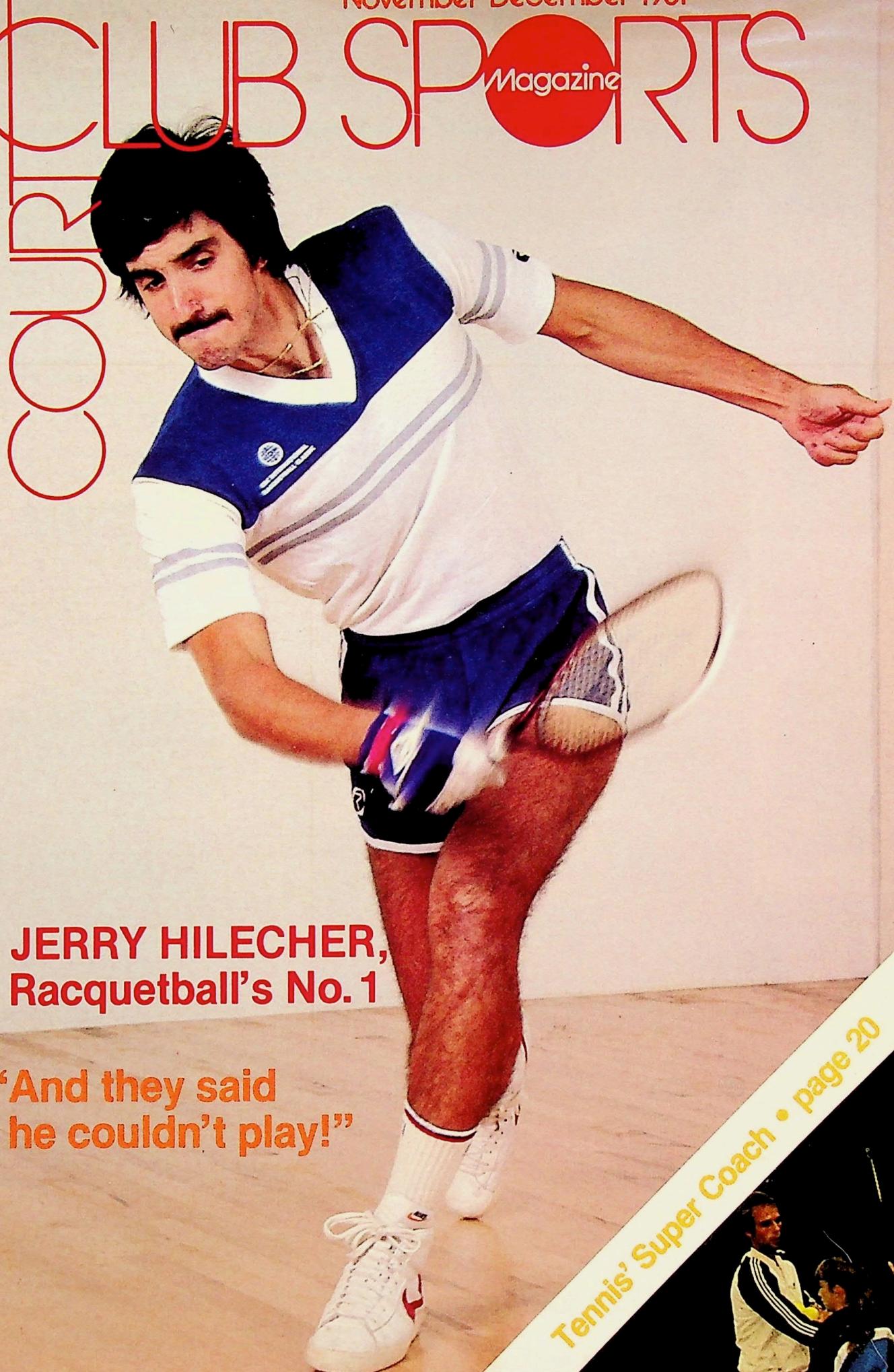


November-December 1981

CLUB SPORTS

Magazine



**JERRY HILECHER,
Racquetball's No. 1**

**"And they said
he couldn't play!"**

Tennis' Super Coach • page 20



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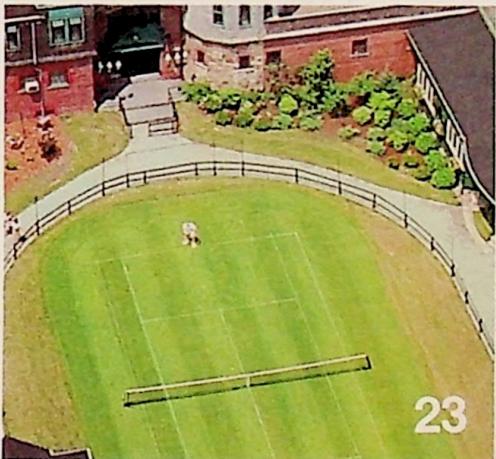
CLUB SPORTS

MAGAZINE

November·December·1981

COURT
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*Cover Photo of
Jerry Hilecher
by Tony Leighton*



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COURT CLUB SPORTS Magazine



COURT CLUB SPORTS is published bi-monthly (January is Souvenir issue) by H.J. Blumberg and Associates, Inc. Editorial, advertising and executive offices at 2401 Plum Grove Road, Suite 200, Palatine, Illinois 60067. Telephone 312-397-9111. Controlled circulation postage paid at Palatine, Illinois 60067. © 1981 by H.J. Blumberg and Associates. All rights reserved. Reproduction in whole or part without written permission is prohibited.

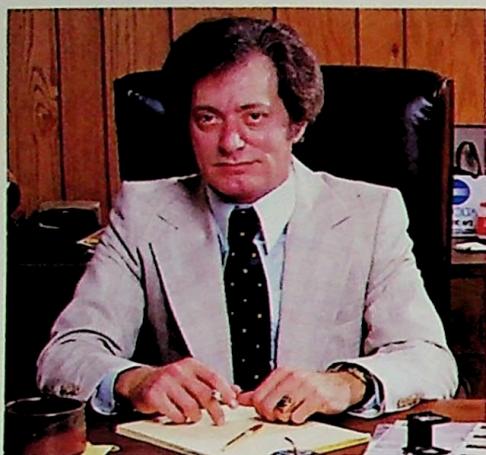
Advertising information requests should be addressed to Advertising Manager, COURT CLUB SPORTS Magazine, 2401 Plum Grove Road, Suite 200, Palatine, Illinois 60067.

Manuscripts and art: Manuscripts must be typewritten and double spaced. No material will be returned without stamped self-addressed envelope. Publisher assumes no responsibility for return of unsolicited manuscripts, art, photos or negatives. Address material to: Editor, COURT CLUB SPORTS Magazine, 2401 Plum Grove Road, Suite 200, Palatine, Illinois 60067.

NORTHWEST CLUB

Racquet Club Magazine

From the Publisher...



We're back again... with our second issue. Our tongue-in-cheek first issue provoked some controversy, and I would like to thank all who wrote or called for their comments, regardless of whether they were complimentary or critical. I think you'll find this issue a bit more serious and, I hope, even more to your liking.

I'd like to take this opportunity to welcome our newly acquired tennis club readers. Our maiden issue went only to members of racquetball clubs. From now on, we will be read by members of tennis clubs, too, with tennis and racquetball given equal coverage in our pages. We're aware that there's some rivalry between the two sports—some may call it snobbery—but we're confident we can do justice to both in all our issues.

Our cover story on racquetball star Jerry Hilecher is one of which we're particularly proud because it is a real step forward for us editorially. This is not merely a piece about racquetball; it's an inspiring story about human emotion. Jerry epitomizes what any one of us can do if we're willing to fight for what we think is right.

And how about 12-year-old Jill Galiene, tennis pro Steve Casati's star pupil? She's cute, all right, but I'd hate to be on the receiving end of one of her two-fisted backhand drives! As for Steve, we thought he

would make an especially interesting story, not only because of the many potential Chris Everts and Bjorn Borgs he coaches, but because of his philosophy that enjoyment is an essential element in winning tennis.

Beth, the cover girl of our premier issue and full-time CCS staff member, can be found inside the magazine this time, in our sparkling new fashion section. It took three helicopters to lower Beth onto the skylight of our office building for the "high fashion" photo!

Also in this issue you'll find a profile of Jennifer Wayt. Jennifer is an enterprising business person, a sought-after speaker on club management, and a fascinating subject for a feature story.

You'll also notice that our "Pro's Court" department has doubled, with racquetball's current #2 Mike Yellen joined as a "CCS Teaching Pro" by tennis great Frank Parker.

We couldn't find any bunnies for my column this issue, but we did find a few Bears, Chicago-style. They may not be doing too well at this writing as a football team, but they're pleasant gentlemen and true athletes. We enjoyed their visit to

our corporate headquarters, although the front wall of our racquetball court has never been the same!

Again, I want to express my appreciation for your letters and phone calls. As I said in this column the first time around, CCS is your magazine. Only if we hear from you about what you like and don't like can we provide the features and departments you want to read.

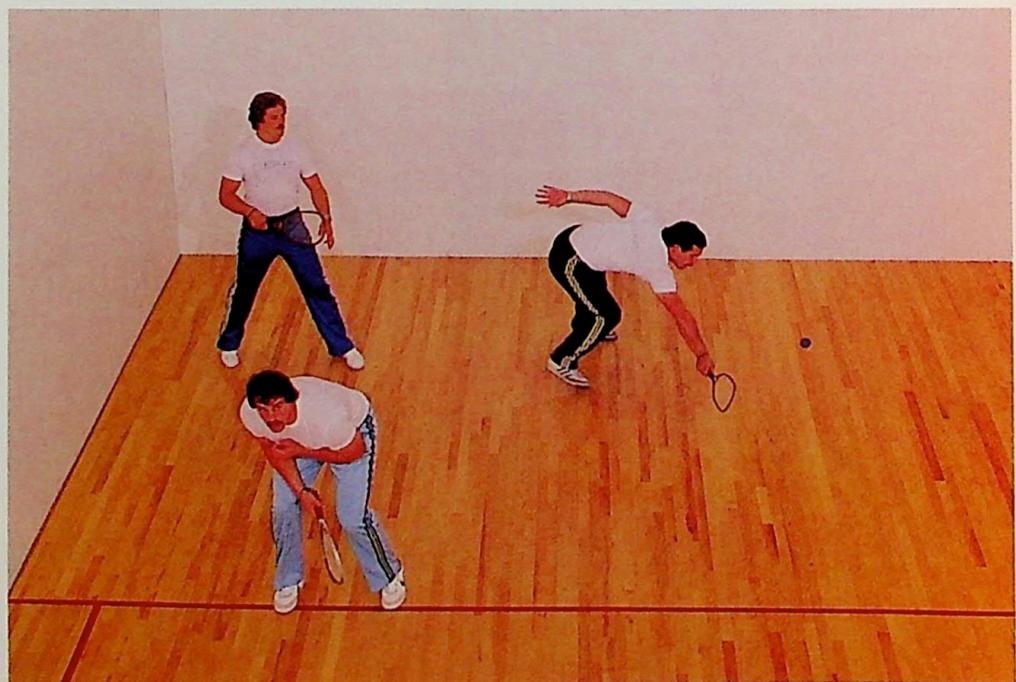
Just as Jerry Hilecher is committed to making professional racquetball better for everyone, so too are we at CCS committed to bringing you a magazine of taste, reader interest, and quality.

We'll see you again in our special souvenir January/February issue. Until then, may your life be filled with winning volleys.

Kindest personal regards,

A handwritten signature in black ink that reads "Howard".

Howard J. Blumberg,
Your publisher.



Ted Albrecht (foreground) with teammates (L-R) Lenny Walterscheid and Matt Suhey.

Chicago Bears courtesy of Arlington Park Hilton

BACK COURT

From Another Publisher

I have just finished reading your first issue. Please accept my best wishes and good luck. Your magazine is very different from our paper and I believe racquet sports need and have room for another quality publication. I look forward to seeing future issues of COURT CLUB SPORTS.

Phil Simborg
Publisher
Racquetball Today

Smashing Tributes

I'm very impressed with your premier issue. I thought our imprint looked great. Having it appear in a national magazine should be a big boost to membership.

Is it possible to get additional copies so I can send them to prospective members?

Susan M. Berman, Manager
Owing Mills Racquetball Club
Owing Mills, Maryland

We're looking forward to your upcoming issue. If your first edition is any indication, I think CCS is a great way to promote racquet sports. Enclosed is our membership list for mailing the November/December issue. I know our members are as excited about the magazine as we are.

Nancy Voight
Asst. Manager
The Racquetball Club
Walnut Creek, CA

The Bunny Controversy

The Playboy article was most insulting to women—a large number of whom play racquetball. We don't need a magazine that just showcases one publisher's ego. There is nothing of value in that article for men or women. It was disgusting.

Lindy McKnight
San Francisco

I'm sorry you were offended by the Playboy piece. I think you'll find this issue more to your liking. As far as there being nothing of value in the Playboy article to men, read on. -Ed.

Congratulations on a superb premier issue! While I found the racquetball tips helpful and the Lou Ferigno article revealing, I've got to admit that I liked the Playboy story best of all. I've never seen such great form on a racquetball court. I wouldn't mind applying for the publisher's position at your magazine!

Larry Sharfman
Wilmette, IL

Ask The Pro

I enjoyed the first issue, particularly the instructional article by Mike Yellen. Can you answer a question for me? Following many months of practice, I think I've finally mastered my serve. Unfortunately, my opponents get rather discouraged and have been calling serves out which hit the floor and back wall simultaneously.

What's the deal?

Jay Silverman
Minneapolis

Everything seems to point in your favor. The USRA/NRC racquetball rulebook, in rule 4.6 E: out serves, states: Any crotch serve into the back wall is good. The Ektelon and AMF Voit rulebooks agree with the call. -Ed.

I'm a racquetball player who's switching to tennis. In racquetball I was always taught to hit the ball at the bottom of the bounce for a good low shot. Does the same hold true for tennis?

Mary Falvey
Los Angeles

Not at all. In fact, the opposite is true. In tennis, you want to hit each ball on the rise (that is, before the ball reaches the peak of its bounce). By doing so and by meeting the ball in front of your body, you can actually use the strength of your opponent's ball to hit a solid shot with relatively little effort. -ED.

We reserve the right to edit and condense letters.

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Champion

How a Fighting-Mad
Jerry Hilecher
Struck a Blow
For All Contenders



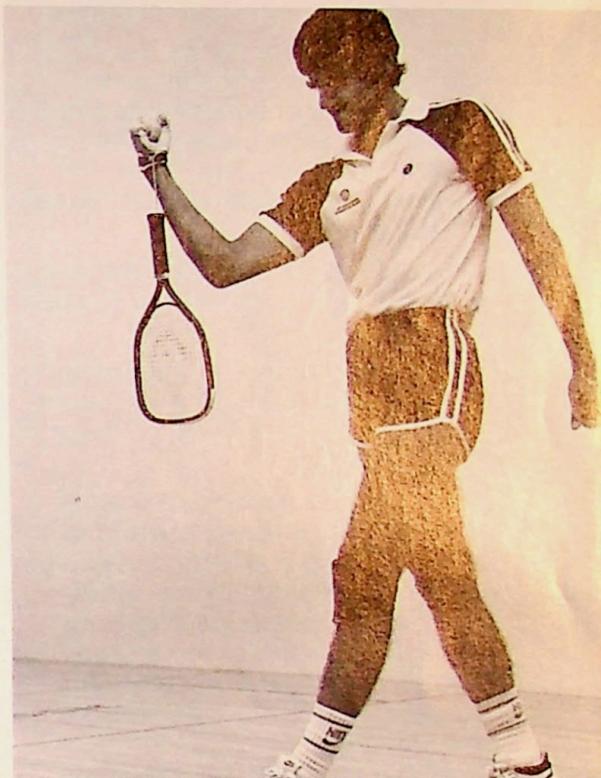
by Russ Farkas

 CBC INTERNATIONAL
RACQUETBALL CLASSIC

of Fair Play



—Photos by Tony Leighton



Jerry Hilecher was about to serve the most important point of his career. It was the fifth and final game in the finals of the Westminster, Calif. stop of the Catalina Pro Classic Series. His opponent was second-ranked Mike Yellen.

But being the underdog wasn't the reason why winning this one point was so important to the 27 year old, 6-foot, 160-pound Hilecher. Nor was it chiefly so the St. Louis native now living in San Diego could put to rest his reputation for being a frequent runner-up but seldom a winner in a big tourney. Hilecher wasn't just serving for a major racquetball championship. He was serving a point that goes down to the very base of professional racquetball.

Last June, in Tempe, Ariz., a new men's professional racquetball tour was unveiled, sponsored by Catalina Mens Wear, Inc. The tour was to consist of six \$25,000 regional tournaments and a \$50,000 finale in New York City's Feld Arena.

The tour was announced by Charles Drake of D.P. Leach Co. and Ed Murphy of Catalina, who said each tournament would be organized with a draw of sixteen players. A team of 12 top pros would compete at each stop, with four openings available to regional qualifiers. Preliminary competition would determine who would fill the final four slots.

The first stop was King's Court in Westminster on September 24-27. Jerry Hilecher ended last season ranked fourth, behind Marty Hogan, Mike Yellen and Dave Peck, so he felt he should have been one of the 12 invited to participate in Westminster. But he wasn't.

Hilecher sees personal and political reasons for his exclusion. "In 1977, I was president of the National Association of Racquetball Players," he said. "We tried to start our own tour, and Charlie Drake saw this as a threat to him."

The NARP had organized a 10-stop tour that competed with the established National Racquetball Club (NRC) tour. Hilecher felt because he helped organize this tour and fought to give the players a greater voice in tournament structure, he was left out of the Catalina series.

According to Hilecher, he had many conversations with Drake about including him in the series. He said he attempted to work out an agreement up until a week before the start of the Westminster tournament. When that effort failed, he felt he had no alternative but to take his case to court.

Hilecher got a temporary restraining order. Citing Drake and his sports promotion company—the Organization, Innovation and Design (OID)—and Catalina as defendants, Hilecher and his attorney, Leonard Armatto, charged the series format was "discriminatory in nature, damaging to Hilecher's career and diminished the competition of professional racquetball."

A district court judge in San Diego denied the order on grounds that he was not convinced Hilecher was threatened with irreparable harm that called for court intervention.

"The format adopted by the promoters and sponsors was discriminatory because it favored some racquetball players over others," said Armatto. "The selection of players was not based on achievement."

"We did not want to stop the tour," Hilecher said. "We wanted to open it up."

With time an important factor, a preliminary injunction was sought, but the judge again ruled in favor of the defendants.

While all the legal action was taking place, Hilecher elected to compete for one of four open slots in the preliminary rounds—with amateurs far below his level—to qualify to play in the pro rounds. Since he won last season's tour opener (also in Westminster), he likened that to forcing John McEnroe to qualify to defend his Wimbledon title.

So when Hilecher was not pleading his case in court, he was on the racquetball court playing in the opening rounds.

"We met with the judge from 2 to 7 p.m. on Wednesday, the day before the rounds began," Hilecher said. "That night, when he ruled against me, I was in shock . . . I just wanted to quit."

But he had gone past the point of quitting.

"The tourney itself was the last thing on my mind," he said. "I was in no frame of mind to play in it."

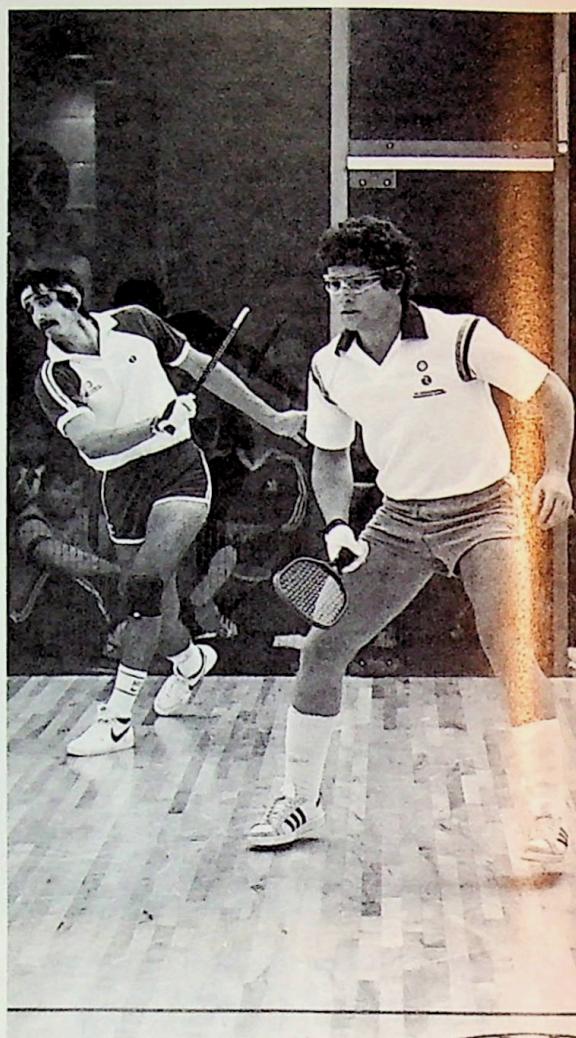
But he knew what he was fighting for went far beyond a trophy. And his play proved it. He was an even fiercer competitor with a racquet than with a briefcase. Hilecher had to reach back for that drive that makes champions.

"Once I started playing," he said, "I just wanted it more and more. With each round it kind of built up until I played Hogan in the semifinals. And then it peaked."



Hilecher unleashes a backhand killshot as Hogan looks on helplessly.

Hogan (right) readies to return a Hilecher forehand in their second semifinal match in as many weeks.



Playing before the largest television audience in racquetball history, Hogan (right) has his back against the wall in his match with underdog Hilecher.



The legal action not only was affecting Hilecher's performance and wallet; it also left the tournament with some financial ramifications.

The player's purse originally was set at \$25,000. That was reduced \$2,000 to cover the sponsor's attorney fees, says Hilecher.

"I couldn't believe the money would be taken out of everyone's pocket to cover the attorney's costs," Hilecher said. "I wasn't suing the player's prize purse; I was suing that operation and the sponsor. So . . . not only was I paying for my own attorney, I also was paying for theirs."

Losing the first two games 10-11, 8-11, in his best of five semifinal match, Hilecher mounted a comeback, winning the next two games and finishing off #1 ranked Hogan in the final game 11-1.

There was no letdown as Hilecher prepared for the championship match against second-seeded Yellen. Taking the first game 11-7, he was down two games to one and 6-1 in the fourth game. Aware of the events surrounding the tournament, the crowd urged the controversial Hilecher on, and he gave them what they wanted.

Winning the fourth game 11-8, Hilecher was faced with a seven-point deficit in the final game. Again playing like a man possessed, he closed out the match by winning 11-8, and ending a sporting event that rivaled any movie plot. After match point, the fired-up crowd gave Hilecher, not a crowd favorite, an ovation he never had received before.

"Everyone in the audience was behind me," Hilecher said. "The spectators knew exactly what was going on. It was great to have all of them pulling for me."

But the Cinderella story did not end there. The cast and characters were set for similar roles, only the location was changed.

The tournament was the rescheduled CBC (Canadian Broadcasting Co.) International Classic, an event made for television, featuring the game's best players. It was held from September 29 to October 3, in Winnipeg's Court Sports Club. For television, games were shortened from 21 points to 15 points with the third and final game, if there was one, to be played as a tiebreaker to 11. To insure continuous action, appeals were not allowed. During timeouts, cameras and announcers descended upon players for interviews. The matches were to be televised across the U.S. and Canada on separate occasions. This was to be the most widely broadcast event in racquetball, and probably the most important event in the sport's short history.

History repeated itself as Hogan and Hilecher met in a pivotal semifinal match. Hilecher lost the first game 4-15. Down 0-6 in the second, he then called a timeout when cameramen and announcers rushed over to talk to the combatants.

"I was down 0-6 in the second game when I called a timeout," Hilecher said. "They came out to interview Hogan and I overheard him say something to the effect that he was a much better player and that I had a lot of mental deficiencies and game deficiencies. He also said he was going to continue to destroy me. At that point, I was ready to go right through him. There was no way he was going to beat me. And I came back on the court and from 0-6 I beat him 15-7."

A controversial call goes to Hilecher as he completes his upset of top-seeded Hogan in the semi's of the CBC Classic.



In the tiebreaker, Hilecher let a 8-2 lead slip away as the hard-hitting Hogan tied the match at 10. Service traded hands four times before two controversial skip calls erased match points for Hilecher. They proved to be moot points as Hilecher went on to win.

On the line now for Hilecher were a major championship and a chance to voice his opinions. The only thing stopping him was Yellen in a rematch of their Westminster final.

Playing inspired racquetball, Hilecher came back from losing the first game 8-15 to even the match at one game all—winning 15-14. Never letting down his guard, he put on an offensive display that left Yellen at the short end of an 11-10 score.

Formerly known mostly for losing more final matches than anyone else in the game, Hilecher now is known as a champion who has helped give players a voice about tournament rules and set-up.

"Winning these tournaments gave me a better chance to get my views across," Hilecher said. "If I had lost, the whole argument would have been worthless."

"People listen to a winner." ●

Racquetball Has Struck It Rich

Thanks to his sensational victories over top-ranked Marty Hogan and second-ranked Mike Yellen in two major tournaments, Jerry Hilecher finally has won national recognition in the racquetball world.

He has won his fight to be one of the 12 touring professionals on the 1981-82 Catalina series, replacing Steve Strandemo, who left the tour for personal reasons.

With his commitment to Catalina, Hilecher now is eligible to compete in the five remaining regional tournaments and in the grand finale in New York City. As a member of the touring team, though, he is not allowed to compete in tournaments held in the same cities as the Catalina event two weeks before or two weeks after the tour stops.

The other 11 players committed for the Catalina classic are Hogan, Yellen, Dave and Gregg Peck, Rich Wagner, Bret Harnett, Don Thomas, Dave Fleetwood, John Egerman, Doug Cohen, and Craig McCoy. Scott Hawkins and Keith Dunlap were named as alternates.

Two other major tournaments are the \$100,000 DP Leach National Championship and the \$25,000 Kunan-Leach Tournament of Champions. The \$200,000 Catalina prize money brings the total for the three to \$325,000, the richest purse in the history of racquetball. ●

This story is an exclusive to COURT CLUB SPORTS. The groundwork, research, interviewing, and writing were done by staff writer Russ Farkas. The dedication and enthusiasm displayed in putting together this story were typical of him. Russ Farkas died October 15 in an automobile accident. He was 25.

Success at Chalet Comes From 'Wayt' and See Attitude

Dynamic Changes From Icy Beginnings

by Frances Markum

"Progressive" is the word to describe a club that keeps up with the latest programs and facilities. "Dynamic" is the word to describe a club that installs these programs and facilities before they are "in." And "Dynamic" is the word to describe Jennifer Wayt.

Along with Bob, her husband of 10 years, Wayt is owner and manager of the IRSA-affiliated Chalet Sports Core in Willow Springs, Ill. She's also the only female member of the IRSA board of directors.

Her early work in retail merchandising and an uncanny knack for foretelling the public's interests have produced a club that flourishes year-round. And, she still is able to maintain a household that includes an 11 year-old daughter and an eight year-old son.

In 1974, the Wayts invested in an ice rink, putting Jennifer's knowledge of retailing to its greatest test. Their insights proved to be ingenious.

"Because the ice-skating business had an appeal for a small segment of the population, with limited growth potential, racquetball seemed to be a natural addition," she says. "In the mid-70's people rushed to participate in the game, so we had six courts built."

By 1977, the racquetball industry was really making a big move. Realizing the potential of this new market, Wayt replaced the smaller ice rink with three more courts.

Jennifer Wayt, the dynamic lady of racquet club management.



"The 1978-79 fall season found us with exorbitant energy costs for maintaining the large ice rink; racquetball time was also in increased demand," she says. "It was then that we set up a tracking system to determine how many people called for court time but were unable to be placed in a time slot. Our records showed that 40

people a day could not be accommodated by our club, so out went the second rink and in went 13 more courts, giving us 22."

The only one disappointed by the move was daughter Nicole. After all, what young lady wouldn't miss her own personal ice rink?

Once again, Wayt exercised her marketing savvy to enhance the club's appeal to others beside the



Photos, clockwise:

Wayt maintains a full inventory at the Chalet pro shop.

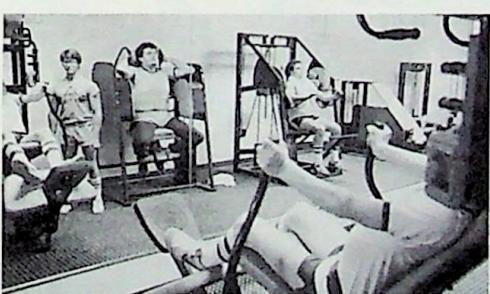
An electronic game room is a new addition to the club.

The Chalet Sports Core is nestled in a wooded area of suburban Willow Springs, Ill.

The exercise room at Chalet is a popular attraction.

An indoor pool keeps members swimming laps.

The front desk overlooks one of the club's 22 courts.



believe a club should provide for a member's social needs as well. A club manager should be aware of changes in the physical and social atmosphere and should be able to reposition himself or herself to meet those changes."

"We are a recreational facility here at the Chalet," Wayt adds, "providing the community with activities that will interest them. We offer a tray filled with goodies and hope for a favorable response."

This tray of goodies caters to the social well-being of club members, as well as the athletic side of their personalities. The Fireside Lounge is a favorite meeting place after a rigorous match or an extended workout. Still others frequent the lounge just to catch a game on television or to share a drink with the gang. An electronic game room lets the members unload their skills or anxieties on one of the new games that have captured the imagination of avid gamers across the nation.

And while many clubs take a break from action in spring and summer, Chalet is still an ever present entity in the community.

racquetball players. An indoor lap pool, a 1/9 mile running track, exercise equipment, whirlpools, steamrooms and saunas were added to entice new members and satisfy any sports enthusiast's appetite.

"But remember," Wayt says referring to more marketing strategies, "racquetball and fitness are capable of filling only one particular physical need. I

The club-sponsored women's softball team has supplied the club with as much excitement as the racquetball tournaments. The games are recorded and replayed in the lounge, and Wayt says the replays are as popular as the area's professional teams. Touring male and female tug-o-war teams are other sponsored club events.

Wayt's talent for conjuring up ideas that have aroused and stimulated participation at her club comes from plain, old-fashioned hard work. While she puts in as many as 70 hours a week, she somehow manages to find time to travel the country as a sought-after speaker on sports club management.

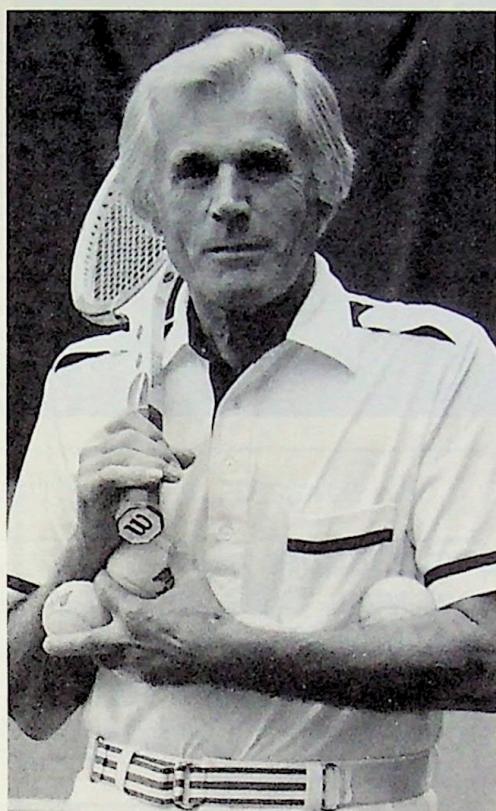
But like any good manager, she credits her staff with making the club a winner.

"I'm just the orchestra leader, leading a group of wonderful people who work for me," she says. "We keep playing our tunes and hope the club members like some of our selections." ●

Tennis Instruction . . . by Frank Parker

Preparation and Footwork

Keep Moving and Keep Winning



Frank Parker, two-time U.S. singles champion, is sports director at McClurg Court Sports Center in Chicago. His keen analysis of the game has made him one of the foremost tennis instructors today. A member of the National Tennis Hall of Fame, Parker was ranked in the U.S. Top Ten for 17 consecutive years, beginning in 1933. His picturebook backhand is one of the most famous single strokes in tennis history.

Two of the most essential ingredients for becoming a champion are preparation and footwork. Who has it? In the women's field it's Chris Evert-Lloyd, Tracy Austin and Andrea Jaeger. I would choose John McEnroe, Bjorn Borg and Jimmy Connors in the men's division.

When you see tennis on television or watch it in the stands, notice only the player—forget the flight of the ball—and concentrate on the footwork. They shuffle like a boxer, taking small steps and a

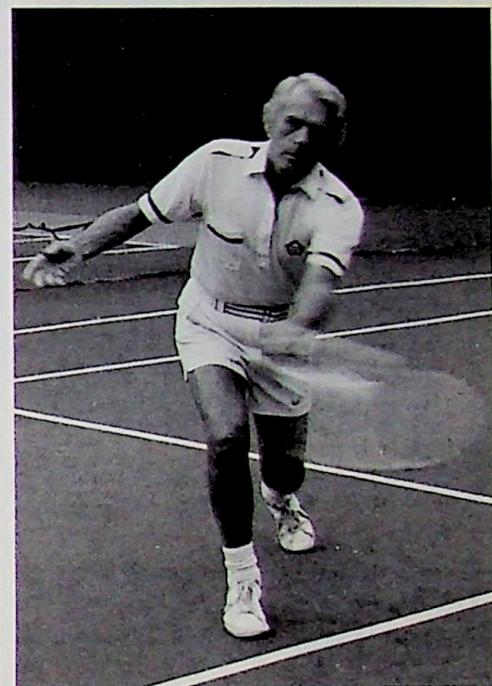
larger step forward to throw their weight into the shot. The players are constantly in motion, anticipating each return. The club player generally watches where the shot goes and admires the return, especially if it's good. The champion knows where he is hitting the ball and may miss by fractions, but usually it's in the sweet spot.

How do you perfect your preparation or footwork? By doing it consistently, regardless of how fast or how slowly the ball comes to you.

Say you're in the ready position. The racquet is cradled in your left hand (for right-handed players), your knees are bent and you are on the balls of your feet. Now, as the ball is hit to you, follow the steps given below. But remember, it takes time, practice and patience to get a new procedure down.

- A. As you hit a forehand, turn your shoulders. The racquet will go back by itself automatically. The shoulder turn is a must.
- B. Now your footwork enters into play. If the ball is too close, step sideways but keep adjusting your feet. If the ball is short, again keep moving your feet forward. If the ball is coming in high, shuffle your feet backward.
- C. Always play the ball where you like to hit it. Don't let the ball play you!
- D. Now you are set to meet the ball and hit your shot. Take a bigger step (as compared to your adjusting steps) and meet the ball. The step forward should precede the hit. Occasionally the step and the hit will occur at the same time, but ideally a step into the ball

before you hit allows the transfer of weight and body for a stronger shot.

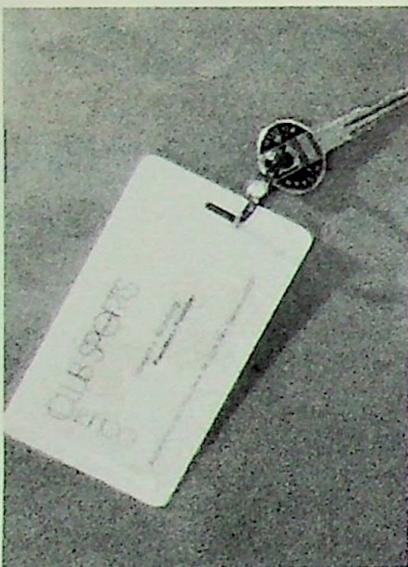


The step forward should precede the hit.

- E. If done properly, you should be in balance to hit the ball where you want it. Upon the follow-through, with your racquet point to the spot where you wish to hit your next shot. This can be done easily and without telegraphing your shot. Look over the top of the racquet as if you were aiming a rifle and shoot that passing shot by your opponent.

The same basic principles prevail on backhand shots. Preparation and footwork: they work for champions; they'll work for you. ●

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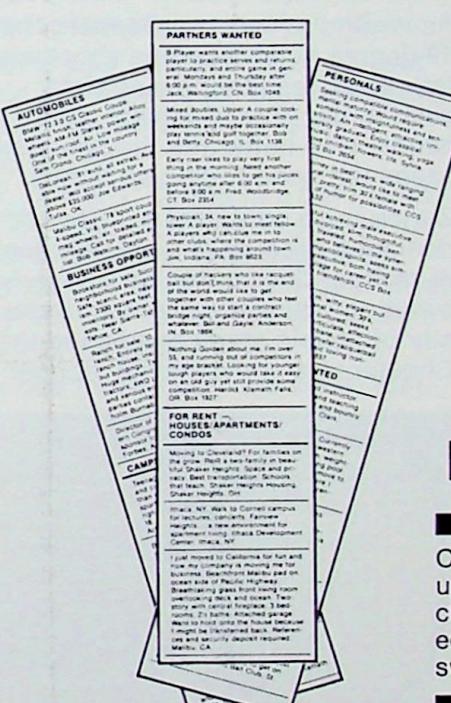
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Here's Something New To Help Your Game

by George Lowell

Debbie Clifton, housewife and racquetball player, was coming to the end of her breakfast flapjack batter. Positioning the last flapjack on the pan for easy flipping, Debbie waited until the first side was cooked. She grabbed the brand-new pan by its strange looking 19-degree curved handle and flipped the last flapjack.

"I'm an experienced flipper, but I've had a much easier time doing it since I bought this pan. Now all my flapjacks are perfect!" says Debbie.

"In fact, I bought my husband a hammer with a 19-degree handle, and he laughed at me. Until I made him try it! Now it's his favorite topic of conversation. Everyone who sets foot into our house has to try his hammer."

Inventor John Bennett holds the patent on the innovative handle. He appeared on the *Tonight Show* and tried it out on Johnny Carson. Since then, people have been taking notice.

When Carson demonstrated the bent-handled hammer for a national television audience, he said, "You know, it sounds silly but you can feel the difference," reports John Grossman in *American Way*. "The weight distribution is different; you don't seem to exert nearly the effort."

It's that particular benefit that Easco Tools, Inc., the country's largest manufacturer of hand tools, is emphasizing in selling its newly released hammers. It is going after the female market, claiming its product lets a 90-pound woman hammer away with the ease of a 190-pound man. The company is even manufacturing its hammer handles in bright colors to help sell them to women.

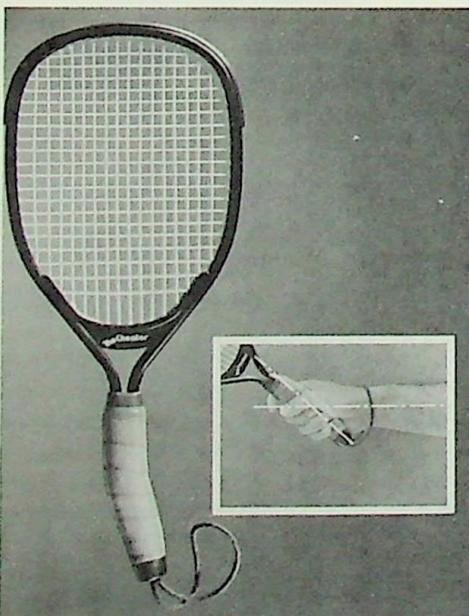
Debbie Clifton's pan is actually one of a complete line of cooking utensils using the 19-degree handle. The Mirro Co., the country's oldest manufacturer of pots and pans, plans to release its line this spring. Flapjack flippers should rejoice.

But for Debbie and other racquetball players, the most exciting application of Bennett's handle is for racquetball. Handlelite, Inc., of Northbrook, Ill., is now pushing a racquet it calls "The Cheater."

Handlelite Treasurer Ed Zurich says the shape of the handle not only increases the strength of each shot; it also make the racquet easier to grip. "Players who have tried the Cheater say they feel a tremendous surge of power," he says. "The response has been fantastic."

According to inventor Bennett, the 19-degree bend "lessens shock and fatigue by facilitating a straight wrist at the time of impact. The handle also better fits the hand and eases the need to grip so tightly."

Zurich is so confident his Bennett-designed product is a breakthrough in racquet design that he's eagerly awaiting test results from a University of Illinois study comparing the Cheater to a conventional racquet.



The Cheater, shown here, uses Bennett's 19-degree handle.

The Cheater has been on the market only three months, but Zurich says he already is getting repeat orders from many pro shops. "At trade shows we've attended, we've been received favorably. We have been able to generate significant business."

Next on the line, says Zurich, is a tennis racquet. "But we're going to wait until we get the cash flow we need from the racquetball racquet."

He feels tennis players will be harder to sell. "There's never been an innovation in racquetball racquet design," says Zurich. "In tennis, with the advent of oversize racquets, the marketplace might not be ready for another major design change. But if you look, you'll see that more than half of all tennis players are using oversize racquets—racquets many players previously discounted as faddish. But when there's an intelligent, functional design, people will buy."

While Zurich's company is licensed by inventor Bennett to manufacture racquets, Bennett himself holds the license for baseball bats.

When Cincinnati Red Slugger Johnny Bench was in a spring training slump, he decided a bat with a bent handle was worth a try. In batting practice he cleared the fence twice. He got permission to use the oddly shaped bat in the game that followed against the San Diego Padres and hit a solid double.

So housewife/racquetball player Debbie Clifton soon may be joined by other connoisseurs of bent-handled objects. Joseph Emanuel, chairman of Bradley University's industrial-engineering department, sums it up with his reaction to the 19-degree hammer.

"I think it's the first new concept in hand tools since cavemen put handles on rocks and called them hammers." ●

Racquetball Instruction . . . by Mike Yellen

The Do's and Don'ts of Diving



Mike Yellen, a member of the Ektelon advisory staff, finished the 1980-1981 season second-ranked on the men's professional racquetball tour.

Practice, practice, practice

How true those words of Steve Mizerak in his beer commercials really are, whether it's shooting pool or playing racquetball. There is no substitute for practice in sports. Not if you want to win.

Most of you have read racquetball instructional books where writers end in-depth stories by saying how you can't expect to master the shot unless you work at it.

In most cases, that's true. But in racquetball there is one aspect of the game that doesn't physically or fundamentally lend itself to practice—and that's diving for a shot.

Diving for a racquetball is an action/reaction type thing. You don't plan it. It just happens. Usually, you're caught off guard, or off balance. The only chance you have to keep the ball in play is to hit the floor and hope for the best.

It's the type of situation no one really wants to practice. I mean, floor burns and scraped knees aren't bad in competition, but by

yourself on a court somewhere? Think again.

But for all of the above, let's not think diving can't be an important part of your game. As my Ektelon teammate Dave Peck can tell you, it can make a difference in who collects checks and who doesn't.

First of all, if you're diving a lot, something is definitely wrong with your game. You're giving your opponent too many setup shots. You're getting caught in "no man's land" in front court, or you're just plain out of position.

But if your positioning is correct and you have to hit the hardwood, there are certain points to remember.

Point No. 1: Diving is a defensive shot. You are trying to stay in the point, or game. That means almost all the time your goal is to get the ball to the ceiling. That will allow you time to recover.

In rare instances—within 20 feet or so of the frontwall—you may want to try for a kill. That just depends on your skill level, the speed of the shot, and how dangerously you want to live.

The shot itself is not difficult, only, at times, painful. The most important point is to keep your racquet hand up and out in front of you. The racquet face should be up to help get the ball to the ceiling, the racquet out in front to get the ball quicker.

Since court floors aren't known for their sliding surface, when you dive, try and land on your chest, not your knees. Use your free hand to balance your body and keep you up off the floor as much as possible.

The only real question that's left is, "When do I dive?" For my money, as little as possible. Somebody like Jerry Hilecher or Steve Serot has made a career out

of going to the floor. And while Jerry is still playing well, in my mind Serot's decision to play every ball out has in the long run hurt his career.

Don't dive if the score is 0-0, 3-2, or 6-5 in the first or second game to 21. Dive when it's 9-9 in the tie-breaker, or 17-15 with the game on the line.

The reason I say this is simply that each time you dive, you risk injury. I've seen many a player dislocate a shoulder or break a wrist sliding into a sidewall. Davey Bledsoe suffered a concussion one time after hitting a wall. After all, many times the head is the first thing that makes contact.

Once you have made the decision to dive, you can't rest on the floor (as much as you would like to). You have to spring up, find the ball, and prepare to play your opponent's next shot (often a kill). A common mistake of most players is congratulating themselves on a dive shot well hit, then turning around to a point that's just about over. Remember, react!

The final two things that can help you with diving (without practicing) are anticipation and agility. As you mature as a player, a sixth sense develops where you can almost anticipate that you're going to have to hit the floor to return a certain shot. Don't waste time thinking too long. Do it. Then scramble to your feet.

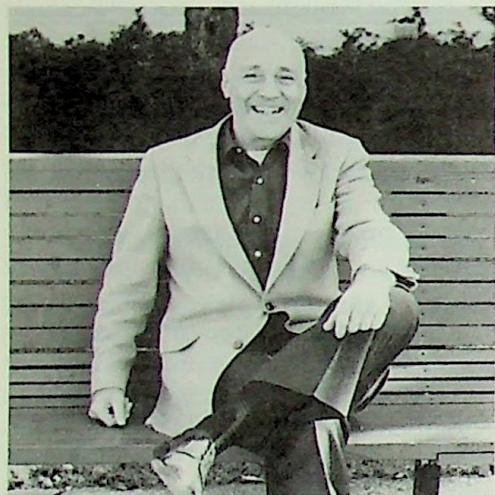
Agility exercises will help in your diving and recovery time. Skipping rope, running drills within the court, anything that improves quickness and coordination will help.

All that's really left, then, is to win the game. Because if you have to dive during a game, it's always nice to see your opponent going down when it's over. ●

Nutrition and Health . . . by Paul Martin

Good Health Can Come Naturally

Feeling Good is as Easy as Eating Right



Paul Martin is a member of the National Association of Science Writers, the American Society of Journalists and Authors and the Author's Guild. His articles have appeared in *Good Housekeeping*, *Science Digest*, *Prevention* and *Let's LIVE*.

Advocates of natural diets and high level nutrition found solid support in the experience of former Lt. Hiroo Onoda of the Japanese Army. Onoda emerged in 1974 after 30 years of primitive living in the Philippine jungle. He didn't know that World War II had ended in 1945 and spent almost three decades living off the land before returning to a hero's welcome in Japan. Onoda was meticulously examined with more than 200 tests in a Tokyo hospital and doctors decided he was in much better mental and physical condition than the average 53-year-old Japanese male.

For almost 30 years, Onoda had dined on wild leaves, tree sprouts, bananas, rice, vegetables and coconuts. He rounded out his diet with meat from cows and oxen he killed. His demanding life in the mountainous jungle kept his muscles finely-tuned and his body as fit as that of a highly-trained athlete. Onoda's "primitive" diet on natural foods had kept him in

far better shape than his Japanese contemporaries who lived on foods made from white flour, refined sugar and other processed products.

While few would be interested in changing places with Onoda, his years of living on whole foods spotlight one of the primary problems of civilization. It's difficult, today, to get proper nourishment to assure peak health and top performance.

For decades America's magic chemistry set invented millions of new compounds designed to enrich our lives. A large percentage of these found their ways into our food supply. Processed foods filled with a splendid array of chemicals to flavor, color, preserve, emulsify and homogenize struggled through our digestive tracts. Media promotion added to the popularity of many products that are primarily carriers for chemicals.

Innumerable times tests have proven these chemicals unsafe. Red dye No. 2 is just one example. In addition, however, no one has ever been able to determine the synergistic effect of these additives. That is, how several of them in combination affect a human being. Current estimates say we eat four pounds of additives a year.

Most will concur that diet affects the condition of our teeth and influences the health of our bodies. Relatively few, however, see any link between our food and our nervous systems. Fortunately, in recent years a growing number in the medical profession have begun to recognize the connection.

In the late 70's, Dr. Abram Hoffer examined the problem processed food causes. A psychiatrist, Dr. Hoffer has pioneered a successful

nutritional method of treating schizophrenia and other mental problems.

Hoffer points out that 80 per cent of what we eat consists of processed foods "designed to appeal to our palate and visual sense, but deficient in a large variety of essential nutrients." He adds, "Orange-colored drinks containing sugar and a bit of vitamin C are not foods. They are the product of technology run rampant." There is no question in Dr. Hoffer's mind that this heavily adulterated food supply is connected with the immense increase in such degenerative diseases as diabetes, arthritis, heart disease and others. Hoffer is one of many physicians who seek a link between a wide range of maladies and our skyrocketing sugar consumption.

It is quickly apparent that Americans, as a group, are *not* the best nourished men and women in the world. Perhaps the fattest, but not the healthiest. Part of the problem of obesity in the United States comes from overeating non-nutritious "foods" in an effort to get an adequate supply of the nutrients the body needs and craves.

Stress increases the body's vitamin/mineral requirements. Exercise, for example, will help the body utilize nutrients more effectively, but also raises its needs for additional supplements.

Most importantly, for high level health it is critical to eat properly.

The answer, says Dr. Roger Williams, who developed the concept of *biochemical individuality*, is to use a vitamin/mineral supplement that contains a broad spectrum of nutrients in amounts high enough to take into consideration each person's requirements. ●

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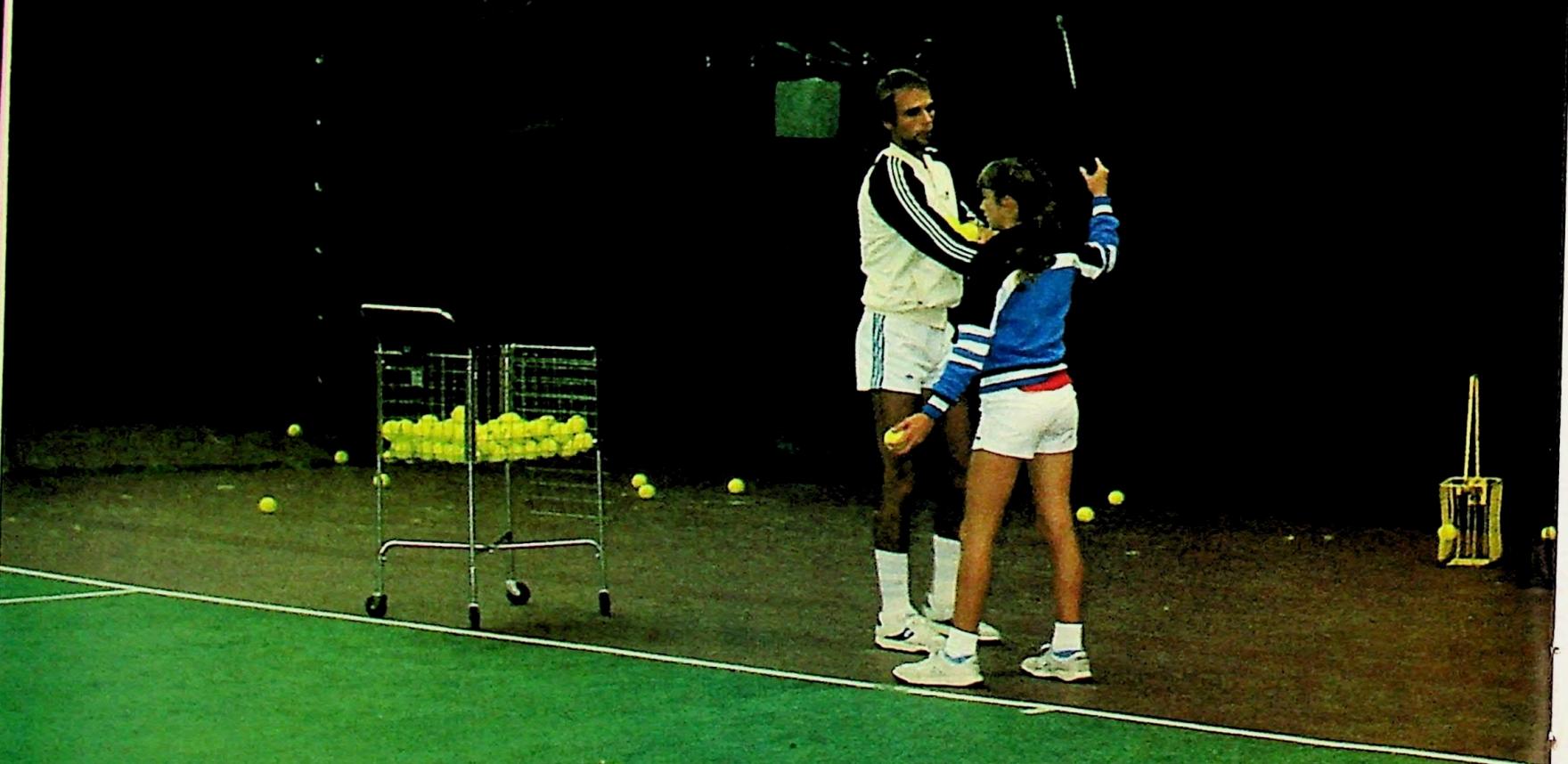
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ON THE COURT

Steve Casati

Super Coach to the Younger Set
by Gerry Jagger



Twelve-year-old Jill Galiene of Libertyville, Ill., the nation's fifth-ranked tennis amateur in her age group, used to practice 20 hours a week to improve her game. Then she came under the watchful eye of Steve Casati, best known as the former coach of Andrea Jaeger, who played a key role in bringing her to her present eminence.

Casati honed in on Jill's serve, her forehand, and her backhand. Then, having determined her strengths and weaknesses, he was able to cut her practice time to 15 hours that were more productive than her previous 20. This has given the superb junior high school student greater confidence and has sped her climb up the tough national ladder.

Casati helps pupil Jill Galiene with her serve.

"Steve doesn't act like a coach at all," says Jill. "He acts like a friend, which he is. He jokes a lot outside of practice, but during practice he is real serious. We have fun, but it's serious fun."

This sense of serious fun is a quality Casati, a strapping Irish-Italian bachelor, has brought to a game fraught with the tyranny of father-coaches or father-figure coaches. Steve maintains that pleasure is as much an ingredient for achievement in tennis as is the dream of financial reward and the perquisites of fame. He sees the desire to achieve one's fullest potential as the only real spur to success.

"When everything works right, as in the case of an Andrea Jaeger, that's wonderful," says Casati. "But when a parent seems more interested in earning back his investment in a child's tennis training, I shy away."

Before he became a full-time coach, Casati had a world ranking in the 400s in singles and 200s in doubles.

"I love to play tennis," he says, "especially when I can make it pay. I did it last summer and spent six terrific weeks playing all over South America. But my life is in coaching kids and watching them progress up the ladder."

Casati's enthusiasm about someone like Jill Galiene is boundless. "Her stroke production is excellent, she's a born runner and retriever, and she has great competitive drive," he says. "We have studied Stephanie Rohy of California, No. 1 in Jill's age group so, okay, we're working on Jill's stroke production . . ." His voice trails off and he smiles confidently. So does Jill.

A tough disciplinarian on the mental and physical aspects of the game, Casati depends on these qualities to turn his pupils into world class players. He saw them in Andrea Jaeger and began working with her when she was 13, just before she joined the pro circuit. He believes Jill Galiene has the potential for becoming another Andrea Jaeger.



Casati uses a videotape player to let his students view their progress.

Casati works with only 10 students, spending from 45 to 50 hours a week on the court with them. He also is with them at tournaments, and can't see taking on any more pupils for the foreseeable future.

Herb Rosenthal, Steve's former employer at Illinois' Courts on 22, says "Steve is a master psychologist with the kids and with their parents. Cutting down practice time is one of the things he does with an instinct for efficiency. That is, less is very often more in kid's tennis."

Casati sidetracked his own career to work with talented youngsters. He's an enterprising business man, as befits the economics and political science graduate of Northwestern University in Evanston, Ill.

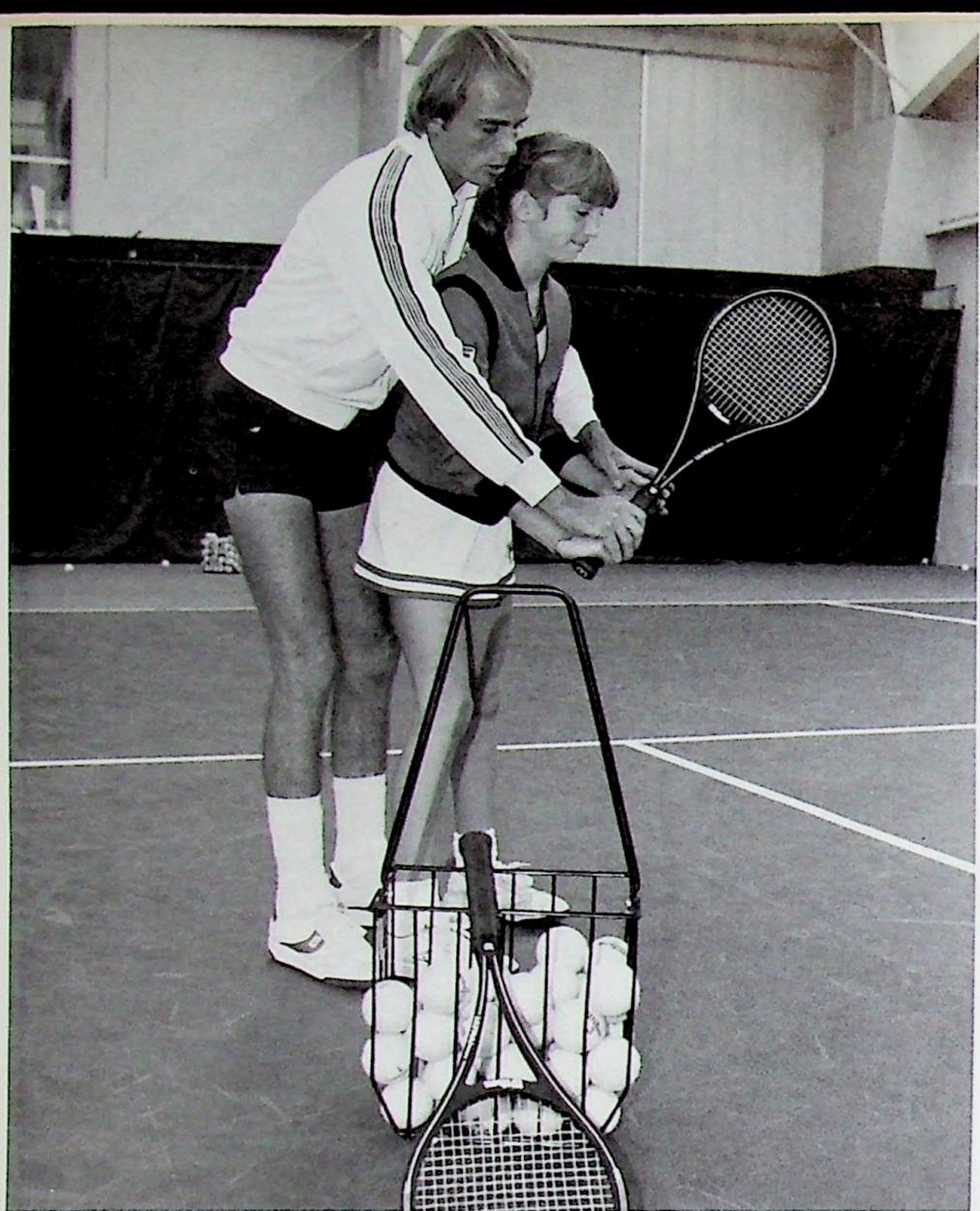
"I played on the U.S.T.A. tour circuit in Europe for a while," he recalls, reflecting on his student days, "but my studies always came first. And the same holds true for my tennis kids. You have to be pretty smart to be a good tennis player, and your mind has to be free of worries about homework and academics standing."

"Like gymnastics, tennis is a muscle memory sport. If you concentrate on the fundamentals, you can build on them. The trick is to project a young player's game so the 10-year-old will peak at 18 or 19."



Galiene hits a two-handed backhand, reminiscent of that of Andrea Jaeger, former Casati pupil.

Steve Casati's emphasis on footwork and agility is exemplified by one of his first pupils, world-ranked Andrea Jaeger.



"If you concentrate on the fundamentals, you can build on them."

Having observed many coaches, Jill's mother Marge says of Steve, "His dedication to his kids is total. We parents rally around him as if he were a member of the family."

On the way to becoming a nationally recognized coach, the tall slender man with blondish hair from Vernon Hills, Ill., discerned that young girls do better than boys their age in competition.

"For some reason," Casati says, "girls are terrific up to age 14. At 15 they get involved socially at school and their tennis suffers. Boys, on the other hand, generally have less solidity on the court at 12, 13 and 14, but at 15 they come on strong and move ahead of the girls."

Along with the other basics, Casati emphasizes good behavior to his young students. "I don't buy the spoiled brat type of behavior," he says.

As an important outside match approaches for his students, Casati plays one-on-one with them, hitting to their strengths and weaknesses, building on their skills, balancing their mental and physical qualities.

"I can't make everyone a national champion," Steve says, "but I can teach my students what it takes to become one. Once the hard work starts to become fun, we're on our way. If the big bucks follow, so much the better. But if a young player learns that life includes hard work, fun, disappointment, success, and a modicum of luck, that's not a bad preparation for facing the real world out there beyond the net." ●

At 27, Jan Blacksted is working her way up the world rankings.

It's Never Too Late With The Right Coach

Most of Steve Casati's tennis pupils have been pre-teen and teenaged youngsters. One notable exception is Jan Blackstead, an artist and former high school art teacher, who didn't pick up a tennis racquet until she had reached the advanced age of 21!

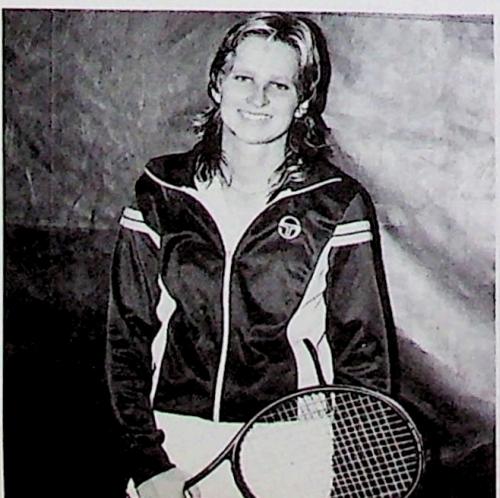
Today, at 27, Jan has just been ranked 250th in the world on the women's computer, thanks to the expert coaching of Steve Casati, who saw her play in a few Chicago tournaments and recognized her potential.

"When I first saw Jan, she was getting by on her athletic ability and her competitive spirit, not on her tennis skills," says Casati. "She was just another athlete running around with a racquet. Now, I believe Jan will make it into the top 100 by the summer of 1982, and in a year or two more she could be among the top 30 women players."

Jan says, "What a difference Steve made! He changed my stroking completely. I was hitting from out to in, crossing the racquet across my body in a follow-through. Now I hit from inside to outside. I save steps and stamina, and I've gained accuracy.

"Steve also changed my grip, which was slipping and changing, and my swing came around. This was something no other coach had noticed about me. Steve changed my serve, my volleying, my strategy. My stroking is now just right for my basic ability. I look forward to every suggestion from Steve, I listen to every criticism.

"I wish I had been discovered by a Steve Casati when I was 12!" ●



Racqueting New England

by Vivian Berg

Fall is the perfect season for enjoying the natural beauty of New England . . . even for the racquet sports addict. You can tour the region's 1,200 miles of scenic wonderland, dramatic autumn colors and rich Americana. And you can do it without letting your backhand get rusty by having to put your game "on hold."

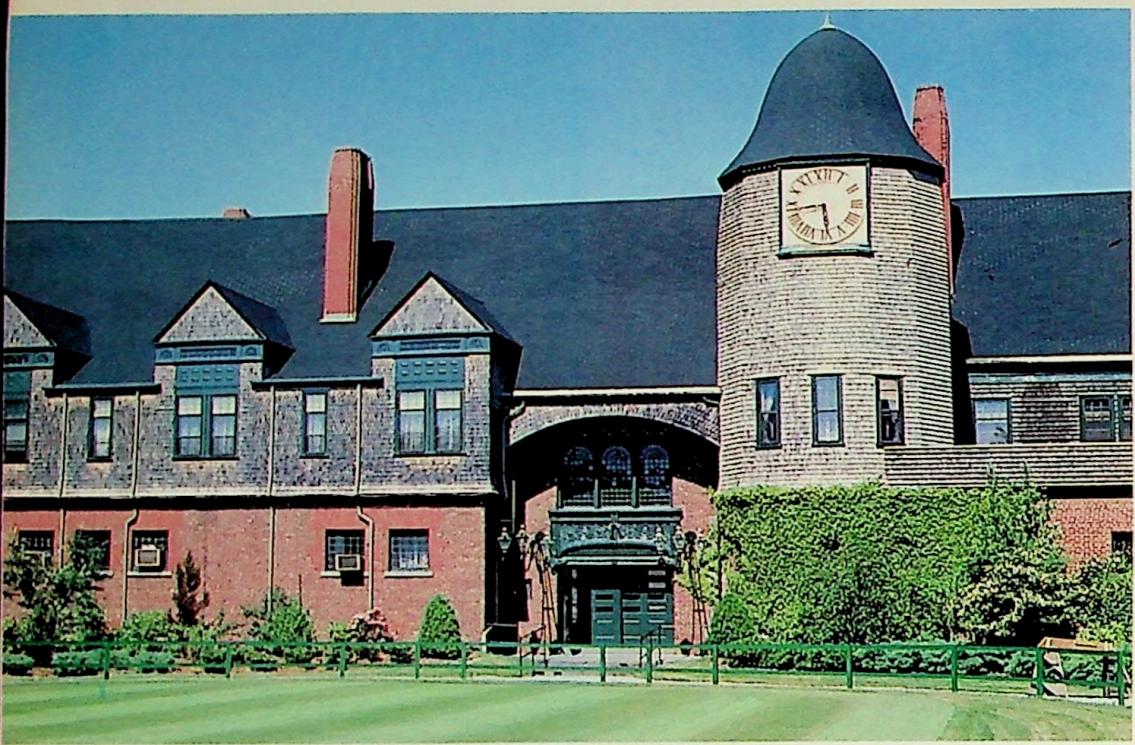
A good starting point is Newport, R.I., home of the International Tennis Hall of Fame on the grounds of the Newport Casino. This historic tennis facility was the scene of the first national tennis championships 100 years ago. During the summer travelers can play on 13 grass courts, the oldest in the country and the only ones open to the public. A modest \$80,000 annual budget maintains the courts.

This time of year, the Casino's two indoor tennis courts and one of the country's only indoor "court tennis" courts let you keep a racquet in your hand when leaves are falling and winter winds are blowing. Originating with 12th Century French royalty, court tennis is played in an enclosed area somewhat larger than a lawn tennis court. As in racquetball, ceiling and wall shots are part of the game, and as in tennis, a center net demands precision shot-making. If you're interested in trying your hand at this racquet sport, see pro Barry Toates at the Casino. Toates, who recently helped win the sport's prestigious Tiffany Cup, is ranked third in the world in doubles competition.

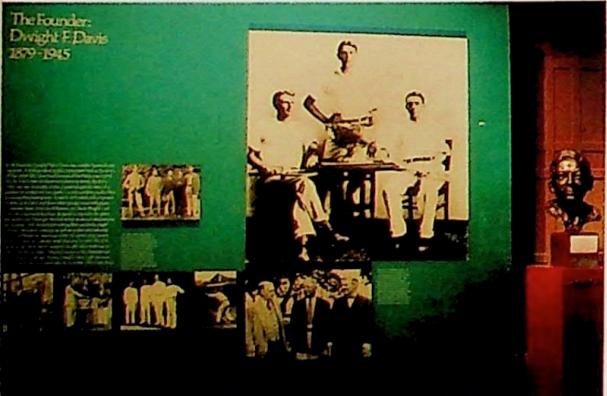
A "must" on anybody's New England trip is Cape Cod. A ride around the Cape will lead you to the Sea Crest Inn, its excellent dining room . . . and two indoor tennis courts! A swim in the indoor pool followed by a sauna will help loosen those travel-weary muscles.



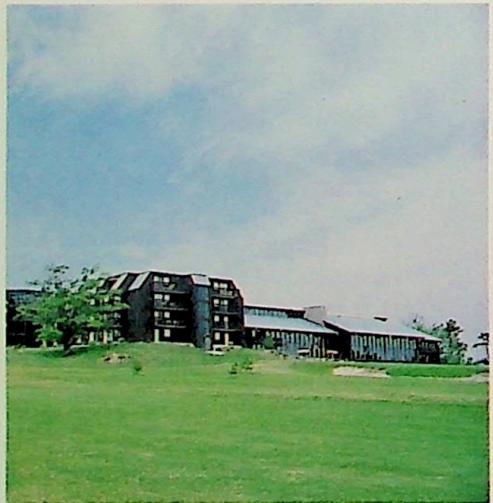
The Horseshoe Piazza on the grounds of the Newport Casino.



The Newport Casino: scene of the first national tennis championships 100 years ago.



Inside the National Tennis Hall of Fame at Newport.



The Samoset Resort on Maine's mid-coast.

In Boston, not far from the spot where George Washington took command of his army and where Paul Revere made his immortal ride, there's a place to arm yourself with racquets, not rifles.

With reservations made through your hotel (401/269-4300), the Boston Tennis Club at 653 Summer St. offers travelers seven indoor tennis courts, seven indoor racquetball courts (all with indirect lighting), two full-time tennis pros, an exercise room, a new swimming pool and a restaurant with lounge. All these amenities help keep the racquet-swinging tourist content.

An hour's ride from Kennebunkport, Maine, is the Samoset Resort on the state's mid-coast. The resort houses an indoor tennis facility, an exercise room with sauna and a heated pool.

For the convenience of the racquet-toting tourist, upstate New York's Concord Hotel in Kiamesha Lake features 16 indoor tennis courts open 24 hours a day. A videotape system affords players instant replay of their day's matches or lessons. Full-time pro Robert Parker is available to help solve any "court" problems you can't solve so you can return home an improved player. And if you can't find a partner, ask the robot ball thrower for a game.

The Tarantino's Pinegrove Resort Ranch in the small community of Kerhonkson, New York, offers the traveler indoor tennis and paddleball. For the sports addict, there's also archery and bocce, an Italian version of bowling. An indoor Olympic size swimming pool and two saunas give travelers a place to unwind after competing in their favorite sports. To top it all off, ride through the picturesque wooded area of upstate New York on one of the ranch's pure bred Arabian horses.

Back in the modern age, change from horse to car and drive into Southern Vermont. There you'll find the town of Stratton Mountain, home of the Stratton Ski and Summer Resort. The resort offers the perfect answer to tour-weary feet: two cushioned-surfaced tennis courts!

The Berkshire Mountains in Southwestern Massachusetts, let you switch surfaces to the slow and classic play of clay. The Jug End Resort and Conference Center on 1,200 pristine New England acres has three clay tennis courts with an air-supported bubble, for year-round play.

Nineteen-year-old Gary Metzner, the youngest nationally ranked player on the men's pro tennis circuit, recently arrived from the Chicago area to give private lessons. His fee is \$27 an hour. Court time is \$14 an hour. Gary says the courts are in "very good condition" and he is looking forward to ironing out travelers' strokes.

A leisurely drive through Massachusetts and the rolling hills of Connecticut will bring you into rural New York. And unless you care to start your tour again, grab your racquet, your bags and your memories. It's time to head home. ●

High Fashion

**The Sky's
the Limit in
Before-And-After
Racquet Wear**



—Photos by Alexas Urba

Beth is on top of the world in this green velvet jacket that stops at the waist and sports fitted sleeves with puffed shoulders. The shirt is long-sleeved off-white with green and rust print and a bow at the neck. The skirt is a soft pleated off-white wool. All by TWCC (Today's Women's Clothing Company).



Today's club player no longer can get by with only tennis wear.

As the clubs expand to include more activities, so do members' wardrobes.

There's fashion for tennis, racquetball, swimming, jogging, and just for relaxing with friends around the club.



If your plans are for vacationing where the climate is cool and crisp or for enjoying an evening out after a doubles match, JH Collectables has these show-stoppers for an evening at the theater.

Left: They'll be writing songs about this black velvet outfit of knickers and short jacket, brightened by a white satin ruffled blouse. Right: A sure headliner is this puffed-sleeved beige crew-neck sweater teamed with a full dirndl skirt.



Brisk fall winds, a cozy fireplace and this active sportswear were made for each other.

Left: Perfect for travel, the office or just recalling a winning racquetball game are this green blazer with patched sleeves, the delicately tailored blouse, and a coordinated dirndl skirt. Right: This split skirt for the sportswoman has a matching jacket. All in mauve tweed with a pale-pink high-button sweater.



For strolling between activities these JH Collectables are ideal.

Left: Perfect for cruising, shopping, touring or stopping in at the courts is this saucy outfit of white walking shorts, a striped sweater and a dashing jade bomber jacket. Right: Versatile is the word for this blue and white epaulet shirt with the blue split skirt and fresh white-linen blazer.



After a tough match on the courts, our models relax poolside in elegant Danskin bathing suits.

Left: A black cat takes over this sleek pink one-piece suit. Right: To the richness of this one-piece white suit Danskin added a touch of gold.



There's no contest on the courts or in the resort.

Left: A free and easy white tennis dress is classic in look, modern in washable fabric. By Top Seed. Right: The Danskin Cat and its matching cover-up.

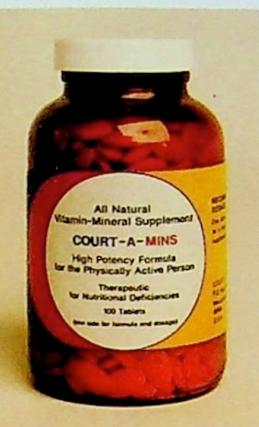


This warm-up suit by White Stag deserves a second glance. Shown here in soft gray, this two-piece outfit will surely help you keep in shape . . . and look in shape. ●

A warm CCS thank you is extended to the management of the theater and gift shop at Lincolnshire's Marriott Hotel.

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