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On the cover . . .

Jack Zukerman, self-made multi-millionaire, racquetball fanatic and now, health food entrepreneur inaugurates a new company that combines physical fitness through exercise with low sodium, low sugar, pre-packaged foods. The story of Genesis begins on page 5.

—Photo by Arthur Shay

Next issue . . .

Racquets and results will highlight the August issue. A complete guide to racquetball racquets will be included in our annual Racquet Guide along with the results of your responses to our Reader Survey on racquets. Plus, full results of the AARA Nationals, DP Leach Nationals and WPRA Nationals and a special feature on one of racquetballs brightest stars.

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Letters

Washing Your Gloves

Dear Editor:

Interesting article in the April issue about caring for your glove. It is interesting because it states to *use cool water and not to use heat or hair dryers.*

The above information is in direct conflict with the information in the September/October, 1981 issue (pages 52-57) which states to use water as "hot as your hand can stand," and to dry it with a hair dryer.

Which article contains the correct information?

David C. Huseman • Butler, PA

We went to the expert on this one and according to Ken Konkol, vice president of Champion Glove Co., "use cool water and no artificial heat to wash and dry your gloves. Any time you apply heat to leather it will make the fibers shrink and draw up."—Editor

A Yellen Fan

Dear Editor:

If possible please send me an address where I might be able to write to Mr. Mike Yellen. I don't know if the racquetball stars have fan clubs but I saw Mike play in Palatine, IL at the DP Leach/Catalina Pro/Am Racquetball Tournament and have wanted to write to him ever since.

Would you happen to have his address or any ideas where I might find it?

Lynne Weiss • Northbrook, IL

Mike Yellen can be reached through his sponsoring company. Write Ektelon, 8929 Aero Dr., San Diego, CA 92123. —Editor.

I Knew Her When

Dear Editor:

I'm glad to renew my subscription. I've surely enjoyed your fine magazine. In particular, the articles by Kathy Williams. She and I used to have some good paddleball games when she was a student at Michigan State University. Please give her my regards.

I've been playing paddleball since 1943 and racquetball since 1960. I'm still playing about five times a week and am enjoying it greatly (at over 65).

Keep up the good work!

Ken Payne • East Lansing, MI

Thanks, Ken. And you keep up the good work too!

Vegas Can Be Racquetball Bargain

by Victor Block

A few years ago, travelers heading for Las Vegas had no reason to carry along their racquetball equipment. The only spinning balls in "The Entertainment Capital of the World" were those circling around the roulette wheel, and "kills" were made at the blackjack table rather than from the server's line.

As racquetball grew in popularity, several somewhat rundown handball courts at the Tropicana Hotel were promoted to devotees of the new sport. As a result, the hotel began to attract racquetball players as interested in serving an ace on the court as in getting one from the dealer.

Today, the picture is different. For Las Vegas visitors seeking a respite from the gaming tables and omnipresent slot machines, there are four establishments that boast top-notch racquetball facilities. While they're not likely to replace gambling and big-name entertainment as the major attractions that draw tourists, for anyone who plays racquetball they do provide an opportunity to enjoy a few games.

The Tropicana Hotel, now a Ramada Resort and Casino, is located near the airport on "the Strip"—the 3½-mile boulevard along which most of the resort hotels are concentrated. The hotel has five first-class racquetball/handball courts that are open daily 9 a.m. to 9 p.m. Rates are \$6 an hour.

Other facilities at the hotel include more than 1,100 guest rooms, five outstanding restaurants, a golf course, eight indoor tennis courts, Olympic-size swimming pool and other recreational areas. The Tiffany Theatre is U.S. home for the world-famous Folies Bergere, which were first brought to the hotel from Paris in 1959. The hotel casino, covering almost an acre, has Blackjack and Baccarat tables, roulette, craps, poker and 530 slot machines.

The most extensive racquetball facilities in town are at the Las Vegas Sporting House at 3025 Industrial Road, just off the Strip behind the Stardust Hotel. There are 20 courts, one glass, for which the daily guest fee is \$15. The sprawling Sporting House is open 24 hours a day year-round, including holidays. It also has indoor and outdoor jogging tracks, a Nautilus set-up, in-

door lap and outdoor swimming pools, sauna, steam, Jacuzzi, two outdoor lighted tennis courts, pro shop and restaurant.

The Spring Mountain Racquetball and Fitness Club at 3315 Spring Mountain Road has 15 racquetball courts. It charges \$7 an hour for play. The club remains open continuously from 6 a.m. each Monday morning until 9 p.m. on Friday evening. Among other facilities and activities are Wallyball, half-court basketball, Nautilus and a health bar.

There are 10 racquetball/handball courts at the Las Vegas Athletic Club, 1070 East Sahara Avenue near the Sahara Hotel. It's open every day of the year for 24 hours, and charges \$8-\$10 for racquetball depending upon the time of day. Most top players in Las Vegas belong, so advanced racquetball players looking for a game can pick up some good competition here. Among other facilities: aerobic dance studio, life/cycle bikes, Nautilus and universal equipment, half-court basketball, table tennis, sauna, steam, Jacuzzi, pool table, nutrition bar, and—for those with children in tow—free baby sitting service.

When it comes to accommodations and meals, Las Vegas—like most other cities—can be expensive. But because the goal is to create an environment in which visitors will spend most of their money gambling, there are places to stay and eat that offer outstanding value for the dollar.

Among recommended hotels and motels that won't charge all of your roulette or racquetball court rental funds for a room are the following:

El Cortez, 600 East Fremont St. One of the older downtown hotels; has restaurant, bar.

Four Queens, 202 East Fremont St. Excellent value at moderate rates. Restaurant, bar with entertainment, casino.

Fremont, 200 Fremont St. Restaurant, bar, casino, 450 rooms.

Mint, 100 East Fremont St. Casino, swimming pool; ride glass-enclosed elevator to rooftop restaurant with entertainment, buffet.



The glass back-walled court at the Tropicana Hotel has been the site of many a major tournament match over the years.

Sahara, 2535 Las Vegas Blvd. South. A cut more costly, but good value for location on the Strip. Nearly 1,000 rooms, convention facilities, casino, two swimming pools, health club.

Union Plaza, 1 Main St. Casino; entertainment, including Broadway plays; tennis, health club, sauna. Well located downtown.

When it comes to dining in Las Vegas, don't expect food in the class of New York, San Francisco or other gastronomic centers. Meals in your hotel or motel dining room are likely to offer good (but not great) food at reasonable prices—more expensive, of course, at the major spots along the Strip.

Best bargains are the inexpensive buffets served in some downtown establishments and smaller Strip hotels. They're designed to let you keep as much of your money as possible for use at the gaming tables—and to entice you to eat without straying too far from the casino action. You may expect to enjoy all-you-can-eat buffet meals, usually tasty and certainly adequate, for about \$5-\$6 a person for dinner; less for breakfast and lunch. To locate these buffets, scan a copy of the free entertainment and dining newspapers available to visitors. Be sure to note the hours of operation, prices and featured buffet selections—which can and do change from time to time. ●

—Photo by Larry Hanna

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From The Editor . . .

Here We Go Again

A year ago Dave Peck was emerging as the top ranked racquetball player in the land. Marty Hogan, who Dave replaced at top of the heap, made an interesting comment at the time, one which proved to be true.

"Dave will find," said Marty, "that life at the top is much more difficult than life at number two. Handling the pressure of being the top dog is no easy task."

As the 1982-83 pro racquetball season concluded it was evident that the pressures of being number one got the best of Dave Peck. And there would be nothing wrong with that—if the pressures took their toll in skipped kill attempts or faulty strategy.

Peck became infected with the paranoia that often grips those who know that all others live and die to defeat them, to take from them their most coveted possession, in this case, the number one rank in the world of racquetball.

Rather than play with the confidence, cockiness, and often humor that marked the Hogan reign (and the Brumfield reign before that) Peck saw monsters in every doorway, conspiracy in every line judge, blindness in every referee. It didn't matter if his vision was clear or impaired—Dave Peck lost his cool. And that is very uncool for the greatest player in the world.

Peck's frustration became unbearable at the DP Leach/Catalina National Championships in Palatine, IL last month, where his first round loss to Mark Martino was shocking, not so much in that it occurred, but unbelievably in the way it occurred.

It was obvious from the beginning of the match that Peck's game was not "on." The match went to the ultimate, 10-10 in the fifth game.

When referee Dan Bertolucci made a hinder call at that point, well, it's hard to describe what happened to Peck. He sort of went beserk. (Now you have to remember that a few weeks prior to this, Bertolucci's no-call on what many believed was a match point avoidable hinder against Mike Yellen cost Peck the semi-finals at the Ektelon Championships.)

In any event, Bertolucci showed outstanding patience in allowing Peck to blow off steam as Dave blasted Dan and the world with utterances that truly don't belong on a racquetball court.



I'll spare you the gory details. Suffice it to say that after 7 technical fouls Bertolucci forfeited Peck out of the match.

And so yet another column is written about player conduct in pro racquetball. It seems not a tournament goes by without ugly scenes that do nothing but diminish the reputation of racquetball in the eyes of the public, the media, and potential sponsors.

And while the situation is even worse when the player in question is of the caliber of Dave Peck, Peck is by no means the only player at fault. An attitude of belligerence between referee and player permeates the tour and it's an attitude that must be changed before professional racquetball can ever become professional.

Over the years I did more than my share of refereeing pro tournaments. I'm sure some referees were better and I'm sure I was better than a few. And I made my share of bad calls, and every time I made one I knew it.

But bad calls are part of sports. They happen from Little League to the major leagues. From Pop Warner to the NFL. From 8-and-under "No Bounce" to the pro racquetball tour. They will forever be with us. And a professional athlete must be able to accept them as part of the game. If he cannot, then he is not professional.

I once told a player who gave me a hard time after I made a bad call, "Look," I said, "you get paid to hit kill shots and I get paid to make the right calls. When you skip in your kill I don't hassle you, so don't hassle me when I make a bad call. Now, do you want to compare my number of errors to yours?"

He didn't. They never do. ●

Chuck Line

The Genesis of Jack Zukerman

by Chuck Leve



Zukerman and partner Bill Feldstein addressing one of the many groups along their 14 city, 17 day tour.

It's 5:30 on a typically smoggy morning in Los Angeles. Most of the people who are awake are in that condition from the night before, hanging in there with the old body working overtime. Jack Zukerman, a 53-year-old with a currently fit body, has been awake for 40 minutes after a restful night's sleep.

Right now Zukerman is at his home-base Family Fitness Center on Pico Boulevard playing some energetic racquetball with a cast member of M*A*S*H (Zukerman was one of the original investors in the hit TV series).

For an hour and a-half this self made multi-millionaire will blast the blue rubber ball around the 20x40 arena with all the verve and vitality of a 17-year-old. His opponent could easily have been another of the scores of Hollywood personalities who are his friends, or perhaps one of the many public officials with whom he's close.

But no matter who Jack Zukerman plays racquetball with, he does it with the hard driving flair, dedication and intensity that mark his life—a life that has seen business success visit him time and again. And now, through a combination of racquetball and a new business venture, Zukerman has achieved success with his own health.

Becoming physically fit was no easy task for the self-admitted former fat man. However, with the realization that his father died at Jack's current age, and that diabetes runs rampant through the family, Zukerman knew that his last chance might now be approaching.

Zukerman spreads the gospel to 1,400 in the Chicago stop of the Genesis tour.



Ever the entrepreneur, he merged his burning desire to develop his own health and that of others, with his burning desire to succeed in business. The result is his new corporation, Genesis International, a vast enterprise projecting first year sales of over \$50 million delivering low calorie, low sodium meals and beverages to the throngs of Americans who desire to become fully fit.

"I was the fat kid," says Zukerman. "I've been there. I wouldn't go to parties because my clothes wouldn't fit. I always felt I was morbidly obese. I'm 6'2 and once tipped the scales at 292!"

"I went on every diet imaginable. I tried the first chance diet, the last chance diet, Scarsdale, Beverly Hills, and then every liquid diet that came out. Finally, I just checked into the UCLA Center for Health Enhancement."

It was through his experience at UCLA and the doctors at that facility that Zukerman, now a slim 212 lbs., elected to get into the "diet food" business, although he'll protest use of that term. The company has contracted to help clubs merchandise and promote the product, hiring a new firm, Club Assistance Program, Inc. (CAP) spearheaded by well known club owners Alan Schwartz, Frank Eisenzimmer, and David Weiner, to do the job.

"The Genesis program is much more than just a diet food program," says Zukerman. "Certainly our meals are a primary portion of the business. But we've got nutritional bars, powdered drinks and soups, and a full exercise program including videotapes."

"The most important reason we went to marketing through clubs is so the people who participate in our program will have personal contact with the person who sponsors them. If you need to lose weight and get into shape you need moral support. We'll be able to give it to you."

The apparent success of Genesis is but another in a long string of successes for Zukerman, who was one of America's pioneers in energy management systems, providing most of the electrical systems for some of this nation's most massive structures including the World Trade Center Towers in New York, The Sears Tower in Chicago, the Renaissance Center in Detroit and many others.

Zukerman is a native of Moline, IL, one of the four small cities that make up the Quad Cities on the Illinois/Iowa border where the Northern Mississippi River meanders its way through the Quad en route to the pathways cited by Mark Twain and the mighty Louisiana delta.

Zukerman and business associate/club owner Alan Schwartz ham it up for the photographer.

"I never thought this could all happen to me. Sometimes I can't believe I've traveled the road."



After starring in athletics in high school, he accepted a football scholarship to DePauw University (Greencastle, IN) where he captained the football team. He eventually earned his bachelor's and a law degree from the University of Illinois and in 1952 found himself back in Moline trying to earn a living and rid himself of some of those 292 football pounds.

"I tried everything in those days," says Zukerman. "I wrestled, I played basketball, volleyball. I even jogged. And, of course, I dieted. I actually have gained and lost over a thousand pounds in my lifetime!"

It wasn't until 1968 that Zukerman picked up his first racquetball racquet. Calling the game "paddleball" as many did in the early years, Zukerman finally realized that he had found the sport that he could enjoy for years to come.

"I was playing volleyball at lunch time at the Davenport, IA (another of the Quad Cities) YMCA and I didn't like the way I felt. I was fat. Then I learned about racquetball and began playing three times a week. I've been playing ever since, even more so since we've moved to California."

Now racquetball is a vital ingredient in his life. The fun of playing with movie stars, city councilmen or business associates is just part of his desire for physical fitness.

6 JULY



"I want to tell you honestly," he says, "that if I couldn't get up at five in the morning and play racquetball with my cronies at least five days a week, my life wouldn't be complete. I really mean that."

Practicing what he preaches is another of Zukerman's many attributes. On the Genesis initial introductory tour which took him to 14 cities in 17 days, most of which were 16-18 hour days, he managed to play racquetball at least four out of each seven days.

How good a racquetball player is Jack Zukerman? Well, for a man who was 38 years-old and "morbidity obese" when he began, he's actually a pretty fair country swatter. Most who have seen him play rate him a low B high C player in his age category.

Using a combination of football aggressiveness and handball background, Zukerman's style is unusual, but highly effective. His size and reach can frustrate opponents while his concentration and intensity never waver.

"My weakness is my serve," he likes to admit. "My strengths are my ceiling, corner shot and brains. My forehand is good. My backhand is pretty good. I use the ceiling a lot, because when you're slow you want to have time. And I shoot the corners as much as possible."

Zukerman has won a few tournaments over the years, primarily in B or C doubles, the house variety. *"Mickey Mouse tournaments,"* he calls them. But he fiercely guards his racquetball reputation, taking only so much ribbing before the spark of challenge lights up his eyes.

He loves to tell the story about the time the mayor of Los Angeles welcomed his group and made a beautiful speech on his behalf. The mayor's closing remark was, *"and everybody beats Jack Zukerman in racquetball!"*

"Wonderful," says Zukerman, without a trace of a smile. "I don't know where he picked that up."

Zukerman hits his famous ceiling ball.

The forehand corner kill is one of the favorites. Here he catches Schwartz in deep court while trying to yell the ball to the bottom board.



There was no truth to the rumor that Zukerman immediately began contributing to the campaign of the mayor's opponent.

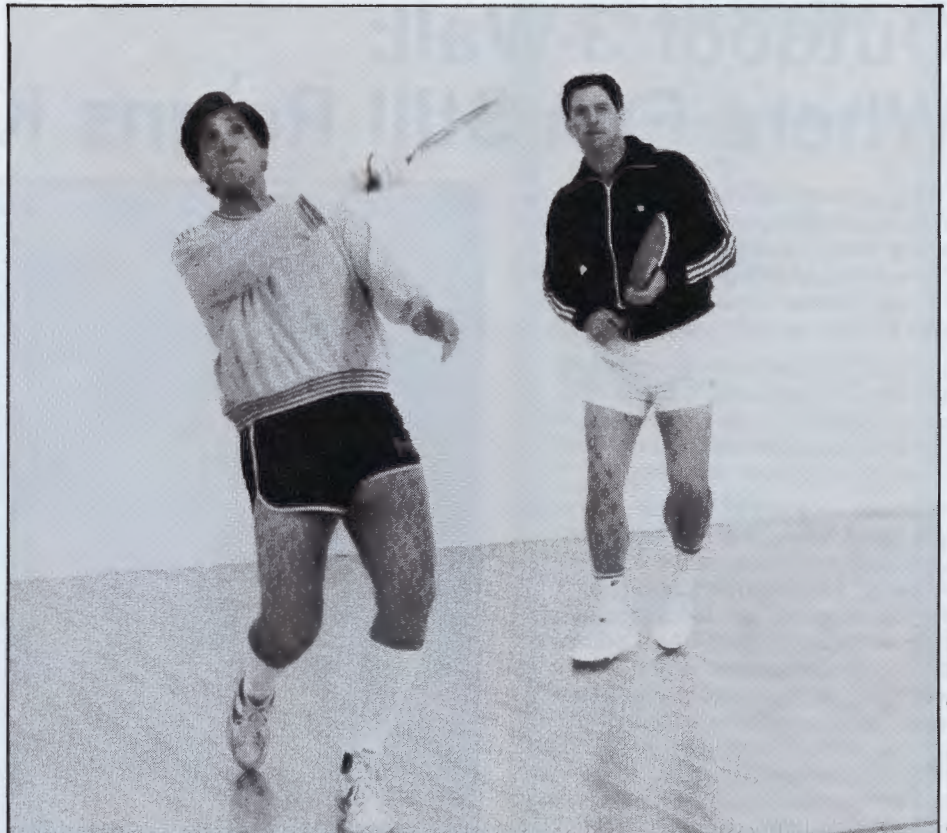
Talk to Jack Zukerman for more than a minute and his competitive nature surrounds you, leaving little doubt that this is a man who plays the game of life hard, goes after what he wants, and lives with his decisions. He plays racquetball the same way.

"Anyone who is competitive outside the racquetball court is competitive inside the court," is says. "The personality doesn't change. I play to win—winning is important, but the sweat is equally important. And it depends on who I'm playing. Some people bring out more competitiveness in me."

It's just that competitiveness, that resolve, that leads Zukerman to believe that Genesis will climb the ladder of success along with his many other ventures. He and his partner Bill Feldstein, a highly successful Los Angeles real estate mogul, exude nothing but confidence with the project.

Zukerman sees three primary advantages to Genesis that his competitors don't have. First and foremost is the product itself, designed by some of the nation's most respected doctors and nutritionists. The meals are low in calories and low in sodium. And the pricing is comparable to their most visible rivals.

The second advantage that the Genesis people see is in packaging. Using space-age retort packaging (three layer film in which the food is placed, air taken out, pouch closed, and sterilized), the Genesis meals need not be refrigerated or frozen.



—Photos by Arthur Shay

"This is the same process that NASA uses for our astronaut's food," explained Zukerman. "Over 15 million meals will be prepared for our Armed Forces by this process in 1983 alone."

The third advantage the Genesis people see is their use of network marketing, where people sell the product to people, much like Cambridge or Amway products have been marketed. The difference, says Zukerman, is the people who make up the network.

"I wanted legitimate people," he says. "and I got them. Club owners, doctors, bankers, stockbrokers—people from all walks of life are part of our network. And they came to us. They believe in the product."

Now comfortably settled in his Bel-Air home in the Greater Los Angeles area (his next door neighbor and sometimes tennis foe is Johnny Carson) Zukerman likes to reflect on the series of circumstances that have allowed him to live a dream.

"By the time my father was my age he was dead," says Zukerman, "and I said it wasn't going to happen to me. I worked very hard, built many corporations, invested in many things. But I never thought this would all happen to me."

"Hell, I remember putting pennies on the railroad tracks back in Moline like it was yesterday. It's a long road from there to here and sometimes I can't believe I've traveled it."

He and his wife Ronnie, a successful L.A. attorney, occupy a spacious, delicately decorated home overlooking the Pacific Ocean, where on a clear day they can see all the way to Catalina Island. And don't think the success stops there. Their two sons are each prominent in their fields (one doctor, one lawyer) and their daughter is active in the Genesis project.

It's little wonder, then, that Zukerman doesn't bat an eye when he contemplates competing with Stouffer's Lean Cuisine, Cambridge, and Kraft Foods in the marketplace.

"I'll compete with them the same way I competed with the IBM's and General Electric's in my electronics business," he said. Then he quoted Rudyard Kipling:

"... They copied all they could follow, But they couldn't copy our mind, And we left 'em sweating and stealing, A year and a half behind." ●

Outdoor 3-Wall: Where Fun Still Reigns King

Can it possibly be stimulating to play racquetball with one wall missing? And what's more—subjecting yourself to the weather, chasing the ball, and lacking the “normal” club amenities? Yes! Just take up outdoor racquetball.

Subtract air conditioning, whirlpool, showers, bar and weight room; add loads of people, open courts, sunshine (or rain), and fresh air. Shezam! You've become an outdoor racquetballer.

“Outdoor racquetball is plain and simply a game. There is a real sense of camaraderie that you don't get indoors,” says Martha McDonald, Florida's top outdoor racquetballer and 15th ranked on the WPRA. *“I started playing in the summer of '74 when I went into my sophomore year in college. I learned to play on three-wall courts, in fact, that's where I met my husband. All my friends are three-wall players. We all have a common love—three-wall, outdoor racquetball!”*

Outdoor racquetball has been described as a cross between tennis and indoor racquetball. Because of this duality, it's tough to find players who play both outdoors and in.

“It's a different kind of game,” commented Barry Wallace, a three-time National outdoor champ. *“The players are forced to play from outside the dimensions of the court which adds a strategy not found indoors. In fact, it is hard to find players who play both well.”*

McDonald is one of those players.

“I play indoors and on the pro tour to satisfy my competitive nature and to get out of the house once a month, but my real love is outdoor racquetball,” she admits. *“The atmosphere is totally different indoors. At a club you have enclosed courts with two or maybe four people playing. Outdoors you might have 100 people playing or watching. Everyone just looks up and down the courts to see what's going on.”*

Outdoor racquetball grew primarily in Southern college towns as a matter of economics. Schools and communities built the courts because they were inexpensive and easy to maintain. Players were attracted to them because they were less expensive than playing indoors at a club or YMCA.



Playing sometimes even became a family affair with players devoting whole weekends to picnics, children's games, socializing, and racquetball.

“Outdoor racquetball gives people a choice,” said Norm Blum, publisher of *Florida Racquet Journal*. *“It broadens racquetball as a sport by opening it up to kids or other people who perhaps can't afford to play indoors.”*

Many of today's players started as outdoor racquetballers. But according to McDonald, once they got the sweet taste of competition, they tended to stay indoors.

“There just aren't enough major tournaments to satisfy the outdoor game,” she said. *“Players want the competition.”*

On a national scale, outdoor racquetball has only one major event a year—The Nationals—open to pros and amateurs alike. There is no prize money. Players who are seeking the pot of gold, move indoors.

“An outdoor tournament is more like a social event,” says McDonald. *“It's fun and a challenge.”*

Another player who has successfully combined both indoor and outdoor skills is WPRA champ Lynn Adams,

who has incorporated the long lobs and overhead drives so necessary in outdoor racquetball to her indoor game.

"Using lobs and overheads allows Lynn a strategy that isn't always expected," says Jim Carson, six time California, and one time National outdoor champ. *"It gives her a definite advantage."*

Many avid indoor players complain that weather holds outdoor players hostage—one rainstorm ends a good game. Further, the sun, while nice for maintaining a tan, tends to be more a burden than a joy.

"Not only does glare impede sight," complained one indoor player from Texas, *"but I can only play half as long outside because I'm so drained by the sun."*

McDonald and her home town friends in Gainesville, FL have solved that problem. *"No one in Gainesville plays before 6 p.m.,"* she said. *"Our courts have lights so we can play all evening or in the early hours of the morning when it's cooler. We play in the heat all the time. You get used to it. An indoor player coming outdoors would melt."*

Rain, like heat, is also a constant nemesis to the full enjoyment of outdoor racquetball. Even if it isn't actually raining, the courts often remain damp after a rain which can make playing hazardous.

"You really have to be careful," Carson warned. *"I injured my knee playing on a court that was too slippery. Every time you play you have to make sure that the courts are clean and dry. When there's debris on the court or when the morning dew sets in, watch out!"*

Indoor players also complain that too much time is spent chasing the ball in the outdoor game. Since there is no back wall to stop the ball—it has to be fetched—as in tennis.

Yet, McDonald doesn't see errant balls as much of a problem. *"All we have to do when our ball goes off the court is yell and someone throws it back to us,"* she said. *"And tennis hasn't done too badly with the problem!"*

"It's a Catch 22," said Wallace. *"Without a wall there's a problem with run-away balls; with a wall you might as well play indoors."*

Regardless of the criticism, outdoor racquetball is here to stay. Whether it will grow into an organized, big-time sport remains to be seen. One factor that might prohibit its growth is a lack of standardization of courts.

Some courts measure 46 feet long, others 40, and some even 38 feet. Width varies from 18-23 feet depending on which state and in some cases which part of the state. The only standard measurement appears to be the front wall height of 20 feet. You can find courts with common side walls and courts with four or five feet between side walls. Side walls heights vary as well.

Court dimensions can have a direct bearing on shots and strategy—another annoying factor.

"With higher walls, the lob becomes a tremendously important factor," says Adams, who plays primarily in California where the courts tend to have higher side walls.

"In Florida you never see the lob, ever," said McDonald. *"Most courts around here have lower side walls than out west."*

The general feeling among three-wallers is that without standardization the sport will not reach its potential. If it is to experience large scale growth, an association needs to be formed to promote uniform measurements and seek financial backing.

But is organization necessary? Is big money the way to go? Wouldn't this "solution" change the nature of the game?

Most outdoor players don't belong to clubs. They aren't on many mailing lists. They play for fun and don't seem to give a hoot about roasting in the sun, dodging raindrops, or chasing balls. They probably don't even care about saunas, showers, bars or weight rooms. To them, just playing is what outdoor racquetball is all about.

"Outdoor racquetball is fun," concluded McDonald. *"It doesn't need a professional tour. It doesn't need an association. Three-wall is just a game, and we three-wallers love the spirit in that game."* ●

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Back East: Everyone Loves Their Ruben

by Charlie Garfinkel

Ruben "Speedy" Gonzalez's recent performance in the Long Island Open against Jim Cascio had the hundreds of spectators in awe. His brilliant shot-making, speed of foot, charismatic personality, and outstanding sportsmanship were apparent to all.

One of the spectators put it in a nutshell. "In addition to being a great racquetball player Gonzalez is a great guy," he said. "He communicates with the people. His style of play, power, and tremendous diving ability are a pleasure to watch. And he never argues with the referees. The fans love him."

Gonzalez's skills haven't gone unnoticed. The number one player in the East, Gonzalez at 30 years of age is recognized by many experts as one of the top 10 pros in the United States. He has defeated John Egerman, Don Thomas, Price and Mike Levine.

Earlier this season, in the New Haven pro stop, he soundly defeated both Steve Strandemo and Richard Wagner. In the semi-finals of that tournament he was trailing Mike Yellen 2-1 in games and leading 10-8 in the fourth game when he skipped a setup from the short line that would have tied the match. Yellen came back to win the decisive game 11-10. The next day Yellen defeated Marty Hogan to win the tournament.

As for Hogan, Gonzalez has played him twice. Hogan won both times in four games. The second match was a \$10,000 winner-take-all affair this past February.



The determination and intensity that mark Ruben's game.

After the match, Gonzalez, a former two-time National One-Wall Handball Champion, recalled his start in racquetball. "I started playing handball when I was nine years old," he said. "I didn't start playing racquetball until I was 24. If I had started playing racquetball at an early age, as I did handball, there wouldn't be a Hogan. There would only be a Gonzalez. All of the score cards would be in Spanish and our national currency would be in pesos!"

In short, Gonzalez knows how good he is. "I may sound cocky, but my quickness, shotmaking, heart and desire are as good as those of any professional player. That includes Hogan," he says. His athletic prowess was achieved against formidable odds. "Nothing has ever been handed to me on a silver platter," he said. "I've had to work hard for everything all of my life."

Growing up in Spanish Harlem, by the age of nine Gonzalez had begun to make his mark as an athlete. After school he'd play one-wall handball often challenging kids three and four years older than him. He rarely lost.

Playing two to three hours a day during the week and up to eight hours a day on the weekend, he quickly gained a reputation. By the time he had become a teenager, he wanted to play as much as he could even in the winter. Because it got dark early and he was getting tired of shoveling snow off the court, he started looking for some other place to play.

A local YMCA had a gym that was open after 6 p.m., but it cost \$5 to get in. "Of course, I couldn't afford \$5 a night," Gonzalez recalls. "An old guy who ran the place let me play him for nothing. He told me that he'd give me a free membership if I beat him. Although I never defeated him I became very aggressive and determined to win. My game improved by leaps and bounds."

In the next few years, as Gonzalez's game skyrocketed, his obsession with winning trophies became all encompassing. Between the ages of 16 and 18 he'd play in three different handball tournaments on the same weekend, playing at least six matches a day. He was often on the court for eight to 10 hours at a stretch.

"My first tournament would be at a local park," he recalled. "I'd play my required matches. Then I'd be driven or I'd take a train to another tournament site. Finally, I'd do the same for the third tournament of the day. The tournament directors were great in scheduling their tournaments around me. Because I was usually the top seed they didn't mind doing it."

Gonzalez played 25 to 30 weekends a year in this manner. Naturally, there were some pitfalls. In one tournament he arrived at the tournament site in a tuxedo. He had to be at his brother's wedding immediately following his match. Playing in his trousers and sneakers, sans shirt, Gonzalez won the match, but he missed the wedding.

"My brother and I are the best of friends," he said. "However, he still reminds me about that match on occasion."

For the next couple of years Gonzalez was busy defeating everyone around the New York area, working toward his goal of winning the Handball One-Wall Nationals. In his first Nationals attempt he lost in the quarter-finals. The next year, when he was 23, he defeated Mark Levine to win the title.

Gonzales displays the form that made him the King of the One-Wall Handball Courts in New York City.

The following year there was no Nationals. That's when he made up his mind to switch to racquetball.

"Who was I kidding?" he said. "I was killing myself and there was no money in handball."

When two good friends of his, Russ Mannino and Louis De Santis, opened the Court of Appeals Racquetball Club in Staten Island, they asked Gonzalez to work there. Seizing the opportunity, Gonzalez now had plenty of time to work on his racquetball game. He still continued to play handball and won the Nationals again. But racquetball was his new obsession.

Practicing by himself up to three hours a day and playing against Mannino, Gonzalez again showed the determination and ability that had catapulted him to the upper echelons of handball, and he loved it! But there was one small problem: It took him two hours to get to the club each day from where he lived. So he moved his wife, Uby, and three children nearer to the club. After only six months, he won the house racquetball tournament.

Shortly thereafter he decided to enter his first open tournament. He was decimated 21-2, 21-5. A year later he defeated the same player by practically the same scores.

"If I lose, I try to make sure that I don't lose to that player again," Gonzalez observed. "That's how I've played racquetball from the start. I felt that I'd learn from the better players, win or lose. I had a reputation from my handball background. I felt that it wasn't right for me to play at a lower level than I had in handball."

Ektelon General Manager Bob McTear presents Ruben with one of his championships at the Ektelon Racquetball Championships.



As Gonzalez started playing more and more racquetball he realized that he had to improve his knowledge of the game, learn the walls better, and improve his shots.

His biggest problem was that there were no pinch or back-wall shots in one-wall handball. And, most important of all, he had to learn a backhand. To develop his backhand he watched a few of the pros. He'd emulate the swing not only on his backhand, but on ceiling balls and service motion, even when he was home.

"I kept entering open tournaments. I knew that I'd win one sooner or later," he said. "I continued to practice, practice, and practice."



It took a year for Gonzalez to win his first open tournament. He was on his way although he knew that he still needed work, especially exorcising the one-wall handball from his game.

Enter Vic Niederhoffer.

Niederhoffer, the former squash champion, provided the impetus that Gonzalez needed. He also caused Gonzalez to have some severe bouts of insomnia.

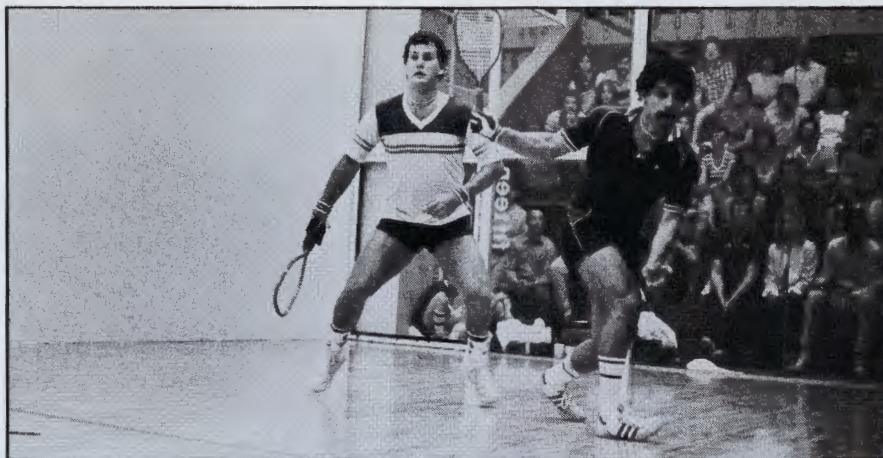
"Vic was a nice guy but he had some strange ideas," Gonzalez said. "His training methods were eccentric to say the least. The only time he'd play was at midnight, 1 a.m. or 2 a.m. When we played we would work out hard for two hours. I sometimes would go right to work the same day with no sleep."

When they first started playing Niederhoffer would win handily. Then Gonzalez started getting closer and defeated Niederhoffer occasionally. Eventually they stopped playing each other because they knew each other's game so well.

"And," Gonzalez said, "I wanted to start getting some sleep."

It was the same in tournaments. In the beginning Niederhoffer had the edge. But by the time Niederhoffer stopped playing competitively, Gonzalez held a slight margin over him. More important, Gonzalez's matches with Niederhoffer were the springboard for his becoming so well known on the East Coast, and then nationally.

Gonzalez started playing throughout the East Coast, competing in open and



Gonzalez follows through with a backhand against Yellen in the finals of the DP Leach/Catalina Championships. It was Ruben's first trip to the finals in a major pro event.

semi-pro tournaments. He was actually making more money than if he had been playing on the pro tour.

"I like playing in the East because I'm so well known," he says. "Of course, I'd like to play consistently on the pro tour. But, because of the format, I can't."

How then does Gonzalez keep his level of play at such extraordinary heights, even defeating top pros, when he really doesn't have the steady competition that he needs?

"Of course I was disappointed when the original 12 players were signed for the pro tour," he said. "I had worked so hard to reach that level that I wanted to travel to all the pro stops. My concentration and desire were momentarily drained; however, that didn't last long. I'm playing the best racquetball of my life now."

Gonzalez stays sharp by playing, mostly with Mannino. He spots him 12 or 13 points in a 15-point game. They play for a sweatsuit or other prize. They both play hard. Whoever wins three games first wins the match.

In addition to playing and practicing by himself, Ruben gives two or three exhibitions a week which usually run three hours. He plays everyone who wants to play him.

One would think that the exhibitions, combined with 20 hours of private lessons a week, would jeopardize his game. But Gonzalez doesn't agree.

"I love racquetball. The exhibitions and lessons are all part of the game," he says. "They don't affect my tournament racquetball at all. In fact the lessons help me concentrate on my own game."

"I stress three things to my students, and they're things that plug right into my own game. One, I'm going to improve their games by analysis and practice. Two, racquetball is like a chess game, with the strategy being to plan

and put the ball away. And three, racquetball should be played for fun and exercise. Competition is great but it isn't the bottom line."

About his own game Gonzalez is decidedly blunt.

"I've done well against the top pros because I get psyched up. I want the match. I deserve it more. I've worked hard to get where I'm at. I'll do anything to get my adrenalin going. I'll talk or even yell at myself. I'll squeeze the ball to get my juices flowing. My whole game is shoot and kill—total effort. When I play the pros I have nothing to lose. I've got everything to gain. My confidence is boundless."

Gonzalez's win over Ira Miller in last year's Toyota Nationals best illustrates this. Gonzalez was so confident that he'd win the first place prize of a new Toyota, he bought only a one-way ticket to Baltimore, the tournament site. He drove the Toyota home to New York, of course.

Gonzalez is also a two-time Ektelon National Champion.

"Ektelon, my sponsor, has been very good to me," he says. "It has enabled me to become number one in the East. Now I want to be number one in the world."

Asked whether at age 30, he can realistically hope to attain this goal, he says, *"My goal is to stay at the top as one of the best pros in the country. I know I can make it into the top five. I'm almost there now. I want to be a legend by the time I reach 35. I'll continue to play after that, regardless of the division I'm competing in."*

When asked if he had any regrets about racquetball, Gonzalez said, *"I do wish I had started racquetball at an early age. That's why it's so important that they open up the pro tour. I don't mean for myself. I'm talking about the many young and gifted kids who deserve a chance to play on the tour."*

Gonzalez has some excellent words of advice for future pros.

"Remember to be on your best behavior at all times," he says. "When I play I want to please the fans, give them their money's worth. I love to hear the standing ovations. I'm appreciative of the fans. Let's all advertise the game of racquetball more. It's the greatest game in the world."

And Ruben's fans think he's the greatest too.

Since the original writing of this article Ruben Gonzalez has given his fans even more to cheer about — a lot more.

At the Ektelon Nationals in mid-May, much to the chagrin of his supporters back east, Ruben entered three events, Men's Pro, Open Amateur, and Veteran's Open. Most players (especially pros) shy away from even two events because of the fatigue factor. Most observers felt the Gonzalez' chances in any of the divisions were greatly diminished by playing in all three.

How wrong they were! This superbly conditioned athlete defeated Jay Schwartz in the Veteran's Open finals in two straight games; less than two hours later he defeated Mark Martino in the Men's Open final in three games (Martino would go on to upset Dave Peck two weeks later at the DP Leach/Catalina Nationals); and in the Men's Pro he beat veterans Lindsey Myers and top five ranked Jerry Hilecher (8-11, 11-0, 11-1, 11-2) before losing to Rich Wagner in the quarter-finals in five close games (Wagner beat Marty Hogan in the next round on his way to an eventual second place finish).

Then, at the DP Leach/Catalina Nationals in early June, Gonzalez got his first taste of the pro finals, losing to Mike Yellen in three games, but taking home \$5,000 for his effort. On the basis of his performances his national ranking at press time was number seven — and moving up fast! ●

What You Told Us About Your Strings

Strings! Strings! Strings! Did you ever tell us about yours!

The editors truly didn't expect the full force of reader response to our string survey (*March, 1983*). And oddly enough, what you did tell us proves that if nothing else, there is a wide gap between those who feel strings, string tension and the like are important, and those who don't.

Our respondents comprised one of the most dedicated group of players to ever respond to a *National Racquetball* survey with an amazing 98 percent playing two or more times per week. Not surprisingly, these players fall into the upper skill levels with only 10 percent of the respondents classifying themselves as beginners.

Therefore, we can assume that those of you who responded to the survey consider yourselves fairly well knowledgeable about racquetball goings on. And yet what you don't know, what we don't know, about strings, is shocking.

Oh My, Broken Again!

A significant percentage (45%) of the people responding stated that they only have their racquet restrung if the original strings break. That seems to imply that this group of players is pleased with the type and tension of the strings that adorn their racquet as it comes from the manufacturer. And while that may be the case, it just seems unlikely that the string tension that comes directly from the factory is the best tension for everybody's game.

If that were the case, why would Marty Hogan have his racquet strung at 18 pounds of pressure and another pro player at 25 pounds? Why would virtually every instructional book counsel that with tight strings you gain power and lose control—with the opposite being true for loose strings. And those who do feel that the string tension on the racquet they just bought is perfect should understand that there is a gradual loosening of the tension as time and play wear on.

Yet those of us who only have our racquets restrung when the strings break are basically acknowledging that we don't understand the value of having a string tension that suits our game.

Hey, Maybe It Does Help!

Of those players who report that they do restring their racquets, 55 percent felt that the restringing *noticeably* improved their game. That means that over half of those who restring do it because it positively impacts their performance. What better reason could there be for doing anything?!

Thus, it shouldn't surprise us that 95% of those responding to our survey believe that string tension is moderately or very important. Then why don't those other 40% do something about it?

Perhaps one reason is because nearly half (43%) of the racquetball facilities reported in the survey do not have restringing facilities. This makes restringing a hassle for a number of reasons. You'll be dealing with an unfamiliar person when you go outside the friendly confines of your club, and just how reliable is this person? How much does he or she really know about racquetball in general, much less your game?

How Tight Did You Say They Were?

One of the most interesting series of answers came from the question, "*what is your string tension?*" Every respondent to the survey claimed to know what his string tension was, or at least within which range it fell. Yet there was no real pattern to the responses.

For example, our editors fully expected the largest responses to this question to be in the first two answers, "*less than 20 pounds,*" and "*20-25 pounds.*" We believed that knowing that four out of five professional players string their racquets below 20 and virtually every top player in the nation below 25.

Yet the number one answer was "*26-30 pounds,*" with 39% of the responses. And while this isn't all that surprising since many of today's racquets come strung at a pressure in this category, only eight percent of the respondents marked "*less than 20 pounds,*" and 13% "*21-25 pounds.*"

Only eight percent have their strings strung at 31-35 pounds, a huge decrease from number one answer, 26-30; And then came the surprise, a whopping 27% have their racquets strung at 36-40 pounds making those racquets play more like paddles.

We ignored the five percent who claim their racquets are strung at 41 pounds or more, figuring they're tennis players who commonly have their strings strung at pressures into the 60's and even 70's.

Be Sure To Tell 'Em Frank Sent Ya

Who influences you the most when it comes time to have your racquet restrung? The answer is your friendly, neighborhood stringer, that's who. According to our survey he's the guy you turn to when deciding which strings and how tight.

Second on the list is your teaching pro who obviously knows your game better than anybody and can advise you well. Some day perhaps there will be a person (if there isn't already) who combines both jobs. Now *that* would be a racquetballer worth knowing.

But we shouldn't knock the stringer or the teaching pro, because the third most important buying influence on us when we buy strings is a friend, who shouldn't know much more than we do. A friend will probably do you more harm than good unless he plays the same style of game, with the same racquet, and the same basic strokes.

Yet even with all this considered, an amazing 86% of the respondents said that yes, they were satisfied with their strings.

So, what do we know? ●

Mike Ber: Changing With The Times

by Mort Leve

Racquetball in the 80's is closely intertwined with exercise programming, and the importance to the clubs and their members of capable leadership to design and implement programs cannot be overstated.

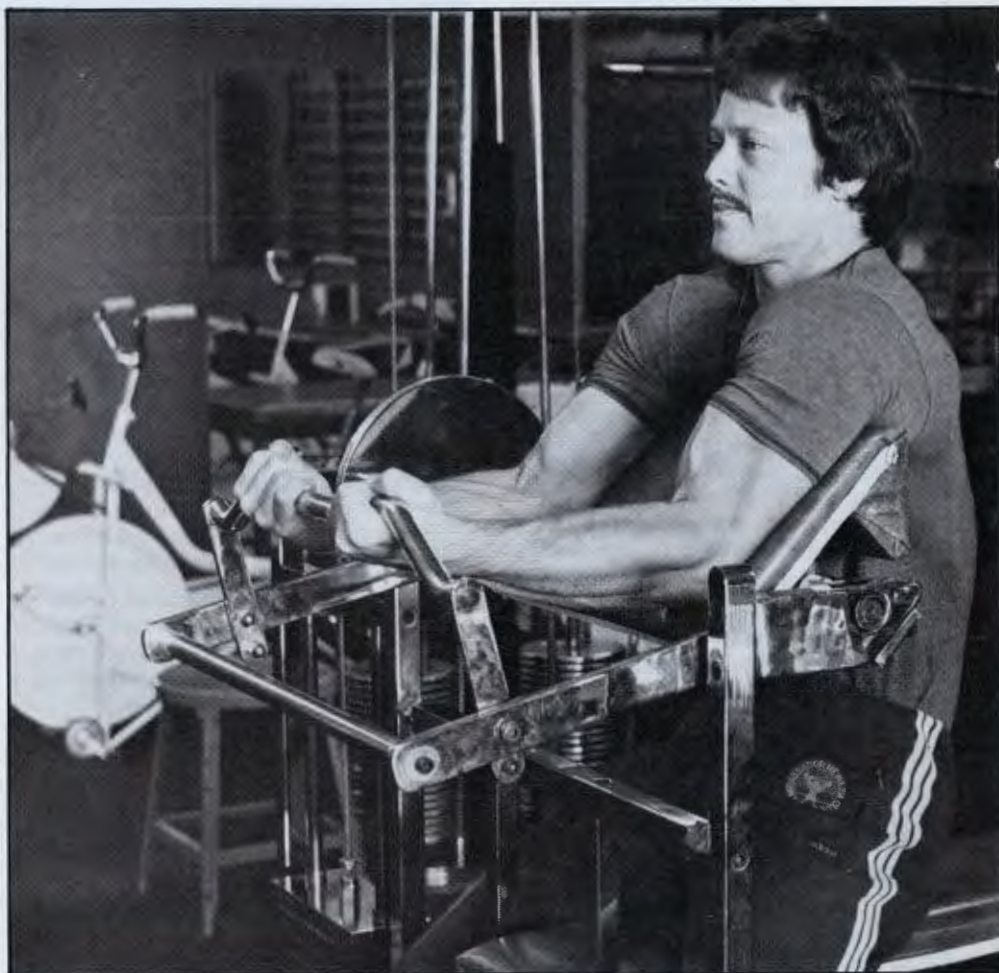
The Scottsdale, AZ, Clubhouse is lucky in having the versatile, tremendously qualified Mike Ber as program director, responsible for all aspects of fitness training.

Born in Durban, South Africa, the cosmopolitan, all-around athlete moved to Israel at the age of five, returning later to the University of Wits in South Africa for a degree in physical education. As a varsity track and field participant, Mike set a javelin mark of 72½ meters (238 feet).

After three years in the Israeli army as a physical training instructor, Mike then did a stint at the famed Sportsschule in Cologne, West Germany, and went on to Smae College in Surrey, England, where he added physical therapy, joint manipulation (a form of chiropractic medicine), and sports medicine to an already formidable list of qualifications. And, ever the active athlete, Mike held the title of lightweight weight-lifting champion while he was in England.

Then came the move to the United States, where he worked initially for three years at Universal Health Studio in New York. This was followed by 11 years at the posh old-line Ambassador Health Club in San Francisco, and two years in partnership with Pacific Coast Fitness. With this rich background, Mike Ber joined the Scottsdale club last summer and began to build up a highly successful exercise program under the management of club owner Chuck Golden.

"Motivation, making our members believe in themselves, and then seeing continual, remarkable progress—that's what maintains our exercise program here at the Clubhouse," Mike contends. "I like to keep things hyped up, giving individualized attention and actively selling the benefits of dedicated circuit training and consistent use of the complementary fitness equipment—the rowing machines and bicycles and so on."



As part of that active involvement in members' fitness efforts, Mike recently organized an endurance and stamina "super star" team competition among the members—strictly for fun. Many of the participants had never before taken part in such an activity, and most were recruited in a crash course offered in preparation for the event.

Teams were divided into under-32 and over-32 age categories, with 12 men and eight women on each team. The endurance events of the men consisted of 100 pushups in 10 minutes, 40 dips off the parallel bars in seven minutes, 12 minutes on the Lifecycle with the computer set at nine—the toughest level. Under stamina, participants had to perform 50 complete movements on the rowing machine in two minutes and a variety of bench and standing press

lifts involving a specified number of repetitions within a specified time. Last came the medicine ball throw, person to person, requiring 35 throws in two minutes.

The requirements were streamlined for the women, with a basketball being used instead of a medicine ball, for example, and the Lifecycle set at level four. The weight exercises were also tailored to provide a suitable workout for the gals.

Stomach exercises for both consisted of scissors, crunches, circles, and leg raises—three and a half minutes, non-stop.

All the events were scored to 10, with bonus points possible. To add to the informality, any member of a team could

step in and pick up the slack for a teammate who was faltering. A special award was given for sportsmanship, cooperation and ability.

"In addition to training progress, we've developed a very social atmosphere in our weight area," Ber remarks. "The men and women work out together with no problems and everyone gets acquainted and gives encouragement. All of this takes much of the drudgery out of the sessions."

It's one thing to provide exercise equipment at a club, another to properly ensure its use by the members. Too many clubs overlook the need for qualified supervision. Many provide only two or three brief introductory sessions with the available exercise equipment, and then leave the members to fend for themselves. A lot of those members will fall into bad training habits that greatly reduce the value of their workouts.

Well-planned supervision, on the other hand, can boost the effectiveness of exercise immensely.

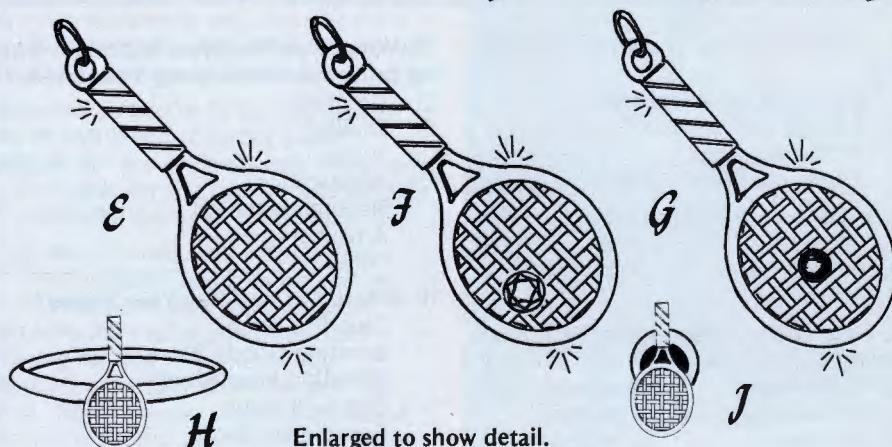
"It is absolutely amazing the quick progress most of our people make," Mike says. "We have induced many of the racquetball players to start workouts and they report back improved performances on the courts and a general big upswing in strength and flexibility."

In addition to his supervision of the weight room, Mike doubles as club masseur and has set his sights on working with cardiologists and sports medicine personnel in rehabilitation programs.

Already there is clamoring for a rematch of the endurance-stamina competition. Incidentally, in both men's and women's divisions, it was the over-32's who came out on top. Of course, it didn't hurt them any to have ex-Arizona State football linebacker Roy Francis captaining them. ●

Mike Ber follows his own advice, working out at the Scottsdale, AZ, Clubhouse.

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Reader Survey

Tell Us About Your Shoes

Racquetball shoes, long the step-child of tennis shoes, have become an industry in and of themselves. No longer do salespeople look at you like you're an E.T. when you ask for racquetball shoes at your local retail outlet. And more and more racquetball clubs are carrying broader lines of shoes.

Thus it comes time for you, our faithful subscribers to fill out yet another Reader Survey so we can all share the information derived and better serve your needs within the sport. The results of this survey will be published in the October issue along with our annual Shoe Guide.

Please send your completed survey forms to: *National Racquetball Reader Survey*, 1800 Pickwick Ave., Glenview, IL 60025.

1. How Often Do You Play Racquetball?

- ☐ 3 or more times per week
- ☐ 2 times per week
- ☐ 1 time per week
- ☐ 1 time per month or less

2. What Is Your Playing Level?

- ☐ Beginner ☐ Open
- ☐ Intermediate ☐ Professional
- ☐ Advanced

3. How Many Years Have You Been Playing?

- ☐ More than 5 ☐ 3 or less
- ☐ 5 or less ☐ 2 or less
- ☐ 4 or less ☐ 1 or less

4. Are You Male Or Female?

- ☐ Male ☐ Female

5. What Is Your Age?

- ☐ Under 18 ☐ 35-44
- ☐ 18-24 ☐ 45-54
- ☐ 25-34 ☐ 55 or over

6. How Many Pairs Of Racquetball Shoes Do You Own?

- ☐ None ☐ Two
- ☐ One ☐ Three or more

7. Which Firm Manufactures The Shoes You Now Use?

- ☐ Adidas ☐ Nike
- ☐ Bata ☐ Patrick
- ☐ Brooks ☐ Pro-Keds
- ☐ Converse ☐ Puma
- ☐ Foot-Joy ☐ Tred 2
- ☐ New Balance
- ☐ Other _____

8. Are You Pleased With Your Present Shoe(s)?

- ☐ Yes ☐ No

9. What Was The Most Important Buying Influence In Choosing Your Shoes?

- ☐ Comfort
- ☐ Quality
- ☐ Price
- ☐ Appearance
- ☐ Recommendation
- ☐ Advertising
- ☐ Other _____

10. Where Did You Buy Your Shoes?

- ☐ Club Pro Shop
- ☐ Sporting Goods Store
- ☐ Athletic Shoes Store
- ☐ Discount Store
- ☐ Department Store
- ☐ Mail Order
- ☐ Other _____

11. How Often Do You Buy Shoes?

- ☐ Every 3 months or less
- ☐ Every 4-6 months
- ☐ Every 7-12 months
- ☐ Every 12-18 months
- ☐ Every 19 months or more

12. How Long Do You Expect Your Shoes To Last?

- ☐ A year or more
- ☐ 6 months to a year
- ☐ less than 6 months

13. Do You Wear Your Shoes For Racquetball Only?

- ☐ Yes ☐ No

14. If You Answered "No" to Question 13, for what other activities do you wear your racquetball shoes?

15. What Material Are Your Shoes Made Of?

- ☐ Leather
- ☐ Canvas
- ☐ Mesh
- ☐ Other _____

16. Do You Find Leather To Be A Better Lasting Shoe?

- ☐ Yes ☐ No
- ☐ No Opinion

17. What Type Of Sole Does Your Shoe Have?

- ☐ Partial Cup
- ☐ Full Cup
- ☐ Don't know

18. Do You Prefer Gum Rubber Outsoles or natural rubber?

- ☐ Gum Rubber
- ☐ Natural Rubber
- ☐ No Opinion

19. Do You Prefer:

- ☐ Hob Nail Pattern
- ☐ Deviled Outsole
- ☐ Herringbone Pattern
- ☐ No Opinion

20. Do You Prefer Low Profile Shoes, i.e., Do You Like "Cushion?"

- ☐ Yes ☐ No
- ☐ No Opinion

21. Do You Prefer Velcro Closure Systems Over Standard Lacing Systems? Or Both In The Same Shoes?

- ☐ Velcro System
- ☐ Standard Lacing
- ☐ Both
- ☐ No Opinion

22. Do You Like High Top Shoes?

- ☐ Yes ☐ No

23. How Much Did You Pay For Your Shoes?

- ☐ Less than \$20
- ☐ \$20-25 ☐ \$36-40
- ☐ \$26-30 ☐ \$41-45
- ☐ \$31-35 ☐ \$46 and above

24. (Optional)

Name _____

Address _____

City _____

State/Zip _____

Beating Fatigue

by Steve Phillips

Every time you recall last weekend's racquetball tournament, you almost want to cry.

Thinking your skills were ready to stand the test of a grueling three-day event, you entered. Now, a few days later, you're stunned at the results.

Friday, the first day of the tournament, you easily handed your opponent a 15-6, 15-11 loss as well as disposing of another opponent, 15-0, 15-11.

On Saturday, you struggled, but won three matches including an upset over the second seed. However, in the finals, you lost 15-13, 2-15, 5-11.

It's not that your opponent's skills were better, but you suffered from fatigue which played a major role in your heart-breaking defeat.

"Fatigue is something everyone has to deal with, especially athletes," says Bill Sink of the Ball State University Human Performance Lab in Muncie, IN. *"You're not going to avoid it. Fatigue is going to exist."*

There are three types of fatigue that can pester a player's performance in tournament play. The first is *physical* fatigue which is common in athletics since it's caused from tired muscles. *Pathological* fatigue occurs when the body has to do two things at once such as battle a cold and play racquetball. The most common type of fatigue is *psychological* which is a result from worry, stress or tension.

No matter which type of fatigue players suffer from, when it happens, one's efficiency, accuracy and power deteriorates.

A tired feeling can result from a number of reasons, but fatigue usually sets in due to a lack of sleep or rest, a lack of exercise, poor nutrition, insufficient relaxation, unwise use of stimulants, overweight by more than 10 pounds, wrong shoe size and water and salt lost in sweat.

However, there are some steps players can take to help prevent and overcome fatigue before, during and after tournament competition. It should be noted that there are no miracles that can prevent one from never feeling tired.

"The best way to prevent fatigue in tournaments is to train for them," says Sink. *"I know that it sounds like an easy, simple answer, but it's the best protection any player can have."*

"Training, whether it's for racquetball or any other sport, produces adaptations both muscular and cardiovascular (heart and blood vessels) to get the player fit for a period of time."

Ditto John Schrader, head director of athletic trainers and soccer trainer for Indiana University in Bloomington, IN.

"Fatigue is made up of a number of different components and, in order for it to be preventable, you must first be fit for a specific sport," he says.

"However, if you're fit for the activity, you're still going to suffer some fatigue, but the recovery rate is going to be higher for the person who isn't as fit as for the one who is in shape."

Sink takes it even one step further. *"You're probably going to be playing more intense in your tournament matches than what you have been training for and this makes your muscles work that much harder,"* he says. *"Most players and runners push themselves more than what they've actually trained for."*

If you feel you're in top condition to participate in three to six matches in a few days and still seek protection against fatigue, there are steps you may take during the tournament.

"I'd first make sure I had enough water in me," says Sink. *"Heat causes fatigue. In racquetball, you're playing indoors and your body begins to sweat to keep it cool. In doing this you're losing a lot of fluids and, over a period of time, you lose the ability to circulate enough blood to be active."*

Don't look to tea, coffee or any drinks containing caffeine before and during tournament play to quench your thirst. It's best to rely on water and it is recommended to drink plenty of it 15 or 20 minutes before your match begins.

A gentle massage before your warm-up period is also good since it prepares the muscles for rigorous activity and improves physical and psychological states.

The many, tired faces of fatigue include Susie Dillon, Anderson, IN in the Women's Open Division at the Full Court Club.



Once the match has started, pacing is the best answer to ward off fatigue, but it's difficult to master.

"It's something you can try, but it doesn't always work," says Schrader. *"A runner, for example, says he's going to pace himself for a race, but when he has only one mile left to run, he begins to feel tired. You can always say that you're going to pace yourself, but players usually have to push themselves just a little more to win."*

Losing in a match or race has a psychological effect on athletes that can make them feel tired. Take Boston Marathon runner Katherin Suituce, for example.

"If I'm in a marathon and I feel fatigue coming on, but I'm in the lead, I'm convinced that if I can stay at the same pace, I'm going to win," she says.

"However, all of a sudden, someone passes me and then I feel exhausted. You're much more tired when things aren't going your way."

The best way to overcome this feeling is by relaxing.

Relaxation helps alleviate stress, fatigue and tension. If two players with identical skills and abilities are competing, the one who has mastered the art of relaxation will be the better performer.

You can develop relaxation by correcting faulty sitting, lying and walking posture; perfecting playing skills with practice and intent to improve; relaxing fully during rest periods and when waiting to perform; resting your eyes daily; attaining a high level of conditioning and learning to sit, stand and walk relaxed.

By achieving relaxation, you can eliminate tension and stress in a match, thus reducing the possibilities of fatigue.

During time outs and rest periods, water and fruit juice will help remove a feeling of fatigue. Water is the most crucial nutrient since the body requires constant uninterrupted supply for energy production and temperature control.

Also, a light massage may be applied during competition breaks to increase blood flow and relax muscle groups. *"Primarily, a massage does make one feel better,"* says Schrader.

After your match, it's highly recommended to have a cooling-off period with a light exercise and a kneading massage to help eliminate fatigue products, relax muscles and aid recovery. Don't collapse or sit down after a match as this allows your muscles to tighten up.

Be sure you've cooled down before jumping into the shower. When you come off the court, there is an increased flow of blood, rich with oxygen,

Who's more tired? Jim Hamilton, foreground, or Stapleton?



pumping through your body. Unless you give your cardiovascular system time to cool off, you may make matters worse.

If you won your match, there are two things that should be on your mind before you play again—rest and eating.

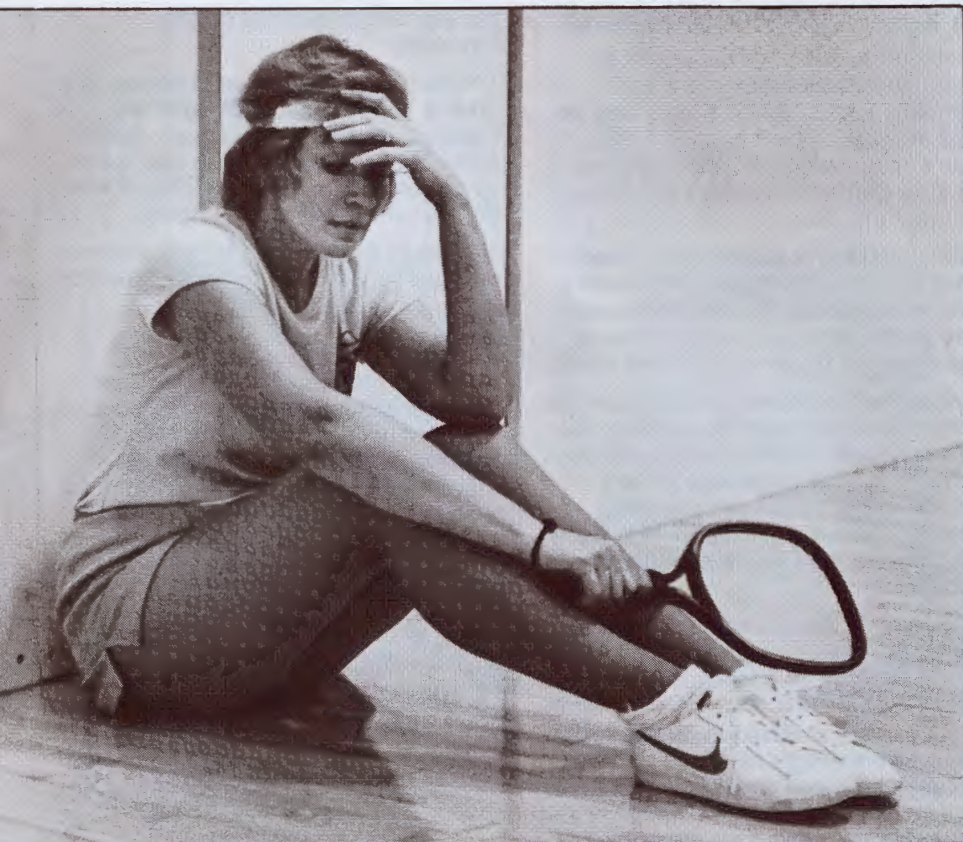
"How to prevent fatigue or cure it once it occurs is a hard question to answer," says Sink. *"If you feel it coming on, the best thing to do is rest."*

On the average, 15 minutes of rest is needed for every hour of work, but it varies from player-to-player.

"People who are better trained recover quicker," says Sink. *"So, in a sense, they need less rest. People who are less well-trained, may need more time to recover and those who must exercise on weekends, well . . ."*

If you're unable to lay down in a bed, find a comfortable chair or couch,

Jo-Anna Hanshew, Women's Open, contemplates the state of her fatigue.



stretch out, close your eyes, take a few deep breaths and relax.

In most cases, players have enough time to rest and eat before their next match. However, if you're short on time, snack foods that help contract that run-down feeling include sugar, bread (especially toasted), crackers, dates, honey, prunes, raisins, shredded wheat and sherbet ice cream.

"As far as eating goes, it's more of a psychological thing than just eating something and not feeling tired," says Schrader. "Nutrition is an important part of athletics. If an athlete feels comfortable eating a hamburger or a sandwich as a meal, then it's fine."

There are other methods of controlling fatigue, but it takes time and possibly the recommendation of a physician to do so.

One method is using your mind to help overcome tiredness caused by stress.

This way you can learn to achieve a relaxation response that calms your nervous system and loosens the muscles that make you tired.

Another technique is by pressure training. After you learn the basics of a sport, methods of training are devised which pressurize the player by fatiguing him and increasing the rate at which he performs the action or the resistance against which he moves. This practice should be performed under the watchful eye of a trainer or coach and care must be taken so bad habits don't develop.

Biofeedback is another answer to solving fatigue by learning to control normally involuntary functions such as pulse rate, muscle tension and skin temperature. With the help of special machines attached to the patient, internal information can be obtained that one can use to his advantage.

Bob Stapleton, Men's Open at Full Court Club takes his fatigue out on the side wall.



"Once fatigue sets in, it's going to stay, but you can keep it from getting worse," says Sink. "Training and rest is the best advice and then take the small steps to help make you feel better. Fatigue, unfortunately, exists. It's a part of life that everyone suffers from." ●

5 Ways To Beat A Lefty

by Steve Mondry

With over 80% of the American populace being right handed, it may seem like a small wonder that you ever play a left hander. However, if you think about it—most tournaments field at least 32 players, which is five rounds. Based on statistics, therefore, you should have to play at least one lefty in every tournament if you go to the finals.

Now being left handed may have its drawbacks in the school room where desks are made for righties and spiral notebooks force lefties to squish and cramp their handwriting. However on the sports scene, left handers have a distinct advantage over their "normal" opposition.

So, let's deal with the left handers advantage and attack that advantage with five ways to beat it.

1) Special Mental Preparation

It is extremely important to be mentally prepared to play a lefty. I'll never forget watching a friend of mine in an early round tournament match a few years ago. Much to my amazement, he kept playing his opponent's forehand. Between games I asked my friend why he was playing to his opponent's obvious strength.

"I am?" he asked incredulously. "I never even noticed he was a lefty! I thought he was right handed. No wonder he hit so well from the deep left corner!"

Therefore, as simplistic as it sounds, the first lesson to learn is to know whether or not your opponent is going to be left handed.

In order to play against a lefty you have to re-program your shot selection to take advantage of his weaknesses. Being a creature of habit, your tendency will be to hit to his forehand, and if you're especially fond of hitting your backhand down the line, look out! Most southpaws will eat that shot up with their forehand.

I am not advocating that you throw your entire arsenal out the window in an attempt to entirely change your game. But during the flow of play it is important to adjust your game to play to the lefty's weakness. Remember, the general rule against lefties is that all aspects of the game are reversed.

2) Keep It To His Backhand

Most left handers I know are more naturally one sided than are right handers. I mean that it seems that lefties are, well, *all* left handed—they can't do anything with their right hand or side. Lefties write left, kick left, eat left, bat left, etc.

Translated to racquetball this means that left handed players, because of this tremendous left side domination will have a stronger forehand than a right handed player of the same ability.

And while the degree of advantage the lefty might have with his forehand as against yours might be slight, the important thing to remember is the degree of difference between his forehand and *his* backhand. In virtually every case, you'll find a significant difference.

The lesson? Keep it to his backhand!

3) Watch Out On Serve Return

Most players are used to returning the serves from a right handed opponent. Lefties stand in a different place, the ball spins in the opposite direction, and tough serves for you are easy ones for him (and vice versa). Therefore, returning serve becomes an even more critical phase of the game (if that's possible).

Initially, you'll have to get over the fact that Mr. Lefty will be standing off center to the right side of the service zone looking at you over his left shoulder instead of standing to the left side of the service zone looking at you over his right shoulder. Ignore all this and just watch the ball.

Left handers are particularly fond of two serves both of which you must be prepared to handle. They are the cross court drive to your forehand and the hard Z to your backhand. (Note *Diagram 1*). If you can effectively return these serves you will have gone a good distance toward beating the lefty.

What makes left handers so tough is that both of these favorite serves hit perfect areas. What I mean is that the cross court drive to your forehand will be his most powerful shot (forehand), from the perfect position (serve), in the perfect direction (natural screen), with

the element of surprise (to your forehand).

The hard Z is again hit with power, this time to your weaker backhand, with natural Z ball spin meaning a parallel-to-the-back-wall kick off the side wall as opposed to an off-the-back-wall kick on the same serve from a righty.

Neither of these serves is impossible to return. You just have to be prepared for them.

4) Serve Right

Once you get the lefty out of the service box and into the receiver's position the pendulum sways to your favor because you can now directly exploit that backhand that has been asking for it all day. And I suggest that you have no mercy on it; since I have never met a lefty who's forehand has mercy on a right hander's backhand.

There is only one rule to follow, then, when serving to a lefty: serve to his backhand. Rule two is: re-read rule one.

The serves I recommend are the slice right (a hard drive with reverse spin that causes the ball to hop toward the side

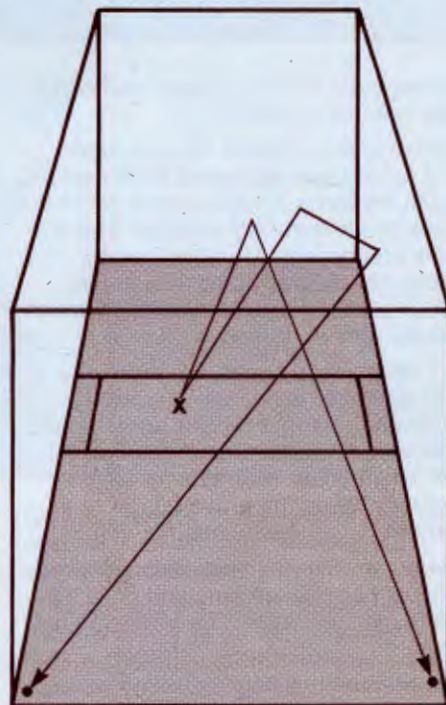


Diagram 1. The left hander's two favorite serves, the drive right and the hard Z left. Be prepared for these.

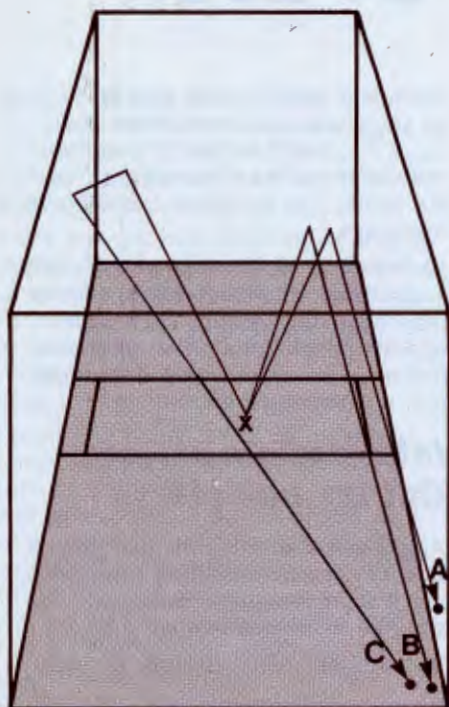


Diagram 2. Three good serves to hit against lefties are (A) slice right, (B) drive right, and (C) hard Z right.

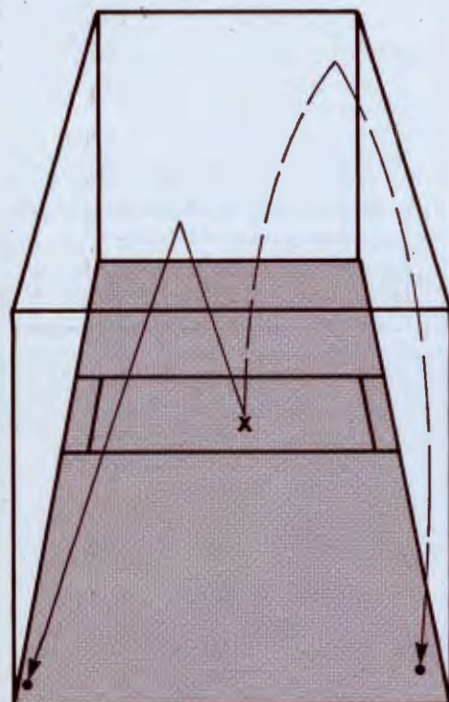


Diagram 3. Two more serves against southpaws are the lob right and for surprise (use sparingly) the hard drive to the left.

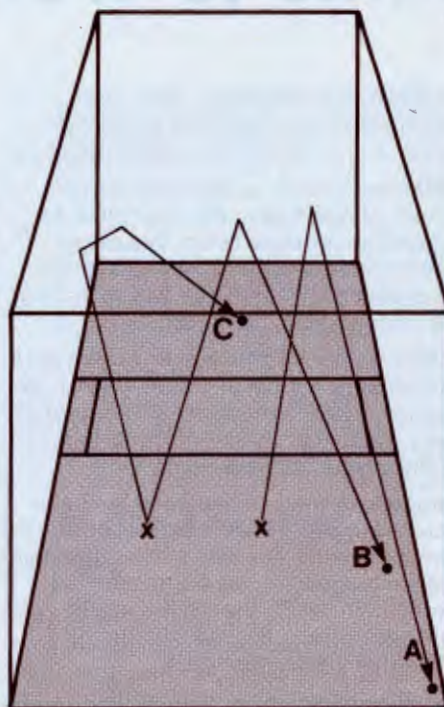


Diagram 4. Three of your better shots against lefties should be (A) forehand down the line, (B) backhand cross court, and (C) backhand pinch.

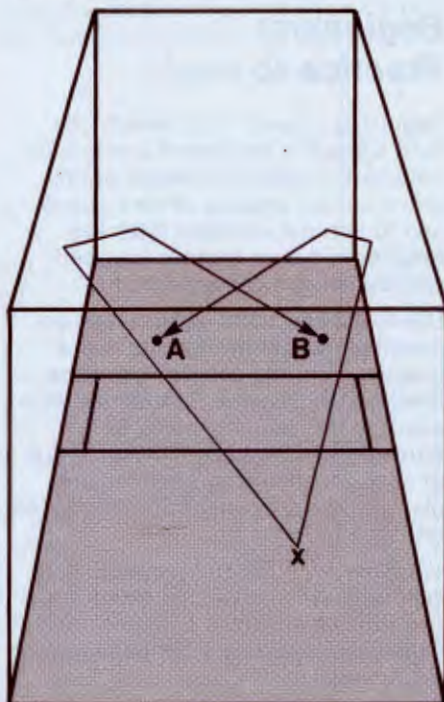


Diagram 5. The forehand, right corner pinch (A) is risky against a left hander. A good alternative is the forehand reverse pinch (B) which will flow toward his backhand.

wall forcing the lefty to finesse the return), the hard, drive right, the deep lob right, the hard Z right, and finally a hard drive left to keep him honest. (Note *Diagrams 2 and 3*).

5) Shot Selection

I said earlier that you're not expected to radically change your game against lefties. However, you stand an increased chance to win if you are willing to make some necessary adjustments to your favorite shots. If you are right handed, I would recommend the following (note *Diagrams 4 and 5*):

A) Hit most forehand shots down the line. This will force the lefty to use his entire backhand and any mis-hit will kick into the right side wall for your set-up.

B) Hit most backhand shots cross court. The pressure is on you with this shot—you've got to get the ball past the lefty in center court, but if you can force him to hit with his backhand on the run, you've got him.

C) Pinch your backhand. This shot should be a standard element in your game, so you'll just have to gear it up a little. It forces the lefty to lunge forward and with his backhand.

D) Avoid your forehand, right corner pinch. While it may be one of your best shots, use it sparingly because if it stays up it will be a sitting duck for the southpaw. A good alternative is the forehand reverse pinch which travels toward the lefty's backhand on its final path.

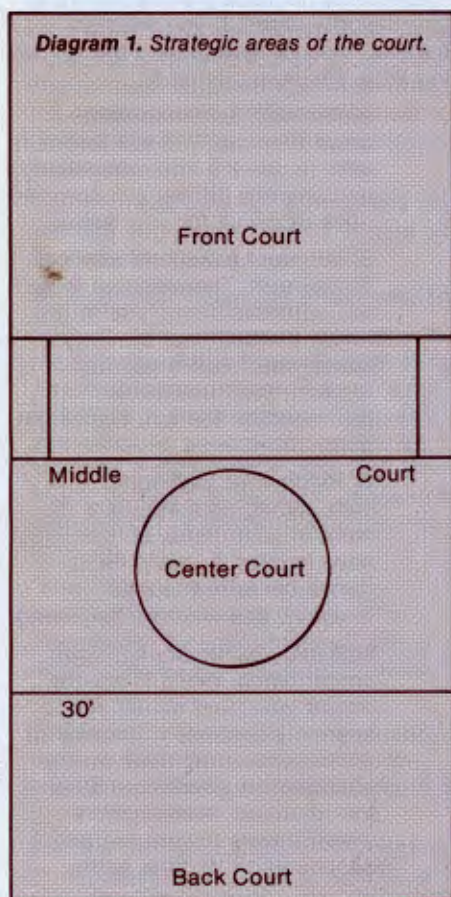
E) Hit forehand ceiling shots down the line and backhand ceiling shots cross court. The same theory applies here as to general forehand and backhand shots. The key is that if you make a mistake at least you'll be making it on the lefty's backhand side.

This checklist should better your chances against left handed players, and the suggestions should help you overcome the advantage that lefties hold when they take the court against you. And those darn southpaws can be troublesome. I should know. I'm left handed. ●

Middle Court Play: (Part I) Where The Game Is Won Or Lost!

by Lou Fabian

The opportunity in racquetball to use the middle (mid) court occurs more than most people believe. Two-thirds of all shots are retrievable from mid court, making good mid court play paramount. The mid court area runs from the service line (15') to 30 feet back (See *Diagram 1*).



Every shot in mid court is dictated by your position and that of your opponent. For example, a forehand shot to the right front court with your opponent in the middle of the service area of forward is best returned with a down-the-line pass on the right side. *Diagram 1* defines such strategy areas of the court.

Do not confuse mid court with center court. The center court is an area within mid court. Both areas dictate

special shot strategies. Both have definable characteristics which contribute to winning racquetball matches.

Whether you are a mid court or back court player, spend as much time as possible in center court. The player who controls center court by keeping the opponent trapped in the back court is in control of the match.

From center court a player is also able to attempt almost any shot with an excellent chance of success. Retrieval of your opponent's next shot will then be only several steps away.

Aggressiveness is rewarded in center court play. Take advantage of your position by offensively playing the ball. Move laterally to cut off passes. Advance quickly to the front court to dispose of any missed kill shot attempts by your opponent.

Always move toward center court after a shot unless you anticipate a shot in another area. Hesitation could mean a lost opportunity. Move after *your* shot, not your opponent's.

Beginners: Practice to win!

Beginning players must devote one hour a week to structured practice on the court. Practice is needed to improve various aspects of your game and to iron out common mistakes. Practice will also improve your self-confidence and concentration.

Divide the court into areas which approximate where most shots occur. Practice from the six shot positions identified in *Diagram 2*. Attain an 80% success rate before moving to intermediate techniques. The same rate of success applies to intermediate players before moving to the advanced level.

Warning! Practicing at more difficult skill levels will be wasted without proper stroke mechanics and consistency. Otherwise, your flaws will be negatively reinforced.

Positions 1-5 in *Diagram 2* offer a variety of shot selections to practice. Shots include most types of passes, kills, and pass/kills from both forehand and

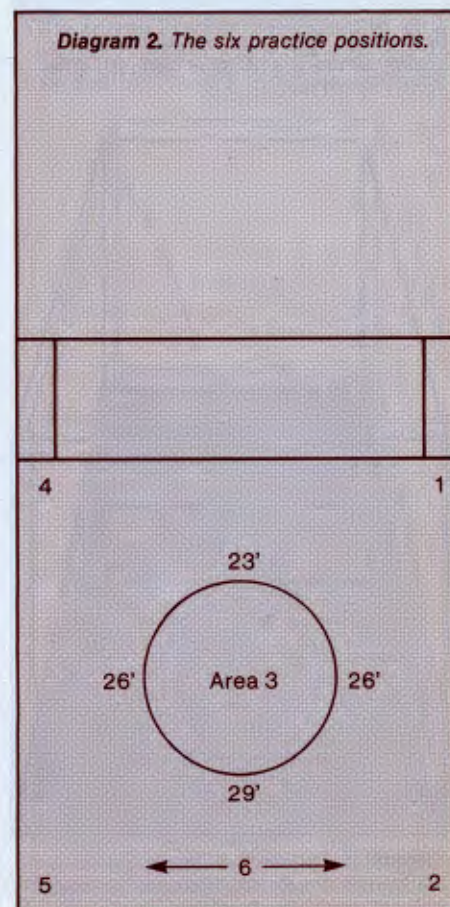
backhand sides. During play, 80-90% of all shots will come from these positions. Position 6 is used to practice specific drills in a confined area. During actual play the situations occur in mid court.

Position 3 is better defined as an area since center court varies with style of play, shots hit, the ball, court walls, and the opponent. Center court practice drills are recommended from the four positions in area 3.

Intermediate players: Cut the ball off!

Aggressiveness will give your game a boost in several important ways. First, you'll score more easy points with a position in the center court area.

Second, maintain a toehold in center



court by holding your position and forcing the action. Keep your opponent constantly on the move. This will reduce his offensive potential and draw weak returns.

Third, you will have a variety of scoring options if your opponent is off balance or out of position. Angle the ball away, as a pinch or pass, before your opponent recovers. In addition, use body positioning to legally block him as you snap the ball into the open court.

Fourth, your opponent's offensive attempt may be left up and come hard through mid court. You must know how and when to cut this shot off, in the air or after one bounce. The ball also can be played off the back wall. Often, though, you are well-advised to intercept the ball, taking it low to score. Use a straight-in kill, a tight pinch, or pass. You will still have good court position to cover the next shot.

Advanced players: Develop a middle court stance!

Your objective in mid court is to have an efficient upper body swing which minimizes set-ups to your opponent. Your upper body and hips should move freely through the shot regardless of foot position. The checklist which follows elaborates on ideal body technique. For a thorough description consult *Advanced Racquetball*, Chapter 4, by Strandemo and Burns.

Checklist For Open Stance

1. Face front wall
2. Expand your hitting base - feet wide apart
3. Bend knees
4. Do not step into the ball. Hold your ground - use fencer's lunge or cross over step
5. Carry racquet at mid-thigh
6. Rotate hips as much as possible
7. Rotate shoulders as in full stroke (whipping action)
8. The down angle of the arm and racquet swing should be greater than normal

9. Snap wrist in the contact zone (firm wrist cock)
10. Contact all balls at waist level and below
11. Full, but compact, follow-through
12. Direction and accuracy before power
13. Master the pinch, pass, straight kill, reverse pinch, and fly kill
14. Master all shots from the four center court positions shown in *Diagram 2*

Drills For All Levels Of Play

Alley Drill

The alley drill (*Diagram 3*) is the most fundamental drill in racquetball. Every player uses this drill, consciously or not, when warming up. Correct and purposeful drill performance, however, is often overlooked. This drill was named for an imaginary line which extends from the doubles line in the service box and runs the length of the court.

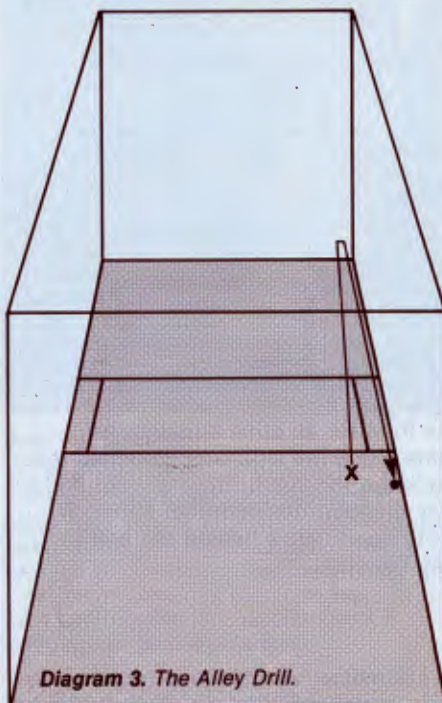


Diagram 3. The Alley Drill.

The player stands at position 1 (See *Diagram 2* for all positioning) approximately six inches outside the line, facing the side wall. Drop the ball inside the line, allow one bounce, and stroke to the front wall. When hit correctly the ball should go straight to the front wall, travel straight back down the alley (six to 18 inches high) and pass between the side wall and player without touching the wall.

The *beginner* should use the drill to develop basic forehand and backhand strokes and spacial awareness between the body, the racquet, the ball, and the wall. A feeling for the contact point will develop while watching the racquet hit the ball.

The *intermediate* player should perform the alley drill without a bounce, dropping the ball and hitting before it reaches the floor. This variation will shorten and quicken the swing, generate more power, and develop lower shots.

The *advanced* player should be able to rally the ball continuously while maintaining complete control over the ball, make subtle stroke changes, and develop better footwork.

The *teaching pro* will use the drill to correct bad habits beginning with the contact point. If hit correctly the ball will travel straight to and from the front wall. The contact point was too deep in the stance if the ball hits the side wall going to the front wall. If the ball travels away from the body and angles cross court the contact point was too far ahead of the body.

You should move toward the side wall if you're swinging with a stiff wrist resembling a tennis stroke. This position will force you to keep your elbow in, bring your arm swing down, and snap your wrist upon contact.

Third, a teaching pro will place a student in the correct form at position 2 with the racquet on the back wall to correct an exaggerated backswing. This action will force the student to bring the racquet forward.

Fourth, remedy an unusual hitch by hitting the ball without a bounce.

Fifth, use the alley drill from any position on the side walls to practice specific shot situations; i.e. pinch, splat, crosscourt, etc.

Wrist Drop

The wrist drop drill is as important to the game of racquetball as brushing your teeth is to good hygiene. Most racquetball players overlook the drill since its execution is difficult. The benefits from mastery of the drill, however, are enormous. This drill will improve back wall play, retrieval ability, and mid court success.

Face the right side wall with your racquet in front of your body. Hold the forehand grip with the front face of the racquet turned up so the ball will balance on left center of the racquet. Drop the racquet from under the ball, turn the racquet sideways cocking the wrist simultaneously, and snap the wrist forward hitting the ball before it reaches the floor. Keep an eye on the ball, relax, and have patience: Success will come.

The *beginner* should start with the racquet waist high, and practice the swing without the ball until the correct motion is achieved. Then, standing 10 feet from the front wall, balance the ball on the racquet, and pause before shooting. The drill should be considered a success if the ball hits the front wall. The beginner will be unable to successfully execute the backhand wrist drop.

The *intermediate* player should begin 20 feet from the front wall. The racquet will be at mid-thigh level. These players should be able to perform the backhand wrist drop by moving closer to the front wall. Hold the back face of the racquet turned up so the ball will balance on the right center of the racquet. The remainder of the drill is the same as the forehand.

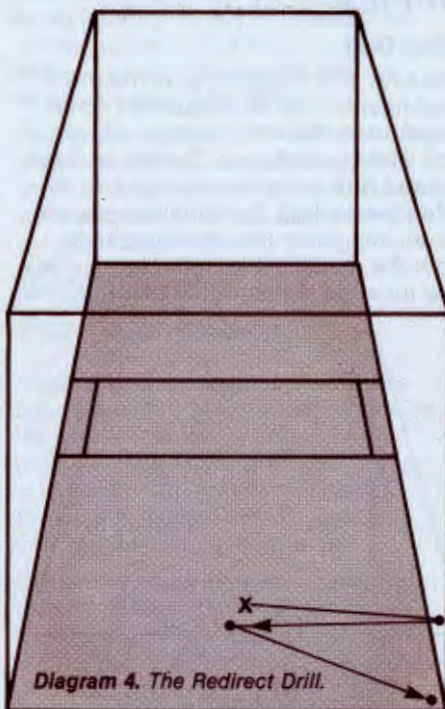
The *advanced* player should practice 30 - 38 feet from the front wall with the racquet at knee level.

The *teaching pro* will use the drill to develop correct wrist snapping motion,

strength in the forearm muscles, and lightning fast reflexes. Note, students will make the common mistake of lifting the ball with the racquet before the drill starts.

Rally & Volley Redirect

The rally & volley redirect drills are a series which increase in difficulty through all skill levels. The principal purpose is to improve the mid court game, footwork, and your ability to put the ball away. The drills are more easily mastered from position 6 by redirecting the ball into the back wall corners (Diagram 4). Practicing in a small area will aid your efforts even though the game situation will occur in mid court.



The form for all drills remains the same. Face the side wall crouched low. Place the racquet in front of your body. Stay on your toes with feet shoulder-width apart. Move behind the ball to play the shot.

The first drill for *beginners* will be to hit the ball into the side wall twice on a bounce with the forehand. Redirect the shot into the back wall corner with a short firm stroke. Repeat until you have developed a rhythm and successfully control the ball.

The second drill is to turn around, face the other side wall, and repeat the process with the backhand.

Intermediate players should increase the drill difficulty by rallying the ball forehand to backhand and back to forehand for the redirect into the corner. Repeat in the opposite direction with the backhand.

Advanced players should volley the ball into the wall twice with the forehand. Then fly kill the ball, forehand or backhand, into the corner. Repeat the drill in the opposite direction with forehand to backhand and a backhand fly kill into the corner.

Teaching pros should use the speed of the ball and the height of the ball from the side wall to increase difficulty. Strive continually for harder and lower shots. Common mistakes include the student reaching too far in front of his body for the ball rather than waiting, improper setup with the first two shots, and overpowering the shot. ●

Next month: more drills to improve your mid court game.

New Products



Ektelon's New CR 200

Ektelon has introduced the new CR 200 to their 1983 line of racquets. By adding a controlled amount of carbon to the fiberglass, Ektelon has designed the CR 200 to be more durable than other injection molded racquets. The addition of the carbon fibers has resulted in a stiffer racquet for added power and more durability, while the fiberglass gives flexibility for control.

The CR 200 features a framed polyurethane handle for reduced vibration, a 90-day string and two-year frame warranty.

Check your pro shop, or contact Ektelon, c/o Phillips Organisation 2206 Balboa Ave. San Diego CA 92109, or call: (714) 274-8100.



Wrist Wallet

Unique Sports Products introduces the Deluxe Wrist Wallet for runners, joggers, and racquet sports enthusiasts. The wallet features a water-resistant synthetic exterior and a soft inner lining of terry cloth next to the skin. These wallets are handy for holding keys, money, I.D., etc.

The wallets are available in two sizes, adult and junior and in three colors - red, blue, and white. Available from Unique Sports Products, Inc., 5687 New Peachtree Rd. Atlanta, GA 30341.



Attackwear Activewear

Attackwear, activewear from EQ Enterprises, was designed for the active racquetballer. The T's are 50/50 cotton and polyester in heather grey with the logo available in rally red, crack-it green, 2-ball blue, roll out maroon, kill shot yellow, ace black and pinch-it white.

Nylon shorts with brief insert and key pocket match the T's for a professional look. Contact EQ Enterprises Inc. 17871 N.E. 19th Ave. North Miami Beach FL 33162



Body Fat Calculator

The Skyndex Electronics Body Fat Calculator determines an individual's percentage of body fat. It features micro-computer circuitry, a rechargeable battery pack, on-site calibration, and measurement to within 0.1 mm. This computes the skin-folds and displays the percent body fat following the final measurement.

Skyndex Body Fat Calculators come with a two year warranty. Skyndex Bio-Medical Systems, Inc. Box 520 Fayetteville, AR 72702, 1-800-643-4343.



Athletic Socks

Foot-Joy has expanded its line of athletic socks to include Super-Tuffs Cotton Athletic Socks, a comfortable extra-thick cushioned men's sport sock.

Super-Tuffs, is 90% cotton, 10% nylon, and features their "stay-up" top. Socks are available in four styles: all white, and white with red, green or black stripes. For more information on Super-Tuffs Cotton Athletic Socks or any other Foot-Joy product write: Foot-Joy, Inc. 144 Field Street, Brockton MA 02403.



Hand Gripping Aid

Power grip introduces its new Puffer Dispenser, which clips on the belt or waist-band for ready availability of Power Grip compound during active play. This design provides a one-handed application of powder on the hand when the bellows is depressed regardless of whether container is upright, horizontal or inverted, while automatically preventing unwanted loss through the dispensing head, even with violent physical activity.

Ask your pro shop or write: Power Grip Co. 500 W. Third St. Dover, OH, 44622.

The Thigh

by William Southmayd, M.D.,
and Marshall Hoffman

Quadriceps Strain

Causes

The *quadriceps muscle*, the body's largest and most powerful, has four parts. The portions most susceptible to strains lie in the central area. They are called the *vastus intermedius* and the *rectus femoris* sections, and lie directly over the front of the thighbone (femur). They are where the meat of the muscle attaches to its tendon.

If the quadriceps muscle is not properly warmed up and flexible, any sudden forceful contraction or stretching can injure it. *Quad* strains happen mainly in running sports, and are not as common as hamstring strains. I have seen very few quad strains in ice skaters or cyclists, mainly because these athletes warm up and, secondly, because they do not fully extend the legs. Their knees are always slightly bent.

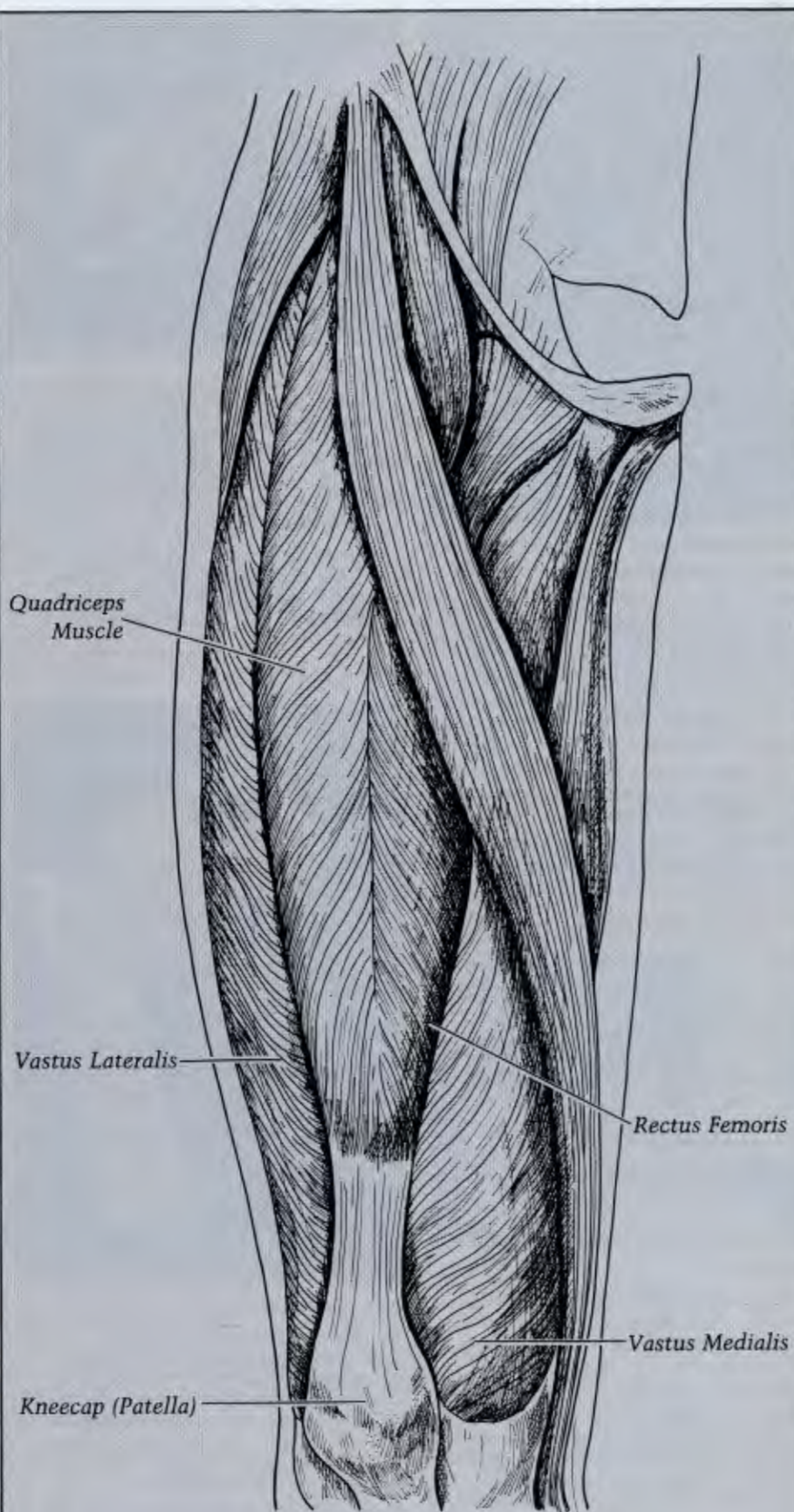
Diagnosis and Treatment

If you tear your quad, you immediately feel a giving way or tearing of the muscle. Initially, you will not be in great discomfort. But the pain will come in two or three hours as blood pours out from the ripped blood vessels into the injured area. Swelling, muscle spasms, and pain follow. I grade quad strains I, II, and III, according to the amount of muscle ripped.

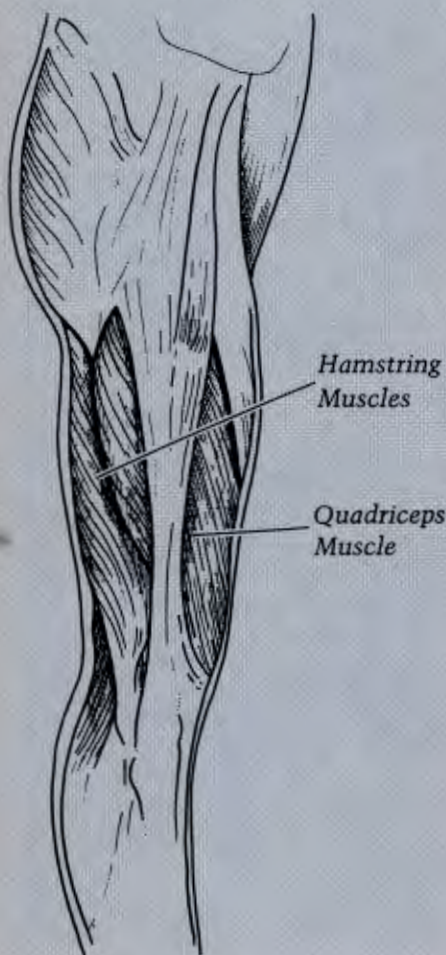
In grade I tears, there is a one-half-inch area of tenderness directly over the injury with a mild amount of swelling. If the injury goes untreated, the muscle spasm, swelling, and tenderness all increase dramatically. In grade II tears, the swelling, muscle spasm, and tenderness are more intense. In grade III tears, an actual gap in the muscle can be felt with your fingers. This means that a cross-sectional area of two to three inches of muscle has actually given way. The area of tenderness is in the mid-portion of the muscle, directly overlying the thighbone.

In all quad strains, the ability to bend your knee is limited. The worse the tear, the more the limitation. As you bend your knee, you pull at the tear. X-rays are not necessary because there is nothing wrong with the bone.

Early treatment of all three grades involves rest, ice, compression, and elevation (RICE). In the severe tears,



Anatomy of Quadriceps Muscle



Location of Quadriceps and Hamstring Muscles

swelling and tenderness have disappeared can you begin muscle-strengthening exercises. If you start too soon, further ripping can occur, prolonging the injury.

Thigh and Arm Contusions (Charley Horse)

Causes

Contusions are bruises to the skin, to the fat beneath the skin, and to the muscles and the bones themselves. Contusions are very common in contact sports, especially football. They usually happen when a tackler drives his helmet into you. The force transfers directly to the skin and into the deeper layers of the leg.

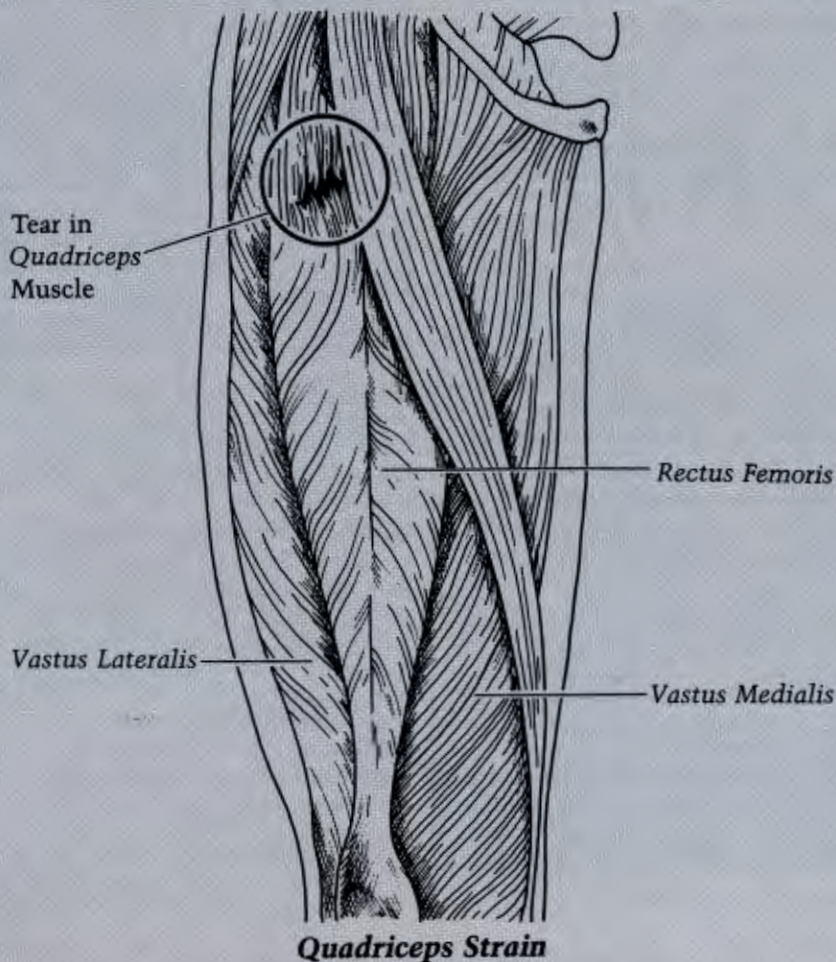
The force of the blow ruptures the

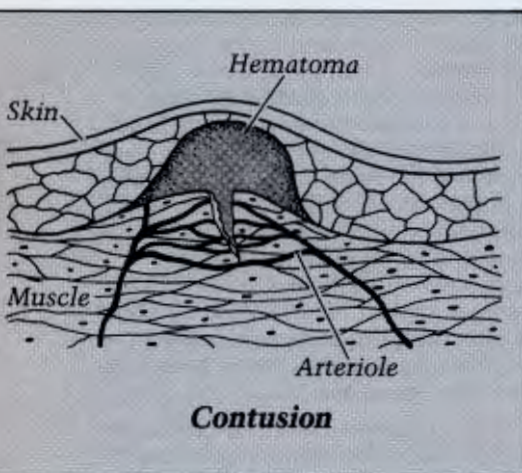
blood vessels in the skin, in the fat beneath the skin, and in the muscles themselves. When these blood vessels are broken, blood oozes out. In the skin, a contusion shows up as a black-and-blue spot (an *ecchymosis*). In the muscles, the force of the blow causes a pool of blood, or a *hematoma*, to form. A contusion can rupture the surface of bones, which is called the *periosteum*. *Peri* means "around" and *osteum* means "bone." When this layer is disrupted, live bone cells, called *osteoblasts*, leak out. These bone cells can form new bone.

The most common areas of contusion are the upper arms and thighs. The degree of disruption of the soft parts depends on the force and duration of the blow.

crutches should be used. Forty-eight hours after injury, start warm whirlpool baths or soak in a warm tub. Do it 20 minutes twice daily. I also recommend hydrocollator packs.

Some surgeons advocate an operation for severe muscle tears. I do not. However, I find that complete healing of a grade III quad strain requires six to eight weeks. Because of the large amount of muscle damage, you must allow enough time to pass for solid scar tissue to draw the ripped ends of the muscle together. Only after the





Diagnosis and Treatment

How do you know if you have sustained a contusion? It is not apparent immediately, but within six hours you will notice pain and stiffness at the site of the blow. Untreated, this pain and swelling continues as the blood oozes out into the muscle. As the blood pools, the hematoma enlarges. It will restrict your ability to straighten your elbow or bend your knee. The contusion inhibits the muscle from stretching.

The problem with a contusion is that you may be unaware you have one. Most players continue their game.

If you started RICE immediately—the moment you got hit—you would reduce the swelling. But it will be six hours later before the contusion is evident.

In my examination, I always ask, "Do you remember the blow?" Invariably my patients do, and can describe it in detail. But the treatment is starting six hours late.

Ice the contusion for the first 48 hours. Then start warm whirlpool baths or hot-pack therapy. The warmth stimulates circulation, which carries away the old blood in the hematoma. It also warms the muscle and allows gradual stretching. A whirlpool bath should be taken twice daily for twenty minutes. A warm bath will do if you do not have access to a whirlpool. Continue for seven to 10 days.

Step-Up Exercise

Robert Reese, the trainer for the Buffalo Bills, developed an exercise which he calls step-ups to strengthen the quadriceps muscle. It is beautiful in its simplicity.

Place the injured leg on a four- to six-inch block—a stair step will do. The good leg remains on the floor about four inches away from the block and set back about two inches behind the bad leg.

Lift your body with the injured leg. Do not push off with the good leg. Repeat until exhaustion. Do the step-up three times a day.

As you get stronger, increase the height of the block and move your good foot farther and farther away from the block.



Ultrasound, a form of deep heat, seems to speed the breaking up of the hematoma. Although there is no hard and fast scientific evidence to support ultrasound treatment, I find it works.

In severe contusions of the leg, crutches should be used to take pressure off the injured extremity. A study on this subject done at West Point showed that the cadets fared better if they were taken completely off their feet and admitted to the infirmary when they had severe thigh contusions. Initially, X-rays of contusions are negative.

If you have a skin contusion, you will be out of action for two to three days. If the contusion extends deeply into the muscle tissue itself, expect to miss two weeks of sports. If you return to sports too quickly, the contusion is often reactivated, and more blood seeps into the contusion site. This compounds the injury and slows up your ultimate return to sports. Eventually, the hematoma turns into pain-free scar tissue. ●

Adams Tunes For Nationals With April Win In Washington

Lynn Adams proved she was back on track in Kent, WA April 15-17 when she captured the number one position in the \$13,000 WPRa pro stop hosted by the Pacific West Sports & Racquet Club.

The finals saw a new match-up for this season, but an old rivalry not seen since the Nationals of 1982 — Adams versus Shannon Wright. And it was an exciting battle, much closer than the 3-1 game scores.

Adams came out pumped up in the first game, with that familiar look of determination in her eyes. This was clearly a match she wanted.

"I've been working extremely hard to prepare for the last part of this season," she said. "I don't intend on ever helping somebody to beat me again. If I'm going to lose, my opponent will have to do it all by herself. And I'll guarantee I'll put up one helluva fight."

With that spirit Adams controlled game one, taking an early 6-2 lead, and holding her advantage throughout the game, using a strong combination of kills and passes to win 21-16.

Showing the same intensity in game two, Lynn blasted her way to a 14-5 advantage that seemingly had Wright on the ropes. But blow-out time it wasn't — Shannon would have none of that. Utilizing her well-respected back wall kill shot, Shannon rallied back to 14-16, and then tied the game at 18-all.

Wright continued to pressure Adams, and her comeback was virtually complete when she took a 20-18 lead. But Lynn hung tough and tied the match at 20-20 forcing a deuce game (WPRa scoring is on every rally and games must be won by two points). A forehand kill by Adams gave her a 21-20 lead, serving for the game, but a backhand error gave Shannon new life.

Wright took advantage of the opportunity, scoring two quick points on Adams errors for a 23-21 second game win.

Game three was totally different from the first two. Adams elected to slow down the play and with a variety of lobs she broke Wright's rhythm and won 21-9. It appeared that Shannon was holding back, perhaps saving her energy for the fourth game, especially when she fell far behind.

With Adams now up 2-1 in games, it was obvious that Wright was going all-out early to quickly turn the tables. Looking strong while Adams looked weak, Wright burst out to a 9-2 lead and the fans started to anticipate a tie-breaker. Not today.

Adams re-grouped and came storming back, tying the score at 12. The ensuing rally was key to game and match as the players traded backhand ceiling balls down the left wall. Finally Adams decided to shoot for bottom board, but the shot (a real rip) caught Shannon solidly in the crease behind her knee. The screams and hops (to say nothing of the bruise that glowed in the dark) hurt even the spectators.

"I couldn't believe how much it hurt," said Shannon. "I went up to the front wall and started hyper-ventilating and crying all at the same time."

From that point on Adams took control. Using near-perfect Z serves to Shannon's backhand, Lynn rolled out the game, 21-12.

The semi-finals treated the fans to two different type matches. In one, Wright played Heather McKay in a battle of two tour veterans, with a great deal of semi-final experience. The other bracket found Adams against newcomer Heather Stupp in her first trip to the semis.

Wright and McKay played their usual tough match, with the 3-1 game score victory for Shannon not indicative of the closeness of the match. After splitting the first two games, Heather seemed in control of game three only to have Shannon inch back, point-by-point.

It seemed that the closer Shannon got, (in playing style as well as points) the more flustered McKay became. Both players were playing it close and there were more than the usual WPRa share of hinders and questioning of referee's calls. The bottom line was that Wright made her comeback complete with a 22-20 win.

In game four Shannon jumped out to a 15-7 advantage and again was ready to put the match away, but McKay gave her a scare, coming back to within four points before Wright finally took the game 21-16.

Stupp made her semi-final debut by upsetting Martha McDonald in the 32's, fifth-ranked Terri Gilreath in the 16's, and fourth ranked Laura Martino in the quarters. But her run stopped there as Adams dominated all but the third game 21-16, 21-11, 21-18.

Heather stayed as close as she did with a combination of awesome forehand kills and great determination. At only 19-years-old she bears watching.

The quarter-finals found Adams stopping Marci Greer 3-0; McKay eliminating Peggy Gardner 2-0; illness forfeit; Wright stopping Vicki Panzeri 3-0; and Stupp's win over Martino 3-1.

For the first time in many years the women held a pro doubles event, much to the mutual enjoyment of the players and fans. It's likely that pro doubles will become a regular division of play on next year's tour.

Adams and Gilreath downed Jennifer Harding and Fran Davis in an exciting match that went down to the wire 15-12, 16-14, 14-16, 15-17, 15-13.

The Pacific West Sports and Racquet Club did an excellent job of hosting the tournament in their brand new Kent facility (beautiful). Everyone had a great time! ●

WPRa Current Rankings
(as of May 16, 1983)

Ranking	Player	Points
1.	Heather McKay	585.38
2.	Lynn Adams	511.42
3.	Shannon Wright	384.38
4.	Laura Martino	258.50
5.	Vicki Panzeri	226.13
6.	Terri Gilreath	199.38
7.	Janell Marriott	162.86
8.	Marci Greer	153.38
9.	Peggy Gardner	132.50
10.	Caryn McKinney	127.86
11.	Heather Stupp	117.66
12.	Brenda Poe-Barrett	109.16
13.	Jennifer Harding	92.63
14.	Joyce Jackson	92.50
15.	Stacey Fletcher	80.11
16.	Bonnie Stoll	71.50
17.	Francine Davis	68.88
18.	Diane Bullard	66.24
19.	Martha McDonald	54.38
20.	Gail Woods	47.86
21.	Barbara Maltby	46.67
22.	Jean Sausser	42.00
23.	Carol Pranka	41.00
24.	Molly O'Brien	38.67

Tournament Results

Yellen, McKay Win Ektelon Championship Pro Titles

Gonzalez Wins Two Amateur Titles

For Mike Yellen it was another bright day in a brilliant season. For Heather McKay it was a chance to defend her Ektelon title and win every game in the process. Both players captured their respective pro crowns at the Ektelon Racquetball Championships in Anaheim, CA, May 12-15.

While Yellen and McKay were dominating the pro finals, amateur Ruben Gonzalez, was dominating just about everything else. Gonzalez had come back to the Ektelon Championships to defend his Men's Open Championship titles (1981, 1982). And, having turned 30 years old and thus qualifying in the Men's Veteran Division, he added a second title for good measure. Never before has one person taken two amateur titles in any single Ektelon National Championship.

Yellen met Rich Wagner in the final round in Anaheim's Sports Gallery and, although Wagner gave the crowd an entertaining afternoon, he couldn't match Yellen's determined consistency. Mike defeated Rich in four games 11-10, 11-6, 9-11, 11-8.

In the first game Wagner was in control until Yellen came back from a 7-2 deficit for the victory. Mike easily took the second. Wagner came back to win a close third game but Yellen regained his dominance to take the fourth and final game and claim his first national championship.

Wagner was dismayed at his loss but he had scored a major victory in a well-attended semi-final round against Marty Hogan. Wagner, who had not beaten Hogan in nearly four years, had his day in the sun by upsetting the "King of Racquetball" 11-9, 11-1, 6-11, 6-11, 11-4.

His pleasure from this victory even spilled over into the final awards ceremony where he and Ektelon's Bob McTear mentioned the big win. At the brief mention of the Wagner-Hogan victory, the packed house at the Sports Gallery exploded with applause for Wagner. For him it was a personal victory.

To get to the finals, Yellen defeated Peter Britos 11-5, 11-3, 11-8, Doug Cohen 11-5, 11-1, 11-6, Gregg Peck 6-11, 11-9, 9-11, 11-7, 11-6 and, defending champion, Dave Peck 2-11, 11-6, 11-10,

5-11, 11-10. This tournament, plus his wins in Toronto and New Haven, give Yellen his best season ever.

In addition to Wagner's semi-final victory over Hogan he defeated Mark Martino 8-11, 11-9, 11-4, 11-4, and fourth-ranked Bret Harnett 9-11, 11-5, 11-6, 7-11, 11-8 to move into the final round.

In the women's pro action defending Ektelon Champion McKay came back to regain her title for another year and did just that. She defeated Laura Martino, the fifth seeded rising star from Fountain Valley, CA 21-14, 21-17, 21-7 to take the women's pro championship. McKay did not lose one game throughout the tournament.

Although the crowd at Anaheim's Sports Gallery was clearly favoring Martino, she was unable to handle McKay's serve. McKay had been working on the serve for the past six weeks in anticipation of The Ektelon Championship.

"Heather played well. I had lots of opportunities but the major thing was how well Heather was serving," said Martino.

McKay found herself to be the odds-on favorite after the quarter-final round

Yellen gives it the clinched fist hurrah as he captures the Ektelon Racquetball Championships.



Wagner gives it a valiant effort in the finals, as witnessed by this diving retrieve on the backhand side.

Finalist Laura Martino gets set to blast a forehand against McKay.

Ektelon General Manager Bob McTear presents ladies winner Heather McKay with her loot—\$7,000.



when number-one ranked Lynn Adams was upset by Miami's Brenda Poe-Barrett in five close games. Third-ranked Shannon Wright was also eliminated in the quarters by Janell Marriott, leaving McKay and Martino as the only top-ranked players to reach the semis.

To get to the women's pro finals, McKay defeated Mary Dee 21-11, 21-8, 21-19, Joyce Jackson 21-14, 21-15, 21-10, Marci Greer 21-8, 21-8, 21-17 and semi-finalist Marriott 21-10, 21-9, 21-17.

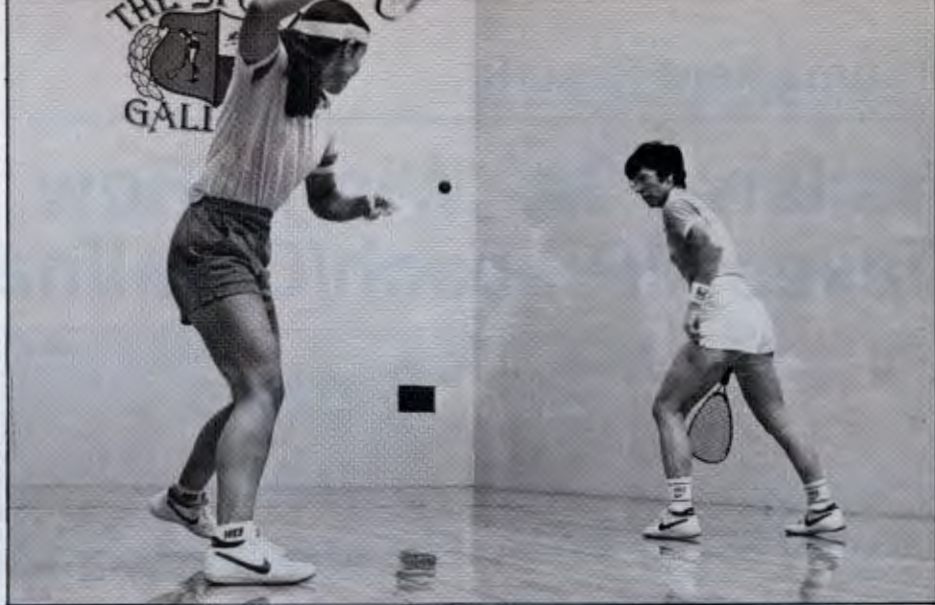
Martino defeated Sandy Robson 21-18, 21-15, 21-9, Jennifer Harding 21-14, 5-21, 21-14, 21-19, Stacy Fletcher 23-21, 21-15, 21-6 and semi-finalist Poe-Barrett 15-21, 21-15, 22-20, 21-9 to reach McKay in the final round. Martino's brother, Mark, also reached the finals of his division only to lose to another defending champion.

As a lead-in to the pro finals excitement a 30-year-old New Yorker quietly did something never before accomplished at The Ektelon Championships. Ruben Gonzalez, from Staten Island, NY, won two national championships in the same day, one immediately following the other.

Gonzalez's plan was to win everything he could possibly win at The Ektelon Championships. That plan was altered slightly when he was ousted from the pro division in the quarter-finals by Wagner in a spectacular tie-breaker 11-10, 9-11, 5-11, 11-3, 11-8.

In the amateur divisions, though, Gonzalez was unbeatable. In the Men's Open he defeated Dave Blackford of Denver, Jack Newman of Chicago and finally the hometown favorite Mark Martino.

At the same time that Gonzalez was plowing his way through the men's open he was also having a field day in the Men's Veterans Division. After a first round bye he defeated Steve Chase in the second round and, finally,



Jay Schwartz in the finals. The toughest point for Gonzalez was perhaps finishing his match against Schwartz shortly after noon then moving right into the next finals with Martino at 12:30 p.m.

If he had survived until the finals of the Men's Pro Division as well, he would have only had one hour to recoup from the Men's Open match before playing. He would need the endurance of a triathlete in order to compete in all three divisions.

The only amateur event that Gonzalez could not enter was the Women's Open national finals. This year Cindy Baxter of Lewistown, PA won this national title. She defeated Kippi Bishop 15-8, 14-15, 15-3 to take the title and the \$1,000 cash prize.

Baxter had a hard fight to get to the finals beating some of the toughest women's amateurs attending the championships. She defeated Kay Kuhfield of Indianapolis in the first round just after Kuhfield had played Shannon Wright in the pro round of 32. Then Baxter played against Poe-Barrett who survived until the semi-finals of the Women's Pro Division. Barrett was the player who knocked number-one seeded pro Lynn Adams out of the tournament.

All in all, it was a tournament of upsets and tough competition. With the much sooner than expected defeats of Adams, Peck, Hogan, Wright, Hilecher, and Harnett, the tournament offered several amateur players, such as Gonzalez, Jack Newman and Poe-Barrett, the opportunity to rise in the ranks and play in the more intense matches near the end of the tournament.

For the fourth consecutive year, the professional finals of The Ektelon Championships were videotaped by ESPN for broadcast later in the summer. ●

Ektelon Racquetball Championships

Sports Gallery, Anaheim, CA
May 12-15, 1983

Men's Pro Singles

Round of 32: Dave Peck d. Gary Berberet 11-10, 11-9, 11-4; Mike Yellen d. Peter Britos 11-5, 11-3, 11-8; Ed Andrews d. Scott Oliver 11-8, 11-4, 9-11, 11-4; John Eggerman d. Corey Brysman 11-5, 11-1, 11-4; Steve Lerner d. Ben Koltun 11-6, 1-11, 11-0, 11-9; Jerry Hilecher d. Mike Ray 11-5, 11-9, 11-8; Ruben Gonzalez d. Lindsey Myers 11-8, 11-4, 11-2; Rich Wagner d. Mark Martino 8-11, 11-9, 11-4, 11-4

Round of 16: Brett Harnett d. Evan Terry 4-11, 11-2, 11-5, 1-11, 11-9; Doug Cohen d. Jim Cascio 4-11, 11-1, 11-4, 11-6; Gerry Price d. Bill Sell 11-7, 11-10, 11-1; Gregg Peck d. Jack Nolan 11-9, 11-5, 11-10; Don Thomas d. Craig Davidson 1-11, 11-0, 9-11, 11-4; Jack Newman d. Craig McCoy 11-10, 11-10, 4-11, 11-4; Guy Texeria d. Scott Hawkins (injury forfeit); Marty Hogan d. Brian Hawkes 11-8, 8-11, 11-2, 11-3

Round of 16: D. Peck d. Texeria 11-7, 11-7, 10-11, 11-4; Yellen d. Cohen 11-5, 11-1, 11-6; G. Peck d. Price 11-6, 11-1, 11-9; Newman d. Thomas 11-8, 11-9, 6-11, 7-11, 11-7; Wagner d. Harnett 9-11, 11-5, 11-8, 7-11, 11-8; Hogan d. Lerner 11-2, 11-6, 11-6; Eggerman d. Andrews 11-0, 11-2, 8-11, 11-9; Gonzalez d. Hilecher 6-11, 11-1, 11-0, 11-2

Quarter-finals: Wagner d. Gonzalez 11-10, 9-11, 5-11, 11-3, 11-8; Yellen d. G. Peck 6-11, 11-9, 9-11, 11-7, 11-8; D. Peck d. Newman 11-9, 11-6, 11-3; Hogan d. Eggerman 11-0, 11-0, 8-11, 11-2

Semi-finals: Wagner d. Hogan 11-9, 11-1, 6-11, 6-11, 11-4; Yellen d. D. Peck 2-11, 11-6, 11-10, 5-11, 11-10

Finals: Yellen d. Wagner 11-10, 11-8, 9-11, 11-8

Women's Pro Singles

Round of 32: Bonnie Stoll d. Peggy Gardner 21-19, 21-16, 21-19; Lynn Adams d. Carol Pranka 21-5, 21-7, 21-13; Heather McKay d. Mary Dee 21-11, 21-8, 21-19; Diane Bullard d. Elaine Riley 21-13, 7-21, 18-21, 21-18, 15-13; Brenda Poe-Barrett d. Diane Hardek 21-20, 21-17, 21-10; Laura Martino d. Sandy Robson 21-18, 21-15, 21-9; Jennifer Harding d. Val Pease 21-17, 19-21, 21-10, 21-12; Stacey Fletcher d. Jean Sauser 21-8, 21-7, 21-14

Vicki Panzeri d. Kippi Bishop 21-14, 21-8, 22-20; Shannon Wright d. Kay Kuhfield 21-12, 21-9, 25-23; Caryn McKinney d. Leslie Clifford 21-13, 21-16, 21-11; Molly O'Brien d. Fran Davis 21-13, 21-16, 21-11; Marci Greer d. Marci Lynch 17-21, 21-8, 21-7, 21-14; Marci Drexler d. Martha MacDonald 18-21, 24-22, 15-21, 21-16, 19-17; Joyce Jackson d. Cindy Baxter 17-21, 21-17, 21-17, 12-21, 15-11; Janell Marriott d. Terry Gilreath 21-16, 21-17, 21-11

Round of 16: Martino d. Harding 21-14, 5-21, 21-14, 21-19; Fletcher d. Panzeri 21-6, 21-16, 15-21, 21-17; Wright d. McKinney 20-22, 21-19, 14-21, 21-8, 16-14; Marriott d. O'Brien 22-20, 21-13, 21-14; Greer d. Drexler 21-16, 21-18, 22-20; McKay d. Jackson 21-14, 21-15, 21-10; Poe-Barrett d. Stoll 21-15, 21-8, 21-14; Adams d. Bullard 21-14, 17-21, 21-14, 21-13

Quarter-finals: Martino d. Fletcher 23-21, 21-15, 21-6; Marriott d. Wright 21-13, 16-21, 21-14, 21-17; McKay d. Greer 21-8, 21-8, 21-17; Poe-Barrett d. Adams 21-19, 18-21, 21-18, 15-21, 15-13

Semi-finals: McKay d. Marriott 21-10, 21-9, 21-17; Martino d. Poe-Barrett 15-21, 21-15, 22-20, 21-9

Finals: McKay d. Martino 21-14, 21-17, 21-7

Tournament Results

Yellen's 3rd Win In Row Takes DP Leach/Catalina

by Tony Lovitt

Red-hot Mike Yellen captured his third consecutive tournament victory, an 11-6, 11-10, 11-3 thumping of unseeded Ruben Gonzales, in the \$40,000 DP Leach/Catalina Series Pro/AM Racquetball Championship (May 30-June 4) at the Charlie Club in Palatine, IL. The win has allowed Yellen to surpass Marty Hogan as pro racquetball's top money-winner this season and put him within striking distance of the claim to the sports "number-one player" accolade.

Once again, Yellen's patient and consistent control/power game proved to be the winning ticket for the \$10,000 first prize in Palatine. The triumph boosted Yellen's season earnings to \$37,750... \$6,550 ahead of the second-place Hogan who found suburban Chicago to be his Waterloo for the second time in as many years.

In a tournament peppered with upsets and surprises, Hogan fell to ultimate champion Yellen in a marathon semi-final match witnessed by a jam-packed gallery who sensed that they were watching what amounted to the title match.

The crowd's feeling was justified, because the lower half of the tournament bracket was significantly weakened by the startling elimination of defending champion Dave Peck in the first round. Tied at two games apiece with Mark Martino of Los Angeles, but trailing 10-7 in the decisive fifth game, number two seed Peck's frustration level reached a possible all-time high, causing him to unleash a series of unmentionable utterances in the direction of referee Dan Bertolucci, who slapped Peck with a string of technical fouls that increased Martino's margin to 10-0. When the "T's" failed to restore order, Bertolucci forfeited Peck out of the match.

Peck's early exit advanced Martino, who then lost to Santa Barbara's Steve Lerner in the second round. Meanwhile the finals-bound Gonzales got past Gary Merritt of Houston, and John Egerman, then beat Lerner in the

Series Finals

Yellen prepares to cover as Gonzalez follows through with a backhand.

quarter-finals to move into a semi-finals match against sixth-seed Gregg Peck. The younger Peck had played very well to that point in ousting Ben Koltun, Rich Wagner and even third-seed Bret Harnett, but had trouble with the relentless Gonzales, 11-8, 6-11, 5-11, 11-7, 11-8, thereby missing a golden opportunity to reach the final.

Meanwhile, Yellen defeated Steve Mondry, Jerry Price, and fifth-seed Jerry Hilecher, before encountering Hogan. Hogan eliminated Peter Britos, Jack Newman and eighth-seed Don Thomas en route to the semis.

Yellen and Hogan, racquetball's titans, were armed with the knowledge that the unranked Gonzales had already gained the final and duelled for more than three-and-a-half hours on the Charlie Club's glass court #15 for the right to meet him.

Yellen startled Hogan in the first game with an 11-0 pasting, causing Hogan to respond with an 11-6 win in game two.



Jumpin' Gregg Peck does his thing in the semi-finals at the DP Leach Catalina National Championships.

—Photos by Arthur Shay



A worried Gonzalez tries to regroup between games in the finals.

If Yellen does anything *but* win in Atlanta, Hogan needs only to gain the semi-finals to clinch the top position. Hogan, however, will be out to do the job properly, by capturing an unprecedented sixth consecutive national championship. ●

The pivotal third game went to Yellen, 11-9, but again Hogan came back strong in the fourth, 11-4.

With the capacity gallery buzzing about the spectacular rallies which dotted the first four games, the combatants took the floor for the deciding contest. As had been the case throughout the tournament, Yellen consistently seemed the more precise shotmaker. This ability broke an 8-8 deadlock and propelled him into the final against Gonzales.

And, though Gonzales had scratched his way back from a number of difficult predicaments during the tournament, Yellen proved too much for the native of New York's Spanish Harlem. After playing a patient control game at the start of the match, Yellen started to go directly for the kill shot at about the midway point of the second game.

Gonzales actually served for the second game at 10-9, but Yellen gained a side-out and then tied the game on a Gonzales skip. The rally for Yellen's first attempt at game-point was interrupted by a Yellen hinder which Gonzales thought to be avoidable. Instead, Yellen served again and later ended a brief rally with a shot that died in the deep left corner.

Demoralized, Gonzales would serve only eight times in the third game before succumbing to Yellen, 11-3. Nonetheless, Ruben pocketed \$5000, by far his biggest racquetball paycheck, and jumped to seventh place in the point standings on the strength of his second-place showing.

All eyes then turned to the DP Leach National Championship in Atlanta, June 16-19, where Yellen could have emerged as the top pro for 1982-83 if he can continue his streak. Hogan must finish at least second in that tournament to clinch a tie in the point standings, providing Yellen wins in Atlanta.

DP Leach/Catalina Series Pro/Am Championship

Charlie Club, Palatine, IL
May 30-June 4, 1983

Round of 32 (Upper Bracket): Hogan d. P. Britos 11-3, 11-10, 11-6; Newman d. Navarro 11-6, 11-7, 11-6; Levine d. Andrews 7-11, 11-5, 11-10, 11-8; Thomas d. Lau 11-8, 11-5, 11-2; Hilecher d. Ginsberg 11-1, 11-5, 11-10; Brysman d. Cohen 11-2, 6-11, 11-10, 7-11, 11-7; Price d. J. Britos 11-3, 11-2, 2-11, 11-7; Yellen d. Mondry 8-11, 11-2, 11-1, 11-2;

Round of 32 (Lower Bracket): Harnett d. Cascio 11-7, 11-10, 11-8; McCoy d. Ferris 11-10, 11-8, 11-4; Wagner d. Kamalu 11-4, 11-7, 11-6; G. Peck d. Koltun 11-4, 8-11, 11-3, 11-2; Egerman d. Sacco 11-9, 11-4, 11-7; Gonzales d. Merritt 2-11, 11-10, 11-8; Lerner d. Phillippy 11-9, 11-8, 11-1; Martino d. D. Peck 11-9, 11-7, 3-11, 4-11, 10-0 (referee's forfeit).

Round of 16: Hogan d. Newman 11-5, 6-11, 11-5, 11-8; Thomas d. Levine 11-8, 3-11, 11-9, 11-7; Hilecher d. Brysman 11-3, 11-5, 11-4; Yellen d. Price 3-11, 11-3, 11-5, 11-8; Harnett d. McCoy 11-8, 11-9, 11-9; G. Peck d. Wagner 11-10, 11-7, 11-9; Gonzales d. Egerman 11-9, 3-11, 6-11, 11-9, 11-4; Lerner d. Martino 11-7, 0-11, 11-6, 11-7

Quarter-finals: Hogan d. Thomas 11-4, 11-3, 11-9; Yellen d. Hilecher 11-9, 11-4, 9-11, 11-9; G. Peck d. Harnett 7-11, 11-8, 11-8; Gonzales d. Lerner 11-5, 0-11, 11-1, 5-11, 11-3

Semi-finals: Yellen d. Hogan 11-0, 6-11, 11-9, 4-11, 11-8; Gonzales d. G. Peck 11-8, 6-11, 5-11, 11-7, 11-8

Finals: Yellen d. Gonzales 11-6, 11-10, 11-3.

First prize: \$10,000
Runnerup: \$ 5,000
Semi-finalist: \$ 3,000
Quarter-finalist: \$ 1,250
Round of 16: \$ 750
Round of 32: \$ 500

DP Leach Catalina Pro Am Championships Best Western Charlie Club

Palatine, IL, May 30-June 4, 1983

Sponsors: DP Leach, Catalina, AMF Voit, Charlie Club

Directors: Lynn Rickspoone, Dan Bertolucci

Men's Open Singles

Quarter-finals: D. Gross d. Moskwa 21-19, 21-12; Jeffers d. A. Gross 14-21, 21-18, 11-6; Navarro d. Britos, forfeit; Frenkel d. Sacco 21-16, 21-20

Semi-finals: D. Gross d. Jeffers 21-19, 16-21, 11-1; Navarro d. Frenkel 21-16, 21-20

Finals: D. Gross d. Navarro 21-16, 21-18

Men's A

Quarter-finals: Regenhart d. Plazak 21-12, 18-21, 11-7; Bennett d. Evers 21-17, 21-10; Gordon d. Milazzo 21-19, 21-16; Burmeister d. O'Hare 21-20, 2-21, 11-10

Semi-finals: Regenhart d. Bennett 12-21, 21-17, 11-8; Burmeister d. Gordon 21-12, 11-21, 11-5

Finals: Regenhart d. Burmeister 21-9, 21-14

Men's Veteran 30+

Semi-finals: Miller d. Van Dis 21-13, 21-6; Wilhelm d. Vanover 19-21, 21-11, 11-3

Finals: Wilhelm d. Miller 21-2, 21-12

Men's Seniors 35+

Semi-finals: Sinters d. Akers 21-15, 21-13; Grigg d. Waldo 21-8, 21-18

Finals: Grigg d. Sinters 21-9, 19-21, 11-9

Men's Veteran Seniors (40+)

Semi-finals: Garfinkel d. Shetzer 21-11, 21-3; Humphrey d. Waldo 21-9 21-17

Finals: Garfinkel d. Humphrey 21-5, 21-9

Men's Masters 45+: Clar d. Hall 21-13, 15-21, 11-0

Men's Veterans 50+

Semi-finals: Shay d. Buckin 8-21, 21-15, 11-9; Day d. Kurtz 21-15, 21-15

Finals: Day d. Shay 21-7, 21-13

Men's Open Doubles

Semi-finals: Garrigus/Handley d. Jeffers/Sheldon 21-9, 21-8; Negrete/Negrete d. Kosburg/Scheyer 21-17, 17-21, 11-6

Finals: Garrigus/Handley d. Negrete/Negrete 21-8, 21-14

Men's Senior Doubles

Semi-finals: Tilden/Thurber d. Kanefsky/Katler 21-12, 21-13; Sinters/Grigg d. Shetzer/Humphrey 21-6, 21-4

Finals: Grigg/Sinters d. Tilden/Thurber 21-18, 19-21, 11-3

Men's Masters Doubles: 1st—Schram/Clar; 2nd—Troyer/Cammersfeld; 3rd—Day/Kurtz; 4th—Flavin/Sullivan

Boys 17 & Under

Semi-finals: Humphrey d. Piccolo 21-3, 21-12; Stopinsky d. Mann 21-14, 21-10

Finals: Stopinsky d. Humphrey 21-0, 21-7

Women's A (Round Robin): 1st—Stellema; 2nd—Cooling; 3rd—Kladis; 4th—Bozza

Men's B

Semi-finals: McDonald d. Ratini 13-21, 21-13, 11-2; Klopke d. Mechpor 21-3, 21-14

Finals: Klopke d. McDonald 17-21, 21-15, 11-7

Men's C

Semi-finals: Puge d. Schmidt 21-14, 21-19; James d. Miller 21-9, 19-21, 11-5

Finals: James d. Ruge 21-12, 13-21, 11-9

Men's D

Semi-finals: Robaczewski d. Ventura 21-7, 21-2; Reed d. Johnson 21-8, 21-13

Finals: Reed d. Robaczewski 21-17, 21-20

Women's B

Semi-finals: Davidson d. Horn 21-19, 21-20; Urbaniak d. Stewart 21-20, 21-8

Finals: Urbaniak d. Davidson 21-8, 21-4

Women's C

Semi-finals: Riley d. Schwartz 21-17, 21-10; Mutsch d. Hankermeyer 21-2, 21-8

Finals: Riley d. Mutsch, forfeit

Women's D

Semi-finals: Black d. Tritek; Turks d. Stack

Finals: Black d. Turks

DP Leach/Catalina Player Point Standings (As of June 6, 1983)

Rank	Player	Points	Events	Avg. Pts./Event
1	Marty Hogan	820	9	91.11
2	Mike Yellen	790	9	87.77
3	Dave Peck	620	8	77.50
4	Bret Harnett	560	9	62.22
5	Gregg Peck	490	9	54.44
6	Steve Strandemo	150	3	50.00
7	Ruben Gonzales	240	5	48.00
8	Jerry Hilecher	360	8	45.00
9	Don Thomas	340	8	42.50
10	John Egerman	320	8	40.00
11	Rich Wagner	260	7	37.14
12	Ed Andrews	270	8	33.75
13	Jerry Price	160	5	32.00
14	Doug Cohen	260	9	28.88
15	Craig McCoy	200	7	28.57
16	Scott Hawkins	150	6	25.00

Tournament Results

Ektelon Regionals

Houston
Gulf Coast Club
Houston, TX, April 1-3

Men's Open: Lance Gillian d. Evan Terry 15-5, 8-15, 11-4

A Singles: Mike Thurmond d. Greg Dalanski 15-3, 15-6

B Singles: Howard Walker d. Stu Szycher 15-5, 15-7

C Singles: John Lopez d. Robin Bodecker 15-1, 15-7

Novice Singles: Bruce Dobson d. Dave Micholik 15-8, 15-6

Veterans 30+: Jay Schwartz d. Mike Carr 15-2, 15-3

Seniors 35+: Mark Auerbach d. Dave Pearson 15-9, 15-11

Masters 45+: Duke Libby d. Fred Yorloff 6-15, 15-14, 11-7

Golden Masters 50+: Milton Karp d. Dorsey Boulton 15-7, 15-10

Open Doubles: Tom Chodosh/Mark Malowitz d. Joe Aguilera/Moncillo Pokrajac 15-3, 15-12

Men's B Doubles: Chip Lacy/Keith Stroud d. Mike Thurmond/Art Buck 15-3, 15-7

Men's C Doubles: Rick Smith/Ray Bonilla d. Bruce Dobson/Jim Bayhi 15-2, 15-2

Women's Open: Sharon Fanning d. Brenda Young 15-9, 15-14

Women's A Singles: Betsy Benson d. Beverly Bell 15-10, 15-9

Women's B Singles: Lisa Macconi d. Debbie Heisel 15-14, 15-0

Women's C Singles: Lori McDowell d. Phyllis Brooks 15-7, 15-5

Women's Novice: Susan Combs d. Jane Moreno 9-15, 15-12, 11-9

Women's AB Doubles: Sharon Fanning/Colleen Brimt d. Beverly Bell/Babette Bell 15-3, 12-15, 11-1

Men's C

Quarter-finals: Vallejos d. Rodgers 21-20, 21-17; Delpizzo d. Jeavous 21-11, 21-19; Vaglia d. Lusso 21-16, 21-12; Bernard d. Eichorn 19-21, 21-7, 11-9

Semi-finals: Vallejos d. Delpizzo 21-15, 21-14; Vaglia d. Bernard 21-9, 21-11

Finals: Vaglia d. Vallejos 21-20, 15-21, 11-3

Women's B

Quarter-finals: Fortney d. Wood 21-14, 21-13; Wyble d. Sullivan 21-13, 21-12; Main d. Allmiph 21-9, 21-12; Dea d. Tatum 18-21, 21-14, 11-7

Semi-finals: Wyble d. Fortney 21-4, 21-12; Dea d. Main 20-21, 21-8, 11-5

Finals: Dea d. Wyble 17-21, 21-17, 11-7

Women's C

Quarter-finals: Pelley d. Mitchell 18-21, 21-15, 11-2; Aga d. Buxton 21-15, 21-20; Thombs d. Vallesos 21-9, 21-15; O'Hare d. Baker 21-3, 21-13

Semi-finals: Pelley d. Aga 21-6, 21-2; O'Hare d. Thombs 21-17, 21-18

Finals: O'Hare d. Pelley 21-11, 21-17

Women's Novice

Quarter-finals: Houston d. Barnett 21-2, 21-14; Lorenzen d. Wagoner 21-10, 21-13; Whitaker d. Milton 21-20, 21-10; Portfolio d. Cotrupi 21-11, 21-7

Semi-finals: Houston d. Lorenzen (Forfeit-Injury) Portfolio d. Whitaker 21-8, 21-9

Finals: Portfolio d. Houston 21-18, 12-21, 11-0

Men's Novice

Quarter-finals: Evans d. Holmgran 21-17, 21-5; Cecil d. Mills 21-8, 21-13; Rossi d. Frolic 21-14, 21-15; Thacker d. Lostroh 21-5, 21-9

Semi-finals: Cecil d. Evans 21-15, 21-19; Rossi d. Thacker 21-15, 21-13

Finals: Cecil d. Rossi 21-13, 21-15

Men's B Doubles

Quarter-finals: Jessie/Coy d. Quarantello/Quarantello; Heap/Turner d. Ressler/McWilliams; Carter/Mattingley d. Witt/Hamby; Klausner/Kupcewicz d. Garner/Bowlin

Semi-finals: Jessie/Coy d. Heap/Turner; Klausner/Kupcewicz d. Carter/Mattingley

Finals: Klausner/Kupcewicz d. Jessie/Coy

Women's Open/A

Quarter-finals: Vicki Luge d. Louise Irwin; Martha Adams d. Penny Mahoney; Vicki King d. Janet Myers; Karen Donofrio d. Joni Lawton

Semi-finals: Adams d. Luge; Myers d. Donofrio

Finals: Myers d. Adams

Women's B

Quarter-finals: Light d. Williams; Anderson d. Donnelly; Brennan d. Bickes; Metcalf d. Harrel

Semi-finals: Light d. Anderson; Brennan d. Metcalf

Finals: Light d. Brennan

Women's C

Quarter-finals: Cobb d. Eaton (forfeit); Rasper d. Rowland; Burch d. Gregory; Williams d. McLendon

Semi-finals: Rasper d. Cobb; Williams d. Burch

Finals: Williams d. Rasper

Women's Open Doubles

Semi-finals: King/Swofford d. Green/Bickes; Luge/Donofrio d. Lawton/Mahoney

Finals: Luge/Donofrio d. King/Swofford

Colorado

Rallysport's 4th Annual St. Valentine's Day
Open To Benefit The March Of Dimes
February 10-13, 1983
Rallysport Health & Racquet Club
Boulder, CO
Directors: Carolyn Keeney, Sherry Benedetti

Men's Open

Quarter-finals: Sanchez d. Lundwall 21-11, 21-12; Rodriguez d. Harden, forfeit; Tarde d. Riggan 21-9, 21-15; Hansen d. Riddle 21-2, 21-8

Semi-finals: Sanchez d. Rodriguez 21-8, 21-20; Hansen d. Tarde 21-12, 21-9

Finals: Sanchez d. Hansen 21-6, 12-21, 11-8

Men's A

Quarter-finals: Lynch d. Zappa 21-7, 21-15; Mosak d. Knowles 21-10, 21-7; Obermeier d. Benedetti 21-19, 21-12; Smario d. Mordachini 21-4, 21-2

Semi-finals: Mosak d. Lynch 21-8, 21-17; Smario d. Obermeier 21-14, 21-19

Finals: Mosak d. Smario 14-21, 21-13, 11-6

Women's A

Quarter-finals: Schroer d. Swoboda 18-21, 21-16, 11-3; Eichorn d. Hulet 21-6, 18-21, 11-5; Almada d. Marrow 21-9, 5-21, 11-8; Delucia d. Williams 21-15, 18-21, 11-6

Semi-finals: Eichorn d. Shroer 21-19, 21-12; Dulucia d. Almada 21-15, 21-18

Finals: Dulucia d. Eichorn 21-20, 21-18

Men's B

Quarter-finals: Walker d. Koller 21-17, 21-20; Oberto d. Kane 21-18, 21-5; Fortney d. Horak 13-21, 21-19, 11-9; Dutton d. Vallejos 21-15, 21-20

Semi-finals: Oberto d. Walker 10-21, 21-19, 11-7; Fortney d. Dutton 21-12, 18-21, 11-8

Finals: Oberto d. Fortney 21-20, 21-17

Men's Senior B

Quarter-finals: Swoboda d. Davis 13-21, 21-16, 11-4; Alofred d. Hickman 21-7, 21-9; Hoban d. Whitaker 21-13, 21-13; West d. Flemming 21-11, 21-4

Semi-finals: Swoboda d. Alofred d. 21-19, 21-11; West d. Hoban 21-5, 21-12

Finals: West d. Swoboda 21-17, 21-14

Georgia

The Racquethouse/Lite Southeastern
Invitational
Sponsored by Lite Beer, Penn, Squire Inn,
Gatorade
The Racquethouse
Marietta, GA, February 18-20
Directors: Mary Beth Bickes, Dutch Sears

Men's Open

Quarter-finals: Mike Ray d. Tim Edwards; John Parks d. Jerry Wickliffe; Dave Bledsoe d. Keith Tidd; Bryce Anderson d. Allen Dunn

Semi-finals: Ray d. Parks; Bledsoe d. Anderson

Finals: Ray d. Bledsoe

Men's Seniors

Quarter-finals: Auerbach d. King; Shipman d. Dietrich; Pappaterra d. Rhuland; Mattingley d. Emerson

Semi-finals: Auerbach d. Shipman; Pappaterra d. Mattingley

Finals: Auerbach d. Pappaterra

Men's Masters

Semi-finals: Shamburger d. Emerson; Kellum d. Billingsley

Finals: Shamburger d. Kellum

Men's A

Quarter-finals: Stansell d. Stevens; Quarantello d. Jaeckle; Boone d. Rhuland; Turner d. Wells

Semi-finals: Quarantello d. Stansell; Boone d. Turner

Finals: Quarantello d. Boone

Men's B

Semi-finals: Garner d. Quarantello; Labanz d. Wells

Finals: Labanz d. Garner

Men's C

Quarter-finals: Coy d. Coulton; Callen d. Brick; Cohen d. Murphy; Jensen d. Dean

Semi-finals: Callen d. Coy; Cohen d. Jensen

Finals: Callen d. Cohen

Men's Open Doubles

Semi-finals: Ray/Siegal d. Hawkins/Mende; Dunn/Sears d. Wickliffe/Parks

Finals: Sears/Dunn d. Ray/Siegal

Indiana

Holiday Inn Classic
Anderson Full Court Club
Anderson IN, February 25-27, 1983
Directors: Cheryl Sanford, Bob Stapleton

Men's Open

Quarter-finals: Amatulli d. Johnson 15-8, 15-10; Hamilton d. Schuler 12-15, 15-3, 11-0; Zipes d. Heckman 3-15, 15-8, 11-5; Miller d. Barlett 15-3, 10-15, 11-6

Semi-finals: Amatulli d. Hamilton 15-7, 15-10; Zipes d. Miller 15-12, 15-10

Finals: Amatulli d. Zipes 15-13, 15-12

Men's A

Quarter-finals: Carnicella d. York; Mackell d. Hinkley 15-7, 15-7; Van Vleet d. Poppas 15-5, 15-1; Butler d. Barnhizer 15-12, 11-15, 11-1

Semi-finals: Mackell d. Camicella 15-2, 15-5; Van Vleet d. Butler 15-3, 15-13

Finals: Van Vleet d. Mackell 15-4, 15-3

Men's Seniors

Quarter-finals: Pritchett d. Westman 15-7, 15-5; Van Zant d. Hanna 15-14, 14-15, 11-8; Steege d. Howard 12-15, 15-11, 11-4; Miloworm d. Childers 15-4, 15-5

Semi-finals: Pritchett d. Van Zant 15-14, 15-6; Steege d. Miloworm 15-3, 9-15, 11-15

Finals: Pritchett d. Steege 15-14, 15-6

Men's Masters

Semi-finals: Dorman d. Cox 15-7, 15-10; Birchler d. Campese 4-15, 15-9, 11-5

Finals: Dorman d. Birchler 15-6, 15-9

Women's Open

Quarter-finals: Kuhfeld d. Poppas 15-2, 15-5; Graham d. Mackell 15-3, 15-7; Sidell d. Goodwin, forfeit; Clark d. Staton 15-2, 15-3

Semi-finals: Kuhfeld d. Graham 15-7, 15-8; Clark d. Sidell 15-6, 15-3

Finals: Kuhfeld d. Clark 15-5, 15-12

Women's A

Semi-finals: Cremeans d. Unroe 15-6, 15-13; Reedy d. Fisher 15-10, 15-6

Finals: Reedy d. Cremeans 15-10, 15-6

Boys' 17 & Under (Round Robin): 1st—Sanford; 2nd—Gavalas; 3rd—Fye; 4th—Smith

Boys' 13 & Under (Round Robin): 1st—Gaumer; 2nd—Quigg; 3rd—Sanford; 4th—Homaday

Men's B

Semi-finals: Byrd d. West 13-15, 15-9, 11-7; Colon d. Risk 15-4, 15-6

Finals: Colon d. Byrd 15-5, 15-0

Men's C

Semi-finals: Hagy d. York 15-9, 15-5; Skillman d. Morris 15-13, 15-1

Finals: Skillman d. Hagy 15-5, 15-4

Men's D

Semi-finals: Keller d. Schenck 15-10, 15-1; Riegle d. Hudleston 15-13, 15-3

Finals: Riegle d. Keller 15-8, 15-7

Women's B

Semi-finals: Feeley d. Hanna 15-14, 8-15, 11-4; Freeman d. Chaney 15-8, 15-13

Finals: Freeman d. Feeley 15-9, 6-15, 11-3

Women's C

Semi-finals: McCord d. Boyll 15-13, 13-15, 11-5; Harmeson d. Merritt 7-15, 15-8, 11-1

Finals: McCord d. Harmeson 12-15, 15-10, 11-6

Women's D

Semi-finals: Stapleton d. Weika 2-15, 15-8, 11-6; Lewellen d. Chaney 15-11, 1-15, 11-4

Finals: Lewellen d. Stapleton 15-2, 13-15, 11-3

Ohio

Third Annual Grand Slam.
Hall of Fame Tennis, Racquetball
& Fitness Center
Canton, OH, February 25-27
Director: Mark Esber

Men's Open

Semi-finals: Jeff Riehl d. Tim Deighan 21-12, 21-18; Tom Travers d. Scott Lambert 21-15, 21-6

Finals: Riehl d. Travers 21-10, 21-16

Men's Veterans

Semi-finals: David Crawford d. Dominic Palmieri 21-14, 15-21, 11-9; Dave Bricker d. Art Deremiah (default)

Finals: Crawford d. Bricker 21-16, 21-13

Men's Masters

Semi-finals: Ken Mitchell d. Leonard Stemple 21-7, 21-5; Jom Herron d. Bill Eversole 21-1, 21-8

Finals: Herron d. Mitchell 21-16, 4-21, 11-5

Men's B

Semi-finals: Rick Butler d. Sam Jokovich 21-19, 21-16, Rob Eberling d. Dominic Rossi 21-7, 21-2

Finals: Eberling d. Butler 21-6, 17-21, 11-7

Men's C

Semi-finals: George Trenchard d. Dan Howell 21-15, 21-8; Greg Hartman d. Cleve Osmundsen 21-16, 21-6

Finals: Trenchard d. Hartman 21-2, 21-11

Men's Open Doubles

Semi-finals: Tim Leone/Doug Ganim d. Bud Smith/Dan Forkin 21-4, 21-4; Tim Ahern/Sean Ahern d. Ken Mitchell/Bricker 21-19, 21-13

Finals: Leone/Ganim d. Ahern/Ahern 21-8, 21-9

Men's B Doubles

Semi-finals: Leonard Stemple/Mike Fields d. Jim Roberts/Jim Butterfield 21-13, 21-16; Bob Aman/Vic Sedlacko d. Mike Feldkamp/Don Margolis 10-21, 21-13, 11-9

Finals: Aman/Sedlacko d. Stemple/Fields 13-21, 21-15, 11-1

Men's C Doubles

Semi-finals: Jim Fox/Paul Selmon d. Rick Davenport/Andy Tonkovich 21-10, 21-14; Bob Torok/Joe Fuchala d. Jim Berkes/George Trenchard 21-17, 21-10

Finals: Torok/Fuchala d. Fox/Selmon 21-15, 21-8

Women's Open

Semi-finals: Laurie Thomas d. Abbie Baxter 21-9, 21-1; Diane Mauser d. Shirley Strickland 21-17, 21-16

Finals: Thomas d. Mauser 21-12, 18-21, 11-10

Women's A

Semi-finals: Chris Fischer d. Holley Mallett 21-13, 21-19; Joan Trenchard d. Bonnie Kowalski 21-8, 21-3

Finals: Fischer d. Trenchard 21-14, 21-14

Women's B

Semi-finals: Lori Schneider d. Linda Julian 21-3, 21-9; Jenny Otto d. Joyce Snider 21-7, 21-13

Finals: Otto d. Schneider 21-20, 21-12

Women's C

Semi-finals: Kathy Ferry d. Jeanne Hoops 21-4, 21-8; Julie Todd d. Lisa Hager 21-3, 21-3

Finals: Ferry d. Todd 21-16, 21-2

Women's Open Doubles

Semi-finals: Shirley Strickland/Laurie Thomas d. Diane Mauser/Susie Reiter 21-12, 21-19; Nancy Chapman/Pat Westmark d. Terry Johnson/Abbie Baxter 21-20, 21-20

Finals: Strickland/Thomas d. Chapman/Westmark 20-21, 21-13, 11-2

Women's B Doubles

Semi-finals: Holley Mallett/Sue Kunkle d. Bonnie Kowalski/Cindy Zerkowski 21-15, 21-8; Julieen Kuestner/Amy Hutchings d. Debbie Skille/Cheryl Boyer 21-14, 21-17

Finals: Mallett/Kunkle d. Kuestner/Hutchings 17-21, 21-14, 11-7

Women's C Doubles

Finals: Tammy Hull/Sally Lehman d. Cel Fietum/Valerie Selmon 21-8, 21-11

New York

Coopers and Lybrand Tournament
Sponsored by Coopers & Lybrand
Gramercy Tennis and Racquetball Club
New York, NY, March 4

Quarter-finals: Rich Santangelo d. Al Fuchlein 15-8, 15-9; Ed Caldeira d. Marty Edelman 15-4, 8-15, 11-8; Bob Sawicki d. Peter Cohen 15-14, 15-13; Doug Watters d. Beth Imbrico

Semi-finals: Caldeira d. Santangelo 15-13, 15-11; Sawicki d. Watters 15-8, 15-10

Finals: Caldeira d. Sawicki 12-15, 15-9, 11-8

New Jersey

New Jersey State
Doubles Championships
Sponsored by AARA
King Arthur's Court
Fort Lee, NJ, February 25-27
Directors: Jon Denley, Lonnie Allgood

Men's Open

Quarter-finals: Charles Horton/Don DePhillips d. Dan Archetti/Rodger Delvecchio; Tom Montalbano/Ron Digiacomo d. Ruben Gonzalez/Russ Mannino; Ken Teape/Don Costleigh d. Art Deimar/John Peterson; Bob Francavilla/John Bierman d. Rich Bowman/Jim Deritis

Semi-finals: Montalbano/Digiacomo d. Horton/DePhillips; Francavilla/Bierman d. Teape/Costleigh

Finals: Francavilla/Bierman d. Montalbano/Digiacomo

Men's A

Quarter-finals: Rodger Delvecchio/Dan Archetti d. Bruce Hamlin/Dave Portelli; Rich Bellof/Kimon Ousouljoglou d. Ed Russo/Tim Powers; Renando Snowden/Larry Kahn d. Joe Corso/Ed Scolia; Carlos Evans/Steve Rubin d. Nick Vittoria/Rob Gawley

Semi-finals: Delvecchio/Archetti d. Bellof/Ousouljoglou; Evans/Rubin d. Snowden/Kahn

Finals: Delvecchio/Archetti d. Evans/Rubin

Men's Veterans (30+)

Round Robin: 1st—Rick Vivolo/Mark Berwick; 2nd—Al Horne/Henry Polite; 3rd—Bert James/Fred Gruber; 4th—Bill Farber/Jerry Giller

Men's Seniors

Quarter-finals: Mike Vanore/Sam Munson d. Mike Slutsky/Steve Leeman; Jim Bodnarski/Joe Kundel d. Harold Pudding/Steve Shulman; Wayne Jewell/Heffel d. Mike Frankel/Pete Res; Dan Silitsky/Leo Barbanell d. Russ Marino/Allen Monchuck

Semi-finals: Vanore/Munson d. Bodnarski/Kundel; Silitsky/Barbanell d. Jewell/Heffel

Finals: Vanore/Munson d. Silitsky/Barbanell

Men's Masters

Round Robin: 1st—Joseph Rizzo/Alex Shapiro; 2nd—Mike Frankel/Joel Kundel; 3rd—John O'Gorman/Jim Benett; 4th—Don Powell/Carlos Rysol



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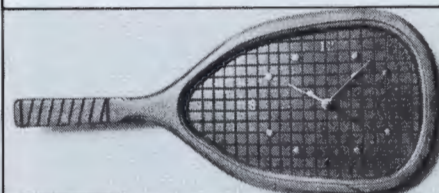
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Men's B

Quarter-finals: Paul Tomaselli/Frank Luchetta d. Matthew Licht/Allen Monchuck; Jon Denley/Mike Carney d. Dave Portelli/Buzz Adamski; Ed Russo/Tim Powers d. Dan Silit-sky/Les Barbanelli; Pete Prucha/Paul Deluca d. Bruce Conti/John Miller

Semi-finals: Tomaselli/Luchetta d. Denley/Carney; Russo/Powers d. Prucha/Deluca

Finals: Russo/Powers d. Tomaselli/Luchetta

Men's C

Quarter-finals: Carl Scalzo/Pete Martin d. Dave Phillips/Pam Anderson; Paul Tomaselli/Joe Nastase d. Pierre Dubrin/Bill Morris; Don Finch/Rick Baribeault d. G.T. McLaughlin/Steve Ritter; Pat Dunnigan/Craig Vontobel d. John Brae/Skip Marchetti

Semi-finals: Tomaselli/Nastase d. Scalzo/Martin; Dunnigan/Vontobel d. Finch/Baribeault

Finals: Tomaselli/Nastase d. Dunnigan/Vontobel

Women's Open

Quarter-finals: Helen Burden/Tammy Hajjar d. Susan Russo/Grace Grillo; Debbie Monchuck/Annie Calderon d. Madeline Moore/Mandie Sudot; Karen Kimmerlong/Val Paese d. Dede Bercaw/Sue Englander; Teri Gatarz/Kathy Yard d. Chris Pfau/Pat Struthers

Semi-finals: Burden/Hajjar d. Monchuck/Calderson; Kimmerling/Paese d. Gatarz/Yard

Finals: Burden/Hajjar d. Kimmerling/Paese

Women's B

Quarter-finals: Ilene Wald/Glad Tabone d. Susan Stoll/Christie Stoll; Dede Bercaw/Robin Kranzo d. Liz Munson/Mary Vanore; Susan Russo/Grace Grillo d. Pat Natoli/Karen San Filippo; Pam Anderson/Dorith Stamm d. Leeane Barbaggio/Arlene Elia

Semi-finals: Wald/Tabone d. Bercaw/Kranzo; Russo/Grillo d. Anderson/Stamm

Finals: Russo/Grillo d. Wald/Tabone

Women's C

Quarter-finals: Lisa Giannasca/Lynne Withers d. Susan Stoll/Christie Stoll; Nancy Robison/Virginia Lazzio d. Liz Munson/Mary Vander; Denise Delouise/Jean Bealquis d. Barbara Cover/Mary Ellen Ripoli; Karen San Filippo/Pat Natoli d. —

Semi-finals: Giannasca/Withers d. Robison/Lazzio; Delouise/Bealquis d. San Filippo/Natoli

Finals: Delouise/Bealquis d. Giannasca/Withers

Men's C Doubles

Finals: 1st—Bill Daley/Casey Blitt; 2nd—Paul Loebig/Marty Lefty

Women's B

Quarter-finals: Sue Bradley d. Cheryl Holmes (forfeit); Liz Starffin d. Juanita Lee 21-5, 21-8; Irma Celeya d. Colleen Barnette 21-12, 21-15; Pat Morris d. Linda Holmes 16-21, 21-17, 11-0

Semi-finals: Starffin d. Bradley 21-6, 21-5; Morris d. Celeya 21-19, 10-21, 11-3

Finals: Starffin d. Morris 21-5, 21-12

Women's C

Quarter-finals: Jennifer Celeya d. Jan Roediger 21-15, 21-15; Rhonda Lee d. Melissa Catron 21-12, 15-21, 11-8; Jill Shaeffer d. Theresa Kearney 21-13, 21-16; Mary Ageton d. Mary Stringer 21-13, 20-21, 11-9

Semi-finals: Celeya d. Lee 21-7, 20-21, 11-7; Shaeffer d. Ageton (default)

Finals: Celeya d. Shaeffer 21-6, 21-18

Junior Boys

Quarter-finals: Gavin Cone d. bye; Jim Greer d. Ed Bernat 21-11, 21-8; Bryan Cantrell d. David Bernat (default); Mark Winkelman d. Tony Bernat 21-0, 21-1

Semi-finals: Cone d. Greer 21-2, 21-8; Winkelman d. Cantrell 21-17, 21-3

Finals: Cone d. Winkelman 21-15, 21-12

Indiana

Matchpoint Michiana Open

Sponsored by Basney Ford,

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Matchpoint Health & Racquet Club

Mishawaka, IN, March 4-6

Directors: Fran Mamula, Dave Dalke, Ed Scott

Men's Open

Quarter-finals: Dave Negrete d. Randy Claywell 15-13, 15-4; Ron Johnson d. Scott Phillips 15-10, 15-3; Mike Anderson d. John Negrete 15-11, 15-6; Sean Moskwa d. Larry Graziana 15-0, 15-3

Semi-finals: Negrete d. Johnson 15-12, 15-9; Moskwa d. Anderson 15-13, 11-15, 11-7

Finals: Negrete d. Moskwa 15-9, 6-15, 11-7

Men's A

Quarter-finals: Kevin Hickey d. Tim Austin 15-10, 15-11; Terry Wiseman d. Mike Lecklider 15-2, 15-13; Don Singleton d. Tom Miller 15-8, 15-13; Tim Ryan d. Ron Hutcherson 15-12, 15-5

Semi-finals: Hickey d. Wiseman 15-6, 15-4; Ryan d. Singleton 15-11, 15-7

Finals: Hickey d. Ryan 15-9, 15-10

Men's Seniors

Quarter-finals: Rex Lawler d. John Pliske 15-8, 4-15, 11-8; Bob Selva d. Tom Szajko 15-7, 15-9; Phil Howard d. Milhae DeBar-tola 15-2, 15-6; Joe Fowler d. Ken Groth 15-4, 15-8

Semi-finals: Selva d. Lawler 15-12, 15-2; Howard d. Fowler 15-11, 8-15, 11-8

Finals: Selva d. Howard 15-4, 6-15, 11-6

Men's Masters

Quarter-finals: Todd Cantwell d. bye; Harold Miller d. Jerry Kline 15-4, 15-9; Harold Barkley d. Richard Webber 15-11, 15-3; Steve Slat d. bye

Semi-finals: Cantwell d. Miller 15-12, 15-7; Barkley d. Slat 15-3, 15-2

Finals: Cantwell d. Barkley 15-4, 15-9

Men's B

Quarter-finals: Jim Homaday d. Bob Locke 15-13, 15-4; Paul Herman d. Mike Kallimani 15-7, 15-4; Rick Mills d. Bob Million 15-10, 13-15, 11-5; Vic Pellico d. Ken Everett 15-12, 15-13

Semi-finals: Herrman d. Locke 15-5, 15-12; Mills d. Pellico 3-15, 15-11, 11-3

Finals: Herrman d. Mills 15-3, 15-5

Men's C

Quarter-finals: Jeff Morris d. Kyle Kauffman 15-13, 15-0; Tim Grauel d. Jim Northrup 15-7, 15-11; Jay Whalen d. Mike Derdak 15-1, 8-15, 11-4; Karl Coons d. Wayne Sexton 6-15, 15-8, 11-3

Semi-finals: Morris d. Grauel 15-8, 15-8; Coons d. Whalen 15-12, 15-9

Finals: Morris d. Coons 15-10, 15-13

Men's Open Doubles

Quarter-finals: Dave Negrete/John Negrete d. Ron Hutcherson/Mike Amolt 15-6, 15-10; David Hardison/Ron Johnson d. Brian Paston/Robert Lake 15-10, 15-8; Jim Bartlett/Mark Tillipough d. Dave Dalke/Rich Evans 15-2, 15-11; Jeff Bence/Scott Phillips d. Randy Claywell/Larry Graziani 15-14, 15-14

Semi-finals: Negrete/Negrete d. Hardison/Johnson 15-13, 15-12; Bartlett/Tillipough d. Bence/Phillips 15-9, 15-12

Finals: Negrete/Negrete d. Bartlett/Tillipough 15-3, 15-11

Men's B Doubles

Quarter-finals: Pat Cornwell/Don Singleton d. Jack Moore/Tom Szajko 15-5, 15-9; Randy VanNatter/Harry Beaver d. Howard Buchanan/Ed Scott 15-11, 15-3; Richard Kamper/Ron Gabrisko d. Rocky Flick/John Carter 15-2, 15-14; Jim Nobles/Ken Everett d. Paul Diaz/Robert Locke 15-3, 15-4

Semi-finals: Cornwell/Singleton d. VanNatter/Beaver 15-10, 15-13; Kamper/Gabrisko d. Nobles/Everett 15-12, 14-15, 11-6

Finals: Cornwell/Singleton d. Kamper/Gabrisko 15-7, 15-10

Men's C Doubles

Quarter-finals: Dipiro/Konovesis d. Julian/Julian 15-8, 15-8; Slat/Lopez d. Kauffman/Sailer 12-15, 15-12, 11-8; Derdak/Brink d. Bachman/Osthimer 15-7, 11-15, 11-8; Morris/Esser d. Pliske/Mills 15-6, 15-3

Semi-finals: Konovesis/Dipiro d. Slat/Lopez 15-0; 15-11; Morris/Esser d. Derdak/Brink 15-1, 15-3

Finals: Morris/Esser d. Konovesis/Dipiro 15-5, 15-1

Women's Open

Quarter-finals: Dina Pritchett d. Carol Baker 15-7, 13-15, 11-2; Chris Evon d. Cathy Busanio 15-7, 15-11; Sue Prisching d. Nancy Messerschmidt 15-1, 15-9; Pam Clark d. Nancy Corroto 15-1, 14-15, 11-4

Semi-finals: Pritchett d. Evon 15-9, 15-10; Prisching d. Clark 5-15, 15-4, 11-5

Finals: Pritchett d. Prisching 15-10, 15-3

Women's A

Quarter-finals: Cindy Holcomb d. Martha Trapp 15-8, 15-13; Karen Selva d. Ann Breithaup 15-10, 15-5; Monica Doyle d. Jeanette Ryan 12-15, 15-8, 11-4; Gloria Ellis d. Debra Moore 15-5, 15-7

Semi-finals: Selva d. Holcomb 15-6, 15-1; Ellis d. Doyle 15-10, 15-10

Finals: Ellis d. Selva 15-6, 15-2

Women's B

Quarter-finals: Deb Kreider d. Katie Scott 15-2, 15-9; Dee Carter d. B.J. Ambruster 11-15, 15-0, 11-4; Nancy Kletzing d. Delores Derdak 15-7, 15-12; Mary Hiance d. Janet Grauel 15-12, 15-13

Semi-finals: Carter d. Kreider 15-4, 15-11; Derdak d. Hiance 15-6, 15-8

Finals: Derdak d. Carter 15-3, 15-7

Women's C

Quarter-finals: Jo Ann Massey d. Mary Jane Carey 15-8, 10-15, 11-7; Fran Gerbasich d. Toni Bartlett 15-9, 15-13; Sharie Johnson d. Karen Widaman 15-5, 15-9; Carol Julian d. Kelly Adelsparger 15-5, 12-15, 11-10

Semi-finals: Massey d. Gerbasich 15-10, 15-4; Johnson d. Julian 15-8, 15-3

Finals: Johnson d. Massey 15-7, 15-8

Boys 17 and Under

Quarter-finals: Gavin Kemp d. bye; Charlie Doyle d. Ken Monahan 15-0, 15-8; Mike Boardley d. bye; Brian Frye d. bye

Semi-finals: Doyle d. Kemp 15-10, 15-1; Boardley d. Frye 15-0, 15-0

Finals: Doyle d. Boardley 15-2, 15-2

Boys 13 and Under

Quarter-finals: Trent Smith d. bye; Jeff Schwartz d. Tony Homaday 15-0, 15-1; Lee Benson d. Christian Kemp 15-12, 15-5; Bob Webber d. Ryan Davis 15-1, 12-15, 11-5

Semi-finals: Smith d. Schwartz 15-4, 15-14; Webber d. Benson 15-1, 15-1

Finals: Webber d. Smith 15-4, 7-15, 11-2

Connecticut

Connecticut State Closed
Sponsored by Bud Light, RAM
Cedar Hill Racquetball Club
Newington, CT, March 4-6
Director: Bruce Barit

Men's Open

Quarter-finals: Phil Pannarella d. Dennis Forseca 14-15, 15-6, 11-0; Ron Mirek d. Brian Dehm 15-10, 15-3; Howie Packer d. Steve Sinicrope 15-13, 15-9; Scott Eliasson d. Dave Maturah 15-11, 15-12

Semi-finals: Pannarella d. Mirek 15-8, 15-10; Eliasson d. Packer 15-13, 15-5

Finals: Pannarella d. Eliasson 15-9, 2-15, 11-6

Men's A

Quarter-finals: Jim Stefansky d. Tony Lahoud 15-7, 10-15, 11-10; Doug Burns d. John Luciw; Steve Pyka d. Steve Canty 6-15, 15-2, 11-7; Russ Pelletier d. John Whalen 15-9, 8-15, 11-6

Semi-finals: Burns d. Stefansky 15-12, 15-12; Pelletier d. Pyka 9-15, 15-3, 11-7

Finals: Burns d. Pelletier 9-15, 15-12, 11-10

Men's 30 +

Quarter-finals: Bruce Barit d. Steve Mysliwick 15-10, 11-15, 11-7; Tony Lahoud d. Dave Boccacio 6-15, 15-14, 10-1; Marty Kidder d. Poerre Dzinbina 15-13, 15-2; Art Alvarez d. Dave Maturah 15-5, 5-15, 11-8

Semi-finals: Barit d. Lahoud 15-1, 15-7; Kidder d. Alvarez 15-11, 15-14

Finals: Barit d. Kidder 15-13, 15-4

Men's 35 +

Quarter-finals: Jack Nocera d. John Rimkus 15-7, 15-7; Joel Lieberman d. Tom Deshais 15-12, 15-5; Bob Hollander d. Ed Crafsic 15-7, 15-8; Steve Meltsner d. Howard Korn

Semi-finals: Nocera d. Lieberman 15-9, 15-6; Meltsner d. Hollander 15-3, 15-8

Finals: Meltsner d. Nocera 12-15, 15-4, 11-9

Men's 40 +

Quarter-finals: Jack Nocera d. Larry Crone 15-9, 15-4; Todd O'Donnell d. Phil Stakins 15-8, 5-15, 11-8; Bruce Daly d. Dennis Moynihan 15-9, 15-2; Bob Hollander d. Joe Biglin 15-8, 15-8

Semi-finals: Nocera d. O'Donnell (forfeit); Hollander d. Daly 15-6, 13-15, 11-9

Finals: Nocera d. Hollander 15-8, 15-10

Men's B

Quarter-finals: Doug Burns d. Dave Walstrom 15-6, 15-6; Bill Godiksen d. Mark Uppendahl 8-15, 15-8, 11-2; Chris Cola d. Ray Frisbee 15-9, 15-12; Glen Banks d. Frank Lotti 15-5, 15-12

Semi-finals: Uppendahl d. Walstrom 9-15, 15-11, 11-8; Cola d. Banks 13-15, 15-11, 11-0

Finals: Cola d. Uppendahl 15-2, 15-5

Men's C

Quarter-finals: Paul Shrader d. Steve Schmidt 15-10, 15-14; Bill Dwyer d. Jack McCormack 15-10, 15-11; Norm Barnes d. Craig Shaw 15-12, 15-5; Russ Palazzo d. Louis Benemerito 15-11, 15-6

Semi-finals: Dwyer d. Shrader 15-14, 15-7; Palazzo d. Barnes 12-15, 15-10, 11-6

Finals: Dwyer d. Palazzo 15-10, 15-14

Women's Open

Quarter-finals: Fran Morris d. Laura Rimkus 15-12, 15-4; Rory McCormack d. Nancy Curtin; Trudy Green d. Sharon Johnston; Jackie Adler d. Fran Maura

Semi-finals: Morris d. McCormack 15-6, 14-15, 11-6; Adler d. Green 15-10, 15-11

Finals: Adler d. Morris 15-8, 2-15, 11-2

Women's 30 +

Semi-finals: Adler d. Morris 15-13, 15-6; DiNicola d. Ramos 4-15, 15-13, 11-6

Finals: Adler d. DiNicola 9-15, 15-8, 11-3

Women's B

Quarter-finals: Terry Wyer d. Maureen Bike 4-15, 15-8, 11-3; B.J. Ehrgott d. Kerry O'Loughlin; Cindy Deshais d. Deb Davis; Jackie Montanari d. Cid Barnes 13-15, 15-14, 11-0

Semi-finals: Wyer d. Ehrgott 5-15, 15-6, 11-7; Montanari d. Deshais 15-14, 15-12

Finals: Montanari d. Wyer 12-15, 15-7, 11-7

Women's C

Quarter-finals: Diana Glann d. Doreen George 15-8, 15-11; Judy Praguski d. Rita Andreoli 15-8, 15-3; Janet Paige d. Joyce Zimmerman; Joanne Burruano d. Gloria Delmonte 15-11, 15-7

Semi-finals: Glann d. Praguski 7-15, 15-9, 9-11; Burruano d. Paige 15-9, 15-8

Finals: Burruano d. Praguski 15-7, 11-15, 11-2

Boys 12 and Under

Semi-finals: Travis d. Frisbee 15-8, 15-14; Hogan d. Graham 15-0, 15-3

Finals: Jogan d. Travis 15-7, 15-7

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Boys 14 and Under

Semi-finals: Cola d. Ryan 15-12, 15-7; Delrosso d. Hazlett 15-10, 15-7

Finals: Cola d. Delrosso 15-1, 15-1

Boys 16 and Under

Quarter-finals: Ty Peco d. Chad Tyranski 15-8, 15-3; Sean Graham d. John Petrik 15-3, 15-1; Craig Shaw d. Bob Mendella 15-4, 15-10; Bill Keiran d. Brad Fabian 15-1, 15-3

Semi-finals: Peco d. Graham 15-4, 15-10; Keiran d. Shaw 15-9, 15-11

Finals: Peco d. Keiran 15-13, 15-7

Pennsylvania

American Budweiser Classic
American Court & Fitness
Valley Forge, PA, March 11-13
Directors: Carmen Cook, Mike Hindo, Don Holler, Sue Macklem

Men's Open: 1st—Jim Casio; 2nd—Steve Ginsberg; 3rd—David Simonette

Men's A: 1st—Brian Hilt; 2nd—Rob McKinney; 3rd—Pete Fuoco

Men's Seniors: 1st—Sam Munson; 2nd—Mike Hartman; 3rd—Joe Borcich

Men's Masters: 1st—Ira Blank; 2nd—Gene Biondi

Men's B: 1st—Dave Lutz; 2nd—Keith Williams; 3rd—Dan Medlycott

Men's C: 1st—Tom Fissel; 2nd—Dave Deern; 3rd—Randy Kelly

Men's CC: 1st—Jim McKeone; 2nd—Mike Brennan; 3rd—Harry Ulmer

Men's Open Doubles: 1st—Jim Deritus/Rich Bowman; 2nd—Sam Munson/Mike Vanore; 3rd—Rick Platas/Dick Messick

Men's B Doubles: 1st—Pete Smith/Prince Knight; 2nd—Cliff Ginn/Steve Gebelein; 3rd—Bill Schoph/Paul Cressman

Women's Open: 1st—Cindy Baxter; 2nd—Molly O'Brien; 3rd—Lucy Zarfos

Women's A: 1st—Shirly Pettinato; 2nd—Sue McCloskey; 3rd—Stephanie Pinola

Women's B: 1st—Paula McDermott; 2nd—BethAnn Pellowitz; 3rd—Theresa Pitts

Women's C: 1st—Cheryl McCumber; 2nd—Ginny Kremer; 3rd—Carla Mack

Women's Doubles: 1st—Kathy Yard/Jane Enderlein; 2nd—Sally Confort/Shirley Pettinato; 3rd—Stephanie Pinola/Kim Pinola

Ohio

Flag City Open
Sponsored by Converse and Penn
Findlay Health & Racquet Club
Findlay, OH, March 11-13
Directors: Vantrease, Didham, Boguski,
MacDonald

Men's Open

Quarter-finals: K. Vantrease d. D. Ganin; J. Riehl d. L. Vantrease; T. Travers d. J. Vantrease; D. Clifford d. D. Eagle

Semi-finals: K. Vantrease d. Riehl; Travers d. Clifford

Finals: K. Vantrease d. Travers

Men's A

Semi-finals: McGlade d. Boguski; Comanor d. Crescitelli

Finals: McGlade d. Comanor

Men's Seniors

Semi-finals: M. Mildworm d. D. Jaycox; P. Keiser d. L. Pritchett

Finals: Mildworm d. Keiser

Men's Masters

Semi-finals: R. Buchanan d. B. Vantrease; L. Stemple d. D. Fairchild

Finals: Buchanan d. Stemple

Men's B

Semi-finals: S. Denish d. L. English; M. McClain d. T. O'Reilly

Finals: Denish d. McClain

Men's C

Semi-finals: D. O'Connell d. J. Luth; J. Butterfield d. S. Rode

Finals: Butterfield d. O'Connell

Men's Open Doubles

Semi-finals: K. Vantrease/J. Vantrease d. Eagle/Aiken; L. Vantrease/Clifford d. Moore/Lillis

Finals: K. Vantrease/J. Vantrease d. L. Vantrease/Clifford

Men's B Doubles

Semi-finals: Jaycox/McClain d. Heintschel/Heintschel; Demain/Goldstein d. Richmond/Shoemaker

Finals: Jaycox/McClain d. Demain/Goldstein

Women's Open

Semi-finals: C. Brint d. E. Mardas; D. Pritchett d. B. Callahan

Finals: Brint d. Pritchett

Women's A

Finals: N. Vantrease d. A. Baxter

Women's B

Round Robin: 1st—C. Kurek; 2nd—J. Free

Women's C

Semi-finals: C. Roach d. M. Boguski; T. Hull d. J. Johnson

Finals: T. Hull d. C. Roach

Women's Open Doubles

Semi-finals: Brint/N. Vantrease d. Hull/Lehman; Kobly/Baxter d. Colleen/Laurent

Finals: Brint/Vantrease d. Kobly/Baxter

Indiana

1983 AARA Indiana Intercollegiate Team
Championships
Indiana Athletic Club
Noblesville, IN, March 12-13, 1983
Sponsors: Penn, Foot-Joy, March
Supermarkets, Pripps
Director: Michael Arnolt

Men's Open

Semi-finals: Reed d. True; Disher d. Higgins

Finals: Disher d. Reed, 15-9, 15-2

Women's Round Robin: 1st—Douglass; 2nd—Sidell; 3rd—Luchini; 4th—Wintland

Men's Round Robin Doubles: 1st—Tran/Lake; 2nd—Smith/Lemons; 3rd—Abelson/Vickers; 4th—Shaver/Horvat

Washington

12th Annual Miller Lite N.W. Open
Parc Athletic Club
Bellingham WA, March 18-20, 1983
Sponsors: Miller Lite
Director: Gene Altman

Men's Open

Quarter-finals: Talaber d. Moore; Kubasek d. Bannerman; Harkins d. Gee; Gibbons d. Gartel

Semi-finals: Talaber d. Kubasek; Harkins d. Gartel

Finals: Talaber d. Gartel

Men's B

Quarter-finals: Seigh d. Renner; Smith d. C. Wilson; McNaughton d. Johnson; Nuzzo d. R. Wilson

Semi-finals: Leigh d. C. Wilson; Johnson d. R. Wilson

Finals: C. Wilson d. Johnson

Men's C

Semi-finals: McLeod d. Carpenter; Lang d. Eidsvik

Finals: Carpenter d. Lang

Men's Novice

Semi-finals: Boswell d. McDonald; Bright d. McTavish

Finals: Boswell d. Bright

Men's Seniors

Semi-finals: Echols d. Konings; Doran d. Gaucher

Finals: Gaucher d. Echols

Open Doubles

Semi-finals: W. Talaber/D. Talaber d. Gee/Gibbons; Gartel/Harkins d. Barker/Eyring

Finals: W. Talaber/D. Talaber d. Gartel/Harkins

Women's Open

Semi-finals: Coluccio d. Savard; Collins d. Brown

Finals: Coluccio d. Brown

Women's C

Semi-finals: Dekoster d. Fairburn; Simpson d. Clark

Finals: Dekoster d. Fairburn

New Hampshire

Upper crust WMWV/WBNC Miller Lite Open
Mountain Valley Court Club
No. Conway, NH, March 18-20, 1983

Men's Open: Fitzpatrick d. Marsden

Men's A: Carr d. Canty

Men's B: Timmons d. Joyce

Men's C: Boyes d. Turner

Men's Novice: Harward d. Viel

Women's B: Tessier d. Poor

Women's C: Saffo d. McEnnis

Women's Novice: Ploude d. Ramos

Michigan

AARA State Championship
Franklin Racquet Club
Southfield MI, March 18-20, 1983
Sponsors: Fred Lewerenz Sports Clinic,
Natural Light Beer, Ektelon
Director: Jim Hiser

Men's Open

Semi-finals: Valin d. Amatulli 7-11, 11-7, 9-11, 11-6, 11-10; Vantrease d. Vanouwer 11-10, 11-2, 11-5

Finals: Valin d. Vantrease 11-5, 6-11; 11-10, 11-2

Men's A

Semi-finals: Marks d. May 11-10, 11-4, 11-10; Luxon d. Zwierzchowski 11-8, 11-6, 11-0

Finals: Luxon d. Marks 11-4, 9-11, 11-6, 11-4

18 & Under: Teets d. Zwierzchowski 11-5, 11-4, 11-4

16 & Under: Reid d. Hall 11-5, 9-11, 11-9, 10-11, 11-6

14 & Under: Metaj d. Floyd 11-5, 11-1, 11-3

12 & Under: Howard d. Garrow 11-8, 11-10, 11-9

10 & Under: Covell d. Graham 11-1, 11-7, 11-0

8 & Under: Tessmar d. Garrow 11-5, 11-0, 11-0

Men's 30+

Semi-finals: Gottlieb d. Woodcox 11-3, 11-3, 11-0; Vanderlind d. Santino 11-0, 11-10, 11-9

Finals: Gottlieb d. Vanderlind 11-10, 11-10, 11-9

Men's 35+

Semi-finals: Brownlee d. Jackson 11-2, 11-9, 11-2; Lipin d. Bartner 11-6, 11-10, 11-4

Finals: Brownlee d. Lipin 11-10, 11-3, 11-3

Men's 40+

Semi-finals: Leff d. Bardsley 11-10, 11-6, 11-8; Cummins d. Wolford 11-7 11-3, 11-4

Finals: Leff d. Cummins 11-9, 11-8, 11-0

Men's 45+

Semi-finals: Pudduck d. Madden 11-7, 11-6, 11-9; Sewell d. Tewes, forfeit

Finals: Pudduck d. Sewell 11-5, 11-6, 11-9

Men's 50+

Semi-finals: Hahn d. Rott 11-0, 11-4, 11-3; Schaffer d. Cheolas 11-6, 11-8, 11-5

Finals: Hahn d. Schaffer 11-5, 11-4, 11-0

Men's 55+

Semi-finals: Caretti d. Rapoport 11-1, 11-8, 11-1; Russell d. Hughes 11-1, 11-2, 11-2

Finals: Caretti d. Russell, 11-3, 11-2, 11-3

Women's Open

Semi-finals: Erhart d. Henry 11-8, 11-2, 11-4; Ecker d. Finazzo 10-11, 11-0, 11-8, 11-1

Finals: Erhart d. Ecker 11-3, 11-5, 11-5

Women's A: Weslock d. Fury 11-9, 11-5, 11-1
Women's B: Szport d. Leistikow 11-7, 11-4, 11-10
Women's C: Fox d. Insko 11-3, 11-7, 11-10
Men's B: Yellen d. Bell 11-1, 11-10, 11-8
Men's C: Ford d. Underwood 11-9, 11-8, 11-7
Men's D: Martinez d. Gentile
Women's D: Hale d. Chambers 11-8, 11-3, 11-4
Women's 30+: Hammel d. Swaab
Girls 16 & Under: Finazzo d. Schmelter 11-5, 11-8, 11-0

Wisconsin

Miller Lite Open
 Tower West Racquetball Club
 Oshkosh WI, March 18-20, 1983
 Sponsors: Miller Lite, Penn
 Directors: Jim Compton, Ann McGannon

Men's Open
Quarter-finals: Chambers d. O'Brien 11-8, 11-10, 11-6; Thompson d. Kierszh 11-9, 11-4, 11-3; Starken d. Plazak 11-5, 11-6, 11-5; Parrott d. Frenkel 11-6, 11-4, 11-8
Semi-finals: Chambers d. Thompson 11-8, 11-5, 11-3; Starken d. Parrott 11-5, 11-8, 11-5
Finals: Chambers d. Atarken 11-2, 11-2, 11-4
Men's A
Quarter-finals: Peterson d. Fuller 11-0, 11-5, 11-0; Lemke d. Wickman 11-8, 11-9, 11-3; Kalcinski d. Rhode 11-6, 11-3, 11-5; Evers d. Kommer 11-5, 11-10, 11-9
Semi-finals: Lemke d. Peterson 11-2, 11-8, 11-1; Kalcinski d. Evers 11-6, 11-5, 11-10
Finals: Lemke d. Kalcinski 11-4, 11-4, 11-5
Women's B
Semi-finals: Specht d. McAllister 11-7, 11-3, 11-7; Schmidt d. Wickman 11-6, 11-2, 11-1
Finals: Specht d. Schmidt 11-6, 11-2, 11-1
Men's Veteran Open
Semi-finals: Parrott d. Waynert; Schaeve d. Baumgart
Finals: Schaeve d. Parrott

Men's B
Semi-finals: Bester d. Rosinski 11-8, 11-7, 11-4; Bann d. O'Malley 11-8, 11-4, 11-2
Finals: Bester d. Bann 11-5, 11-4, 11-0
Men's Senior B
Semi-finals: Daun d. Papermaster 11-9, 11-9, 11-8, 4-11; Cavanaugh d. Lotto 11-6, 11-9, 11-7
Finals: Cavanaugh d. Daun 11-5, 11-10, 6-11, 11-1
Men's C
Semi-finals: Guendert d. Fellner 11-10, 11-5, 11-9; Parish d. Beach 11-5, 11-9, 11-9
Finals: Guendert d. Parish 11-8, 11-1, 11-8
Men's D
Semi-finals: Ludwig d. Brady 11-3, 11-6, 11-9; Breese d. Grot 11-4, 11-5, 11-9
Finals: Breese d. Ludwig 11-3, 11-9, 11-8
Men's Novice
Semi-finals: Reimer d. Wolk 11-4, 11-1, 11-3; Llewellyn d. Morgan 11-9, 11-8, 11-4
Finals: Reimer d. Llewellyn 11-9, 11-3, 11-0

Women's C
Semi-finals: Holford d. Batzner 11-4, 11-7, 11-7; Semenas d. Dilley 11-6, 11-7, 11-7
Finals: Semenas d. Holford 11-5, 11-8, 11-3
Women's D
Semi-finals: Nadolske d. Reigh 11-8, 11-8, 11-6; Asen d. Wotachek 11-9, 11-2, 11-9
Finals: Asen d. Nadolske 11-5, 11-2, 11-1

Directors: Lex Rentschler, Karen Henkle, Nancy Bukovnik

Men's Open
Quarter-finals: Jeff Riehl d. Tim Bartok 21-10, 21-11; Dominick Palmieri d. Jim Leone 16-21, 21-20, 11-10; Doug Ganim d. Steve Shade 21-14, 21-20; Kevin Deighan d. Ed Stackus 21-16, 21-5
Semi-finals: Riehl d. Palmieri 21-11, 21-16; Ganim d. Deighan 21-14, 14-21, 11-9
Finals: Riehl d. Ganim 21-18, 21-16

Men's A
Quarter-finals: Greg Vanek d. Dick Stager 21-17, 21-11; Bob Ford d. Dan Forkin 15-21, 21-9, 11-9; Mike Murphy d. George Trenchard (default); Bryan Grupe d. Carmen Bonfiglio 21-8, 21-15
Semi-finals: Vanek d. Ford 21-2 (forfeit); Grupe d. Murphy 21-9, 21-18
Finals: Vanek d. Grupe 20-21, 21-9, 11-8

Men's B
Quarter-finals: Bob Ford d. Lance Schieb 21-12, 21-10; Bill Russ d. Rich Rutler 21-8, 21-10; Dick Stager d. John Riegert 21-20, 21-19; Ken Ottavi d. Bob Jacobs 21-17, 21-16
Semi-finals: Ford d. Russ 16-21, 21-8, 11-5; Stager d. Ottavi 21-15, 21-13
Finals: Stager d. Ford 21-11, 16-21, 11-6

Men's C
Quarter-finals: Dave Henchel d. Ken Krawczak 21-15, 16-21, 11-8; Art Romito d. Bob Torak 18-21, 21-12, 11-7; Bob Jacobs d. Tom Porochonski 21-17, 13-21, 11-4; Jim Holly d. Randy Frontera 21-18, 21-7
Semi-finals: Holly d. Jacobs 21-10, 21-18; Romito d. Henchel 21-2, 21-11
Finals: Holly d. Romito 21-16, 21-8

Women's A
Quarter-finals: Beth Kolby d. Jenny Otto 21-4, 21-9; Karen Henkle d. Maxine Lundberg 21-13, 21-14; Anita Fish d. Cindy Zerkowski 21-11, 21-7; Kerry Niggemeyer d. Debbie Knaus 15-21, 21-20, 11-7
Semi-finals: Niggemeyer d. Fish 21-11, 14-21, 11-0; Henkle d. Kolby 21-14, 21-16
Finals: Niggemeyer d. Henkle 17-21, 21-18, 11-4

Women's B
Quarter-finals: Yvonne Basilone d. Karen Welch 21-5, 21-10; Connie Forro d. Jenny Otto 13-21, 21-9, 11-10; Debbie Belt d. Lynne Urbas 21-8, 21-18; Terri Justice d. Maxine Lundberg 9-21, 21-16, 11-5
Semi-finals: Basilone d. Forro 21-5, 21-10; Justice d. Belt 21-16, 19-21, 11-10
Finals: Basilone d. Justice 21-18, 14-21, 11-10

Women's C
Quarter-finals: Jackie Valko d. Susie Hoops 20-21, 21-20, 11-7; Cheryl Parker d. Kathy Patel 21-15, 21-8; June Print d. Diane Goldman 21-15, 21-18; Jeanne Hoops d. Susan Martin 21-10, 21-12
Semi-finals: Parker d. Valko 16-21, 21-9, 11-3; Print d. Hoops 21-13, 21-18
Finals: Print d. Parker 21-20, 14-21, 11-10

Juniors 13 and Under
Quarter-finals: Eric Liss d. Mike Puleo 21-8, 21-1; Scott Walkush d. Tom Krsacok 17-21, 21-20, 11-8; Lenny Spacek d. Jason Merhout 21-10, 21-2; Ron De Fabio d. Craig Bednarek 21-13, 21-17
Semi-finals: Liss d. Walkush 21-6, 21-3; De Fabio d. Spacek 21-10, 21-9
Finals: Liss d. De Fabio 16-21, 21-17, 11-5

Juniors 17 and Under
Quarter-finals: Eric Liss d. by; Randy Frontera d. Mike Strong 21-12, 21-4; Kevin Smythe d. Rob Lortan 21-9, 21-11; Ron De Fabio d. Bob Sarich 21-13, 18-21, 11-7
Semi-finals: De Fabio d. Smythe 21-13, 21-16; Liss d. Frontera 21-15, 21-7
Finals: Liss d. De Fabio 21-12, 21-4

Hawaii

1983 Ektelon Hawaii Singles Championships
 Oahu Athletic Club
 Honolulu, HI, March 23-27, 1983

Men's Open
Semi-finals: J. Britos d. Inoue 10-11, 11-5, 11-0, 4-11, 11-2; P. Britos d. Lau 10-11, 11-0, 11-7, 11-1, 11-7

Finals: J. Britos d. P. Britos 11-3, 11-10, 11-10

Men's B
Semi-finals: Halloran d. Sato 11-8, 11-4, 11-2, 9-11; Zimmerman d. Swoish 6-11, 7-11, 11-0, 11-5, 11-7
Finals: Zimmerman d. Halloran 3-11, 11-8, 11-7

Men's Seniors
Semi-finals: Akeo d. Wong 11-8, 11-10, 11-7; Kealoha d. Kaakimaka 11-10, 11-8, 11-5
Finals: Kealoha d. Akeo 11-4, 11-4, 11-10

Women's Open
Semi-finals: Takayasu d. Ortiz 11-8, 11-9, 11-5; Phillips d. Jobe 11-1, 11-3, 11-1
Finals: Phillips d. Takayasu 11-4, 11-8, 6-11, 11-3

Men's C
Semi-finals: Ketchum d. Za'im 11-9, 11-8, 11-8; Warren d. Gomez 11-10, 11-4, 11-6
Finals: Ketchum d. Warren 6-11, 11-10, 11-3, 7-11, 11-10

Men's Novice
Semi-finals: Fu d. Perez 11-8, 11-4, 11-10; Cadiente d. Schroder 11-5, 11-6, 11-2
Finals: Fu d. Cadiente 11-1, 11-4, 11-0

Women's C
Semi-finals: Ballard d. Burghart 11-0, 11-3, 11-9; Chang d. Manginsay 11-7, 9-11, 1-11, 11-10, 11-7
Finals: Ballard d. Chang 11-1, 11-0, 11-1

Women's Novice
Semi-finals: Doane d. Hoel 11-10, 11-9, 10-11, 11-6; Harnden d. Hirai 11-1, 11-3, 11-4
Finals: Doane d. Harnden 11-0, 11-6, 2-11, 6-11, 11-6

Virginia

The 1st Annual Sedwick Invitational
 Sedwick Racquetball Courts
 Orange, VA, March 25-27, 1983

Men's A
Semi-finals: Sedwick d. Christner 15-4, 15-7; Gerwe d. Mason 15-10, 15-6
Finals: Sedwick d. Gerwe 15-9, 15-5

Men's B
Semi-finals: Gerwe d. Dudley 15-8, 15-8; Lipsky d. Mason 9-15, 15-6, 11-8
Finals: Gerwe d. Lipsky 10-15, 15-14, 11-1

Men's C
Semi-finals: Sherman d. Marcello 15-8, 11-15, 11-8; Meng d. Jordon 15-10, 13-15, 11-5
Finals: Meng d. Sherman 15-18, 15-2

Ohio

Miller Lite/Middletown Jaycees Open
 Middletown Racquetball Club
 Franklin, OH, March 25-27, 1983
 Sponsor: Lite Beer From Miller

Men's A: Henn d. Cook 21-5, 21-13
Men's Seniors: Stitsinger d. Mitchell 12-21, 21-15, 11-1
Men's Masters: Mitchell d. McNamara 17-21, 21-12, 11-0

Women's Open: Gifford d. Fisher 21-14, 21-13
Women's A: Sheper d. Fisher 21-16, 21-4
Women's Novice: Hubbard d. King 21-8, 21-7
Men's B: King d. McDonald 11-21, 21-12, 11-10
Men's C: Miller d. Dalton 21-13, 21-5
Men's Novice: Prather d. McMullen 21-18, 21-14
Women's B: Spradling d. Krahl 21-5, 14-21, 11-5
Women's C: Hackman d. Bramlage 21-9, 21-14

Ohio

4th Annual St. Paddy's Day Open
 Sponsored by Head, Levi's, Penn
 Riverview Racquet Club
 Eastlake, OH, March 18-20

What's Wrong With Pro Racquetball?!

by Michael D. Augustin

What I am about to tell you probably will be considered by some as negative criticism, however, my true intent is to improve and promote racquetball. I am not a professional player, just an average B league shooter, and an above average fan of the game. My motivation for this letter is the often asked question, "What's wrong with professional racquetball?"

After spending four days at the Ektelon Nationals at the Sports Gallery in Anaheim, California (May 15-19) several thoughts came to mind. I would like to share them with you:

1. Why are the major tournaments held in local clubs with minimal seating for the fan who is willing to pay admission to see the best players in the world? I was amazed that the facility could only seat 250 people, (and crowded at that) on stairway type seats. There were hundreds of people turned down for tickets and some even stood outside the glass partitions for four days to merely catch glimpses of the play.

These people are the lifeblood of professional racquetball, they are the buyers of the endorsed equipment and they are the whole reason your fine magazine and pro ball even exist. They are the *dollar spending fans and player enthusiasts!*

2. Why does professional racquetball have an ink problem? What I mean by this is the lack of press coverage given to tournaments. Since I live in San Diego, the so called Mecca of racquetball, I am always amazed that the local papers seldom mention the results of top tournaments, especially since the greatest racquetball player on this planet lives in this fine city.

Marty Hogan has by far promoted professional racquetball better than any other pro, with respect to the teachings of Steve Strandemo. Yet I was unable to find any ink on the Ektelon tournament in the San Diego papers and Ektelon is also a

local San Diego corporation. The only ink I saw was in a local Los Angeles paper and that was in the form of a box-score.

I did see local golf and swimming articles in the paper and these events were of a local, amateur nature. Even though Marty lost in the semi-finals to Rich Wagner, this was a top professional tournament with top prize money and the best players in the world! I believe this deserves more than a simple box score. If it were not for *National Racquetball* I would not know the results of many of the best matches in tournament play.

3. Why don't the tournament officials look like tournament officials? I don't think it would be too much to ask if the line judges and the referee could all wear some sort of a shirt or other regalia distinguishing themselves from the players, press and fans. Often the ref is seated in the middle of the gallery and is surrounded by fans. During the often heated, McEnroe-style call discussions it is difficult to see the other side of the disagreement.

I believe with uniformed officials spectators as well as players would respect the calls more. It would not look as if the ref and the linesmen were merely asked to officiate because they happened to be standing around. I noticed Dan Bertolucci calling the shots in Anaheim, yet I wonder if the other fans knew he was officiating the play.

4. Why do the pro's have to wipe up the floor themselves after a dive get? I found this not only degrading, but too time-consuming given the amount of dive gets in a pro match. Can you imagine Kareem Abdul-Jabbar or Moses Malone mopping up after them-

selves after a collision on the court? I was relieved when Marty Hogan got fed-up with wiping the court and he asked aloud, "Is there anyone who wants to be a towel boy . . . you can give them a tournament shirt or something." (He was asking one of the tournament directors.)

5. Why isn't there a scoreboard in professional racquetball? I had trouble hearing the ref call the score before the serve and I was often in doubt about how many time-outs each player had left. If I had to take a break from the action for a few minutes, I had to ask someone what the score was, what game we were in and what was the score of the last game, etc.

I guess what I am getting at is the need for a more informative display during each pro event so that the fan can remain involved. When Brenda Poe-Barrett upset Lynn Adams in the WPRA, a lot of other fans and I (and other pro's) had no idea who Brenda was. All we knew was that she was beating one of the top women players handily.

These are just a few problems I see in professional racquetball today. I do not want to blame the Sports Gallery for any of the problems, because they did a fine job running the tournament. I believe you can find these problems at any tournament, any day. Those of us who can foresee the day when Madison Square Garden will host a four-wall glass court event with the best players in the world on national television on a Saturday afternoon realize we have to do a lot of work to clean up our image as a "club sport." Professional racquetball needs to think of itself as just that: *professional racquetball*—an All-American sport where we the fan can idolize the best players in the same light as the Garvey's, the McEnroe's, the Dr. J's and, yes, the Hogan's. ●

As he states so clearly, Michael D. Augustin is a racquetball player and fan from San Diego, CA.

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