tournament exposure. The more exposure to stress, the better you deal with it.

7. Less reason to choke. This also goes along with number six. After a first round win, much of your self-induced pressure is relieved. If you play only one division, that first match becomes all or nothing. By playing two divisions, your mind says, "Even if I lose this match I still have the other division." This alleviates a major part of self-induced stress. Playing two divisions becomes a mind trick to take pressure off yourself.

Disadvantages

1. More expensive. The second division will cost your more. On the other hand, the second division will probably not cost nearly as much as the first division.

2. Bigger gym bag needed. Extra matches need more equipment, wet gloves, wet shoes, laundry, etc. Remember that if you are planning to play two divisions for the first time.

3. Fatigue, physical and mental. If you don't train and prepare for two divisional play, you will get tired. As you know, your shots react differently when you are tired. You will also have to fight mental tiredness — breakdowns in your concentration. If you will be playing two divisions, train physically to go the longer distance, and also practice concentration drills.

4. Run-down body. By playing more, you will face glycogen or H₂O depletion. Your muscle oxygen storage and water supply must be enhanced through better eating habits otherwise hydration or cramping will occur and affect performance. It can be difficult to restore these necessi-

ties with little time between matches.

5. Less time to watch. You may miss watching better players play. Without a good teaching pro in your area, watching better players may be your only form of instruction.

Four Ways To Make It Work

1. Change your expectations. Normally, one division players are determined to win their event. In two division play, set a goal of two semifinal finishes, or one final and one semifinal finish, or a win in one division and a semifinal finish in the other. If you can get this far you are a winner, even if you don't win either division. Winning two semi's and two finals on Sunday against the top players in both divisions is unrealistic (unless they are playing two divisions as well).

2. No forfeits. Yes, once you pay your money and once you win a match it's yours to play or give away, but to forfeit your next round, unless you have a very good reason, penalizes not only the guy you just defeated (because he would love to continue), but the other half of your draw as well. The other side of the draw has to play an extra match which affects the balance of the draw late in a tournament. Even if you are exhausted, make an effort to play the next round. Don't hurt yourself, but use good judgment as a sportsman.

3. In important tournaments, concentrate on one division. When playing in state championships, nationals, or other events which are important to you, play one division that you could win and one long shot division. If winning one division is very, very important in a specific tournament, just play that one division.

4. Eat and drink to meet your body's demands. If you are playing twice as much, eat and drink more — not just the day of the tournament, but the day before. (Proper food and plenty of water). The basic rule of thumb is: When you get thirsty, it's too late. So, drink plenty of water even if you don't feel you need it.

Age division play is where the greatest growth in racquetball is. Consider being part of it. Playing two divisions can give you more play which gives more challenges in one tournament. Your body and mind will find a way to adapt to the increased number of matches. Your mind controls your body — if you expect more, it gives more. ○

THE MAGIC THREE FOR IMPROVED COURT POSITION

Jack Nolan has played on the professional racquetball tour since 1980. He is a former U.S. National Team member (1985-1987), head teaching professional at the Arizona Athletic Club in Tempe, AZ, and currently director of the American Racquetball Instructional Camps.

One of the most common problems in racquetball is improper positioning during the rallies. In fact, most players could improve their play one full level by improving court position.

Changing the problem is simple. It only takes three adjustments in your game. The next time you play, try using the "magic three" for court coverage.

Understanding the positioning concept

During a rally, when your opponent is setting up for a shot — what goes through your mind? Do you think he will hit a kill shot? Or do you think he will hit a pass shot or that he will leave his kill shot up?

If you think pass shot or left up kill shot by your opponent, then you will probably be in good position. On the other hand, if you are expecting a kill shot, and want to prevent it, then most likely you will play too far forward.

Playing too far forward is a common mistake. Roughly ninety percent of all players make that mistake because it seems so important to prevent a successful kill shot. But those efforts make little sense. At all levels of play, most shots — 95 to 98 percent — will travel past the short line before bouncing for the second time (figure one).

As a result, good position is a waiting position behind the five-foot zone, close to the center of the court (figure two). Give up trying to cover your opponents perfect kill

shots. Instead, drop back and play the percentages. Wait in good position for pass shots and left up kill shots.

Move into positioning

The second most common error in positioning is watching your shot too long before you begin moving into position after hitting the ball.

Do you always feel one step away from the proper setup? Well this may very likely be your problem. Don't hit, watch, then move. Instead, the sequence of events should be: hit, move, then watch as you are moving into center court!

Believe in the positioning concept

You may know where to stand and you may be moving there quickly after hitting the ball. But if you don't believe that over 95 percent of the balls your opponent hits will come back to mid-court, then proper position won't help. You need to make an attitude change as well.

Instead of being determined to prevent

every kill shot possible, relax. Let your opponent have the kill shots he or she makes.

As fine shots, the points earned are well deserved. You, too, will have your share of winning kill shots not

killed, and will rekill them. Then the game becomes one with the least mistakes. Not only that, but waiting farther back gives you more time to be effective during any of your chances.

You must be comfortable and relaxed knowing that everything comes to the center of your area within a couple of steps. That will give you the patience and time to play offensive racquetball!

As with every other aspect of the game, proper positioning takes practice. Give it a try and be patient. Soon you will be getting to more balls than ever before. ○

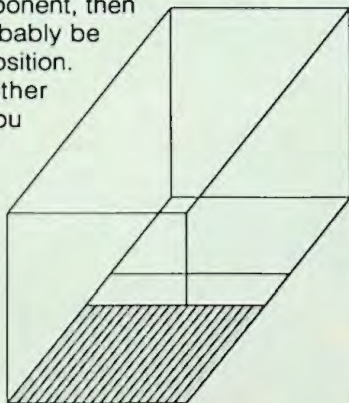


Figure 1

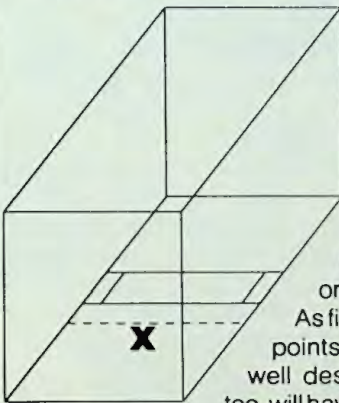


Figure 2

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Dan Obremski is a top-ranked player on the men's professional racquetball tour. He conducts fitness clinics regularly at the Olympic Training Center in Colorado Springs, CO for the National Elite Training Camp.

IMPROVING YOUR SERVE THROUGH EXERCISE

by Dan Obremski

"Ace point!" "Ace point!" It's a frustrating call unless you're the player in the service box. Then it's a sound you love to hear, a sound which rewards a perfect shot.

Despite this, how many players are willing to spend hours, or even minutes practicing the serve, let alone do exercises to help the service motion? In racquetball, serving is the place a player can dominate the game with accuracy, power, deception and variety. It makes sense, then, to practice the serve. It also makes sense to use exercises which help your

Wrist curls

For control and consistency

Service step

Drop and hit to target

Lunges

When done properly, the lunge motion is very similar to the stepping motion in the serve. It is a motion which allows your hips and legs and buttocks to generate more power.

To do a lunge, stand with your feet shoulder-width apart. Pick a point on the

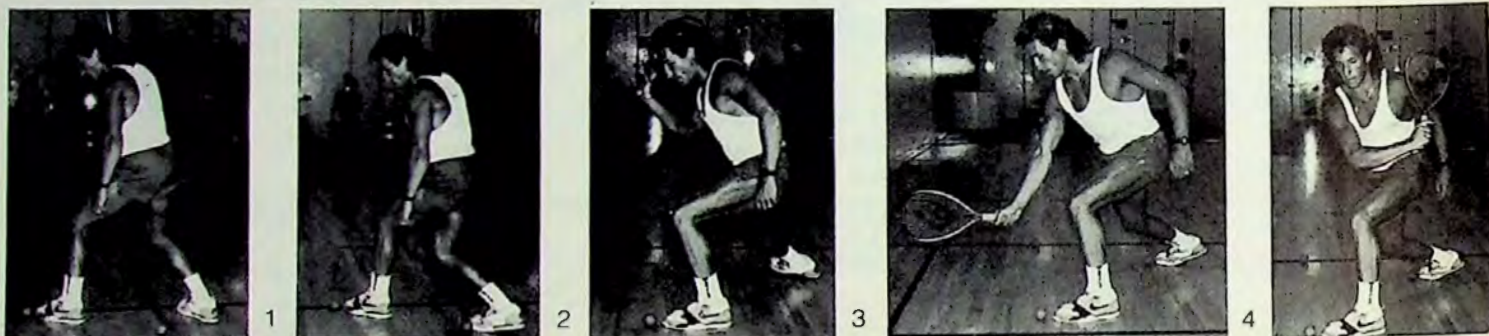
Twists

Twists are essential to your snap into the ball because the midsection is a catalyst in generating power from the legs and helping whip your arm through a serve.

There are some weight machines which let you do twist exercises, but a simple broomstick is sufficient. Put the stick on your shoulders and place your arms over the top. With your feet shoulder-width apart and hips stationary, rotate only your upper body from one side to the other. Keep your lower abdomen sucked in to feel the stomach and oblique muscles working. Do one set with 125 to 175 repetitions.

Cable raise

Most of the above exercises directly work the muscles which often get tired during serving practice sessions. The shoulder gets tired even more easily



Pictured from left to right: Step 1, service step practice starting point. Step 2, step to first target. Step 3, step to second target with front foot. Step 4, swing with head down, knees bent. Step 5, follow through.

serve.

From a physical standpoint, there are a few factors which you must consider as you analyze what it takes to serve well:

1. Since you can't run into the shot, you only have a small area from which to generate power.

2. You need to hit with power. Yet for deception, you need to be able to use the same motion to hit at least three widely separated targets on the front wall. A strong wrist is needed to do this.

3. You must hit your target area on the front wall to be effective; that accuracy takes concentration and steady eye contact.

The following exercises are highly specific to these factors in serving:

Exercises

For power

Lunges

Squats

Twists

Shoulder cable raises

floor in front of you and step to it, touching the opposite knee to the floor and keeping your back straight (alternate legs). For more variety, try a crossover step. When your strength increases, begin holding weights in your hand as you do lunges. (Caution: If your knees are bad or feel weak during this exercise, do not continue.)

For this exercise, move down on a four count, and push up on a two-count. Do two sets of 8 to 12 repetitions.

Squats

Squats serve the same purpose as the lunge, directly strengthening the leg muscles used in the service step.

Squats on a weight machine are the safest, because there is no danger of imbalanced weights. Keep your back straight and squat down until your thighs parallel the floor before pushing up again.

Lower the weight on a four-count and raise it on a two-count. Do two sets of 8 to 12 repetitions.

because of the whip of the arm during serves.

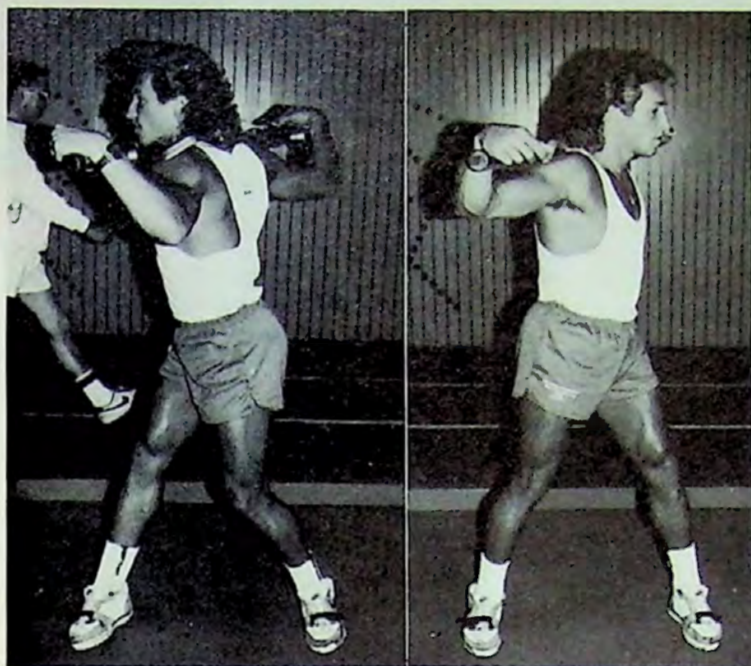
Cable raises develop strength through the shoulder because of the range of motion demanded by the exercise. For this exercise, stand with your side to the weight machine. Using your opposite hand, lift the handle from one side of your body to the other, bringing your hand out and up to head level. Use a light weight with plenty of repetitions.

Pull up on a two-count, down on a four-count. Do three sets of 8 to 12 repetitions.

Wrist curls

Since deception is an important factor to an effective serve, most of your body parts should move in the same manner during different types of serves. To do this, and still direct the ball to different target areas, you must use your wrist to change the angle of the racquet face. To make power with deception possible, you must have strong and flexible forearms.

Simple dumbbell wrist curls on the edge



Midsection twists.

of a bench should strengthen your wrist. Curl with your palm upwards, and then

your service motion should be practiced to ensure movement accuracy and to keep

with your palm downwards.

By taking the corner of a single sheet of newspaper and slowly crumpling it into a ball, you will also exercise your wrist. Another option is to tie a weight on the end of a string, and attach that string to a stick. Slowly roll the weight upwards. Do two sets of 12 to 15 repetitions of whichever exercise you choose.

Service steps

The actual steps you take with your feet during

you from foot faulting. To develop an accurate step, place tape on the floor to mark your footwork pattern and step to the tape (shown in photo). Take 50 of these practice steps without serving.

Drop and hit to target (eye contact)

Most people serve ineffectually when they miss their target on the front wall, or neglect to visualize one before serving. This problem usually stems from lifting the head during the serve and not watching the ball at racquet contact.

Stand along the wall and practice this necessary eye contact with total concentration. Place a target on the front wall. Drop and hit to the target, concentrating on watching the ball contact your strings. You would be surprised at how difficult this exercise becomes if you let your concentration wander. Make sure to step into the ball as you hit.

With determination and consistency in practice, you can look forward to hearing "ace!" "ace!" as you stand in the service box during your next match. O



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Bret Harnett

Bret Harnett, sometimes I feel my game going stale. If it is a case of 'burn out', how do I fight it? *T. Slack, Des Moines, IA*

The most effective way is to stop playing. It might seem like not being on the court will hurt your game, especially if you practice a lot, but when you start playing again, you will be much sharper.

Take about a week off when you have the stale feeling. Don't even pick up a racquet during that week. When you do return, don't make the mistake of playing three or four hours on the first day. This summer, for example, I took a month off and when I began playing again, I was hungry to play hard.

One thing that leads to burn out is playing against opponents who don't challenge your game. If you spend a lot of time on the court winning even when you are playing at your worst, you will get stale quickly. Against those opponents, invent ways to make it tough for you to win. Spend the entire game hitting backhands, for example.

The most important thing is to make sure the game stays fun for you. You need to take the game seriously and be competitive, but it has to stay fun. If you are on the court just going through the motions, you shouldn't be on the court. Winners, at any level, are playing because they want to.

In fact, if I get on the court for practice or practice matches and I don't feel enthusiastic, I'll stop right there. I know that if I force myself to play, it makes it even tougher to enjoy racquetball the next time.

*I want to improve my game by practicing, but I don't have the time to devote court-time entirely to solitary practice. Instead, I try to combine some practice with some play on a regular basis. **Roger Harripersad**, could you tell me if it is better to practice before or after my game? *G. Drew, Fort Worth, TX**

I generally find that it is better to practice before you play. That way you can take what you learned from your drill and incorporate it into your game. More importantly, you will be practicing while you are fresh. You won't practice sloppy mistakes by being tired.

If you notice something wrong in your game and want to give it attention, save it for the next day. For example, when I have trouble short-hopping the ball, I save it for

the next practice session and then work hard at improving it.

Unfortunately, you cannot practice something and expect to incorporate it into your game immediately, even if you are hitting it perfectly in your practice sessions. Whatever it is you are working on is always more difficult in a game situation than in practice. It usually takes about six weeks of practice for a new shot to work well in game playing situations, so don't be discouraged if it doesn't seem like practice helps.

Combining practice with play is a good way to improve your game quickly. Ideally, you will practice for an hour and play for an hour. However, strive to get at least 15 minutes of practice before each game. Even that short amount of time can be effective.

Mike Ray, how much difference does it make to put spin on the ball during serves? Should a player use underspin or overspin? *F. Pearson, Toronto, Canada*

Putting spin on the ball during drive serves gives you a real advantage. To your opponent, it will look like you are serving the same serve as any other, but the ball will move much differently. As well, when the ball hits the floor, it will bounce strangely and give the receiver trouble.

Topspin serves 'float' a little as they come back from the front wall, and they carry longer. With topspin, a serve that looks short will somehow stay up a little longer and be good. When it lands, it tends to fly up quickly. To hit a topspin serve, roll your wrist and hit over the top of the ball.

Underspin serves, of course, do the opposite. They tend to drop more quickly after hitting the front wall and land shorter than expected. The bounce is flatter than expected. Underspinnings need a chopping motion downward on the ball as you serve.

One thing that is important when deciding what spin to use is the brand of the ball. Harder balls, such as Penn, seem to work better with overspin. Softer balls, such as Head or Ram, work better with underspin.

The best way to find out how to make spins work for you on the serve is to experiment. Use different brands and watch how they react to chops or overspins. Another thing to try is sidespin, which takes some practice, and pops the ball sideways after it lands. ○



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PARI Tip

RACQUETBALL AEROBICS

Racquetball is a great game. It lends itself to every level of play and player. Some people play it for fun, including the

social players who may also enjoy a good sweat. Others, more intense, play the game to get into shape. Then there are those of us who get into shape to play racquetball.

We've learned that aerobic exercise burns fat, and together with proper diet, will promote getting into lean shape. Lean, not fat, is where it's at! But is racquetball an aerobic workout? Some say yes; some say no. The answer is "sometimes."

Whether or not your racquetball is

aerobic depends on the amount of time your heart rate remains elevated. You need to keep your heart at a suitable rate* for a minimum of 12 to 20 minutes to benefit aerobically. With short rallies, constant changing of serves and timeouts, racquetball might not always qualify as an aerobic sport. If you want to make the game an intense workout while you improve your game, try "racquetball aerobics".

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In racquetball aerobics there is no serving and returning, no keeping score, no sideouts, no timeouts — and no question that it's aerobic! As in a real game, you try to return everything before the second bounce. The difference is that if you can't, you continue after it anyway and take your best shot. Alternate shots with your opponent (perhaps "partner" is more appropriate), as in a regular game. During rallies, as soon as you know if your next shot is a

forehand or backhand, get your racquet ready. Regardless of the number of bounces, reinforce this action of early racquet preparation as you hustle after each shot.

During racquetball aerobics, it's good practice to hit the ball while you're on the move, because often that's your only choice during a real game. Many players hit the ball well while they are standing still, warming up. These players appear quite im-

pressive, if not intimidating, but when they're playing a game, it's a different story.

One benefit of racquetball aerobics is that two players of different abilities can play together and still feel competitive. In these situations, the better player could be limited to regulation shots and the other player could let the ball bounce more than once.

(continued on page 51)



Ektelon is the official racquet of the **AARA**

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Server's In Play

Q: *I have been under the impression that the service zone is a neutral zone; and when the server gets hit by a ball returning from the front wall there is no penalty. Is that the case?*

Kenneth Krantz
Cleveland, OH

A: Anytime a player is hit by his own shot, serving or otherwise, it results in loss of the rally (see Rule 4.11.d and 4.14.c.5). Kenneth, there is one instance in which part of the service zone is a neutral zone. During doubles, if a serve hits the server's partner while in a proper position (standing with his back to the wall and feet flat on the floor) the serve is replayed (see Rule 4.9.a).

Sounds Like A Screen

Q: *One of my opponents is questioning my serve. I stand near the three-foot line and serve the ball so that it passes between my body and the line. I am following the drive serve rule. Does one rule — the drive serve rule or the screen serve — override the other?*

Rex Fisher
Dayton, OH

A: It certainly is possible to have a screen serve even though a player has properly followed the rule concerning the drive serve, Rex. And from the description, your opponent is correct to question your serve which sounds very much like a screen. Following any rule in racquetball, such as the drive serve rule, does not preclude you from observing any other rule, such as the screen serve.

Crack Serves, Shoes, Etc.

Q: *I'm finally writing to you with a few*

WHAT'S THE CALL?

by Michael Arnolt



questions that have been bothering me for some time. (1) Is a shot to the front wall that hits the crack a good shot? (2) Is a serve that hits the crack on the front wall a good serve? (3) Has there ever been a rule that you have to win a game by two points? (4) One of my older playing partners is always calling a screen hinder on my shots which he says he can't see. I feel that I get jipped out of legitimate points. What should I do? (5) Is there a safety reason for preventing the use of dark soled shoes or is it just to keep the floor clean?

Billy Becker
Duluth, MN

A: Several of your questions are asked often, Billy. So grab an iced tea, kick off your shoes and settle back in an easy chair.

A shot to the front wall which hits the crack between the front wall and floor is a skip ball. If it hits both surfaces simultaneously, that means it did not hit the front wall first. Likewise, a Z-serve that hits the front wall and side wall simultaneously is an out serve. It did not hit the front wall first. The same reasoning which we used to call a

skip ball and an out serve works on the question concerning the serve that hits the crack on the back wall and floor. The ball did not hit the back wall first, so it is not a long serve. It is a good serve.

Racquetball evolved from paddle rackets invented by Joe Sobek in 1950. The first rules of the game stipulated that you must win by two points. That rule was changed prior to the first national tournament in which gut-strung racquets were used; the 1968 National Paddle Rackets Tournament in Milwaukee. For a period of about three years during the mid-1980s, points were scored on every exchange and games had to be won by two points in Women's Professional Racquetball Association (WPROA) events.

Calling screens and hinders in games without referees (which is about 99 percent of the games) is a dilemma which has to be worked out among the players. If you feel that an opponent is unfairly calling screens, your choices are to discuss the situation as it happens and appeal to his sense of fairness, or perhaps, ask others to view your match to see if they agree with the call.

Non-marking shoe soles are a rule of the game because floor marks make the ball hard to see and can cause the ball to take an erratic bounce. (Ever try to serve on an unfamiliar court where there is a logo painted in the service box? Imagine trying to pick the ball up among a sea of dark scuff marks.) The only danger I'm aware of is the possibility of incurring the wrath of the club manager who is responsible for keeping the court floors clean. Cleaning those marks is a tedious task. ○

We are sure at one time or another on a

bumper sticker or something you have seen the words, "Did you hug your kid(s) today?" It is definitely a warm and loving thing to do to your children, but not to do to yourself on the racquetball court.

Racquetball was taught in the early 1980s as a more passive game (wait for the ball and be patient). Now, in 1988, the game of racquetball is more aggressive from the serves to the rallies (attack and charge the ball, rather than wait). You want to be more offensive than defensive.

By wrapping your non-hitting arm around your body, as Fran is doing in Figure 1, you exhibit full body rotation which is crucial in generating power and

DID YOU HUG YOURSELF TODAY?

by Fran Davis and Jim Winterton



Figure 1



Figure 2

control. It is extremely important to get the non-

hitting arm out and around during your serves, shots (see Figure 2) to assure your full hip rotation.

Take a few moments to think of other sports such as throwing a baseball, or hitting a baseball or playing tennis, or frisbee, or lacrosse, or hockey, or soccer, etc. All these sports, including racquetball, have one thing in common: Get as much body behind the moving object as possible.

Technique in your stroke is vital, so remember to fully rotate your body and get that non-hitting arm out and about.

Remember to be aggressive, but smart and save your hugs for someone else. ○

1988 OREGON FIRST BANK PRO CHALLENGE

Winner take all, all or nothing, \$5,000 or \$0; we can all relate to the pressure of betting everything on one match, one game, or one point. That is why Marty Hogan and Mike Yellen flew into Portland, Oregon for the second year in a row for the Oregon First Bank Pro Challenge, a \$5,000 winner take all match.

June is normally the month when racquetball starts to die down for the summer, but not in the northwest when the 17th annual Rose Festival Racquetball Tournament hosted by the Multnomah Athletic Club is held. Over 600 amateur entries were received again this year with the first 350 the lucky ones to get a spot in the draw. There are a number of special touches which have made the Rose Festival Tournament so popular; first is the opportunity to spend the week in Portland during the Rose Festival celebration which features every

kind of event from parades to Indy car races; second is the Multnomah Athletic Club, one of the finest athletic clubs in the country with over 20,000 members and

every type of facility for athletic or social activities; and third the Oregon First Bank Pro

Challenge match and a chance to win a trip to Hawaii by picking the winner of the match.

The crowd started arriving three hours prior to the 8:00 p.m. starting time and watched as the television crew set up for the telecast. Over 30 rows of football bleachers were erected along the glass sidewall and back wall to accommodate a crowd of over 1,200 people! Finally, at 8:30 with the crowd squeezed into every available spot and the television cameras rolling, Hogan and Yellen were brought to the court and received a standing ovation from the huge crowd. It was time for the struggle to begin. After two hours of power, speed, killshots, and dives. One player would earn \$5,000, the other player would get nothing.



Game #1

Yellen jumped out to a quick 6-1 lead by serving well and keeping Hogan off balance with crisp passing shots. Hogan, known as a slow starter, began to fight back with his famous backhand splat from deep court. The rallies stayed short throughout the game with both players scoring slowly until Yellen took a 10-9 lead and a timeout. After the timeout Yellen hit a hard drive serve to the right that fooled Hogan and he had to dive to return it, while Yellen calmly stepped up and pinched the ball for a winner and game one 11-9.

Game #2

The second game was almost an exact copy of the first game except Hogan took a big 9-3 lead. During this stretch Hogan showed off all the shots that have made him a legend. He hit splats from deep court, drive serves that were inches over the service line, and unbelievable power from both sides. Yellen slowed the assault a little by going to a lob serve but this was Hogan's game 11-7.

Game #3

With the games tied at one a piece,



each player looked for the edge in a match that had already gone 55 minutes for two games. Hogan came out ripping every ball and maintaining offense throughout each rally, but Yellen has won hundreds of matches by neutralizing power players. After nearly 30 rallies the score was tied 5-5, leaving both players exactly half way to \$5,000. The next point was the best of the match so far and the turning point in this game. The rally included two diving gets by Hogan and a behind the back save by

Game #4

Hogan was now only one game away from the prize, but it was not going to be easy. Yellen's plans did not include losing and he came out with new determination and some great passing shots that seemed to confuse Marty at the start. This allowed Yellen a quick 6-4 lead. Then there were two hinders followed by a long rally which Hogan won and would have made the score 6-5 Yellen, but the referee became confused and told Hogan the score was

Game #5

It had now come down to one game and both players and the crowd were ready for a big finish. Hogan and Yellen had both shown the strengths of their games during the match and it came down to who could do it in the fifth game. They battled back and forth with a tremendous number of sideouts until 3-3 when Hogan won a huge point by making a diving get and blowing the ball past Yellen. Hogan grabbed the chance and shot everything that moved to take a 9-4 lead. It looked as if Hogan would close out the match at this point. Yellen then dug in and made some awesome gets and passes to pull back to 7-9. A number of sideouts followed before a 15 shot rally gave Hogan a 10-7 lead. Hogan then hit a backhand splat for an 11-7 win and \$5,000.

Following the match Chuck Armstrong, president of Oregon First Bank presented Marty with the check for \$5,000 and gave Mike a hand shake. Both players who stayed behind to sign autographs mentioned that the crowd was the largest they had played before in a long time and that they were both happy to be a part of an event that was raising money for the Griffith Memorial Fund. The fund was started after the tragic death of Mike Griffith, a young player from Oregon who had a tremendous future in racquetball. Proceeds from the fund are used to promote junior racquetball throughout the northwest.

With Hogan's victory this year and Yellen's win in 1987, it sets up the tiebreaker match for June of 1989. Everyone in the northwest is looking forward to that match. ○

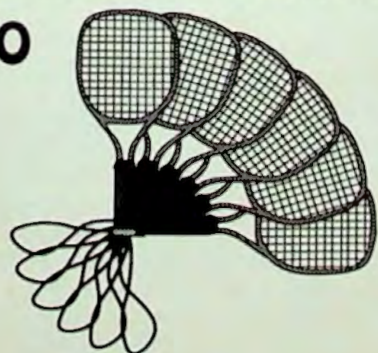


Yellen before Hogan killed a forehand in the right corner and sent the crowd into a frenzy. Hogan took that momentum and went on to an 11-6 win.

still 6-4. After a long discussion the match resumed with the crowd booing and Marty not happy. Yellen kept going and won 11-6 to even the match at 2-2.

Congratulations

to



Lynn Adams and Ruben Gonzalez

our readers choice for

Player of the Year Award

See story in October

Each year, new research leads to increased understanding of foot and leg function in sport. Newer and better materials are constantly tested and evaluated in efforts to manufacture the "ideal" racquetball shoe.

This doesn't mean, however, that selecting the right racquetball shoe for your game doesn't need planning. The opposite is true. Having a broad array of shoes available for racquetball today means taking extra care with your shoe investment. The shoe you choose should not only fit you well, but provide safety and comfort for as long as possible.

Following are things to consider as you look for the perfect racquetball shoe:

1. How good is a friend's advice?

"My friend said the 'xyz' shoes are the best." Common sense says that shoes and shoe comfort are as individual as you are. Your friend may have a high arched foot while you don't. He or she may play only one hour per week while you play eight. Each person — and each pair of feet — have different requirements. Knowing your own needs allows for more efficient selection.

2. Low-top or high-top?

With the short bursts of speed and extremes of lateral motion during racquetball, you should choose the most stable shoe possible. The less motion a foot goes through, the more efficiently it will function. High-top and $\frac{3}{4}$ top shoes add support to the ankle. If worry about bulkiness holds you back, you will be pleasantly surprised at the lightness and comfort of today's high-top shoes. For those with a history of ankle sprains, high-top and $\frac{3}{4}$ top shoes are the way to go.

3. Canvas or leather?

Leather shoes tend to be more stable but are also much hotter around the feet. Players with skin sensitivity to leather shoes should wear canvas. Players with contracted toes will be more comfortable with a canvas shoe too or at least one with a canvas toe box area. This material, since it is more flexible than leather, does not

IF THE SHOE FITS...

by Paul Ross, D.P.M.

cause nearly as much friction.

4. Time in the shoe store

Be prepared to spend some time and don't buy the first pair you try. Bring along the socks you normally wear when you play racquetball and you will get a truer fit.

Once the shoes are on your feet, don't just stand and look at them in the mirror. Find an area in the store which is not carpeted and duplicate racquetball motions as closely as possible. If possible, go for a short stroll somewhere. Remember, always buy shoes towards the end of the day when your feet are swollen to their largest size.

5. When do you need new shoes?

Many shoes show no wear on the sole for a number of years. This can be misleading if sole wear is the only way that you judge when a shoe needs to be replaced.

More often than not, the midsole — the shock-absorbing area between the bottom sole and the upper portion of the shoe — wears down sooner than any other part. This area is difficult to check for excess wear, since it is not readily seen.

With time, the shock absorbing qualities of the midsole lessen under repeated impact between hardwood floor and feet. After 100 to 125 hours of wear, the midsole significantly loses its shock-absorbing qualities. If you play four times a week, that means your shoes will protect you efficiently for roughly six months.

If your shoes show significant heel wear, or the upper begins detaching from the sole, it's possible that abnormal foot function is the culprit. If this happens frequently to your shoes, go to a foot specialist for an appropriate biomechanical examination of your foot and leg function.

6. Your foot type

When looking for shoes, you must also be aware of your own foot structure and

how that affects your requirements in a shoe.

Foot types can generally be divided into two categories,

although of course, there are foot types which fall between the two. Chances are your foot type will be rigid/high-arched or flexible/low-arched.

Foot type can easily be determined by examining your foot prints after climbing out of a swimming pool. If you have high-arched feet, there will be dry ground between the heel and ball of your footprint; if you have low-arched feet, your footprint will have no dry areas at all.

Each of these foot types have different priority requirements in a shoe. The flexible/low-arched foot goes through excessive flattening motions. This flattening motion, or pronation, is what allows the body to absorb the shock and pressure of each step. However, increased flattening over extended periods of time can result in a variety of overuse injuries, including heel spurs, bunions and shin splints.

The shoe needed by someone with a flexible/low-arched foot should have a rigid heel counter, built-in arch support, a fairly firm midsole and ankle support from $\frac{3}{4}$ to high-top to control instability associated with flat feet.

Rigid, high-arched feet, on the other hand, are very poor shock absorbers. Players with these type of feet are more prone to increased joint pain, especially at the ankle, knee and hip. There also tends to be increased discomfort to the ball and heel of the foot, where the majority of weight bearing takes place. Shoe requirements for those with high-arched feet, include a flexible midsole, good shock absorbing innersole with arch support, and a $\frac{3}{4}$ to high-top support for ankle stability if needed.

7. All purpose shoes?

There are many shoes available which are now being tested as "cross-toeing" shoes. Some of these are suitable for racquetball as well. However, when they are worn on surfaces other than wooden floors the transition from one activity to the other may require different shoes.

As you start looking for your next pair of racquetball shoes, be sure to take along not only your checkbook but — your patience. ○

WHY BUY A MARTY HOGAN RACQUETBALL RACQUET?

Let us count the whys. To put it briefly, we continually pioneer state-of-the-art techniques, experiment with new materials and compositions, and engineer the most advanced designs.

□ Designs such as our exclusive **SpiralTech**. The process involves compression molding a "sleeve" of tightly woven high-modulus graphite around a graphite composite core, for unprecedented frame stiffness. □ Combined with our patented **Micro String System**—a synchronized string design of dense patterning plus reduced tension for superior playability—it made for the game's most powerful racquet . . . The Micro Shadow. □ Then there's our exclusive vibration-dampening **Foam Core**. While other compression-molded racquets are hollow, Marty Hogan Racquetball Racquets are filled with a special foam core lining for a vibration-free performance. □ Or how about our **Step-Down** design. The gradual slimming of the frame from head to throat enhances aerodynamics and reduces racquet torque and twist. □ There's also our exclusive "10-2" **Power Balance System**. It elongates the sweet spot, and adds calculated mass to the racquet head, resulting in not only better balance, but reinforced durability. □ And of course there's our exclusive **Channel Flex** design. It's distinguishable by the notched racquet throat, and provides critical racquet flex. □ It's all there, in features, designs and materials. You have only the best to choose from, and choose the racquet that's best configured for your game.

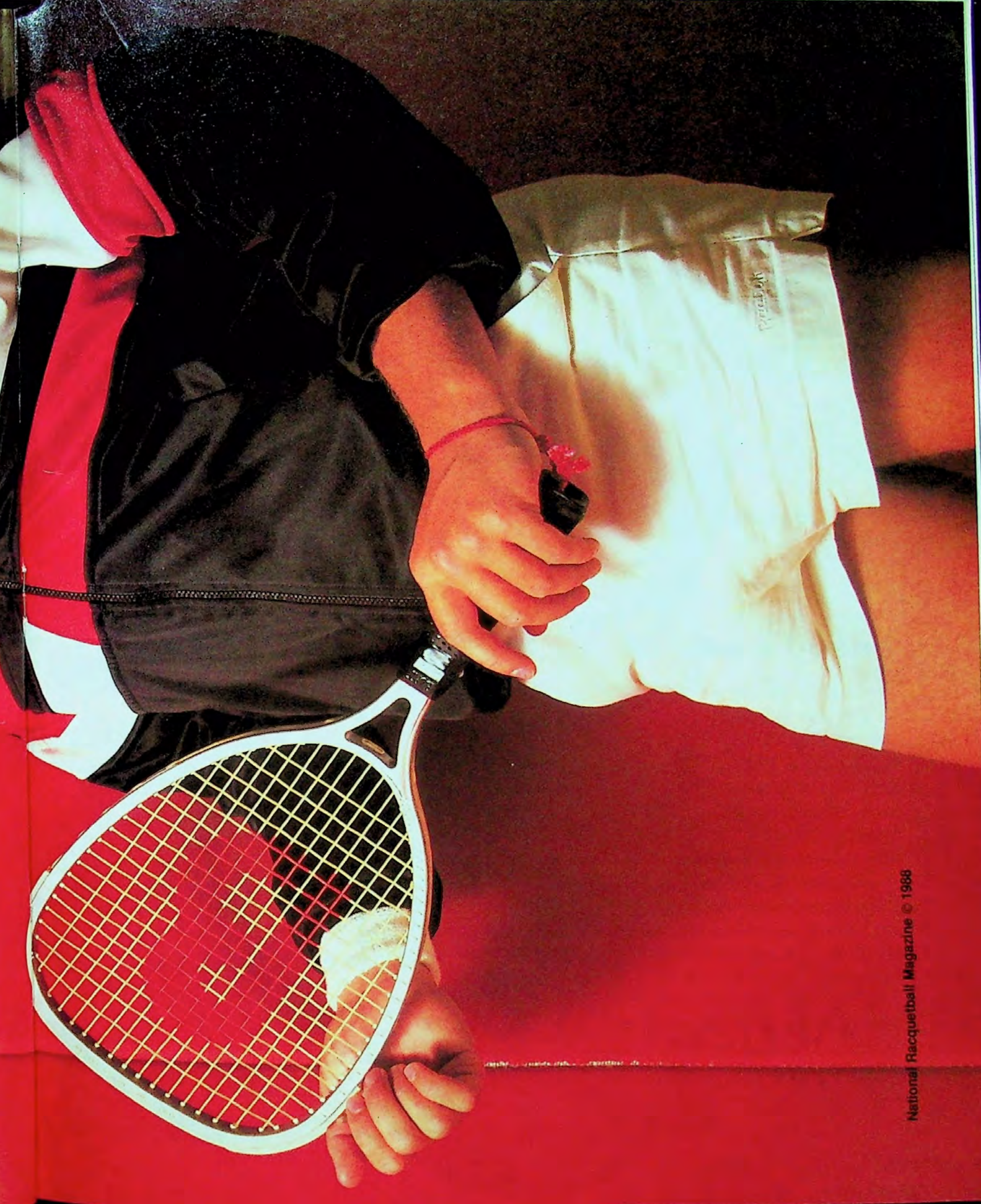


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Marty Hogan Racquetball recognizes AARA's new mandatory eyewear rule, so play hard, but play safe. Wear Protective eyewear.

Cliff Swain

Ranked Men's Pro





Shoes



I need a pair of racquetball shoes...

On the following pages are just a few of the shoes available to today's racquetball player. They come in all colors and styles. They are scientifically designed for comfort, fit, support, protection, and they feature an unbelievable array of extras.

There's speed lacing, removable insoles, custom insoles, shock absorbing soles, special toes, special heels. Hi-tops, 3/4 tops, lo-tops — and on and on.

They are all available in the stores now and there is no doubt that with so many to choose from there's definitely a pair for you.



Footjoy Tuffs (63107)

- Gum rubber outsole
- EVA midsole
- Padded collar & achilles protection
- White suede/mesh with silver accent
- Sizes: men's 7-11½, 12, 13, 14



Footjoy Tuffs All Court (63206)

- Gum rubber outsole
- EVA midsole
- Padded collar & achilles protection
- White leather/navy with silver accents
- Sizes: men's 7-11½, 12, 13, 14



Footjoy Tuffs Pro Court 3Q (62083)

- Gum rubber outsole
- EVA midsole
- Padded collar & achilles protection
- White leather/mesh with red/grey accents
- Sizes: men's 7-11½, 12, 13, 14



Footjoy Tuffs (64304)

- Gum rubber outsole
- EVA midsole
- Padded collar & achilles protection
- White suede/nylon with light grey accent
- Sizes: women's 5-9½, 10, 11



Puma Workhorse (91673)

- Three color rubber outsole
- EVA midsole, polyurethane wedge
- P.E.E.V.A. footbed
- Full grain leather upper
- White with black or red, royal, maroon, orange, purple, green
- Sizes: 6½-12, 13, 14, 15
- Suggested retail: \$59.95



Puma Cats Jr. (91662)

- Two color rubber cup outsole
- Padded, molded collar with brushed lining
- Heavily padded tongue
- Full grain leather upper
- White with black or red
- Sizes: children's 10-6
- Suggested retail: \$34.95



Puma Cats Hi (91665)

- Four color rubber outsole
- Molded EVA midsole
- Dual density P.U. footbed
- Heavily padded tongue
- Ankle collar with brushed nylon lining
- Full grain leather upper
- White with C. teal or red, black, electric blue, charcoal
- Sizes: children's 4-13
- Suggested retail: \$49.95



Puma Cross Net (91704)

- Three color rubber cup outsole
- EVA midsole
- Polyurethane ankle collar
- Removable EVA footbed
- Full grain leather upper
- White/green/red, white/grey/red
- Sizes: 6½-13
- Suggested retail: \$39.95



Puma X4500 (92545)

- Two color rubber outsole
- Dual density EVA midsole
- Padded sock liner/ribbed nylon collar
- Toe tip & vamp nylon NAPPA leather, quarters & side P.U. coated leather, counter PVC
- White with black, red, columbia
- Sizes: 6½-13
- Suggested retail: \$44.95



Puma Upstart (91712)

- One color rubber cup outsole
- Terry lined foam sock liner
- Canvas upper
- White with surf blue, hibiscus, silver
- Sizes: 4-10
- Suggested retail: \$24.95



La Gear (633)

- Two color high abrasion outsole
- EVA midsole
- Knotched heel collar with achilles protection
- Nylux sock liner, removable insole
- Leather upper
- White with pink or blue, charcoal
- Sizes: 5 1/2-11
- Suggested retail: \$54.00



La Gear (433)

- Two color high abrasion outsole, stitched shell
- EVA midsole
- Nylux sock liner, removable insole
- Perforated leather upper with forward brace strap
- White with navy, red, turquoise, charcoal, navy
- Sizes: 6 1/2-11, 12, 13
- Suggested retail: \$56.00



New Balance (CT660)

- Rubberthane outsole
- Polyurethane midsole
- Extended saddle wraps around mid-foot
- Padded collar with achilles protection knotch
- Removable EVA insert
- Full grain leather upper
- White/blue/green, white/charcoal
- Sizes: 7-12, 13 (B, D, EE)
- Suggested retail: \$59.95



Saucony (7620)

- Rubber 3/4 cup shell outsole
- EVA midsole wedge
- Removable insole
- Nubuck leather upper
- Lateral support system
- White with dutch blue, teal, skipper blue
- Sizes: men's 7-12, 13



Saucony (6740)

- Multi-functional three color rubber 3/4 cup outsole
- Multiple cushion pillars
- EVA midsole wedge
- Leather upper with shank overlay strap
- Anti-stretch vamp stitching
- White/lavendar/mint, creme/mango/honey
- Sizes: women's 5-10, 11



Saucony (7330)

- Four density outsole
- Removable molded EVA sock liner
- Full grain leather upper
- Vamp & arches perforated
- White/teal/silver
- Sizes: women's 5-10, 11



Saucony (7300)

- Four density outsole
- Removable molded EVA sock liner
- Full grain leather upper
- Vamp & arches perforated
- White/denim/silver
- Sizes: men's 7-12, 13



Etonic Creator (E1550)

- Terry topped insole
- Poly tag tongue
- Isometric toe
- Soft performance shoe
- White/royal blue
- Sizes: 6 1/2-12, 13
- Suggested retail: \$42.95



Etonic Elegance (E2700)

- Leather upper
- Cushioned polyurethane tongue
- Terry collar
- Forefoot ventilation
- White/blue & pink trim
- Sizes: women's 5-10, 11
- Suggested retail: \$42.95



Etonic Reactor (R255)

- Gum rubber radial cup sole
- Full grain leather upper
- Rear and forefoot stability
- White leather/navy trim
- Sizes: 6-12, 13
- Suggested retail: \$49.95



Autry Conditioner (5050)

- Rubber outsole
- EVA midsole
- PVC molded heel counter
- Lightweight P.U. insole
- Removable shox changeable to fit body weight or activity
- Leather upper
- M: White/grey/red/charcoal, white/black/grey/red.
- W: white/lt. grey or pink
- Sizes: M 7-12, 13, W 5-10



Autry Tech Court (7100)

- Rubber outsole
- EVA midsole
- PVC molded heel counter
- Lightweight P.U. insole
- Removable shox changeable to fit body weight or activity
- Leather upper
- W: white/lt. grey or pink
- Sizes: M 7-12, 13, W 5-10
- Suggested retail: M \$59.95, W \$49.95



Ektelon The Answer LL

- Gum rubber outsole
- Ventilation insole
- EVA midsole wedge
- Full grain leather upper
- White with grey logo
- Sizes: women's 5-10, 11
- Suggested retail: \$49.95



Ektelon The Answer ML

- Gum rubber outsole
- Biaxial outsole with roll bar
- EVA midsole wedge
- Ventilation insole
- Fully padded top collar & tongue
- Leather upper
- White with navy logo
- Sizes: women's 6-12, 13
- Suggested retail: \$49.95



Ektelon The Answer 3/4

- Gum rubber outsole
- Ventilation insole
- EVA midsole wedge
- 3/4 design for ankle support
- Full grain leather upper
- White with charcoal logo
- Sizes: men's 6-12, 13
- Suggested retail: \$64.95



Nike Women's Cross-Training (6498)

- Partial cupsole, stitched forefoot outsole
- Polyurethane footframe midsole
- Ski-lock heel pads the ankle & heel, reduces slippage
- Durabuck & coated polymer upper with ventilation panels
- White/rose stone, white/cool neutral grey/graphite
- Suggested retail: \$70.00



Nike Men's Cross-Training (6492)

- Partial cupsole, stitched forefoot outsole
- Polyurethane footframe midsole
- Ski-lock heel pads the ankle & heel, reduces slippage
- Durabuck & coated polymer upper with ventilation panels
- White/cool neutral grey/wine
- Suggested retail: \$75.00



Avia Mid High (290)

- Gum rubber outsole
- Dual density EVA midsole
- Rubber sponge insole
- Pig suede with double knit nylon upper
- Pig skin toe
- Neutral color
- Sizes: M 6-12, 13, 14; W 4-11



Wilson Pro Staff (S1000)

- Indy 500™ rubber outsole
- Sorbothane® insert for ultimate conditioning
- Thickly padded terry cloth collar for moisture absorption, achilles protection
- Removable, polyurethane insole
- Soft full grain leather upper



Wilson Pro Staff (S2100)

- Indy 500™ rubber outsole
- Sorbothane® insert for ultimate conditioning
- Thickly padded terry cloth collar for moisture absorption, achilles protection
- Removable, polyurethane insole
- Soft full grain leather upper



Adidas Taurus Lo

(AI2422)

- 3/4 inch rubber shell sole
- EVA midsole
- NAPPA leather upper
- Terry lined with removable bi-density foot cradle
- Ghilly lacing with velcro closer
- White/red, black/royal
- Sizes: children's 8-6
- Suggested retail: \$36.95



Adidas Taurus Hi

(AI2415)

- 3/4 inch rubber shell sole
- EVA midsole
- NAPPA leather upper
- Terry lined with removable bi-density foot cradle
- High cut style for support
- Ghilly lacing with velcro closer
- White/blue, black/turquoise
- Sizes: children's 8-6
- Suggested retail: \$39.95



Adidas (33248)

- Two color gum rubber 1/2 shell outsole
- EVA midsole wedge
- Nylon with velour trim upper
- Thickly padded tongue with inlay sole
- White/blue or white stripes
- Sizes: 3 1/2-14
- Suggested retail: \$39.95



Head Radial Express

- Head radial wedge outsole
- Gum compound rubber sole
- EVA midsole
- Replaceable polyurethane insole
- Leather/mesh upper
- Padded heel collar
- Leather reinforced toe box
- Suggested retail: \$42.95



Head Pro Elite

- H-45 wedge rubber outsole
- EVA midsole
- Replaceable polyurethane insole
- NAPPA leather upper
- Padded heel collar with achilles notch
- White/Red/Grey, White/Lt. Blue/Grey
- Suggested retail: M/W \$54.95, youth \$34.95



Head Pro Jr.

- Two color compound rubber sole
- EVA midsole
- Leather upper
- Padded heel collar
- Evalon sockliner
- Speed lace design
- Two broad instep straps
- White/Red/Grey
- Suggested retail: youth \$34.95



Reebok Pro Volley Mesh (12-1142)

- Gum rubber sole with rotational impact dispersion
- Tridensity EVA midsole
- Removable P.U. with full terry lining insole
- Nylon mesh/suede trim with hytel forefoot stability straps
- White/white
- Sizes: M 6 1/2-12, 13, W 4-10, 11
- Suggested retail: \$38.95



Reebok Pro Volley Hi-Top (12-1147)

- Gum rubber sole with rotational impact dispersion
- Tridensity EVA midsole
- Removable P.U. with full terry lining insole
- Nylon mesh/suede trim with hytel forefoot stability straps
- White/natural
- Sizes: M 6 1/2-12, 13, 14, W 4-10, 11
- Suggested retail: \$62.95



Reebok Pro Volley Leather (12-1148)

- Gum rubber sole with rotational impact dispersion
- Tridensity EVA midsole
- Removable P.U. with full terry lining insole
- 1.4mm garment with hytel forefoot stability straps
- White/white, gold
- Sizes: M 6 1/2-12, 13, 14, W 4-10, 11
- Suggested retail: \$59.95

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Mens 18: 1-J. Floyd, MI; 2-M. Locker, MN; 3-M. Guidry, TX; 4-M. Engel, MD; 5-E. Ramm, CA; 6-J. Waggoner, FL; 7-T. Jelso, FL; 8-J. Loretto, FL; **Mens 19+:** 1-B. Erickson, MN; 2-M. Bronfeld, CA; 3-T. Sweeney, IL; 4-E. Davidson, OH; 5-J. Jeffers, TN; 6-M. Lowe, CA; 7-B. Rodriguez, CA; 8-C. Winter, FL; **Mens 25+:** 1-M. Morrison, FL; 2-B. Lyman, IL; 3-B. Huber, FL; 4-J. Gillhouse, AL; 5-J. Hassey, AZ; 6-D. Negrete, IL; 7-T. Neill, NM; 8-D. Eagle, OH; **Mens 30+:** 1-B. Corcorran, AZ; 2-D. Kovanda, OH; 3-J. Peterson, NY; 4-D. Hardan, WA; 5-T. Lavo, MN; 6-R. Strout, UT; 7-R. Dern, IL; 8-S. Worthy, MI; **Mens 35+:** 1-S. Hastings, MI; 2-D. Kovanda, OH; 3-T. Lavo, MN; 4-R. Woolard, OH; 5-G. Owen, FL; 6-M. Layton, FL; 7-L. Pisto, AZ; 8-B. Fulkerson, IN; **Mens 40+:** 1-M. Stephens, MI; 2-J. Schwartz, FL; 3-J. Hennon, TN; 4-F. Ciociola, NY; 5-K. Bonnett, MI; 6-B. Brookens, CO; 7-R. Rounds, OH; 8-S. Heguy, NH; **Mens 45+:** 1-T. Perna, OH; 2-R. Galbreath, PA; 3-B. Parra, CA; 4-R. Wehrle, GA; 5-R. Hutcherson, IN; 6-J. Turner, CO; 7-N. Shapiro, NY; 8-B. Hall, MN; **Mens 50+:** 1-R. Adams, CA; 2-S. Marcus, FL; 3-B. Sanders, OH; 4-M. Blair, MN; 5-R. Lawler, IN; 6-J. Mooney, CO; 7-E. Vlock, FL; 8-O. Chapman, OH; **Mens 55+:** 1-O. Chapman, OH; 2-V. Lerner, CA; 3-N. Goldetsky, MN; 4-L. Cox, IN; 5-R. Stillman, MN; 6-R. Horton, CO; 7-L. Hahn, MI; 8-F. Kilbride, CT; **Mens 60+:** 1-P. Miller, IN; 2-F. Kilbride, CT; 3-S. Eller, IL; 4-R. Johnson, CA; 5-M. Roberts, FL; 6-J. Gushue, NY; 7-J. Lambert, TX; 8-E. Wilham, OH; **Mens 65+:** 1-L. Wilde, UT; 2-E. Acuff, VA; 3-R. Craig, Jr., IN; 4-N. Sans, FL; 5-D. Goddard, MT; 6-B. Cloud, IL; 7-I. Cowle, NY; 8-A. Goss, CO; **Mens 70+:** 1-L. Wilde, UT; 2-H. Minor, CO; 3-C. Russell, CA; 4-A. Shepherd, MD; 5-J. Singer, CA; 6-I. Gumer, KY; 7-G. McDougall, SD; 8-J. Sawbridge, AZ; **Mens 75+:** 1-J. Pearce, TX; 2-B. Duckworth, FL

Womens AARA Official Rankings July 6, 1988

Womens Open: 1-T. Bevelock, AZ; 2-S. Morgan, FL; 3-K. Kuhfeld, IN; 4-R. Levine, CA; 5-L. Ecker, MI; 6-E. Mardas, OH; 7-L. Anthony, CA; 8-M. Wielhessen, CO; **Womens A:** 1-H. Gray, VA; 2-L. Butler, TX; 3-L. Merrill, MN; 4-C. Collins, MI; 5-P. Musselman, PA; 6-S. Huczek, MI; 7-C. Clark, FL; 8-K. Beane, NH; **Womens B:** 1-A. Kinney, WA; 2-S. Ruhl, CO; 3-D. Westerkon, NY; 4-L. Campbell, TX; 5-G. Cleveland, OH; 6-A. Boland, MT; 7-S. Derdak, IN; 8-M. Hawkins, SD; **Womens C:** 1-S. Rosling, MT; 2-D. Leon, FL; 3-C. Seitter, FL; 4-M. Davis, CO; 5-P. Saad, MI; 6-B. Duncan, TN; 7-K. Locke, MN; 8-K. Benkert, TX;

Womens D: 1-W. Rudov, TX; 2-N. Sloan, IN; 3-M. Reese, SC; 4-K. Roller, UT; 5-C. Staats, WA; 6-B. Vanderson, OH; 7-C. Kruse, MI; 8-H. Hall, IN; **Womens Novice:** 1-S. Beveney, NY; 2-M. Boyer, OH; 3-S. Klein, NY; 4-S. Ross, GA; 5-C. Paoli, DE; 6-A. Angerillo, AZ; 7-A. Ballard, TN; 8-S. Bell, AL; **Womens 8NB:** 1-J. Trachsel, MN; 2-L. Hansen, IA; 3-J. Hardeman, TN; 4-J. Quinlan, FL; 5-K. Thompson, WI; 6-J. Degutis, MI; 7-J. Koppel, TX; 8-M. Manzuri, CA; **Womens 8:** 1-Jamie Trachsel, MN; 2-L. Hansen, IA; 3-J. Quinlan, FL; 4-M. Manzuei, CA; 5-J. Hardeman, TN; 6-Jill Trachsel, MN; 7-J. Koppel, TX; 8-L. Wooten, FL; **Womens 10:** 1-D. Derr, FL; 2-S. Mattioli, MA; 3-A. Meyer, CO; 4-J. Trachsel, MN; 5-S. Gross, MN; 6-J. Koppel, TX; 7-V. Tulao, AL; 8-A. Young, CO; **Womens 12:** 1-J. Meyer, CO; 2-A. Beugen, MN; 3-T. Jobson, FL; 4-A. Roehler, PA; 5-D. Derr, FL; 6-A. Boland, MT; 7-E. Icenogle, CA; 8-B. Engel, FL; **Womens 14:** 1-E. Icenogle, CA; 2-J. Spangenberg, CA; 3-B. Engel, FL; 4-A. Kinney, WA; 5-H. May, CA; 6-A. Crocker, CO; 7-A. Simmons, FL; 8-T. Alonzi, CO; **Womens 16:** 1-H. Dunn, MA; 2-T. Alonzi, CO; 3-C. Hamilton, CO; 4-H. Gray, VA; 5-A. Melville, MN; 6-S. Pinola, PA; 7-N. Sloan, IN; 8-M. Carmona, CA; **Womens 18:** 1-D. Sibell, MN; 2-M. Gilman, OR; 3-H. Gray, VA; 4-L. Coutu, DE; 5-C. Doyle, NY; 6-A. Prentiss, NY; 7-S. Cox, FL; 8-N. Sloan, IN; **Womens 19+:** 1-L. Ecker, MI; 2-C. Gudinas, IL; 3-K. Hallender, FL; 4-L. Anthony, CA; 5-L. Cardwell, MN; 6-M. LaBonne, IN; 7-A. Wyble, CO; 8-L. Basch, FL; **Womens 25+:** 1-M. Lyons, FL; 2-M. Bailey, VA; 3-R. Petrini, UT; 4-C. Collins, MI; 5-G. Grigsby, KY; 6-K. Mays, MN; 7-L. Screeton, IN; 8-S. Dicola, IL; **Womens 30+:** 1-S. Morgan, FL; 2-B. Harrison, OH; 3-P. Clark, MN; 4-C. Shields, IL; 5-D. Adams, CO; 6-G. Woods, LA; 7-B. Kowalski, OH; 8-C. Gebhart, MN; **Womens 35+:** 1-C. Dattisman, PA; 2-T. Hokanson, CA; 3-M. Copley, TN; 4-A. Falso, FL; 5-F. Iffert, PA; 6-M. Kelly, CA; 7-S. Armstrong, CO; 8-M. Eichorn, CO; **Womens 40+:** 1-M. Kelly, MA; 2-A. Falso, FL; 3-G. Benham, AR; 4-T. Dever, UT; 5-L. Miller, IN; 6-J. Schmidt, FL; 7-P. Tarzon, IL; 8-M. Turner, CO; **Womens 45+:** 1-K. Mueller, MN; 2-J. Schmidt, FL; 3-M. McNutt, FL; 4-S. Busch, MO; 5-J. Kenyon, FL; 6-C. Pelowski, WI; 7-J. Schmidt, FL; 8-L. Johnson, TX; **Womens 50+:** 1-J. Kenyon, FL; 2-K. Mueller, MN; 3-S. Elgaway, FL; 4-M. Crawford, NY; 5-M. Walker, CA; 6-M. Acuff, VA; 7-M. Hagain, GA; 8-R. Mooney, CO; **Womens 55+:** 1-J. Kenyon, FL; 2-M. Acuff, VA; 3-R. Mooney, CO; 4-C. Gautreau, TX; **Womens 60+:** 1-M. Acuff, VA; 2-C. Gautreau, TX; 3-P. Melvey, ND; **Womens 65+:** 1-M. Acuff, VA;





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Registration, orientation lecture, stretching, play session/video taping, follow-up lecture, challenge the staff.

SATURDAY

9:00 a.m.–12:30 p.m.

Lecture, stretching, play session/video taping, follow-up lecture.

2:00 p.m.–6:00 p.m.

Lecture, stretching, play session/video taping, follow-up lecture, challenge the staff.

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Indicate Date and City and Send Entire Coupon

Fall 1988

Dates	City, State	Club
☐ Sept. 23-25	Rock Springs, WY	Greenriver Recreation Center
☐ Sept. 30-Oct. 2	Tempe, AZ	Arizona Athletic Club
☐ Oct. 7-9	Minneapolis, MN	Greenway Athletic Club
☐ Oct. 14-16	Chicago, IL	Woodfield Racquet Club
☐ Oct. 21-23	Pittsburgh, PA	The Racquet Club of Pittsburgh
☐ Nov. 4-6	Beaverton, OR	Griffith Park Athletic Club
☐ Nov. 11-13	Arlington, VA	Skyline Crystal City Racquet Club
☐ Nov. 18-20	Atlanta, GA	Atlanta Sporting Club
☐ Dec. 9-11	Denver, CO	International Athletic Club—Downtown
☐ Dec. 16-18	Columbus, OH	Continental Athletic Club

Winter/Spring 1989

Dates	City, State	Club
☐ Jan. 6-8	Albuquerque, NM	Academy Court Club
☐ Jan. 13-15	Tempe, AZ	Arizona Athletic Club
☐ Jan. 20-22	Manchester, NH	Manchester Racquet & Health Club
☐ Feb. 3-5	Minneapolis, MN	Greenway Athletic Club
☐ Feb. 10-12	San Francisco, CA	What-A-Racquet
☐ Feb. 17-19	Las Vegas, NV	Las Vegas Athletic Club West
☐ Feb. 24-26	Sacramento, CA	Gold River Racquet Club
☐ Mar. 3-5	To Be Announced	
☐ Mar. 10-12	Grand Rapids, MI	Michigan Athletic Club
☐ Mar. 31-Apr. 2	Pittsburgh, PA	The Racquet Club of Pittsburgh
☐ Apr. 7-9	To Be Announced	
☐ Apr. 21-23	Columbus, OH	Continental Athletic Club
☐ May 5-7	Brockton, MA	B.R.C., The Sporting Place

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Steve Keeley was one of the premier control-style racquetball players of the 1970's. He was legendary for his off-beat

approach to the game. Keeley once cycled hundreds of miles to a tournament, and another time shaved his head to psyche opponents. He was also an author of several books on racquetball, and a long-time contributor to National Racquetball.

Is it a racquetball or a racquetball ball? Call it what you will, its evolution would amaze Charles Darwin. In 1972, my first tournament year, the balls were slow and mushy. Of course, we didn't term them dead, because there was no standard at the time. "Dead" and "live" were not in our vocabularies.

Still, there was selective pressure among the players for a faster ball. I remember that often tournament committees would designate a "ball person" to be responsible for keeping the tourney balls pumped up. The ball person usually accomplished this by placing boxes of balls (no cans back then) into a hot sauna just before the tournament matches started. At game time, the balls were good and lively, due to the increased internal pressure from the heat.

If no sauna was available, the ball person found a doctor, who in turn found a syringe and small-gauge needle to pump the air into each ball, making them custom pressurized. It worked well but was time-consuming when you consider that tournaments even back then went through racquetballs by the gross.

Another drawback was that each of these livening techniques — the sauna and the needle — kept balls peppy for only one game or so. Eventually, the air in the sauna-heated balls cooled, or the air was sucked back out the needle hole, and the ball person would be called again.

Colorful Past

The racquetball started out as the "pinkie". This ball of the late 1960's was actually the inner core of a tennis ball without the fuzz jacket. It got its name from its color — a gaudy pink which camouflaged itself well against the hardwood floor. After pink came black, then green, followed by blue. Funnily enough, studies show that blue is one of the hardest colors to see in our sport.

In the early 1970's, racquetballs were pressurized, but bounced like fat magnets (unless tended to by a ball person). It led to crazy happenings.

I played Charlie Brumfield with the eggot ball in a 1972 tournament in San Diego. It was his hometown, and the crowd was loudly pro-Brumfield. The ball was

THE RACQUETBALL BALL

by Steve Keeley

pressurized before the match by air injection.

Our court battles in those days were usually long tiebreakers (all three games to 21) and this was no exception. Mid-way through the third game, Brumfield asked the ref for a ball change, indicating not-so-delicately that the mushy thing came off his strings as though it were badly constipated. I too, knew the ball was dead, but out of gamesmanship or downright stubbornness, I declined to agree to a ball change.

Just how dead was the ball? At match point we found out. I served for the match and a slam-bang pass rally ensued. I finally hit an out-of-reach pass down the forehand wall, which Charlie miraculously got his racquet on, but...well, nobody knew exactly what happened then. The ball just disappeared.

We finally assumed the thing had gone out of court, the fans were too disheartened that their hero had lost caring, and the ref was just glad to be over his long duty.

Where did the ball go? No one knew until minutes later outside the court where Brumfield and I were maneuvering for the drinking fountain. Mouth agape, I pointed at the racquet dangling from Brum's wrist. He looked down and saw the lost racquetball — wedged in the small opening in the throat of his racquet. It had lodged there on his final swing.

Brumfield just grumbled, "I told you the ball was too mushy," and went on hogging the drinking fountain.

Broken Balls and Superballs

The year 1973 was pivotal in the racquetball's liveliness evolution. During this season, manufacturers heeded the players' pleas and began producing a ball that was acceptable by the common standard of that age: A well-hit ceiling ball would reach the bottom of the back wall on the first bounce.

The only shortcoming was that these livelier balls broke rather easily. In 1973, the first year of the pro tour, usually three to five balls broke per match. In one match in Detroit, Mike Zeitman and Steve Serot broke a record 10 balls in their three-game contest. Even allowing that these two hit harder than most players, you can understand that a lot of balls bit the court dust in 1973.

Many balls broke before the logo wore off, and any ball still bearing part of the

logo was replaced free of charge by the manufacturer. Ball replacement created a heck of a logistics problem for

the makers; I'll bet in 1973, they replaced as many as they sold (one ball originally purchased could be replaced many times over).

Another era in the racquetball's development dawned in 1974 and lasted almost two years. During the period, the breakage problem was brought under control. The manufacturers began reaping a deserved profit and the players fell to their knees in service boxes to give thanks that the big bust was over. A new problem surfaced, though, the out-of-round ball.

An out-of-round ball bounces inconsistently because of a bulge somewhere on the otherwise flawless sphere. This posed a problem for the players of that era; playing was like trying to roll a strike with a big wad of gum stuck to the bowling ball.

An even bigger factor in the mid-seventies was superballs. Only a minority of balls were out-of-round, but they were all faster than speeding bullets. Then game's rallies consisted of trying to saw down a round rubber hummingbird.

Obviously, this ball changed the game dramatically. Ceiling ball rallies went out of vogue because ceiling balls often went over the back wall and out of court. The drive serve supplanted the garbage and lob. Blazing kill shots made pass attempts laughable. The speed-up in balls speeded up the whole game and precipitated the power player. Hello Marty Hogan and imitators.

The years 1976 and 1977 were heyday years for both manufacturers and players. The sport was exploding across the country with thousands of court newcomers demanding a less lively ball. The pleasurable result was ball stabilization at somewhere between lively and super-lively. In addition, the rash of ball busts and bubble gum bulges disappeared.

From 1978 to 1982 was the age of ball zaniness. Dozens of manufacturers showed us with an astonishing array of racquetballs. It was a far cry from 1972 when a single company supplied periodic ball shipments to a dozen racquetball hot spots scattered throughout the country.

There were bouncy and not-so-bouncy balls, pressurized and non-pressurized balls, green balls, black balls, pro balls, hack balls. There was a ball you could inflate to the liveliness you desired, and another that was dimpled like a golf ball to (theoretically) increase spin.

In fact, there seemed to be only one constant in the racquetball universe of ball

(continued on page 51)

This, after so many years of promise, may finally become the season of fulfillment. Professional racquetball has a major television contract.

Earlier this year, at the AARA Nationals in Houston, both the men's and women's open final matches were televised. As well, two RMA men's pro stops and two WPRA stops were televised. Yet this spot coverage was not the television breakthrough racquetball has waited for.

In the upcoming season, however, two new forces in racquetball will provide racquetball with a major breakthrough to large viewing audiences. One, the newly formed World Professional Racquetball Tour, consists of most of the former RMA touring professionals. The other is Tom Caberallo's Cable Choice Network, a cable vision production company which covers many of New York's metropolitan sports.

According to Jim Hiser, commissioner of the WPRT, contracts for television coverage of 10 tournaments have been signed. In turn, Cable Choice Network and the WPRT have signed contracts with various other independent television networks to air the productions. Hiser estimates a viewing audience as high as 14 million through networks such as Madison Square Garden Network, NY, Sunshine Network, FL, Pro-Am Sports Systems, Detroit, MI, Home Team Sports in Washington, D.C. and Baltimore, MD. More importantly, the racquetball matches will be aired during prime-time.

Until now, racquetball's biggest stumbling block towards television coverage has been lack of production money. ESPN, a major sports network, does not carry racquetball for that reason.

"Basically it boils down to sponsorship," says Loren Matthews, vice president marketing for ESPN, "Racquetball has not attracted an immense sponsor to underwrite the program."

In essence, Matthews explains, any sport on television needs sponsors. ESPN underwrites the coverage of some major sports events itself, and sells sponsored television time to cover its own production costs. With more narrowly based sports, this changes. ESPN will "seriously consider racquetball on a client supplied basis if it is a quality production of quality competition."

In other words, racquetball needs a sponsor big enough to cover the costs of production. Until now, it has been a

THE PROMISED LAND — TELEVISION

by Sigmund Brouwer

Catch-22 situation. Racquetball needs an enormous television viewing audience to woo a large sponsor, but sponsors need proof of that large audience to consider racquetball.

"To get television, you have to underwrite the cost of production — the sponsor or you," Hiser says. "To do a whole tour costs around a quarter of a million dollars. No one has been able to convince anyone

always plagued racquetball's pursuit of television.

Technically, racquetball is a difficult sport to cover. A few years back, Paul Brubaker, a sports field producer for NBC News Today Show, said, "One of the downfalls of racquetball coverage is there's not enough time between rallies for adequate re-coverage. In sports that televise well, you have great plays, then enough time before the next play to re-cover and dissect the great play. You don't have that time in racquetball."

Cable Choice Network gets around that problem by sacrificing live coverage. Each semifinal and final match of the tournament is filmed, along with the play-by-play



to spend that type of money."

The difference this season is that neither the WPRT nor the Sports Choice Network are depending on a large sponsor to underwrite the events. Instead, by guaranteeing a product, they can sell to many smaller sponsors and effectively distribute the costs.

"Tom Caberallo has guaranteed production. The first job was to sign cable networks to give airtime to his productions. The next job is to secure sponsors. An advertising agency out of New York has been hired to help with that," Hiser says.

There have been other problems to overcome, of course, problems that have

comments during the match. Highlights of the semifinal matches and suitable replays and slow motion shots can then be added at appropriate moments.

As well, camera angles and lighting make conditions difficult for camera crews, especially inexperienced crews. Mike Zeitman, a former touring professional once involved in televising racquetball, says "You're playing in a 20' x 40' box, which is certainly limiting in terms of angles. The fluorescent lighting used on most courts is yellow-green, which makes it difficult to pick up a blue ball, especially at high speeds."

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Letter to the Editor

WHERE ARE THE RACQUETBALL PLAYERS?

For the past two or three years I have observed a steady decline in the racquetball activity at my athletic clubs in California. Without exception every other club owner I have talked with throughout the state has experienced a similar decline. For some, the change resulted in enough of a decrease in revenue that they were forced out of business. Most of the clubs with which I am familiar were constructed with the basic idea of selling racquetball memberships. Thus, as racquetball activity declined, we made changes in the types of activities we offered to our members. We added more weight equipment; we converted courts to aerobic exercise rooms and Nautilus weight rooms. We made basketball courts out of racquetball courts as we bobbed and weaved, attempting to predict the market. We increased the promotion of leagues and challenge ladders, and still racquetball play is on the decline.

I keep wondering, as I look out on empty courts at prime time, "where have all the racquetball players gone"? How could a game that offers so much satisfaction peak so fast and continue to decline in popularity?

When I first started playing racquetball, I believed that we could never build enough courts to accommodate the growing interest in the sport, and for a while that was true. But now we see clubs actually being bulldozed down or converted to office buildings.

Fortunately, I have been able to stay in business but not nearly with the return on investment that I anticipated or is reasonable. I would like to say that racquetball is a fad and put it in the same category as skateboard parks but I refuse to accept that notion on the basis that it generally offers one of the best ways to get exercise and have fun at the same time.

There are probably several reasons why racquetball has taken a dive, but I can offer you one that for sure has caused the problem and it is simply the speed of the ball. I remember some years back, Brumfield — about the time he lost the national championship — predicted the demise of racquetball because of the speed of the ball. Few of us are as knowledgeable about the game as he is, as I also recall he is one of the founders of the game. I have never met Mr. Brumfield but I saw him play once at the Manhattan Racquetball Club in Manhattan Beach, CA in 1976 when racquetball was on the way up. He was playing Craig McCoy and the games were played using racquets that cost around \$25.00 and a ball, that in order to roll it out, you had to hit with a near

perfect shot or it would be a set-up for your partner. Thus, the games were played with an emphasis on strategy, much like squash, rather than sheer speed.

Not long after that, the big money entered the game and the hot-shot era became a way of life. Along came fancy racquets and fast balls. Gradually women started to disappear from the game. All of us should have realized that there was a problem with the game if women were losing interest. Tennis would not nearly be the game it is if conditions were such that women were discouraged from playing.

Games should be fun to play, even when you're losing. Racquetball was a lot more fun when I could return the serve and get a good rally going. For the past three years I have been playing squash. Squash is fun because I can return serve, get a rally going, score some points and improve my game even against some very good squash players. In short, I can't be blown off the court. I stopped playing racquetball because I became discouraged from my inability to be in the game.

The future of racquetball is going to depend upon a return to a ball that is at least as slow as the Voit black rollout of the 70's. The slower ball will make the game more attractive to more people and I predict more attractive to those who play racquetball today. The ball should be standardized so that each manufacturer has the same specifications. The ball should be slow enough so that entry into the game can be accomplished with the same enthusiasm as it was in the mid-70's. We need to get people into racquetball who want to have fun exercising, by playing a game that compliments their ego, not discourages them because they can't hit the ball.

I would like to carry my campaign for a slower racquetball to all people associated with the game today — the players, the club owners, and the manufacturers of racquetballs. Give racquetball a chance. Don't let technology and speed drive the game to oblivion.

Bill Rose
California

The opinion expressed in this letter is similar to that conveyed more and more often during the last few months by club owners, managers and a small number of players. While we agree with Mr. Rose, a recent survey in the magazine showed that our readers were overwhelmingly against a slower ball. Perhaps we should have different speed balls as in squash — fast, slow, professional. Ed. O

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The Promised Land

(continued from page 46)

Hiser points out that Cable Choice Network corrects that problem in two ways. "To get around production difficulties, they use new digital cameras which are able to pick up the ball better. There is no wavy look with the ball moving. We've also hired Chris McNitchy, who has done 16 tournaments in Seattle. He is familiar with the angles required for good coverage and will direct each event."

One difficulty lies in the audience. To really make it big, racquetball must be enjoyable watching for non-racquetball players. With a guaranteed season of television, Hiser says one of the goals is to educate viewers about the game.

"We plan to do one production a month. Parts of the show will be devoted to educating people about racquetball as well as showing them the best players in the sport. We will be explaining the basics."

"Right now, we are looking at a male and female team from outside racquetball circles to provide commentary. A commentator has been drawn from the pros at each tournament, depending a lot on who

is and is not in the finals. Dave Peck, Mike Yellen, Dan Obremski and Marty Hogan each provided us with great commentary in two televised stops last season."

Television combined with racquetball is already bringing results. Hiser says that he is already getting requests from people across the country who wish to hold a pro stop. Each WPRT event needs \$25,000, of which \$20,000 goes to prize money.

"In the past, we always went to people from prior years to see if they wanted to host an event again," Hiser says. "Now new individuals are interested in becoming involved. We have had serious queries from California, Florida and Tennessee."

The promise of shining lights is certainly a blessing for the professional players. Bret Harnett notes that it makes it much easier to approach potential sponsors when a player can promise the large exposure given by television.

Mike Yellen agrees, "If we have televised events this year, there is no doubt it will promote the game from club level to national level in terms of exposure. We've heard about television for years, and I'll be happy to see it. It is nothing but a plus."

"Obviously, the key for us is exposure.

The long-term potential is even greater if this can continue."

If things go as planned, television and professional racquetball will become long term. According to Hiser, "We hope this to be a stepping stone to the next five years. First we will be on the local cable vision networks. From there, we hope to make ESPN and finally a national network."

From Hiser's standpoint, there is only one thing he would like to be different. "I would like to see the ball slowed down to give better visibility and longer rallies. This will make it even more exciting for television."

For those who say it can't be done, that racquetball will never become a television sport, there is always the memory of Arnold Palmer. "They" also used to say that about golf in the 1950s. Then he came along. With a big careless grin, and the nerve to try impossible shots and make them, he captured both the golf and non-golf public. Arnie's Army wanted to see more of him.

It's in place now for racquetball. Whether it's one star or the top stars, the public will have their first real chance to watch racquetball. They'll like what they see. O



EDGAR PLAYS HERE. HE'S NOT A VERY GOOD LOSER."

EATING RIGHT WHEN THE TIME IS WRONG

by Marcy Lynch



Marcy Lynch is a top ranked WPRA touring pro and also a nutrition consultant.

Last month's nutrition article explained the high carbohydrate, low-fat power meals which are a good source of energy. Once started, however, do you need to abandon good eating habits when you travel or play in tournaments? The answer is a definite no, and the solution only takes a little planning.

The first word of advice on eating at tournaments is to avoid hospitality food. There are exceptions to this rule, but the typical fare of pizza, lasagna, or cold cuts is not the best thing to eat between matches, especially if you have little time until you play again.

If you have the luxury of only playing one or two matches a day, you can probably plan to eat far enough ahead of your match to allow for digestion. On the other hand, if you have several matches in a day with only an hour or two between, the best thing to do is to keep fueling your body with carbohydrates such as fruit and fruit juice, whole wheat bread, bran muffins, whole grain crackers, and wheat bagels.

Generally, protein takes about three hours to be digested, while carbohydrates take about an hour. Everyone is different, of course, and digestion may take more or less time for you, depending on your metabolism. If you notice your recent meal while you're playing, you probably ate too close to match time.

A popular misconception says that sugar gives you energy, and that a candy bar, donut or soda will help you get through a match. Nothing could be further from the truth. Sugar causes a rapid rise in blood sugar. The pancreas then secretes insulin to counteract the rise, and lowers your blood sugar again. The initial surge of energy which you may feel from a sugary snack is soon diminished; instead you may actually feel tired.

Carbohydrates, such as whole grains and fruits are metabolized more slowly. As you digest these foods, your blood sugar

level rises steadily and insulin is released gradually. This gives you a slow, even rise in energy, which is sustained over a longer period of time.

After you have played your last match of the day, refuel your body with a balanced meal of protein, fat and carbohydrates. The protein can be chicken, fish, lean meat or low-fat cottage cheese. Carbohydrates include salad, rice, baked potatoes, pasta and vegetables. Fat usually comes along with food prepared in restaurants so you don't need to make an effort to include it. (It is a good idea to cut down on fat by requesting salad dressing and creamy sauces on the side and asking that your fish or chicken be broiled in little or no butter.)

Try to patronize restaurants which serve pasta, fresh vegetables, salads, baked potatoes and whole grain breads. Most of these foods can be found even in fast food establishments. Stay away from the fatty pasta and potato salads at the salad bars, as well as the cheesy topping on baked potatoes. (Try cottage cheese on your baked potato next time; it's delicious and low-fat.)

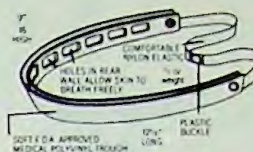
When you're staying in a motel for a few days, visit a grocery store to get your own healthy meals. Buy some cereal, milk, juice, whole wheat bread, fruit, raisins and peanut butter. The milk and juice can be kept cold either in an ice bucket or in the sink filled with ice. You will then have enough food to supply you with breakfast and enough carbohydrates to keep you going throughout the day.

My favorite between-match fuel is a sandwich made with peanut butter, bananas and raisins on whole grain bread. Peanut butter is high in fat so use only a very thin layer. This digests easily and is full of the minerals, potassium and magnesium, in addition to carbohydrates.

You can prevent feeling sluggish during your next tournament or trip away from home. Just take a few precautions with the food you eat, and your body will love you for it. ○

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ASSOCIATION ROUNDUP

AARA

by Luke St. Onge

The recent 1988 Ektelon/U.S. National Junior Championships at the Sports Club in Lakewood, CO proved to be a tremendous success. With over 600 entrants in 24 events, this particular tournament once again demonstrated that juniors represent the lifeblood and future of the sport. Excellent youngsters from across the nation each signed a "Players Code of Conduct," which seemed to help the five tournament days pass without a single major behavior problem. This, in itself, assures us that racquetball is maturing, while tournament winners Mike Guidry and Michelle Gilman are certain to become admirable junior ambassadors for the U.S. Team both on and off the court.

Many thanks to Colorado Regional Director Mary Czupor; Kathy Borman of the Sports Club; and the AARA organizational team of Pat Gerity, Paul Henrickson, Scott Winters, Van Dubolsky, John and Rose Mooney, and Linda Mojer. This group is second to none when it comes to tournament administration, and their hard work is much appreciated.

Immediately following the Junior Nationals, the U.S. National Racquetball Team mini-camp was conducted at the Racquet Club in Memphis, TN. The purpose of the camp was to select the remaining U.S. National Team members for the trip to Hamburg, Germany to compete in the World Championships. Robin Levine, Diane Green and Mike Bronfeld were chosen from a field which included Jimmy Floyd, Tim Sweeney, Mike Guidry and Holly Gray. This is the first time that a mini-camp of this type has been held, and it proved to be highly successful as a final selection process for the World Championships.

A program that deserves your attention is the Carry the Torch project. Look for flyers and brochures in your local club and show your support of the AARA and the Olympic movement. Look for the Ektelon/U.S. National Doubles application in the AARA in Review section of this issue. You do not have to qualify through the regionals to compete in National Doubles, so we're looking forward to a great turnout in Baltimore. The finals will be televised — and we'll see you there! ○



CRA

by Bill Houldsworth

The Manitoba Racquetball Association had the agenda so full of activities for the athletes participating in the 1988 Junior Racquetball Championships that they rarely had any free time.

The championships, held from June 29 to July 2 at the Supreme Racquet Courts in Winnipeg, were a great success even before the opening serve. The support shown at the tournament by the Supreme staff and the sponsors was outstanding. In addition, the parent's committee for the tournament was instrumental in arranging many activities for the athletes. The non-racquetball events which ranged from hay rides to roller skating were a big hit with the participants from all parts of the country.

On the courts, it was Quebec leading the way as they picked up their fourth consecutive Provincial Team Trophy with 116 points. In second place was British Columbia with 100 points. The province of Saskatchewan, host of the 1989 Canada Summer Games, was in third place with 86 followed by Ontario in fourth with 67 points. For the complete individual results see the fall issue of First Serve.

As a reminder, the rules changes passed at the 1988 Annual General Meeting in Victoria are in effect as of June 1 of this year. They were listed in the summer issue of First Serve so it might be worth a quick review before you play your first tournament this fall. The new rulebook should be available from your Provincial Association or the CRA very soon. Each of the clubs across Canada has been sent a description of the new lines required for the drive serve rule and the new out of bounds line on the back wall, so if your club has not made the change yet, check with the pro or the manager.

The CRA coaching committee is busily preparing the level III manual which is scheduled to be completed late this year as the committee readies itself for the first level III clinic scheduled for early 1989. Other manuals being prepared by their respective committees are Junior Development and Wheelchair. Both of these publications should be available in late 1988.

In 1988 the CRA became involved in a



Fitness Canada program called "Canada's Fitweek". From this grew a tri-racquet event called "What's Your Racquet?" featuring racquetball, tennis and squash. This event was extremely successful and all three Associations are planning to combine their efforts again in 1989. Hired to coordinate the "What's Your Racquet?" event last November was Janet Cann. With a background in recreation/administration, Janet has now been hired by the CRA as their Program Coordinator and will be splitting her time between the Fitweek program and the CRA. Part of her duties with the CRA will be the promotion of racquetball programs to the Provincial Associations and racquetball clubs across Canada. ○

PARI

by Connie Martin

The Professional Association of Racquetball Instructors (PARI) has increased its membership to 175. The membership now consists of 29 teaching professionals, 78 teaching instructors, 39 teachers and 29 members.

Those individuals who have received the professional ranking are as follows: Dot Fischl, PA; Kathy Langlotz, TX; Joe Wirkus, WI; Susan Morgan, FL; Mary Lyons, FL; Jon Martin, WI; Linda Wright, NE; Scott Capan, MN; Tracey Trozak, MI; Fred Fox, OH; Tim Sweeney, IL; Gaye Rosenfeld, NH; Daryl Rosinvito, PA; Rob McKinney, PA; Richard Bruns, CA; Bob Bookey, NC; Ron Johnson, NC; Dee Lichty, MN; Fielding Snow, WA; John Egerman, WA; Bill Taliaferro, TX; Tod Danielson, TX; Gerald Cleveland, TX; Lucy Kupish, CA; Scott Winters, CA; Brian Hawkes, CA; Mike Gustavson, CA; Willie Rodriguez, CA; Carter Higbee, OR.

All of the teaching professionals have earned this ranking by receiving a percentage of 90% or better on a written test, hitting/set up test and practical test.

PARI has been established to increase the competency of the teaching system within the United States. We need good people to teach the sport of racquetball and PARI can either help you learn to teach racquetball or provide you with many new ideas and drills to increase your teaching ability if you already instruct.

For the Fall 1988 season, we will be hosting our two-day clinics/certifications in the following states: New York, Maryland, Massachusetts, Wisconsin, Minne-



sota, Indiana, California and Texas. If you are interested in getting on the mailing list for upcoming clinics in your area, please contact the national office at PARI (719) 635-5396 in Colorado Springs, CO. ○

WPRA

by Chris Evon

History can give us some interesting insights. Although I'm not a history buff myself, I thoroughly enjoyed the tales of Joe Sobek as he relived the beginning days of racquetball at the AARA National banquet in Houston. Also, as a tribute to the 20th anniversary of the AARA, Jim Hiser put on a fabulous slide show that matched important dates in the history of racquetball with those of world events. The entire evening helped us to appreciate the success racquetball has enjoyed in a relatively short period of time.

If we look at other very established sports, we can see just how young racquetball is and realize the potential that the future has to offer. For example, American football was originally played according to the rules derived from soccer and rugby. The first intercollegiate football game is said to have been November 6, 1869 when teams from Rutgers and Princeton met in New Brunswick, NJ. Basketball can be traced back as far as 1891 and was invented by a Canadian clergyman, James Naismith.

It is believed golf was devised by the Scots in the 14th or 15th century. Although golf may have been played in U.S. during the colonial period, there is no documented proof of this. In 1888 the St. Andrews Golf Club of Yonkers, NY was formed. Some say this is the oldest golf club in the U.S.

Our favorite American pastime, baseball, is said to have been formed from a combination of cricket and rounders, both imported from England. The first baseball diamond was designed at Cooperstown, NY in 1839. Abner Doubleday established the ground rules.

One history source states that tennis was invented in England in the late 1800's. The first game of tennis is said to have been played in the U.S. at the Staten Island Cricket Club in 1874. The most prestigious Olympic Games started in 776 B.C. in the sanctuary of Zeus at Olympia in Greece.

Most of these sports have been in existence for over 100 years! We should be proud of the progress of racquetball at all levels. This season the WPRA will be cele-



brating its 10th anniversary. We look forward to the challenges ahead of us to increase the awareness and prestige of professional racquetball! ○

Racquetball Aerobics

(continued from page 23)

It may take practice to be able to play racquetball aerobics for the minimum of 12 to 20 minutes it takes to benefit aerobically. In this case, don't risk injury by trying to play for too long, too soon. Take a couple of weeks to build slowly to that amount of time. Session by session, add a few minutes.

Alone on the court, racquetball aerobics puts zest into practice. It lets you isolate specific weaknesses and concentrate on repetitive practice until there is improvement.

The next time someone tries to argue that racquetball is not an aerobic sport, get them on the court for 10 to 15 minutes of racquetball aerobics. Racquetball players will find that this is one of the most strenuous and fun forms of exercise around. ○

*Note: Training Heart Rate Zone = [(220 minus your age + plus your resting heart rate) multiplied by .65 to .80] minus your resting heart rate.

Dave George is a PARI clinician and club pro at What A Racquet Athletic Club in Colma, CA. He is currently writing a book entitled R.B. "XTC", Racquetball Ecstasy.

The Racquetball Ball

(continued from page 45)

inconsistency, almost all came packed two to a can so they wouldn't get lonely. That is why my pride and joy was once an unopened can of balls... correction, make that an unopened can of ball.

The manufacturer had neglected to include a mate in the container for the sole fellow to rub against when it got lonely. I initially considered contacting the A.S.P.C.A., but instead saved the can for years until I accidentally opened it during a personal ball scarcity.

Out rolled the solitary sphere with no ceremonial gush of air — it was dead long ago. Not only that, I discovered that the ball was lop-sided, a fitting end to perhaps the only can of racquetball in history. ○

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PASSING SHOTS

by Norm Blum



THE INEVITABLE QUESTION — **Ruben Gonzalez** won't be given much time to savor his first national title. "Can you repeat?" will be asked over and over during the next several months.

Who better to ask how that questioning affects the psyche than five-time national champion **Mike Yellen**?

"People ask me if I'm relieved that the pressure of winning five in a row is finally over," **Yellen** said. "I never felt the pressure because I never allowed it to become a factor. I didn't do anything differently last year than I did over the past four to five. I was in the running for the number one ranking until the end. When you put pressure on yourself, it takes away from your mental strength. My coach taught me that you put 100 percent of your mind into the endeavor you are working on. If you place that emphasis on repeating you'll be mentally exhausted. When I was 16 and defeated **Bill Schmidtke**, the defending national champion, they said 'Yellen was a 16-year-old with the mind of a 40-year-old.'"

But **Mike**, can **Ruben** repeat or can you regain your top ranking?

"I'm sure **Ruben**'s confidence level is at a super high. After all, going into last year he had never even won a tournament. He didn't win a tournament until the end of the season. He was in the same situation I was in a couple of the years I finished number one. I needed a few things to happen in order to be number one. When I won my first title, they said no one would be able to have a run like **Marty** (Hogan) had. Then I ran off five straight. I think this year will be tough to predict because there are so many players capable of winning a tournament. In the past it was always **Yellen-Hogan** and somebody else in the top three. Last year there were about six different guys who won tournaments. You have myself, **Ruben**, **Marty**, **Cliff Swain**, **Ed Andrews**, **Egan Inoue**, **Bret Hamnett**, **Gerry Price** and **Gregg Peck** among the players who have won tournaments."

HOGAN HAS HIS SAY — **Marty Hogan** on **Ruben Gonzalez**' number one ranking: "I don't want to take anything away from **Ruben**, but if you took a poll of players, they'd tell you **Bret Hamnett** was number one last year. He won the most events and his overall prowess was evident," **Hogan** said. And **Hogan** says

Gonzalez' ability to win at 36 was the exception. "Most players peak at 22 to 23 and are able to ride it out for about five years. That's about all you can expect."...The local New York press has given good coverage to **Gonzalez**' achievements. His intriguing storyline, rising from the streets of New York to number one, should result in national coverage...**Gonzalez**' local club, the Narrows Fitness Center, threw him an all-night party honoring his victory...Ektelon signed him to a new three-year contract.

POTPOURRI — Too bad the finals of the U.S. National Singles in Houston were so one sided. They were televised for the first time and the tension, necessary for good viewing, was missing. Maybe next year.

Florida Times-Union columnist **Greg Larson** on the racquetball brawl in Houston: "You mean to tell me there were fans in the stand watching racquetball." **Larson**, a non-player, maintains racquetball is in the same league as jogging. "It's a participant sport, not a spectator sport."...This isn't scientific, but I'd estimate there were almost \$250,000 worth of racquets at the U.S. National Singles...A Houston official said the economic impact of the tournament was overestimated. "Because the players receive so many meals, there isn't as much bought at the local taverns and restaurants...Hate to sound like a homer, but Jacksonville, FL, where I reside, can arguably be labeled Racquetball, USA. It produced two-first place finishers, two runners-up and a fourth-place finisher at the U.S. National Singles. No other city came close.

There are still several states that have an embarrassingly small number of members in the American Amateur Racquetball Association. A principal argument is that AARA members don't get anything back for their membership. Then why do clubs in those states use AARA rules and take advantage of AARA programs? You can't have it both ways. All clubs should solidly back the AARA.

The Fountainbleau Racquet Club in Ocala, FL, closed when a fire gutted the courts. Players were competing in a tournament and when they went to the club Sunday morning all that was left of the courts were charred remains. Ironically it was the Firemen's Olympics...As a first-

time father-to-be, I've been inundated with reading material. But not one of the books mentions when an infant can begin to play racquetball...California's

Vicki Fisher on playing in her first nationals: "It was awesome. I finally got to meet players like **Fran Davis** and **Gregg** and **Dave Peck** whom I've been reading about for years. Oh, and you too, **Norm**." I know an afterthought when I hear it."...Those nagging hamstring injuries are less prevalent in racquetball, says one track coach. "You take shorter strides and some people just stay in center court and hardly run at all."

Our new Court Rat t-shirt has universal appeal. In Seattle I sold a shirt to the shoeshine man at the Hilton and to **John Delaney**, chairman of City Fed Mortgage.

Professional stringers recommend those who play three to four times a week should have their racquet restrung at least once every three months and to regrip it every three to six months...What do you say to the wife of a player who admits she doesn't know which end of the racquet you grab and in the same breath tells you she calls timeouts for her husband to tell him what he's doing wrong?...The most taken for granted item in racquetball today is **Lynn Adams**' number one ranking. If her goal is to go on the books as the greatest female player of all time, she's already accomplished it...**Peggy Stedding**, who held that distinction, still plays on a regular basis...Head Sports will no longer manufacture racquets in the United States. A few years ago Head closed its Princeton, NJ office and consolidated in Boulder, CO. This time the manufacturing will be done in Austria. Head's marketing and distribution headquarters will remain in Boulder...For those wondering when professional racquetball will make the big-time, remember that 20 years ago the Wimbledon winner received \$5,000 for first place.

THINGS I LIKE — Courts that are swept hourly, competing against veteran players who don't just whale the ball and being injury-free.

THINGS I DISLIKE — Losing in a tournament and knowing you never had a chance (even if you were at the top of the game) and players who take their sponsors for granted. ○



IN REVIEW

Editor: Linda Mojer

President's Column

JUST FOR FUN

by Van Dubolsky

Over the years, one of the highlights of Junior Nationals has been the presentation of the state team awards. Throughout the tournament, players from the same state who might otherwise be rivals join together to cheer each other on, and competition between players from different states becomes even more important as the finals approach.

Since team competition seems to generate such excitement among players and spectators, we have decided to try "team scoring" at the adult national events as well as the juniors. Look for the paragraph explaining state team competition on the entry blank for the 1988 Ektelon/U.S. National Doubles, hosted by the Merritt Athletic Club in Baltimore. Here is how the scoring system works:

Everyone is eligible to score points for his or her state. Points will be awarded as follows: 1 point to all consolation winners; 1 point to anyone who makes the final 16 (finishing 9th-16th IF the division has 32 or more players); 2 points to anyone who makes the quarter finals (finishing 5th-8th) in any division; 4 points for finishing fourth; 6 points for finishing third; 8 points for second; and 12 points for first. Doubles teams earn these same points but each player earns half.

1988 U.S. National Juniors

Team	Boys	Points Girls	Totals
1 California	62	58	120
2 Minnesota	28	83	111
3 Florida	61	31	92
4 Texas	49	25	74
5 Wisconsin	41	19	60
6 Massachusetts	24	26	50
7 Colorado	21	25	46
8 Michigan	43	0	43
9 Pennsylvania	11	30	41
10 Iowa	17	21	38
11 New York	24	14	38
12T Oregon	10	18	28
12T New Mexico	26	2	28
14 Indiana	20	3	23
15T Ohio	15	2	17
15T Washington	4	13	17
17 Missouri	9	4	13
18 Montana	1	10	11
19 Kansas	9	0	9
20T Maryland	8	0	8
20T North Carolina	8	0	8
22T Virginia	0	5	5
22T Alabama	5	0	5
24 Wyoming	0	4	4
25 Illinois	2	0	2
26T Nebraska	1	0	1
26T New Jersey	1	0	1
26T Oklahoma	1	0	1

(This way players from different states earn their points for their state!) ONLY TWO PLAYERS PER STATE, PER DIVISION WILL COUNT TOWARD TEAM SCORING. One final clarification: These points do not accumulate as a player progresses through a division. In other words, a player does not earn 32 or 33 points for winning a division. The points are awarded only for their final position. For example, a National champion earns 12 points for his or her team.

The official team results for the 1988 Ektelon/U.S. Junior National Championships are listed below, and just for the fun of it, the unofficial results of the 1988 Adult Nationals in Houston follow as well. "Bragging Rights" for this year's National Doubles state title are up for grabs, so remember that EVERYONE is a member of their state's team! O

1988 U.S. National Adults

Team	Men	Points Women	Totals
1 Florida	63	85	148
2 California	48	39	87
3T Texas	43	22	65
3T Virginia	16	49	65
5 Ohio	52	4	56
6 Pennsylvania	29	26	55
7 Minnesota	19	26	45
8 Tennessee	32	9	41
9 Illinois	24	15	39
10 Michigan	15	23	38
11 New York	26	10	36
12 Arizona	21	12	33
13 Utah	24	8	32
14 Maryland	12	2	14
15 Georgia	10	3	13
16 Oregon	2	10	12
17 Colorado	3	8	11
18 Kentucky	6	3	9
19 Louisiana	1	8	9
20T Arkansas	2	6	8
20T North Dakota	2	6	8
22 New Jersey	3	4	7
23 Missouri	0	6	6
24 New Hampshire	1	4	5
25T Idaho	4	0	4
25T Maine	4	0	4
25T Massachusetts	2	2	4
28T Connecticut	1	2	3
28T South Carolina	3	0	3
30T Kansas	2	0	2
30T Montana	2	0	2
30T Nebraska	0	2	2
30T North Carolina	2	0	2
34T Hawaii	1	0	1
34T New Mexico	1	0	1
34T Rhode Island	0	1	1

OUT OF THE PAST

by John Mooney

In keeping with our 20th Anniversary tradition of publishing an "Honor Roll of Champions" after each National Championship event in 1988, we would now like you to reminisce with us just a bit and see who has shared the Junior Championship spotlight over the years. With a slightly shorter history than its adult counterpart, the first Junior National Championship was held at George Browns Racquetball and Handball Club in San Diego, CA June 6-9, 1974.

In that year and the three following (1974-77), the only Junior division offered was Boys 18 and under singles, with the results added to the IRA National Adult Singles rosters. The first separate Junior National Championship was held July 15-17, 1978 at



L to R: Mike Locker (2nd) with Mike Guidry (1st) at the Junior Nationals.

the Lemontree Athletic Club in Michigan with three boys and girls divisions of 17, 15 & 13 and under. A 10 and under division appeared in the results of 1979 and 1980, then vanished again in 1981. The standard division format we are most familiar with (18/16/14/12/10/8nb and under) was established in 1983 and went unchanged for another five years. This year's Junior National Championship at the Sports Club in Lakewood, Colorado initiated yet

another competitive division, a regulation rule 8 and under. In our opinion, this completes a successful and proven junior division format that is here to stay. Our congratulations go to the following junior champions:

HONOR ROLL OF JUNIOR CHAMPIONS

Boys 18- champions:

1974 Jerry Zuckerman
1975 Marty Hogan
1976 Bob Adam Jr.
1977 Jeff Larson
1982 Corey Brysman
1983 Ray Navarro
1984 Doug Ganim
1985 Jeff Conine
1986 Todd O'Neil

Girls 18- champions:

Marci Drexler
Trina Rasmussen
Toni Bevelock
Dina Pritchett
Elaine Mardas

1987 David Simonette
1988 Mike Guidry

Boys 17- champions:

1978 Scott Hawkins
1979 Doug Cohen
1980 Sergio Gonzales
1981 Jack Newman

Boys 16- champions:

1982 Jeff Mulligan
1983 Cliff Swain
1984 Mike Lowe
1985 Scott Richbourg
1986 Tim Doyle
1987 Joey Paraiso
1988 John Ellis

Boys 15- champions:

1978 John Egerman
1979 John Klearman
1980 Gerry Price
1981 Lance Lacour

Boys 14- champions:

1982 David Simonette
1983 David Simonette
1984 Scott Pekovich
1985 Joey Paraiso
1986 Robby Walden
1987 John Ellis
1988 Allan Engel

Boys 13- champions:

1979 David Gross
1980 Luis Miranda
1981 Luis Miranda

Boys 12- champions:

1978 David Gross
1982 James Lorello
1983 Nolan Glantz
1984 Jeff Russell
1985 John Ellis
1986 Nicky Xynidis
1987 Sudsy Monchik
1988 Andy Thompson

Boys 10- champions:

1979 David Simonette
1980 Matt Rudich
1982 Nicky Xynidis
1983 John Ellis
1984 Joaquin Marieta
1985 Sudsy Monchik
1986 Jon Xynidis
1987 Wesley Miller
1988 Brent Zimmerman

Boys 8- (NB) champions:

1983 Sudsy Monchik
1984 Scott Zimmerman
1985 Wesley Miller
1986 Jon Boyett
1987 Jon Boyett
1988 Shane Vanderson

Boys 8- champion:

1988 Jacob Gautreau

Michelle Gilman
Michelle Gilman

Girls 17- champions:

Lislie Lindskog
Linda Hogan
Mona Mook
Mona Mook

Girls 16- champions:

Brenda Young
Michelle Morrow
Elaine Mardas
Claudia McCarthy
Tanya Spangler
Timi Dodson
Heather Dunn

Girls 15- champions:

Linda Hogan
Liz Alvarado
Stacy Fletcher
Lynn Wojcik

Girls 14- champions:

Crystal Fried
Elaine Mardas
Michelle Gilman
Michelle Gilman
Erica Wilhite
Jenny Lee
Jenny Spangenberg

Girls 13- champions:

Donna Allen
Noelle Kundinger
Elaine Mardas

Girls 12- champions:

Lyn Wojek
Tanya Spangler
Kimberly Pinola
Jackie Charboneau
Erica Wilhite
Talya Dodson
Elkova Icenogle
Aimee Roehler

Girls 10- champions:

Timmy Horrocks
Delainie Comer
Talya Sanders
Erica Wilhite
Talya Dodson
Elkova Icenogle
Alyssa Boland
Dawn Marie Gates
Debra Derr

Girls 8- (NB) champions:

Kelli Fisher
Christine VanHees
Christine VanHees
Dawn Marie Gates
Dawn Marie Gates
Jamie Trachsel

Girls 8- champion:

Jamie Trachsel



AARA



Above: Team Minnesota with 2nd place team trophy. Left: Mital Manzuri, Girls 8 & under 3rd place winner. Both photographs are from the recent AARA Junior Nationals.

AARA TO SELECT NEW U.S. TEAM HEAD COACH IN OCTOBER

At its meeting in October, the AARA Board of Directors will select the U.S. National Team Head Coach that will lead the U.S. Team for the next four years. Anyone interested in either becoming the Head or Assistant Coach may apply by mailing a complete resume to the AARA National Office at 815 North Weber, Colorado Springs, CO 80903.

Candidates should have an extensive background in coaching and be able to travel up to four weeks per year with the team. Applicants for Head Coach who, if not selected, would consider service as an Assistant Coach should indicate this alternative on their resume. All resumes must be received in the National Office by September 30th. ○



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Postmarked Friday, October 14.
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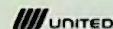
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PLAY BEGINS: 8:00 a.m. October 27-starting times available after 5:00 p.m. EST Oct. 24 - Call 301-298-8700.

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Hospitality will be provided throughout the entire tournament. Saturday evening Awards Banquet is free to all PLAYERS. All industry auction to follow Awards Banquet.

AWARDS:

Given for first, second, third, fourth, and consolation. For seeding purposes, please send record of past accomplishments. Non-championship will receive plaques. Winners men's and women's open divisions will qualify for the U.S. National Team. Based upon final approval of the United States Olympic Committee, the semifinalists of the men and women's open division will qualify for the Olympic Sports Festival slated for Oklahoma City in July of 1989.

NOTE: Men and women's A divisions may be limited to 64 players per event. Due to the anticipated large turnout, A's will be accepted on a first come, first serve basis. Age eligibility is determined as of the first day of the tournament.

Please enter me in the event(s) checked below. Players may enter two events.

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 () Jr. Vets-19+
 () Jr. Vets-25+
 () Seniors 30+
 () Seniors 35+
 () Seniors 40+
 () Masters 45+
 () Masters 50+
 () Golden Masters 55+
 () Golden Masters 60+
 () Golden Masters 65+
 () Golden Masters 70+
 () Golden Masters 75+
 () A (non-championship event)

MEN'S DIVISION

- () Open
 () Jr. Vets-19+
 () Jr. Vets-25+
 () Seniors 30+
 () Seniors 35+
 () Seniors 40+
 () Masters 45+
 () Masters 50+
 () Golden Masters 55+
 () Golden Masters 60+
 () Golden Masters 65+
 () Golden Masters 70+
 () Golden Masters 75+
 () A (non-championship event)
- () Mixed Dbls open
 () Mixed Dbls 25+
 () Mixed Dbls 30+
 () Mixed Dbls 35+

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AGE DIVISION CHAMPIONS

Compiled by John Mooney

Through the end of the year, we'll continue to celebrate the 20th Anniversary of the AARA, and individual achievers, by listing the National division champions in all age groups. We'll begin with the shorter lists of the 19+, 25+, 30+ and 35+ divisions, which have grown quickly and become highly competitive in the years since their addition to the National Championship format. Congratulations to:

Men's 19+

1984	Tim Hansen (FL)
1985	Joe Cline (NJ)
1986	Lance Gilliam (TX)
1987	Michael Bronfeld (CA)
1988	Michael Bronfeld (CA)

Men's 25+

1983	Mark Morrison (FL)
1984	Bill Land (LA)
1985	Gary Merritt (TX)
1986	Bill Land (LA)
1987	Tim Hansen (FL)
1988	Mark Morrison (FL)

Men's 30+

1980	Mark Hegg
1981	Ed Remen (VA)
1982	Joe Wirkus (WI)
1983	Joe Wirkus (WI)
1984	Jay Schwartz (FL)
1985	Dennis Aceto (MA)
1986	Bobby Corcoran (AZ)
1987	Bill Land (LA)
1988	Bobby Corcoran (AZ)

Men's 35+

1974	Bud Muehleisen (CA)
1975	Bud Muehleisen (CA)
1976	Bud Muehleisen (CA)
1977	Jim Austin (TX)
1978	Jim Austin (TX)
1979	Jim Austin (TX)
1980	Jim Austin (TX)
1981	Jay Jones (CA)
1982	Johnny Hennon (TN)
1983	Johnny Hennon (TN)
1984	Jay Schwartz (FL)
1985	Ed Remen (VA)
1986	Craig Kunkel (CA)
1987	Craig Kunkel (CA)
1988	Stu Hastings (MI)

Women's 19+

Mona Mook (CA)
Lisa Hjelm (CA)
Teresa Beresford (VA)
Kersten Hallander (FL)
Lisa Ecker (MI)

Women's 25+

Cindy Baxter (PA)
Molly O'Brien (PA)
Kathy Gluvna (AL)
Diane Bullard (FL)
Chris Evon (IL)
Malia Kamahoahoa-Bailey (VA)

Women's 30+

Carol Frenck (VA)
Betsy Massie (CA)
Carol Frenck (VA)
Brenda Loube (MA)
Lucy Zarfes (PA)
Julia Pinnell (FL)
Gail Woods (LA)
Susan Morgan (FL)
Susan Morgan (FL)

Women's 35+

Carmenza Pond (TN)
Sandy McPherson (OK)
Barbara Levitt (CO)
Linda Siau (CA)
Linda Siau (CA)
Barb Smith (ID)
Barb Smith (ID)
Barb Tennessen (MN)
Barb Tennessen (MN)
Martha Callahan (MA)
Eileen Ehrlich (FL)
Eileen Tuckman (FL)
Carole Dattisman (PA)

NEW RULE LIMITING APPEALS ADOPTED BY AARA

by Otto Dietrich, National Rules Commissioner

One of my duties as the newly-appointed National Rules Commissioner is to tell you about a new rule that was approved by the Board of Directors at its annual meeting in Houston. Effective September 1, 1988, each player will be allowed to make only three (3) appeals per game. However, if either line judge indicates disagreement with the referee's call by giving a "thumbs down" signal, then the player is NOT charged with having used that appeal. Furthermore, every game-ending rally is appealable — even by a player who has already used all three appeals.

In all likelihood, this new rule will affect very few players. I've noticed that those games in which one player makes more than three appeals are really quite rare. Conversely, the rule will put a stop to those few players who abuse the appeal process in an attempt to either disrupt their opponent's concentration or as a stalling tactic.

Until new scorecards are printed, I suggest that you write the letter "A" in three groups of three each (AAA AAA AAA) above each player's name on the scorecard. If an appeal is made and neither line judge disagrees with your call, then simply cross out one of the "A's" to indicate that an appeal has been used. Of course, if either of the line judges gives a "thumbs down," then DO NOT cross out an "A" since the player gets to retain that appeal.

Three other decisions affecting the rules were made by the Board at Nationals. First, this year's U.S. National Doubles Championships will feature three new MIXED doubles divisions — 25+, 30+ and 35+. Secondly, the board decided that a proposed rule change may not be considered for adoption more frequently than every other year. Lastly, the board voted to change the term "avoidable" hinder to "point" hinder.

Finally, I'd like to remind you that anyone can suggest a change in the rules. The procedures for submitting a proposed change are described on page four of the 1987-88 rulebook. For a change to be considered in the following year, it must be submitted in writing by October 1st. For clarity, I suggest that you organize your proposal into three main paragraphs — (1) Present rule, (2) Reasons for a change, and (3) Proposed rule. Send your proposal either to the AARA National Office at 815 North Weber, Colorado Springs, CO 80903, or directly to me at 4244 Russett Court, Lilburn, GA 30247. Either way, I assure you that your proposal will be given proper consideration for adoption. O

Otto Dietrich was appointed as the National Rules Commissioner by the AARA Board of Directors in May of this year. His expertise comes from many years of service on the National Rules Committee, experience as a Head Referee for the men's and women's professional tour circuits and the officiation of hundreds of state, local and national matches.



SCHEDULE OF EVENTS

September 2-4

Late Summer Classic
Racquet Plus
4 Ogtethorpe Prof. Blvd.
Savannah, GA 31406
Mike Faessler
912-355-3070

September 8-10

North American 40+
RB Championships
Academy Court Club
5555 McLeod NE
Albuquerque, NM 87109
Gary Mazaroff
505-266-9213

September 16-18

Camelot Sawyer Brown
Tournament
Nashville Supreme Court
4633 Trousdale Drive
Nashville, TN 37204
Jerry Dixon or
Dawn Young
615-832-7529

September 22-25

Adult/Region 15 Doubles
Kent, WA
Sid Williams
206-472-2266

September 22-25

Southeast Regional
Doubles
Racquetpower
3390 Kori Road
Jacksonville, FL 32117
Mary Lyons
904-268-8888

September 23-25

Maryland State Doubles
Severna Park
Racquet Club
218 Maryland
Millerville, MD 21108
Robin Duble
301-283-2355

October 7-9

Cool Cucumber
YMCA
3620 Cleveland
Heights Blvd.
Lakeland, FL 33803
Grace Page
813-644-3528

October 7-9

Courthouse Open
Courthouse Health &
Athletic Center
3216 Highway 390
Panama City, FL 32405
Cinde Jobson
904-769-6184

October 7-9

The Steeplechase Inn
Racquetball Classic
Maryland Farms Racquet
& Country Club
5101 Maryland Way
Brentwood, TN 37027
Lori Hickey
615-373-5120

October 14-16

Lukemia Tournament
Park Avenue
714 Park Avenue
Orange Park, FL 32205
Connie Smith
904-269-8000

October 21-23

Holiday Open Benefit
Tacoma, WA
Sid Williams
206-472-2266

October 21-23

Sun Coast Fitness
Center Open
Sun Coast Fitness Center
581 Venice By Pass North
Venice, FL 34293
Bill Clark
813-488-7255

October 21-23

The Great Pumpkin Open
Sports Club of Las Vegas
3025 Industrial Road
Las Vegas, NV 89109
Martin Padilla
702-733-8999

October 21-23

2nd Annual Invitational
Halloween Tournament
Sportswest
1575 So. Virginia
Reno, NV 89502
Mike Dick
702-348-6666

October 21-23

3rd Annual Mullet
Festival Classic
Bluewater Racquet &
Fitness Center
4400 Highway 20 E
Box 5129
Niceville, FL 32578
Steve Hancock
904-897-4376

Oct. 22-November 5

World Corporate Games
What A Racquet
San Francisco, CA
415-781-1988

October 27-30

1988 Ektelon National
Doubles
Merrit Athletic Club
2076 Lord Baltimore Drive
Baltimore, MD 21207
Luke St. Onge
719-283-2355

October 28-30

7th Annual
Williamsport Open
Williamsport Nautalis &
Racquetball Club
Williamsport, PA 17701
Bernie 717-667-2209

STATE RANKINGS

July 6, 1988

Ranking	State Name
1	California
2	Florida
3	New York
4	Illinois
5	Colorado
6	Pennsylvania
7	Massachusetts
8	Ohio
9	Texas
10	Michigan
11	Indiana
12	Minnesota
13	North Carolina
14	Louisiana
15	New Jersey
16	Connecticut
17	Washington
18	Wisconsin
19	Georgia
20	Arizona
21	New Hampshire
22	New Mexico
23	Tennessee
24	Montana
25	Utah
26	Alaska
27	Maine
28	Maryland
29	Virginia
30	Nevada
31	South Carolina
32	Oklahoma
33	Rhode Island
34	Delaware
35	Vermont
36	Kansas
37	Mississippi
38	Alabama
39	Arkansas
40	Idaho
41	Missouri
42	Kentucky
43	West Virginia
44	Wyoming
45	South Dakota
46	Oregon
47	Iowa
48	District of Columbia
49	Hawaii
50	Nebraska
51	North Dakota



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