

RACQUETBALL

ILLUSTRATED

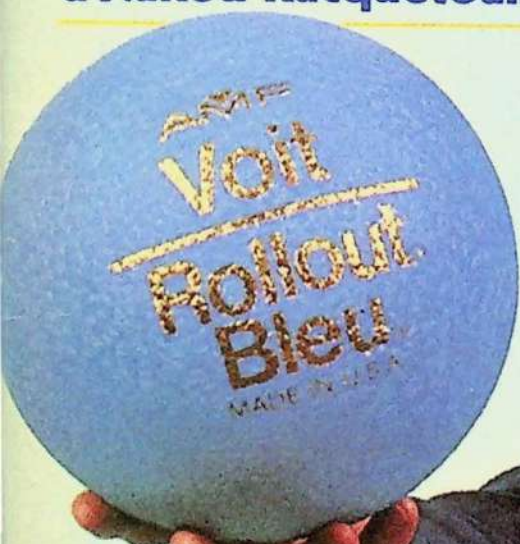
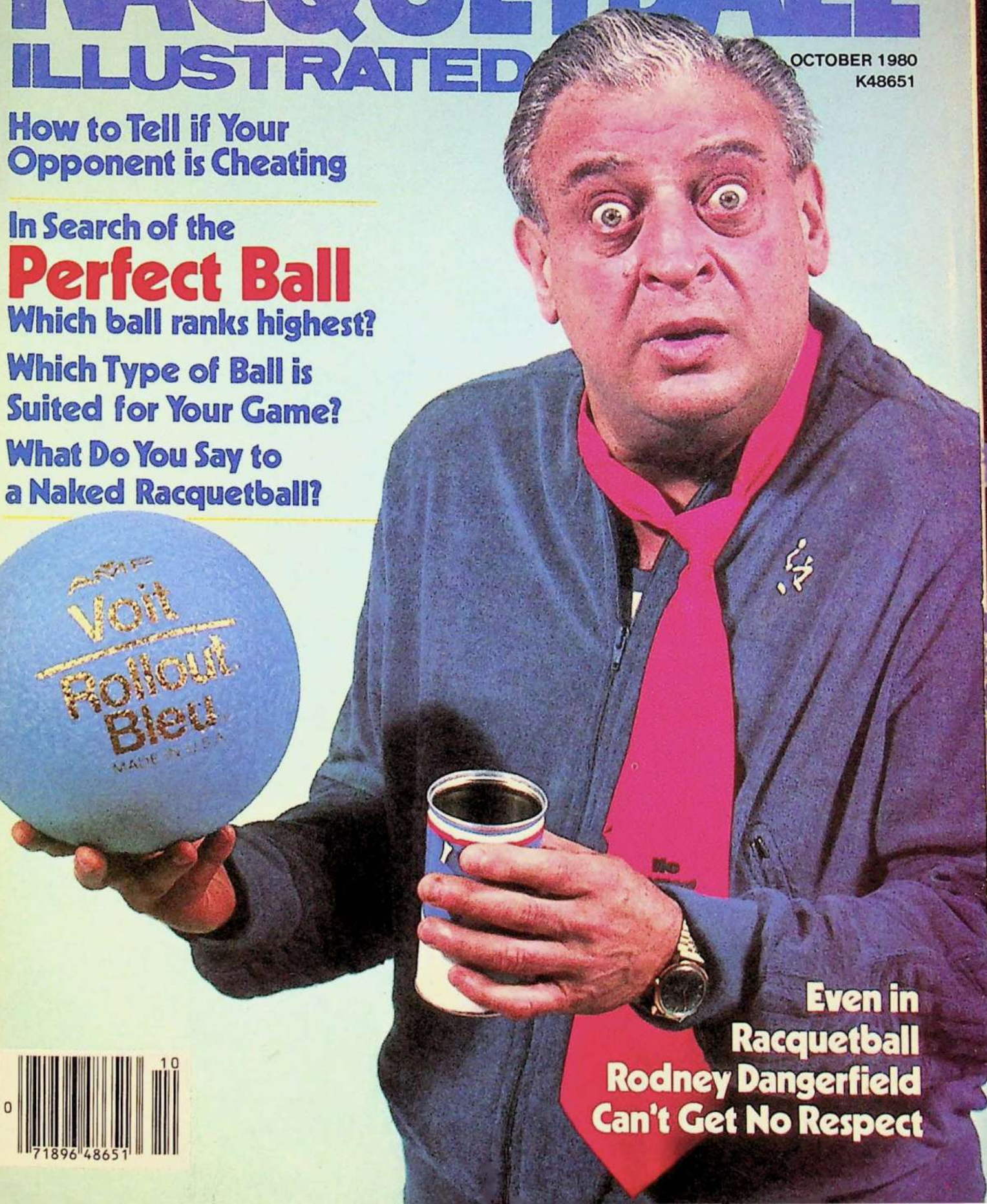
OCTOBER 1980
K48651

**How to Tell if Your
Opponent is Cheating**

**In Search of the
Perfect Ball**
Which ball ranks highest?

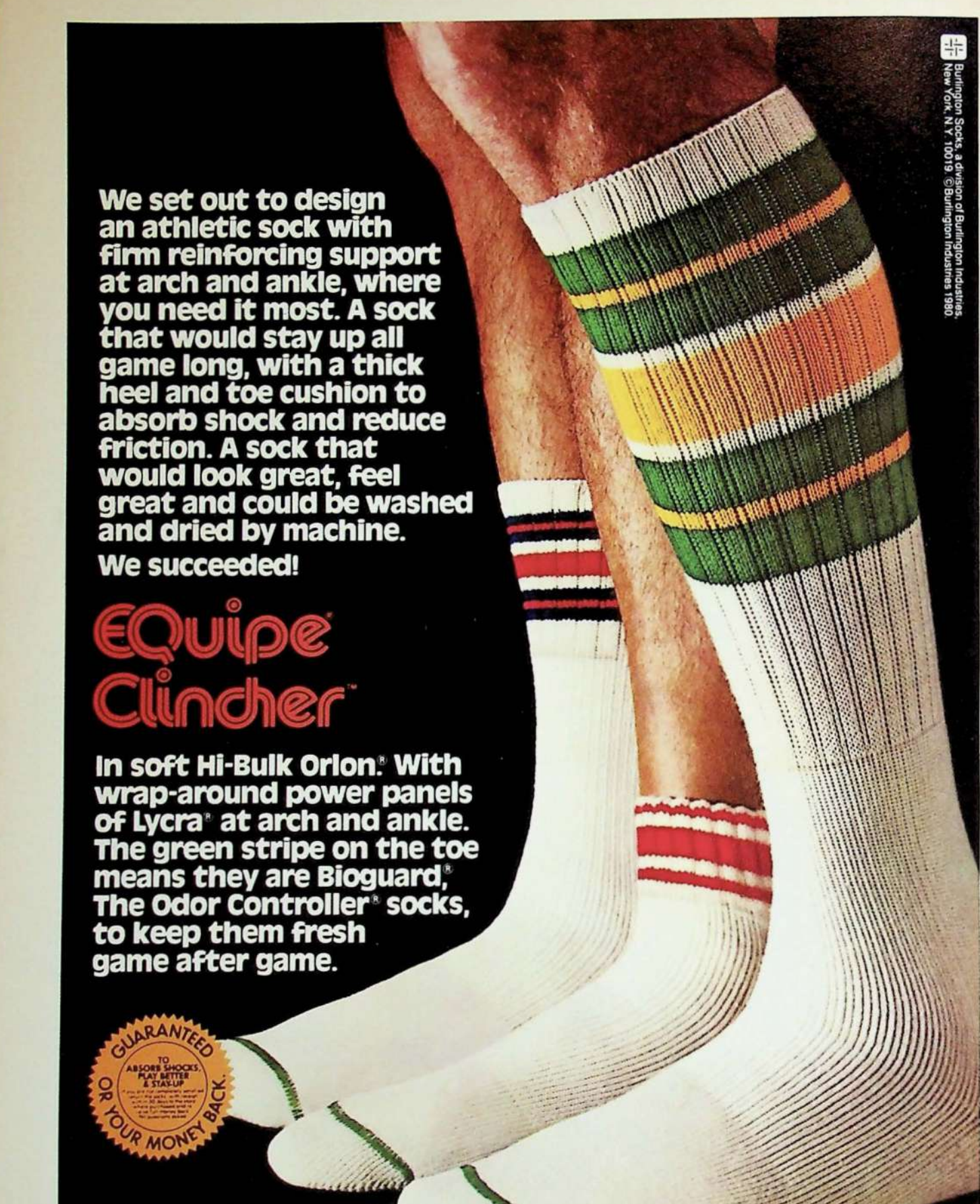
**Which Type of Ball is
Suited for Your Game?**

**What Do You Say to
a Naked Racquetball?**



**Even in
Racquetball
Rodney Dangerfield
Can't Get No Respect**





We set out to design an athletic sock with firm reinforcing support at arch and ankle, where you need it most. A sock that would stay up all game long, with a thick heel and toe cushion to absorb shock and reduce friction. A sock that would look great, feel great and could be washed and dried by machine. We succeeded!

EQuipe Clincher™

In soft Hi-Bulk Orlon®. With wrap-around power panels of Lycra® at arch and ankle. The green stripe on the toe means they are Bioguard®, The Odor Controller® socks, to keep them fresh game after game.

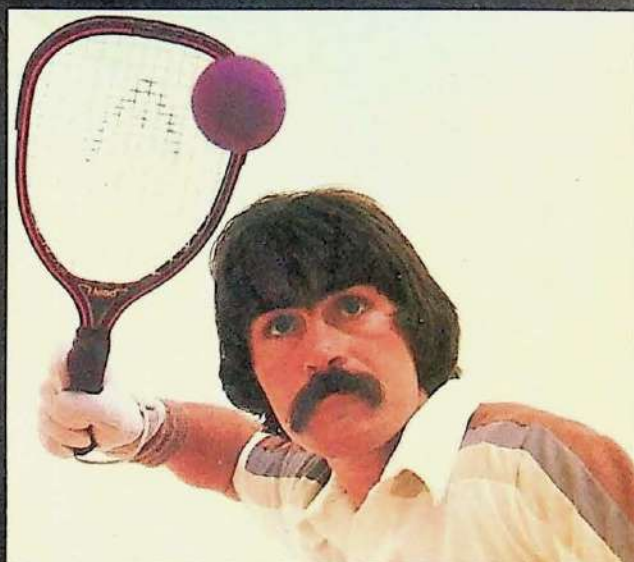


A SOCK FOR
EVERY WALK OF LIFE.

Burtonston

**"If you want
the best
in Racquetball...
Head has it all!"**

Steve Strandemo



Steve Strandemo, Head Racquetball Touring Professional/Instructor, says, "Pick the racquet that suits your game and let Head quality engineering do the rest."



HEAD® COMPOSITE RACQUETS. The GRAPHITE EXPRESS® racquet combines graphite and fiberglass for strength, lightness, and unbelievable power. The ENDURO® has an aluminum reinforced fiberglass core construction for power and durability. Both feature the open throat design that reduces twisting.



HEAD METAL RACQUETS. The PROFESSIONAL® is used by more Head Touring Pros for its outstanding power and control. It uses high-strength aluminum for devastating power. The MASTER® is made with a lighter, more flexible aluminum extrusion for superior racquet control and quickness.



HEAD RACQUETBALL BAGS. Specially engineered for travel and small lockers, Head Bags are available in navy blue and chocolate brown. All are washable and contain wet-pockets.



RACQUETBALL ACCESSORIES. Look to Head for the best in accessories, too. The Head racquetball shoe features a canvas-and-mesh upper molded to a skid-resistant crepe rubber sole. The Head Plum® ball and deerskin gloves add to your enjoyment and skill. Our eye guard adds to your protection. See your authorized dealer for equipment that will help you play your best.

We can make a difference in your game.

**AMF
Head**



**JOCKEY SPORTSWEAR.
NO MATTER WHAT FIELD YOU'RE PLAYING.**

Because it takes more than good form to look good on a racquetball court, Jockey makes Man-in-Motion® Sportswear. Functional, fashionable sportswear designed with an aggressive style that looks good and feels comfortable on court and off. This year, the best racquetball players are also looking their best: in Jockey Man-in-Motion Sportswear.

JOCKEY®

AHEAD OF THE FIELD, AGAIN AND AGAIN.

Jockey International, Inc., Kenosha, Wisconsin 53140

42



36



7



20

RACQUETBALL

ILLUSTRATED

October 1980 Vol. 3, No. 10

FEATURES

7

IN SEARCH OF THE PERFECT BALL Our panel of experts rates the best.

12

WHAT DO YOU SAY TO A NAKED RACQUETBALL? Each company has its own secret ingredients for making a ball. *By Sandra Segal*

18

IT'S ALL IN THE BOUNCE Don't give up just because the ball is not suited to your game. *By Charles Garfinkel*

20

THE NEW LOOK Some companies are using a different approach to packaging.

21

YOU CAN CALL HIM BRIDESMAID AND YOU CAN CALL HIM PRESIDENT Jerry Hilecher is the guy who always finishes second and the guy who organized the NARP. *By Rick Davis*

36

THINGS THAT GO BUMP ON THE COURT A David M. King photo section on the times things get crowded on the court.

38

WPRA NATIONALS Heather McKay adds another championship to her collection. *By Len Ziehm*

42

TWENTY QUESTIONS WITH RODNEY DANGERFIELD Even in racquetball this comedian can't get no respect. *By Sandra Segal*

59

1980 PLAYER OF THE YEAR Balloting begins for this season's top racquetball professionals.

INSTRUCTION

24 **Weight Training for Racquetball** by Heather Kirkwood

28 **How to Play on Glass** by Armen Keteyian

30 **How to Tell If Your Opponent Is Cheating** by Lee Pretner

31 **Getting A Grip on the Game** by Jean Sauser

32 **Exercises for Mixed Doubles Partners** by Dr. Robert George

DEPARTMENTS

4 **Up Front**

5 **Side Out**

6 **Players**

45 **Rx For Winning**—Diet and Drugs

47 **Short Shots**

51 **Tournaments**

56 **Fashion Rac**

61 **Club Directory**

64 **Off The Wall**

Cover photo by DAVID M. KING

Racquetball outfit courtesy of ROLAND ACTIONWEAR



Rating The Racquetballs

Last year at this time we presented you our first annual Ball Guide in which we had a dozen pros from around the country report on each ball.

The section met with excellent response overall but some readers said they felt cheated. "All you told us, in effect, was that each ball has its good points and bad points," said one reader.

This year we have taken the Ball Guide a step further. We selected another group of club pros to test the various balls and then we compiled the results to come up with an average score based on a scale of 1-10.

But even though we have given you the opinions of some respected club pros and a rating, there seems to be no conclusive evidence that any one ball is much better than the next. It's really a matter of opinion.

Every ball has its pluses and minuses and every player seems to have a preference as to which type of ball he or she prefers.

On a scale of 1 to 10, the highest average score was a little over 8. Only four balls received a perfect 10 in individual scoring. The lowest score was a shade under 4. That means the range was 4-8, not too great a difference. And even the balls which rated on the lower end of the ratings still had individual votes on the higher end of the scale.

So, in conclusion, we ask that you look at this set of ratings, not as the last word on racquetballs but only as a guide to which balls are best suited to your type of play.

Next year, with a different set of club pros participating in the testing, the results could be different.

In addition to our "Search for the Perfect Ball," we have excellent stories on "What Do You Say To A Naked Racquetball?" which reveals the ingredients it takes to make a racquetball and "It's All In The Bounce" which tells why certain players play better with certain types of racquetballs.

Our instruction section offers interesting stories on how to tell if your opponent is cheating and how to play on a glass court.

And don't forget to vote for the 1980 Player of the Year. Balloting begins this month and ends with the December issue.

Ben Kalb

RACQUETBALL ILLUSTRATED

CURTIS F. WONG	Publisher
BEN S. KALB	Editor
MARK KOMURO	Art Director
SANDRA SEGAL	Assistant Editor
EIKO NAOYE	Asst. Art. Director
ALAN TAKEMOTO	Art
FRED NEFF	Copy Editor
RICHARD WADE	Associate Copy Editor
DAVE KING	Photo Editor
ED IKUTA	
DREW STODDARD	Staff Photographers
JEFF WEEKLEY	Cartoon Editor
DAVID CHOW	Fashion Director
MARTIN HOUK	
CAROLE CHARFAUROS	
MATHEW TEKULSKY	
RICK DAVIS	
MIKE HOGAN	
LEN ZIEHM	
CHARLES WAIN	
DON BURKE	Contributing Writers
JAMES LEW	Merchandising
ALY SPENCER	Advertising & Promotion
DENNIS RITZ	Special Promotion Director
DAN REEVES	Production Director
FRANK FIELDS	Circulation Manager
MIKE BARRY	Special Graphics

Editorial Offices: 7011 Sunset Boulevard, Hollywood, California 90028 (213) 467-1300. Return postage must accompany all manuscripts, drawing and photographs submitted if they are to be returned, and no responsibility can be assumed for unsolicited materials. All rights in letters sent to RACQUETBALL ILLUSTRATED will be treated as unconditionally assigned for publication and copyright purposes and as subject to RACQUETBALL ILLUSTRATED's right to edit and to comment editorially. Contents Copyright © 1980 by CFW Enterprises. Nothing may be reprinted in whole or in part without written permission from the publishers.

ADVERTISING OFFICES:
LOS ANGELES: 7011 Sunset Boulevard, Hollywood, California 90028 (213) 467-1300.

NEW YORK: Vincent J. Lagana & Associates, 142 E. 80th Street, New York, New York 10016 (212) 249-7071.

RACQUETBALL ILLUSTRATED is published monthly by CFW Enterprises, 7011 Sunset Boulevard, Hollywood, California 90028. Controlled Circulation is paid at Sparta, Illinois. Subscription rates in U.S.A. \$12.50 per year. Canada add \$2.00 per year for postage and all foreign countries add \$3.00 per year. Send subscription to Racquetball Illustrated, Subscription Dept., P.O. Box 261, Mt. Morris, Illinois 61054. For subscription services or information call (815) 734-4151.

(USPS 5508-050)

Postmaster send form 3579 to: CFW Ent.
7011 Sunset Bl. Hollywood, Ca. 90028



SIDE OUT

Dallas

The recent article "Dallas, A Racquetball Wilderness That Is Making Its Move" failed to even mention the finest and only full-concept racquetball facility in the Dallas-Fort Worth area, the Irving Athletic Club.

The club offers 12 racquetball/handball courts, a 75-foot indoor swimming pool, indoor jogging track, basketball/volleyball gymnasium, weight training areas for men and women, complete locker room amenities, dance room, snack bar and pro shop.

We have hosted many local tournaments here and recently hosted the N.F.L. Players Association regional tournament. Many Cowboy cheerleaders, local athletes, and the area's top racquetball players are among our members.

As a manager and highly ranked player I have visited many of the clubs mentioned in your article and ours is by far the finest.

In closing, you also fail to mention any of the racquetball facilities in Dallas' sister city, Fort Worth.

The Racquetball Club of Fort Worth is a beautiful 16-court facility. They recently hosted the Coors Light Metro Open in June with over 200 entrants from all over Texas participating.

Racquetball in the area will continue to crawl if articles such as yours neglect facilities such as ours.

Jim Krick
Manager, I.A.C.
Irving, Tex.

Editor's Note: The article, written by Tom Koch of the Dallas Times Herald, focused on clubs in the Dallas metro area, not Dallas-Irving or Dallas-Fort Worth. The purpose of the article was not to spotlight which club is best, or to play one club against the other, or even to make reference to every single club in the area. The purpose of the article was to give the reader an atmosphere of Dallas and how racquetball relates to it.

Nationals

I was very fortunate to have the opportunity to play in The Nationals at one of the most beautiful facilities around, the Las Vegas Sporting House. But before I go flying off into the sunset with beautiful memories, we must come down to reality.

It was one of the worst racquetball experiences I have ever had.

A majority of the participants were treated with rudeness. The prices on food were inflated (i.e. waitresses were selling yogurt and strawberries one day for \$1.00 and the next for \$1.55). The hospitality room was absolutely the worst ever. It was only open a few hours and only on the first few days of the tournament.

When I approached people from the club and the United States Racquetball Associa-

tion they were defensive. Major excuses were lack of funds by the sponsors and the fact that the new owners of the club were not aware of what was to be done.

And why did we have to pay \$25.00 to the banquet that wasn't worth \$17.50?

This letter was not written to be negative but to tell the sponsors that your amateur players are not blind, deaf or dumb. The organization should listen to its members. Without them the USRA has no strength.

Bill Holden
Ventura, Calif.

Racquet Issue

I was fascinated by your articles on racquets in the July, 1980 issue.

I had never seen or heard of the Stevens Pulverizer. Could you give me more information on it?

Dean Silbiger
Torrance, Calif.

Editor's note: Stevens Sporting Goods address is 3428 West Harvard, Santa Ana, Calif. 92704

Nothing Fancy

Interesting story in your August issue on what sells at the local pro shop.

I was glad to see that most racquetball players have not gone the way of the pseudotennis player, who dresses to kill on the court and can barely hit the ball over the net.

Racquetball doesn't need cutesy fashion or hundred dollar outfits. A clean t-shirt and shorts will do fine.

Pauline Baxter
Jacksonville, Fla.

Better Instruction

My interest in your magazine has been the articles in which you assist me in improving my own play. I'm interested in solid instruction, strategy and styles of the game.

My playing friends share my disappointment that your magazine is not more relevant to the improvement of play.

Paul Beckow
Kamloops, British Columbia

Texas Fan

Congrats on an excellent travel issue, especially the story on racquetball clubs in Dallas and the feature on "Dallas" television star Charlene Tilton.

As you can imagine, the show is one of the most popular around here.

Grace Bolton
Dallas, Tex.

SEND YOUR LETTERS TO:

Racquetball Illustrated, 7011 Sunset Blvd.,
Hollywood, CA 90028

INTRODUCING A WATER RESISTANT MULTI ALARM CHRONOGRAPH



Shown
Actual
Size

Olympia V \$29.95

Compare Prices But Buy Quality

If you shopped around you could find other alarm chronographs at this price, but they wouldn't have the quality & durability of the Olympia V. And quality makes the difference, such as water resistancy, 3 year lithium battery life, and scratch resistant mineral glass lens. These features combine to make a watch so convenient you can put it on and simply forget it.

Two Separate Alarms to Remind or Awaken You

Set one alarm to sound precisely the minute you choose, and the second as a gentle hourly chime.

Sophisticated Stopwatch for Work or Play

Unlike others that time only to 1/10 sec., the Olympia V quartz crystal allows for accuracy to 1/100th of a sec., and records split/lap times, time-outs, and 1st-2nd place finishes.

The Olympia V can also show 12 or 24 hour time.

Buy with Confidence

We've become a leading media merchandiser by offering advanced technology products, prompt delivery, and a 30-day, no-risk, money-back guarantee. If this product isn't everything you expect, return it in new condition in 30 days or less for a complete refund.

Order Today

Charge customers call toll free 24 hours a day. Order product #400. Included is mfg.'s 1 yr. warranty.

(800) 854-3831 In California
(800) 432-7451

DWS marketing international

350-A Fischer Avenue Dept. D07
Costa Mesa, California 92626 (714) 540-4444

Call our toll-free number for quickest service or send your check money order or credit card info. Please allow time for checks to clear. We accept VISA M.C. A.E. D.C. charge cards. Add \$2.50 for insured postage & handling for first product & \$1.00 for each additional product. Calif. residents add 6% sales tax.

"DEALER INQUIRIES INVITED"

© DWS marketing international 1980

PLAYERS



The man in the middle is Richard Prowse, who plays DARTH Vader in the current hit movie, "The Empire Strikes Back." The guy on the left is someone in a DARTH Vader costume, and the guy on the right is dressed in a costume

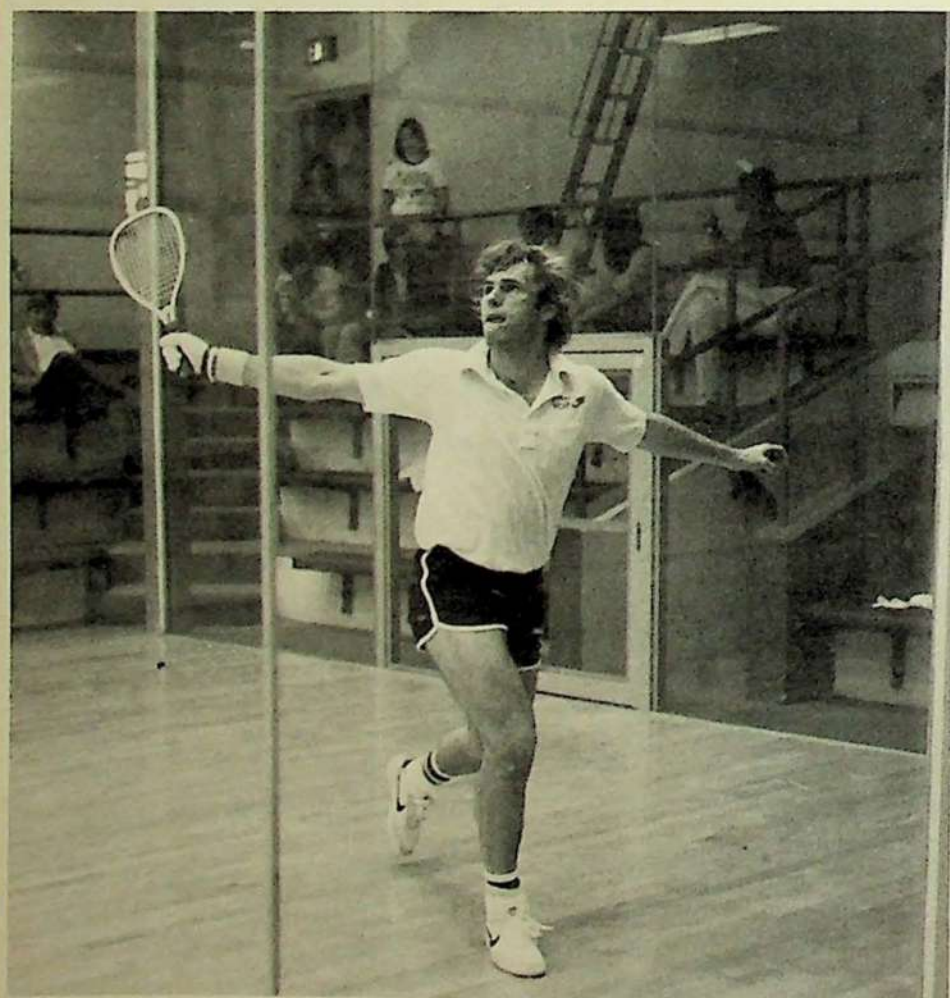
from another of the Star War characters. Prowse, who owns a health club in England, was in Denver to try his hand at racquetball at the downtown International Athletic Club.

Photo by John Faust



Comedian-actor Jimmy Walker, one of the top players on the racquetball celebrity circuit, gets ready to serve during the Motion Pictures Industry tourney at The Century Club in Century City, Calif.

Photo by David M. King



Cincinnati Bengals kicker Chris Bahr practices his backhand ceiling shots at The Glass Court in Lombard, Ill. in

preparation for a Natural Light/NFL regional tourney.



Los Angeles Ram linebacker Bob Brudzinski (left) looks at pro shop inventory with former Ram Phil Olsen during break in play at the celebrity tourney for Multiple Sclerosis at Olsen's Del Amo All Pro Athletic Club in Torrance, Calif.

Photo by Dave Jepsen



In Search of the Perfect Ball

To find the perfect racquetball—if there is such a thing—*Racquetball Illustrated* asked 12 club pros from around the country (three each from the Midwest, West, East and South) to test the balls provided by each of the participating manufacturers.

The club pros ended up testing 13 different balls. They were (in alphabetical order) AMF Voit, Ektelon, Head, K.D. Sports, Leach, Mikasa, Penn, Point West, Seamco, Spalding, Sportcraft, Trenway and Vittert. Three other companies—Wilson, Dunlop and Winn—did not have their new racquetballs out of production in time for our testing.

The players were asked to rate each ball on a scale of 1 to 10 in this fashion:

- 10 — The Perfect Ball
- 9 — Excellent
- 8 — Very Good
- 7 — Good
- 6 — Average
- 5 — Fair
- 4 — Mediocre
- 3 — Poor
- 2 — Very Poor
- 1 — Are You Kidding?

The balls were judged on several criteria, including consistency (true

bounce, ball's response off walls and racquet, sound of ball hitting racquet), durability (how long it stays lively, how quickly it breaks), liveliness (practical playing speed, control, the ease with which the ball needs to be hit) and other factors. Speed was a factor but the club pros were asked not to make this a major part of their point total with the understanding that just because one player plays better with a fast ball that does not mean a slow ball is necessarily a poor ball.

Several of the racquetball manufacturers make more than one ball. We let each make the choice as to which ball was to be tested.

Some of the club pros were sponsored by companies which participated in the testing but to avoid any conflict of interest, they were not allowed to test their sponsor's product.

The pros were selected from clubs in the *Racquetball Illustrated* Club Directory. The participating companies did not know which pros were selected to test the balls.

Of the 12 pros selected for the 1980 *Ball Guide*, 11 of them returned their reports to us in time for our deadline. One rater did not. The following results, then, are based on the reports of 11 club pros.

The Panel Of Experts

MIDWEST

Phil Mydlach
Brookfield Racquetball Club
Milwaukee, Wisc.
Gary Souders
Racquetball West
Indianapolis, Ind.
Glen Withrow
Wildwood Racquetball Club
Bettendorf, Iowa

SOUTH

Steve Bedner
Spalding Club South
Lexington, Ky.
Stuart Smith
Don Kessinger Court Club
Memphis, Tenn.
Pete Wright
Racquetball at Northpark
Dallas, Tex.

EAST

Karen Borga
Racquetball of Tom's River
Tom's River, N.J.
Rene Depot
Playoff Racquetball Club
E. Providence, R.I.

WEST

Dave Glander
The Honolulu Club
Honolulu, Hawaii
Elly Hertz
Rollout Racquetball Club
Northridge, Calif.
Bill McClintock
King's Court
Westminster, Calif.



Editor's Note: The scores listed by each ball indicate highest individual score, lowest individual score and average score of entire panel. Balls are listed in order of highest average score.

Penn
10-6 8.10

the Perfect Ball

Seamco 600
9-3 7.36



AMF Voit Rollout Bleu
10-4 7.09



Leach
9-3 6.36



Spalding Zip
10-5 6.27



Head Plum
10-3 5.00



Vittert Gold Label
8-1 4.63



Ektelon Speed Flite
8-6 7.0



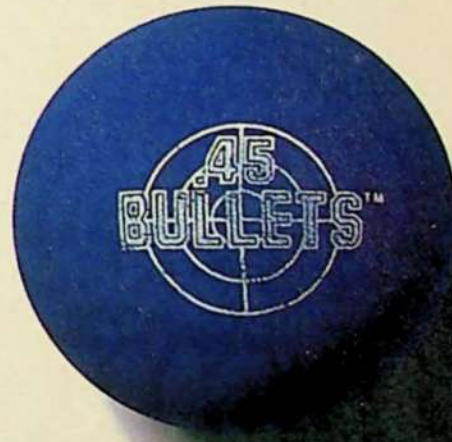
Sportcraft Pinch Shot
9-4 6.90



Point West
9-4 5.90



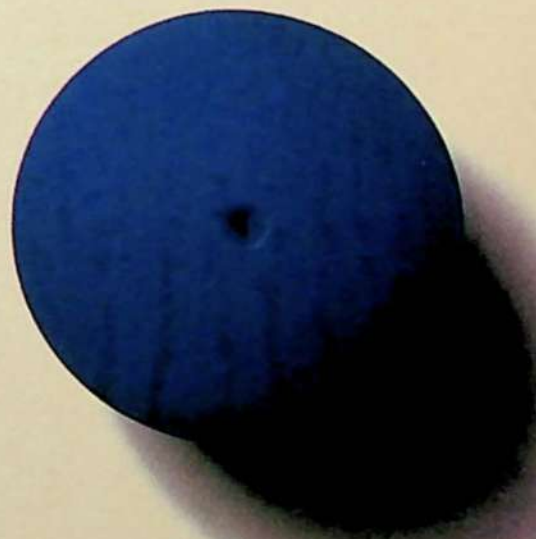
K.D. Sports .45 Bullet
9-4 5.90



Mikasa SLI
7-2 4.45



Trenway Super Z
7-1 3.72



WHAT SOME PEOPLE DO TO THEIR FEET IS SIMPLY SHOCKING.



You slam them down. Twist them. Slam them down again. And then you wonder why your feet hurt and ache so much.

It's because the poor soles need cushioning. And no single design of athletic shoe can all by itself give you the cushioning, support, and comfort which an active foot demands.

That's why Scholl developed Pro Comfort® Sports Cushions™. Thin, lightweight shock absorbing insoles made from a revolutionary material called Poron®, that fit comfortably and easily



in your shoes. Sports Cushions actually absorb twice the court- and road-shock that sponge or latex does. And they breathe, to keep feet feeling cooler and drier.

Pro Comfort Sports Cushions from Scholl. They're guaranteed for the life of your shoes. To help you stay foot-loose and blister-free. And that's the name of the game.

support for your game

pro comfort

by Scholl

Look for Pro Comfort products at sporting goods and other fine retail outlets.



© 1980 Scholl, Inc.

the Perfect Ball

The results are listed in order of the balls' finish by average score. The first number listed next to each ball is the highest score received from one or more of the raters. The second number is the lowest score received. The final number is the average score of ALL the rating pros. Included are some of the pros' comments relating to each ball.

Penn

10-6 8.10

"Probably the best pressureless ball. Consistent, durable with practical playing speed. Fairly heavy but overall a good ball."
 "Good compromise as pressureless balls go, slightly harder rubber eliminates splats. Jolt on impact may cause tennis elbow problems."
 "Most popular ball among people I tested with. Good weight. Good liveliness. Most distinctive and visible of the blue balls. Seems to splat on impact with a distinctive sound."
 "Too lively, breaks too easily. True bounce, consistent. For a faster paced game."
 "One of best pressureless balls. Consistent bounce, durable. Practical playing speed."

Seamco 600

9-3 7.36

"Excellent. Consistent bounce. Lively. Good response off wall and racquet. Stays lively but breaks occasionally."
 "Ball is too fast with inconsistent bounces. Excellent ball for practice with a ball machine."
 "Heavy and thick walled. Seams seem weak. Very lively. It carried to the back wall higher than any other ball. Fastest ball in survey. Takes longer to get use to because of speed and high bounce."
 "Probably the liveliest of all balls. No overhitting necessary. At times durability has been a problem."
 "Good ball. Only problem is finding right speed. One ball tested was too fast and one was slower."

AMF Voit Rollout Bleu

10-4 7.09

"Great ball for top and beginning players alike."
 "True bounce. Ceiling ball hit at normal strength will not carry to back wall. Thin walled. Flattens out on impact. Blue color distinctive."
 "Floats due to flattening, splats in corners, too dead. Eliminates passing game."
 "Excellent durability. Bites walls well. True bounce. Not very lively."
 "Easy ball to play with. Extremely durable. Truest of all the balls."

Ektelon Speed Flite

8-6 7.0

"Consistent bounce, only slight flattening. Reasonable liveliness."
 "Normal ceiling ball will not reach back wall. True ball. Thin-walled, flattens out on impact. Too slow for the above average player. Durability good. Maintains bounce and texture well."
 "This ball has consistent bounce but in order to hit a ceiling shot you really have to beat your arm."
 "Good playing speed. Good sound off walls and racquet."
 "Durable. Slightly faster than most non-pressurized balls."

Only four 10s were given out by the entire group. Voit, Head, Spalding and Penn each received one. Penn averaged the highest with an 8.1 rating.

The results of this testing should not be taken as gospel. If anything, it showed that each player has his or her own idiosyncrasies. Different players prefer different characteristics in their idea of a "perfect ball." We

Sportcraft Pinch Shot

9-4 6.90

"Carries very well to back wall. Lively but not too heavy. All around good ball."
 "Slow. Not responsive off walls, especially Z-serves. Splats."
 "Nice ball, easy to hit. Consistent bounces."
 "Very good. True bounce. Lively. Bites walls well."
 "True bounce but the ball felt heavier than others."

Leach

9-3 6.36

"Carries well to the back wall off normal ceiling shot. Takes predictable bounces off floor and walls without excessive noise. Weight good."
 "Good bounce. Durable. Only problem is roundness. Some balls tend to be lopsided."
 "Inconsistent bounce. Sound off the racquet is dead. Sounds mushy when hitting ball. Too heavy, no ceiling game."
 "Good consistent bounce and good durability."
 "Very durable. Lively ball. Didn't wear my arm out hitting it."

Spalding Zip

10-5 6.27

"Carries nicely. Lightweight. Good for all players."
 "Extremely soft. Goes dead too soon. Flattens out against wall and racquet."
 "Lively. Floats some. Perhaps rubber should be slightly harder."
 "Color very visible. Flattened out on impact more than any other ball in survey. Sounds very hollow. Although thinned walled, durability seems good."
 "The color is no bother. It has a nice bounce. However, its liveliness faded quicker than most others."

Point West

9-4 5.90

"Good, durable and lively. Lacks consistency in bounce. Good sound off wall and racquet."
 "Carries to back wall well. Seams raised. Cover of ball inconsistent. New balls were already split on seams."
 "Pretty good bounce. Active ball. Long lasting. Good off serve."
 "Seemed to be a slower ball. It made the game too much work. Ball has to be hit hard to make it move."
 "Slow. Excellent for instructional use."

suggest you test as many of them as you can and make your own decisions. We also suggest you learn to play with all types of racquetballs. The best player is the one who can play well regardless of which ball is used in a tournament.

K.D. Sports .45 Bullet

9-4 5.90

"Surprisingly good. Thick rubber, although not too heavy. Lively, true bounce."
 "Bounces and carries well. Surface texture makes for a lot of spin off walls. But texture seems to wear off within a couple of games. Takes irregular bounces. Packaging is real nifty."
 "Heavier than most. Good playing speed. Bites walls well."
 "It seemed to have a true bounce and was relatively lively. Durability could be a problem."
 "Sluggish. Heavy splat off front wall. Bounce not consistent."

Head Plum

10-3 5.00

"Slow starter. Excellent ball after first game. Good for splat shots."
 "Ceiling ball will not carry to back wall. Color seems distracting. Very slow. Takes strange bounces in the corners."
 "Fair over all. Extremely slow. Ball flattens out against walls and racquet."
 "Slow. Dull color. Excellent for instructional use but not for tournament play. Ball splats."
 "Not bad bounce. Will lose ball on glass court, otherwise okay."

Vittit Gold Label

8-1 4.63

"Good solid playing ball. Breakage is frequent and color is dull."
 "Why a brown ball? Racquetball floors are wood. You can't see it, especially on glass."
 "Not bad, but too heavy. Inconsistent bounce."
 "Too dead. Floats. Bounce is true."
 "Average. Bounce lacks consistency. Rather slow. Good ball for beginners."

Mikasa SLI

7-2 4.45

"Fairly good bounce. Lacks consistency. Splats on three-wall shot."
 "Must hit on sweet spot or ball will take English off the wall. Good bounce."
 "Consistent bounce. Bad color... gets lost too easily. Too heavy."
 "Fair. Too soft. Inconsistent bounce. Slower bounce after first wall."
 "Too heavy. Feels flat off racquet head. Texture too smooth."

Trenway Super Z

7-1 3.72

Editor's note: This ball comes with inflation kit.
 "Lighter than most balls. Durable because of adjustable pressure. For beginners only."
 "Slides, bounces funny. Good ball for those looking strictly for recreation."
 "Fine for one player and not very good for another because of pressurization."
 "Felt much lighter than the others. Had to keep pumping it up to maintain pressure."
 "Ball is too heavy and spongy. Won't wear out. Excellent for once-a-month player."



What Do You Say to a Naked Racquetball?



Illustration by Alan Takemoto

By Sandra Segal

When staring at the naked racquetball, you may think there could be nothing more simple than this unadorned sphere. Yet in play, the ball is more than meets the eye. A lively ball on the first game becomes a sluggard by the third. A ball hit straight against the front wall suddenly curves away from you. Since subtle differences in the ball's response can have major effects on how well a player plays, you may begin to wonder what makes up the ball's simple exterior.

An investigation into the actual manufacturing process should convince you that creating a superb racquetball has all the mystique and requires all the skills of creat-

The recipe for a racquetball is as secret as the family recipe and each company has its own set of ingredients.

ing, let's say, a great French meal.

The cooking analogy is justified, as many of the techniques and processes used in manufacturing a racquetball would seem appropriate in the kitchen. As with any meal, the process begins with perfect recipes and high quality raw ingredients. "The formulation of the ball's play characteristics depends almost exclusively on the recipe we use for the rubber," says Robert Beebe, production manager for Penn.

Although each company's recipe for mix-

ing rubber is guarded more closely than the secret family recipe, John Long, chief process engineer for AMF Voit, explains the basic ingredients involved.

"We buy a variety of natural and synthetic materials from vendors," he says. "These include different types of raw rubber, fillers, anti-oxidants, anti-ozonants, processing aids, and pigments. These ingredients are basic for any type of rubber compound." Voit uses 16 ingredients in all.

After being assembled, the raw ingredients are mixed in Banbury mixers, which are basically oversized bread mixers. Since nothing is ever mixed exactly the same, one ball could play a little bit different from another made by the same manufacturer. "When you mix rubber, you don't mix it a

pound at a time. You mix, say, 500 to 1000 and at a time. To get rubber to be exactly the same each time is impossible," says Jim Amick, director of racquetball promotion for Seamco.

Voit follows a complex procedure in its attempts to assure quality control of their rubber batches. Long says, "We process the ingredients through the mixers first. Then the mixed rubber goes to the lab to be tested. We'll make balls out of each batch of rubber we mix. Then, based on the characteristics of the sample balls, we blend different batches for consistency. We will take four to twelve batches, and blend them to meet the same desired parameters."

Voit has a battery of sophisticated-looking equipment to make these tests. One such machine, a gray box about the size of a microwave oven, emits a graph which indicates the rubber's reaction to heat and pressure. This rheometer, according to Long, costs \$20,000.

After the large batches of rubber have been made and tested, the rubber can then be molded into balls. Or more exactly, into halves of balls. Each company must make important production decisions at this point such as the thickness of the ball's wall, the process used in molding the rubber, and the amount of curing time (the time allowed for the rubber to bake). This all helps determine whether the ball will be lively or dead, and how durable it will be.

Different manufacturers diverge at this point as to what the best molding method actually is, and each, of course, staunchly defends the superiority of its own method.

Seamco is one of the few to use the injection molding technique. "We superheat the rubber prior to injecting it into the mold so it will flow evenly," says Amick. "It's like using a giant hypodermic needle filled with rubber which you stick in a hole in the mold and shoot in under pressure."

Voit and Penn, on the other hand, use compression molding. Long describes the process. "First the blended batches of rubber are run through the Barwell. That's basically a huge meat grinder. As the rubber goes through the machine, a blade cuts off the rubber into precisely weighted segments. It's like cutting up sausages."

A worker then drops these small plugs of rubber into a giant mold, which looks very much like a huge waffle iron with semicircular indentations. When all the plugs are in place, the top of the mold is brought down with a great hissing noise, and then released. The rubber melts into sheets of ball halves, which look like large, colored waffles.

There is a slight controversy among those favoring injection and those favoring compression techniques. According to Amick, in using the compression mold process one risks having the temperature of the mold differ from spot to spot. This would cause variations in the thickness of the rubber. In play, if the ball lands on a thin or thick spot, the ball will not bounce true.

Long denies this charge. "With our mold design and accurate equipment, we have no problems with variations in thickness," he

says. On the other hand, Long claims that there are special problems relating to injection molding. According to Long, when the rubber is injected into a single hole, all the rubber molecules will flow in one direction. "This makes the rubber more brittle and easier to tear," he claims.

Although there is no agreement between compression devotees and injection devotees, both groups are unanimous in the belief that all balls should be seamed. Despite a widely held myth, there is currently no seamless ball in the racquetball industry. At one time, according to Amick, a company experimented with vulcanized balls. In this process, a round mold cavity is used. Liquid rubber is sucked around the cavity so the mold will be completely coated. "Unfortunately, there was a variance of as much as one eighth of an inch in the rubber of the ball using this process," says Amick. "This would make the balls completely undependable."

At the same time the rubber is being compressed or injected, it is also undergoing the baking—or curing—process. This step affects the ball's resiliency, determining whether the ball will seem lively or a dud.

"The longer the rubber is cured under heat and pressure, the more resilient it becomes," says Amick. "An undercured ball will be slow, dead, play heavy, be soft or mushy. An overcured ball will be too lively. Rubber can become too resilient—you can make your ball a superball by changing the cure time. Of course, the rubber eventually reaches a point where you have a breakage problem."

Long explains how Voit keeps its ball resiliency constant. "By controlling the time and temperature with very precise equipment we can control precisely the rubber's abilities to stretch," he says.

After the raw rubber has been molded into large waffles of rubber ball halves, the halves are cut out by huge cookie cutters. The sides of the balls are then sanded to an exactly specified height. "We especially designed a piece of equipment to get the height of each half within a thousandth of an inch," says Long.

The two halves of the ball are then cemented together with an adhesive and then it goes through a second curing process. This second baking creates bonds between the two halves of the ball, guaranteeing that the ball will not split apart in play.

Now another controversy arises at this point in the manufacturing process. Should pressure be added to the ball? A pressurized ball is simply one in which the internal air pressure is greater than the external. Such a ball may have three and one half to four pounds of internal pressure. A pressurized ball can take advantage of the additional liveliness which comes from the internal pressure. However, these balls tend to lose pressure during play.

Long thinks that pressurization is pointless. "Rubber is porous to the air," he says, "and when you open a can of balls, air permeates through the ball walls, and soon the ball won't rebound as well. Nonpressurized balls rely on their rubber for bounce.

"An undercured ball will be slow, dead, soft or mushy. An overcured ball will be too lively."

They tend to be more consistent and durable."

Amick explains another problem with pressurized balls. "The equipment which pressurizes the balls is so sensitive it will do things on its own. You set it for 3¼ pounds of pressure, but it will begin to vary the pressure. There's always a margin of error." Variation in the pressure in the ball will cause variations in performance.

After a decision has been made on pressurization, the balls' next stop is the texture machines, which puts the desired finish on the ball. According to Long, recycled potato peelers were originally used for this purpose. Voit now uses a special type of sanding machine.

At this point, the former mass of raw rubber has begun to look like an identifiable member of the racquetball species. However, it has not yet gained the right to bounce onto the court. Before it emerges from the factory, representative samples from each batch must pass a series of tests for quality.

When entering a room used for quality testing, a racquetball veteran may automatically duck. One is greeted with the staccato sounds of racquetballs hitting a wall at high speed. "This is the life test," says Long. "Balls are shot against a steel plate at speeds beyond which any but the best players could reproduce. The balls are shot over and over again to equal the wear of a couple of dozen games."

This test is used to determine the breakability of the ball. "If more than one out of a given number of balls break, we stick a knife through every ball in the batch," says Long.

This is not the only test. In the rebound test, the ball is dropped 100 inches and must rebound 68 to 72 inches. The ball's weight, roundness, and compression (hardness or softness) must be tested to assure they are up to standard. Finally, each ball is visually inspected to make sure there are no apparent flaws.

How are the difficult decisions about procedures and design actually made? Long notes one of his work days, and laughs. "Well, I've been down on my hands and knees in my three-piece suit rolling racquetballs back and forth on a court to check different colors."

Naked Racquetball?



After the racquetball halves have been cut out by huge cookie cutters, they are sanded to the correct height before they are glued together.

Long's somewhat "ad hoc" techniques are actually part of the joint effort of marketing personnel, players, and a research and development staff. These are the personnel who are responsible for design decisions. Long explains their trial and error methods. "We are constantly making prototypes and testing them," he says. "We consult with our staff of players for changing preferences of the racquetball playing public."

Beebe says that Penn follows a similar methodology. "We have a research and development department in Phoenix where our racquetballs are manufactured with guidance from the marketing department. We tell our developmental people what we want, and they come up with different sample balls. Then the balls are play tested. The determining factor in designing the balls is always how the ball plays."

Seamco's developmental procedures recently resulted in the introduction of the Assassin racquetball, which has a dimpled playing surface. Amick explains the rationale behind this innovation. "We followed the same line of thinking the engineers used when making golf balls. They dimpled the golf ball to give it greater accuracy in flight."

"Independent testing has found that the Assassin is the most accurate racquetball in flight, more accurate than even our other balls."

Long, however, finds no need for the dimples. "You don't need dimples in the sort of confined space you get in a racquetball court," he says. "You don't have any aerodynamic needs in a twenty to forty foot space."

The engineering calculations involved in developing the Assassin are indicative of the continual efforts made by the industry to perfect the manufacturing of a racquetball. The manufacturing process is not as simple as one might imagine. In fact, it may be more complex and detailed than for a tennis ball.

"At first glance the racquetball seems to be nothing more than the inside of a tennis ball," Long says. "But while the covering of the tennis ball may be sophisticated, you'd be surprised if you saw some of the things inside."

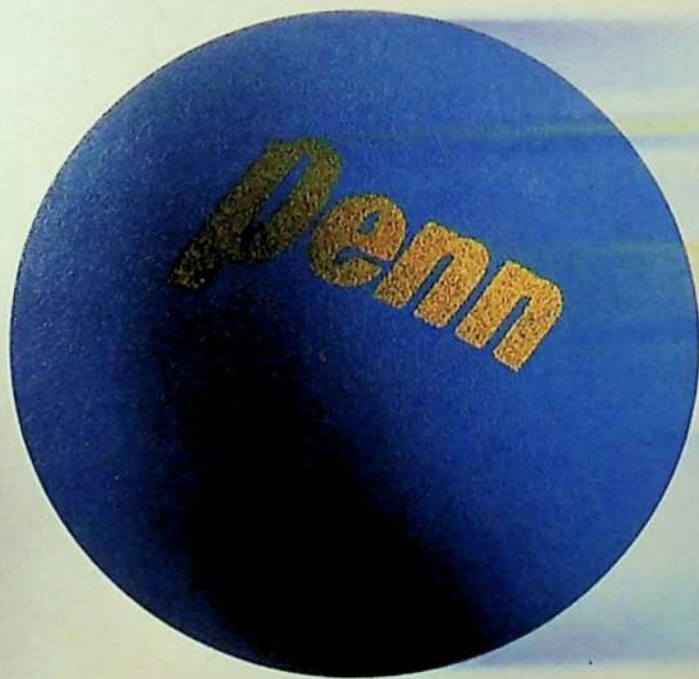
"The earlier steps in making a tennis ball are the same as for racquetball, but there's less work in obtaining the desired properties of a tennis ball. Because of the narrow parameters of racquetball and the sophistication of the players, any differential in the ball is much more noticeable, and the average racquetball player picks it up more quickly."

Long gently picks up a racquetball. "When you're looking at the bare ball," he says. "It's got to perform."



Each of these precisely weighted plugs of rubber will be dropped into a "waffle iron" mold to become half of a racquetball.

The one part of your game that never has an off day.



Rely on it. When all your shots are working. And when they're not.
Because even on those days your game's more off than on, the
Penn® Ultra-blue racquetball performs. Shot after shot.
Game after game. Whether your style is power or finesse.

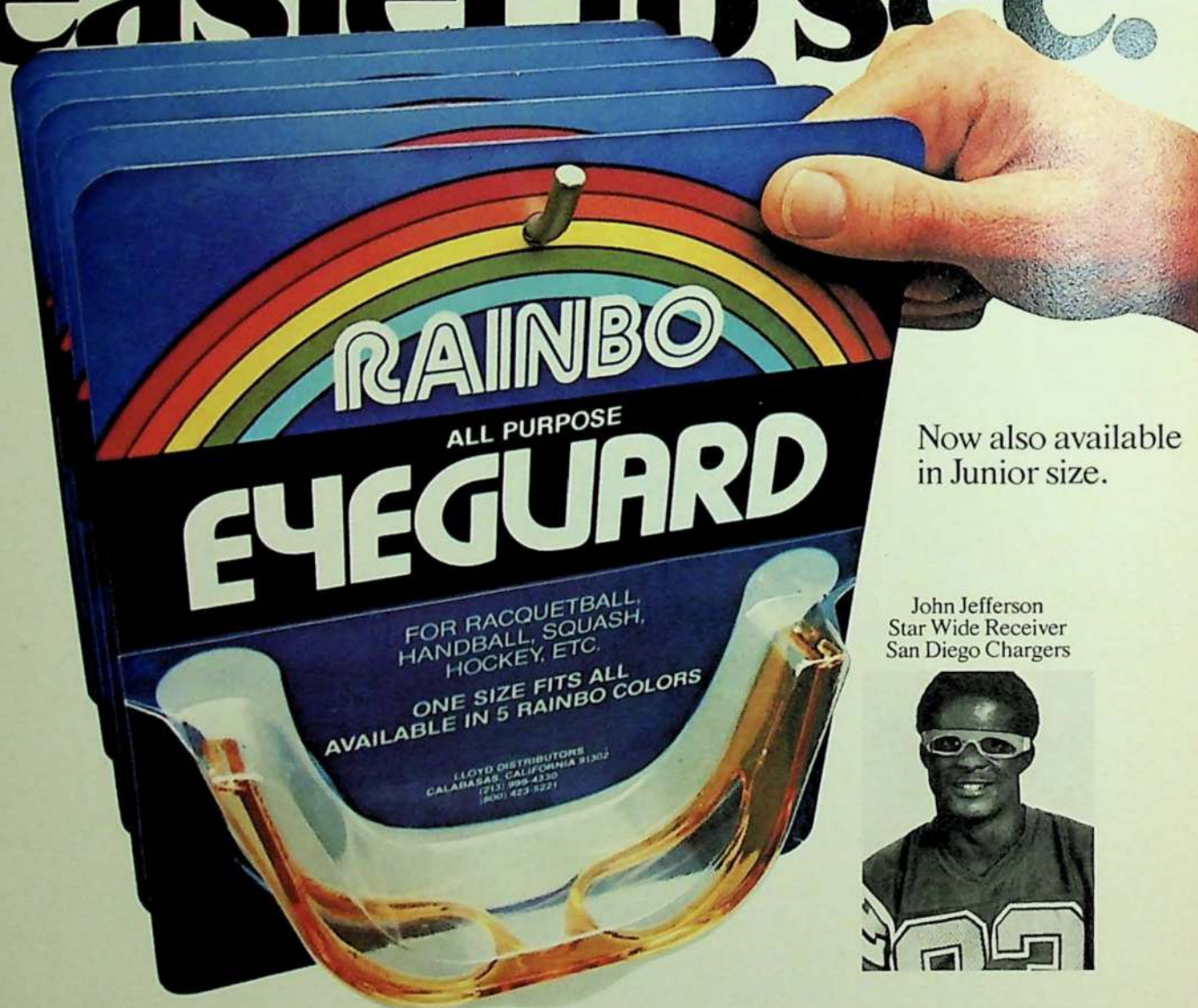
This ball is so lively, consistent, and durable, we back it
with the guarantee no one else offers: If any Penn ball
should fail before the label wears off, return it to the place
of purchase or to Penn for two new balls.

Ask anyone who plays it. Once you try Penn, you won't
go back to anything else. Because even if you're off, it's on.

Penn Athletic Products Company, 200 Mall
Boulevard, Monroeville, PA 15146.



We've made Eyeguard easier to see.



Now also available
in Junior size.

John Jefferson
Star Wide Receiver
San Diego Chargers



Eyeguard is the most serious piece of sports equipment you can own. Because it protects a most precious gift from injury. Your sight.

The plastic frame is virtually indestructible. It offers wide temporal protection. And it's cushioned to fit your face comfortably.

Look for Rainbo Eyeguard where you buy sporting equipment.

If you wear glasses, ask your Eye Care Specialist about COMBAT GLASSES™—an Eyeguard fitted with prescription lenses. For more information call: Rainbo Sports Optics, Inc., at (213) 999-4330 or (800) 423-5221.

ARIZONA

Flagstaff Athletic Club
Flagstaff
Valley Health & Racquet Club
Mesa
Old Pueblo Court House
Tucson

CALIFORNIA

Canyon Terrace Racquetball Club
Anaheim
Calabasas Racquetball Club
Calabasas
Fiesta Village
Colton
Another Racquet
Encinitas
Rollingwood Racquet Club
Fair Oaks
Courtside Tennis Club
Los Gatos
Shore Sporting Goods & Apparel
Long Beach
La Cancha Racquetball-Health Ctr.
Napa
Tournament House
Riverside
Tournament House
Rialto
The Outdoorsman
So. Lake Tahoe
The Sports Connection
Santa Monica
Torrance Athletic Club
Torrance

CONNECTICUT

The Great Racquet
Southington
Wilton Sport Shop
Wilton
Schaefer Sporting Goods, Inc.
Westport

FLORIDA

Central Florida Sporting Goods
Orlando
Omega Forty
Ormond Beach
Sports Scene
Stuart
Sarasota Racquet Club
Sarasota

GEORGIA

Racquet South
Savannah

ILLINOIS

Indian Head Racquet Club
Countryside
Four Seasons Club
Danville
Evergreen Bath & Tennis Club, Inc.
Evergreen Park
Oak Park River Forest Racquet Club
Oak Park
Wimbledon, U.S.A. Palos Club
Palos Heights

INDIANA

The Athlete's Foot
Merrillville

IOWA

Y.M.C.A.
Marshalltown
Y.M.C.A.
Newton

KANSAS

Meadowbrook Racquetball Club
Prairie Village

LOUISIANA

Champs Sporting Goods
Baton Rouge
Foxy's Health Club, Inc.
Baton Rouge

MARYLAND

Frederick Court Club
Frederick
Towson Court Club
Towson

MASSACHUSETTS

Lee Chisholm Sporting Goods, Inc.
Malden
Worcester Court Club
Worcester

MINNESOTA

C. Z. Wilson Co.
Duluth
Fitzharris Athletic
St. Cloud
Schultz's Sporting Goods
So. St. Paul

MISSOURI

Linden Oaks Racquetball Club
Gladstone
The Court House Racquet
& Health Club
Kirksville
Missouri Athletic Club
St. Louis.

MONTANA

The Court House Racquetball
& Health Club
Missoula

NEBRASKA

Allens of Hastings
Hastings

NEW JERSEY

Efinger Sporting Goods Co.
Bound Brook

NEW MEXICO

Tom Young's Spas & Court Club
Albuquerque
The Z Racquet Club
Tucumcari
Gardenswartz Sports
Albuquerque
Tom's Sport Center
Santa Fe

NEW YORK

All Sports Fitness
Racquetball Club
Fishkill
Sports World Classics
Lackawanna
Andy's Sporting Goods
Latham
Athlete's Den
Lancaster

Winning Wall
Port Chester
Y.M.C.A.
White Plains

NORTH DAKOTA

Gerrells Sports Center, Inc.
Grand Forks

OHIO

Courtrooms I
Brunswick
Jewish Community Ctr.
Cleveland
Courtside Racquet & Handball Club
Columbus
Spring Meadows Court Club
Holland
Morris Sports
Youngstown
Boardman Athletic Club
Youngstown

OREGON

Courtsports I
Eugene

PENNSYLVANIA

Manor Court—North
Allison
Kirkpatrick's Sporting Goods
Butler
Central Y.M.C.A.
Harrisburg
Green Tree Sport Center
Pittsburgh
Manor Court—South
Pittsburgh

TENNESSEE

Nashville Young Men's Christian Assoc.
Nashville

TEXAS

Jakovich Sports
Kerrville
American Sports Center
San Antonio
Spenco Aerobic Club
Waco

VERMONT

Wedgewood Club
Montpelier

VIRGINIA

Arlington Tennis & Squash Shop
Arlington
The Jock Shop of Blacksburg
Blacksburg

WASHINGTON

Y.M.C.A.
Seattle
Joe Martin's Sporting Goods, Inc.
Bellingham

WEST VIRGINIA

The Sport Mart
Charleston

WISCONSIN

Milwaukee Sporting Goods
Milwaukee

It's All in the Bounce

Don't give up just because the ball is not suited to your game.

By Charles Garfinkel

In a recent professional tournament in Anaheim, Calif., Charlie Brumfield handily defeated Marty Hogan, 21-12, 21-11 in the men's finals. Did Brumfield play the match of his life? Was Hogan off his game? No on both counts.

The results showed that sometimes the bounce of a racquetball can determine who has the edge in a match. The racquetball (Voit Rollout Bleu) used in that tournament was a slower ball than the lively one (Seamco 559) that is used on the regular pro tour.

The slower ball favored Brumfield's control style of game. On the other hand, Hogan may have been handicapped because he couldn't play his usual devastating power game.

Often times we read or hear about matches involving two different players and are surprised to hear that one player won one week and the other player won the next week. The reason? A different racquetball was used each week. One ball favored the harder hitter. The other ball favored the control player.

Does that mean you should enter tournaments that only use racquetballs suited to your style of game? Definitely not. Until racquetball companies agree to standardize the ball, you will be faced with similar situations throughout your playing career.

You can adjust. You must adjust.

If you're going to be playing with a ball you're not fond of, you must prepare yourself mentally and physically, especially mentally.

Many players are psychologically defeated before they enter the tournament. They're thinking they have to play with "an inferior racquetball," a racquetball that doesn't complement their style of game.

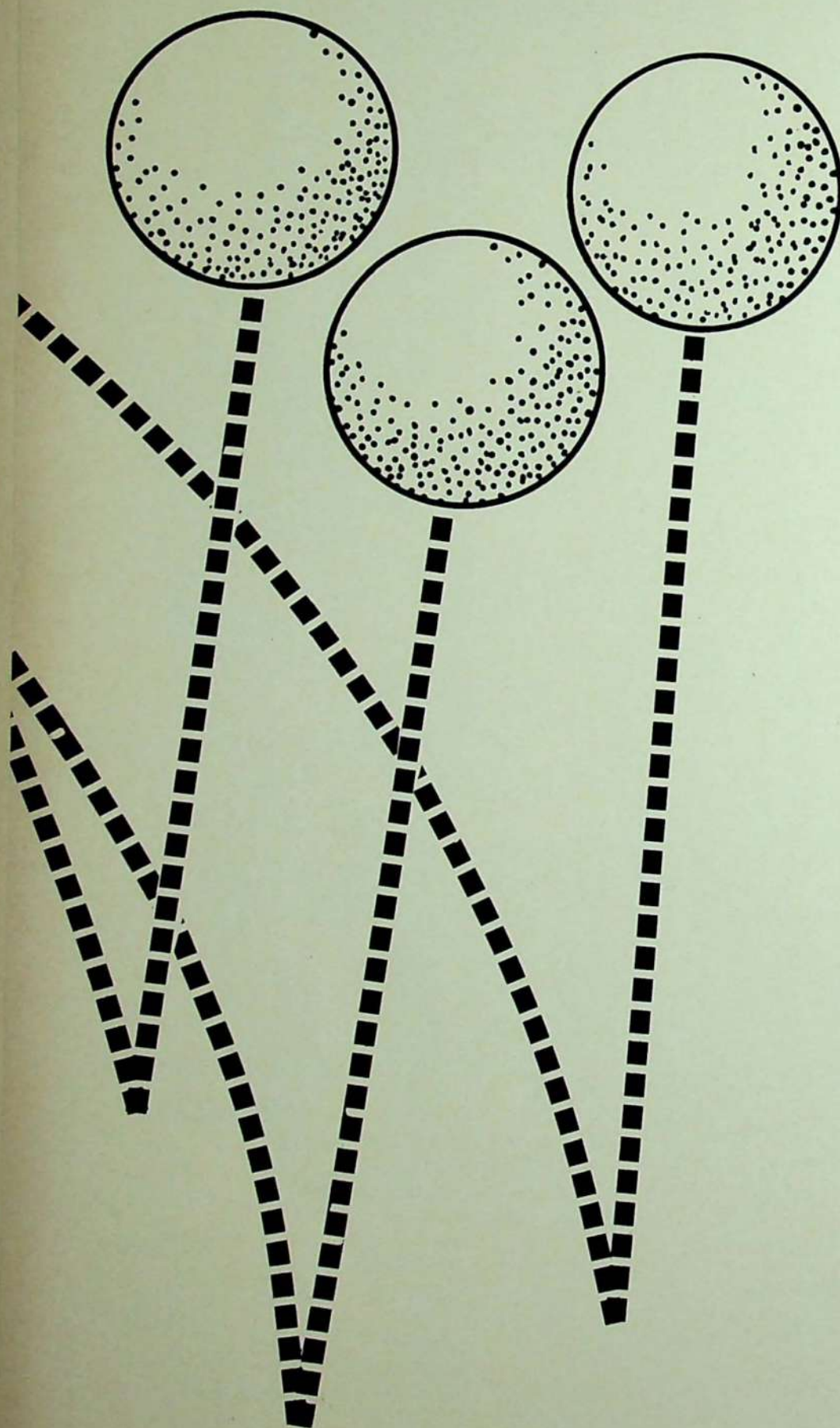
That's the wrong attitude. Even if you only have four days to prepare for the tournament, you can still win it.

In preparing for a tournament with a lively ball, you should get on the court by yourself and practice your shots. You will have to move a little more quickly than if you were to use a slower ball. You must get set for your shots faster than you normally do. You should be thinking "quickness."

You'll be amazed at how fast you can adjust to the bounce and you'll be pleasantly surprised to see that the ball isn't quite as fast as you thought.

After an hour of hitting by yourself, you should adjust to the bounce of the ball. That will conclude your first day's workout.

On the second day, you should practice in-



tensely with a partner. But before you start practicing write down the things you DON'T like about the ball.

For example:

1. You have trouble keeping a ceiling ball from hitting off the back wall, which results in your opponent having setups off the backwall.
2. You are never set for backwall kill shots because the ball seems to rebound towards the front wall faster than you're used to.
3. You aren't comfortable on other shots.
4. You know your drive or z-serve can be better.
5. You have trouble returning a hard drive or z-serve.

Talk these points over with your practice partner, and practice with him or her—maybe once in the morning and once in the afternoon.

You should alternate ceiling balls back and forth to each other. If you find that they are consistently bouncing off the back wall on one bounce, simply move your ceiling shot further back on the ceiling. You may even find you'll have to move it back 10 feet or more from the front wall. You'll also be pleasantly surprised to see how easily you can feather the ball, and still hit a really great ceiling ball.

Once you feel comfortable with ceiling balls, you should practice your back wall kill shots with your partner. Have him or her hit ceiling balls that come off the back wall. You should practice your kill shots on both the forehand and backhand.

Next, you should practice your return of serve. You can play a 15-point game with your opponent always serving and you always returning. Obviously, the scoring system has to be modified to allow you to score points even though you are not serving. This is smarter than alternating serves since this will give you 30 to 40 service returns to practice in a row.

Because a lively ball is usually served hard the ceiling ball is your best return.

Concentrate on watching the ball the moment your partner drops the ball to start the serve. Follow its flight from the point of his contact until you contact the ball and follow through.

Now, you can modify the scoring even more. If you don't return the ceiling ball well, it is a point for the server. If you hit a good ceiling ball, it's a point for you.

After 15 points, you should change places with the server. He now becomes the receiver. Now is your chance to hit 30 or 40 serves

without interruption and you should be hitting only hard drive or z-serves.

After you've served a 15-point game, again switch places with your partner. But this time play the points out.

By playing the points out, you'll be able to get the actual game feeling for the ball. You'll have a chance to return the serves and get used to moving to the ball quicker. You will also get a better feel for shooting your kill shots. You also have to watch out for a few things. A kill shot is much more risky with a lively ball. You should also remember not to move in too far to "center court" position. Because the ball is so lively, it ricochets further from all parts of the court.

After you've played this 15-point game, it's your turn to serve.

Again, you should be striving to hit good drive and z-serves. You should also be trying to put the service returns away at the earliest opportunity.

After your workout, jot down the skills and strategies you need to work on in your second workout later that day. Ideally, it would be best to work on the strokes you need more confidence in. But remember, You're not changing grips or basic strokes. You are trying to acclimate yourself to the bounce of the ball.

On the third day you should play someone who can give you an even match. On the fourth day you should practice by yourself for about 45 minutes. Keep concentrating on the bounce of the ball and work on your serves and shots.

If you have longer than a week to get ready for the tournament, play as much as you can after you've followed the original four-day routine.

The practice procedure is the same with a slower ball. If you're a power player who loves to blast every serve, you may be thinking, "My serves are worthless with that ball." Again you are wrong. You can still hit many good, hard serves.

But as a hard hitter, you would be wise to incorporate some slow z's and lob serves into your repertoire.

If you're going to be using a ball that is slower than you're used to, you should follow the same practice procedure.

After practicing the first day by yourself, plan to spend time with a practice partner the next two days. Again jot down the skills you need to work on:

1. Adjust your serves to find the optimum serving spot.

2. Try slow z's and lobs.

3. Get used to keeping the ball in play longer.

4. Work on your kill shots and passing game.

You will be passing much more with a slow ball than you were with the livelier ball. You should also strive to keep your opponent out of front court where he has more time to react to the bounce of the ball.

By keeping the ball in play, you'll find you can acclimate your style of play to the slower ball.

It shouldn't matter whether or not your next tournament will use a fast or a slow ball. If you follow the practice methods that have been suggested, you will see that the bounce of the ball doesn't matter.

Basically, here are five points to remember:

1. A drive serve is more effective with a faster ball, and the chances of a crack serve or a miss hit return are much greater due to the speed of the ball. With a slower ball, z or lob serves are more effective because they force the receiver to generate more power and accuracy when returning the serve.
2. Passing or cross-court shots should be hit higher on the front wall with a slow ball because the slow ball slows down greatly and will not carry to the back wall. A faster ball should be hit lower on the front wall. Try to keep shots off the side wall with a faster ball. They will likely return to center court, a place where your opponent is likely to be.
3. Ceiling ball shots hit with a slower ball must be hit closer to the front wall on the ceiling. This will enable the shot to bounce deeper into back court, giving your opponent a difficult shot to return. When using a faster ball, you should aim for a spot further back on the ceiling to insure that the ball doesn't come off the back wall, giving your opponent an easy shot.
4. Side wall or pinch shots should be hit closer to the side wall-front wall crack with a faster ball. This will prevent the ball from coming back into center court. The slower ball should be hit further back on the side wall. If hit properly, it will die on the front wall.
5. Slow balls are more effective on drop or dink shots because they stay lower to the ground. Faster balls will provide the opponent with an easier return since the ball will stay up longer.



The New Look

Most racquetballs come in standard cans, attractive in their own way, but certainly not fancy or unique. The trend now, however, may be away from the common can and into a different kind of packaging.

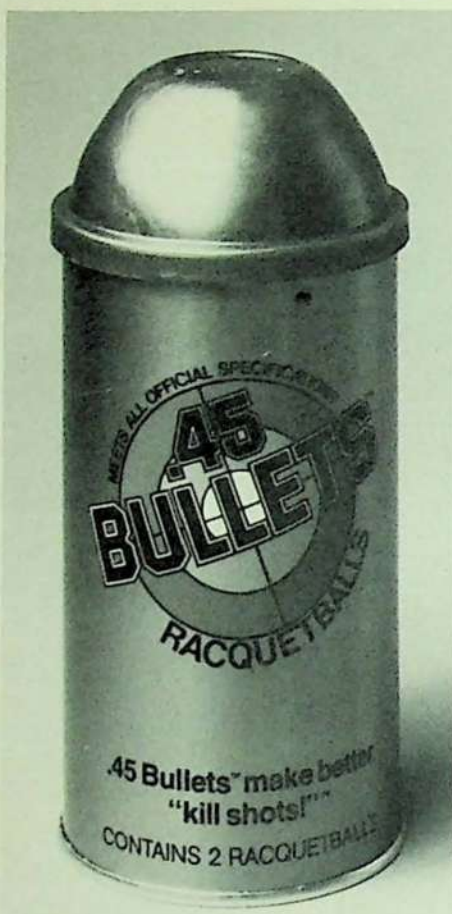
Take the packaging of two new ball manufacturers, K.D. Sports International, Inc. of Manhattan Beach, Calif. and Winn Inc. of Huntington Beach, Calif.

K.D. Sports makes the .45 Bullets, which is packaged in the shape of a bullet. The can is gold and the target on the can is rust, orange and white. The top is a silver/grayish plastic "bullethead."

"Can is real nifty" and "Balls are packed in a nice can" were only two of the comments received by our 1980 Ball Guide panel of experts.

Winn has taken a different approach to the packaging of its ball, the Winn Blu. The balls come in a simple yet smart looking royal blue, orange and white box with illustrations of a racquetball player on each side.

The theory behind this is cost, says Ben Huang, Winn President. "There is no sense to spend more money to package the cans when packaging is purely cosmetic," he says. "We can then pass this on to the customer."



RACQUETBALL ILLUSTRATED

12 ISSUES for
ONLY \$12.50.

(Save \$5.50 off newsstand rates)

Send me 12 issues of Racquetball Illustrated for just \$12.50.

Make check or money order payable to
RACQUETBALL ILLUSTRATED
Subscription Department, P.O. Box 261,
Mt. Morris, Illinois 61054

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

☐ Check or money order enclosed ☐ Bill me ☐ BankAmericard ☐ Master Charge

Charge card number

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Inter Bank number

--	--	--	--

4 digit no. above your name on card

Expiration date

Charge card signature _____

Please note: This rate limited to the U.S.A. and its Possessions. Canada and elsewhere:

Add \$3.00 per year (12 issues) for additional postage.

You can call him bridesmaid and you can call him president



Photos by David M. King

By Rick Davis

Pride and guts.

That, says Jerry Hilecher, is what he's all about.

The pride that comes from playing racquetball for more years than most other players on the professional tour.

The pride that comes from having seen the sport grow from its primitive roots in a game called paddleball through a progression that brought construction of hundreds of courts across the country, and the ensuing popularity.

The pride that comes from continuing to be successful at the pro level in a sport which he learned 16 years ago.

The guts to find a way to defeat an opponent who has more skills, more strength, or greater anticipation than you do.

The guts to jump in the trenches and

Jerry Hilecher has lost in more finals than any other player but he may be most remembered for bucking the current racquetball establishment by organizing the NARP.

assume a leadership role in connection with the politics of pro racquetball.

He remembers back when it all began. In the late 1960's on those sweaty, pocket-sized courts at the Jewish Community Center in St. Louis. A gang of kids—including later-to-be tour players Marty Hogan, Ben Koltun, Jerry Zucherman, and Steve Serot—taking refuge from summer boredom by turning to racquetball. Taking refuge, but, at the same time, inviting addi-

tional suffering from the heat and humidity. "Those courts were always free, always available," remembers Hilecher. "We broiled in there, but it gave us a lot of opportunity to learn the game, to progress by trial-and-error."

"That's the way I learned racquetball... trial and error. It takes a lot longer that way. But in those days there weren't any coaches in the sport."

Hilecher also was nudged along in those days by his father, Daniel. Dad, Alan (a brother who is three years older) and Jerry began playing cut-throat games at the JCCA. It took the younger Hilecher two dragged-out years to beat his father. "It was pretty frustrating for two years," says Jerry, who now can smile about it. "I didn't like losing to somebody in the family, either."

Hilecher is a good athlete. He grew up playing other sports, none of which he "was real good at." "Racquetball," he says, "was a

you can call him president

chance to excel in something."

Playing handball and racquetball, Hilecher entered out-of-city tournaments, earning some trophies and honing his skills. Then, while pursuing an economics major in the early 1970's at the University of Missouri, he found courts to be quite scarce. "On weekends, I used to drive back home in order to practice," he recalls. "It was a two-hour drive, but I wanted to keep playing. It has paid off."

Following college graduation in '76, Hilecher entered a pro tournament in Chattanooga, Tenn. It was a stop on the outdated International Racquetball Association tour. The newcomer waded through to the finals, then defeated veteran Steve Strandemo to cap an amazing week.

Duly encouraged, he entered the Sacramento (Calif.) tourney, first stop on the '76-'77 NRC tour. The field there was much tougher. It included Hogan, then emerging as king-

pin of all who swung the racquet. In the finals, it came down to Hogan and Hilecher, and incredibly, Hilecher won the match.

"What I did in that two-month span really strengthened my commitment," he recalls. "I decided to go ahead and give racquetball a year of good, hard, dedicated training." He played the tour, winding up third in the rankings for the season. A regular tour participant ever since, Hilecher's best season came in '78-'79, when he wound up number two behind Hogan, of course.

Hogan, it would seem, has his number. "The only time I've ever beaten him was that first tournament in Sacramento," says Hilecher, unflinchingly. As recently as June, they met in the semifinal round of the Nationals in Las Vegas.

Hogan dominated 21-7 in the opener as Hilecher's strategy failed. "I went out there with the intention of moving Marty around

the court by hitting my shots all over. I was trying to take the edge off his power game that way," recalls Hilecher. "It didn't work, so then I went to a game with no power at all... lob serves... ceiling balls... all easy shots for him to return. It must have thrown his timing off."

Indeed.

Hilecher down 15 to 7 in the second game, battled back to even things up at 20-20. Then came a shot to forget. Set up to hit a forehand to the left back corner, Hilecher saw at a glance that Hogan was leaning that way. He changed at the last second and tried for a kill shot to the right. "It skipped in, just inches from the front wall," says Hilecher. "Marty got the serve and won the game."

"What really made me mad at myself was, six points earlier, I was in the same situation, and did the same thing... changed my shot. I told myself at the time, don't do that again. But I did it anyway." Hogan then went on to defeat Mike Yellen in the finals.

Hilecher, in his own estimation, doesn't feel he had an off-season, despite slipping to fourth. "Yellen and Peck passed me by," he explains. "They're just two good, young, improving players." But one suspects Hilecher is equally concerned with Yellen's potential as he is with Hogan's long time success. In sizing up the top two, he reveals his own weaknesses—and strengths. "Marty's assets are his strength and quickness," says Hilecher. "Mike has great anticipation, more than probably anyone on the tour. That gives him an edge. He can get shots that nobody else is going to get. But, take me, I'm uncoordinated. I have no flexibility in my legs."

"I don't have the quickness that would win a 50-yard dash. My physical advantages are long arms (he's 6-foot, 165 pounds), which gives me a bigger reach and quick reflexes. I have a quick first step, which is a big advantage on a racquetball court. But besides that, what has helped me win over the years is guts... a desire to win. I do what it takes to win. I'll dive on the floor to get shots that other guys would let go by. If a match comes down to who's going to win because of guts, then I have an advantage. And I think that's what got me where I am."

But where is Hilecher in reality? The rap on him always has been that he can't win the big one—the tournament finals. He has earned racquetball's bridesmaid label for always finishing second. His statistics over the past two seasons would indicate as much. In that time, he has been in the final of 11 tourneys, and has not taken home the top prize once. He finds it difficult to explain.

"Yeah, I thought a lot about it," he says. "The only thing I can figure out is I've put too much pressure on myself from the start about trying to win the tournament... thinking about getting to the finals. That means when I get to the finals I have put too much pressure on myself and it contributes to



Jerry Hilecher goes down to one arm in returning a backhand shot against Marty Hogan in semifinals of 1980 Nationals in Las Vegas.

THE HOLLMAN COURT SYSTEM

The Most Advanced Engineering Concepts in Panel Technology & Design

designed and engineered by the contractor-player-owner of the Northwest's premier racquetball clubs.

developed because no court system available today included the key features we demanded in our own court system.

We Met Our Own Demands

by **perfecting** a precision machined, pre-cut panel of rigid, inter-locking design that results in a completely smooth and solid playing surface.

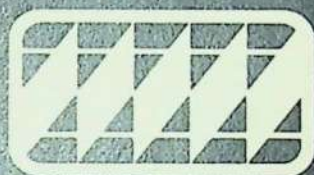
by **inventing** a simple and efficient installation method complete with the technical supervision which allows

you to easily incorporate our system into your club design.

we manufacture our products and provide a skilled staff of company sales engineers who assist you directly (no distributors) from initial contact through on-site installation and future servicing.

For further information on the newest and most advanced court system in the industry, call or write today.

THE HOLLMAN COURT SYSTEM
11200 S.W. ALLEN AVENUE
BEAVERTON, OREGON 97005
(503) 641-7766



losing. But I don't feel it's fair to say that I always choke.

"I think there were only four of those 11 tournaments that I could have won. In those four I just burned out mentally. In the others I played my best and was beaten by somebody."

The situation now brings up the question of whether Hilecher can remain within the top echelon of racquetball pros, or will the young whippers, the Pecks and Yellens, pass him by?

"I plan on staying competitive on the pro tour past 30," he says. "It hasn't been done before, but I plan on doing it. I realize I must work harder every year to retain the edge I have. I've never abused my body. I try to eat 'smart.' I either work out on the Nautilus or run every day. Of course, I also play racquetball every day."

Hilecher also has a sense of pride from his 16-year involvement in the sport. Most other players didn't learn the game until they were in their late teens. Hilecher was indoctrinated early. "I take a lot of pride in seeing the progress we've made," he says. "I take pride in seeing the tour develop and grow, in seeing players become more skilled and in seeing more courts built. I feel the game really is a part of me and I hope to stay with it for years."

He intends to stay with it, not only as a player, but also as a coach and administrator. Which brings up the National Association of Racquetball Professionals, the two-

year-old players' union headed up by Hilecher and fellow pro Davey Bledsoe. Hilecher is NARP President.

The NARP, which has 75 members, including most of the pros (minus Hogan, for one) recently signed a contract with a New York corporation, Capital Sports. That firm is trying to organize a 10-stop tour, beginning in the fall. It will compete with the established NRC tour. "I don't know that we will be going head-to-head, that is, our tournaments being the same weekends as the NRC tournaments, but the only way to describe the situation is they will be competing tours," admits Kevin McHale, manager of corporate development for Capital Sports. The company was established 11 years ago and has handled accounts for the 1980 Winter Olympics, the New York Marathon, Equitable Family Tennis Challenge, Colgate Tennis Series and the U.S. Open Tennis Championships.

"It's make-it-or-break-it time for pro racquetball. This is it," says Hilecher. "If the new tour doesn't succeed, the pros are in trouble. And, of course, Davey and I will get the brunt of the blame, because we formed the players' association and have kept it going."

He claims they formed the association over two years ago "after being frustrated by the way pro racquetball was being run by people looking out for their own best interests." He adds, "The players had no influence in how the tourneys were being set

up. They, in effect, were being used for others to make a profit. The biggest tournament purses were \$15,000. The tour had gone stagnant as far as growth was concerned. We formed the association so that the players would have some influence in the draws, the seedings, the rankings, the whole system . . . in other words, to allow us to be treated like professional athletes.

"On this new tour, all contracts involved will come through the players' association. And that's in the best interest of all of us."

That makes Hilecher a pioneer, of sorts. "I've been around the game so long that I think things like this mean more to me when they happen. I'm proud of the sport and how far it has come," he says. "I know I'm not number one in the rankings. Marty has that, but I don't think rankings are all that goes into being number one. Marty could go out and get run over by a car. It wouldn't necessarily mean number two would become number one. I feel I've achieved being the best in some ways. It's because my goals are different. One of my goals is to reach my potential and to look back 20 years from now and know that, like Bud Muehleisen and Joe Sobek, I played a part in the process."

"To me, racquetball is life in a nutshell, life reduced to the size of a four-walled court. It's what life is about . . . you can prove a lot of things on the court. How to live with yourself. How to accept someone else being better than you. How to try your hardest to succeed. It's your life right there."

WEIGHT TRAINING FOR RACQUETBALL

by Heather Kirkwood

Top athletes in every sport now use weight-training to improve their performances. For competitive racquetball players, strength work should be an integral part of tournament preparation. But weight-training doesn't mean struggling to lift the heaviest-possible weights.

Because racquetball is a speed sport, players need explosive power rather than the pure strength. While there are obvious correlations between explosive power and pure strength, what matters most in racquetball isn't how much force any muscle can produce, but rather how much force that muscle can produce WITHIN A FRACTION OF A SECOND. So racquetball weight-training must be particularly geared towards producing speed as well as strength.

Explosive power is best achieved by alternating two types of weight-training—heavy weights (at 80–85 percent of maximum lifting capacity) and light weights (30–40 percent effort).

Russ Kidger, Canadian track coach and an exercise physiologist, has devised an extremely effective racquetball training program.

His yearly schedule is divided into four phases: Off-season (3 months); pre-season (3 months); in-season (5 months); and total rest (1 month).

Off-season—The tough preparation period when athletes must develop enough basic conditioning to carry them through months of depletion during competition.

Pre-season—Mainly intense preparation work, including some tournament matches.

In-season—Major tournaments.

Total rest—After 11 months of work, athletes need a complete break, physically and mentally, from racquetball.

Weight-training forms part of all program phases—except, of course, total rest. For best results, weights should be done three times weekly in the off-season; two–three times weekly during the pre-season training; and once weekly throughout the in-season period.

Kidger's method is geared towards serious competitors with some previous weight-training experience. Players without this background might find the program too difficult at first. It's wisest to begin slowly, doing only part of each workout and gradually increasing your

workload, as you feel comfortable, over a period of months.

Weight-training, like all athletic activities, should always be preceded by a complete warm-up. Skipping a warm-up can result in long-term injury. Before starting any weight-training session athletes should do:

10–20 minutes slow jogging

10 minutes easy stretching exercises

5–8 50-yard 'build-up' runs.

In build-ups the speed gradually increases each run. The first is almost a jog, while the last is just under full speed. Walk 50 yards between runs.

Weight-training exercises can be done using either free weights or specialized equipment.

Since there are several different kinds of specialized weight-training equipment, athletes working on specialized equipment should consult their fitness programmers about what exercises (and the number of repetitions) will give them the same results as Kidger's program.

Editor's note: Kidger's weight-training exercises are demonstrated by Nancy Pallisgaard and James Lew.



1. Half Squats

Stand erect, feet 12 inches apart, barbell across shoulders. Bend knees to half squat position. Back should remain straight, heels staying on floor. Return to upright position.



2. Backward Leg Raises

With weighted boot or ankle weight. Stand erect, feet together. Raise one foot behind you by bending knee. Foot should press into buttock. Repeat with other leg.



3. Back Hyperextension

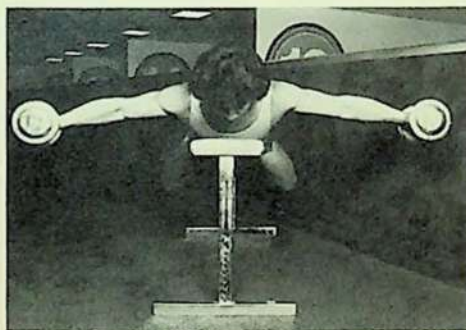
Lie face down, arms stretched over head along floor. Raise arms, head, shoulders and

legs as high as possible. Lower to floor. This exercise is done without weights.



4. Prone Incline Laterals

Lie face down on a bench, arms at shoulder level, reaching down towards floor. Hold a weight in each hand. Keeping elbows straight, raise arms as high to the sides as possible. Lower arms towards floor.



5. Bent Arm Laterals

Lean back against an incline board, a weight in each hand. Keeping elbows slightly bent, raise arms in front to shoulder level (hands touching). Keeping elbows bent, extend arms outwards as far as possible. Bring arms together again at shoulder level.

6. Front Laterals

Stand erect, feet 12 inches apart, arms straight, holding a barbell across thighs. Keeping arms straight, raise barbell over head. Lower.



Weight-training exercises are done in repetitions and sets. Repetitions refers to the number of times one exercise is performed without rest (e.g., if an athlete completes 20 sit-ups without stopping he has done 20 repetitions). A set means the number of times a series of repetitions is repeated (e.g., if an athlete does 20 sit-ups, rests two minutes, then does 20 more, he has completed two sets of 20 repetitions, totalling 40 sit-ups).

In Kidger's weight-training program the

number of exercise repetitions and sets varies with each phase.

Off-season (3 months)

Weights three times weekly. Begin with medium weights—about 50 percent effort—and gradually increase to heavy weights—80-85 percent—by the second month. The last month should consist of two weekly sessions with heavy weights and one with light weights at 30-40 percent.

Effort	Repetitions	Sets	Rest Between Sets
50% +	6-8	3-4	1½-3 mins.
80-85%	6-8	3-4	1½-3 mins.
30-40%	6-8	3-4	30-90 secs.

This breakdown means each exercise is done 6-8 times without pausing; then there is a rest period (varying between ½-3 mins.); the exercise is repeated 6-8 times; second rest period; exercise repeated 6-8 times; third rest period; then the fourth set of 6-8 repetitions is optional (depending upon how you feel).

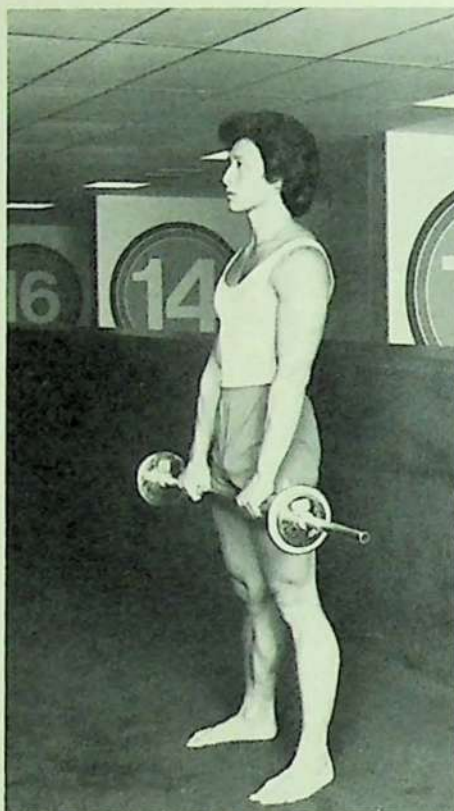


7. Side Laterals (palms down)

Stand erect, feet together, arms at sides, palms facing inwards towards thighs, holding a weight in each hand. Keeping arms straight, raise them out to each side and then together over head. Backs of hands should touch over head. Lower arms.

8. Reverse Curl (palms down)

Stand erect, feet 12 inches apart, arms straight down, holding a barbell across thighs. Raise barbell to shoulder level by bending elbows. Upper arms remain against body. Return to original position.



9. French Press

Stand erect, feet together, arms straight over head, holding a weight between hands. Bend elbows, moving only forearms, lowering weight behind head. Return to original position.

10. Calf Press

Stand erect on a step, feet 12 inches apart, facing inwards so toes are on step and heels extend over the edge. Stand on tiptoe, then lower heels as far down as possible. Repeat. This exercise is done with a barbell across shoulders. Because of possible balance problems someone should stand behind with one hand between your shoulder blades to steady you.



11. Sit-Ups

Keep knees bent, hands clasped behind head.

This exercise is done without weights. If sit-ups are easy for you, do them on a slant board.



12. Wrist Curl (palms up)

Sit on a chair, feet flat on the floor, 12 inches apart. Place forearms along thighs so wrists are at knees and hands are palms up, holding a weight. Moving only wrists, not forearms, lower weight, then raise it as high as possible. Return to original position.



13. Reverse Wrist Curl (palms down)

This is a repetition of exercise 12, except hands are placed palms down.

Pre-season (3 months)

Weights two-three times weekly. One heavy and two light weight sessions weekly.

Effort	Repetitions	Sets	Rest Between Sets
80-85%	6-8	3-4	1½-3 mins.
30-40%	10-15	1-3	30-90 secs.

In-season (5 months)

Weights once weekly. One weekly strength-maintenance session at 80 per cent effort, but not within four days of competition.

Effort	Repetitions	Sets	Rest Between Sets
80%	6-8	3-4	1½-3 mins.

To minimize stiffness, every workout should finish with a "cool-down." This consists of five-10 minutes of very slow jogging or walking and five minutes of easy stretching exercises.

If you schedule weight-training and on-court practice for the same day, weights should be done last.

Avoid weight-training on two successive days. It's too tough physiologically.

Within six to eight weeks of consistent weight-training you should notice a significant strength gain.

Perhaps there seems to be little correlation between lifting weights and hitting a hollow rubber ball with a racquet. But power is an increasingly important aspect of competitive racquetball.

Power comes from proper technique, but once you've mastered that technique you can keep increasing your power by increasing your strength through weight-training.



INSIDE LOOKING OUT OR HOW TO PLAY THE GLASS



By Armen Keteyian

(with Jerry Hilecher, Heather McKay, Mike Yellen and Jean Sausser)

One time or another, in one courthouse or another, anyone worth his warm-up suit has strolled up to the front desk, requested racquetball time and been hit with this nerve-rattling response:

"All the regular courts are full right now. Would you like to play on a glass court?"

Invariably, you glance at your partner. Gulp. You've never played on glass before, so suddenly, all the often-heard problems pop into your head: The super speed and shot adjustments, playing before the public, especially your friends, and the uncertainty of trying to see a ball whizzing off one, two, or even three see-through surfaces.

Glass courts (actually one-half inch thick tempered glass), the product of ever-evolving ideas to modernize the sport, are one of the most puzzling parts of racquetball. Even if you've mastered plaster and cement courts,

getting into glass qualifies as a unique experience. So unique, that some players don't know how to cope with it. They psych themselves out, turning from riches-to-rags players in a matter of minutes.

According to pros Jerry Hilecher, Heather McKay, Mike Yellen and Jean Sausser there are very definite reasons for such a demise. Reaction and anticipation—the hallmark of racquetball on regular courts—aren't needed on glass, replaced, instead, by a wait-and-see approach.

"Most racquetball players are anticipators," says Hilecher, perhaps the best one in the game. "Most players react to angles. On glass courts the speed of the ball goes against you. You have to hold yourself back."

What you're waiting for, says Hilecher, is simple—to see which way the ball will bounce. "On a regular court," says Hilecher, "you can guess where the ball will come off the front or side wall. With glass, you have to slow down before you react. People get frustrated doing that. Most of the time they react quicker. That's wrong, you have to slow down."

Hilecher thinks the everyday player should

"hold back a bit, play deeper in the backcourt and wait and see what happens to shots. It's always easier to move forward."

Another problem frequently associated with glass is concentration or lack thereof. Some say the mind—excited by the surroundings—wanders when it enters the glass court. The pros, however, will say that given the increased speed of the ball, the difficulty in seeing shots and the infrequency in which most of them play on glass (tournaments only), it forces players to put on their thinking caps.

"The first three or four times I played on glass," says former world squash champ and 1980 women's national racquetball champion McKay, "I had a horrible time. You really have to concentrate on the corners. The ball seems to really slip and grab coming off side wall-front wall shots. It's just something I've learned to accept."

"You just can't cheat with glass," says Sausser. "If you try and anticipate, you're asking for trouble. You have to focus on the ball. If you don't, you're asking for trouble."

Yellen says he forces himself to concentrate. Take Las Vegas, for example, when he played on front wall-side wall glass against Marty Hogan in the finals of the 1980 National.

"You have to against Marty. His serve is so powerful and is so tough to see, that if you let yourself drift, you're down 11-0 before you can blink." McKay agrees, noting that her unfamiliarity with glass has cost her points in the past.

"I would prefer to play on white, solid walls," says McKay, who resides in Toronto. "We don't have any glass courts here, so when I came to the States, I virtually came into tournaments blind."

"At the Nationals in 1979 (in Tempe, Ariz.) the glass cost me two to three points per game. I know two ceiling shots I missed completely. It can be costly."

Don't despair, however. Knowing how to play the glass and where to hit what shots on what type of glass court can produce points, too. The general pro consensus is to "play to the glass" and not to force spectacular shots. In short, be patient, keep the ball in play, and wait for your opponent's game to shatter.

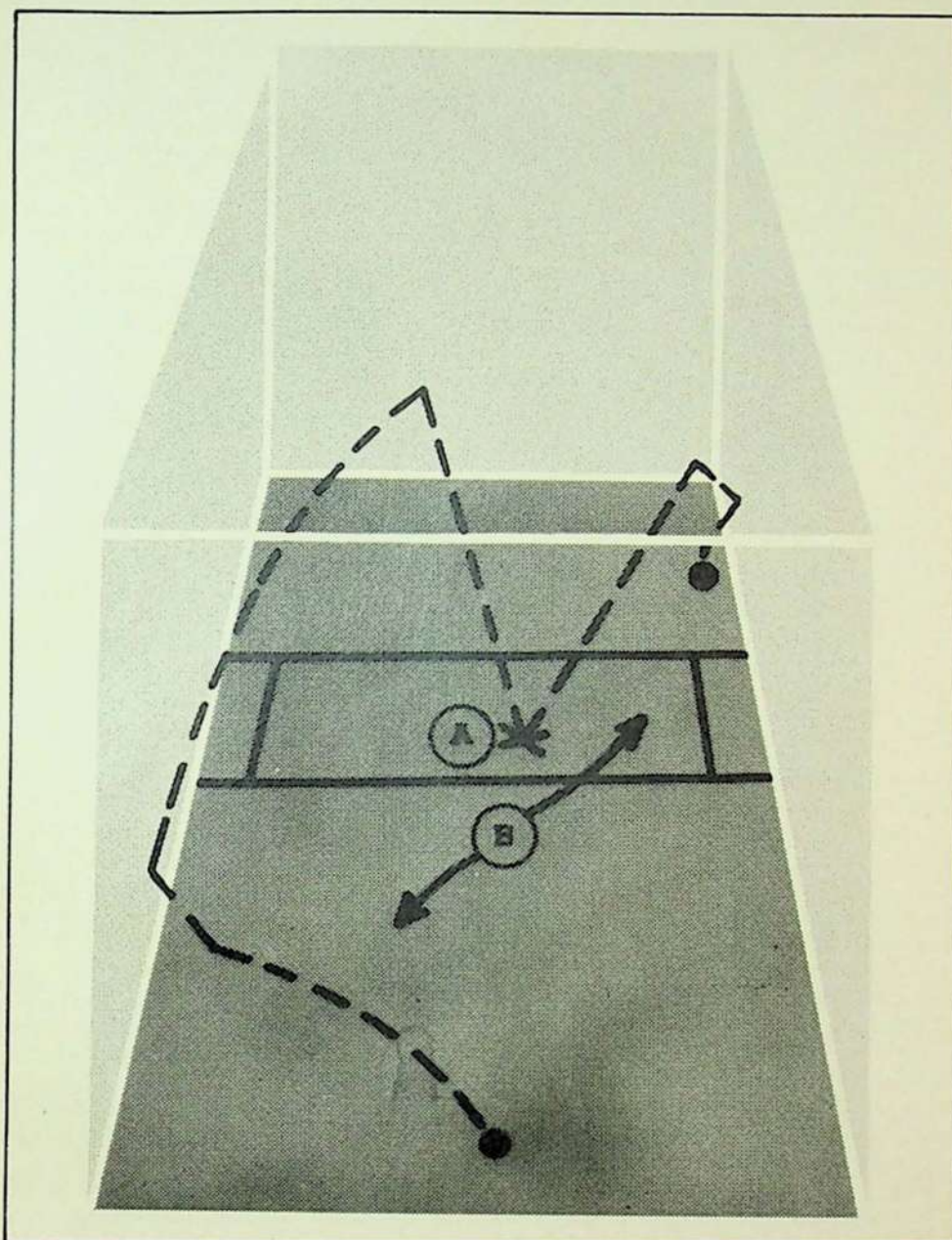
With that in mind, here is a summary of one-sided, front, back, two and three sided glass wall play:

One Sided Glass

"It's like baseball when a pitcher is throwing from the sun to the shade," explains Hilecher. "It's hard to focus, I have trouble seeing."

With, say, right-side glass, the server should play to the glass, serving down the right side, or use Z serves into the back right wall.

"The basic shot, however," says Hilecher, "is to hit a pinch right into the glass. It's hard to judge where the ball is going. You don't know the angle."



The best types of shots on courts which have two or three sided glass walls are side wall-front wall pinches or wide angle passes which hit the side wall.

Front-Wall

Consensus of the pros: The hardest condition to play.

"It's almost impossible to see where the ball is going," says Hilecher. "You have to wait to decide where you can move."

The group recommends drives, cross court passing and down-the-line shots to confuse your opponent.

The pros warn you to stay away from ceiling balls and surprisingly, kill shots. "You don't really want low shots," says Hilecher, "because if you skip the ball, you're giving up points. Let your opponent make the mistakes."

Yellen advises servers to "mix it up," off the front wall, tossing in low drives and Z-serves. "Deception is the key," he says. "Use the

same serving motion, but go for different angles."

Back-Wall Glass

"Nothing really changes much from the front wall," says Hilecher, who advises a player to go for the glass with high lobs, Z-serves and around-the-world shots. "Force your opponent to hit shots off the back wall."

Two and Three Sided Glass

Similar to sidewall play. The pros suggest going for the corners with side-wall, front-wall pinch shots. "Passes down the lines are very effective," says Hilecher.

Yellen prefers cross-court shots. Sauser suggests keeping the ball in play.

Keep all the hints in mind. They'll help the next time you're inside the glass looking out.

WE HAVE YOUR RACQUET

A.M.F. VOIT RACQUETS

IMPACT ONE	39.95
X-C	39.95

EKTELON RACQUETS

250G	
MAGNUM	
MAGNUM FLEX	
JERRY HILECHER*	38.95
XL BILL® SCHMIDTKE ...	35.95
FLEX	31.95
JENNIFER HARDING	29.95

THE SWINGER RACQUETS

THE SWINGER	21.95
THE LADY SWINGER	21.95
THE SWINGER II	21.95
THE ALUMINUM SWINGER ..	24.95

THE BANDIDO RACQUETS

THE BANDIDO	21.95
THE LITTLE BANDIDO	21.95
THE GRAPHITE BANDIDO ..	31.95

THE SIGNATURE RACQUETS

THE CHARLIE BRUMFIELD ALUMINUM	29.95
THE CHARLIE BRUMFIELD COMPOSITE	27.95
THE "PRO ONLY"	22.95

THE GRAPHITE RACQUETS

THE GRAPHITE PERFORMER	25.95
THE GRAPHITE COMPETITOR	49.95
THE GRAPHITE 100	94.95

ALDILA RACQUETS

PISTOL	34.95
SIDEWINDER	24.95

VITTERT RACQUETS

THE COBRA	32.95
THE ELIMINATOR	29.95
THE DEVASTATOR	26.95
THE CLASSIC	22.95

RACQUETS BY HEAD

ENDURO	39.95
HEAD PRO	36.95
MASTER	34.95

Covers included with all racquets. Add \$2.75 per racquet for postage and handling. APO \$2 extra

RACQUETBALL SHOES

FOOT JOY TUFF	22.95
LEACH SHOE	22.95
LOTTO MIKE YELLEN ...	22.95
LOTTO NEWPORT	20.95

LEACH BAGS

TOURNAMENT BAG	9.95
BLUE CLUB BAG	15.95
LADIES' SHOULDER TOTE.	15.95

EKTELON BAGS

ALL-PRO BAG	10.95
RACQUETBALLER BAG	15.95

Add \$1.50 per bag for postage and handling.

GLOVES

SARANAC	5.95
THE OTHER GLOVE	9.95
CHAMPION	5.95
Postage 50¢ per pair. Sizes SX-S-M-ML-L-XL.	
RACQUETBALL SAVER/JEXCO	7.95

(50¢ freight)

Please write or call for our entire Merchandise Price List.

ATHLETE'S CORNER

P.O. Box 16993, Dept. RI10	
MONEY Plantation, Fla. 33318	CERT.
ORDERS Phone (305) 475-0327	CKS.
We Ship C.O.D. \$2.00 Extra. Prices Subject to Change	

HOW TO TELL IF YOUR OPPONENT IS CHEATING

By Lee Pretner

The old Vince Lombardi football theory of "winning isn't everything... it's the only thing" and Leo Durocher's old baseball saying that "nice guys finish last" have evidently worked their way into racquetball tournaments. Many players are of the philosophy that winning is what counts, no matter how it is done. But good sportsmanship, integrity and honesty may not be the qualities found in all players. Some may win by CHEATING.

One racquetball pro has said privately, "When all else fails, I cheat." Expanding on the statement, he adds, "Cheating is winning at the expense of your opponent, using and bending the rules to your advantage. Intimidating and manipulating the referees are two of the most subtle ways of cheating."

Here are some of the more common tactics used on unsuspecting players. These are things you should be aware of and can possibly guard against.

1. THE WET BALL SERVE. This is where the server wets the ball by using his body sweat. A player can wipe his hand against his eyebrow or head, or he can wipe his hand against his thigh or arm to get moisture. Usually he does this while walking to pick up the ball. He rarely does it in the service box because it's too obvious.

If this problem persists, you can ask the referee to make the server wear a headband. If you see the server attempt to pull a "wet ball" serve, you can raise your hand as he is about to serve and inform the referee. You then have a right to check the ball. Whatever happens, continue to make the referee aware of the problem.

2. CROWDING. This is when your opponent deliberately gets close enough to you to distract your shot. There is a fine line between crowding and an avoidable hinder, so some would say this is legal.

The first remedy is to appeal to the referee that your opponent is getting too close and not giving you a shot. The referee can then give the player a warning. Perhaps, you can even exaggerate the situation by holding up on your shot, your racquet close to his body, thereby letting the referee see that your opponent is crowding you. If all else fails, shoot a ball into your opponent's back. This may be too drastic but if your opponent continues to do it, and you continue to hit him, he'll get the message.

3. FROGGING is where your opponent jumps back and forth or hops around from side to side taking away your court position.

Again, you must appeal to the referee. Your opponent must stay in a normal position without distracting you. That is the rule. If an oppo-

nent stomps his feet, a referee can call an avoidable hinder.

4. BLOCKING is where your opponent stands in front of you and takes away your angle shot to the front wall. Most refs would call an avoidable hinder here. If it is a constant offense, you should again hit your opponent with a shot and point out to the referee that your shot was taken away from you by his positioning.

5. DISTRACTIONS such as stamping of the feet, whistling, low groans or mumbling are a form of cheating. Again, these can be avoidable hinders, and the referee should know of them.

On the subtle ones such as low groaning or mumbling, talk to your opponent about doing this, and explain that it is distracting to you. If it persists, tell the referee. If the referee interprets the distraction as deliberate, he can assess a technical foul against the player and take a point away from his score.

6. INTIMIDATING OR INFLUENCING THE REFEREE. This is where your opponent appeals every call to the point that he has intimidated the referee enough so the ref won't call another point against him on a similar shot. There are other things an opponent can do such as holding up two fingers to show that the shot had bounced twice even though it only had bounced once; holding thumbs up, signifying that your shot was good when it really skipped in; playing the ball on a double bounce but not admitting it bounced a second time.

If the referee has called a shot against your opponent, who now begins to argue so as to try and intimidate the referee, you shouldn't get in the middle of the argument. As one pro has said, "The smart player doesn't intimidate the referee until after the match. If you start arguing during the match, the referee will likely get angry at you and automatically not give you the benefit of the doubt next time."

Let the ref see you are there and that you are concerned, and state your position if asked, but don't argue with the ref. You want him on your side.

7. SCREEN OR SHADOW SERVES. The server deliberately tries to hide the serve with his body.

This is a subjective call. There is really no rule. Generally, the ball must be about 18 inches from the body. Again, check with the ref. Determine how close he is calling it.

8. WALKING FORWARD. Here the player has just hit a skip but purposely walks forward to the serving line to make the referee think that the shot was good. Sometimes, if the ref is not sure of the call himself, he will let play

stand if he sees the two players walking into proper position.

Again, the only thing you can do to guard against this is to point it out to the referee, and hope the other linesmen agree with you.

If you think the referee is incompetent, and is missing too many calls, you are allowed to ask the tournament director for another referee.

9. PLAYING THE CLOCK. The opponent stretches out his 10-second limit between serves, or his 30-second time out, or he constantly gets a towel to wipe the floor after every play.

Again, let the ref know that too much time is being taken, or that the floor isn't wet, or that you think the opponent is purposely trying to slow down the game.

Those are examples you will find in a tournament match. In a "friendly" club game, things are a little bit different. There are no officials, and you really don't want to call anybody a cheater.

Things to watch out for in addition to the ones above include:

1. HINDERS The opponent may purposely hinder, knowing that you will have to replay the point. If it were a tourney match, the point would probably be taken away from him.

2. CALLING THE WRONG SCORE OUT. Here the opponent will try and take away as many points as possible from your total score if you are winning. Remedy: Keep track of the score and call it out loud after every single point.

3. FOOT FAULTS. Rarely called in a club game. Opponent steps over the line on a serve.

If cheating persists under these circumstances, talk to the club pro, and ask him to speak to the other player. You should let the player know that he is stretching the framework of the rules. If this fails, don't play with him any more. If enough people quit playing with him, he'll get the message.

One shouldn't get the idea, however, that most players cheat. Most players don't. There have been times with a match on the line—one point from victory—that the referee has called a shot good, only to have the "winning" player tell the ref that the ball actually skipped. This is the type of player who is a gentleman of the game, and the one in the long run, who earns the respect of the crowd and his peers.

In racquetball as in all sports, the winner is the player who does the best within the acceptable rules of the game. This is where the satisfaction of winning comes in. This is the winner who has integrity.



GETTING A GRIP ON THE GAME



By Jean Sauser

Though I willingly raise my hand as an exception to this rule, for most players, getting a good grip is the foundation on which any good everyday racquetball player must rest.

Standard forehand and backhand grips have been developed which will give you a strong hold on the racquet but allow the wrist flexibility for pinpoint accuracy in your shots.

Before discussing them, I'd like to point out that I use a backhand grip for nearly 90 percent of my shots. People often ask me why and I really can't say. Jennifer Harding, my Ektelon teammate, uses her forehand most of the time. Donny Thomas has an exaggerated (half-inch) twist on his strokes. For me, using the backhand almost exclusively just seems more comfortable.

For the everyday player, I don't recommend exclusively using the backhand grip. For one, I can't serve as well. When you're serving, the ball has the tendency to come up off the wall more. And two, because of the nature of the game—and the emphasis on the serve—it's very important that you have a good forehand stroke.

So just what are the building blocks of any good racquetball game? Let's start with the forehand.

The forehand grip is basically a hand-shake grip. You simply grasp the racquet as though you were shaking someone's hand.

The palm of your hand should be on the same plane as the face of the racquet and the handle of the racquet should run diagonally across the palm.

The butt of the racquet should be at the heel of your hand, while the rest of the handle runs through the "V" between your first finger and thumb.

The positioning of this "V" differs for the backhand shot, but, for the forehand shot the "V" should point right along the middle seam of the racquet handle.

The forehand grip is sometimes called the trigger grip because the first finger is in a trigger-like position on the bottom of the handle.

Avoid choking up on the handle. The butt of the racquet shouldn't extend down to your wrist during your stroke. This is where the power in racquetball is generated.

Likewise, don't let your hand slip too far down the racquet handle because you will lose control of your racquet.

The backhand grip, meantime, differs only slightly from the forehand and that is in the position of the "V" on the handle.

The reason for that change in position is that it's important the racquet face contact the ball at the correct angle. Since the angle of the racquet face changes between forehand and backhand shots, you must also change your grip.

In the backhand, simply adjust the "V" so that it is slightly off center of the handle to the side away from making contact with the ball. This tips the face of the racquet toward the front wall so that it remains perpendicular to the floor.

The time to make these changes is when you're bringing your racquet up to your shoulder in preparation for a shot.

Another important point to remember in either stroke is to keep a tight grip on the racquet during contact with the ball.

That doesn't mean putting the death squeeze on throughout the whole match. You'll grow tired and lose your grip. Just make sure your grip is firm at the time of ball contact, then you can relax it.

Above all, your grip should be comfortable and allow maximum wrist flexibility.

And always select the smallest racquet handle you can comfortably (that word again...) play with.

Once you have a good grip... you're well on your way to a good game.



★ Ektelon ★	
250G	\$73.99
Marathon Graphite	37.99
Magnum	41.99
Magnum Flex	41.99
Jerry Hillecher	36.99
Bill Schmidtke XL	32.99
Mike Yellen Flex	28.99
Jennifer Harding	27.99
Rogue	24.99
Demon	23.99

★ Aldila ★	
Pistol	34.99

★ Leach ★	
Swinger	20.99
Lady Swinger	20.99
Swinger II	20.99
Alum. Swinger	24.99
Bandido	21.99
Little Bandido	21.99
Graphite Bandido	29.99
Brumfield Alum.	29.99
Brumfield Comp.	26.99
Graphite Performer	24.99
Graphite Competitor	47.99
Graphite 100	96.99

★ AMF Voit ★	
Impact One	39.99
Impact XC	39.99

★ AMF Head ★	
Master	29.99
Pro	34.99
All racquets come w/covers, as supplied by manufacturer.	

★ Bags by Ektelon ★	
Ektelon All Pro	9.99
Racquetballer bag	14.99
Racquet Tote bag	24.99

★ Bags by Leach ★	
Tournament bag	9.99
Shoulder tote	15.99

★ Bags by Head ★	
Head Racquetball bag	16.99

★ Eyeguards ★	
Ektelon Eyeguards	5.99
Ektelon Goggles	10.99
Ektelon Fashion Eye Prot.	24.99

★ Gloves ★	
Leach Split Skin, full or 1/2	8.99
SAI 1/2 finger	5.99
SAI full finger	7.99

★ Racquet Ball Shoes ★	
Nike ★ Lotto	Head ★ Tred 2

Add \$2.50 FOR SHIPPING, HANDLING & INS.
In the 48 states
Florida residents add 4%
Prices subject to change

CALL TOLL FREE
1-800-327-6460
Fla. call 305 741-4707

SPORTS AMERICA

P.O. BOX 26148
Dept. RB9
TAMARAC, FL 33320

Write or call for complete merchandise price list

EXERCISES FOR MIXED DOUBLES PARTNERS

By Dr. Robert George

Editor's note: The author is a licensed chiropractor from San Diego who specializes in athletic injuries.

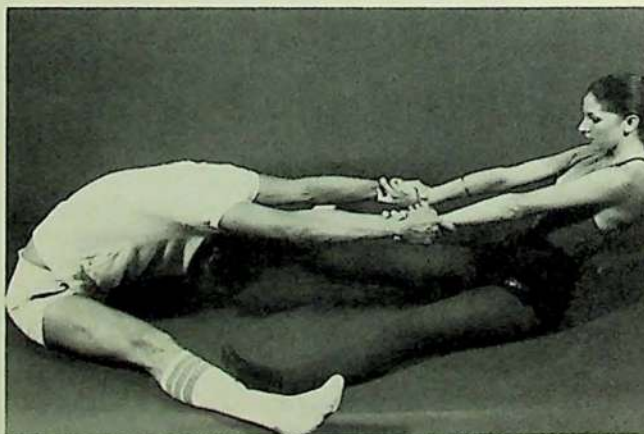
Stretching is one of the most important aspects of racquetball, especially since the game demands speed, endurance and coordination. Flexibility through stretching enhances these factors and gives one the chance to get in shape for the best possible game. But racquetball isn't the only sport in which stretching is important. All major sports promote and utilize stretching as a key to injury prevention. Regular stretching relaxes and tunes the body and mind by relieving muscle tension, increasing one's range of motion, promoting circulation, preventing strains and sprains, and by the pure quality that it feels good.

Stretching for couples or mixed doubles partners is an excellent variation to solo stretch exercising. A partner can offer a little help and encouragement, and besides, there are some things two people can do better than one. In his book "Stretching," Bob Anderson recommends that players stretch 10 minutes before and after play.

Stretching is relatively easy but it has to be done gradually and correctly. A static or slow stretch should not include any bouncing, and it should also be painless.

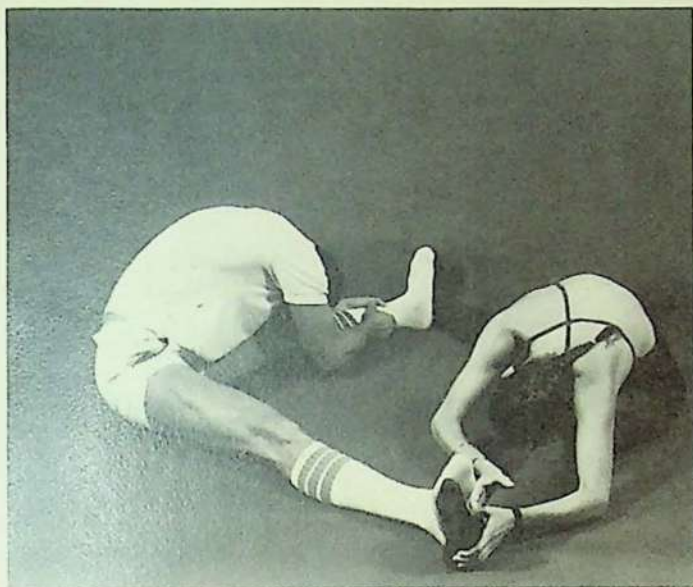
Stretch easily at the beginning to the point of slight tension. Relax and hold at that point for 10 to 30 seconds. Breathe in a steady rhythm, and do not bounce. This can defeat the purpose of stretching by tearing microscopic muscle fibers, causing areas of minute scar tissue and therefore, a loss of elasticity. It also makes you sore. After the first 10 to 30 seconds, relax but keep breathing in a gentle rhythm. Then stretch again a little bit further, exhaling with the movement. At the point of tension, hold again. Keep breathing while concentrating on isolating the stretched muscles. If you cannot breathe during a stretch movement, then you are probably too tight. Or dead. Ease up, relax, and keep breathing. Slow static stretching should be done three or four times per muscle group every time you stretch.

Some of the exercises here are beneficial to both partners and some of the exercises will allow one partner to aid the other for support. The basic key is to relax and enjoy them.



1. The first stretch exercise concentrates on the hamstrings and the low back. To start, sit on the ground facing your partner. The male places his feet on the inside of his partner's legs, just above the ankles. A gentle outward push on the legs to the point of tension is needed. Then, grasp the hands and pull gently until tension is reached. Hold

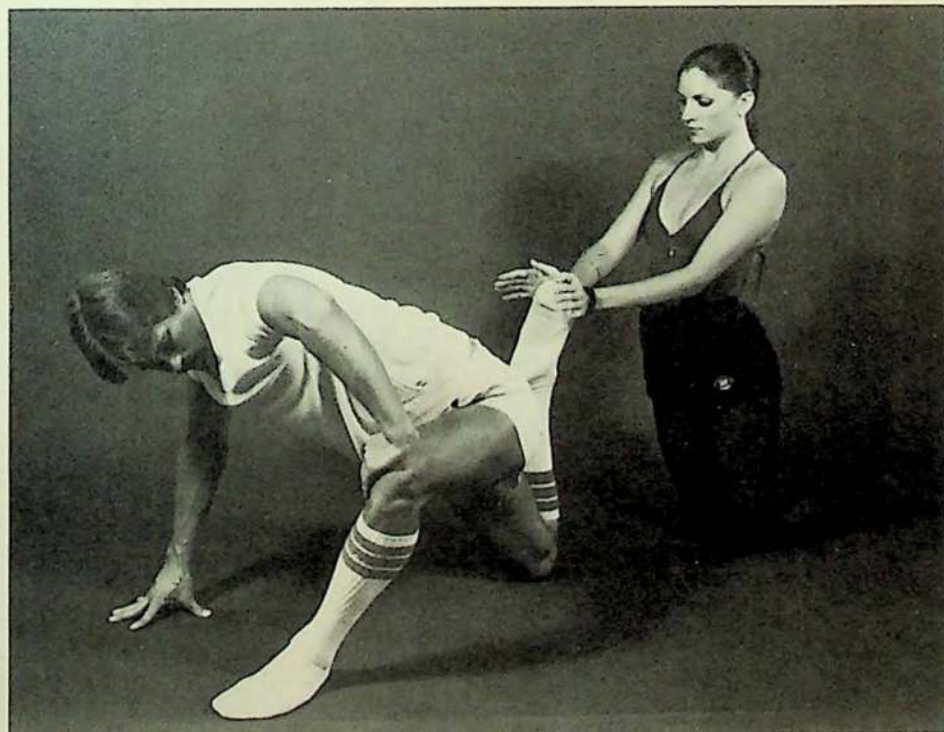
that position for 10 to 30 seconds. The male must remind the female to relax and keep breathing. After stretching and relaxing three or four times, switch leg positions and follow the same procedure. Remember to concentrate on and isolate the muscle group that is being stretched.



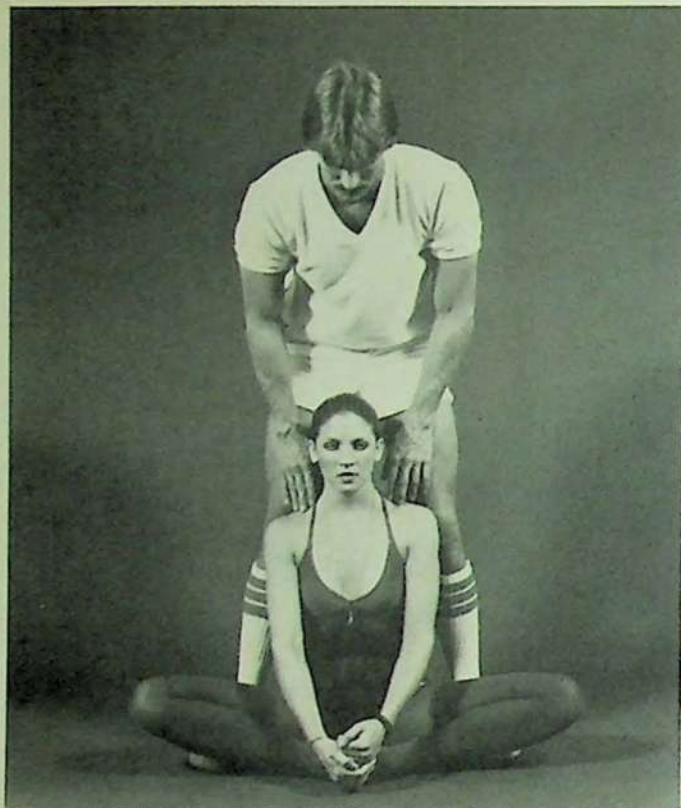
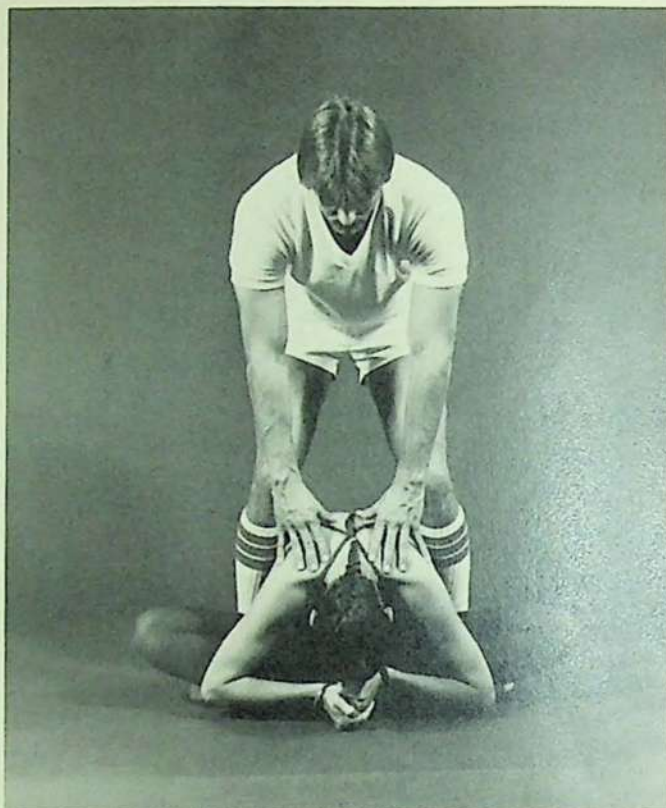
2. Exercise number two is also for the hamstrings. Both partners are sitting on the floor facing each other while placing feet against feet. Push and spread the legs to the point of tension. Gently stretch to one side, and on the way down, exhale. The objective

of this exercise is to have your forehead reach the knee. Advanced stretchers may have their ear reach the knee. It is important that the leg and knee be kept straight or the whole purpose of the exercise will be defeated. If the knee cannot be reached, then

go to the point of tension and hold. Keep breathing and don't bounce. Do not force any stretch. Again, three to four times on each side for both partners is necessary.



3. The front of the thigh is largely composed of the quadriceps muscle group, which is a combination of four muscles acting as one. The woman kneels behind the man and holds on to (but never forces) the leg that will be stretched. The man leans forward with one hand on the ground and the other hand pushing out on the forward leg. Gentle, continuous pressure is applied forward on the rear leg. The man also pushes outward on the forward leg. This will also stretch the inner thigh and hip while the woman pushes forward. This stretch should be done three or four times. Remember to alternate legs. Then reverse positions.

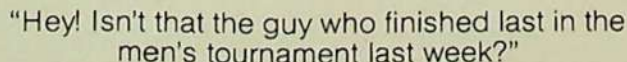


- 4.** Low back stretching is also extremely important. This exercise shows the woman seated and the man standing behind her. The man presses easily and gently down on the shoulders of the woman. Do not push hard or bounce. Assistance is provided only until tension is felt. Switch positions after three or four times and repeat the procedure while constantly breathing and relaxing.



- 5.** The inner thighs, groin, and buttocks will be stretched in this exercise. The arm position is important because if one of the partners is shorter, then the arms of the shorter partner must be hooked inside the arms of the taller partner. Both partners must keep the head up and back straight. Legs should be at slightly more than shoulder's width with feet pointing slightly outward. Dip down slowly and keep the knees wide to stretch the inner thigh and groin. This is a difficult exercise, and beginners should limit it to 10 seconds. Keep working on it, but if any pain is felt, discontinue. Dip down three or four times and keep breathing.

Anderson says in his book that stretching is not a competitive activity. This is especially true with stretching for couples. Everyone is unique in flexibility, range of motion, and strength. Competition is important in your racquetball game, but not for your stretch exercises. In stretching with a partner, you may be more or less flexible than your partner. Patience and persistence is needed. Be comfortable with yourself because the whole idea behind this form of stretching is to help and encourage your partner to greater total fitness.



NEVADA DISCOUNT GOLF & TENNIS
BOB'S
 Las Vegas, Nevada

We Ship 98% Of All Orders Same Day
 One of the world's largest Golf & Tennis Shops. Listed are just a few of our items from our million dollar inventory. All pre-line merchandise
 We sell NO seconds

Se habla Español

CALL TOLL FREE 1-800-634-6202

CALL FOR 1 DAY DELIVERY

SAVE UP TO 50% OR MORE



NEVADA BOB'S

DISCOUNT Golf & Tennis

4102 Maryland Parkway (R) Las Vegas, Nevada 89109

Send for FREE Catalog

Call Toll Free

1-800-634-5202

Local (702) 724-5202

OPEN 8-7 PM Mon-Fri

7 DAYS 9-6 PM Sat

12-3 PM Sun P.S.T.

5 minutes from airport

While in Range

4172 41st Lane

Reno Nevada 89507

(775) 825-7245



Master cards prices only

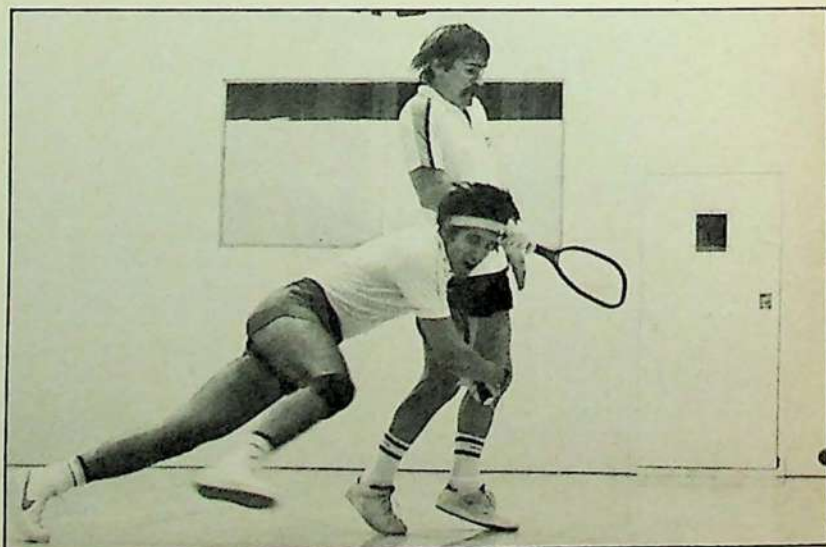
3 month credit on purchases

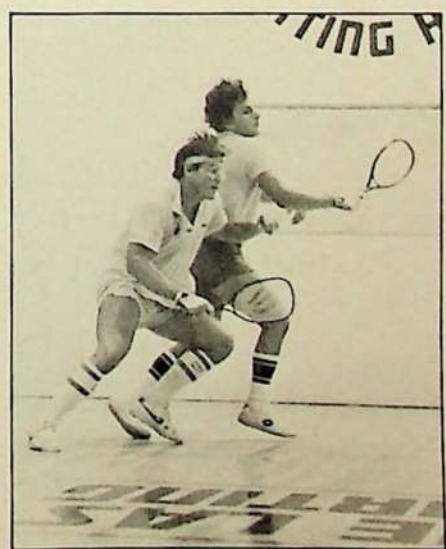
3 month credit on purchases Mexico

Things That Go Bump . . .



Of Tight Spots
Of Kill Shots
Of Places To Play
Of Places To Stay
Of Good And Bad Days
And Things Of The Sort
Of Shots Hit Perfect
Of Players Who Dream
Of The Days When Games Aren't So Bad
Of Times That Are Right
And More Things Of That Sort
These Are The Days We Forget
The Days When Things That Go Bump On The Court.





McKay Adds WPRA Nationals Title to Her Collection

By Len Ziehm

The setting was a club on the outskirts of Chicago and only a few people were on hand to see it, but the Women's Professional Racquetball Association inaugurated its own national championship and a new era in the sport's competitive structure.

Formed to counteract what its members felt were an unequal prize money structure and unfair treatment on the National Racquetball Club tour, the WPRA decided to take its first big tournament into the NRC's own backyard.

After some smaller events, the WPRA wanted to show its strength to the NRC and Dan Seaton, commissioner of the women's group, declared afterwards, "Our patient is still living."

The most important thing to happen at Killshot Limited in Bloomingdale, Ill., was the shifting of women's supremacy from a 23-year old veteran, Shannon Wright, to a 38-year old upstart, Heather McKay, the former world squash champion.

McKay had beaten Wright soundly in the previous WPRA tournament in Fishkill, N.Y., and was seeded No. 1 in the nationals, but neither player gave much meaning to either of those developments.

"I guess that match (at Fishkill) gave her something to think about," said McKay, "but she's still the name in the game, not me."

"I just went into that match without a game plan," said Wright, "and I was seeded so low because I had missed some tournaments when I hurt my ankle."

A Wright-McKay championship match was almost a foregone conclusion in the WPRA Nationals. Wright, seeded third, roared into the finals without much competition. McKay was pressed only by Wright's good friend, Lynn Adams, in a semifinal match.

Their final, for a \$2,700 prize from the tourney's \$10,000 prize fund, was closer than the 21-10, 21-7 McKay win at Fishkill but was decisive nonetheless. This time she prevailed 21-18, 21-10.

McKay ran off seven straight points early in the first game to take an 11-2 lead. Wright, playing with emotion and cracking a racquet along the way, rallied to take a 16-14 lead and later expanded that to 18-14 before McKay scored the rest of the game's points.

Referee Clyde Senters called two straight avoidable hindrances on Wright early in the second game and, though she was even at six, McKay had the game under control. At 6-6 she scored 10 straight points. From there it went to 18-10 and then McKay finished off Wright.

"I wasn't surprised that I won, but I was surprised I won the second game so easily," said McKay. "Shannon and I both knew it would be a tough match."

McKay, known more for her 16-year domination of squash, wouldn't declare herself the new reigning queen of racquetball. "Shannon is too experienced"—but she did warn, "I'm still learning, and that's my biggest asset. I don't think Shannon will improve that much more. I think I will."

Perhaps unfortunately, McKay does not plan to be the off-the-court champion that Wright was. Shannon has been the upfront voice in the media and virtually the only woman tour player to assume that role.

"I'll do what I can to help the game by playing in tournaments," she said, "but I coach squash for a living five days a week. I won't be able to go to tournaments early or stay late."

That takes nothing away from her Chicago victory, however. McKay practices racquetball at odd hours. She runs three miles every morning, then goes to her squash club. That club has no racquetball courts, so she must drive to another club a half-hour away to practice racquetball at night. She feels she's still learning the game.

Though attention was on Wright and McKay throughout the tournament, there were some interesting developments in the earlier matches. Peggy Gardner of San Diego came through the qualifying round to win two matches, one of them a first round upset of seventh-seeded Rita Hoff. And Linda Prefontaine enjoyed a good tournament in reaching the semifinals. Along the way she knocked out second-seeded Sarah Green in the second round. Defending champ Karin Walton lost in the quarters to Wright.

The behind-the-scenes developments were also interesting. One of the visitors on the final day of the tournament was Dan Bertolucci, the director of the NRC. It was Bertolucci who announced the women's pro division would be dropped from all NRC

WOMEN'S
PROFESSIONAL
RACQUETBALL
ASSOCIATION



Photo by Nancy Makaris

Heather McKay, former world squash champion, adds Women's Professional Racquetball Association National Championship to her trophy case.



McKay defeated Shannon Wright, 21-18, 21-10, in the finals and for her victory received a pie in the face at the awards presentation from fellow pros Janell Marriott and Rita Hoff.

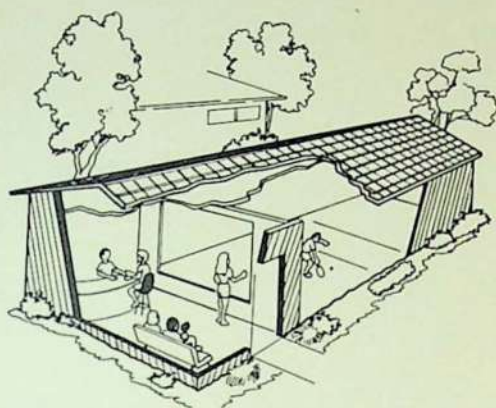
Photos by Carole Charfauros

WPRA Nationals

Janel Marriott (below) receives an award as "the best representative of women's racquetball" at banquet. (Right) A special attraction featured a women's quinella in which eight players play sudden death points while the audience bets on the outcome. This is the same system used in jai alai matches. Here Bonnie Stoll (left) squares off against Karin Walton. Stoll won the event. (Bottom) Laura Martino hits backhand shot on the way to defeating Barb Tenneson in open division finals.

Photos by Carole Charfauros and Nancy Makaris





HOME RACQUETBALL COURTS

Would you like to be the first in your neighborhood to have your own prestigious racquetball court? Now you can!

Build it yourself —

from our professionally designed blueprints. The prints include floor and roof plans, exterior elevations, and all necessary details.

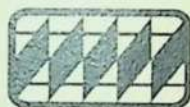
Or have us build it for you!

Specify plan desired:

1. Structure completely above ground.
2. Structure half subterranean.

For your complete set of blueprints, send \$95.50 to:

As builders and designers, we are proud to endorse the HOLLMAN COURT SYSTEM, featuring superior wall and ceiling panels for home racquetball courts.



THE HOLLMAN COURT SYSTEM
11200 S.W. ALLEN AVENUE
BEAVERTON, OREGON 97005
(503) 641-7766

Racquetball Clubs of America

2210 Wilshire Blvd., Suite 255
Santa Monica, CA 90403
or call: 805-647-7966

events in February after the WPRA scheduled an event of its own.

"Danny and I have known each other for years and we're friends," explained Seaton. "I think he was there to see some friends and also because there was a curiosity factor. He told me he thought we held a well-run tournament and he said he would report that back to Bob (NRC president Bob Kendler)."

There were signs that the WPRA's rift with the NRC may be mending too. "I don't think of the NRC as an enemy," said Hoff. "I know that they are trying to schedule a women's tour for next year."

Seaton has some plans for the women players too. He said a \$10,000 tour stop will be held in Newport Beach, Calif., August 14-17 and that events will be held in Indianapolis, Grand Rapids, Michigan, and New Jersey in September and October.

"We'll be back to Killshot again in May," he promised, though he wouldn't commit the Chicago club to another national championship. "If TV is as interested as I think it will be, the tournament probably won't be the national championship. We would need more space."

Killshot has very little spectator capacity, and even so only about one-third of the bleacher seats were filled for the Wright-McKay match.

The tourney did offer some nice touches. For example, the winner of each amateur match received a long-stemmed rose when she came off the court.

The amateur winners were also given their rewards at the same ceremony with the professional winners, though only champion McKay and "comish" Seaton received pie-in-the-face treatment.

A banquet held during the tournament at a nearby country club drew over 200 players, officials and friends, and the WPRA spiced that gathering with the awarding of the Steding Cup to one-time great Peggy Steding. The cup will be presented in succeeding years to the player who contributes the most to racquetball. Janell Marriott, the WPRA president in these turbulent times, was also honored at the banquet as "the best representative of women's racquetball."

Laura Martino of California defeated Barb Tenneson, 21-8, 21-12, in the open division finals.

WPRA NATIONALS

First round—McKay def. Martino, 21-15, 21-6; Dee def. Taylor, 21-10, 21-19; Lee def. McDonald, 11-21, 21-19, 11-5; Stoll def. Steding, 21-15, 21-15; Greer def. Lewis, 21-8, 21-5; Bishop def. Carow, 21-19, 21-17; Ambler def. Sauser, 21-10, 21-8; Adams def. Panzeri, 21-9, 21-5; Wright def. Peterson, 21-5, 21-5; Harding def. Davis, 21-13, 21-8; Walton def. Oeschger, 21-17, 21-6; Marriott def. Woods, 21-14, 21-19; Gardner def. Hoff, 21-17, 21-19; Jackson def. Thompson, 21-10, 21-16; Prefontaine def. Callahan, 21-12, 21-17; Green def. Allweiss, 21-14, 21-17.

Second round—McKay def. Dee, 21-5, 21-

10; Stoll def. Lee, 21-4, 21-2; Greer def. Bishop, 21-18, 21-16; Adams def. Ambler, 21-10, 21-4; Wright def. Harding, 21-11, 21-14; Walton def. Marriott, 21-2, 21-5; Gardner def. Jackson, 21-19, 3-21, 11-9; Prefontaine, def. Green, 20-21, 21-11, 11-7.

Quarterfinals—McKay def. Stoll, 21-9, 21-4; Adams def. Greer, 21-19, 21-11; Wright def. Walton, 21-10, 21-14; Prefontaine def. Gardner, 21-18, 18-21, 11-1.

Semifinals—McKay def. Adams, 21-2, 21-18; Wright def. Prefontaine, 21-8, 21-5.

Finals—McKay def. Wright, 21-18, 21-10.

Other Results

Open Division—Laura Martino def. Barb Tenneson, 21-18, 21-12.

A Division—Carole Charfauros def. Suzanne Robert, 21-5, 21-12.

B Division—Kelly Swanson def. July Spedl, 21-20, 21-15.

C Division—Karen Edwards def. Mary Anne O'Rourke, 21-17, 21-15.

D Division—Rita Green def. Barb Urban, 21-18, 21-11.

Seniors—Camille McCarthy def. Sue Carow, 7-21, 21-19, 11-6.

Novice—Marlene Graziano def. Lucy Bajma, 21-13, 21-6.

Open doubles—Faulkenberry-Ferguson def. Callahan-Selm, 17-21, 21-1, 11-5.

B/C doubles—Kenna-McGregor def. Arvia-Brychek, 16-21, 21-17, 11-8.

Twenty Questions with RODNEY DANGERFIELD



By Sandra Segal

Rodney Dangerfield had no qualms about picking up his first racquetball racquet at age 58. After all, he didn't really start on his successful comedy career until he was 40. But he picks things up quickly. By the time his first racquetball practice session had ended, he felt pretty pleased, exclaiming, "Hey, I'm pretty good at this."

Dangerfield had left his New York nightclub for Los Angeles to promote his current movie, *Caddyshack*, in which he and co-stars Chevy Chase and Bill Murray reduce the "good life" at a posh country club to chaotic shambles.

While in Los Angeles, Dangerfield was on a non-stop tour of interviews, autograph sessions, and an appearance on *The Tonight Show*. In fact, after a late night interview and photo session for *Racquetball Illustrated* at The Sports Connection in Santa Monica, Calif., Dangerfield was off to The Comedy Store to practice his routine for the spot on Johnny Carson's show.

Dangerfield's comedy hook—one that has brought his tremendous success and popularity—is that he gets "no respect." With this in mind, *Racquetball Illustrated* presented him with a special "no respect" ball (see cover), one several times the size of a regulation racquetball.

1. RBI: How did you get interested in racquetball?

RD: I looked into racquetball trying to get some respect. I figured I might meet some girls, too. Sex and sports go together. When you have sex, it's always nice to meet a girl who's a good sport.

2. RBI: Now that you've been introduced to racquetball, what do you think of it?

RD: It's a great sport, great for meeting people. One thing I don't like is the ratio of men to women. Forty per cent women to sixty per cent men—that means 1½ woman to 1 man. Or one woman plays with a man and a half. That makes a two-thirds menage a trois.

3. RBI: What sports did you play as a child?

RD: I played a lot of handball—that's like

racquetball, isn't it? I played baseball and football, but only touch. I couldn't afford the football equipment. Once I played regular football without the shoulder pads. It's a tough game.

4. RBI: Are there any other sports you play now?

RD: I swim for exercise. My movie's about golf and I can't play golf.

5. RBI: The advertisements for your movie, *Caddyshack*, say it's about the snobs versus the slobs. Which category do you fit in?

RD: I'm afraid I'm a—slob, you said? That's not a good way to say it. I play the part of a nouveau riche, loud individual who is invited to a very sensitive country club, and he doesn't belong there at all. He upsets the very conservative manner in which they operate.

6. RBI: How did you like working on the movie?

RD: Movies are very tedious. It's a lot of work hanging around all day with makeup and everything else. They say nightclubs are tougher but nightclubs are easier. You just do your act at night.

7. RBI: What do you enjoy about nightclub work?

RD: I like to get the live reactions. When you do stand-up comedy, you get immediate feedback. Movies are a director's medium, really. You do a comedy scene and nobody laughs. Movies have their place, but I was brought up to do live entertainment, and that's more comfortable for me.

8. RBI: After telling people that you get no respect for so long, do you find that people go out of their way to be disrespectful?

RD: They do it as a joke sometimes, but never purposely. They'll say to me, "Will you get out of here now," or something like that. They're just kidding around.

9. RBI: When did you realize that you got no respect?

RD: I guess it happened when I was born. The doctor smacked me and the nurse got in a few too.

10. RBI: How would you compare your city, New York, to Los Angeles.

RD: I think the people are generally the



DANGERFIELD



same. They all have the same wants and needs. Most of them are lonely, looking for love, and they all have the same problems, basically. I think the pace in New York is a bit faster. Even the work schedule seems to be stricter in New York. They have a more relaxed way of living out here. Sometimes when your pace has been a faster one, it's difficult to adjust to a slower pace.

11. RBI: Have you had that problem adjusting to the Los Angeles pace?

RD: Not really. Most of the people in the movies are in the same bag I'm in. Show business is a different kind of people. They speak their own language.

12. RBI: Is the type of humor on the two coasts any different?

RD: No, it's the same. People are people. Perhaps years ago, in vaudeville, humor was different. In the time of vaudeville, the country was not educated the way it is now with television. Doing monology, as I do, before television you'd find that each area of the country was different in their way of talking, their way of grasping things, their way of speaking, and their way of humor. Now with television, everybody laughs at the same things.

13. RBI: Do you look at comedy as an art form?

RD: I don't know if I consider it an art or not, but I guess to do anything properly it takes time and energy, and maybe a bit of art.

But people don't look upon it as an art, not like they look at opera and ballet and things like that. A good stand-up comic is appreciated most by your own colleagues, the people in the business, those people who would know that it's difficult to do it right. Outsiders look at someone in show business and think he's just naturally a funny guy, just kidding around. But there's a lot of work behind it.

When I do a *Tonight Show* there's an awful lot of effort put forth to perfect it. In my case, I have an image so I'm constantly looking for new jokes. Each Carson show requires all new material, so it's an effort finding all the new jokes, picking out the funny ones, and then putting them into a continuity, going from one to the other with the right set-ups, the right attitudes, and the right intonations for each one. It gets rather involved.

14. RBI: How much time would you spend putting together a *Tonight Show* routine?

RD: An awful lot of time. It looks like you threw it together in the afternoon, you get up and you do it, right? But it takes months, perhaps off and on, in your spare time, putting it together, breaking in jokes.

15. RBI: Who do you think is the funniest comedian, besides yourself?

RD: That's what makes horse racing. Everyone likes someone else. It's hard to pick out the funniest. It's very seldom you find someone that everyone likes. The adults will

like someone, the kids will like someone else. I myself have been told that I'm liked across the board. Young kids are into me now pretty heavily. I have wild experiences when I do shows, the kids come in with their red ties, and all.

16. RBI: What are you most afraid of happening when you're performing?

RD: The worst things would be situations which are beyond your control. Like if a microphone is dead, or people in the audience are talking or drinking. Or if it's too hot and there's no air conditioning. I no longer worry about going over, getting laughs. It's the other things that bother you.

17. RBI: Was there a moment during any performance that stood out as making you extremely nervous?

RD: Twice in my life I had people who looked at me during my entire act as if they were saying, "You're going to get yours." Now that's very annoying.

It happened to me one time when a guy was heckling me. I said, "Hey be quiet," and he said, "Hey, do your show and leave us alone, all right?" So he's heckling, and he's talking and talking, and I threw out a line about him. He looks at me like this, "You're going to get yours."

The other time, many years ago, was a boss, a guy named Frank, over in Passaic (New Jersey). He wanted me to take a cut in salary. I'm doing three shows a night in a bar there, seven nights a week. I don't want to take a cut, so I tell him I'll go look for another job. My last show in the place and there's nobody there, but I have to do the show anyway. The only one in the place is my boss, and he sits there and listens to me. During my entire act I'm talking to no one but him, and he's looking at me saying, "You're going to get yours."

I never got mine, I'm still here.

18. RBI: Are there any other situations that make you very uncomfortable?

RD: Doing a show outdoors is very annoying. I once was doing a show outdoors in a swim club. You get the planes and the moths, and then you have the swimmers to annoy you. A guy is doing a back stroke, splashing all over the place while you're telling jokes.

19. RBI: Why do some comedians make it and some don't?

RD: There are many reasons why, I guess. Some are funnier than others, some are business-minded, smarter. A writer will always make it quicker than a non-writer because getting material is the problem with all comedians. If you're a writer you can continue to make up material.

20. RBI: What factors do you think helped you become popular?

RD: I've got a character, an image. It's great to have an image. Most comics don't. You can feed the image material. Otherwise you're doing, "This ever happen to you... this ever happen to you?" Yeah, it happened to me, it happened to me. I've got an image people can relate to. Everyone feels they get no respect.



DIET AND DRUGS— HOW THEY AFFECT YOU

By Robert S. Scott, M.D.

There seems to be some kind of diet for every possible purpose nowadays, although most of those that appear suddenly and disappear just as rapidly have to do with weight control. Your interest is in the best diet for the recreational athlete, specifically the one who plays racquetball or squash. The easy answer is that you don't need a special diet for the purposes of playing these games—or any game for that matter. I am going to explain why this is so, and give you some recommendations regarding good eating practices. I will also tell you about how drugs may affect your ability to play these games.

Diet

The three basic nutrients in foods are carbohydrates, fats, and proteins. Some foods, like table sugar, for example, have only one of these nutrients; others, such as cereals, contain two or three in various proportions.

Each of these three is used for different purposes in the body. Protein is used to build and replace muscle, to make blood, and to provide the basis for the manufacture of enzymes and hormones. Carbohydrates and fats are used chiefly as sources of energy, although they also have other functions in the body. Proteins are not used as an energy source unless the body is starving and has no carbohydrates and fats available for this purpose.

Fats are stored in the body between the skin and in various other internal depots, including muscle. Carbohydrates are stored in the form of glycogen in the liver and in muscle, and a rather constant amount in the circulating blood in the form of glucose.

Proteins are not stored. What are taken in every day are used either in the constant process of replacing body tissues or in manufacturing substances, such as red blood cells, which are continually being used up, converted to fat and stored, or changed to ammonia and excreted.

The specific source of energy production in the muscle cell is the breakdown of adenosine triphosphate (ATP) to adenosine diphosphate

(ADP). For this to happen, hydrogen ions must be available, and they are obtained from the breakdown of glucose and fatty acids. Since the amount of ATP available in the body at all times is small, it must be constantly resynthesized from ADP, and it is in this process that hydrogen ions and certain enzymes are necessary. As it takes place in what is called the respiratory chain, with the production of more energy and heat, the hydrogen ions are given off and combine with oxygen to form water. If oxygen is not available, the chain backs up and energy production from this source stops.

Other complex processes can produce energy without oxygen, and these are called anaerobic, in contrast to the aerobic process just described. Glucose in the form of glycogen is the nutrient used for the anaerobic production of energy. The significant end product of this process is lactic acid. The accumulation of lactic acid in the muscle cell eventually makes it more acidic and brings this process to a halt. Thus, anaerobic metabolism is self-limited, whereas aerobic metabolism, using either glucose or fatty acids, can proceed for many hours so long as adequate supplies are available and oxygen can be brought to the muscles.

From these considerations, which are certainly complicated and confusing, you need to draw only a few very important facts. No matter what goes on in the muscle cell, it takes either fats or carbohydrates somewhere up the line to provide a source for energy. The oxygen-using (aerobic) and non-oxygen-using (anaerobic) processes never proceed entirely separately; one set complements the other. For that reason, you will always be using more oxygen when exercising than you use at rest, except in the first few seconds of exercise.

Squash and racquetball are sports of quick starts, and rallies may be short or long. You will be using both aerobic and anaerobic sources of energy. In an hour of reasonably steady play, you will be using about 800 kilocalories (Kcal) of energy. This must be supplied from your diet each day you play or from your body's stores of carbohydrates and fats. You have plenty in reserve, since the average 150-pound man has about 2,600 Kcal of carbohydrate and 83,000 Kcal of fat.

Depending on how many Kcal you expend in your daily activities—perhaps 1,250 if you are a sedentary person, or 2000 if you are quite active—you will have to add at the rate

of 800 Kcal for each hour of play to maintain your weight.

If you wish to lose weight, don't increase your food intake. Don't worry that your appetite will increase greatly because of your exercise. If you exercise hard enough it may actually decrease somewhat.

What you need, then, is a diet that is well balanced between the three essential nutrients: protein for building and replacing body tissues and secretions; fat and carbohydrates for energy; and the latter especially for the nourishment of your central nervous system. An example of how such a diet can be built from the five basic food groups is shown in the table at the end of this report.

If you eat such a diet three times a day regularly, you don't need protein, vitamin, or mineral supplements. They are all in your foods, in perfectly adequate amounts. If you insist on taking such supplements, you are simply wasting your money, because your body will get rid of excess beyond its needs in one way or another.

The best time to eat in relation to exercise or racquet play is about three hours beforehand. Nothing serious is going to happen if you eat, say thirty minutes before activity, but you are probably going to feel uncomfortable and may experience some regurgitation of food from your stomach back into your lower esophagus.

If you are going to compete in a series of matches, your best bet on the day of competition is to eat a meal that is high in carbohydrates and relatively low in fats and proteins. Some athletes competing in endurance events have been practicing what is called "carbohydrate loading," which involves exercising yourself to exhaustion, taking a diet high in protein and fat for three days, and then eating a high-carbohydrate, low-protein, and low-fat diet for the last three days before competing. Although there has been no controlled test of how often this can be done, it is probably not a practical measure for someone competing in racquet sports year-round. It is sufficient to remember that carbohydrates are a principal source of energy and to be sure to get enough of them in your diet regularly.

Just as important as a proper diet when you are playing racquetball and squash is supplying your body with an adequate amount of water. Exercise increases your central body temperature, while your body cools itself under exercise conditions almost entirely by sweating. If you don't drink enough water to sweat effectively, you will begin to suffer from

heat exhaustion and perhaps heatstroke. The way to prevent these serious consequences is to take water freely before and during practice or play. Experience has shown that even if you drink freely, you will not replace entirely the water you lose by sweating during the course of a vigorous exercise session. So don't be afraid to drink; you won't get "water-logged," as some people used to believe.

Although many "sports" drinks available today are tasty and refreshing, it isn't necessary for you to have one that contains sugar in the form of glucose, plus a number of different minerals. In fact, if such a drink contains enough of both, its absorption from the first portion of the intestine just below the stomach may be delayed, so that you do not get water into your bloodstream as rapidly as you need it. Drinking several glasses of a carbonated drink during a match may cause distress from distension of your stomach.

Drugs

Some athletes have the idea that they can improve their performances by taking certain drugs. The only drug that could be at all helpful is one which is part of the diet of most people today—caffeine, an ingredient of both coffee

and tea. Although caffeine is a stimulant of the central nervous system, which is why people drink it, the substance does not help performance in that way. What it does is to help mobilize in the blood fatty acids, which are important sources of energy for long-lasting exercise.

Alcohol is a sedative drug, and as such it interferes with performance by slowing down reflex times and impairing balance and coordination. Many athletes fail to realize that a heavy intake of alcoholic drinks the night before competition can still have a detrimental effect the following day. Although ethyl alcohol can function as a source of calories, it cannot

be used for the production of energy on the day it is taken because it has to be converted to glycogen by the liver first.

Tobacco contains nicotine, a very powerful and toxic drug that seems to be addictive to many people. When absorbed in excess from tobacco smoke, it can cause a tremor that is detrimental to skilled performance. The most devastating effects of smoking tobacco for the athlete, however, are the constriction of the air passages into the lungs from the irritation of the tar and the hot smoke, and the concentrations of carbon monoxide that build up in the blood, robbing it of part of its normal oxygen supply.

R

A Guide to Good Eating for Athletes*

Food groups	Foods	Number of Servings Daily†
Milk	Milk, cheese, ice cream, and other milk-based foods	4 or more glasses, or equivalent
Meat	Meat, fish, poultry, eggs, dried beans, peas, nuts	3 or more servings
Vegetables	Dark green, light green, yellow, potatoes	4 or more servings
Fruits	Citrus fruits, apples, juices, tomatoes	3 or more servings
Breads and cereals	Whole grain, enriched	4 or more servings

*The above will provide a well-balanced diet, adequate in all nutrients.
†Servings in any category except fruits can be increased to add more calories.

WE'RE TRANSPARENT

... we're seen everyday!

It's apparent that Ellis Pearson Glass Walls create business.

We are the professionals in Glass Playing Systems engineered for optimal playing surface & viewing capability.

- * COMPLETE TEMPERED GLASS SYSTEM (includes regulation and full height rear & side walls.)
- * EXCLUSIVE HI-TENSILE NYLATRON FITTINGS

- * ETCHED PLAYING LINES ON REAR WALL
- * FULL 6 FT HIGH FRAMELESS GLASS DOOR (positive latch lock)
- * FULLY INSTALLED ANYWHERE

BUILDERS AND OWNERS WRITE FOR FREE ILLUSTRATED BROCHURE [914] 425-2777

GLASS SYSTEMS by **W**

W&W PRODUCTS INTERNATIONAL, INC. / 100 Airport Executive Park / Spring Valley, N.Y. 10977 / (914) 425-2777

Short Shots

For Fat Players

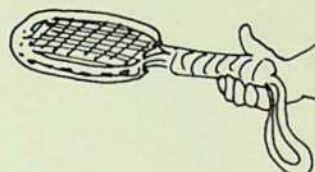
A letter came into the editorial offices of *Racquetball Illustrated* recently asking us to pay more attention to "fat players." It came from former 293-pound Roy Stewart, an account executive for Wilsey Foods, Inc. in Seattle, Wash. (Yes, he works for a food company).

Stewart says that he is living proof that racquetball works wonders for those with overweight problems.

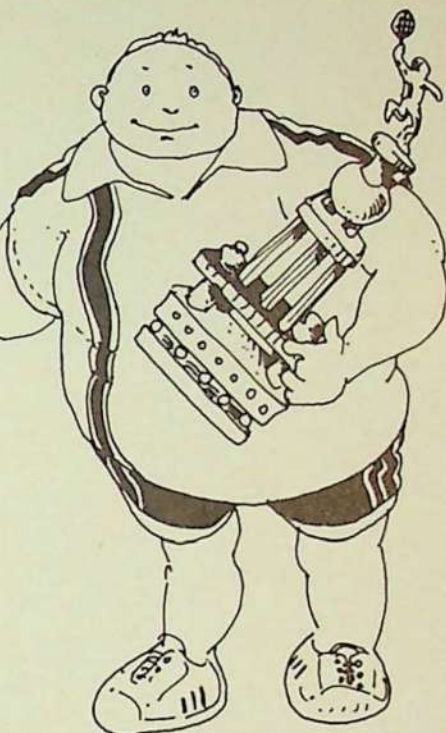
"Every magazine, poster, television match shows a clean cut, good looking racquetball player," says Stewart. "I want to let the public know that in reality there are a lot of ugly, overweight players trying to play also."

A little over one year ago, Stewart was wearing a size 50 waist. That is when someone introduced him to racquetball. "After six minutes I was dead," said Stewart. "But I worked on improving my game and reducing my weight."

It looks as if it paid off for him. He is now down to 222 pounds, a loss of over 70, and even has a third-place trophy from an in-house tourney to brag about.



And just to show that we do pay attention to "fat players," we direct any and all of Roy's overweight friends to look at our May issue in which pro Dave Peck wrote on "Exercises For The Un-Thin." We also direct you to our current cover. Comedian Rodney Dangerfield is not exactly Mr. Thin.



Racquetball For Two



With the increasing popularity of doubles and the always-present social atmosphere of racquetball clubs, it was only a matter of time before someone came up with a tournament devoted exclusively to mixed doubles.

AMF Voit and AMF Head are combining to sponsor the National Mixed Doubles Racquetball Championships Oct. 3-5 at Winning Walls Club in Port Chester, N.Y. with over \$30,000 offered in prizes.

The tourney will feature four divisions—pro, open, B/intermediate,

C/novice and prizes will be given to the top eight teams in each division.

Prizes include motorcycles, sailboats, ski equipment, golf clubs, mopeds, exercise bicycles, 10-speed bikes, exercise equipment, skin diving gear, racquetball clothing and equipment, and more.

For information contact managing director Mel Carrozza at Winning Walls Club, 300 Boston Post Rd., Port Chester, N.Y. (914) 939-5000. (Port Chester is about 30 miles from New York City.)

Tournament Trivia

Marty Hogan may have won most of the money, most of the tournaments and most of the notoriety but it was Mike Yellen who had the longest win streak over the course of the season.

Yellen, who finished runner-up to Hogan in the 1980 Nationals, won 14 straight matches at one point during the season. Hogan's longest streak was 13 straight.

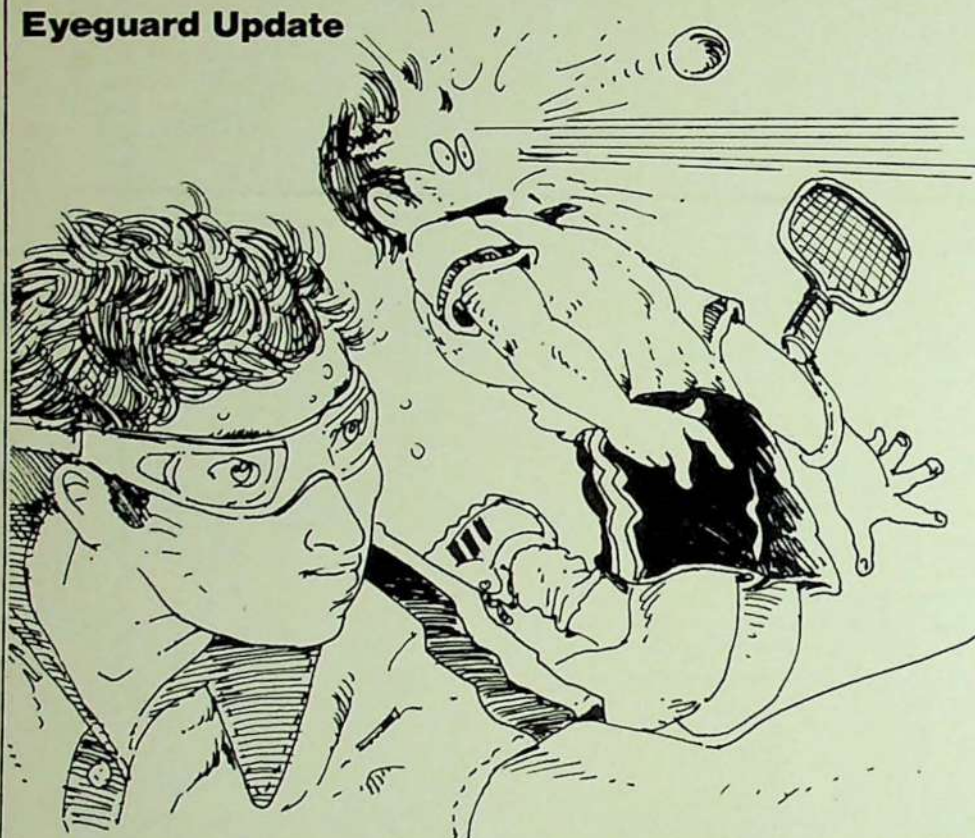
Yellen also had the widest victory margin during the course of a tournament, outscoring his opponents by 112 points in winning the Atlanta stop.

The widest victory margin in one game came in the Boston tourney in which Doug Cohen defeated P. Marino, 21-1. The widest victory margin for two games came in Atlanta with Yellen defeating Bruce Christensen, 21-2, 21-4. This was the same Christensen who reached the quarterfinals in the Nationals before losing to Yellen, 20-21, 21-6, 11-8.

Hogan had the best overall season winning percentage with 82 per cent. He lost three matches all season, one to Davey Bledsoe and one to Yellen in the semifinals and again to Yellen in the finals. He played in eight of the nine events. Peck had the second best winning record with 76 per cent.

The most consistent non-winner was Steve Strandemo, who lost in the quarterfinals of seven tournaments.

Eyeguard Update



In following up our three-part "Eye Section" in the August 1980 issue, we are calling your attention to a story on eye protection recently printed in the *New York Times*.

"Even though all eyeglass lenses must now be made from impact-resistant glass or plastic, regular glasses are usually not strong enough to withstand the force of a smash ball or a swung racquet . . .

"To protect your eyes adequately, these activities demand the use of special eye guards—a sports eye protector or industrial safety lenses. Mandatory use of face protectors for hockey players, it was found, reduced eye and face injuries to one percent of those suffered by unprotected players.

"Performance standards for sports safety eyewear are now being developed. In the meantime, the National Society to Prevent Blindness recommends industrial-quality safety glasses, which can be obtained either with non-corrective lenses or with lenses ground to your prescription. These glasses should have plastic lenses and bear the insignia Z87.1, 1979, indicating they meet the current standards. These can be obtained through opticians, eye doctors, or suppliers of safety equipment. Without prescription lenses, they usually cost from **\$10-\$15**.

"Also recommended are sports-eye protectors, which are goggle-type molded eyeguards. These can also be made with prescription lenses but they cost more than industrial safety glasses.

"According to Dr. Paul F. Vinger, a Lexington, Mass. ophthalmologist who has studied sports injuries to the eyes, the best protection is afforded by optical quality polycarbonate lenses, which can withstand high intensity blows. One such product, Action Eyes by Baush and Lomb, sells for about **\$25**. Another, Pro-tek Gargoyles, sells for about **\$40**. They are injection-molded one-piece, wraparound, lightweight, shatterproof eye protectors."

Rainbo Sports-Optics "Combat Glasses" is another product which meets the current standards. Says Ed Singer of Rainbo, "Our eyeguard to the best of my knowledge is the only eyeguard that is guaranteed no matter what the prescription, to have 3mm Poly lenses bonded, meaning they are cemented into the frame."

Singer goes on to say that Rainbo's Combat Glasses "provide lenses with a curvature of up to base 12. This means that the lenses curve around the side of the eye without any peripheral distortion."

The Non-Players

In the July issue of *Racquetball Illustrated*, Laurence Korwin wrote an article titled "Don't Let The Racquetball Industry Commit Suicide" in which he said that industry people have ignored the non-racquetball player, failing to find out why he or she hasn't taken up the game.

With this in mind, we sent reporter Don Burke to a couple of shopping centers in Southern California and a couple of health clubs (non-racquetball oriented) to find out why people hadn't taken up the game.

The story it turns out is no story at all. Burke said the people interviewed gave no reasons for not playing. "Some said they were into tennis or jogging and some said they were thinking about taking racquetball up but most of the people just had no reason. They had never thought about it," says Burke.



One theory Burke has is that racquetball is not a sport that people constantly relate to. "The newspapers don't play it up on the front page of the sports section like they do baseball," says Burke. "It doesn't hit people over the head. Perhaps as soon as it becomes more recognized with the general public, those non-players will start playing the game."



It's your competition you're supposed to run into the ground. Not your shoes.

So, get into a pair of Tuffs.

Tuffs are put together so they won't fall apart under all that twisting,

darting, plunging and lunging. For openers, Tuffs have high-traction gum rubber soles that are all but bulletproof.



RUN YOUR OPPONENT RAGGED. INSTEAD OF YOUR SHOES.

And stitching. No other racquetball shoe has anywhere near as much. 3 rows of it in the toe alone.

Plus, the uppers and lowers are stitched together – as well as cemented – all the way around.

Sole separation? Not very likely.

Tuffs are comfortable, too. With a special air-channeled innersole and super thick heel padding.

And now there are three new ways to get tough on the court. Whether it's racquetball, handball, squash or any other wood surface sport. A new hi-top Tuffs for extra support. A new leather Tuffs. And a wicked new nylon and suede style that's white and red and tough all over.

All three are available at quality shops now. Get a pair. Then go tear up the courts. Without tearing up your shoes.

Foot-Joy

TUFFS. THE TOUGHEST SHOES IN RACQUETBALL.

Announcing an aluminum racquet with the advantages of lightweight fiberglass.

The Wilson Advantage.

Quick and light as fiberglass. Tough and durable as aluminum.

Fiberglass. For years the pros have said you can't beat it for quickness and lightness in racquetball. Aluminum? A slow second in their eyes.

Now that's all past history, because Wilson is making some history of its own. The Wilson Advantage. An aluminum racquet with the advantages of lightweight fiberglass and the advantages of durable aluminum. A racquet that's quick and light as fiberglass, tough and durable as aluminum.

Wilson's advantage: Select 6.

To pick up a Wilson Advantage, you'd swear it's fiberglass. With a comparable weight—255 grams—it feels light, it moves quick. The secret

is Select 6, a lightweight aluminum alloy. This advanced material gives you a racquet that weighs less than most other aluminum racquets—amazingly, with equal durability. Quick and light as fiberglass, but designed to take fast-paced abuse, it's the best of both worlds. Test-play the demonstrator model at selected pro shops. And see why it's called the Advantage.

Wilson®

Wilson and Advantage are registered trademarks that distinguish the line products of the Wilson Sporting Goods Company

TOURNAMENTS

Leach/CBC



Marty Hogan and Dave Peck chat with commentator Scott Oakes following Hogan's win in the CBC/Leach tourney in Winnipeg, Canada.

Photo by Lonny Tatum

By Lonny Tatum

Marty Hogan successfully defended his title in the Leach/CBC International Racquetball Classic in Winnipeg, Canada, blasting past a weary Dave Peck in the final, 21-14, 21-13.

The made-for-TV tournament, co-sponsored by Leach Industries and the Canadian Broadcasting Corporation (Canada's largest television network), put \$2,500 in Hogan's pocket and added to his public recognition on an international level. Thirteen of the tournament's best matches will be "packaged" with slow-motion replays and on-court interviews for a television audience across Canada and parts of the United States (over ESPN) next year.

Although a Peck-Hogan final was just what the producers had hoped for, its excitement was lessened by Peck's obvious fatigue. To accommodate television, he had played a long semifinal match with Mike Yellen two hours before meeting Hogan. And it showed. Even at the best of times, full strength is needed to stay with Hogan and Peck's fatigue made him fall behind midway through both games.

Peck started off strong, jumping ahead 5-0 in the first game as Hogan skipped three forehands. The margin was unchanged at 10-5, but Hogan took control with a backhand kill and rang up five straight points to even the score. After a couple of power-punching rallies the score was tied again at 13-13, but Peck seemed temporarily punched out. Hogan again took over with two down-the-line backhand kills and frustrated Peck's kill-attempts with two spectacular diving gets. He allowed Peck only one more point before ending the first game with a feather-touch shot off the

front wall after faking a slam from four feet out.

Hogan continued his dominance in the second game, passing Peck on the right with a backhand on the first point, and then along the backhand alley on the second point. After several unforced errors by both players, the score was tied at 4-4. Hogan went ahead by a point, then lost the serve again as Peck slammed a perfect forehand rollout.

Refusing to submit to Hogan's superior backhand, Peck stood firmly at mid-court, volleys and scooping anything that came his way. The served changed hands no less than 30 times before Hogan finally pulled away at 12-11. He passed Peck, who was by that time drained, four times in a row. The lead increased to 19-13 and with two cracking forehand kills it was all over.

"Physically," Hogan later said, "it was one of the toughest matches I've ever played."

Peck, slumped in a chair after the match, admitted that, "At this calibre of play your energy just doesn't last two matches."

"We're both power players and if the ball's sitting up even a tiny bit, we'll retrieve it and blast it back. Those rallies went on forever."

Peck's match with Yellen in the semis was equally as taxing, yet while their close national rankings made for a tooth-and-nail fight, Yellen's accuracy was off and Peck pressured him into plenty of errors.

Yellen literally "skipped" his way out of the first game, 11-21, hitting the floor no fewer than nine times after Peck had already secured a 9-3 lead.

The second game was more of the same. Yellen traded serves with Peck repeatedly at 6-5, but he was no match for Peck's pinpoint kills. The burly Texan hit five straight to lead 10-6 and Yellen just couldn't recover. He held

on stubbornly but finally skipped the ball for the last time to end the match with Peck winning 21-13, 21-11.

In the other semifinal, Steve Strandemo and Hogan played the best match of the tournament. Hogan was at a 3-0 deficit right off the bat because of Strandemo's instant aggression—aggression that remained throughout the match. Hogan drew even at 7-7 and then pulled ahead 15-8. But Strandemo doggedly made almost every return, tying again at 17-17.

That was as far as he got. Hogan scored three points in a row, lost the serve momentarily, and then nailed the ball off three walls, catching Strandemo on the wrong foot. Score: 21-17.

Game two was tied at 10-10 as Strandemo stretched himself even further to counter Hogan's frontcourt tactics. And this time his persistence paid off as Hogan fell behind 10-14 and then 13-18. At 13-19, Strandemo answered Hogan's serve with a backhand rollout and then buried a forehand that Hogan left hanging. Strandemo kept on rolling with a cracking serve, which Hogan skipped to end the game, 21-13.

In the tiebreaker, Hogan took the lead 4-1 and applied enough pressure to keep his opponent at bay throughout. Although Strandemo did his best to force Hogan into errors, it wasn't enough. The champ opened up a 7-4 lead, increased it to 10-5, and then won the match when Strandemo dove for a front-court scoop, only to have it bounce twice. The match had lasted for over two hours and both players left the court to a standing ovation.

Hogan was pushed to another tiebreaker by Ben Koltun in the quarterfinals after winning the first game 21-16 and losing the second 17-21. But after knotting the tiebreaker at 4-4, he relinquished the serve only twice more, putting Koltun out at 11-5.

In other quarterfinal matches, Strandemo beat Montreal's Ross Harvey, 21-14, 21-7; Peck took Vancouver's Lindsay Myers, 21-18, 21-11, and Yellen outclassed Don Thomas, 21-15, 21-8.

Heather McKay of Toronto was clearly the favorite in the weak six-player women's draw, Karin Walton being the only other name of any note. Both McKay and Walton easily disposed of their opposition, and then Heather easily disposed of Karin, 21-11, 21-12 in the final. Walton was national champ in 1979 and McKay earned that title this year.

NFL/Natural Light

Rafael Septien of the Dallas Cowboys, displaying the same coolness that has made him one of the top place kickers in the National Football League, defeated defensive back Dave Brown of the Seattle Seahawks, 15-13, 15-6, to capture the \$8,000 first-place prize in the Natural Light/NFL Players Association Racquetball Champ-

ionship at the Town and Country Racquet Club in St. Louis.

In the first game of the championship match, Septien appeared to be on the verge of routing Brown when he jumped to a 14-5 lead just 15 minutes into the match. "I was loose in the first game. Everything I seemed to hit just fell in perfectly," said Septien.

Brown, determined to make a contest of the game, quickly bounced back from the eight-point deficit to narrow Septien's lead to a single point, 14-13. Septien broke Brown's scoring surge with an excellent backhand into a dead corner and scored on his next serve to win the first game, 15-13.

In the second game, Septien again set the pace as he rattled off five straight points to break a 3-3 deadlock. From that point Brown could come no closer than three points, 9-6, and wouldn't score another point for the remainder of the game.

"Dave likes to sit back and make the lobs, waiting for his opponent to make mistakes. I just didn't make many mistakes. I guess that's from my being a kicker. If you're going to play very long in the NFL you can't make too many mistakes," said Septien.

Septien gained a berth in the championship match by disposing of Buddy Hardeman, fullback for the Washington

Redskins. In that match Septien suffered his only defeat as he lost the first game 15-13. He later avenged the defeat when he disposed of Hardeman in the second game, 15-5, and in the tiebreaker, 11-1.

"I don't think I was really warmed up for the first game with Buddy (Hardeman) and I had a hard time adjusting to his play," Septien said. "I finally said to myself that if I was going to win this tournament I'd better get going... and I did."

Brown had no trouble in his semifinal match, defeating quarterback Randy Dean of the New York Giants in straight games, 15-3, 15-10, to carry a perfect 5-0 match record into the championship.

"I was playing pretty good in the semifinal match and was confident heading into the final," commented Brown. "I just ran up against a guy who was playing at his peak. Septien didn't seem to make a mistake the entire match."

NRC Rankings

Final money winnings for 1979 - 80 Leach-Seamco Tour

1. Marty Hogan	San Diego, CA	\$54,600
2. Mike Yellen	Southfield, MI	\$25,500
3. Dave Peck	El Paso, TX	\$24,500
4. Jerry Hilecher	Solana Beach, CA	\$17,000
5. Don Thomas	Mesa, AZ	\$ 8,425
6. Steve Strandemo	San Diego, CA	\$ 8,650
7. Ben Koltun	St. Louis, MO	\$ 6,750
8. Charlie Brumfield	San Diego, CA	\$ 4,650
9. Doug Cohen	St. Louis, MO	\$ 3,000

Tour victories: Marty Hogan 5, Mike Yellen 2, Dave Peck 2.

Runner-up finishes: Dave Peck 3, Jerry Hilecher 3, Marty Hogan 1, Mike Yellen 1, Davey Bledsoe 1.

Editor's note: These standings do not include results from non-NRC events such as the Ektelon-Perrier Championships, Minolta Pro-Am, March of Dimes Classic, Leach Invitational, etc.

Sports Unlimited gives the investor two ways to play the game

As an investor in a Racquetball Court System you are concerned about the quality of the court system. And, of course, the return on your investment.

Sports Unlimited offers you two quality court systems - our Panel and our new Moducourt™ systems. Both are designed and built tough to withstand the rigors of racquet sports competition for the lifetime of your building.

We have built over 2500 courts and we can do it all for you. Whether it is a 3-court facility for a small town or a 15-court club for a metropolitan city. If you are thinking about building, or are ready to build, give us a call.

Squash, handball, racquetball, whatever the sport, our courts stand up.



**SPORTS
UNLIMITED**

Post Office Box 1207
Stillwater, Oklahoma 74074
405/624-1252

Brown received \$4,000 for his runner-up finish with Hardeman and Dean each pocketing \$1,500.

Also competing in the finals, by virtue of qualifying in regional tournaments, were Curley Culp of the Houston Oilers, Matt Blair and Stu Voight of the Minnesota Vikings and Joe DeLamielleure of the Buffalo Bills.

Voight and Blair led the Vikings to the team title trophy.

Creative Tournaments

Jay Jones defeated Bruce Radford, 21-20, 21-11, in the finals of the All-Pro/Multiple Sclerosis tournament at the Del Amo All Pro Athletic Club in Torrance, Calif.

Jones defeated John Mack, 21-18, 21-18 and Radford beat Dave Bush, 9-21, 21-8, 11-8, in the semifinals. Jones also won the seniors division with 21-20, 21-8 victory over Roger Ehren.

Darlene Charleston defeated Cindy Moore, 21-19, 12-21, 11-5, in the women's open division.

Bruce and Wayne Radford won the open doubles by defeating Dan Masari and Mack, 8-21, 21-19, 11-2.

Lee Pretner won the men's masters with a 21-19, 21-18 decision over Ron Botchan. The tourney drew 493 entries. (Calif.)

In Creative Tournaments' Irvine Clubhouse event, Bill Sell won the men's open with a 21-4, 21-18 victory over Gary Humphreys. John Davidson and Ron Starkman teamed to win the doubles with a 21-8, 21-14 victory over Scott Winters and Dave McQueen.

In the tournament held at Rollout Racquetball Club in Northridge, Calif., Bruce Radford defeated Masari, 21-12, 21-13, in the open finals. The two players then teamed to win the doubles by defeating Jon Woodard and Joe Peinado, 13-21, 21-12, 11-5.

Division winners advanced to the Grand Prix finals.

Outdoor Nationals

By Carol Herd

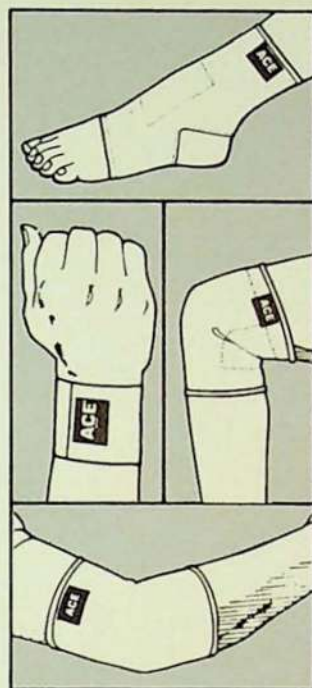
It was firecracker hot, with temperatures hovering around 90 degrees, at Orange Coast College in Costa Mesa, Calif., the site of the 7th Annual National Outdoor 3-Wall Racquetball Championships.

And spectators watched a major upset when Dan Southern captured the men's open title from a field of 52 entrants from as far away as Texas and Florida. Eight of the top 16 touring pros competed.

Marty Hogan, defending 1979 champion and tournament favorite, was beaten in the quarter-finals by Steve Mitchell, 21-20, 21-13. Hogan is the highest ranked indoor pro in the world and has held this top spot for three consecutive years.

Several hundred people watched the hot

Now, Go For It... With Confidence



Before you get on the court, protect yourself with proper support. Get the firm, comfortable protection that ACE™ Brand Supports provide. You'll go for it... with confidence, because relieving your concerns about injury is what ACE is all about. You'll have support and protection where you need it...wrist, ankle, knee, elbow. And ACE Brand Supports help reduce the chance of re-injury.

Get the feeling of ACE confidence. Look for the complete line at the special ACE Sports Medicine Center in your drug store. Remember, you get ACE support only with ACE Brand Products.



ACE is a trademark of Becton Dickinson and Company

Hand-Crafted RACQUETBALL

Clock



- Ideal gift!
- Unique trophy!
- Decorator-styled for home, den or office!
- Name-brand racquet!
- Guaranteed, high-quality clock!

Now available in

Black — Red — Orange — Yellow — Green

ONLY \$31⁹⁵

(Plus \$2 shipping & handling)

(Colorado residents add 3% sales tax.)

ORDER YOURS TODAY!

Rocky Mountain Rackets

P.O. Box 739, Loveland, CO 80537

T-SHIRTS



\$7.95 ea.
S M L XL



Light Blue / Royal Blue Trim
White / Royal Blue Trim
50/50 Blend GUARANTEED

D.W. BROOKS 7942 Chastain Pl.
Riverside Calif. 91335

NAME _____	Quan	Item	Size	Color
ADDRESS _____				
CITY STATE _____				
ZIP _____				
Add \$100 Shipping				
TOTAL _____				

afternoon match, wildly cheering Mitchell to his victory over Hogan, who played the match with white ointment smeared across his back to ward off the sun.

A prelude of things to come for Hogan came in an exciting second round match when he struggled to defeat Chris Gieck, 21-20, 18-21, 11-6.

Southpaw Southern of Westminster, Calif. beat Mitchell in the semi's, 16-21, 21-17, 11-6, and wound up playing Bobby Stocker of Santa Ana, Calif. for the title.

The 26-year-old Southern, who has been playing outdoor racquetball for four years at Golden West College in Huntington Beach, Calif. took the opening game 21-16, serving five aces. Stocker came stampeding back with seven aces in the second game for a 21-7 win.

Then Stocker really put the pressure on Southern in the tie-breaker, bouncing ahead 10-4, before Southern began his seven point run to win his first national crown. The decider came on an ace to Stocker's forehand.

On his way to the title, Southern defeated Doug Cohen, 21-13, 21-16 in the second round, Greg Peck 21-3, 21-5 in the third round, and Lindsay Myers 21-11, 21-14 in the quarters.

Stocker defeated Tom Prickett 21-6, 21-1 in the second round, Jerry Hilecher, 21-6, 21-16 in the third round, Mark Harding 21-11, 21-17 in the quarters, and Mark Morrow 21-11, 20-21, 11-8, to reach the finals.

Open doubles play saw Mark Harding and Paul Olson defeat defending champs Dave Trettin and Steve Fey, 15-21, 21-18, 11-9.

Defending her 1979 women's outdoor open crown, Lynn Adams of Costa Mesa, Calif. topped Martha McDonald of Florida, 21-19, 21-19.

Orange Coast College coach Barry Wallace, competing in the senior singles division for the first time, took the crown away from two-time defending senior's champ Bob Wetzel, 21-8, 21-18. Wallace topped Bud Muehleisen in the semi's 21-10, 21-7.

This year there were 428 tourney entries. Last year there were 290. Because of the increase this year, rules committee director Wallace said he is strongly considering going to a one-serve rule for the 1981 Outdoor Nationals. He thinks the one-serve rule would make play more competitive and speed up competition.

To illustrate his point, Wallace used a

digital timer to clock the 21-17 first game of the open singles match between Mitchell and Southern. The actual playing time was two minutes and thirty seconds, while the 21-16 second game ran three minutes and three seconds.

Wallace said there were 78 serves in that first game, 44 of which were unplayable because they were either long, short, wide or an ace. The longest rally in that game was 11 seconds.

MEN

OPEN SINGLES:

Dan Southern def. Bobby Stocker, 21-18, 7-21, 11-10.

OPEN DOUBLES:

Mark Harding and Paul Olson def. Dave Trettin and Steve Fey 15-21, 21-18, 11-9.

SENIORS:

Barry Wallace def. Bob Wetzel 21-8, 21-18.

B SINGLES:

Gary Gay def. Bob Belmonte 21-5, 21-4.

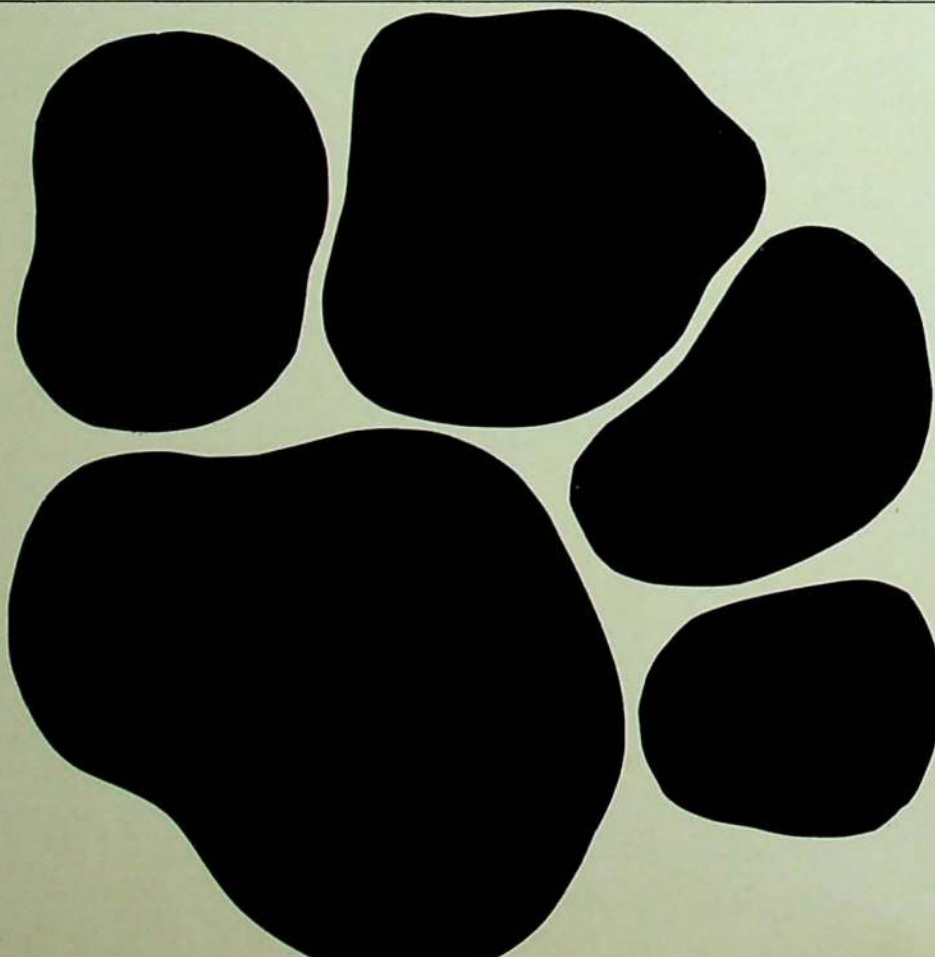
B DOUBLES:

Keith Regan and Steve Cuniff def. David Meier and Dennis Hillis 15-21, 21-16, 11-7.

C DOUBLES:

Bob Gannuscio and Fernando Gomez def.

Continued on page 58



SLAZENGER BRINGS OUT THE BEAST IN YOU.

From the power and lightness of our graphite "Jackal" to the balance and strength of our aluminum "Dragon", Slazenger brings you a full line of performance rackets and balls. For our free illustrated brochure write:

Slazenger, Inc., Box 160,
Cornwells Heights, Pa. 19020.



**WE BRING OUT
THE BEAST IN YOU.**



**.45 Bullets™ make better
“kill shots!”™**



K.D. Sports International, Inc., 3613 Elm, Manhattan Beach, California 90266

FASHION RAC

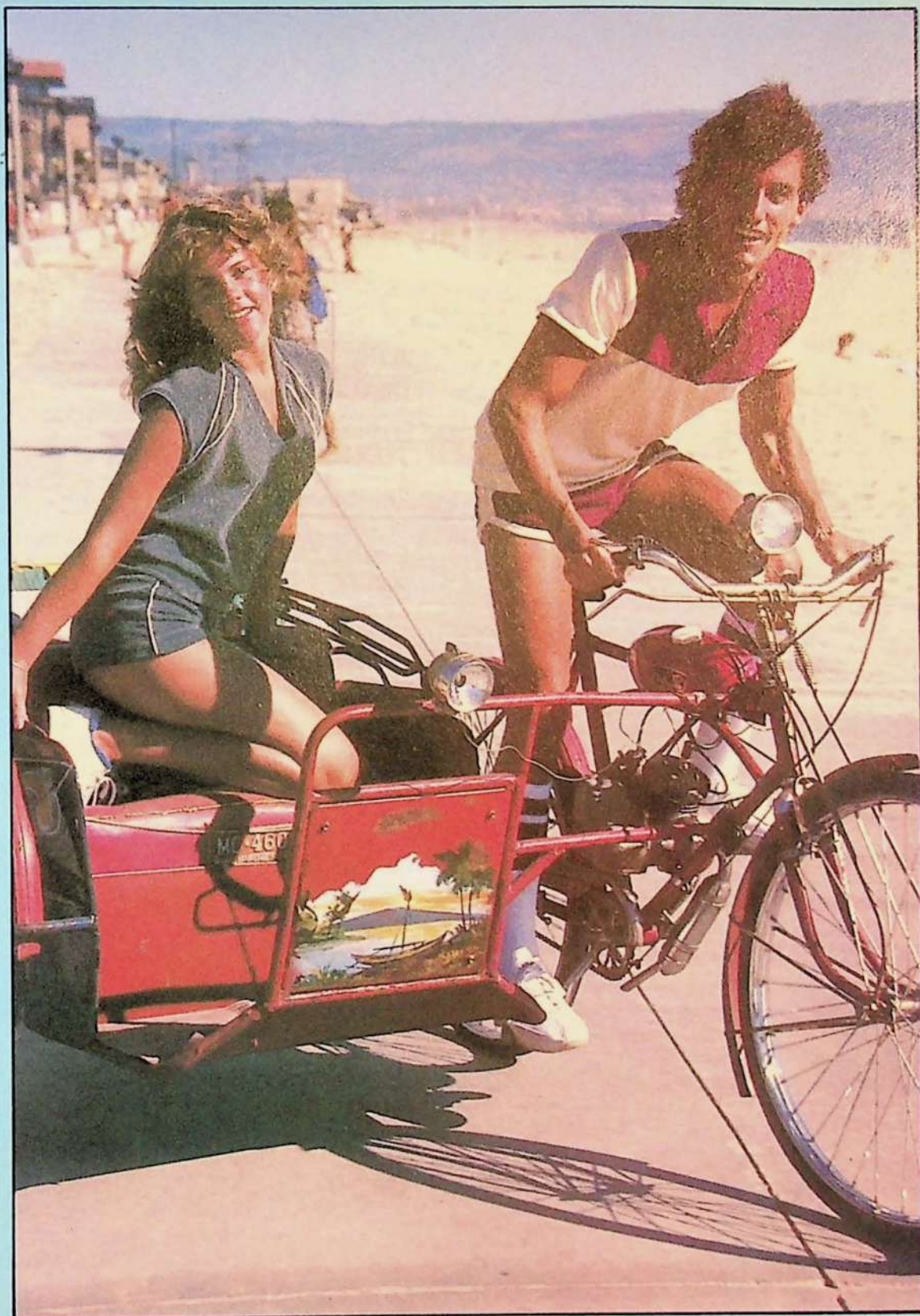


NILA

There are a lot of fine beaches, fishing spots and racquetball clubs in the South Bay area of Los Angeles, so Leslie Stanley, Deanna Nance, Renee Koski and John Newman hit Manhattan Beach for a little sunning, swimming and fishing prior to a late afternoon racquetball match. All were wearing the latest in fashion from NILA (Chatsworth, Calif.)

Leslie Stanley guides the fishing reel in her cobalt blue nailhead velour warmup suit. The top features a stitched sleeve. Pants are straight legged with an elastic waist in the back and a reinforced waist in the front. Top retails for **\$29** and the pants for **\$36**. John Newman is hooked on Nila's unisex rhubarb and cream warmup suit. The fleeced-back terry outfit is made of 50 per cent cotton and 50 per cent polyester. The pants, a 50/50 interlock, have a cuffed bottom. Top **\$22**. Pants **\$25**. Deanna Nance opts for the charcoal nailhead velour racquetball outfit made of 80 per cent cotton and 20 per cent polyester. The sleeveless top has white piping, as do the pants. The top retails for **\$23** and the shorts **\$15**. Renee Koski cheers on the big catch in her smart-looking grey outfit with red trim. The scooped-neck top has quilted panels on the shoulders. The matching shorts are made of fleece-backed terry and feature a quilted mock pocket. Top **\$14.95**. Bottom **\$11.95**.

Fashion coordinated and directed by David Chow
 Makeup and hair by Constance Dickey
 Photography by David M. King



Leslie also looks sharp in her charcoal (with white piping) outfit made of 80 per cent polyester and 20 per cent cotton. And John rides off to the racquetball club in Nila's rhubarb and cream outfit made of 50 per cent polyester and 50 per cent cotton. The shirt features a collar and two snaps. Pants have pocket in back. Shirt retails for **\$19.95** and the pants for **\$13.95**.

PRICE. CONTROL.



Finally. A racquetball that gives a player more, but costs less. A ball that's pressureless. Faster. Livelier. Bouncier. More durable. And spends more time on your racquet to allow for better ball control.

So next time you buy racquetballs give Winn Blu a shot.

They'll not only help you control your game. They'll help control your budget.

Winn Blu™



winn+ Inc. 16652 Gemini Lane Huntington Beach, CA 92647 1(714) 842-1301

THE NEXT SHOT...

Another interesting lineup of stories is on tap for November:

THE OTHER GAMES

A report on Wallyball, Goofyball, Court Soccer and other things you can play on a racquetball court.

THE NEWCOMER

A feature on pro Bruce Christensen who wowed them all at the 1980 Nationals.

HOW TO STAY LOOSE

Tips on ways to avoid getting tense.

EARL EPSTEIN

He's written a book, set up some unusual promotions and is now a court club owner.

EXPOSE YOURSELF TO RACQUETBALL...

High quality, full-color poster. 21" x 31". Suitable for framing. \$4.95 ppd. Dealer inquiries invited.

Send to:

The RPP Company,
15C Roxbury Street, Keene, NH 03431

☐ check ☐ MC card number _____
☐ money order ☐ Visa expiration date _____

Name _____

Address _____

City _____ State _____ Zip _____

©1980 The RPP Company

TOURNAMENTS

Continued from page 54

Steve Dikeman and Lee Magga 21-8, 21-19.

WOMEN

OPEN SINGLES:

Lynn Adams def. Martha McDonald 21-19, 21-19.

OPEN DOUBLES:

Lynn Adams and Jackie Harding def. Joan Murry and Judy Fettig 21-9, 21-6.

B SINGLES:

Kelly Choate def. Georgette Pijillo 9-21, 21-16, 11-6.

B DOUBLES:

Colleen Russell and Tammy Gonzales def. Barbara Egan and Shirleen Gout 21-19, 20-21, 11-10.

C DOUBLES:

Martha Krystafic and Linda Long def. Chris Voltarel and Linda Plenert 21-16, 15-21, 11-3.

JUNIORS

BOY/GIRL SINGLES:

Brian Hawks def. Ken Blakeslee 21-11, 21-4.

Etc.

● Keith Calkins of Hayward, Calif. was elected president of the American Amateur Racquetball Association, replacing Bob Folsom. Calkins will serve two years.

● The AARA National Doubles Championships will be held October 16-19 at The Playoff Club in Needham, Mass.

● Charles Horton defeated Dave Mackellan, 21-6, 21-8, to win the Quakerbridge Mall Classic at the Hopewell Valley Club in Pennington, N.J. Molly O'Brien defeated Cindy Dalton in the women's finals. John Bierman and Alan Horne took the open doubles and Lonnie Allgood teamed with Linda Kennedy for the mixed doubles title. The tourney drew over 350 entrants from six states with \$5,000 offered in prizes.

● Jack Dalton defeated Herb Textor, 21-15, 20-21, 11-9, in the fourth annual Dayton Area Racquetball Tournament at Congress Park Circuit Parks. Dalton teamed with Denny Stitsinger for the open doubles title. The tournament raised \$3,950 for Children's Medical Center in Dayton.

● Larry Fox defeated Kelvin Vantrese, 19-21, 21-15, 11-2, and Becky Callahan defeated Karen Brunkas, 21-20, 21-3, to win the pro divisions of the Jack Nicklaus Sports Center-Kings Island Pro-Am at the Country-side YMCA in Lebanon, Ohio. Fox teamed with Danny Clifford for the double crown. Jim Marsh won men's seniors, Rick Scotten took men's B, Gary Hornsby won men's C, Melanie Britton won women's B, Sherry Rawlings took first in women's C, Frank Redden won the men's masters, Robi Bradley took juniors, and Judy Morgan and Robert Mitchell were novice winners.



Player Of The Year

Racquetball Illustrated's 1980 Player Of The Year Ballot

Balloting begins this month for the 1980 Male, Female and Most Improved racquetball player of the year for 1980. Each category has three nominations and space for a write-in vote.

Voting must be done on the official ballot, which will appear in the magazine the next three issues. No ballots from copy machines will be accepted.

Past Winners
1979

MALE
Marty Hogan

FEMALE
Shannon Wright

MOST IMPROVED
Marci Greer

1980 Nominations

MALE

(alphabetical order)



☐ Marty Hogan



☐ Dave Peck



☐ Mike Yellen

(Write-In) _____

FEMALE

(alphabetical order)



☐ Sarah Green



☐ Heather McKay



☐ Shannon Wright

(Write-In) _____

MOST IMPROVED

(alphabetical order)

☐ Lynn Adams

☐ Doug Cohen

☐ Don Thomas

(Write-In) _____

COMMENTS _____

Send ballot to:
Racquetball Illustrated
Player of the Year
7011 Sunset Boulevard
Hollywood, Calif. 90038



CO-SPONSORS:

RACQUETBALL
ILLUSTRATED

Squincer
THE ACTIVITY DRINK



THE LARGEST TOURNAMENT IN CALIFORNIA

PRIZES:

All tournaments will have beautiful awards and prizes for every division. The finals will have prizes such as: Bahamas Cruises, stereos, brass beds, color T.V. and many more quality prizes for every division.

AUGUST 7-10

- ☐ Wallbanger Huntington Beach
7402 Center Drive
Huntington Beach, CA
- ☐ San Luis Obispo Courthouse
1020 Southwood Drive
San Luis Obispo, CA

AUGUST 14-17

- ☐ Montclair Racquet Time
55515 Moreno
Montclair, CA
- ☐ Ventura Courthouse
3760 Telegraph Rd.
Ventura, CA

AUGUST 21-24

- ☐ Santa Ana Athletic Club
311 North Van Ness
Santa Ana, CA
- ☐ Rocky's Racquet World
12111 Strathern Street
North Hollywood, Ca

SEPTEMBER 4-7

- ☐ West End Tennis & Racquet Club
4343 Spencer Street
Torrance, CA
- ☐ Stadium Racquet Club
5885 Rancho Mission Road
San Diego, CA

SEPTEMBER 11-14

- ☐ Rancho Mesa Verde
Athletic Club
1600 Adams
Costa Mesa, CA
- ☐ Westlake Courthouse
31425 Agoura Road
Westlake Village, CA

FINALS * SEPTEMBER 24 - 28 * FINALS

Del Amo All Pro Athletic Club
21345 Hawthorne Blvd., Torrance, CA

CALL CREATIVE TOURNAMENTS
(213) 956-3300

CLUB DIRECTORY

For information on how to get listed in the "Club Directory" write **Racquetball Illustrated** 7011 Sunset Blvd., Hollywood, CA 90028

ARIZONA

Mesa
Golden's Health Spa
& Racquet Club
107 So. MacDonald Street
(602) 834-9347

Phoenix
Metro Racquet Club
10251 N. 35th Ave.
(602) 866-0330

Tucson
Grace Place Athletic Club
7225 N. Oracle Road
(602) 297-6640

ARKANSAS

Fort Smith
Olympic Health Club
8701 Hwy. 597
(501) 452-9247

CALIFORNIA

Artesia
California Way
17727 Pioneer Blvd.
860-3312

Calabasas
Calabasas Racquetball Club
4768 Park Gwyneth
(213) 347-4522

Century City
Century West Club
2040 Avenue of the Stars
(213) 556-3312

Chula Vista
Chula Vista Racquetball Club
1550 Broadway
(714) 426-2590

Chico
The North Valley
Racquetball Center
460 Rio Lindo Ave.
(916) 891-4700

Colma
What A Racquet
2945 Juniper Serra Blvd.
(415) 994-9080

Culver City
Racquetball West
6666 Green Valley Circle
(213) 670-0244

Escondido
North County
Racquetball Center
474 W. Vermont Ave.
(714) 743-4311

Fountain Valley
Racquetball World &
Health Club
10115 Talbert Avenue
(714) 962-1374

Fresno
Fresno Racquet Time
4774 N. Blackstone
(209) 227-8405

Irvine
The Court
2535 Showers Drive
(415) 948-4400

Irvine
Rancho San Joaquin
Athletic Club
3652 Michelson Drive
(714) 551-4421

Lancaster
Division Street Courthouse
44231 Division Street
Lancaster, California 93534
(805) 943-0941

Long Beach
Circle 181 Courts
1850 Outer Traffic Circle

Los Angeles
Century Racquet Club
9911 W. Pico Blvd.
(213) 553-7600

Montebello
Waltangers of Montebello
850 Beverly Blvd.
(213) 728-5433

Monterey
Monterey Racquet Time
5515 Moreno
(714) 985-9178

Napa
La Cacha
1850 Soscol
(707) 252-8033

North Hollywood
Wiley Courts
11405 Chandler Blvd.
(213) 980-2462

North Hollywood
The Racquet Centre
10933 Ventura Blvd.
(213) 760-2303

Northridge
Rollout Racquetball Club
19350 Business Center Drive
(213) 993-7855

Oceanside
Love Tennis Racquetball Ltd.
2249 E. Camino Real, Suite F
(714) 751-5683

Pasadena
California Way
33 N. Lake Avenue
(213) 794-5906

Port Hueneme
Marina Courts
2597 Bolder Drive
(805) 487-5118

Redding
Sun Oaks Racquet Club
3452 Argyle Road
241-2613

Redlands
Redlands Racquetball
1255 W. Cotton Avenue
(714) 793-8735

Riverside
Riverside Racquetball Club
11060 Magnolia
(714) 687-5440

San Diego
Courtsports
3443 India Street
(714) 294-9970

San Diego
Racquet Time - San Diego
1764 San Diego Ave.
(714) 294-9933

Seal Beach
Rossmoor Racquetball
12235 Seal Beach Blvd.
(213) 431-0440

Santa Monica
Sports Connection
2929 31st Street
Santa Monica, California
(213) 450-4464

San Francisco
San Francisco Bay Club
150 Greenwich Street
(415) 433-2200

San Francisco
Schreiber's Handball Racquetball
425 Eccles Avenue
(415) 873-8500

Sherman Oaks
Cockwater, Chandler
Racquetball Center
5300 Cockwater Canyon Ave.
(213) 985-8666

Simi Valley
Coast Valley Spa & Racquetball
1293 E. Los Angeles Street
(805) 526-0512

South San Francisco
Schreiber's Handball Racquetball
Health Spas, Inc.
425 Eccles Avenue
(415) 462-4260

Spring Valley
Spring Valley Racquetball Club
569 Sweetwater Road
(415) 462-4260

Stockton
Quail Lakes Athletic Club
2303 West March Lane
(209) 951-3795

Torrance
Torrance Court Club
3825 Del Amo Blvd.
(213) 542-3538

Van Nuys
Coast & Valley Spa &
Racquetball
8636 Woodman Ave.
(213) 893-8466

Ventura
Ventura Courthouse
3760 Telegraph Road
(805) 642-2131

Visalia
Visalia Racquet Club
909 N. Demaree
(209) 733-1041

Walnut Creek
The Racquetball Club
1906 Olympic Blvd.
(415) 932-6400

West Los Angeles
The Center Courts
11866 La Grange
(213) 826-6648

Westminster
King's Racquetball Court
14731 Golden West
(714) 898-9841

COLORADO

Aspen
Aspen Athletic Club
720 E. Hyman Street
(303) 925-2531

Crested Butte
Crested Butte Athletic Club
P.O. Box 607

Crestview
Crested Butte
Athletic Club
P.O. Box 607

Denver
Denver Athletic Club
1325 Glenarm Pl.
(303) 534-1518

Denver
International Athletic Club
1636 Welton Ave., Suite 308
(303) 623-2100

Englewood
Denver Sporting House
5151 DTC Parkway
(303) 779-0700

CONNECTICUT

Avon
Courthouse One
P.O. Box 498
(21) Waterline Rd.
(203) 673-1401

Bristol
Bristol Clubhouse
842 Clark Avenue
(203) 583-1843

Fairfield
Racquetball Spa
500 Kings Highway East
(203) 366-7868

Wallingford
Wallingford Clubhouse
Neal Road
(203) 265-2861

FLORIDA

Bradenton
Racquetball Club of Bradenton
6420 14th Street West

Ft. Lauderdale
The Courtrooms Racquetball
& Health Clubs
750 W. Sunrise Blvd.
(305) 764-8700

Ft. Lauderdale
Supreme Court Sports Center
5065 N.E. 13th Avenue
(305) 491-2255

Ft. Lauderdale
South Broward Racquetball
& Sports Club
5555 Ravenswood Rd.
(305) 987-6410

Miami
Kendall Racquetball
& Health Club
10631 S.W. 88th St.
(305) 596-0600

Miami
The Sportsrooms
10680 S.W. 113 Place
(305) 596-5677

Neptune Beach
Beaches Racquetball Club
450 Atlantic Blvd.

GEORGIA

Columbus
Courthouse 1 of Columbus, GA
1500 54th St.
(404) 324-2211

Marietta
Courthouse 1
1990 Dek. Ind. Blvd.
(404) 955-2120

IDAHO

Boise
The Court House
7211 Coonall
(208) 377-0040

ILLINOIS

Bellevue
Bellevue Racquetball Club
1001 S. 74th Street
(618) 396-2778

Calumet City
The Court Club Ltd. II
1580 Huntington Avenue
(312) 862-1890

Champaign
Court Club of Champaign
Urbana
2508 Galen
(217) 356-1616

Chicago
Courts of The Phoenix
2525 N. Sheffield Avenue
(312) 248-4477

Fairview Heights
Fairview Racquetball Club
5925 N. Illinois Street
(618) 277-0200

Godfrey
Allan Court Club
4425 Industrial Drive
(618) 466-6711

Mt. Vernon
Mt. Vernon Racquetball
Club Inc.
P.O. Box 1672
(618) 242-4847

Olympia Fields
The Olympian Court Club
Governors Office Park
(312) 748-6223

Palos Heights
Wimbledon U.S.A. Racquet Club
12221 S. Ridgeland
(312) 289-9100

Richton Park
The Court Club Ltd.
5111 Sauk Trail
(312) 481-7055

Rockford
The Golf Shack, Inc.
2324 7th Ave.
(815) 397-3709

OUR NAME IS YOURS



Body-fitting Racquetball Illustrated T-shirts, 100 per cent cotton, now available at \$4.95 each, Ppd. Navy blue with powder blue lettering. Small, Medium, Large (Men's sizes only)



YES!

Send me _____
Racquetball Illustrated T-shirts
@ \$4.95 each. Sizes _____
Calif. residents add 6% sales tax

Name _____
Address _____
City _____
State _____ Zip _____

Make check /money order to:
Racquetball Illustrated
7011 Sunset Blvd.
Hollywood, California 90028

CLUB DIRECTORY

INDIANA

Bloomington
Bloomington Club Haus
4641 N. Morningstar Dr.
Columbus
Columbus Club Haus
P.O. Box 783, Rocky Ford
Evansville
Tri-State Racquet Club
555 Tennis Lane
(812) 479-3111
Fort Wayne
Sports Illustrated Court Club 10
(219) 485-1671
Fort Wayne
Court Rooms of America
1404 Kermay Ave.
(219) 422-1564
Highland
Sports Illustrated Court Club
3150 45th Street
Indianapolis
Racquetball West
6355 Westhaven Drive
(317) 299-4206
Mishawaka
Sports Illustrated Court Club 9
205 West Edison Rd.
(219) 259-8565
Muncie
Full Court Club
3501 N. Chatham Lane
(317) 286-0676
Noblesville
Noblesville Club Haus
411 S. Harbour Dr.
Shelbyville
Shelbyville Club Haus
Rural Route #2 Box 2013
Valparaiso
Valparaiso Club Haus
2401 Valley Rd.

IOWA

Bettendorf
Wildwood Racquetball
Swim Club
1423 18th Street
(319) 359-9141
Marshalltown
Wick's Sports
110 E. Church
(515) 752-2800

KANSAS

Overland Park
Dixie Courts
11301 West 88th
(913) 888-9247

KENTUCKY

Lexington
Racquet Time of Lexington
151 West Zandale
(606) 276-3587

LOUISIANA

Baton Rouge
Baton Rouge Athletic Club, Inc.
7639 Arline Hwy.
(504) 923-0100
Baton Rouge
Waltbanger Court Club
10473 Old Hammond Hwy.
(504) 923-2793

MARYLAND

Timonium
Padonia Court Club
212 S. Padonia Rd.
(301) 252-5280
Towson
Towson Court Club
8757 Mylander Lane
(301) 821-0160

MASS.

Braintree
Playoff Racquetball / Handball Club
268 Wood Road
(617) 848-8080

Burlington

Racquetball International
12 A Street
Burlington, MA 01803
(617) 273-1025
Framingham
Racquetball Five-O
50 Speen Street
(617) 879-1472

MICHIGAN

Ann Arbor
Ann Arbor Court Club
2875 Boardwalk
(313) 662-0243
Belleville
Sports Illustrated Court Club 8
49345 South 194 Service Dr.
(313) 699-0900
Flint
Sports Illustrated Court Club 2
63237 Beecher Rd.
(313) 733-3000
Flushing
Sports Illustrated Court Club 2
65219 West Person
(313) 733-7730
Grand Rapids
Racquetball Plus
2701 29th St. S.E.
(616) 942-5190
Grandville
Racquetball Court Club
3380 Farland Avenue
(616) 531-4250
Kalamazoo
Sports Illustrated Court Club 5
315 Turwell Lane
(616) 362-4111
Kentwood
Racquetball Wizard
4620 Kalamazoo
455-6550
Lansing
Sports Illustrated Court Club
5609 West Saginaw Highway
(517) 321-1430
Mt. Clemens
Mt. Clemens Racquetball Club
50401 Production Drive
(313) 463-2000
Okemos
Sports Illustrated Court Club 4
5000 Marsh Rd.
(517) 349-5500

Flint

Portage
Sports Illustrated Court Club
6529 South Westridge
(616) 323-0011
Port Huron
Courts West
3403 Lapeer West
(313) 987-8700
Port Huron
Huron Court Club
2900 Kraft Road
(313) 385-4469
Rochester
The Rochester Courts
560 W. University Drive
(313) 652-1510
Roseville
Rose Shores East
Racquetball, Inc.
31950 Little Mack
(313) 296-2200
Saginaw
Sports Illustrated Court Club 7
2717 Schust Rd.
(517) 321-1430
Southfield
Southfield Athletic Club, Inc.
26555 Evergreen
(313) 296-2200
Springfield
Sunshine Racquetball Club
3534 E. Sunshine
(412) 883-4800

Sterling Heights

Sports Illustrated Court Club 12
42140 Vandike
(313) 254-1012
Trenton
Racquet King Courts
1630 Fort Street
(313) 676-5650
Ypsilanti
Sports Illustrated Court Club 1
2111 Golfside
(313) 434-2111

MISSOURI

Creve Coeur
The Racquet Man, Inc.
11048 Olive Blvd.
(314) 567-0873
Springfield
Sunshine Racquetball Club
3534 E. Sunshine
(417) 883-4800
Fairfield
Yogi Berra's Hall of Fame
Racquetball Club
333 Route 46
(201) 227-4000
Ocala
Ocean Racquetball
& Health Club, Inc.
1602 Highway No. 35
(201) 531-9300
Randolph
Olympic Racquetball & Health Club
Randolph Park West
(201) 328-0660
South Plainfield
Racquetball Club, Inc.
219 S. Nicholas Avenue
(201) 753-2300
Tom's River
Racquetball of Tom's River
671 Balthasar Street
(201) 349-6100
Wall
What's Your Racquet
Atlantic Ave. bet. Rt. 35
& Rt. 34
(201) 223-2100
Wayne
Racquetball International
342 Paterson Hamburg
Turnpike
(201) 942-9400
West Orange
Eagle Rock Court Club
426 Eagle Rock Avenue
(201) 731-9696

MONTANA

Helena
Broadwater Athletic Club
and Hot Springs
4920 Highway 12 West
NEVADA
Carson City
Capitol Courts, Inc.
3448 Bemese Court
Carson City, Nevada
(702) 882-5666
Las Vegas
Las Vegas Sporting House
3025 Industrial Road
(702) 733-8999

NEW HAMPSHIRE

Londonberry
Executive Court Club
1 Dargue Avenue
(603) 668-4753
Nashua
Off The Wall Racquet Club, Inc.
596 West Hollis St.
(603) 889-5520
Portsmouth
Off The Wall Racquetball Club, Inc.
Albany Ext.
(603) 431-1430

NEW MEXICO

Albuquerque
Supreme Courts
4100 Prospect N.E.
(505) 266-7781
Las Cruces
Tom Young's Racquet Club
305 E. Foster
(505) 526-4477
NORTH CAROLINA
Charlotte
Court Club of Charlotte
6420 Albemarle Rd.
Charlotte
Sports Illustrated Court Club 17
5501 77 Center Drive
(704) 527-0975
Greensboro
Sportime Racquet Club
P.O. Box 21667
(919) 275-2521
Raleigh
Carolina Courts
1207 Front St.
(919) 832-5513
Raleigh
Highwoods Racquetball Club
2912 Highwoods Blvd.
(919) 876-3641
Winston Salem
Racquetball & Handball Club
of Winston Salem
301 Executive Park Blvd.
(919) 765-0691

NEW JERSEY

Bricktown
Kangaroo Courts
193 Chambers Bridge Road
(201) 477-8500
Chatham
Chatham Squash and
Racquetball Club
484 Sanborn Place
(201) 377-1900
Colonia
Supreme Courts
Racquetball Club
Colonia Shopping Plaza
Route 27
(201) 382-4994
Englewood
Court of Appeals
200 Grand Ave.
Garfield
Racquetball Plus of Garfield
83 River Dr.
Fairfield
Yogi Berra's Hall of Fame
Racquetball Club
333 Route 46
(201) 227-4000
Ocala
Ocean Racquetball
& Health Club, Inc.
1602 Highway No. 35
(201) 531-9300
Randolph
Olympic Racquetball & Health Club
Randolph Park West
(201) 328-0660
South Plainfield
Racquetball Club, Inc.
219 S. Nicholas Avenue
(201) 753-2300
Tom's River
Racquetball of Tom's River
671 Balthasar Street
(201) 349-6100
Wall
What's Your Racquet
Atlantic Ave. bet. Rt. 35
& Rt. 34
(201) 223-2100
Wayne
Racquetball International
342 Paterson Hamburg
Turnpike
(201) 942-9400
West Orange
Eagle Rock Court Club
426 Eagle Rock Avenue
(201) 731-9696
NEW YORK
Amherst
Boulevard Mall
Racquetball Club
1185 Niagara Falls Blvd.
(716) 833-5226
Buffalo
4 Wall Courts
580 Cayuga Road
(716) 632-1984
Cedarhurst
Executive Courts West
395 Peisall Avenue
(516) 239-3500
Dewitt
Dewitt Clubhouse
Widewaters Parkway
(315) 466-0376
Happauge
Off The Wall Racquetball, Inc.
230 Oyster Avenue
(516) 249-0828
Howard Beach
Lindenwood Racquetball
82-12 151st Avenue
(212) 738-5151
Liverpool
Meadows Clubhouse
4989 Hopkins Road
(516) 451-5551
New York
Manhattan Squash Club
1114 Ave. of Americas
(212) 669-8909

Palchogue
ABC Racquetball Courts, Inc.
620 Old Medford Ave.
(516) 475-3758
Rochester
Winton Racquetball Club
3120 South Winton Road
(716) 271-3700
Troy
The Troy Courts
3663 Rochester Road
(313) 689-5415
Utica
Courtland Racquetball
45100 Mount Rd.
(313) 254-1056
Westbury, L.I.
Health n. Sports
1020 Old Country Road
(516) 996-8855
Westvale
Westvale Clubhouse
3328 West Genesee Street
(516) 488-3126
OHIO
Cincinnati
Pat Malson's Racquetball/
Handball Fitness World, Ltd.
4780 Cornwell Road
(513) 791-9116
Columbus
Arlington Court Club
5005 Arlington Center Blvd.
(614) 451-1930
Columbus
Courtside Racquetball and
Handball
1635 E. Dublin-Grandville
(614) 885-BALL
Columbus
Racquetball Club
2400 Park Crescent Drive
(614) 666-7676
Dayton
Dayton Circuit Courts Assoc.
1497 Shoup Mill Road
(513) 276-5959
Dayton
Dayton Circuit Courts East
3182 Rodenbeck Drive
(513) 429-2819
Holland
Spring Meadows Court Club
6834 Spring Valley Road
(419) 866-1101
Kettering
Court Management Co., Inc.
1240 Ridgeview Ave.
(513) 254-5830
Kettering
Dayton Circuit Courts No. 2
5600 Kentshire Dr.
(513) 435-3113
Madiera
Court House East Ltd.
8229 Camargo Road
271-3388
Massillon
Glove & Racquet
3885 Wakes Road, N.W.
(216) 837-9602
Moraine
Dayton Court House
2750 Berwyn Dr.
(513) 294-0700
OKLAHOMA
Stillwater
Racquet Time of Stillwater
1225 N. Perkins Road
(405) 372-8655
Oklahoma City
Racquet Time Courts
6701 W. 10th Blvd.
(405) 721-9205
OREGON
Eugene
Court Sports 1
2510 Diamond Way
(503) 687-2811

Eugene
Courtsports II
4242 Commerce Street
(503) 687-2555
Medford
Medford Superior Courts
727 Carley Ave.
(503) 772-3194
Milwaukie
Milwaukie Racquetball Club
4606 S.E. Boardman
(503) 659-3845
Ontario
Eastern Oregon Sports
366 S.E. 5th Street
Portland
USA Oregon Athletic Club
8333 N.E. Russell
(503) 254-5546
RHODE ISLAND
E. Providence
Playoff Racquetball
Handball Club
15 Catamore Blvd.
(401) 434-3600
Warwick
Corner Shot Racquetball Club
43 Jefferson Boulevard
(401) 781-1650
PENNSYLVANIA
Erie
Forest Hills Athletic Club
3910 Caughy Road
(814) 833-2498
Harrisburg
Bentley Club and Courts
2301 Grimes Drive
(717) 454-4231
Hollidaysburg
Neves Racquetball Club
RD 2 Scotch Valley Rd.
(814) 696-3837
Feasterville
B & R Racquetball Club
1040 Mill Creek Drive
(414) 351-2900
Lancaster
Greenfield Court Club
1485 W. 1500 Appleton Ave.
(414) 251-1420
Milwaukee
The Brookfield Racquetball Club
670 Lamy Court
(414) 782-6121
Milwaukee
North Shore Racquet Club
5750 N. Glen Park Rd.
(414) 351-2900
Milwaukee
South Shore Racquet Club
4801 S. 2nd Street
(414) 482-3410
West Allis
The Racquet Ball Club, Inc.
1939 So. 108th St.
(414) 321-2500
Waukesha
Racquetball Club
of Waukesha
1530 E. Moreland Blvd.
(414) 544-4111
WYOMING
Laramie
Slim & Swim Health Club
411 S. 20th Street
(307) 742-4760
BRITISH COLUMBIA
Burnaby
Brentwood Racquetball Club
5502 Lougheed Highway
(604) 294-8348
Nanaimo
Quarter Way Racquet Club
1451 Bowen Road, V9S 1G4
Vancouver
Supreme Court
Racquetball Club
1114 Abernethy Street
(604) 669-3636
ONTARIO, CANADA
Halifax
Atlantic News
5560 Morris St.
B3J 1C2
Oakville
Audencia Racquetball
(Oakville) Limited
474 Inoups Shore Rd.
(416) 842-2366

HERE'S YOUR BEST SHOT!



**SUBSCRIBE
NOW
AND SAVE**

☐ 12 only
\$12.50
(reg. \$18.00)

☐ 24 only
\$21.60
(reg. \$36.00)

☐ 36 only
\$27.00
(reg. \$54.00)

Make check or money order payable to:
RACQUETBALL ILLUSTRATED
Subscription Department, P.O. Box 261
Mt. Morris, Illinois 61054

name _____

address _____

city _____ state _____ zip _____

() Check or money order enclosed () Bill me () Visa () Master Charge

inter bank number (4 digit number above your name of card.)

charge card number

Expiration date _____

Charge card signature _____

Please note: This rate limited to the U.S.A. and it's possessions.
Canada and elsewhere: Add \$3.00 per year (12 issues) for additional postage.

AMF WEEKEND RACQUETBALL CLASSIC

Take part in a very special weekend of mixed doubles competition, open to racquetball players of all skill levels. Sixty-four fantastic AMF prizes will be awarded, totalling more than \$30,000.



ROADMASTER 10-SPEED BICYCLES



WHITELY EXERCISE PRODUCTS



ALCORT SUNFISH SAILBOATS



HARLEY-DAVIDSON MOTORCYCLES



HEAD SKIS WITH TYROLIA BINDINGS



HEAD SPORTSWEAR



SWIMASTER SCUBA EQUIPMENT



AMF MOPEDS

BEN HOGAN GOLF EQUIPMENT



HEAD RACQUETBALL EQUIPMENT

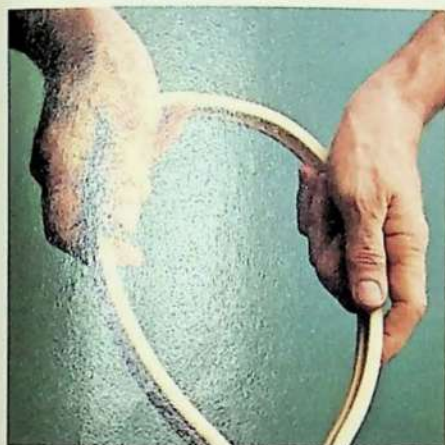
Brought to you by AMF Voit & AMF Head
October 3-5, 1980
Winning Walls Racquetball Club
300 Boston Post Road
Port Chester, N.Y. 10573
(914) 939-5000



VOIT RACQUETBALL EQUIPMENT

A WHOLE PAGE OF EXCUSES FOR SPENDING CLOSE TO \$100 ON YOUR NEXT RACQUET.

AMF Voit introduces the Pacer. At close to \$100, the price tag is not expensive. The racquet is.



HANDMADE OF PURE FIBERGLASS.

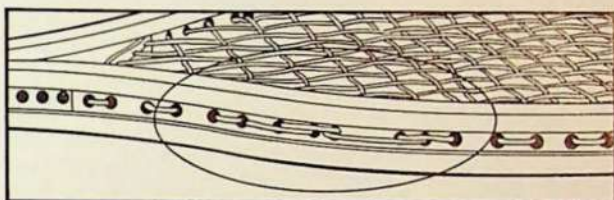
It's the first pure fiberglass racquet. It's also handmade to exacting standards. By Charlie Smith. Or

Pam Osserman. Or one of a dozen other specially selected craftsmen who shape and string the lightweight Pacer.

The Pacer's design is light years ahead of the competition. A unique variable width frame puts reinforcement precisely where computers show most players put stress.

Our floating throat-piece and polyurethane foam handle are two more patented exclusives.

They reduce vibrations from the strings. So the racquet feels extraordinarily smooth in your hand.



EXTRA STRENGTH ADDED TO STRESS AREA.

Just as innovative is our quadraform head shape. We developed and perfected the slightly squarish shape that gives our racquet

flexibility.
And kill power.

The Pacer may easily cost twice as much as the racquet you're now playing with. But once you play with pure fiberglass, handmade no less, the Pacer won't seem expensive. Other racquets will seem cheap.



Santa Ana, California 92704

THE NEW PACER



**If you think
bounce
is the only test of
a perfect
racquetball,
you should know
about speed and
flight.**

**The new Ektelon
SpeedFlite™
Racquetball.**

The SpeedFlite has the best bounce in racquetball. It's non-pressurized for a longer-lasting bounce, rounder for a more consistent bounce, and has an extra-rough surface for a truer bounce. Your game keeps its rhythm. Your serves hug the corners. Your kill shots stay down.

But for perfect playability, a racquetball needs more than the right bounce.

The SpeedFlite has the ideal speed — not too fast, not too slow — for crisp responses off the walls and effortless ceiling shots.

The SpeedFlite also has unique flight characteristics. Wall thickness and roundness are controlled to within .010 inch. This eliminates in-flight wobbles and erratic rebounds.

And naturally, the SpeedFlite is backed with a strong replacement offer. If the ball breaks before the long-lasting label wears off, Ektelon will replace it free.

So next time you buy racquetballs, look for more than perfect bounce. Look for perfect speed and flight, too. The new SpeedFlite from Ektelon.

EKTELON 

**The Most Recommended
Racquet in Racquetball.***

*Research results available from Ektelon.
SpeedFlite Racquetballs are
manufactured by Ektelon in San Diego, CA.
Ektelon is a registered trademark of
Ektelon, San Diego, CA.

