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September 1986

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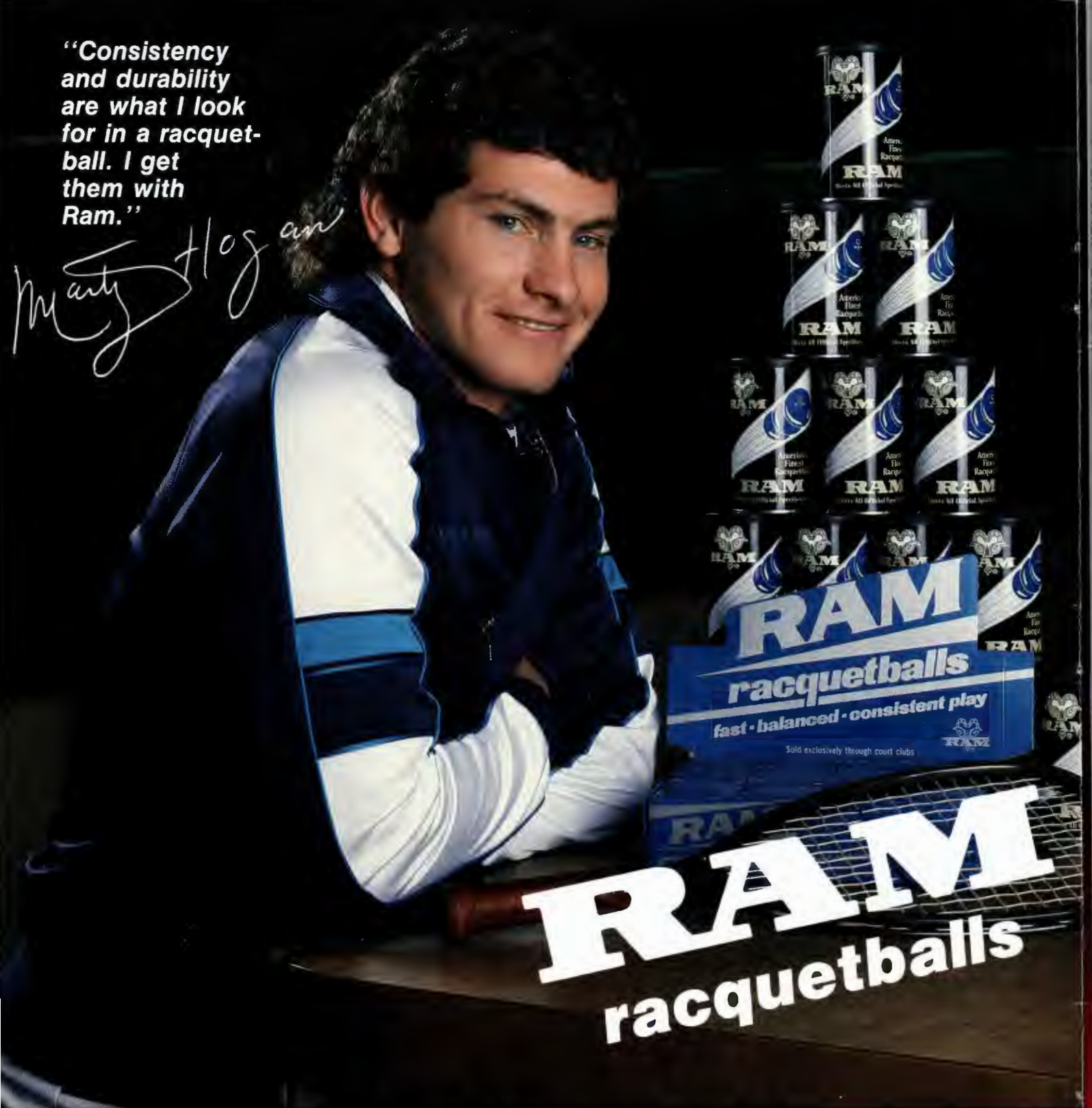
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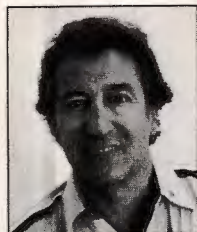
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OFF THE WALL

by Joe Massarelli



Orlando Club Makes Possible The Impossible

When the telephone rang at her office in mid-June, Orlando Tennis and Racquet Club manager Julie Pinnell wasn't exactly prepared for the message that followed. At the other end was AARA executive director Luke St. Onge. Luke and Julie are personal friends, so unusual favors are not uncommon among good friends. Luke's was an unusual request!

The International Amateur Racquetball Federation (IARF) had planned for its World Championships III to be held in Montreal in August, but at this late date things had gone awry. St. Onge's mission was to find a new location, but with only seven weeks remaining before the 20 participating nation teams would be arriving, Luke needed to rely on someone who could react quickly and positively.

Julie Pinnell synthesized what turned out to be one of the best World Championship tournaments in what must be considered record time. And, she miraculously brought sponsors, the Federation and the participating teams together in a well orchestrated international event that served as an exciting prelude to the 1988 World Championships scheduled for Hamburg, Germany where, according to Federation secretary general Keith Calkins, as many as 28 nations might participate.

The IARF was founded in 1979 with 13 charter nations. A year later, the IARF became a provisional member of the General Association of International Sports Federations, then a full member in 1985. In July 1981, the World Championships I were organized and conducted in Santa Clara, CA with six nations

participating. In July 1984, the World Championships II were held in Sacramento with 12 nations participating.

During the interim four years, several regional championships were played in Asia, South America, Europe and the U.S. In January of this year, racquetball was exhibited to the Seoul Organizing Committee of the 1988 Olympic Games during the U.S. National Racquetball Team's Far East Tour.

Each year, a U.S. National Racquetball Team is formulated, consisting of finalists from the four events. Currently, the national team has two main functions. It is the team that represents the U.S. and the sport of racquetball in international competition, and it is the AARA's vehicle to physically develop and promote racquetball outside the U.S.

In 1983, the team competed in the Pan American Championships, in San Jose, Costa Rica. December 1984 followed with the Pan American Championships in Quito, Ecuador. Then in 1985, the team traveled to London, England to compete in the World Games II. This was followed by a tour of Japan and Korea in January 1986, where the team held racquetball instructional clinics and promoted the sport throughout Japan, Osaka, Kobe and Ngoya.

In just seven short years, racquetball and the IARF have gained worldwide recognition, and the Federation's membership has expanded to 46 nations.

Our October issue will carry full coverage of the happenings at Orlando during the World Championships III. But, before I sign off,

we want to say thanks to Ron and Julie Pinnell, as well as the owners and the entire staff at the Orlando Tennis and Racquet Club for accepting an impossible task and melding it into a great international achievement. Racquetball is, in fact, a worldwide sport and those dedicated members of the IARF have been responsible for its tremendous growth and popularity. □

National Racquetball

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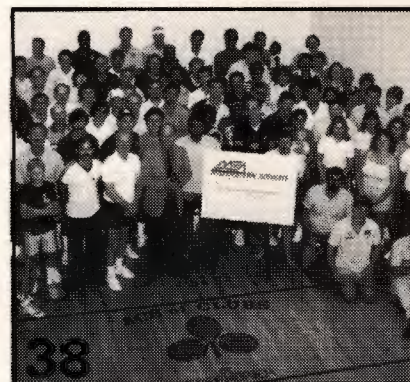
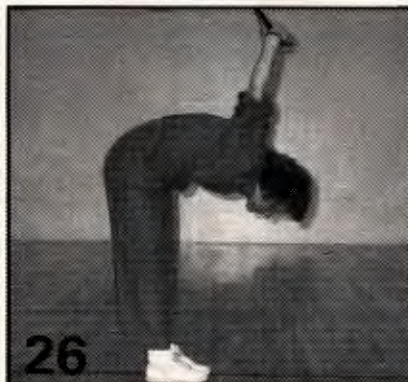
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On the cover: TV star Ted Lange is an avid racquetball player. (Story on page 16).

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FIRST SERVE

by Chuck Leve



Catering To the 'Young Studs'

My friend had just put away his golf clubs. His tan was as golden bronze as he felt it would ever get. He hadn't sweat athletically since June. He was ready to resume his racquetball game.

He confided that while he had not been on the court in some time, that his heart was still with racquetball. To prove it, he shouted out a dozen or so article names that were published during the summer, giving his varied opinions on each and proving that even when he doesn't play, he stays in tune with the happenings of the sport.

"You know, there's something that's been bothering me for a long time," he said as we hit the locker room. (We were the only people in our section of the dressing area, yet the person at the front desk gave us adjoining lockers. I think this is a club policy). "Why does your magazine insist on catering to the young studs?"

"Young studs?"

"Yea. You know, the big hitters. Sponsored players. Pros."

It was at this point that I remembered why I hadn't missed our weekly match. His incessant badgering and second-guessing about the state of racquetball from his safe perch outside the sport, had become increasingly annoying. I relished my summer play with new partners who just wanted to have fun and cared not about the issues facing racquetball.

"I didn't think we were catering to anybody," I said. "Least of all some unnamed 'young studs.'"

"Give me a break! All I ever read about is Yellen-this and Hogan-that. You'd think your magazine was written by them."

"They make the news," I responded. "They win the tournaments, they go out into the racquetball community and promote the sport. They deserve the coverage."

Somehow I didn't think that one would fly. It didn't.

"Hey, pay me a hundred thousand a year and I'll promote anything," he said. "What about the rest of the racquetball world? Where's your coverage of the top amateurs?"

I explained that the top amateurs were merely aspiring pros, probably young studs to be. If we filled our pages with the likes of them, once they achieved stud-dom they would be overexposed, if you'll pardon the expression.

That one stopped him, but only briefly. The meat of his argument was still to come.

"What about the older guys?" he asked in a raised voice. "The masters and golden masters and even some of the seniors as long as they've got grey hair. Don't they deserve their share of the glory?"

"Besides that," he added, "the older guys are the players who spend money on racquetball. They buy the club memberships, rent court time, purchase equipment and read your magazine. The young studs never pay for anything."

I had about had my fill. First, I countered that the so-called young studs, if you'll except Yellen and

Hogan, are not getting rich playing pro ball. In fact, most of the pros lose money playing once you subtract expenses and loss of work time from their meager earnings.

Second, Yellen and Hogan might earn a good wage playing and promoting racquetball for themselves and their sponsors, but that should not be held against them. Every sports publication that decently covers its activity, covers the best their game has to offer.

But I did concede that more could be done to promote the older players. But my comments came too late. My friend was on a roll.

"You don't need their mugs on the cover or splashed all over the magazine in color," he said. "But I know that there must be some interesting stories, anecdotes and potpourri among those players that would make good reading."

Well, my friend did have some good points. Having written plenty of articles about all sorts of players over the years, I've found that many, many regular racquetballers have unique jobs or tournament experiences that would help fill our pages with more than just information on the young studs.

I promised him we'd try to seek out more material in this area. But inside I was pretty hot. I don't mind losing a racquetball game to him, but I do hate losing arguments.

We went out on the court, warmed up and began our match. I hit him in the back with my first shot and felt a lot better. □

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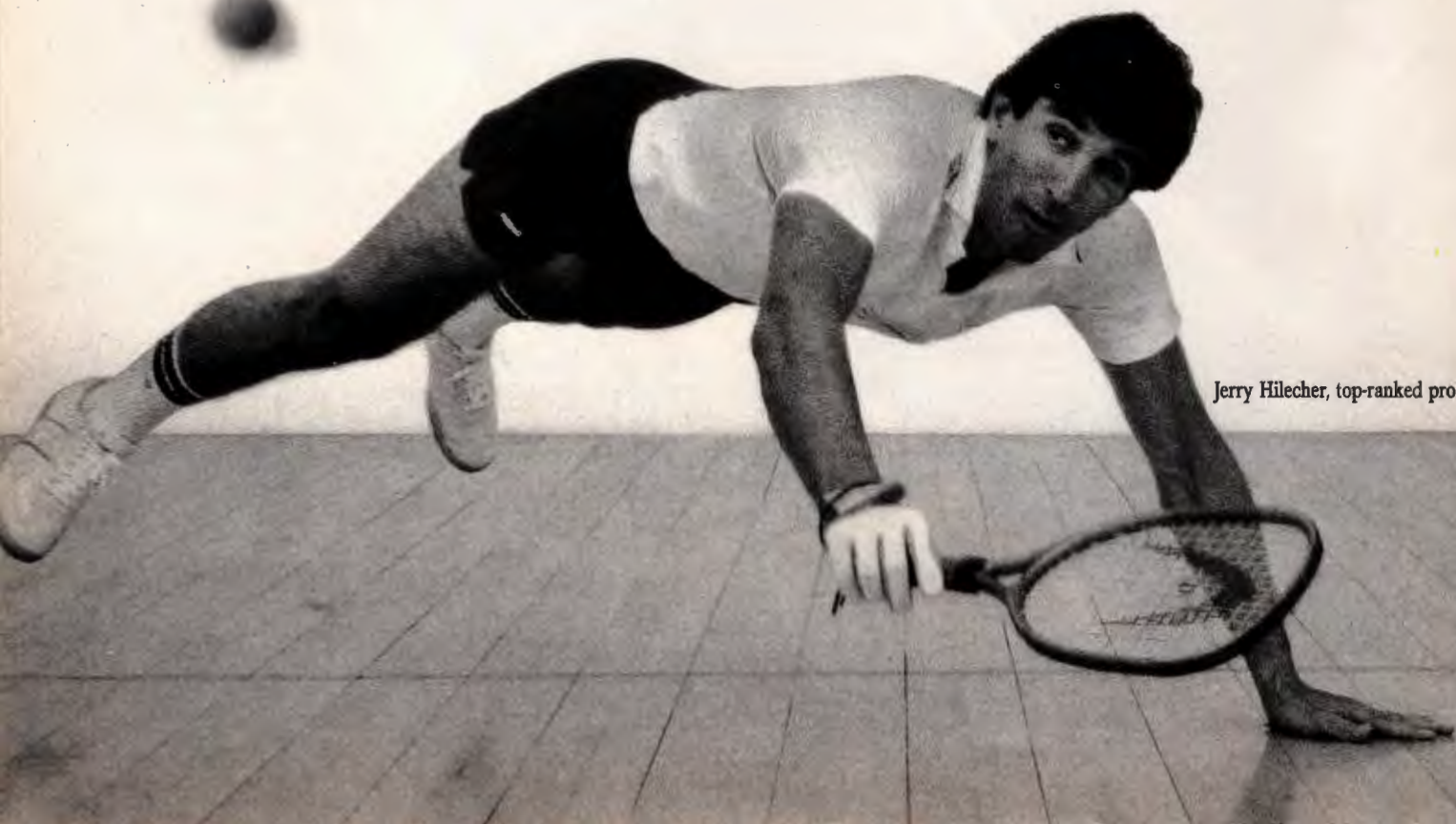
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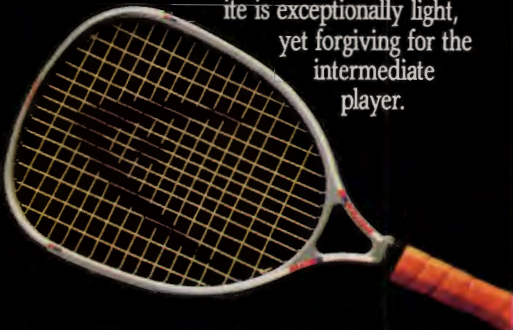
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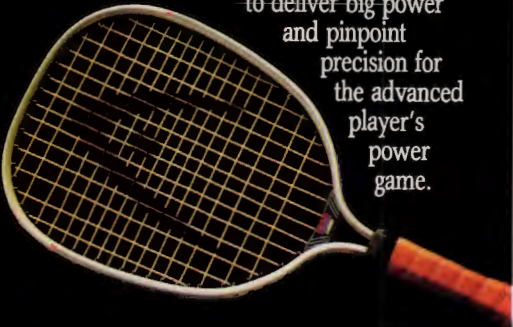
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Winners Lose

Tournaments are exciting, dynamic, social, and unfortunately, frustrating. I'm speaking to those of you who play tournaments, and have won a hotly contested match. Shortly after the match didn't you wonder if it was worth the effort? Especially when the loud speaker blasts that grating blast, "Mr. Winner report to the desk immediately — or else!" No matter that you just completed your third match of the day, get up and ref!

You're now expected to give the next match your crisp and clear attention, make those skip calls accurately, be alert, use sound judgment and anticipate the flow of play for those all-important hinder and avoidable hinder calls. All while you're dead tired!

"Let's go Mr. Winner. The players are warming up and anxious to get it going." (Who can blame them?)

When it's over those same players are wondering why that blind referee couldn't see the avoidables, skips and obvious hinders. Even the winner is upset because the lousy ref cost him the second game, forcing him to go three games for the second time today. He's exhausted.

Then the loudspeaker again. "Mr. Winner, come to the desk — or else!"

Winners lose! What's the answer?!

Joe Lambert
Grand Prairie, TX

In Florida, where amateur softball is very popular, an umpires association was formed to handle all tournament play. This association trains, implements rules, suggests new ones, and generally controls tournament play with fair and reliable umpiring. The umps are paid on a per game basis by the league through monies supplied by the participating teams. In

our sport, tournament fees could be assessed and applied toward the same type of ref organization. What we need are the people who feel competent enough to referee such tournaments to register their interest with AARA. — Ed.

Screen Serve Reaction

I totally agree with Chuck Leve's "First Serve" article in the July issue in which he endorsed the RMA's new rule regarding side wall screen serves. I am an amateur recreational and league player. And although this ruling does not as yet affect amateurs, my hopes are that it will soon.

As a strong female power player, I have used this type of serve with much and obvious success; however during one recent match against a "much better" player I found myself on the receiving end of this "dirty pool" serve. I was totally "aced" out of each game, with very little chance to see what would happen should a rally ensue.

My opponent had perfected her near-screen serve to an art. I went home very frustrated and despondent, not to mention curious as to what might have happened if given a fair chance to play.

Needless to say, I learned my lesson and have since applied a more "do unto others" attitude when playing. Let's see this new rule soon enforced for all, including amateurs and especially those who refuse to live by courteous rules of conduct and good sportsmanship.

Tammera Malicki
Cameron Park, CA

I used to play cards with a guy who could palm cards, stack the deck or mark certain cards so he would win.

(continued on page 8)

Letters (continued)

I could have smacked him in the mouth or just stopped playing with him. I chose the latter. Point is: Rules are meaningless if the players don't respect and abide by them. Hopefully, the AARA will react to the screen serve problem as the pros have. In the meantime, let me pass along something my Uncle Vito once told me. "It doesn't matter how you play the game, it's whether you win or lose that counts!" — Ed.

answer session, the players were divided into small groups to practice the new drills introduced. Mr. Michaely went from court to court with more personalized instruction.

The clinic continued past the scheduled ending time because everybody was having so much fun. We are very thankful to Mr. Keiden, Ektelon and Mr. Michaely for running such an enjoyable clinic.

Jordan Kahn
Bannockburn, IL

Great job guys. Keep up the good work. — Ed.

Oops!

I just finished the July issue. Isn't that Mike Yellen on page 12 and not Marty Hogan (as the caption reads) in front of the red Toyota MR-2 that Mr. Hogan won at the Toyota Pro/Am in Baltimore?

Which is becoming more popular with the public — the mid-sized or over-sized racquets? How about with the pros? Is there one racquet overall that's most popular with the pros?

Russ Kaufman
Laurel, MD

We stand corrected. Unless Marty Hogan had a lot of plastic surgery recently, that was indeed Mike Yellen on page 12 of our July issue. As for racquets, our information is that the mid-sized are selling better than over-sized and that the pros use a wide variety of racquets with no concrete pattern of choice. — Ed.

Thanks For The Clinic

Recently our club had the pleasure of having a free clinic sponsored by Ektelon. Paul Keiden, our Ektelon rep and Art Michaely, a local pro hosted the clinic.

Mr. Keiden made available the largest selection of racquets I've ever seen, answering questions about the various styles and allowing our clinic players to test the different types.

Mr. Michaely was marvelous with the crowd, comprised primarily of novice to open players. He was articulate and knowledgeable as he demonstrated various game situations. After a short question and

We hate to say it, but racquetball is our only sport. However, for those who want to slow down, you can find out more about paddleball by contacting: National Paddleball Association, P.O. Box 712, Flint, MI 48501. — Ed.



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My Game Of Racquetball

Champions Aren't the Only Players on the Court

by Alice Terada

Once a week I've played racquetball for the past three years — for exercise. An ace player, you say? Aspiring — yes; ace — no. I'm just a middle-aged player. My legs are slow, my arms swat the wrong spot, my serves go awry and, too often, I serve to myself — and get black-and-blue. I even trip over my shoes and run into the wall. But nothing's impossible in life.

I took private lessons. My instructor, Shippy, said I have the form, the stance, the grip and swing. I even have a pretty good backhand. In other words, I look good. I should; I'm an old tennis hand who can't take the sun anymore. I could be an ace player.

To improve my game, Shippy said, all I needed was practice. But practicing by myself was no fun — I had to do all the running and fetching. There was no one to say, "Wow! That's a great shot!"

There was no one to distract me from those bloody dried spots on the wall. After half-an-hour of practice, the squeak of rubber soles screeched. The white walls began to close in on me. And so I went back to my weekly game, sans practice; my weekly game now doubles as a practice session.

Then I heard that weightlifting helped. I ran to the weight room to get programmed. Pumping iron with five-pound weights next to muscled men who left 200 pounds made me feel I was filling a tub with a teaspoon. Never mind, I comforted myself, I was in a community of more than two million women who lifted weights. And it did make a difference in the strength behind my swing.

There was one hitch — I had to

continue. This was no one-shot deal. I felt like the flab under my wings: As soon as I stopped lifting weights, my problems rejoined me.

Perhaps aerobics would help. If I could get to the ball, I deduced. I had a better chance of hitting it. With approximately 22 million other women throughout the country, I danced and jumped rhythmically to tons of sweat. Twice a week for a month. I stretched, jogged, pulled down, pushed up, jiggled side to side. It was fun, it was energizing. It was work. But, alas, it had nothing to do with my game of racquetball.

In desperation I tried another tack. Ever hear of the inner game of tennis? The inner landscapes of racquetball, I reasoned, couldn't differ very much from tennis. So with concentration and determination, I approached another weekly game.

I was amazed to discover how many decisions I made, unrelated to racquetball, while on the court. Do you know of anyone who has found a perfect rhyming word for "dinners" while waiting for a serve ... and how to return a favor ... and what to wear tomorrow, ad infinitum? I thought that playing racquetball cleared one's head for thinking through to decisions *after* the game. Clearly, the inner landscapes of my racquetball game were hopelessly cluttered.

I finally reached the point where I had to admit, much as I liked the game, I lacked that spark of champions. I had cherished an impossible dream. When friends in the locker room now ask, "How was your game?" my answer is, "It's great exercise!" □

Ken Ueyama: Japan's Pied Piper of Racquetball

by Mort Leve

It was back in 1972 that Ken Ueyama took the Japanese equivalent of the "Continental Tour" — after graduating high school. Without being able to speak English, young Ken saw America first on a three-month cross country Greyhound bus tour.

"With very limited funds, I took the cheapest means of transportation and stayed over at various YMCAs," Ken recalls. "It was at the YMCA in St. Louis that I saw racquetball played for the first time."

Racquetball immediately appealed to Ken, combining a fun, but strenuous, workout with keen competition.

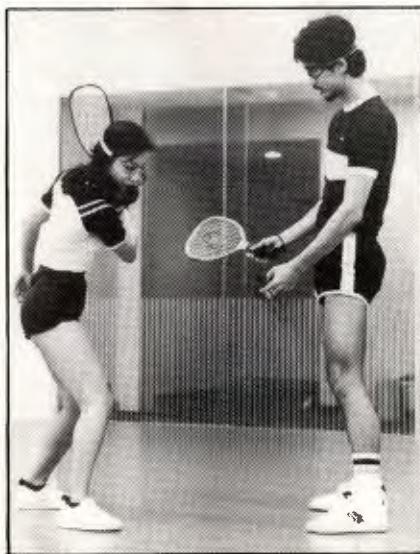
There was no racquetball in Japan at that time with only two known courts, one each at YMCAs in Tokyo and Kobe.

Ken came back to the U.S. the following year to study English in Macon, GA, so he could enter college. He then spent six months at the University of California, Berkeley, then six months at the University of Connecticut. His decision was to get into aerospace mechanical engineering. The northeast's coldness prompted him to transfer to Florida Tech University in Orlando (now the University of Central Florida).

"There was one court available at the 400-unit "swinging singles" apartment complex where I was staying and along with outdoor courts at a nearby community college I got my first taste of the game," he says. There was no one to teach the game, thus no strategy, and it was a case of who could hit the ball the hardest and had some athletic ability. In 1974 I was playing without knowledge of the game's basic fundamentals."

Ken was able to scrape together enough money for a \$9 Spalding wooden racquet, and then with the emergence of the commercial racquetball clubs in the area in 1975-76, purchased a Marty Hogan racquet at K-Mart.

Through *National Racquetball* magazine he found articles on passing, pinch shots, proper serves, rac-



Ken Ueyama gives some pointers to one of his students.

quet grip and wrist action... became one of the better college players and really got "hooked" on the game.

Though recommended through General Dynamics for the NASA program after graduation in 1977, Ken found there were no openings for foreigners. "I then went out to Los Angeles, did six months of graduate work at University of Southern California and then returned to Japan."

Ken had spent 1972-76 in the U.S., during which time racquetball was going through its biggest growth. "I was able to obtain a sponsor in Tokyo and returned to the U.S. to educate myself in construction methods, progress of the game and then to dedicate myself to its promotion in Japan. I traveled around, meeting leading products manufacturers, the head people at the U.S. Racquetball Association, and I attended a club development seminar in Chicago," he says.

"After returning home I found about 30 players, without any knowledge of the game's rules or strategies, playing at the Kobe YMCA's single court. I taught them the serves, proper returns, rules, how to obtain wrist action and position — that was the beginning."

Ken realized that to really introduce the game nationally in Japan he

would have to go to Tokyo.

As mentioned previously, there were only two existing courts in the entire country as compared with thousands in the U.S., originally built for handball. The task at hand was to promote and finance private sport clubs. Costs per court were found to be at least twice that of the U.S.

Ken also met with some skepticism because of the quick boom and faster demise of bowling and the severe leveling off in squash that took place in Japan. At a peak there had been more than 120 Japanese squash courts, which had dwindled to no more than 60.

Another stumbling block was in land availability. Considering the astronomical costs of \$1,000 per square foot for land, the only way a development package could be set up was to involve the land owner and "sell" such participation on social appeal and an ego image ("good face"), providing a community service.

Through association with an economics professor, Dr. Noda, and his contacts with large business corporations, the first sports club was planned with an executive office complex in the downtown sector of Tokyo. This club was to have three courts and use of Pearson W & W glass in all back walls, with the main championship court also having a glass side wall. The club opening was targeted for March 1981.

At the same time another group imported a panel court from the U.S. to pre-empt this opening, claiming to be the first racquetball court. They formed the Japanese Amateur Racquetball Association and held a first so-called national championship a week after opening... with only 30 players nationwide.

Ken obtained TV coverage along with other media exposure and published a magazine. Another association was formed but problems ensued. Ultimately Ken was frozen out of the picture and in time the association dissolved.

Disillusioned, but still determined,

(continued on page 12)

Ken set up product arrangements with Ektelon, Head and Penn. He further worked toward organizing a solid "teaching school" system. He again traveled to the U.S. and gained teaching certification from the American Professional Racquetball Organization (APRO), and then formed an affiliate group — JAPRO. His main interest was to teach, and he introduced the first Japanese manual and developed classes as more clubs were developed.

It should be understood that Japanese racquetballers take a different approach. They fervently want to learn and eagerly grasp any available printed instructional material and attend school-type classes.

Ken's seven levels of classes points toward no duplications in the program over a period of three years. At the same time it gives the clubs needed additional income. Each level is set up over eight weeks, 19 minutes each session with a charge

of about \$80. There are no more than eight players in a class with emphasis on everyone constantly in action.

Ads were placed in newspapers and on trains with a resulting big response. There were 300 in the first scheduled classes, and attendance later reached more than 500. When you realize that numbers like these represent tremendous response to such advertising, it might be assumed that similar programs could work as well in the U.S.

With such a response for lessons Ken has organized certification clinics to provide qualified teachers. Ken maintains, "We strive to make our drills enjoyable. We feel the students 'have to sweat' to satisfy. The aim is toward good exercise and giving a sense of accomplishment."

Each succeeding class starts with a full review of the previous lessons, then moves into new techniques and demonstration drills. "Nobody stands around and waits. We use a basketball form of circle feed of the ball. Two buckets of balls are kept in the rear corners with players starting at center court."

Today, every club in Japan uses the school system. It greatly improves the breed with a constant referral to the basics. "Our players must learn to execute," Ken adds. "We can now point to six years of these classes as a money maker for the clubs and as a development of real, lifetime, hard core players."

Following the U.S. trend, Japan's clubs now incorporate the glamor and popularity of aerobic exercise classes. At the onset there was little favor for the "muscle building" weight training, but in the past several years these circuit workouts along with the computerized exercycles, treadmills and rowing machines have gained devotees.

Ken has also promoted exhibition appearances yearly through Head's sponsorship of Steve Strandemo, whose instructional articles appear regularly in the official JAPRO publication. Marty Hogan and Dave Peck had a featured match in 1982 and Mike Yellen came over in 1984.

Future Japanese projections are for 50-100 new courts yearly.

Ken is now using his experience as a sports club consultant, assisting in the fast buildup of court numbers.

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**For The
Winning Hand**

Commissioner's Report

by Jim Hiser



The 1986-87 RMA Professional Racquetball Tour appears to be one of the most exciting series of professional play in many years. Not since the late '70s and early '80s has there been such a keen interest in the pro tour at all levels of our sport.

As the new season approaches, we at RMA are optimistic about a successful season. But, more important, the same optimism prevails among the promoters and players as well. Believe me, nothing makes me feel happier than to see those sponsoring the tournaments genuinely enthused about the professional end of our sport.

A number of questions have been directed at me or other RMA members, so I'd like to mention a few here. Will Mike Yellen continue to dominate the '80s? And, will he break the record of four straight national titles (Hogan and Yellen are tied right now with four each), or are a few of the newcomers bent on dethroning him?

I have my own opinions, but I'm not second guessing the results of what has shaped up to be one of the largest tours ever with 14 stops already scheduled.

The newly formed International Mens Professional Racquetball Organization (IMPRO) is off and running on a positive stride toward unifying players and making the competition even more professional by implementing new rules and

sanctions to enhance the game's credibility and image.

And, speaking of the new guard that has been moving up in rank, will the likes of Cliff Swain, Dan Obremski, Egan Inoue, Roger Harripersad and Mike Griffith be the serious threats that many on the tour perceive them to be? I should also mention Bret Harnett and his late season rally. Those who saw him at the DP Nationals know what momentum he has developed right now. His #2 ranking just may carry him right through the 1987 season.

Of course, no one can write off Marty Hogan. As one of the strongest, most powerful players to set foot on a court, Hogan must be respected for his ability to possibly recapture yet a fifth title.

Let me summarize by saying that the RMA is proud of what it has accomplished in a relatively short time. We're looking forward to continued support from the amateur ranks, and from amateurs striving to become professionals, because I know that the members of IMPRO will be doing everything possible to encourage amateur programs.

With so much to look forward to during the coming season, won't you join us by visiting a tour stop in your area? **National Racquetball** will provide details of the dates and locations in future issues. Or, call RMA for full details. The telephone number is (313) 653-9602. □

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Ted Lange: A Man Of Many Talents

by Stacy Okonowsky

Actor, writer, director, racquetball enthusiast . . . Ted Lange is a man who does it all!

Ted became a TV favorite in "That's My Mama," playing Clifton Davis' comical street-wise buddy, Junior, and then went on to play a hip handyman in "Mr. T and Tina." though that series was short-lived (lasting only four weeks) Ted's career was about to "set sail."

Best known for his role as Isaac Washington, the personable bartender aboard ABC's "The Love Boat," Ted has been delighting audiences in the series for ten seasons. Lange, who attended bartending school in order to add authenticity to the role, unquestionably has become the best known bartender in the world. "Love Boat" is seen in more than 80 countries, many of which have been used as locations for the show.

In addition, Ted's heavily involved in playwriting (the *Hollywood Reporter* called him the new emerging black playwright), producing, directing and a multitude of other projects.

Other writing activities led to a script for "The Love Boat," which aired in the 1980-81 season. In addition to acting, Ted has written and directed many of the "Love Boat" segments, as well as directed episodes of such shows as "The Fall Guy" and "Fantasy Island." He has also co-authored (with Jean Ford) a half dozen "Love Boat" segments and a Movie of the Week.

Born in Oakland, CA, Ted is the son of Ted and Geraldine Lange, both of whom have been active in theatre and television. A graduate of Oakland Technical High School, where he was both class and student body president, Ted went on to major in drama at San Francisco City College and Merritt Junior College.

During this time, he appeared in numerous productions, and was subsequently named best actor by the Black Students Association of San Francisco City College, winning a scholarship to the University of Colorado's



Ted Lange follows through with a solid forehand stroke.

Shakespearean Festival in 1968.

After appearing with the new Shakespearean in northern California, Ted went on to make his Broadway debut in the hit musical "Hair" and was featured in the first national touring company of the show.

Remembering the experience, Ted said, "I refused to go nude in the show. They were paying me to be the third understudy to the black lead. I told them, 'when I'm the lead then I'll take my clothes off.'"

Lange is also very active with the Los Angeles Inner City Cultural Center, especially the annual Ira Aldridge Acting Competitions, named for the first black Shakespearean actor. Over

200 people participate in these annual competitions, with scholarships going to young people interested in developing their acting skills.

Ted sponsors the competition, donating \$1,000 cash to each winning actor and actress in the adult divisions. "Actors need money more than they need awards," he says. A recent runner-up was Malcom Jamal Warner, currently starring in "The Cosby Show."

Despite all this, Ted does find time to pursue his other interests, and playing racquetball is at the top of the list. Although he started playing more than five years ago, the first two years were spent, by his own admission, "as a hacker."

Then his competitive nature took over. Racquetball, this occasional diversion, became a sport to conquer. And all because of a "friendly" little game.

"I was playing regularly with Glynn Turman, an actor/friend of mine," said Lange. "I had introduced him to racquetball, and we would see-saw back and forth each time we played. Then Glynn went on location to shoot a film and when we resumed our regular game, he killed me!

"And while Glynn never admitted to taking lessons, I had to do something. My pride was at stake!"

Ted went to Howard Nott, one of the pros at Mid Valley Athletic Club in Reseda, CA, where he's been a member for some three years.

"Once I started taking lessons, learning the strokes and strategy," said Ted, "I realized how much more I was enjoying the game. Until that time, I never knew there were more than front and back walls to play with."

Now considering himself a "racquetball enthusiast," Ted plays at least twice a week, and more when he's not shooting "Love Boat" or one of his other projects. He stays away from doubles, but enjoys a game of cut-throat now and then. But singles is his forte, especially against female competition, where he admits, "I like to stay in back court."

Lange sports a Marty Hogan graphite and carries his equipment in his car, just in case he can squeeze a quick match into his busy schedule. That equipment, by the way, always includes eyeguards.

"One of my regular opponents is an optometrist," said Lange. "He told me about some of his racquetball-related cases and that was enough. From that day forward, I wore eyeguards."

Ted doesn't play racquetball just for fun. Very often he plays for charity. Currently, he's involved in the Coors Light/Marty Hogan Classic, a series of amateur tournaments being held throughout southern California to benefit Multiple Sclerosis.

"This is my second year involved with the Classic," said Ted, "and I really enjoy it. I get to play my favorite sport while raising money for a very worthwhile charity. What could be better?"

Although Ted won't be playing in each of the 12 qualifying tournaments held this summer, he will be playing in the Pro/Celebrity Exhibition at the event's finals, August 16.

"I'm a frustrated jock, and I'm planning to show 'Smokin' Hogan a few of my own moves on the 16th," he laughed. "Seriously though, Marty is my idol."

Lange has recently expanded his commitment to health and fitness beyond racquetball. Since hiring L. E. "Cam" Caminite in January as his personal trainer, Ted's exercise routine has grown to four/five times a week, including aerobics, weight machines, exercycle and treadmill.

"I hired Cam because it's easier to work with a 'buddy system'," said Ted. "It increases my motivation. On my own, I tend to backslide."

The results speak for themselves.

"I've lost two inches on my waist and my whole body is better toned," he said. "I feel great . . . strong and with more stamina."

His program also included a change in eating habits, especially tapering down his insatiable sweet tooth, the conquering of which gives him great pride.

"Exercise and watching what I eat has become a very important part of my life," said Lange.

With ABC's plans to "dock" "Love Boat" this year, Ted will soon have the opportunity to "exercise" his other talents including writing, directing and producing. Upcoming plans may include a feature film, an off-Broadway play or another series.

Whatever it takes, Ted Lange plans to attack every new project, with, as he says, "the same gusto as my backhand." □



Complete exercise is his regimen, and here Ted works out on the Lifecycle . . .



Lange prepares for a back wall shot. Note the always present eyeguards.

Player Profile: Mike Griffith

by Dean Wallace

Who's the newest kid on the block, or excuse us, tour? None other than Mike Griffith. When the 1985-86 RMA pro tour season began, it appeared that there would be few new additions to challenge the tour mainstays, notably Hogan, Yellen, Harnett and the others. But that wouldn't be for long.

Playing out of the Courthouse Athletic Club in Salem, OR, Mike has definitely taken advantage of a chance of a lifetime. In September the Courthouse held its annual Chelsea's Pro-Am. Big draws for that tournament were Hogan, Harnett and Eggerman. Who ever heard of Griffith? No one, but not for long.

By the semi-final round people were starting to take notice. With Griffith taking the first game of his match with Hogan 15-12, it was time for Marty to get into it for real. With Griffith leading 14-13 in the second game and serving, he misplayed a set-up off the back wall and went on to lose to Hogan, 15-14. Marty went on to win that match and the tournament.

"That was the turning point, I had a shot to win and I missed. I guess I was scared," lamented Griffith. Mike turned to the pro tour shortly after that and has climbed through the rankings with each passing month. Since November, Mike has played in 10 RMA tournaments and has moved from the #52 to his present #17 spot.

But how did the opportunity arise that suddenly took one good performance and turned it into a career. "We knew Mike could be a good pro player if given the opportunity," reports Dean Wallace, general manager of the Courthouse Athletic Club and Mike's current manager.

"So the following morning, I talked with Jack Scott, owner of Chelsea's Restaurants and the tournament sponsor, and mentioned that a kid like Mike could be a great player just by having the chance to gain experience by playing on the tour."

What a break! The next thing everyone knew, Jack had offered Mike just that. He was willing to pay Mike's expenses and put him on the tour. "Jack is the main guy, I wouldn't be where I am now without him. Not only that, Theresa, Jack's secretary is just like a mom when it comes to handling the travel arrangements and finances," reports Griffith.

If there is a moral to the story, as Wallace says, "All the young and aspiring players out there should realize that they just need to keep working hard and play in all the tournaments they can because sooner or later they may get the same chance."

Soon after, Mike was on a plane headed for Arlington, TX and his first sanctioned pro stop. An aggressive power player, he was on top of his game, but not ready for this new experience.



"When I started playing I kind of wondered, what am I doing here?" Being a bit nervous and away from home, he lost in the qualifying round. "It was not what I wanted to do, but I did feel the pressure," remembers Griffith of that tournament.

With the support and reassurance of Jack Scott, he regrouped and has again moved up. In fact, he was runner-up to Mike Ray as the most improved player on the tour this past season.

"I've moved up very quickly, and I know I've got to pay my dues and continue to improve. I'm not the kid in the 45s anymore," says Mike who has set some lofty goals.

After spending the whole summer in Pleasonton, CA where his grandparents live, Mike will be back home in Salem, working and teaching lessons. And, going after a #10 ranking next season. For an 18 year old, time and youth are on his side. □

Dedicated Training, Practice and Competition are the Key Ingredients

by Caryn McKinney

As a professional racquetball player and president of the Women's Professional Racquetball Association (WPRA), one question I am often asked during my clinics and appearances throughout the country is, "How do you become a professional racquetball player?" Well, in one sense it can be extremely difficult and in another, incredibly easy. That is, the skill level one must attain to compete at the pro level can require many years of dedicated training, practice and competition, but the actual process of being able to play in a pro tournament is very simple.

Let's talk about the easy part first. Due to racquetball's relatively young age, we do not have the stringent requirements to "turn pro" that we see in some other sports. For example, you don't have to go through any of the rigorous or expensive competitive or teaching processes necessary to receive a PGA/LPGA Card (golf) or USTA Pro Certification (tennis).

For racquetball, it's merely a matter of your ability to compete at the professional level. In fact, you don't even have to make a choice between amateur and professional status. You can effectively compete on either of the pro tours (WPRA or RMA) and still maintain your amateur standing. You must simply place your prize money from pro sanctioned events in a trust fund (the AARA will administer one for you) and only receive funds back to the extent of your travel and training expenses.

If you choose not to retain your amateur status, it's even easier. Merely start playing in pro sanctioned events. For women, that means tournaments on the Women's Professional Racquetball Association (WPRA) Tour and for men, it's the Racquet Manufacturer's Association (RMA) Tour. Further, due to a recent ruling, pros can now compete in any AARA sanctioned events that offer prizes or prize money.

The actual mechanics of a pro divi-

sion are the same on both the WPRA and RMA Tours. For most events, the "main draw" consists of 32 positions. The top 24 players entered in the tournament, according to the current tour rankings, are given automatic berths in the main draw. The remaining eight positions are filled by "qualifiers." That is, every player entered in the tournament who is not ranked in the top 24 is required to compete in the qualifying round. These qualifying matches are usually held the day or morning prior to the start of play in the main draw.



Photos by Harvey Wysong

The size of the qualifying round varies from tournament to tournament. Depending upon the quantity of talented players in a given area of the country and whether or not it is a large national tournament, the qualifying round may require only a few preliminary matches or there may be as many as 50 players fighting for the eight open positions. At any rate, the top eight finishers in the qualifying round are then given berths in the main draw to fill the round-of-32.

The only requirement on the WPRA Tour to enter a pro division is that you be at least a WPRA Supporting Member. This annual membership costs \$28 and includes an incredible variety of benefits with a

value well beyond the \$28 cost. In fact, this membership is designed more for the non-pro racquetball player. A true "playing pro" membership costs \$50 annually and it is required as soon as a player actually earns money in a WPRA sanctioned event. That is, as soon as a player reaches the main draw round-of-16 and earns her first WPRA pay check!

One very successful program which the WPRA implemented three years ago might interest those of you almost ready to try your hand at qualifying. In an effort to encourage players who are competitive on the open level, but need professional match experience, the WPRA offers free entry into the pro singles division to anyone entered in the amateur open. These players must still be \$28 Supporting Members, but what a deal for those aspiring young players! And no, there is no limit to how many times you can take advantage of this program. You could literally play the entire year without paying a pro division entry fee and get many hours of that oh-so-valuable thing called experience.

The requirements for entry into the pro division of a RMA Tour Event are equally simple. Merely join their newly founded player's association, the International Men's Professional Racquetball Association, pay the membership fee (not yet established), and send in your pro division entry fee with your tournament application — just like playing an amateur tournament, but the competition is a bit steeper!

So much for the easy part. Now, the hard part — becoming good enough to effectively compete on the pro tour. The three areas of importance are: (1) acquiring the proper mechanics of stroke work, shot execution, service, etc.; (2) physical training and preparation; and (3) mental training and preparation.

Needless to say, all pro players have the first requirement of effective

(continued on page 30)

The Strategic Game

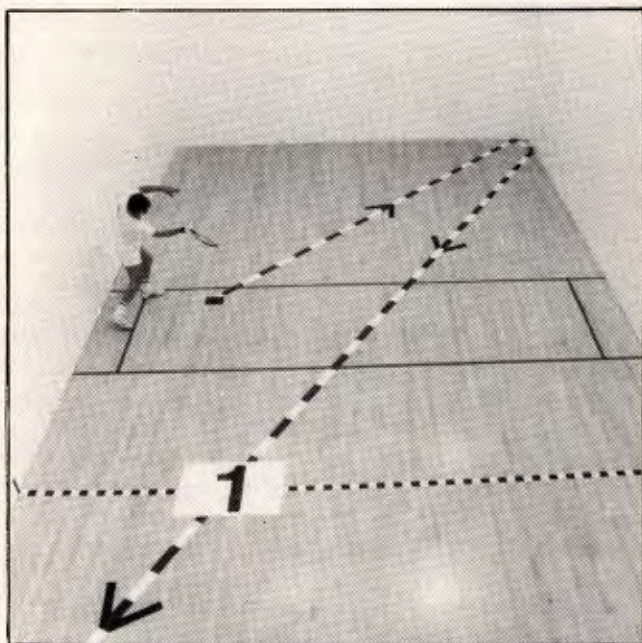
Part Five: Half-Lobs and High-Lobs

by Steve Strandemo
with Bill Brun

If you're interested in ordering an autographed copy of Strategic Racquetball, please write to Strategic Racquetball, Inc., Box 591, Coronado, CA 92118.



Here's the nice easy motion needed on the lob serve. Notice the chest-high ball contact, the semi-bent arm, and the locked wrist.



The high-lob "Z" serve takes the basic good "Z" pattern. Notice how far to the left the server must stand.

All three lob serves (half, high, and high-lob "Z") should be playing a vital role in your overall serving strategy, especially with the 5-foot "encroachment" rule again in effect. If the returner now tries to move up and cut the ball off in the air (fly-kill), he risks losing the point by having his racquet break the imaginary 5-foot line behind the service box. Thus, most players wait for the ball to bounce, which dictates a ceiling return if the serve has been hit correctly.

Lobs are the best "second serve" available, and they provide an excellent first serve when you're trying to dictate a ceiling-ball return. In fact, against players who have trouble with shots that come in around shoulder level in the backcourt, lob serves can actually become an offensive weapon by generating setups off your opponent's misdirected return. Don't be misled, though, for as your level of play increases, opponents make far fewer outright mistakes and you'll find that ceiling-ball rallies develop from most lob-serve attempts.

The Hitting Motion

Whatever lob serve you intend to hit, including the high-lob "Z," strive for a stroking pattern without any explosive movements, such as a snapping of the wrist or an extension of the elbow. Hit with a locked wrist and a semi-bent arm motion so that the only "moving" part is a smooth shoulder motion. This should produce a consistent serve, providing you practice the stroking motion and concentrate on hitting your proper front-wall targets.

When working on your motion, try to make contact about waist to shoulder level with a smooth, easy stroke. (High-lob "Z"s require a fraction more power to make the ball carom to the opposite side wall.) Letting the ball drop low will force you to bend down and hit up, while using wrist action to get the right timing. Nothing says you can't have success with this type of motion, but ball contact at shoulder height with a locked wrist is a more *efficient* motion and less likely to fail you under pressure.

Also, keep your non-hitting arm out of the way so that it doesn't limit a smooth motion by forcing you to swing across a barrier.

Direction and Strategy

Hit with the same motion, these two lobs should land about 5 feet behind the service box and angle into your opponent about shoulder-high, thus dictating a ceiling return. You can increase the difficulty of the return by

bringing the ball in tight along the side wall — providing it doesn't pop off for a setup. Remember, your goal with a lob is not an ace, but a ceiling-ball return. If you do err, a short lob will at least make your opponent change the direction of the shot.

Even if you're predictable, lob to your opponent's backhand side, unless he has a weaker forehand. You'll find that most players have greater versatility on the forehand side and, if you mis-angle a lob, can hurt you with their return.

The reason you want the ball to land on or near the imaginary 5-foot line behind the back service line is due to the current rule, which states that an opponent's body or racquet cannot break this imaginary plane until the ball bounces. This negates fly-killing of the serve and forces your opponent to short-hop the ball if he chooses to hit an aggressive return. Short-hopping is a much tougher skill than it appears, for you must have precise timing to hit down offensively on a ball that's rising. If an opponent does short-hop this serve — hoping to catch you off-guard — don't panic; simply adjust to a low-zone coverage position and look for the left up shot that almost always results.

The High-Lob "Z"

This serve requires exactness in execution and is a bit more complicated than regular lobs because of the walls and angles involved, but it pays off by providing an excellent tactical weapon.

Execution — You must coordinate a correct starting position, the right hitting angle, and sufficient velocity to make this serve most effective. Here's a checklist to review:

- Stand very close to the side wall as you go to serve so that you can create the desired angles. If you contact the ball near the middle of the court, the ball will angle down the middle and almost always come in short or long off the back wall as a setup for your opponent.
- Aim for a front-wall target area within inches of the side wall and about three-fourths of the way up. This high, tight angle will allow the ball to travel its optimum path, deep to the opposite side wall.
- When stroking the ball, bounce it near to your body and try to "slide the racquet in front of you as you angle the shot up. Swing slightly harder than you do on regular lobs, since the ball must have enough speed to carom across the court and high into the side wall.
- On a high-lob "Z" to the back left corner, many skilled players are using a backhand stroke with no wrist

action, simply to create an easier hitting angle.

- Ideally, try to make the ball strike the 5-foot line (behind the service box) so that it takes a high-arching path toward the side wall in the back corner, strikes the wall as high as 6 to 8 feet, and then comes down at a steep angle, just nicking the back wall. This will force your opponent to take the ball to the ceiling, and prevent him from hitting a fly-kill.
- Experience — and practice — will enable you to master a relocation turn out of the service box so that you feel secure about watching your opponent set up to hit as you move back. When relocating, you can turn either to the outside or inside, since your goal on the shot is to force a ceiling return. If you execute properly, the return will be directed up and you won't be caught in a precarious hitting lane. However, if you prefer to turn to the inside and your opponent moves up and either short-hops the ball or hits an overhead drive, be ready to turn quickly and adjust your position so you don't get ripped in the nose by an errant shot.

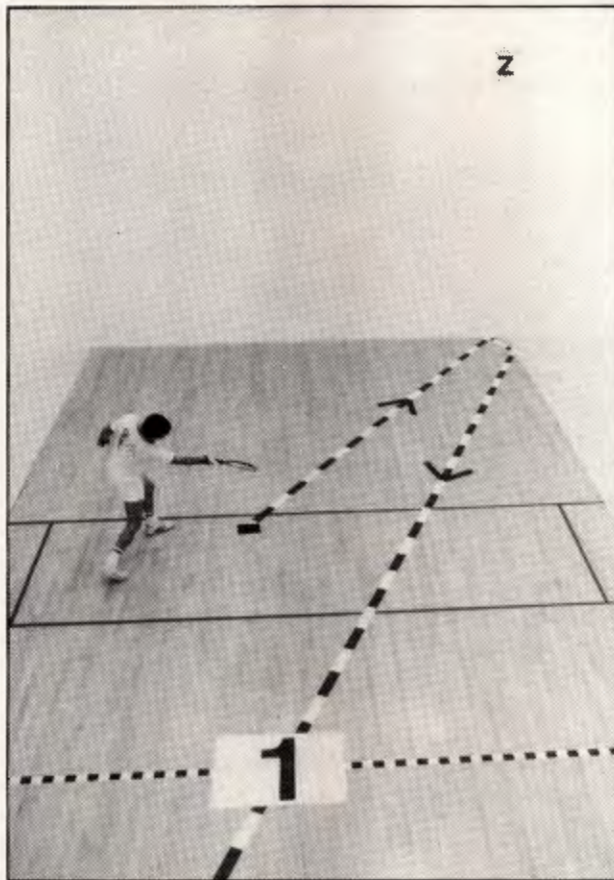
Strategy

When a high-lob "Z" comes out of the front corner at the correct angle, it hits the floor and takes a high, steep arc into the opposite side wall. Good sense dictates a ceiling return, either before the ball hits the side wall or just after it rebounds off the side wall, but this poses a tricky execution problem.

On the backhand side, for example, this high arc before the side wall forces your opponent to use a good shoulder swing while taking the racquet face on a more vertical upward pattern than normal, in order to contact the ball effectively. If he has a faulty, arm-poke type of stroke, this could result in numer-

ous setups. Even on the forehand side, the high-lob "Z" can force errors by making your opponent contact the ball at a higher level than normal.

Unless you find a specific lob that negates your opponent's offense practically every time, you will have to mix them up as the match progresses, trying to find which one is the most effective. A smart player also knows that just because his opponent is effective at returning high-lobbs to the left corner, this doesn't mean he is necessarily as efficient returning a high-lob "Z" to his forehand. Regular lobs, for example, are one-dimensional — coming straight down the court — while high-lob "Z"s approach the returner at a different angle and confront him with more of a



A common problem occurs when players make contact too far to the middle of the court and the ball angles down the center.

decision-making process: Hit the ball before the side wall, or wait for it to come off? Yet while high-lob "Z's" may generate more weak returns, there also tend to be more foul-ups by the server because of the angles involved.

Trying to camouflage your intended lob is much harder to do than on low-drives and hard "Z's," but the high-lob to the back left corner and high-lob "Z" to the back right corner complement each other. Since they are hit from the exact same motion and aimed at the same height up on the front wall, you can be a little deceptive as you mix them up. This helps keep your opponent at bay in the backcourt and makes it harder for him to read where you're serving, which in turn helps keep him from aggressively short-hopping some of these serves.

A Serving Philosophy

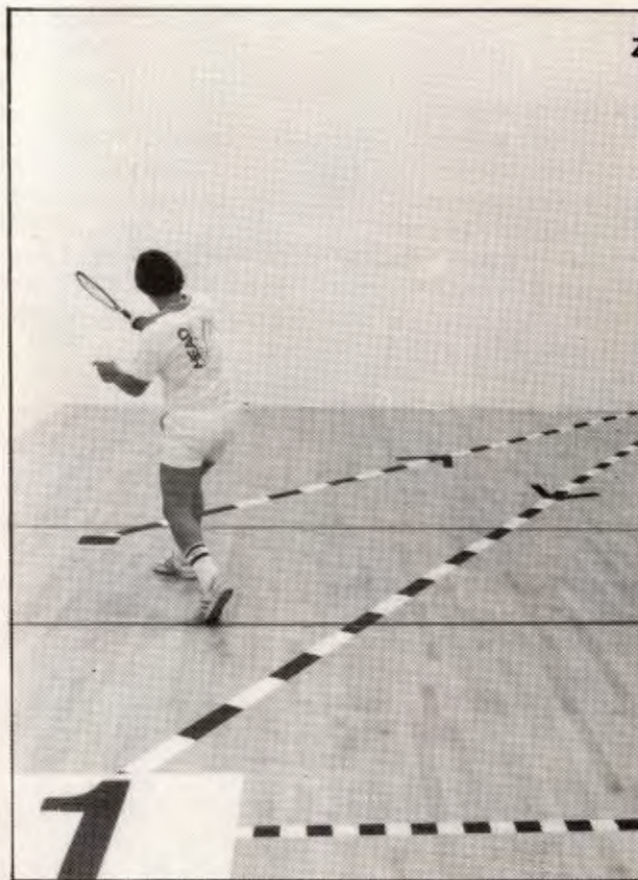
Here are some tactical and philosophical thoughts to consider as you pull together a mental approach that will maximize the serves you have in your repertoire.

First, let's assume that you're in a tournament situation and you've never played your opponent before. Obviously, you should test him out early in the first game with a variety of low-drives, "Z's," and lobs to see how well he can return them. If he has a particular weakness, exploit that weakness until he somehow solves the problem; if he can't adjust and you don't give him a reprieve with inefficient execution, you should win. That's the only "strategy" you actually need against an opponent like this.

In reality, of course, as you compete at C-level and beyond against players of relatively equal ability, your opponent will somehow find a way to compensate when you continually serve to a particular weakness. When he does compensate, he's going to start capitalizing on your predictability by "cheating" to certain coverage areas.

That raises a second key point, which is to recognize the importance of having the mental flexibility — and the serves! — to alternate your serving patterns as a typical match progresses or unfolds. I watch many players around the country, at every level, fall into a rut with the serves they have; they use them in predictable ways and they stick with an overall serving style they know best, even if it limits their ability to win against increasingly tougher competition.

Let's say, for example, that when you go in against an unfamiliar opponent you tend to think, "I'm going to pound the ball down this person's throat with low-drives and hard 'Z's.'" Unfortunately, there are those days when your 80-mph serve zips past you as a 100-mph return, continually forcing you onto the defensive. Rather than persist along this suicidal course by thinking, "I just have to hit my serves *harder* and more accurately and I can turn this thing around," you should rather confront your opponent with one lob serve after another, trying to generate ceiling-ball rallies that may help you reverse the momentum.



Some players find it easier to use their backhands to create good ball angles on a high-lob Z to the back left corner. Hit this serve with an easy motion and little or no wrist snap.

I lacked this willingness to change from one approach to another when I first began playing, and probably the biggest reason was that I never experimented with different serving styles in practice matches. In tournaments I would always hit a hard first serve and then a lob on the second. I didn't try using lobs exclusively as a first serve to learn the ramifications of that serving style; I was scared to change because I didn't know all the subtleties of a slower game plan created by a lob serve. So I would say to myself, "I'm going to prove to this guy that I can hit low-drive serves come hell or high water." Eventually that stubbornness would cost me the serve, because as good as I might have been at ripping the ball into the back left corner — concentrating on his backhand side — my opponent would begin to realize, "I'm going to move left and play that area because twelve serves in a row have gone there." By anticipating like that as I prepared to serve, he was able to hit low-zone returns that put incredible pressure on me as I relocated.

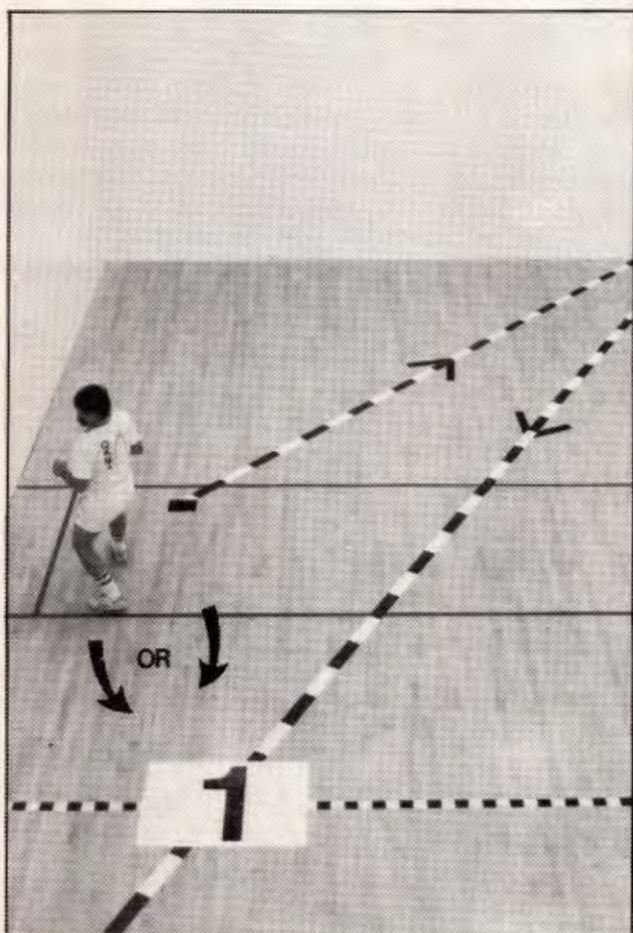
When you have some control of the basic serves, this not only enables you to change game plans as the match warrants, but to initiate the style of play you prefer. For instance, if you favor low-zone exchanges, then emphasize low-drive and hard "Z" serves on the

first attempt. When I serve a low-drive to you, for example, I'm trying to be offensive on the first shot, with a reasonable chance of being offensive on the third shot. I know that a few of my drives will come off the back wall as setups during the match, but otherwise, my aggressive serves will either draw a weak return or force you up to the ceiling. So I'm more likely to have an early scoring opportunity with this approach. Even if you take my serve and return it to the ceiling, I still had the first offensive shot of the rally by hitting a low-drive serve. On the other hand, when I lob to you on the first serve, I'm initiating a ceiling-ball rally and I know that I may not have an offensive shot until the fifth shot of the rally, assuming you return my serve effectively to the ceiling.

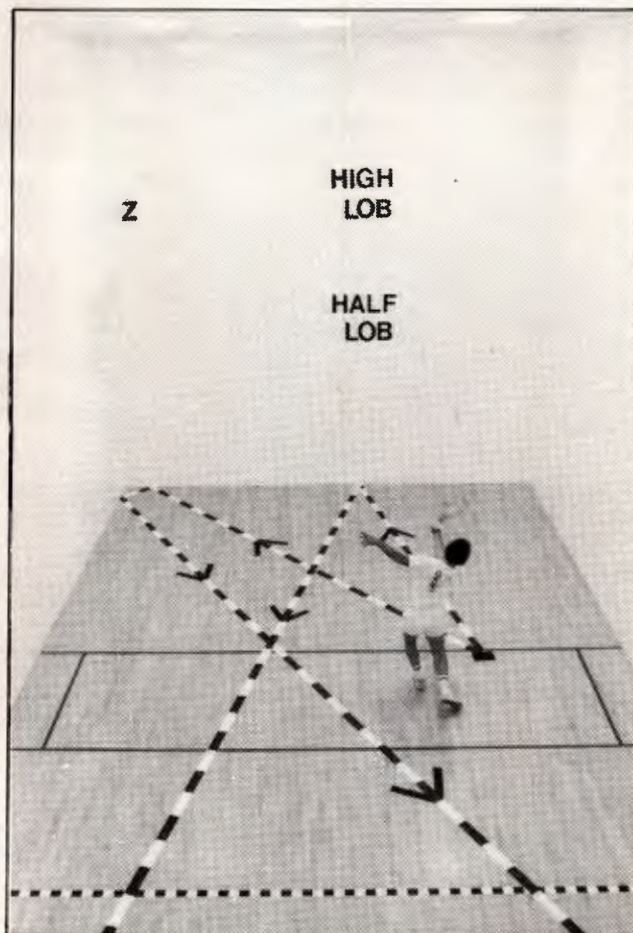
In good racquetball, when two relatively equal

players go toe-to-toe, the match is a continual cat-and-mouse game between the server and returner. The server tries to keep the returner off-balance with a variety of serves off the same motion, hoping for a weak return, while the returner is looking for any tipoff to get an early jump on the serve. Neither gets to the other with ease.

As a server, therefore, your long-range goal should be to learn to hit your front-wall targets with your basic serves. Don't worry about your opponent "reading" your serve to begin with; make sure you can serve well from appropriate positions. Then you can learn to camouflage your intentions from different parts of the serving zone, while mixing up the serves and directing them into both back corners. □



Since you are dictating a ceiling-ball return with your good high-lob "Z," your relocation turn is not so important; your opponent is going up with the return. But remember, if you mis-hit or he short-hops the serve, you should adjust your position quickly before it gets dangerous.



This shows the proper ball direction of the different lob serves. your goal is to land the serve on the 25-foot line (indicated by the dotted line).

The Wide Angle Pass

by Charlie Garfinkel

About a year and a half ago I was playing in the Ektelon Regionals in New Jersey. After winning my first round match I was summoned to the tournament director's desk. He asked me if I'd do him a big favor. When I asked him what it was, he replied, "Mike Yellen was supposed to play Ruben Gonzalez in an exhibition match tonight. Unfortunately, Gonzalez won't be able to make it. Steve Rubin, a top local player, is going to play Yellen one game. We'd like you to play him in the first game."

Feeling my knees trembling and my pulse quickening, I confidently replied, "Of course!" The tournament director remarked, "Thanks a lot Gar. But, I must warn you. Yellen has just come off a decisive win over Hogan in the last pro stop. He's playing great!"

After he left, I started thinking, "Are you crazy? Do you realize that Yellen is the greatest player in the game today? Even though you're the Great Gar, the present National Master's Champion and a Legend

in your Own Mind, you know that you're no match for Yellen. What have you gotten yourself into? There's an outstanding possibility that you will be humiliated." However, I had what I considered a foolproof plan for making a respectable showing and also upholding my reputation.

When Yellen appeared shortly after, we had a chance to talk about racquetball and our upcoming match. I said to him, "Mike, when I did my rankings of the top 10 men of all time a while back, I had you placed after Hogan and Brumfield. I can guarantee that you'll be number two or possibly number one in my new rankings."

"I'm flattered to think that you'd rate me that highly," he said.

"Of course," I replied, "there is a slight catch. What do you predict that the score of our one-game match will be?"

Yellen winked and said, "How does 15-6, my favor, sound?"

"Not bad! Not bad!" I replied.

Pausing to think for a moment, I



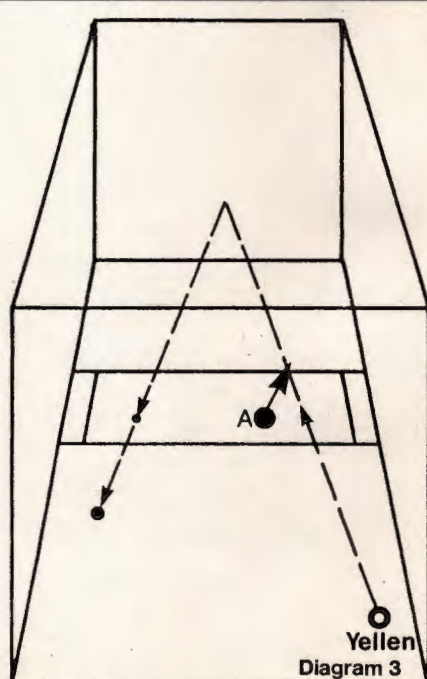
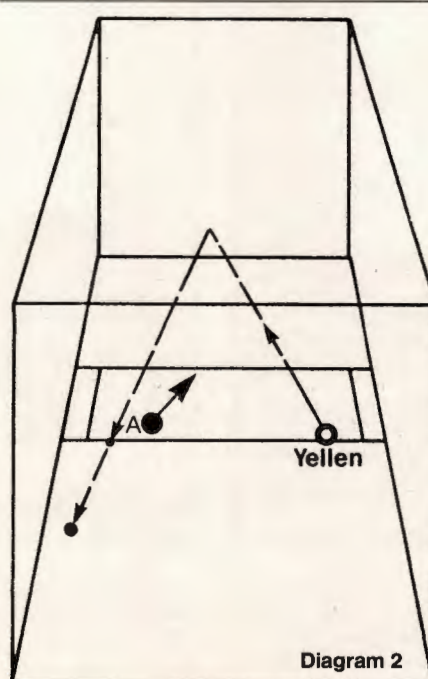
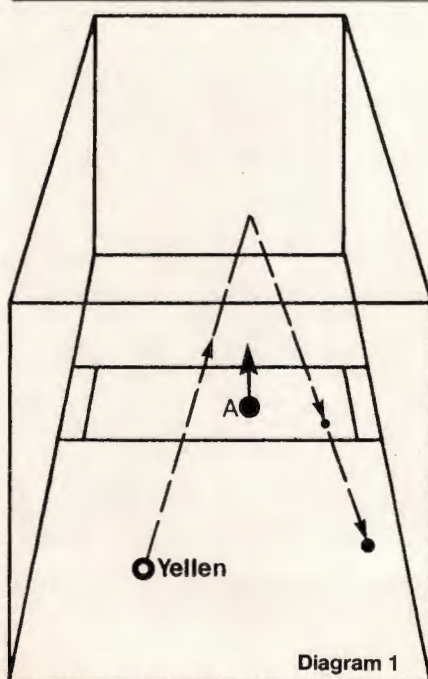
continued, "If I promised that I'd rate your backhand over Hogan's in my all time ratings, what do you feel the score of our match will be?"

Yellen, pleased, but obviously a little irritated, replied, "How does 15-8, my favor, sound?"

Again, I replied, "Not bad! Not bad!"

However, I wasn't through yet. I said, "Mike, as you already know, I'm writing the article for *National Racquetball* on your recent tremendous and decisive win over Hogan. If I make the article 500 words longer than my usual article, what do you think the score of our match might be?"

Yellen, slowly turned, and said, "15-10, and not one point more."



"All right, you don't have to get upset," I said. "You'd think that I was trying to bribe you or something."

Suffice to say, the one game match was played. Fortunately, Yellen was magnanimous. He stayed to the ceiling and only shot occasionally. And, the final score was 15-10 for Yellen. His rankings in the Gar Hall of Fame were secure.

Although Yellen didn't shoot as often as he usually does, his wide angle passes greatly impressed me. He seemingly has the ability to hit these shots from anywhere on the court. His power, control and deception are a sight to behold. Although you and I can't hit pin point wide angle passes like Yellen does, we can incorporate them into our game plan with a little practice, both in singles and doubles.

When hitting this pass, it should be hit with as wide an angle as possible. Because the ball is breaking away from your opponent, the wider the angle, the more difficult the return will be. Although an occasional wide angle pass that hits the side wall can be effective, you always run the risk of the ball ricocheting off the back wall, thus giving your opponent an easy shot.

When Player A has hit a seemingly good drive serve just past the short line, he'll move up in

anticipation of a short return. But, as soon as Yellen sees this, he hits a hard backhand wide angle pass to the right side of the court. (**Diagram 1**). Player A appears a bit sheepish as he's standing 10 feet from the front wall, while the ball is bouncing 25 feet behind him.

A favorite Yellen passing shot occurs when he and his opponent are in a heated rally with both players stationed in or near the service box area. Yellen, on the right side, seems to set up to hit a kill shot down the right side of the court. His opponent, sensing this, starts moving towards that side of the court. As soon as he starts to move, Yellen blasts the cross court, wide angle pass past his startled opponent for an easy point. (**Diagram 2**).

When Yellen is stationed in the back court his array of shots is phenomenal. Personally, I feel that his ability to hold his shots until the last possible second is the key to making his variety of kills, splats, pinches, overheads and passing shots even more effective. Of course, you and I can't hit these shots as well as Yellen can. However, we can still be very effective using them, especially the wide angle passes, by holding our shot until the last possible second.

When Player A is near the service area and Yellen is set up off the

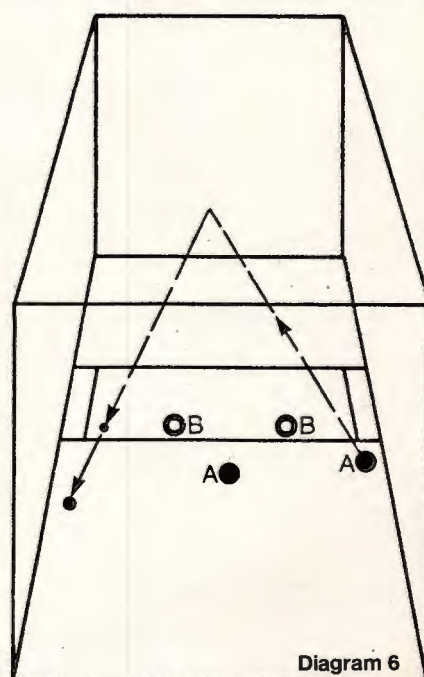
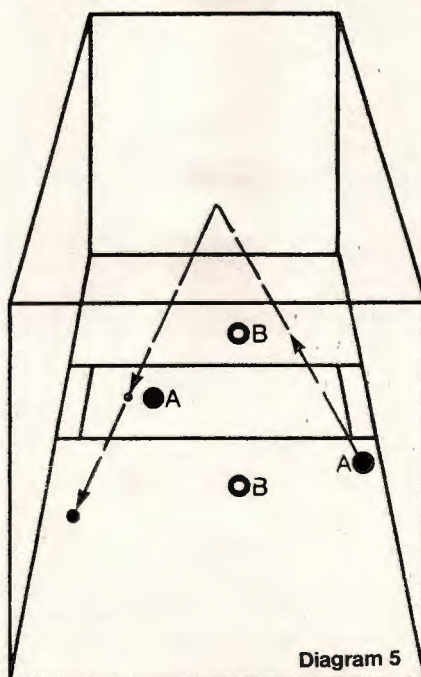
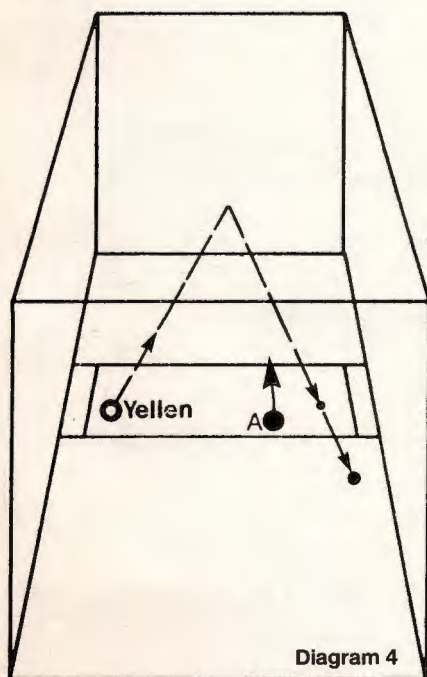
back wall, Player A is anticipating a right side kill. As Yellen sees him start to move, he unleashes one of his deadly wide angle passes to the left hand side of the court. (**Diagram 3**).

On occasion, Yellen will hit a series of backhand reverse corner shots to keep his opponent off balance from his wide assortment of kill and side wall shots. After hitting a series of these, Player A naturally assumes that this will be the shot that Yellen hits in a similar situation. Anticipating another reverse corner shot, Yellen's opponent starts moving forward. As soon as he does, Yellen hits the wide angle pass to the right for an easy point (**Diagram 4**).

Wide angle passes are also effective when playing doubles. I especially like to use the shot when my partner and I are playing against a team that likes to play up and back, rather than side by side. When both players are forced toward the right side of the court after an extended rally, a cross court wide angle pass from the right should win the rally every time (**Diagram 5**).

When playing against a team that plays side by side, you should be looking for the opportunity to hit a wide angle pass when the opposing team least expects it. An

(continued on page 31)



Practice Games To Improve Strokes, Reflexes And Fitness (Part 1)

by Jeffrey H. Mills

Practice.

The word connotes drudgery, repetition, and boredom. As important as practice can be in improving one's game, it can also be painstakingly unexciting.

Thus there is the tendency to shorten practice sessions (the most common methods being the pickup game and the whirlpool) and the even greater tendency to avoid them altogether.

Yet practice is essential in developing and fine-tuning the strokes of a winning game. Competition against an opponent does not always afford the opportunity to rehearse those strokes most in need of repair. Only a good workout will do this.

But don't despair. Practice has simply received bad billing. It need not be an exercise in boredom.

In practice you should not only work on developing the tools of your game, but you should have fun doing it — and get a good workout besides.

One of the best ways of making practice rewarding and beneficial is to create games based around the strokes you need to work on. These games can involve anything from simple repetition of a particular shot to a choreographed sequence of strokes. In all games there should be some system of scoring to give you both a gauge of improvement and incentive for continued play.

Games should be designed, of course, to focus on those strokes which need most work, yet they should also be designed to give the muscles and cardiovascular system a workout. Beyond the intrinsic benefits of a good workout, you will find your racquetball game will improve when your body can perform at higher endurance levels. Let's face it! you're cheating yourself if you're not running around the court!

Depending upon creativity, the number of practice games which could be developed around differ-

ent strokes and body movements is conceivably quite large. Here are a few that I have found most useful:

Laps — This next game involves pacing up and down the court while hitting the ball against the side wall. It is designed especially for the CV system, but also involves ball control and practice for hitting the ball on the run.

Moving up and down one side of the court, play the ball against the opposite side wall, hitting forehand as you move upcourt and backhand when you go downcourt (or vice-versa depending on your handedness and which wall you choose). The object is to keep leading yourself with the ball. This has the effect of forcing your body to keep moving. The last shot in each lap must be cut across your body so that you lead yourself in the opposite direction.

Again, you control the pace with this one. The fewer number of hits

(continued on page 47)

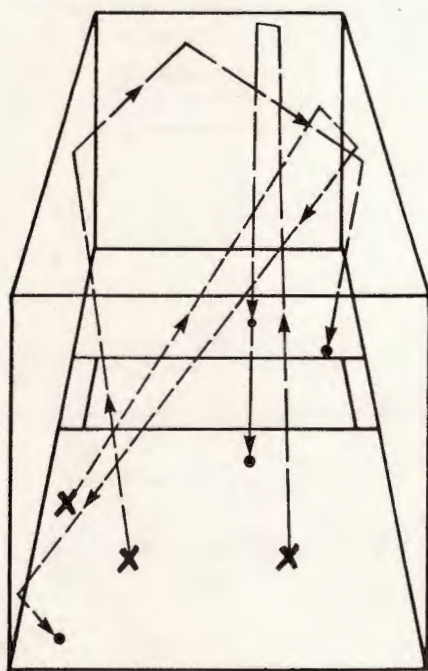


Diagram A. This is "Alternation." Z-ball and ceiling shots, both hit from back court, force your opponent out of center court where he can do the most damage. "Alternation" tests your ability to hit and return these important shots.

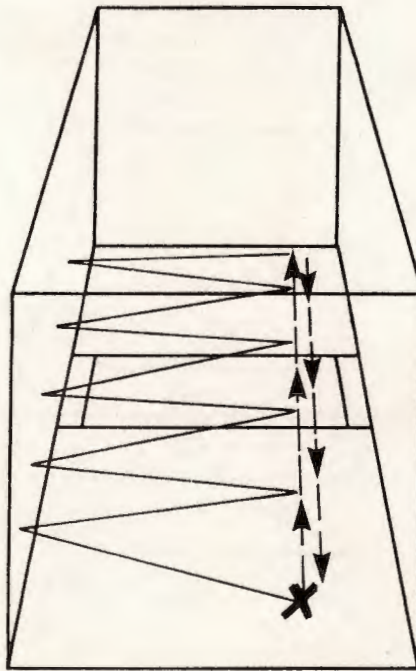


Diagram B. "Laps" — at a slower pace begin to drill your ability to control the ball on the run while providing an excellent workout.

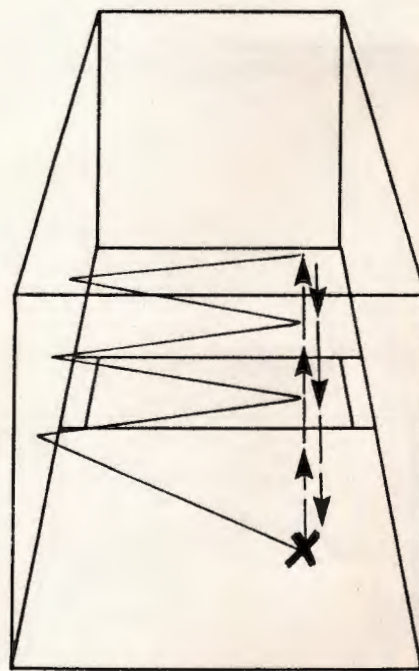


Diagram C. "Laps" at a faster pace allows you to control the degree of difficulty by controlling the pace.

Quick Tip #2

For Better Court Coverage

by Sigmund Brouwer

Editor's note: This is the second of three instructional articles to help your court coverage.

Try a great offensive tactic by improving your defense. At all levels of play, retrieving those shots formerly just out of reach not only means more saves, but more time to set up on all the shots you managed to barely reach before. A better defense forces your opponent to hit better shots, pressure that builds as the match lengthens.

Last month's coverage instructional examined the return of pass shots, *when in control of center court*, using the maxim to cover as close to the side wall as possible, still giving room for a successful cross court shot.

Playing the diagonals goes one step further, giving a rule of thumb to cover all the times you hit the ball to a less than ideal position.

Most of the time, the shooter's good return means a cross court, down-the-line or a pinch. You could cover one of those shots perfectly, but only at the expense of the other two. But conceding a little coverage on each of his possibilities lets you cover all three well, forcing him to hit a very good shot to win the rally. The difficulty, of course, lies in finding the one optimum spot that covers all three as well as possible. Worse, you have to make that split second decision as you move to the spot.

Only years of experience will give you the unthinking, unerring instinct to find that spot during rapid fire rallies. And unfortunately, years of experience takes years. Until then, playing the diagonals gives a feel for the perfect coverage, and will put you close to the optimum position.

Playing the diagonals works on: assumption, conditions and method.

(1) **The assumptions are simple.**

Liveliness of today's ball, and the pace at which most players hit makes anything less than a rollout and rollout pinch bounce for the second time at the service line or deeper.

(2) **The conditions are definite.** *At all times give your opponent room to swing freely and access to a clear down-the-line and clear cross court.*

(3) **The method is simple.** Take the side the ball is on. Get ahead of your opponent. And stay on the diagonal if possible, keeping in mind the underlined conditions.

In the diagramed court, the examples are shown with letters; "A" is the shooter, and "a" is the place on the diagonal that roughly lets you cover best. The best positions have you between the shooter and the middle of the court.

(continued on page 31)

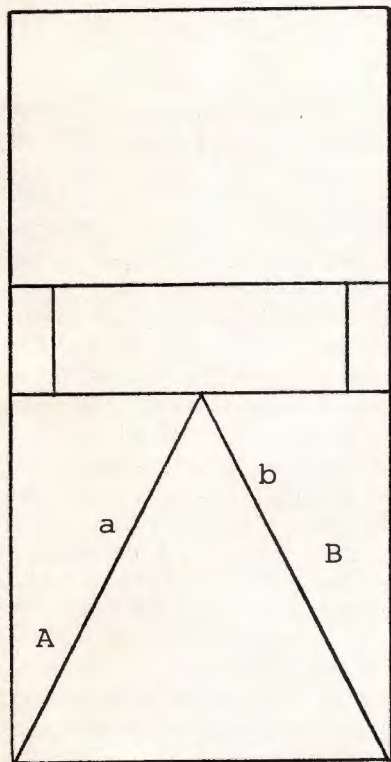


Diagram 1. When the shooter is at location "A" your best position is "a". When the shooter is at location "B" your best position is "b".

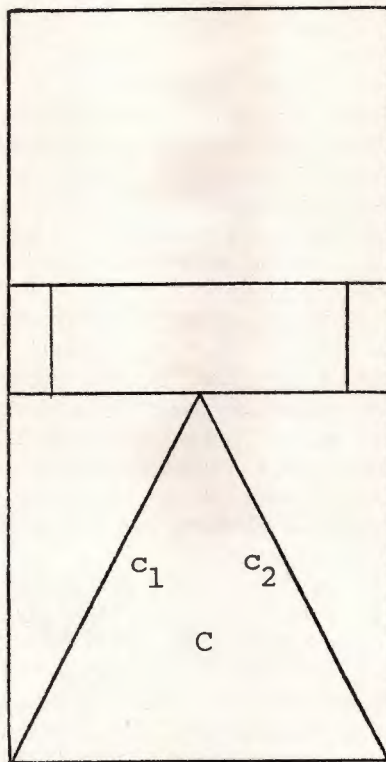


Diagram 2. When the shooter is at location "C" your position depends on whether he's right or lefthanded and whether he's hitting a backhand or forehand.

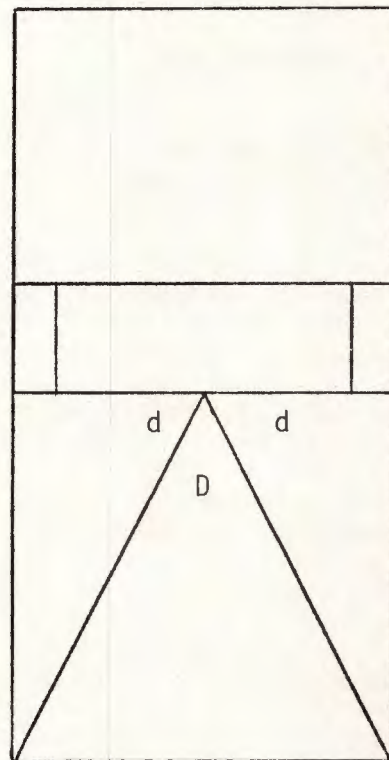


Diagram 3. No coverage theory can really help you here. When the shooter is at location "D" all you can do is pick a side and hope for the best.



The WPRA's Final Shoot-Out ... Until Next Season

by Carole George

In many respects, the \$27,500 1986 WPRA Nationals, held at the Riverbend Athletic Club in Fort Worth, TX recently, was full of surprises, with many upsets along the way. But what it all boiled down to was as predictable as the scorching summer sun: Lynn Adams lassoed Caryn McKinney in the finals, as she has at every pro stop this season, and earned her third WPRA National Championship plus a check for \$5,200.

Even though McKinney has unsuccessfully tried to wrangle a victory from Adams all season, both players agreed that this was their best match to date. Before the DP Nationals McKinney had not even succeeded in winning a single game against Adams but Sunday June 22, with a capacity crowd and television cameras as witnesses, McKinney demonstrated that she won't need a whole posse to capture the illusive first place trophy.

"This is definitely the best match we've ever had," said Adams. 28 / National Racquetball / September 1986

"We've had close games before, but it always seemed like I missed the shots. This time Caryn was really fighting. She wanted it really bad, and that's exciting . . . that's been missing ever since Heather McKay left."

McKinney agreed that this was her best match of the season. "I was serving well all day, which definitely helps against Lynn. In the third game I played great for the first-half-plus before she started coming back. I've been ahead 17-11 against Lynn and lost before, so I didn't let up at all."

In the first of four games, McKinney and Adams were point for point until 10-10, when Adams started to take off, winning 21-13. The second game was even closer as the two stayed within two points of each other all the way to 16-16. Then Adams got hot for four straight before McKinney squeaked out one more point before losing 21-17.

In the first half of the third game, McKinney was definitely the "Lone

Star." She had Adams 12-2 before a time-out helped Adams get into the game. They played point for point, bringing the score to 16-7 until Adams began to narrow the margin. McKinney refused to give up any points without a fight, diving three times in one rally. Still Adams was able to chalk up four straight, making it 16-11. But McKinney made a stampede for the finish, taking the game at 21-14.

The fourth game seemed almost like a replay of the second, with both players taking leads, but always staying within a few points of each other. Adams made her typical sprint to the finish from a 17-16 lead, all the way to 20-16. McKinney managed to hold her back for a few rallies before Adams corralled the national title with a 21-18 victory.

While McKinney has had her hands full with Adams all season, no one else has been able to challenge Caryn as the "best of the

(continued on page 31)

Can Lynn Adams Be Beaten?

by Carole George

Lynn Adams has gone undefeated in the past 11 pro stops. She is the only player in racquetball history with such a record. In all, Adams holds 16 national titles, including singles and doubles, both indoor and outdoor. Not bad for someone who just turned 29.

Ever since the Seattle pro stop in spring 1985, no one has beaten Lynn Adams. Very few have even taken a game off her. Can she be beaten? This question was asked of the other seeded pros in the WPRAs Nationals and all of them answered, "Yes." All except one, that is. Marci Drexler's answer was "definitely." So the next logical question is: If she's definitely beatable, then why hasn't anyone done it? Who has the best chance of doing it?

Terri Gilreath, third-seed in the WPRAs Nationals, beat Adams in Seattle. She feels that Adams is playing well and deserves to win, "But in a way we help her. Everyone expects to lose to her. We have to turn that around and think, 'Oh boy, I have a chance at Lynn,' instead of thinking, 'Oh no, I have to play Lynn.'"

Gilreath predicts that she has one of the best chances of beating Adams next because it will take a shooting game to win. "Lynn is really consistent in her execution, but we can all move as fast and hit as hard. It has to be an intelligent game plan to win against Lynn. You have to move her around a lot."

Vicki Panzeri, ranked fourth in the WPRAs, thought the problem was that "the people who could beat her aren't as dedicated. She's more goal-oriented. It's very important for her to win. Physically there are players who have the capability, such as Bonnie Stoll, Terri, and me. . . Liz Alvarado is playing well and so is Marci Drexler."

Panzeri agrees that right now



there is a big gap between Adams and the rest, "but competition is good," claims Panzeri. "Right now Lynn is outdistancing (the others). It's fairly obvious. But no one's pressed her. When she's pressed she cracks a little. She's a nervous girl."

But no one admits to being nervous about playing her. When asked who is the most likely candidate to beat Adams all of the pros included themselves in the running. Caryn McKinney has paired off against Adams more times this season than anyone else, losing in the finals every time. After playing her best match of the season, McKinney was quite confident that the Adams Reign of Invincibility would be ending soon.

"Lynn is a strong player, a well rounded player," Caryn says. "Even though she looks like she's covering the whole court, she can't. You just have to take the opportunities when you have them. I let some opportunities go by today and I can't afford to against Lynn. Of course I think I'm the most likely to beat her. . . I assume I was in the finals for a reason."

Alvarado, one of the younger pros, has been up and coming

lately. She is also confident: "Let's just put it this way. Caryn's played Adams all year and was only able to take a few games from her. I only played her twice. At the DP Nationals I was leading 19-17 and lost. When it happened again last night I thought, I want this one and got a crack serve. It's good for me to see how much I've improved because I hadn't played her in two years, not since Atlanta where I took a game off her also."

Molly O'Brien has only had one chance to play Adams this year. It was a pretty easy first round victory for Adams. O'Brien says she'd like to have more opportunities to play against Lynn, "but I'd rather it be the finals than the first round. It's hard to play total offense against her because she reverses it and puts you on the defense. She executes better than anyone else. McKinney has the greatest chance of beating her because she also executes well. But Caryn doesn't take the offensive enough. It's hard to do when you're getting clobbered."

O'Brien feels that only McKay was able to take a total offensive against Adams and that's why she was so successful. In all their confrontations, McKay outshot Adams 16 wins to 12. Even though O'Brien agrees with everyone else that Adams can be beaten, she added, "I don't think Lynn has reached her peak yet."

Another player who definitely hasn't reached her peak yet is Marci Drexler. Most people feel that she has the ability to beat Adams right now, but has a mental block against doing it. Drexler claims that anyone can beat Adams, "But nobody does because they don't think it's possible. I felt I could have beaten her in this tournament, but I lost my concentration

(continued on page 30)

Dedicated Training

(continued from page 19)

mechanics and a well-rounded game. Their styles may differ drastically, but each is well suited to the individual. My advice to any of you who aspire to improve, whether to compete on the pro tour, to be a B player instead of a C player, or to beat your father for the first time is listen, watch, and learn whenever you have the opportunity! Ask questions, go to professional player clinics, take lessons from a qualified instructor, listen to other players, and learn from what you see others doing (both good and bad).

You must develop your own game style — one that you feel comfortable with and can continually work on to develop variety and reduce limitations. But you must always be willing to learn. Gather as much information

as you can and then make intelligent decisions about what is best for your game. Remember, with *practice*, we can make our strengths stronger and our weaknesses less apparent.

The second requirement, which may be easier for some people and much more difficult for others, is proper physical conditioning. Competitive racquetball is demanding in many different physical arenas. A top player must be well conditioned in each of the following: aerobic fitness, anaerobic fitness, strength/weight training, speed, quickness, and agility. Each area is important and cannot be neglected if you are to be totally prepared.

The third and final requirement is perhaps the most difficult, yet the most important. Very often, the difference between good competitors and great ones is their mental capacity and ability to handle pres-

sure. That is, their ability to perform in stressful situations, to perform consistently, and to be able to "reach down deep" within themselves when necessary. As many of you may know, this area is now commonly referred to as Sports Psychology. Unfortunately, it is often overlooked in athletic training programs.

However, Sports Psychology is gradually receiving more attention and research. And just like the mechanics of the game, we each develop our own style. For those of you looking for assistance in your mental preparation, there are many good books on the subject or you may find a qualified Sports Psychologist in your city.

As you can see, some parts of becoming a professional racquetball player are much easier than others. But extensive preparation in each of the areas discussed will make it possible for you to develop the confidence you need to become a pro.

For additional information on WPRA memberships (amateur or pro), please contact Caryn McKinney at P.O. Box 95563, Atlanta, GA 30347. For additional information on International Men's Professional Racquetball Association memberships (pro only), please contact Jim Hiser at G-2140 Fairway Drive, Davison, MI 48423. □

Can She Be Beaten

(continued from page 29)

and gave her too many chances. I feel I can keep my concentration with anyone else, but I need more experience playing Lynn. I think I played better against her here than at the DPs." Drexler explained that Adams can't hit on the run with her backhand. She suggests hitting down-the-line, forcing her to shoot from back court.

So that's been the homework assignment all summer. Go back home and practice beating Lynn Adams. All of the other top pros believe they can do it, but no one's been able to prove their theory. Some regret not having the experience of playing her, but then lament meeting her too early. It will be interesting to see if Lynn Adams can make racquetball history by remaining undefeated for two straight seasons, or will she finally be beaten? And if so, by whom? □



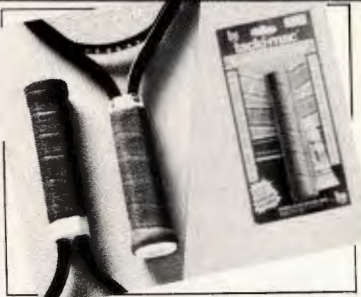
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Tips

(continued from page 27)

There are two "c's" for C, because you need to adjust for the shooter hitting backhand or forehand from exact middle. If the shooter is right-handed and hitting a backhand, pick "c₁" because you don't have to worry about his backswing or followthrough, and you can cover closer to him, and closer to the alley wide open to his other side. "c₂" if he is hitting with his forehand.

D/d is also following the conditions. At "D" there is not enough room for you, the shooter and the ball. Choose a side and hope for the best.

Finally, "e" is about the best spot for the times when (gulp!) you have given your opponent the ball in front court. Guess as well as you can from that position.

Think diagonal next time you play if you have difficulty choosing position to cover from. Then combine shot selection that lets you keep those diagonals, with your coverage, and enjoy the results. □

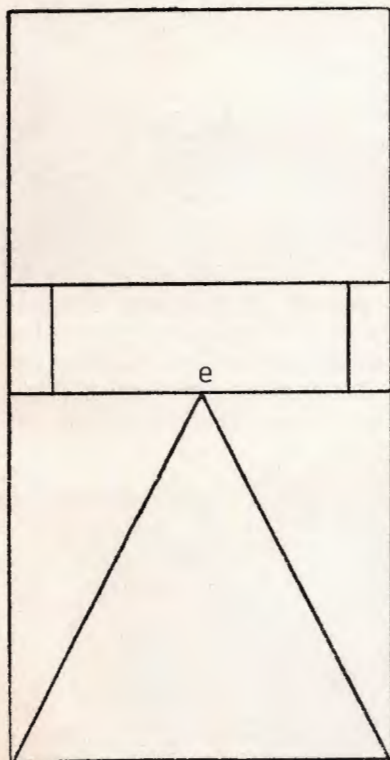


Diagram 4. When the shooter is in front court you have little choice.

WPRA

(continued from page 28)

rest." Up until the finals, sharpshooter McKinney did not lose a single game, beginning with qualifier Janet Kellcher, on to tournament director Mary Pat Sklenkam in the 16's, then seventh-ranked Bonnie Stoll in the quarters, and surprise semifinalist Trina Rasmussen 21-15, 21-14, 21-11.

This was also Rasmussen's best tournament. A former junior national champion with very limited experience in the pros, Rasmussen committed the greatest upset of the tournament by unsaddling third-ranked Terri Gilreath in the second round. Gilreath took the first game as expected, only to be shut out of the next three straight. Then Rasmussen proceeded to the next round against Molly O'Brien and was down two games to one before winning both the fourth game and the tie-breaker.

Meanwhile, back at the ranch in the upper brackets, top Texan Liz Alvarado became the fourth person to take a game away from Adams this season. The weekend before, at the DP nationals, Alvarado also was leading 19-17 in the third game, but lost it. This time she recollected what had happened before and gave it that extra push to win 21-19.

The other quarter final match promised to be exciting between number four ranked Vicki Panzeri and number five ranked Marci Drexler. Both are hard-hitters and quick retrievers. It turned out to be a minor upset, with Cool-Hand Drexler outshooting Rootin' Tootin' Panzeri 21-6, 14-21, 21-14, 21-14.

Speaking of Marci (Greer, that is) — an additional \$200 was offered for the winner of the Pro Consolation, dead or alive. Tour veteran Marci Greer took the money and ran against Cathy Nichols in the finals of consolation. Greer is now living in Texas and still dreams of playing pro golf.

A substantial men's open purse of \$1,250 first, \$600 second and \$150 semis was enough to convince several top hombres to stick around after the DP Nationals. In the finals, Dave Peck took the tie-

breaker away from three-time Hawaiian champ Egan Inoue. In the semis Peck edged retired pro Larry Meyers while Egan took out U.S.A. Team member Andy Roberts. In the Women's Open Mary Dee had little trouble taking the title against Diane Bohling.

This marked the third WPRA nationals at Riverbend Athletic Club, and it was the biggest round-up yet, with 240 total entries. A larger draw is easily possible in Texas (everything is bigger in Texas, as they say), but the WPRA's was the fourth big money tournament in a row, and marked the end of the 1985-86 season. The success of this stop, depends so much on tournament director Sklenka, who is also ranked number two in Texas.

"It takes a tremendous team effort," said Sklenka, "There's an awful lot of work and an awful lot of hours that go into this and I couldn't have done it without the (infamous) committee: Darlene, Carolyn, Cherry, Billie, Denise, Angela and Leslie." The Committee is made up of club members who volunteer to wear matching outfits every day of the tournament and help out in every way possible — from running the tournament desk to shuttling players back and forth from the hotel to rustling up dates and festivities to keep everyone entertained. They do such a good job that the WPRA awarded each one an individual thank you present. □

Wide Angle Pass

(continued from page 25)

excellent time to do this is when both players from team B are near the service line, anticipating a forehand kill or pinch shot.

As **Diagram 6** shows, the well placed wide angle passing shot will leave both players completely caught out of position as the ball passes them in deep court. A reminder: Be sure you and your partner are always stationed away from the side walls when either one of you attempts a wide angle pass. This will ensure that neither one of you hits the other one when attempting this shot. □

Warming Up For Racquetball

by Annette M. Stevko, D.C.

Most racquetball players are developing good workout programs to better prepare themselves for the rigors of the sport, but I still see many people walk right onto the court and start swinging without a thought of warming up. Even more people end a game and leave as quickly without cooling down. This can lead to much unnecessary soreness, chronic musculoskeletal problems and increase the rate of injuries.

The player is not completely at fault here. Most tournament play requires the winner to quickly referee the next game, with little time for that player to properly cool down, shower or change clothes. Then that same player is usually playing another match shortly after and does not have time to warm up again. Racquetball is also quite social, so after matches it is common to see people sit around and talk about those great shots, rather than properly cool down.

As a chiropractor who treats racquetball players, and as a player myself, I would like to make the following recommendations to help you prevent injuries and improve the quality of your game. Proper stretching prior to playing will limber up your joints and muscles and allow you to reach a higher percentage of shots. This will also prevent injuries because you will be increasing the circulation into the muscles and lubricating the joints.

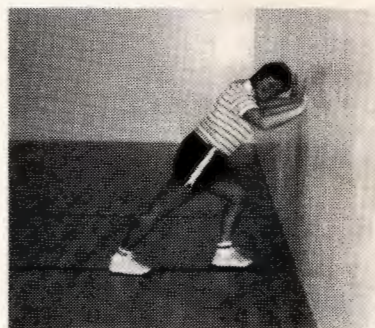
Cooling down is just as important, if not more so. Local trauma to joints, ligaments and muscles creates inflammation which leads to muscle spasms, resulting in gelling of muscle proteins in intercellular spaces, causing a trigger or stress point.⁽¹⁾ These trigger points are commonly found in the muscle belly and near the muscular tendinous junctions, but they also occur in the ligaments, joint capsules, and fat.

Trigger points have five sensitivity levels, so you may have some that just feel like a little nodule with no pain, and others that are very painful. Predisposing factors that create trigger points include chronic muscular strain, repeated excessive muscular activity, direct trauma, chilling of fatigued muscles, nerve root injury and stress.⁽²⁾

These activities leave a muscle in a shortened position for a period of time, allowing accumulation of muscle proteins. If one does not cool down after any type of workout, especially one as exertive as racquetball, trigger points can occur and sensitivity levels increase over time, creating a serious chronic problem. Trigger points can also cause a stiffness and weakness of the involved muscle. Muscle strength becomes unreliable; i.e. things may drop unexpectedly from your grip, or a decrease in the strength of your strokes may result.

Although your chiropractor or doctor can treat this, and most of your other injuries, prevention is still the best medicine. Cooling down can help eliminate the production and progression of trigger points, thereby increasing the quality of your game. Cumulative trauma injuries such as bursitis, tendonitis and overuse injuries can also be prevented by using these measures.

The following exercises are directed to the areas that get the most stress when playing racquetball and there are many variations, so you may adapt them as necessary. To prevent injuries from stretching, begin slowly with no bouncing or jerky motions. Ease into each stretch and hold for 10-20 seconds. Switch sides and repeat at least two times. Be relaxed and breathe deeply. The stretches should be comfortable. If they begin to hurt then ease up.



1. **Calf and achilles tendon:** With feet shoulder width apart, bend your front leg, keeping the heel of your back foot on the ground. Lean forward towards the wall. As shown by Donna Severson, winner of Women's A singles and Open/A doubles state championships of Oregon, 1986.



2. **Hamstring and back:** With one knee bent, slowly bend forward as far as you can, trying to keep the extended leg on the floor. You can feel this stretch all the way up your back.



3. **Quadriceps:** Standing on one foot while supporting yourself on the wall, grasp your ankle and try

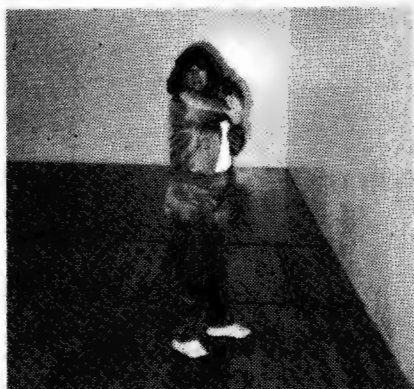
to extend your leg while applying resistance from your hand.



4. **Adductor muscles (groin stretch):** As shown here by Ellen Campbell, racquetball pro at Lloyd Center Courts, Portland, OR. The toes of the extended leg should be pointed up.



5. **Upperback and arm stretch:** This is best to do with the racquet grasped in both hands. After the initial stretch, stand and rest a minute then repeat.



6. **Upperback and arm twist:** With feet shoulder width apart, grasp your left elbow with your right hand and pull around your body, repeat.



7. **Arm and wrist stretch:** As shown by Diane Steele, Donna's partner and winner of Womens Open/A doubles State Championships of Oregon, 1986. Extend arms and touching wrists; flair fingers, shake out hands in between stretches.



8. **Ankle circles:** Although difficult to determine in a picture, use the same stance as in the quadriceps stretch and do 10 ankle circles on each side, then repeat. This is especially important for old sprain injuries.
9. **Shoulder figure eights:** (Not pictured) These are helpful to those with bursitis, let your arms

hang down and begin small figure 8's gradually increasing to shoulder height, then gradually decreasing.

After warming up, a cardiovascular exercise such as bike riding, jump roping, or jumping jacks is recommended prior to play. Along with cooling down, it is important to put your sweats on and keep your body warm. Ice should be applied for 15 minutes to any injured area,(3) i.e. shoulder bursitis, but the rest of the body should be kept from chilling.

To avoid general muscle soreness and trigger point development, a shower, whirlpool, or sauna should be taken as soon as possible. If you are in a tournament and do not have time to shower between matches; definitely stretch and cool down, change clothes and keep warm. This will prepare you for your next match, and help prevent muscle soreness and injury.

If you are coming back from an injury, give yourself more warm up and cooling down time to these

(continued on page 47)



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Cut-Throat: A Killer of a Game

by Elizabeth Meir

Losing concentration while a fast, rubber ball came whizzing toward my face made me realize I had better move out of the way fast and start looking for a different game. It was the perfect time to try a not-so-new, fun racquetball twist — cut-throat.

Cut-throat as you may know, is racquetball with one unique characteristic — three players on the court instead of two or four. The same rules of singles and doubles racquetball apply in cut-throat. Like singles, each player has his (or her), own score, and like doubles, one player must pair up with another player throughout the game.

As two of the players work together to beat the server, the game is entirely fought two against one. Seem unfair? Well, because the server changes after the losing rally, it is not always the same two against the same one. Cut-throat is a demanding game, and it offers all three opponents an equal challenge.

Play begins with one person serving in the service zone. The serve can be returned by either of the two other players, and play continues through alternate hits by the server and one of the other two players. The server wins a point when he wins the rally, and he keeps serving until he loses a rally.

When the server does lose the rally, the three players move clockwise (*Diagram A*), and play resumes with a new server and a new team.

Each player has his own score, and the game ends when one player reaches 21, 15, 11 or an agreed-upon total. Players must decide before the game how they will play tiebreakers.

Cut-throat is a combination of singles and doubles. I have always enjoyed team sports, but as a sea-

soned, three-year racquetballer, I began losing interest in the one-on-one competition. I was playing only once or twice a week instead of my usual three or four times a week, and I wasn't enjoying it as much.

I play racquetball for fun and exercise. When I began to lose interest, I could see that a change was necessary to keep me returning to the courts regularly.

Cut-throat was an incentive to keep me in an exercising mood. I had always wondered why there weren't a variety of ways to play the game, and cut-throat was one way to revive my enthusiasm as a spectator and especially as a competitor.

Along with my need for diversity is my need for a feeling of individuality. I like to believe it's "up to me" to fight for myself, and if I lose or make mistakes then I must suffer the consequences. In cut-throat, winning points is twice as hard as in singles because there are two players to beat instead of just one. Winning points is also twice as satisfying because you beat two players instead of just one.

The unique characteristic of cut-throat is the arrangement of the players. Two of the three players must pair-up throughout the game. The two players are not teams in the normal sense — they do not practice together and they do not plan strategies before the game like a team.

Playing as a team against the server helps develop doubles or "team" attitudes of cooperation, but each player is really out for himself and must work with a second player to defeat the server.

Because the server must cover twice as much territory as the other two players, he is forced to make the most of his skills and positioning; and thus gains valuable experi-

ence in court strategy. Because he must play both sides of the court, he will improve in all areas of the game.

As a server, I have discovered first-hand some of the hazards of serving. The server must stand alone with his back to the other two players. This can be dangerous at times if the server does not serve directly to one receiver or the other. Then the two players in the back-court must first decide who will return the serve, how to avoid hitting the server, while at the same time attempt to hit a good shot. It may seem like no matter where the server stands he will be in the line-of-fire of at least one of the other two players.

The third person in cut-throat also decreases body space on the court, which increases human-target "interference" space. The server must be ready to quickly move out of the way to allow his opponents to hit. Likewise, the temporary teammate's running, swinging and hitting space has also been diminished, and they must cooperate with each other to keep out of each others' way.

Having fun is an essential part of working out, and I always have more fun in team sports. The more people actively involved, the better the game. Cut-throat, by adding a third person on the court, makes for a fast-paced game with extra excitement. Each player must consider the third mind and body on the court and adjust accordingly.

But cut-throat is still an individual's game, even with the pairing up; it satisfies my need for individuality as well as my enjoyment in team sports. When I win, I take all the credit myself — the more people I beat, the sweeter the victory — and when I lose, another player shares my grief. □

Reader Survey

From time to time, *National Racquetball* conducts readership surveys of various products and services utilized in our sport, or issues impacting the players or the clubs in which they play, or trends that may significantly alter the future of racquetball.

We often poll our readership for demographic information that helps us identify new products and/or services that should appear in the pages of *National Racquetball*, or that will help us direct our editorial focus to topics of interest to you.

The following questions will assist us in knowing

more about you and about what your preferences are in equipment, club facilities and wearing apparel, just as an example. Your likes and dislikes in drinks before and after play are also important.

Although the following survey information can be filled out and returned to us at your option, we'd certainly hope that you'd take a moment to fill out and return this page of valuable information. Return the completed questions to: National Racquetball, P.O. Drawer 6126, Clearwater, FL 33518-6126. Thanks for your help.

Check all that apply:

1. Male.....☐
Female.....☐
2. **Age:**
18 years or younger.....☐
18 through 25.....☐
26 through 35.....☐
36 through 45.....☐
45+.....☐
3. **Marital status:**
Married.....☐
Single.....☐
4. **Education:**
Graduated high school.....☐
Some college.....☐
Graduated college.....☐
Post graduate/Ph.D.....☐
5. **Business/career:**
Professional/technical.....☐
Management/administrative ..☐
Trade/craftsman.....☐
Clerical/general services.....☐
Other.....☐
6. **Annual income:**
Less than \$20,000.....☐
\$20,000 to \$30,000.....☐
\$30,000 to \$45,000.....☐
\$45,000 to \$55,000.....☐
Over \$55,000.....☐
7. **How long have you played racquetball?**
Less than one year.....☐
One to three years.....☐
Three to five years.....☐
Over five years.....☐
8. **Where do you normally play?**

- Local club.....☐
YMCA/JCC.....☐
Park District.....☐
School.....☐
Military base.....☐
Other.....☐
9. **What is your skill level?**
Recreational /beginner.....☐
Intermediate.....☐
Advanced.....☐
Open.....☐
Professional.....☐
 10. **How often do you play?**
Once a week.....☐
Twice a week.....☐
Three times a week.....☐
Over three times a week.....☐
 11. **What other facilities do you use at the club?**
Exercise equipment.....☐
Suntan equipment.....☐
Tennis courts.....☐
Spa/pool.....☐
Track.....☐
Lounge/restaurant.....☐
Pro shop.....☐
 12. **Where are your racquetball equipment purchases made?**
Pro shop at club.....☐
Sporting goods store.....☐
Major department stores.....☐
Discount catalogs/houses.....☐
 13. **How many racquets do you own?**
One.....☐
Two.....☐
Three.....☐
More than three.....☐

14. **Do you own shoes specifically designed for racquetball?**
Yes.....☐
No.....☐
15. **Do you wear eyeguards?**
Yes.....☐
No.....☐
Sometimes.....☐
16. **How much do you spend annually on equipment?**
Less than \$250.....☐
Less than \$500.....☐
Less than \$750.....☐
More than \$750.....☐
17. **Do you buy apparel specifically designed for racquetball/exercise?**
Yes.....☐
No.....☐
18. **How much do you spend annually on such apparel?**
Less than \$250.....☐
Less than \$500.....☐
More than \$500.....☐
19. **What are your preferences in drink while playing?**
Water.....☐
Soft drinks.....☐
Juices.....☐
Thirst quenchers
(Gatorade, Crystal Lite, etc.).....☐
20. **What are your preferences in drink after playing?**
Soft drinks.....☐
Juices.....☐
Thirst quenchers.....☐
Beer/wine.....☐
Liquor.....☐



Participants in the 10th Annual Military Championships held in Chesapeake, VA.

The 10th Annual Military Championships

by Joe Mulkerrin

The Ace Of Clubs at Greenbrier in Chesapeake, VA was the recent site of the 10th annual All Military Racquetball Championships. In recognition of all Armed Forces personnel and the 10th anniversary of this popular classic, eligibility was expanded to include the general public for the first time.

For the sixth year in a row the Ace Of Clubs was the host. Tournament sponsor was Mid-Eastern Airways, Inc. of Chesapeake Municipal Airport. This tournament is a carryover from a championship series that started at the U.S. Military Academy, West Point, NY. in 1977. Several players from the first event also competed in this one. Namely . . . Glenn Allen, U.S. Navy; Chuck Lake, U.S. Army; and Joe Mulkerrin, U.S. Navy.

Some 231 entrants came from such distant locations at Ft. Dix, NJ, Ft. Hood, TX and Ft. Knox, KY. Maryland, Virginia, North Carolina, Delaware and Pennsylvania were also represented. Quality of play was exceptional as numerous national and state champions competed. Dave Arnold, U.S. Army, is the 1986 Inter-Service Senior Champion. Glenn Allen, U.S. Navy, placed second in the masters category in the Inter-Service championships. Robert House, U.S. Army, is the 1986 Army Open Champion.

Only three top seeded players made it to first place. Jim Bailey defeated Adam Slone handily after being pushed only once, by Dave Arnold in the quarter finals. Ginnie Mason won all her matches in a five person Womans A round robin. Troy Knudsen won all his matches in a six person youth round robin. Velma McDougall was a two division winner, Womans B and C, in her very first tournament.

The Ace Of Clubs with 11 courts, Polaris Fitness Center, sun bed, whirlpool, saunas, steam room, aerobic rooms, and Off-The-Wall restaurant proved to be a superb and deserving host to such a traditional tournament and to such an outstanding group of military members and supporters.

Mens A:

First, Jim Bailey, Norfolk, VA; Second, Adam Slone, Norfolk, VA; Third, Tom Olenski, Williamsburg, VA; Consol, Joseph Floyd, Ft. Dix, NJ.

Mens B:

First, Robin Duble, Bryan Rd, MD; Second Gary Ansell, Portsmouth, VA; Third, Eli Howard, Woodbridge, VA; Consol, Molia Soosemea, Ft. Hood, TX.

Mens C:

First, Molia Soosemea, Ft. Hood, TX; Second, Richard Rellava, Newport News, VA; Third, Ed Hart, Virginia Beach, VA; Consol, R. D. Copps, Langley AFB, VA.

Mens Novice:

First, Barry Reade, Virginia Beach, VA; Second, David Jewwsiak, Williamsburg, VA; Third, Anthony Hughes, Hampton, VA; Consol, Troy Knudsen, Virginia Beach, VA.

Mens Seniors:

First, Ray Kaufman, Richmond, VA; Second, Steve Evans, Arlington, VA; Third, Kevin Dorr, Silver Spring, MD; Consol, Gary Reed, Ft. Knox, KY.

Mens Masters:

First, Art Johnson, Hampton, VA; Second, Chuck Lake, Chesapeake, VA; Third, Joe Mulkerrin, Virginia Beach, VA; Consol, Lee Mayz, Staunton, VA.

Womans A:

First, Ginnie Mason, Virginia Beach, VA; Second, Janie Hodges, Knots Island, NC; Third, Rosemary Roberson, Virginia Beach, VA; Consol, Arleen Dirocco, Norfolk, VA.

Womans B:

First, Velma McDougall, Harrisonburg, VA; Second, Jackie Jones, Alexandria, VA; Third, Nancy Meyerhoeffer, Harrisonburg, VA; Consol, Diana Browne, Chesapeake, VA.

Womans C:

First, Velma McDougall, Harrisonburg, VA; Second, Linda Weikkhorst, Hampton, VA; Third, Cindy Meikley, Virginia Beach, VA; Consol, Diana Browne, Chesapeake, VA.

Womans Novice:

First, Tokomo Davenport, Dover, DE; Second, Pat Sweeney, Virginia Beach, VA; Third, Sandy Sweeney, Hampton, VA; Consol, Michele Purrsinger, Chesapeake, VA.

(continued on page 47)

"The Gar" Featured in Buffalo News



Charlie Garfinkel

National Racquetball columnist Charlie "The Gar" Garfinkel was recently featured on the front page of the sports section of *The Buffalo News*, the major, daily newspaper in Buffalo, NY.

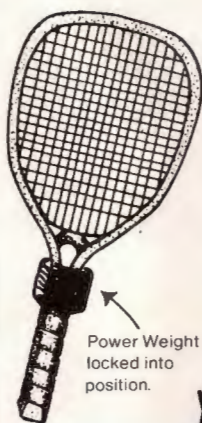
The two-page, 62 inch story was accompanied by four photos, a list of Gar's many local and national championships, and contained more Gar quotes than anybody could handle. Some samples:

"If I'm in a tournament and I'm winning the match, nobody watches. But when I'm down a game or losing, word spreads and the place will get jammed because everybody wants to see if I'll lose."

Gar to his opponent: "Don't watch me warm up. You don't want to get discouraged."

And Gar's favorite joke: "Two guys die, go to heaven, and are standing in line at St. Peter's gate. In the distance they spot an old fellow with long white hair and beard, dressed in robes, playing racquetball. One turns to the other and says, 'Is that Charlie Garfinkel?' 'Nah, that's God,' comes the reply. 'He just thinks He's Charlie Garfinkel.'"

Of course, the boastful Gar is not the real Gar. "If I really believed all that stuff," he says, "then I wouldn't practice so hard." □



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PRODUCT SHOWCASE



The Head Sprint Shoe

No shoe delivers comfort, step after step, game after game, like the Sprint from Head. A combination leather and mesh upper supports your foot but allows it to breathe. An interior layer of padding insulates your foot against irritation. An EVA midsole helps absorb shock before it reaches your foot and a high traction sole provides sure footing even on a damp court. For more information contact: Head Racquet Sports, Inc., Box CN-5527, Princeton, NJ 08540 or phone (609) 799-9000.

New "Ceramic USA" From RichCraft

RichCraft introduces the *first* ceramic racquetball racquet. Designed for players who want to retain the explosive power of graphite but also the extra feel, control and shock absorption made possible with the addition of ceramic.

The Ceramic USA is a lightweight frame made using structural layers of continuous ceramic and graphite fibers around a vibration dampening core.

The racquet incorporates a technically advanced twin beam cross-sectional configuration that features molded-in contoured string passages, not drilled. It's an innovative design solution, new to the racquetball industry, that eliminates fiber burrs and the grommets that must be used to cover them. It is a design feature that helps to maintain racquet frame integrity — drilling string holes has been found to weaken the racquet by severing the 'continuous' fibers within the frame.

The Ceramic USA, as well as six other advanced racquetball racquets, is now available under the RichCraft name. All RichCraft racquets are manufactured in the United States from only the highest quality materials.

For more information, contact: RichCraft, Inc., 2817 Emprie Avenue, Burbank, CA 91504, (818) 842-1781, (213) 849-4230, (800) 331-7143.



DP Racquetball Gloves

DP offers a full line of racquetball equipment, including the DP Racquetball Gloves, The DP Freshhold Racquetball Grip and DP Headbands and Wristbands. The DP Racquetball Glove is crafted of thin genuine leather for a perfect second skin feel, and has a Spandex two-way stretch back, elastic wristband and self-adhesive closure. Panel finger construction with opening between fingers provides ventilation. Other features are a set-in "no stress" thumb and absorbent, tacky palm surface. Available in left and right hands, sizes of X-small, small, medium, large and X-large.

The DP Freshhold Racquet Grip contours to any racquet shape without slippage or movement during play. Freshhold Grips are available in red, black, brown and light blue. DP Headbands and Wristbands are designed for moisture absorbency and long life. Quality elastic contraction provides comfort and fit. Machine washable. Each package contains two wristbands and one headband. For more information, contact: Diversified Products, Opelika, Alabama.



Model 6966 Champion Racquetball Glove

A new racquetball glove called the Model 6966 has been introduced by Champion Glove. It features a design for more comfort and flexibility at the wrist and a special "Sof-Tan'd" suede leather which maintains a secure grip whether wet from perspiration or dry. Colors include blue/white or white/white in both men's and ladies' sizes. Available at racquetball clubs, fitness centers or sporting goods stores. For more information, contact: Champion Glove, 2200 E. Ovid, Des Moines, IA 50313, or phone (515) 265-2551.

PRODUCT SHOWCASE

Sperti's Tanercise 800

Sperti Sunlamps introduces a new concept in sunlamps. Now, health and exercise enthusiasts can tan while they exercise with Sperti's new Tanercise 800 sunlamp, which mounts on any exercise bike with tubular-type handlebars.

Sperti's high tech design delivers 800 watts of tanning power, enabling the user to tan in a shorter time than with most tanning lamps. The Tanercise 800 combines long-lasting construction with modern design. The unit features a heavy-gauge steel, chrome-plated universal kit for mounting on handlebars (adjustable to any height or distance from the rider and includes tilt position adjustment), a 10-minute electric automatic shut-off timer, a recessed push-button starter, an all metal case with deluxe chrome guard and protective eyewear.

The Tanercise 800 meets FDA standards, is UL-listed and is made in the U.S.A. The unit comes with Sperti Sunlamps warranty, backed by 50 years of experience and service as a manufacturer of quality high-intensity mercury vapor sunlamps. The Tanercise 800 offers busy fitness buffs the convenience of exercising year-round in the comfort of their own homes, while still achieving a healthy, outdoor look without spending additional time under tanning lamps.

In addition, Sperti offers two additional models of sunlamps: the DESERT TAN table-model facial sunlamps and the TANMASTER deluxe floor stand model. For more information, contact: David G. Blice, vice president of sales, Cooper-Hewitt Electric, Co., Inc., Sperti Sunlamps, 20 Kenton Lands Rd., Erlanger, KY 41018, or phone (606) 331-0800.



Quantus Graphite and Quazar Racquets

Ektelon, Pioneer of racquetball's first oversize racquets, has introduced two new mid-size models to its patented MACRO® Series: the Quazar™ and the high-performance Quantus™ Graphite. The racquets are designed for players looking to move up from a conventional-sized racquet.

The hitting surface of these mid-size models is 25 percent larger than that of a conventional racquet, offering greater coverage. The "sweet spot" is 63 percent bigger which adds power and increases control for more consistent returns and better overall backcourt play.

The tournament-caliber Quantus Graphite features a multi-layered graphite frame with a solid Kevlar® 49 core to dampen vibration and control flex. The recreational-level Quazar is a moderately flexible aluminum frame with a graphite reinforced throat piece to stabilize the racquet.

For more information, contact: Ektelon, 8929 Aero Dr., San Diego, CA 92123, or phone (619) 560-0066.



OFF COURT FITNESS

by Jean Sauser



The Big Three Excuses

There are basically two types of people in the world. Those who never have enough time to do the things they really want or need to do, and those who somehow manage to fit it all in. It's no secret that the "I never have enough time" people, as a group, tend to be more unsuccessful as well as more unhappy than their more productive counterparts.

Since everyone is basically given the same amount of time in life to do things (a minute is as long for me as it is for you), I've often asked myself why some people can get things done while others are left behind. I've come to the conclusion that there is one main reason — those who have time simply have made time. Those who don't, didn't make time, they make excuses instead.

In the world of fitness, it's the same story. Walk into any health club and you'll see two types of people; those who are working out and those who are talking about why they might not have the time today. It amazes me how many times I've counseled someone on what it takes to become physically fit or to play better racquetball only to confront the inevitable excuse: "I just don't have enough time."

Whether you are a time saver or a time waster, there are three excuses for not working out that you should be aware of so that you can constantly guard against them. I call them the Big Three, and if you can eliminate them from your life, or at least get them into proper perspective, you'll be able to find more time for fitness than you ever dreamed existed.

The first excuse involves being too busy at work. "I'm working too many hours," is a common complaint voiced among the out of shape. No one I've ever come across works every waking moment of the day. If that were the case, there would be an overabundance of skinny people due to an inability to find the time to eat.

Where work is concerned, there are always three opportunities per day to work out around your job. One is early, before the sun comes up and your time clock begins. The second is during lunch and the third is after work. Unless you are a person who simply goes from his bed to his job and back to his bed again, one of these three times should enable you to work out every day.

After the "I'm too busy at work" excuse comes the "I

always get interrupted" excuse. In a feature story that ran recently in *Gentleman's Quarterly*, Arnold Schwarzenegger told the secret of his success to GQ's West Coast editor, Jean Vallety.

The year was 1970 and Schwarzenegger was in the gym working out when he got a call from a bodybuilding contest promoter offering him a \$1,000 appearance fee for an upcoming competition.

Schwarzenegger's reply was, "One thousand, \$10,000, right now I'm in the middle of a pump. Call back when I'm finished." Schwarzenegger says of those days, "No matter what it was, nothing could interfere with my workout."

This is not to say that if all of us adopted Arnold's attitude, our bodies would be as good as his, but I can tell you this; they would probably be better than anything we can currently imagine.

Last but not least among the Big Three for most commonly heard excuses among the non-physically fit is "My family comes first." This one is more frequently heard among women, but is not totally unheard of among men.

Just as with a career, it is virtually impossible to spend every waking moment on family ties. In fact, if you take a little time every day away from your family to improve and maintain your overall fitness level, you'll be a lot happier and your family will probably thank you for it. After all, you're no fun for the family if you're dead from a heartattack!

The best way to find time for fitness as well as racquetball is to plan a weekly schedule for yourself. In fact, plan a few more workouts than you intend to make so that if plans must be cancelled on a given day, it doesn't mean that you are left with no alternative. Then, get out of bed every day with the idea of getting to your workout no matter what. If you consciously make an effort on a regular basis to work out, you'll follow through with it more often than not.

Finding time for fitness is admittedly an everyday challenge in a society that insists on running life in the fast lane. The bad news is that if you want to get fit, you'll have to meet this challenge on a regular basis and eliminate the Big Three excuses. The good news is that if you can do this, you'll be happier and healthier for it. □

AROUND THE COURTS

Leader Announces 'Expo Pro-AM Open'

You won't want to miss the "Expo Pro-Am Open," an RMA tour stop featuring \$20,000 in Canadian prize money, taking place during Expo '86 in Vancouver, British Columbia October 1-5.

Another feature will be a trip for

two to Hawaii, with the winners selected from a random draw of the entry forms. The tournament will also be highlighted by more than 24 divisions of play, including Wheelchair and Juniors.

Anticipated entries will be in ex-

cess of 350 with Expo '86 and many other activities planned for this tour stop.

All inquiries should be directed to Mr. Arni May, Cambridge Racquets Club, 1385 W. 8th Ave., Vancouver, BC Canada V6H 1C8 or call: (604) 736-6794.

NSGA

NSGA Measures Racquetball Participation At 7.9 Million

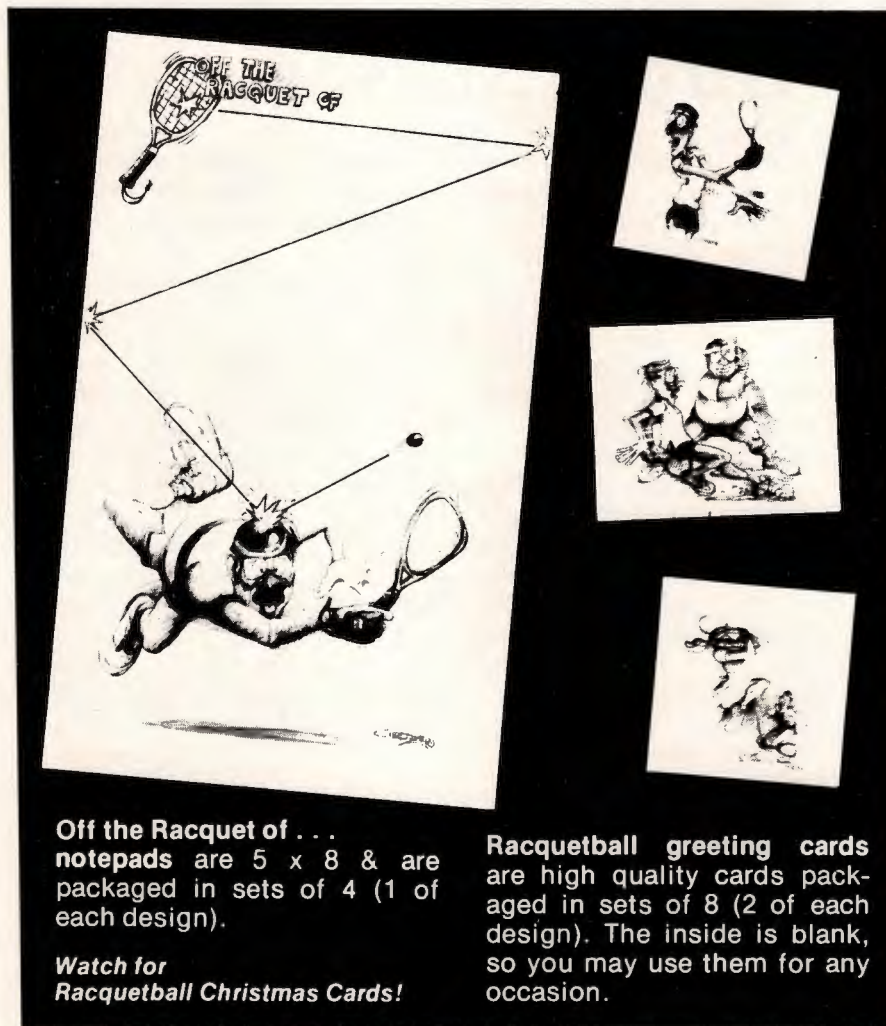
Racquetball participation at the end of 1985 stood at 7.9 million players, according to a recently released survey by the National Sporting Goods Association (NSGA).

That participation level ranked 31st among the 44 sports activities surveyed by NPD Research, Port Washington, NY, the firm which conducted the survey for the NSGA.

While racquetball still falls far behind the leader swimming (73.3 million) and number two bicycle riding (50.7), it measured only 700,000 participants less than soccer (8.6) and well ahead of sailing (4.7), martial arts (2.1) and squash, which measured 44th with only 340,000 participants.

"Americans continued to be intensely interested in fitness," said Tom Doyle, NSGA Director of Information and Research. Five fitness categories ranked in the top 11 activities: exercise walking (5th), exercising with equipment (7th), running/jogging (9th), calisthenics (10th) and aerobic exercising (11th).

The full survey is in two parts and available to NSGA members for \$135 and non-members for \$195. For additional information contact NSGA, 1699 Wall St., Mt. Prospect, IL 60056 or phone (312) 439-4000.



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AARA Elects, Honors Members

Van Dubolsky of Gainesville, FL, was elected president of the AARA at the bi-annual meeting of its Board of Directors. Van has been a long-time member of the AARA and has served as state director of Florida, regional commissioner for Region 4 as well as serving on the National Board as national commissioner.

In addition to Van Dubolsky, **Al Seitelman**, Smithtown, NY, was elected secretary; **Mike Arnolt**, Noblesville, IN, national rules commissioner; and **Cathie Frederickson**, Wayland, MI, national commissioner.

Ed Remen, of Sterling, VA, was named Male Athlete of the Year by the AARA at the U.S. National Singles Championships in Houston.

Ed captured every major title during 1985-86 including national titles in 35+ and 40+ in the U.S. National Singles, Ektelon Nationals, Diversified Products Nationals, 40+ in World Masters Games and 35+ in U.S. Nationals Doubles with Johnny Hennon as his partner.

Cindy Baxter of Lewistown, PA, was named Female Athlete of the Year by the AARA at its biannual meeting in Houston.

Cindy was named for an unprecedented third time for her winning of the 1986 U.S. National Singles open title and her defense of the World Games title in London, England.

Ivan Bruner of Madison, WI, was named the recipient of the John Halverson Award, the highest award given by the AARA for the person who has contributed the most to racquetball during the 1985-86 season.

Ivan is president of the extremely active National Masters Council. Under Ivan's direction, added emphasis has been placed on including the higher age groups in sanctioned competitions. The National Masters Council has a membership of over 500 top masters players and runs the ever popular National Invitational Masters Singles and Doubles Championships.

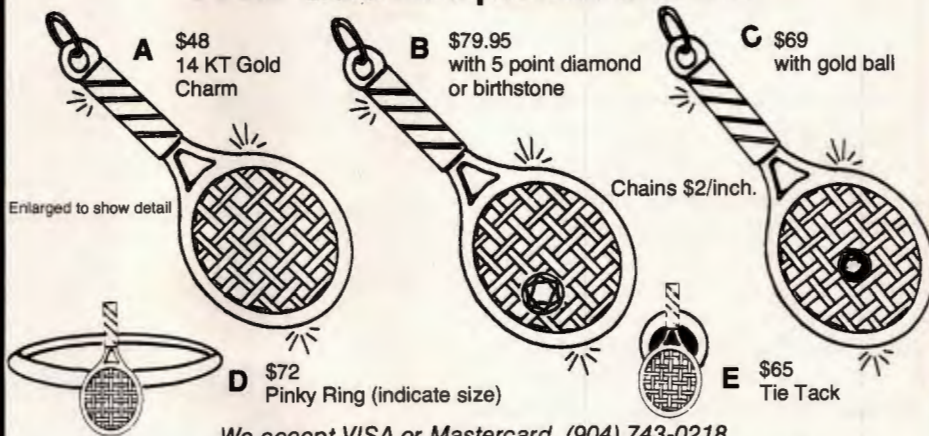
The Presidential Award given annually to the top state organization in the AARA was awarded to the **Utah Racquetball Association** and to Toni and **George Dever**, who head up the U.R.A.

The Utah group has gone from 40th in membership in 1984 to breaking the top 20 in the nation in 1986. Utah also boasts one of the top referee certification programs in the United States.

Al Seitelman, New York; **Jon Denley**, New Jersey; and **Judi Schmidt**, Florida, were elected to three-year terms at the annual meeting of the AARA. Leaving the Board were **Paul Henrickson**, Massachusetts; **Jim Austin**, Texas; and **Clint Koble**, Nevada.

Keith Calkins, California, was appointed to fulfill the unexpired term of **Malia Kamahoahoa**, Virginia. □

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First 20 words \$60, each additional word \$2.50. Classified Display: \$80 per column inch, minimum one inch. Deadline: 10th of month, two months prior to issue date (i.e. 10th September for November issue). Mail materials together with payment to: *National Racquetball*, P.O. Drawer 6126, Clearwater, FL 33518-6126, (813) 736-5616.

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Mention *National Racquetball* when you order your RCP Stringing Machine and you will receive a free bulk roll of 16 gauge tournament nylon designed specifically for racquetball. That's enough string for 24 racquetball racquets and you will receive it absolutely free just for mentioning *National Racquetball*.

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FOR RMA TOUR INFORMATION

Contact: Jim Hiser, Commissioner
(313) 653-9602

1986-87 WPRA SEASON SCHEDULE

October 18-21, 1986
\$12,000 Singles/Mixed Doubles
Alaska Athletic Club
Anchorage, AK
Jay/Kathy Wisthoff
(907) 562-2460

November 7-9, 1986
\$10,000 Singles/Doubles
The Glass Court
Lombard, IL
Lynne or Carol (312) 629-3390

May 28-31, 1987
\$25,000 Singles/Doubles
RiverBend Athletic Club
Fort Worth, TX
Mary Pat Sklenka (817) 284-3353

FOR WPRA INFORMATION

Contact: Caryn McKinney,
President (404) 636-7575

September 19-21
Racquetball Players Assoc.
P.O. Box 324, River Rd.
Bryans Road, MD 20616
Robin Duple

September 19-21
Regional Doubles, Region 15
Site To Be Announced

September 19-21
S.E. Regional Doubles
Racquetpower
3390 Kori Rd.
Jacksonville, FL 32223
Van Dubolsky (904) 395-5356

September 19-21
7th Annual Camelot Tournament
Supreme Court, Inc.
4633 Trousdale Dr.
Nashville, TN 37204

September 26-28
Women's National Invitational
Tampa Bay Courthouse
7815 N. Dale Mabry
Tampa, FL 33614
Danny Danalei

October 10-12
Cool Cucumber
YMCA
3620 Cleveland Heights Blvd.
Lakeland, FL 33803
Grace Page (813) 644-3528

October 10-12
1986 NC State Doubles Champs
Greensboro Racquet & Health
Club
300 Pomona Dr.
Greensboro, NC 27410
Mike Dimoff (919) 379-0550

October 15-19
Racquetball Spectacular
The Sports Club
3333 S. Wadsworth
Lakewood, CO 80227
Jay Nelson (303) 989-8100

October 23-26
National Doubles Champ.
(Qualifying not required)
Racquet Power
3390 Kori Rd.
Mandarin, FL 32217
Tom Collins (904) 268-8888

October 23-26
US National Doubles
Racquet Power
3390 Kori Rd.
Jacksonville, FL 32223
Luke St. Onge (303) 635-5396

November 7-9
Fla-State 4Wall Outdoor Champs
Auburndale Rec. Center
202 W. Park St.
Auburndale, FL 33828
Keith Johnson (813) 967-7265

New Product Increases Racquet's Control, Power

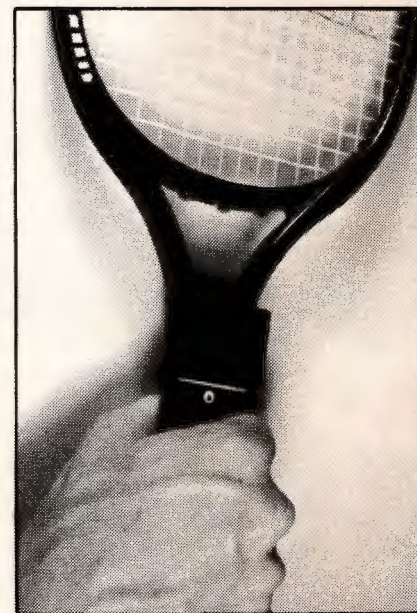
Lighter racquets are the trend in racquetball today, but lighter does have its drawbacks, says Jim Horton, president of PowerWeight, maker of a new product to solve those problems.

The lighter the racquet is, Horton says, the less control and more vibration you have. Control is what all players are looking for.

Enter PowerWeight, a device composed of two weights in elastic sleeves that attach to the grip or neck of a racquet with a velcro seal.

In racquetball and tennis training sessions, a weighted racquet produces more rapid increase in arm strength, Horton says. And PowerWeight has the effect, with many players, of encouraging better set-up and follow-through on the stroke.

Using PowerWeight reduces racquet recoil and vibration and can therefore have a beneficial effect on tennis elbow and racquetball wrist as well as improving control, he says.



For more information, contact: PowerWeight, 525 Washington Blvd., Williamsport, PA 17701.

Practice

(continued from page 26)

per lap, the faster you'll be forced to keep moving. I usually play with a decreasing number of hits — i.e. four laps of five hits, four laps of four hits, four laps of three, etc. — so as to quicken the pace until I'm sprinting. This game is excellent exercise and will strengthen your ability to control the ball when you're hitting on the run.

Alternation — This next game I designed in appreciation of the effectiveness of ceiling shots and three-wall shots for putting opponents on the defensive. Both shots are extremely useful in game situations for forcing your opponent out of mid-court (where he can do most damage). These shots should be an integral part of any serious racquetballer's repertoire.

The game involves simply alternating between the two shots and maximizing the number of legal hits. (Careful — it sounds easier than it is!) The game begins with a "serve" from the back court after which you must hit either a three-wall shot (side, front, side) or a ceiling shot (ceiling, front). It is allowed to hit the same stroke twice in a row, but the following hit *must* come from the other category, i.e. two ceiling shots must be followed by a three-wall shot, and vice versa.

I usually play a set of five rounds and add the number of legal hits for a total score. A 75 or better is excellent.

Because your opponent in game situations will hit these shots to gain an offensive advantage by chasing you out of mid-court, it is important to be able to return such shots in a way which allows you to return the offensive advantage to yourself. This game is designed with this competitive situation in mind and not only gives great practice in hitting these difficult and effective shots, but also great practice in returning them.

The above practice games present just some of the possibilities for combining elements of competition, exercise, and entertainment with the need to rehearse your less developed strokes. It is fairly easy to create such games once you isolate which shots need work and the ways they're used in play. Imagination and court time need be the only limitations.

It is important to ensure that your practice hours are *fun* as well as beneficial to your game and to your body. Even by doing the little things — like setting up empty cans against the front wall to aim at when you practice kill shots — your practice sessions will become all the more rewarding, and thus all the more likely.

Watch out! After a few practice games, you may find yourself reserving more court time just to beat your best scores! ☐

Military

(continued from page 38)

A Doubles:

First, Barry Stevens, Norfolk, VA/Robert House, Hampton, VA; Second Glenn Loehr, Portsmouth, VA/Adam Stone, Norfolk, VA; Third, Glenn Allen, Virginia Beach, VA/Chuck Lake, Chesapeake, VA.

B Doubles:

First, Pete Galluci, Virginia Beach, VA/Butch Persinger, Chesapeake, VA; Second, Jack Spooner, Richmond, VA/Steve Reardon, Chesapeake, VA; Third, Dave Newby, Chesapeake, VA/Ron Babkoff, Virginia Beach, VA.

Youth:

First, Troy Knudsen, Virginia Beach, VA; Second, Ale Ghorsehi, Williamsburg, VA; Third, Christian Orland, Chesapeake, VA; Consol, Clay Towne, Alexandria, VA. ☐

Warming Up

(continued from page 33)

injured areas. If you have a more severe injury, plan to take time off to allow proper healing. You can still maintain flexibility and strength through these stretching exercises at home.

Wear and tear on the back and other joints, from trauma, poor posture, lack of exercise, and improper lifting procedures make joints, muscles, ligaments, and the nervous system prone to injury. Chiropractic adjustments can often restore joint mobility and nerve function, and relieves pressure from these and other pain sensitive structures. Remember that prevention is the best medicine.

Footnotes:

1. Myofascial pain and dysfunction: The Trigger Point Manual J. Travel, M.D., D. Simmons, M.D., 1983 pages 3-15.
2. Soft Tissue Pain and Disability: R. Calliet, M.D. 1983 pages 32-35.
3. The Physician and Sports Medicine, Feb. 1986, pages 101-118. ☐

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CANADIAN REPORT

by Sigmund Brouwer



Time Changes All Things

Glory days are still here. Changed, but here.

In Canada, in the old glory days you could count on provincial tournaments for several things.

Each tournament was a reunion of familiar faces and opponents. No tournament player thought of missing any draw then. Now it seems hard to recognize names, sometimes even in the open draw. And new shots. Five, six years ago, you could watch a tournament and learn at least one new trick from the players that represented hotbeds

on the other side of the province. One tournament might introduce you to the splat, and another to high percentage overhead drives. Usually you learned the hard way.

And somehow the finals seemed more exciting, too. Back then, Canadian tournaments held everyone right to the end, right to the battle between the best open players in the draw.

Time seems to have changed the Canadian tournament scene. Good thing, too.

Tournaments have stopped be-

coming reunions because there are more tournaments. Back when each province held only three or four major draws a year, they were a luxury no-one wanted to miss. So today, when players can pick and choose draw sites, it's good to see the bewildering array of new faces. It means the draw was healthy.

And if tournaments hold no surprises on the shot selection chalkboard, it's only because racquetball is past adolescence. The flavor of regional racquetball has been replaced by the strength in blending the best of all areas of the provinces. The old shots are becoming better and better.

So maybe five years ago the players saved a long drive home for after the finals, choosing to stay and fight for room among crowded bleachers. But five years ago, the finals were usually the only exciting matches. Then, the top few seeds marched relentlessly through a pale-by-comparison field of players. Today, the first rounds are tough; spectators don't have to wait until the final hour to see great racquetball. Here in Canada, don't let anyone tell you tournaments are losing it. Glory days are still here.

Charlie Brumfield in his prime commented that 'the faces change, but the scores remain the same', and grinned in reference to his defeated opponents. Our racquetball, still fresh-faced after adolescence, can say the same. □

Tournament Results:

Canadian Junior National, held in Quebec City, Quebec, July 2-5, 1986

18 and under:

Boys — 1st Martin Mercier, Quebec; 2nd Jerome Trail, New Brunswick; 3rd Jacques Deners, Quebec. Girls — 1st Shelly Erback, Saskatchewan; 2nd Cindy McTaggart, Ontario; 3rd Nathalie Sirois, Quebec.

16 and under:

Boys — 1st Simon Roy, Quebec; 2nd Marc Biron, Quebec; 3rd Yannick Venne, Quebec. Girls — 1st Nathalie Bernard, Quebec; 2nd Razina Visrom, Alberta; 3rd Tina Denton, Saskatchewan.

14 and under:

Boys — 1st Carson Hanson, Saskatchewan; 2nd Jeff Clark, Ontario; 3rd Jeremy Bokitch, Saskatchewan. Girls — 1st Isabelle Patenaude, Quebec; 2nd Lori-Jean Powell, Saskatchewan; 3rd Michelle Sykes, Ontario.

12 and under:

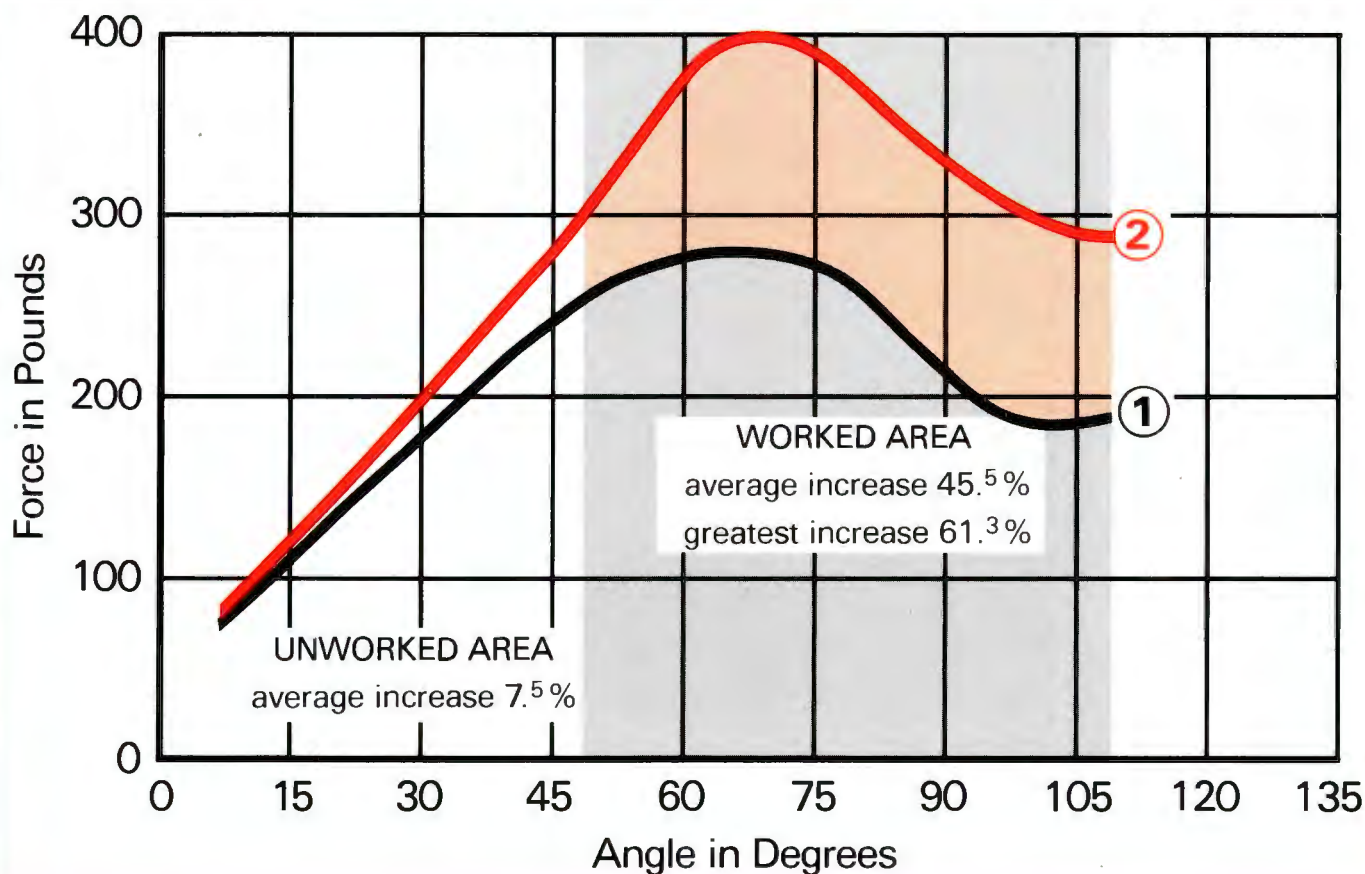
Boys — 1st Alain Drapeau, Quebec; 2nd Francois Lemay, Quebec; 3rd Adam Smith, Ontario. Girls — 1st Sheila Finch, Saskatchewan; 2nd Danielle Levine, Manitoba; 3rd Catherine Lorin, Quebec.

Team Results:

1st Quebec, 2nd Saskatchewan, 3rd Ontario and 4th Manitoba.

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