

National Racquetball®

Vol. 14 • No. 1
January, 1985
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ELEANOR QUACKENBUSH & FRIEND:
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Weight (grams)	Grip (inches)		
	3 1/8	3 3/8	4
SL (230-245)	▲	▲	▲



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Weight (grams)	Grip (inches)		
	3 1/8	3 3/8	4
SL (230-245)	▲	▲	▲

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On the cover . . .

Eleanor Quackenbush, the Seniors Stimulator of Portland, Oregon, along with her famous racquetball-uttering parrot are featured this month in tribute to this hard-working, inspiring lady whose calling in life is centered around spreading the gospel of racquetball. For an in-depth account of her many accomplishments, turn to page 12.

Cover photo by Neil K. Wolf

Next month . . .

It's February and that means eyeguards. *National Racquetball's* annual eyeguard issue will again face the topic head on as we update progress made in development of specifications, making eyeguards mandatory in tournaments (some have) and what action the various governing bodies may be taking on this vital issue. We'll also feature a surprise article on one of the legends of the sport and what he's doing now!

National Racquetball

is published monthly by
Publication Management, Inc.
4350 DiPaolo Center/Dearlove Road
Glenview, Illinois 60025
(312) 699-1703
National Racquetball • (ISSN 0161-7966)

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Copy subject to approval of publisher

All editorial communications should be addressed to the Editor,
National Racquetball Magazine
4350 DiPaolo Center/Dearlove Road
Glenview, Illinois 60025

Manuscripts must be typewritten and double-spaced.

Color and black-and-white photographs are welcome.

Please enclose a self-addressed envelope for return of manuscripts and photos.

Subscriptions are \$16 for one (1) year. Rates are for U.S., possessions and military. Canadian subscriptions are \$20 per year. All subscriptions payable in U.S. funds. Foreign subscriptions are \$20 per year plus postage. Second class postage paid at Glenview, Illinois and at additional mailing offices. Postmaster send form 3579 to
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From The Editor . . .

Hats Off!

This issue's cover story features Eleanor Quackenbush and her Salem Seniors (page 12) — a true tale about how one dynamic lady has led a group of senior citizens into the world of racquetball for the health of it. It's a compelling story that says a great deal about how racquetball can be the bond between people of all ages as they strive to enhance the quality of their lives.

And while reading over the shoulder of the article's author, our Managing Editor Linda Catanzaro Boberg, I couldn't help but be struck by these courageous people who, late in life have elected to use racquetball as their primary means of physical fitness. It is a tribute to our sport, to say the least.

An instant later my mind projected images of so many men who I've had the pleasure to watch play racquetball — men of the so-called Masters and Golden Masters divisions, men in their mid-60s and up.

What a shame that these wonderfully skilled and dedicated players are relegated to the club's rectal corridors. Instead, these players should be center stage, right up front, out there for all to see.

True, you won't get any 142 mph bullet drive serves. And you won't get any fancy-dan backhand splat reverse pinch kills. You probably won't see too much in the way of flat roll-outs on the dead run.

But you'll see much more than that. You'll see racquetball as it was meant to be played. The way Charlie Brumfield used to play it against Bud Muehleisen, Steve Strandemo or Steve Keeley.

Oh, don't doubt that you'll see plenty of elastic bandages, lots of adhesive tape, knee braces and elbow pads. There's a limp here from an arthritic hip, a grimace there for a bothersome elbow, a groan now and then for a shot that *"I wooda had 10 years ago."*

But if you watch for any length of time, the Golden Masters will strike you — and it will hit near the heart. It dawns on you that despite the natural competitive pressure of a championship title match, there is virtually no animosity on the court. No blocking, no referee baiting, no hassling.

Instead you note an abundance of *"nice shot, man," "good hustle, guy,"* and (of course) *"do I have any time outs left?"*



What is happening on the court, down the corridor and all the way to the left, the court with no glass walls and three or four family friends peeking over the balcony — what is happening is nearly pure racquetball — and it's beautiful.

Those men are enjoying themselves. They're happy to be there, on the court, playing for another figurine that will surely collect dust amid the countless others within some wooden framed case in a recreation room somewhere. Each of these men has seen family, friends or fellow workers pass from this earth. Too many times for them all, I'm sure.

Yet defiantly they take to the court as the referee says "play ball." A handshake exudes mutual respect. A bounce, step and serve commences the action. Rallies take place and turn into points which turn into games and inevitably victories and defeats.

And how odd it is, that those of this age group who lose, those who have the fewest "next years" to capture that title, are the ones who lose so graciously, so unselfishly, with rarely an excuse (well, occasionally), but never the ire of those who lose in the categories 25 and 30 years younger.

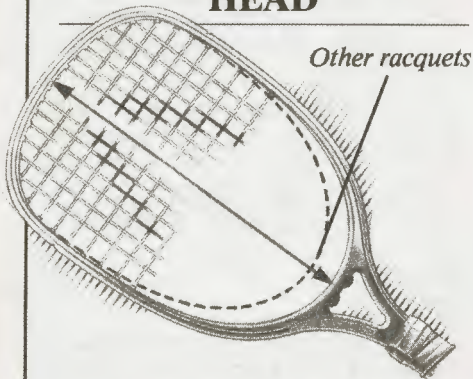
To me these Golden Masters are telling the world that they're happy to be here. Happy to have a heart that pumps that juice through their veins. Happy to be out there running around, winning and losing, establishing new friends, catching up with old ones, and generally enjoying the camaraderie that is racquetball.

This is the spirit of the old men of the court. I pray two times when I think of them. Once, that I should be so fortunate to reach their age. Twice, that if I should get there, that I too can enjoy the quality of life that racquetball brings to them. ●

Chuck Line

HEAD PUTS POWER IN PERSPECTIVE:

WITH A BIGGER HEAD



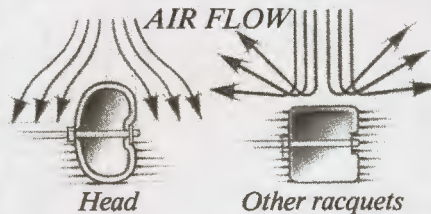
Pure power is great stuff. And power is what Head's Apex and Vector are designed for. Their enlarged hitting areas provide Head's biggest sweet spots ever. So you get more power, less vibration and absolutely no mercy on the kill.

But pure power is not always enough to win the match, the game, or even the point. You need perfectly-placed pinches, controlled ceiling balls and well-timed cut-offs.

To make those shots you need control and maneuverability as well as power. That's why Head made the Apex and Vector not

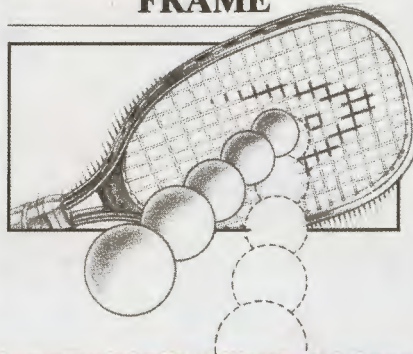
only bigger, but faster, stiffer and stronger as well.

WITH A QUICKER PROFILE



See how air flows easily around Head's aerodynamically slick frame. That reduced wind resistance gives you split-second responsiveness and maneuverability. So you can surprise your opponent with a drive, a pinch, or an unexpected cut-off. And nothing overpowers like a surprise.

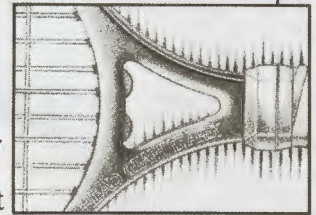
WITH A STIFFER FRAME



Head's stiffer frames help you overpower your opponents with accuracy. You see, the ball follows a truer, more accurate path as it rebounds off the face of a stiff racquet. So you get great placement control. That means more drives go right down the line and more pinches end up as winners, time after time.

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Letters

Junior Coverage

Dear Editor:

After reading the coverage about the Junior Nationals in *National Racquetball* magazine, our family was disappointed that an error was reported regarding the Girls 16 & Under Doubles division. The second place winners were Nancy Laurent and Erika Willhite, Columbus, OH.

After devoting so much time and effort to this competition, my daughter was so looking forward to seeing her name in print. Her coach and sponsors Head and Knight's Inn, would have been equally pleased.

Brenda Willhite
Bexley, OH

We regret the error, too. NR relies heavily on host clubs, AARA and public relations people to give us the correct information on an event as big as the Juniors tournament. — Ed

Instructional Kudos

Dear Editor:

I really enjoyed your November issue. I'm a novice at racquetball, but love the game and I receive copies of your magazine as I'm a P.E. Director at the Central YMCA in San Francisco.

Jean Sauser's series of articles on fitness were excellent and they will be referred to in my work as I attempt to educate incoming members as to the benefits and basics of exercise. It's her clear, untechnical manner of presentation that I really appreciate.

The article by Keith Strandberg, too, was excellent. I train volunteers to be aerobics instructors and again, found this to be a well-presented explanation for the need to warm-up *and stretch* before demanding physical activity. The only exercise I disagree with is the Hurdler's Stretch. I am told that this can be harmful to the individual, particularly someone who is deconditioned.

And last, Jay Kimiecik's article on enjoying the game was refreshing and inspiring, especially since I rarely win when playing with my husband. But, I do *know* when I've played by best, anyhow.

Keep up the quality of your magazine—I see it steadily improving.

Happy Clark Miller
San Francisco, CA

ARHS Will Help

I read "Of Fun and Such" and my only comment is that it's too bad you are not on the ARHS system.

Let's say that your rating was 605 and your opponents rating was 695. This means that in a game to 15 you are expected to lose by six points.

The first game you lost by eight points, but in the second game you beat the "Game Handicap" and lost by only three points.

Even though you lost both games you would have the psychological victory of knowing you played better than you expected to and you improved your rating.

What a neat program that allows both players to win!

Patrick J. McGlone
President, ARHS

National Racquetball Magazine
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You Know You're In Trouble When . . .

The referee kisses your opponent for good luck;
They ask you at the front desk when you sent in your entry form;
The parking lot is empty when you arrive;
Your opponent has more than a dozen gloves on his bag;
There's a big crowd in the gallery and you don't know any of them;
It takes your opponent five minutes to select a ball;
At 7-7 your opponent calls time out and switches hands;
You hear the announcement, "Last call for dinner" and you're still playing the first game;
Your opponent has trouble fitting through the door;
You win the first point and your opponent throws a tantrum, calls a time out, and changes racquets;
Your doubles partner tells you to just relax and let him take everything;
They ask you if you've had very much reffing experience as they hand you the card;
Your opponent is wearing a shirt that says, "1977 Nationals;"
The referee turns out to be that "stupid idiot" you honked at in the parking lot;
Your racquetball bag feels unusually light;
The referee shows up holding a can of beer;
They call you to the front desk and ask you if you're in a hurry.

—Tom Grobmisi

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Reader Survey

Tell Us About Your Racquetball Gloves

What do you like—or dislike—about your racquetball glove? Have you ever given it much thought? Well, now's your chance!

Complete the questionnaire below and let us know your material preferences, how your glove fits, whether you've switched brands in the past year, or if you've found the one true racquetball glove.

We'll print the results in our April issue, so send your questionnaire back by March 1.

Send those questionnaires to *National Racquetball Reader Survey*, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.

1. How often do you play racquetball?

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

2. How many years have you been playing?

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

3. Where do you normally play?

- ☐ Private club
- ☐ YMCA
- ☐ JCC
- ☐ Park District
- ☐ School
- ☐ Military base

4. What is your skill level?

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

5. Are you female or male?

- ☐ Female
- ☐ Male

6. What is your age?

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

7. Do you wear a glove when you play?

- ☐ Yes
- ☐ No

8. How many gloves do you personally own?

- ☐ One
- ☐ Two
- ☐ Three
- ☐ Four or more

9. What material is your glove made of?

10. What size glove do you wear?

- ☐ Small
- ☐ Medium
- ☐ Large
- ☐ X-Large

11. How many gloves did you buy in the last 12 months?

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

12. What was the cost of the last glove you bought?

- ☐ \$5 or less
- ☐ \$10 or less
- ☐ \$15 or less
- ☐ More than \$15

13. What will most likely influence your next glove buying decision?

(Rank in order of your first three preferences; i.e., put a number 1 next to your first choice, a number 2 next to your second choice, etc.)

- ☐ Fit
- ☐ Price
- ☐ Moisture absorbency
- ☐ Maintain tackiness
- ☐ Long life
- ☐ Appearance
- ☐ Instructor's advice
- ☐ Advertising

14. Where did you purchase your last racquetball glove?

- ☐ Local club pro shop
- ☐ YMCA/JCC
- ☐ Sporting goods store
- ☐ Discount store
- ☐ Mail order

15. Are you pleased with the glove you're now using?

- ☐ Yes
- ☐ No

16. What do you like most about the glove you're now using?

(Rank in order of first three preferences.)

- ☐ Fit
- ☐ Price
- ☐ Moisture absorbency
- ☐ Maintains tackiness
- ☐ Long life
- ☐ Appearance
- ☐ Other _____

17. What do you like least about your glove?

- ☐ Fit
- ☐ Price
- ☐ Moisture absorbency
- ☐ Maintains tackiness
- ☐ Long life
- ☐ Appearance
- ☐ Other _____

18. How often do you wash your gloves?

- ☐ Every time I play
- ☐ Every other time I play
- ☐ Once every few months
- ☐ Never

19. Tell us about you:

Name _____

Address _____

State _____ Zip _____

Club you play at _____

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Who are we & what do we do?

We're mothers, fathers, athletes, crafters, writers, dreamers . . . ordinary people. But every day of the week — and sometimes on the weekends, too — we get together to put out *National Racquetball*, your publication. Putting together a monthly magazine is more than a nine to five job for us. Because we're involved with all aspects of this dynamic and changing industry, our staff is committed to giving you the best in feature stories, instructional guides, tournament results, and the latest information concerning our sport.

In the past few months our staff — and location — have undergone some changes. We'd like to introduce ourselves to you so that you'll know who's responsible for the different parts of this magazine. If you have a question, a complaint, a suggestion, or even some praise, we welcome your calls and letters.

Of course, the person at the very top of our staff is our publisher and the owner of Publication Management, Inc., Hugh Morgan. With 25 years of publishing experience, Hugh publishes two racquetball magazines, a metal finishing magazine, and has advertising responsibilities for other magazines as well. He has also been involved with magazines in the medical and religious fields. Morgan, who coined the term "racquetball, the sport of fitness," watches over our operations with the eye of a man who has loved sports for years.

Rex Dimick joins our staff as Editorial Director after being with Publication Management for four years and with over 30 years of editorial experience.

"My goal is to direct the editorial activities of the magazine and show our readers how we are dedicated to racquetball as a sport," says Dimick.

Hugh Morgan, Publisher



Rex Dimick, Editorial Director



Chuck Leve, Senior Editor



The guy you're probably most used to seeing is our Senior Editor Chuck Leve, the inaugural editor of *National Racquetball* way back in 1973. A 15-year veteran of racquetball, Chuck helped found the old

U.S. Racquetball Association, ran the pro racquetball tour for its first seven years, was instrumental in drafting the early rules of racquetball.

A 1970 graduate of the University of Miami (FL) with a degree in communications, Chuck spends his non-racquetball

KILL OR BE KILLED.

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hours enjoying his two boys (Josh and Michael, ages five and a half and 10 months, respectively), coaching his Little League Team, being an avid Chicago sports fan, and buying dog food.

Linda Catanzaro Boberg begins her second year with *National Racquetball* as Managing Editor, after serving one year as Associate Editor. Although she will continue writing feature stories, working with new product releases and analyzing tournament results, Linda will now be responsible for the day-to-day operation of the magazine, including seeing that manuscripts are worked into magazine pages.

Linda is also Editor of *Racquetball In Review*, the official publication of American Amateur Racquetball Association. She joined Publication Management to assume that duty, after working in book and newspaper publishing since 1973. When she isn't working on racquetball publications, or driving 50 miles a day, Linda spends time with three other Bobergs — husband David and sons Daniel, 4, and Patrick, 2.

Linda Catanzaro Boberg,
Managing Editor



Jean Sauser,
Associate Editor

After writing for *National Racquetball* on a free-lance basis these past 10 years, Jean Sauser joins our staff full time as Associate Editor. A former touring professional player and author of five instructional books on racquetball, Jean was a member of the founding Board of Directors for APRO, and WPRA, and is part owner of the East Side Athletic Club, Milwaukie, OR. With all this accumulated knowledge, Jean will continue editing and writing our Fitness Center as well as occasionally writing features and instructional articles.

Our magazine couldn't survive without the dedication and hard work of Judi Bayer, our circulation director. An avid racquetball player, Judi takes a special interest in seeing that each issue arrives to you at the right time, in the right place, and in the right condition. Judi and husband Bill are parents of Kim, Debbie, Michael, and Julie. Judi is dedicated to solving your subscription problems.

Judi Bayer,
Circulation Director



Kara Bermann,
Assistant,
Circulation Director

Kara Bermann, Assistant to the Circulation Director, is a recent graduate of Knox College, Galesburg, IL. She assists Judi with subscription handling, working on phone calls from our subscribers, and making sure that missed issues are sent out as soon as possible.

Our "team flake" (his term — not ours) is Ken Kozil, Midwest Regional Sales Director. Ken claims that he always has been and will always be a jock. Drafted by the Chicago White Sox in 1966, Ken looked forward to a career in pro baseball until injuries forced a change in those plans. Presently, he is an avid racquetball player "improving with every match." Ken handles all advertising requests and special promotions that are called in to our office.



Ken Kozil,
Midwest Regional
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Dick Walker, West
Coast Sales Rep



Greg Flood, East
Coast Sales Rep

Our East Coast sales representative is Greg Flood, who works out of Erwin Baker & Associates offices, East

Orange, NJ. Dick Walker, owner of the R.W. Walker Company, Santa Monica, CA, represents us on the West Coast.

We can't forget to mention that although we're still located in Glenview, IL, our offices have moved to the lovely DiPaolo Center, world headquarters of the DiPaolo Construction Company.

Our address, should you care to drop us a line, is listed on the contents page of this issue.

Now that you know who we are and what we do, let us know if there's something you'd like to see happen — or change — with *National Racquetball*. We're committed to being your authoritative voice of racquetball. ●

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Eleanor Quackenbush: Salem Seniors Stimulator

by Linda Catanzaro Boberg

Quick!

What's the first thing you think of when someone mentions a program for senior citizens? Old people in rocking chairs? People sitting around doing crafts, playing cards, reading, being read to?

That may be how many people view senior citizens. But not the Salem Senior Stimulator, Eleanor Quackenbush.

To anyone else, she's the 64-year-old housewife with a marvelous sense of humor who happens to play racquetball. But to the people at The Courthouse Fitness Centers, Salem, OR, she's godmother to those players 55 and older who want a good workout with people their own age and ability.

"Unless you're over 55, you probably aren't able to fully understand what it's like to compete in racquetball against persons 30 to 40 years younger—both mentally and physically," Eleanor says. "It's tough!"

And so, Eleanor, who's only been playing racquetball for three years, formed the Salem Seniors Stimulate campaign,

aimed at getting more older people into the Courthouse and onto the courts. Presently, she has 10 people playing two or three times a week in a seniors' league.

Eleanor began playing racquetball because of her own declining health. In 1977, her health deteriorating, she and husband Roger, a retired Lieutenant Colonel, sold their beloved old house and moved to a condo which was easier to maintain. Eleanor was overweight and suffering from high blood pressure which made her unable to keep up with housework. Daughters Kandi and Joan, concerned for their mother, drove her to the newly opened Courthouse and signed her up for an exercise program.

"I started on the bike," Eleanor says. "I just hated it! Then I started aerobics class and I got to the point where I just didn't want to go. I hated it! So I kinda snuck down to the courts and I've been doing it (racquetball) ever since."

Her weight dropped from 168 to 136. She lost four inches of body fat and best of all, her blood pressure went down to normal.

And, she was *enjoying* racquetball. Never one to like athletics prior to this, it was suddenly becoming something that consumed her time. To whit, she purchased Billy, the Amazon parrot. It wasn't long before she'd trained the bird to say a few words and phrases. Whenever she reaches for her racquet or bag, Billy screeches, *"Racquetball! Racquetball!"*

"Bye-bye! Racquetball! Racquetball!" the bird calls when Eleanor leaves for one of her three days of work at the club. She has trained him to shout *"Shut-up! Shut-up!"* whenever he hears too much racquetball talk.

Billy is not a people person however. Despite the fact that he is the Salem Seniors Stimulate's mascot, he never leaves the Quackenbush home and rarely performs for others.

"He's pretty valuable," Eleanor says of the bird she purchased three years ago. "I'm afraid he wouldn't perform just anywhere. In fact, I don't know what he'd do."

She has trained him to sit on a racquet, but only after he'd chomped off all the strings.

"Other than that," Eleanor says, "he's never picked up any of my husband's bad words."

Perhaps Roger Quackenbush is the only person who doesn't appreciate this fast-talking winged creature. Originally, it was Roger who came home from the pet store, telling his wife about the blue-fronted Amazon parrot, *"the prettiest he'd ever seen."* But now, all the chatter and noise Billy creates can be a headache.

Robert Quackenbush doesn't play racquetball due to a knee condition for which he had replacement surgery this summer. He is the only member of the Quackenbush family who isn't on the court, though.

Daughter Joan, 39, lives in Salem along with Danny, 19, her son.

Kandi, 29, *"is a heck of a player, and left-handed, too,"* reports her mother. Richard, 38, a New York high school teacher of the non-educable, plays, and when he comes home every summer, Eleanor gathers up the group for doubles.



The Salem Seniors Stimulate receiving their proclamation from Oregon Gov. Vic Atiyeh. From left to right: Eleanor Quackenbush, Mary Brown, Bev Chamberlain (Courthouse Racquetball Director), Iris Runner, Tom Girard, Dean Wallace (Manager, Courthouse Fitness Center), Bill Poindexter, Don Duncan, and Dee Taylor. Carl Hills and Bud Lent couldn't attend the ceremony.



Eleanor and Billy, at home. Pretty soon the bird will be calling hinders.

The signs demanded "Get out of that rocking chair!" and proclaimed "Join the Salem Seniors Stimulate!"

Who are the Salem Seniors Stimulate?

They are a group of seven men and three women, ranging in age from 55 to 65, including a housewife who earned the Boy Scouts' prestigious Silver Beaver award (the highest honor in boy scouting); a minister of 44 years who previously was a handball player; a teacher; a druggist of over 40 years tenure; two retired Oregon state employees (a medical technologist of 33 years and a printer); an Oregon Supreme Court Justice; a member of the Salem Assistance League; a church primary school superintendent; and volunteers in political and alcohol-abuse counseling fields.

Clearly, not people who sit around, and yet all needed some physical activity to either keep them going, or get them started.

"Almost all the people in the league are doing it to lose weight or keep up their physical stamina," Eleanor says of her group.

Next Eleanor sought out sponsorship for her league, something that wasn't easy.

"It takes a lot of nerve, a big smile, much talk, and especially a belief in what you're doing to find sponsors," she says. McGrath's Public Fish House, a popular restaurant in Salem, became their sponsor.

Not done yet, Eleanor went after public recognition. She wrote to Oregon's Senator Mark Hatfield, who recognized the group by writing back to Eleanor, "Physical activity need not stop at 55 and I am certain your promotional efforts on behalf of the league will capture the attention of many people."

She then wrote Governor Vic Atiyeh and on June 4, 1984, the entire group visited his office where he proclaimed, "... I am delighted to recognize this worthwhile program, Salem Seniors Stimulate, and urge other senior citizens to recognize the value of healthful and challenging physical activity in retirement."

As Eleanor enjoyed racquetball more and more, she found that she couldn't find anyone her age—or ability—to play with. Faced with this constant frustration of wanting to play and knowing she'd be beat by younger players, Eleanor knew that she'd have to solve her own problem.

"So one day, after I'd been running the Women's Play Day for awhile, I gathered up the nerve to ask Bev Chamberlain, our Club Director, if I could start a senior citizens league," Eleanor says.

The answer: "Go for it!"

Never one to just do a casual job, Eleanor, a former grade school teacher, took off on this campaign with a fervor that leaves club management breathless. Soon posters were taped to all the bathroom doors.

"Everyone has to stop there, don't they?" she asks.



Sitting pigs, slouching pigs, PIGS are the special awards that Cheri and Dave Posedal, potters as well as members of the Courthouse, create for awards.

Eleanor prepares a backhand ceiling shot against Don Duncan.

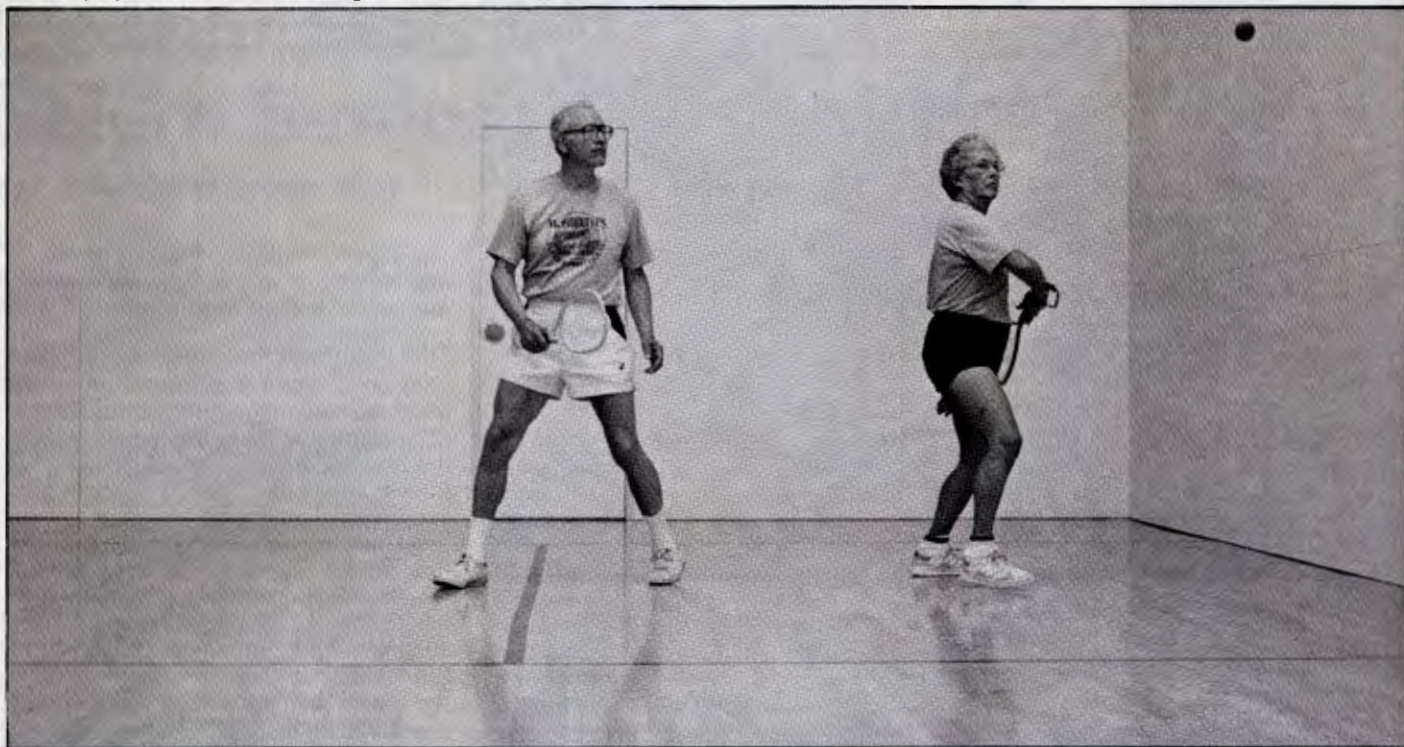


Photo by Neil K. Wolf

Eleanor has even written President Reagan and fully expects to receive recognition from him some day soon.

Meanwhile, there are other things to keep her busy. One would think that this program is just a nice group of people who get together for a casual game or two. And one would be wrong. To Eleanor, nothing is done without a certain amount of humor.

For instance, the usual tournament awards the usual trophy. But at the Courthouse, the usual is not found. Several years ago Cheri and Dave Posedal, local potters as well as Courthouse members, combined efforts to produce a ceramic Nike shoe to use as awards. They were so popular that Nike bought exclusive rights.

This year the awards were ceramic pigs. Eighty ceramic pigs including sitting pigs, lounging pigs, PIGS, all carrying racquets, of course.

"It was exciting to see grown men and women clutching their pigs as if they were Cabbage Patch dolls!" says Eleanor.

It is her dream to someday have a seniors doubles league, but for the time

she's content with the progress that the Salem Seniors Stimulate movement is making.

"It's not like a landslide, for goodness sakes, but it's picking up," she says. "We're noticing a lot more gray-haired people at the club."

Gray hair, as Eleanor has learned, does not a senior make.

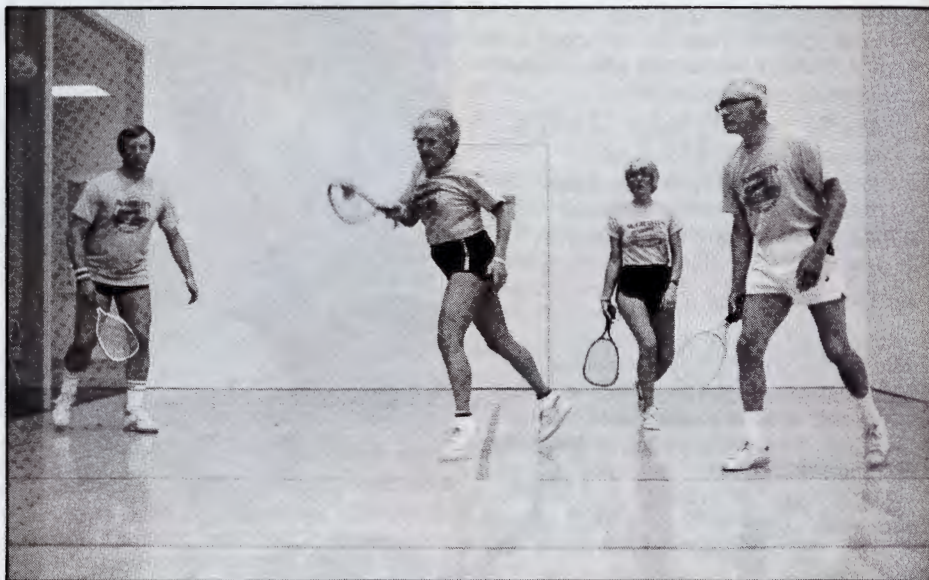
"We had one guy in our group who turned out to be 44!" she recalls. "We had him all signed up and everything. He looked so old and scruggie and we didn't even question it until we got back a questionnaire from him and

found out that he was too young for our league. After all, it isn't fair to the others. So we put him in a D league and he's happy."

Will there be no end to sandbagging?

As far as she knows, the Courthouse's seniors league is the only one of its kind. She has sent questionnaires to other Oregon clubs, asking if they have seniors leagues or are interested in starting one. This fall the Courthouse held a seminar for those interested in beginning such a program.

"We had directors come to our club with two seniors from their club and



Eleanor, not afraid to mix it up on the court, rips a forehand during a doubles match. That's Dean Wallace (l.), Bev Chamberlain and Duncan also doing battle.

Photo by Neil K. Wolf

then run the seminar complete with organized play," Eleanor says.

She also attended the Northwest Recreation Racquetball Association's Fifth Annual Retreat this fall to present the Courthouse's seniors program to club owners, managers, and employees.

Her biggest concern now is that as the seniors program grows it might become a monetary drain on the Courthouse's racquetball budget. But Eleanor has a plan, as she always does.

"I got to thinking that if this thing gets going, it could get expensive," she says. "They'll get tired of me giving them bills for postage!"

Her plans include selling "tole-painted keychains. We have them cut out and then we paint them. We used to make bunny balls, but we got sick of making

those. And we used to make racquet-shaped bulletin boards, but they cost a little more than a dollar, you know. We also made a whole bunch of ball bags and eyeguard holders."

We, who's we?

"Well . . . me," she answers. "It doesn't take all that much time. It's not like I'm chasing little kids all day or anything like that. Besides I'm having fun."

Although it is fun, Eleanor resents the stigma some people attach to older people who participate in sports activities. She was interviewed recently by a local newspaper about the seniors program. When the photographer arrived for a photo session, he took pictures of them playing, but ended up using a picture of Eleanor and another member sitting on the floor, laughing.

"That's not the point we're trying to make," she says. "We're out having a good time, sure, but we're also out to do something good for ourselves—physically and mentally. He made fools out of us and it looked worse because we're older."

Older is not a word that can be applied to Eleanor Quackenbush. She attacks this seniors' project with the energy of someone half her age and she loves it.

"I've spent hours doing this," Eleanor says of her work for the seniors, "But when you enjoy something, it isn't work. Why not do something you enjoy?"

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Jim Cascio: On Top of His Sport

by Keith W. Strandberg



The tall, well-built young man came into the room and sat down, laying the racquetball racquet across his lap, an air of self-confidence and assurance about him. Jim Cascio had arrived.

Cascio, just back from the Ektelon National Championships in Anaheim, CA, had concluded a grueling series of regionals, the tournaments deciding the final eight players who compete in Anaheim.

"I felt I deserved the championship more than anyone else. I was the only player out there who had been there in previous years."

Cascio placed second in 1983, and had respectable showings in other years. 1984, however, was more than respectable: He won.

"It means that I am the number one ranked amateur in the nation."

He played well this year, after making the decision to concentrate solely on the amateur division.

"In other years, I chose to play the pro division as well, then relaxed when I got to the amateurs. This year, I knew that if I went all out for the amateurs, I'd get it."

And get it he did. He didn't lose a game the entire tournament (matches are best two out of three games to 15 points), and only got pushed to 10 points once.

"I was up for it, playing all out, 100% every point. After you play racquetball tournaments for awhile, you know that you can lose at any time to anybody, on any day. You have to play 100% every time to win."

His intensity and drive paid off, allowing him to bring his national championship back to Lancaster County, PA, and to the Four Seasons Sports Complex, where he is the racquetball pro.

He became the pro there in December 1983, currently running the leagues, organizing special events, and teaching private and group lessons.

"I really enjoy being the pro at Four Seasons," Cascio said, adding that he wants to make racquetball a part of his life and career after his competing days are over. *"Racquetball is my life, and my future."*

"There has been a lot of talk about racquetball dying, but I don't think that's the case. Many clubs overbuilt during the boom years (around 1977), so now those clubs are turning their excess courts into profit-making spaces (i.e., aerobic salons, weight rooms, basketball courts, etc.)."

Cascio started out his sports career playing high school tennis in New Jersey, then moved to racquetball when he saw himself advancing quicker.

"The tennis club where I played converted two tennis courts into 10 racquetball courts, so I started to play. I improved quickly."

He credits his tennis experience with helping his hand-eye coordination, and with aiding his backhand especially.

"My backhand is my best stroke. If I had my choice in a match, I'd hit a backhand pinch shot every time."

"I hung out at the club all the time when I was a kid. I took a few lessons in racquetball, but it was mostly playing. I can't really say that anyone 'taught' me how to play. I kinda learned as I went along, and I picked up a great deal from the other players in tournaments."

In a lot of ways, racquetball has suffered from the public's misconception of it as a sport. Many people see racquetball as a "brutal" game, and according to Cascio that's not necessarily true.

"The level of intensity in racquetball is totally different from other sports. In tennis, you have the time to warm into the game, and the pace is less frantic. In racquetball, if you let up for five minutes or you're not properly warmed up, the first game is gone and you might be struggling to get back into the match. Racquetball is fast, so there is more pressure, and emotions tend to get more involved."

The whole feeling of racquetball is unique. It's played in a confined area, and the sound of the ball hitting the wall can be a frightening experience in itself. And, due to its wide open character, it encourages an aggressive style of play.

"Racquetball is a good way to blow off steam. Yelling isn't looked down on on-court, and there is even a little contact allowed. There are a lot of players in racquetball who play simply to let out some aggression, or to hit something hard. The court is a good, socially acceptable place to do that."

Racquetball, from Jim Cascio's viewpoint, is the sport of the '80s. It offers the most efficient total body workout in shortest period of time, and the action is challenging and exciting.

"A busy executive can take an hour and a half off during the day and play racquetball, letting out all his frustrations and aggression while getting a top notch workout. Then he gets back to work a happier, healthier, more productive worker."

Since he is a club pro as well as an active competitor, he doesn't have time for all the play and practice he would like.

"Some players feel they need two or three hours a day of practice to stay sharp, and I agree with that. But, I just don't have the time. If I'm lucky, I practice an hour a day."

"I use a different theory. I don't have the time nor the desire to hit every day,

because competing on weekends is very demanding. Monday is always a day off—either I'm depressed about a loss or I want to savor a win. Tuesday, Wednesday and Thursday I'll hit, but it's generally a good idea to lay off a day or two before a competition. I know I'm not as sharp as I could be, but right now that's the way it's got to be."

Cascio's philosophy of practice and play is based on success, his motivation. It spurs him to work harder, as opposed to the traditional view of working hard, paying one's dues, in preparation for success. Cascio works hard, but he needs the success to do that work.

It is a philosophy that will really only work for those "with talent," and Cascio acknowledges that. But he also acknowledges, without a trace of cockiness or conceit, that he has the talent that it takes. Using Cascio's technique, players without natural ability will only meet with defeat, because they wouldn't be able to "wing it," to just get by on their innate athleticism.

"I'll get on the court, and I'll know that I'm doing something wrong that I could correct if I had the time or the desire. I'll work to correct those little mistakes. They aren't things that anyone else sees, just little things that only I notice."

What about turning pro?

"I tried that, a couple of years ago, but the money wasn't good enough."

In 1982, he was ranked #16 on the men's professional tour. Strange as it seems, Cascio remains an amateur, while still making as much as a thousand dollars for winning a tournament. He is sponsored by Ektelon and Foot Joy shoes, as well as being sponsored on the amateur circuit by Four Seasons Sports Complex.

"If and when the pro tour comes together in a serious way, I'll turn pro. I think it will, because many of the major racquetball equipment manufacturers are getting together to back it.

"Racquetball is a great sport for the up-and-coming athlete. Its popularity is increasing daily, but it doesn't get the exposure it would if the pro scene was better. It's a good time now for young people to get involved, because it can

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only get better. If more people become involved in racquetball as a sport rather than as a pastime, the competition will only continue to get better.

"I'm excited by the future of racquetball."

With his schedule as it is, Jim doesn't have much time for anything else. He was going to Millersville University before the position at Four Seasons came up, and he is contemplating going back to school soon to finish out his business administration major.

"My family is probably the most important thing in my life. We are all very close, and we get along very well.

"My father serves as my coach and trainer, and everyone else has been very supportive. They don't play much racquetball, though; they leave that up to me.

"My sister, Cathy, is the best female player in Lancaster County, but she isn't that interested in playing at the high levels, which is too bad because there is as much or more money and opportunity available to women in racquetball as men."

Being the best in the nation means a great deal to Cascio who plans to continue to compete in the larger tournaments and develop his style of play. On court, he exudes the same confidence he always seems to possess. But, inside, he's in turmoil.

"I'm always nervous before a match, any match. Sometimes it gets so bad, I can't even move my legs to get a short shot I'll always get to in practice. But, after a few well-hit shots, I get over it and start to move well.

"There is a great deal of grace, style and fluidity to the game and to the shot making. Some players are power players, but I am more of a finesse-type shotmaker."

Seeing Jim glide around the court, his long legs eating up the floorboards on his way to a perfect placement, it's hard to think of anything else but grace and style.

"I want to be remembered for my special style, my special shots."

Cascio credits tennis with helping his eye-hand coordination for racquetball.



What's ahead for Jim Cascio? Even he's not really sure. He's only 21, so he still has some time to decide on his future. All he knows is that racquetball is going to be a large part of that future. He yearns for more responsibility in the field of sports management after his playing days are over, but all that has to take a back seat while Jim Cascio plays the world.

He already leads the nation as an amateur, and it won't be long before he's the best there is.

That's how it is, according to Jim Cascio. And it's hard not to believe him. ●

On The Road With Marty Hogan



Asking the champ in person—Hogan fields questions from the 250+ spectators at the Wheaton Sport Center.

Racquetball's first millionaire, Marty Hogan, is mid-way through his second annual "Hogan Tours America" clinic-exhibition series and is getting a very enthusiastic reception in clubs across the country.

The fact that Hogan is bringing spectators out in large numbers not only proves that he is truly a racquetball superstar, but more importantly indicates that there is a strong interest nationwide in seeing professional racquetball players perform.

When Hogan's clinic-exhibition series made a stop at the Wheaton Sport Center in suburban Chicago recently, a standing-room-only crowd and *National Racquetball* were on hand to witness the event.

Making his arrival barely on time due to a delayed flight, a tired yet still charismatic and enthusiastic Hogan was introduced to the crowd. Despite his rigorous two-clinics-a-day schedule, the full house gallery seemed to energize rather than drain Hogan as he set out to do what he does best: to play and entertain his fans.

He introduced himself, his sponsors and his sport and quickly got down to the business of accepting game challenges from club members. In much the same manner as he advances through tournament play, Hogan handily and systematically defeated his first three opponents.

The crowd was amazed as well as entertained as they witnessed Hogan pulling opponents around the court like puppets on a string. None of the losers seemed to mind, though, and all were awed at the velocity of Marty's shots as well as his on-court "smarts."

"It's just an honor to be on the court with him," one challenger explained.

As the exhibition continued, two challengers, one male and one female, did manage to "upset" Marty. However, they were not your typical club players.

The first upset occurred when Hogan accepted a different kind of challenge from Caprice Behner. She's the three-time National Paddleball Champion and so when her opportunity to play Marty came up, she walked on the court with two solid wooden paddles and a paddleball. Insisting that a fairer challenge would be a paddleball game to five points, she got the crowd on her side and talked Hogan, who has limited paddleball experience, into playing.

It takes a champion to defeat a champion. Before he had time to adjust his game to the wood paddle, Marty Hogan was handed his first defeat of the afternoon 5-4. However, it was a breathless Behner who told the crowd afterward between gasps for air, "He is amazing!"

The second upset occurred at the end of the exhibition when two-time Illinois State Champ and former touring pro John Lynch defeated Hogan in two straight games, 15-6, 15-5.

Lynch, who never defeated Hogan in professional tournament play, was still very pleased with himself.

"He was playing 50% but I played super!" Lynch exclaimed.

It was a relaxed and obviously uncompetitive Marty Hogan who stepped off the court after his game with Lynch to begin a question and answer session. He began by asking "Does anyone here have any questions about how I can improve my game?," thereby addressing and dismissing his two defeats. The laughter and applause that resulted indicated that Hogan was still the winner with this crowd.

Patiently, for the next 45 minutes, Hogan, the five-time national champ answered questions that explained his own personal stroke techniques; the ones that changed racquetball forever and launched him to the top. After giving out some practice tips and strategy

Hogan and National Paddleball Champion Caprice Behner discussing the terms and conditions of her paddleball challenge of the racquetball champ.



Photos by Jim Sausser

pointers, he ended the clinic by thanking the crowd for their support not only of him, but of racquetball in general.

"We were very pleased and impressed with the job Marty did," said Sport Center general manager Gary Taylor. "We received great p.r. and Marty's appearance gave our racquetball program a real shot in the arm."

For those of you who are thinking about attending one of the "Hogan Tours America" stops, *National Racquetball* strongly recommends that you do so. Thanks to sponsors Pro Kennex, Coors, Leader Eyeguards and Ram Racquetballs, it's free, but worth millions in entertainment and racquetball information from the champ himself. Call Pro Kennex at 1-800-854-1908 to find out when the tour will be in your area. ●

Carol Sheredos: Courage Mastered, Fear Overcome

by Shaileen Kopec



Carol Sheredos

Her name was just the next one on the list.

Carol Sheredos had recently joined All Sport Fitness & Racquetball Club in Fishkill, NY, and one of the staff was calling to see if she was ready to take her introductory racquetball lesson.

"It's really easy," the voice enthused. "Anyone can do it."

"Anyone?" mused Carol.

What the caller did not realize was that Carol Sheredos is a double below-knee amputee.

"My expression is 'Go for it,' " Carol recalls with a smile. "So I said, 'Okay.' Of course I was apprehensive, but I thought, 'what have I got to lose.' "

Equalling Carol's remarkable attitude toward tackling new challenges is her mastering of her artificial legs. Since she has no legs below her knees, she has no sensory perception of where to place her artificial feet. With tremendous practice and determination she has learned to walk on her prostheses without the assistance of crutches or a cane, and with only the slightest appearance of effort.

This accomplishment is comparable to walking—or playing racquetball—on stilts. While younger double-amputees are capable of achieving mobility without aides, the speed with which Carol is able to maneuver on the racquetball court is something quite rare—if not unheard of.

Carol's introductory group lesson spawned interest in further instruction with the All Sport pro, and within the year she joined a club league. After placing second twice in novice competition, she advanced to a "C" league where she rates herself "in the middle."

How do her opponents react when they meet her on the court? She claims the competition is never compromised.

"I lose my share," Carol admits good-naturedly, "but I always give an opponent a run for the money, and I always have a lot of fun."

While most of the league players know Carol is an amputee, a few don't. "I remember beating someone awhile ago who evidently didn't know my situation until she saw me in the locker room," recalls an amused Carol. "You should have seen the look on her face!"

Carol has learned the racquetball basics well. Besides becoming an expert on body language, she is quick to detect an opponent's weaknesses and, like any good player, will capitalize on them in any way she can.

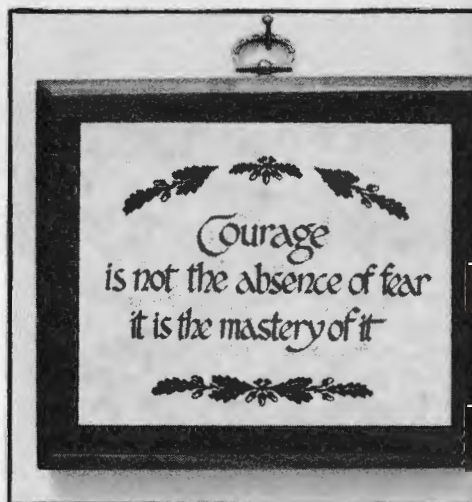
"If someone is consistently moving to the left, naturally I'll be hitting to the right," she says.

She also prides herself on mastering a fast serve into the left-hand corner, which garners her a fair share of points. And she'll tell you that she hits the ball "very hard."

Carol's developed good judgment about playing the ball off the back wall. "I don't have the speed, so I know that if I try to play it off the back wall, I'll get myself too far back from center court and I'll be sunk on the return. So if the ball is coming and I see it's a certain height and speed, I'll go for it . . . of course, form is sometimes sacrificed! If I really don't think I can make it, I'll let it go."

Carol's speed may be somewhat compromised, but not her hustle. Watch her on the court and you'll see the adrenalin flowing and a maximum effort. You'll also hear some wild sound effects. Carol is notorious for her "war whoops" that inevitably follow successful shots.

At 40 years old, Carol Sheredos has spent half her life as an amputee. At 19, she made an unthinkable decision to have both her legs amputated below the knee. It was a decision drawn from



a childhood marked by ridicule from cruel peers and a painful adolescence that made her face how very different she was.

At birth, Carol Ross' legs and feet were terribly twisted. Most of her toes were missing, as were her foot bones and ankle bones. Her fibula, the smaller of the two calf bones, was missing in both legs.

When fully grown, Carol stood just four feet seven inches tall. Her feet were barely four inches long, and it was a painful ordeal to walk on them. Moreover, Carol walked with a strange gait which generated a loud slap each time her right foot came forward.

Her parents, Margaret and Robert Ross, were exceptionally loving and provided security and understanding during growing years which were unbearably painful, both physically and emotionally.

"When I was five years old," remembers Carol, "I wore Oxford shoes with leg braces. I remember looking out the window and watching other kids playing and wanting to be with them. I went into the closet and took out my sister's sneakers. I took off the braces, put on the sneakers and ran outside."

"My parents were astounded. The doctors said I would never walk without braces. Even then, there was something pushing me. Can you imagine a five-year old kid doing that?"

Fourteen years later that same spirit, coupled with a strong faith in God, moved Carol Ross to take the chance that removal of both her legs and training with prostheses would lead to a better way of life.

"You're only seeing the tip of the iceberg," said Carol to this writer, as she handed over a copy of a *Good Housekeeping* magazine article published in 1970. "You can read the background here."

The article relates a remarkable story of courage which led to Carol Ross' designation as 1970 New York State Woman of the Year. She also received a personal letter from the President of the United States. And while the national spotlight was exhilarating, it led to introspection.

Carol recalls, "There I was getting national attention, even marriage proposals in the mail, yet every night I'd come home to a lonely apartment."

In time, things changed. While working as an education specialist at the Prosthetics Research Center in New York City, Carol met Sal Sheredos, a Veterans Administration rehabilitation engineer. They married in 1973 and are now the parents of Emily, 9 and Douglas, 5.

"I see my life in three chapters," Carol observes. "The first was my childhood and adolescence. The second centered on the decision to have surgery and the change it brought to my life." And the third began three years ago.

"When Douglas was about two," says Carol, "I began to realize there was a void in me. I needed an outlet . . . to get out of this shell I came to realize I was in."

"One day I was watching my husband work out at All Sport on the Nautilus machines and I said to myself, 'Gee, if I could only do that.' Then I thought, 'Why not?' So I took a trial work-out and started. I needed to feel good about myself. It was a transition time for me."

The transition included serious thought about a return to work. Carol holds a B.S. degree in physical therapy from Ithaca College. Last year, a position opened up for a director of the physical therapy unit at Medicus, an emergency medical facility in her hometown of Wappingers Falls, New York. Characteristic of her go-for-it attitude, Carol got the job.

Chapter three, then, has brought changing perspectives and a career renewal. Racquetball has played a part in it, building her confidence to try something new and challenging. It has also served as a unique link to a special friendship.

Two years ago, Carol was flabbergasted to receive a phone call from a college classmate she hadn't seen in 16 years.

"We weren't really that close," says Carol. "But Judy remembered a talk I had given in a public speaking course about phantom feeling . . . the feeling that a limb which has been amputated is still there. She was calling to ask me if I would give some support to her husband's uncle who suffered from diabetes

PRODUCT SAFETY NOTICE

Diversified Products Corporation ("Diversified"), in cooperation with the Consumer Product Safety Commission, is offering to refund/replace certain older Leach aluminum frame racquets and refurbish certain older Leach plastic molded models. This action is being taken due to reports of injuries which allegedly occurred when a player lost his grip on the racquet during his swing. It has been reported that upon the release of the racquet, the butt-plate has on occasion pulled out of the racquet handle.

The majority of the affected racquets were marketed by Leach Industries, Inc. before Diversified purchased the company in March, 1980. The racquets were sold under numerous labels, each bearing the Leach name. Diversified has agreed to replace, refund or refurbish the affected racquets in accordance with the terms set forth below.

Eligible Plastic Frame Racquets

MUST MEET ALL OF THE FOLLOWING CONDITIONS:

- Have been purchased between January 1, 1979 and June 30, 1982;
- Have the Leach or DP Leach name on racquet;
- Have a protruding wrist thong connector on butt plate as shown.

WILL NOT HAVE:

- Only "DP" on racquet (that is, absent the Leach name);
- A metal rivet under leather grip (1 inch above butt plate and detectable with a magnet).

Offer

Returned racquets will be equipped with a new butt plate and the existing leather grip and wrist thong reattached. At the consumers option a new leather grip and wrist thong will be incorporated for \$4.00 prepaid.

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MUST MEET ALL OF THE FOLLOWING CONDITIONS:

- Been purchased prior to December 31, 1980;
- Have the Leach name on the racquet;
- Have an indented wrist thong connector on the butt plate, circular as shown, or oblong.

WILL NOT HAVE:

- Any DP identification on racquet (that is, will have only the Leach corporate name);
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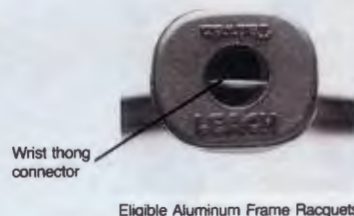
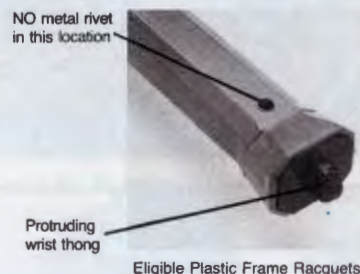
Return racquet and receive a \$4.00 rebate OR return the racquet with \$10.00 enclosed and receive a new DP Eagle aluminum racquet.

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Diversified will reimburse you for the shipping charges of **eligible racquets only**. Please allow 4 weeks for delivery. Racquets failing to comply with the description given, and therefore not involved in this program will be returned at your expense.





Carol lets out a war whoop after completing a difficult shot.

Both as a professional and as an amputee, Carol knows the therapeutic value of sports involvement by the disabled. She feels strongly that people with disabilities "don't have to be ashamed anymore . . . they don't have to hide away."

Carol also understands that knowledge and faith can combine to make the impossible a reality. She attributes her ability to walk unaided to several physiological factors which have been developed through therapy and extraordinary determination.

"My proprioception is finely tuned," she says. "Proprioception is the body's ability to be aware of its parts in space. When I started to drive after the amputation, I used hand brakes. When I'd come to a toll booth, it would be tough to maneuver everything. One time I discovered that I had a sense of where my foot was. Knowing where to place your feet when walking is, obviously, critical to your ability to walk."

"I can sense that. I don't know if my ability to do this came through training or whether it's a gift."

Carol has also developed an extraordinary sense of balance, which enables her to compete on the racquetball court. She also recalls—only now with amusement—the special challenge her two pregnancies gave to her ability to balance.

A third element to Carol's success on the court is her ability to pivot, which was acquired through a great deal of practice. Interestingly, she notes how ideally constructed racquetball shoes are for her special maneuvering needs.

In addition to enjoying All Sport, Carol is active in her church and is an avid gardener, tending no less than five flower gardens and a 25-foot by 25-foot plot with a dozen varieties of vegetables. She also learned to ride a horse within the past year.

Outgoing and friendly, Carol freely tells you about her interests, her work, her family and her feelings. But she won't let the conversation dwell on what an extraordinary person she is.

There is, however, a very small sign that hangs in her office at work. And it says volumes about Carol Ross Sheredos. It says: "Courage isn't the absence of fear—it's the mastery of it." ●

and had recently had his leg amputated."

An extremely athletic and young-bodied man in his sixties, the uncle was devastated by his amputation. He had stopped eating and felt as if he couldn't go on living.

"I called his wife and introduced myself," explains Carol. "I spoke to Irv and just told him I was thinking about him and praying for him, and that all was not lost."

Carol then wrote him a letter, saying that she could understand what he was feeling and what he was going through. She also offered practical advice about adapting to a prosthesis. Cards and calls followed. Then there was the discovery of a mutual interest—racquetball.

"At one point Judy told me that Irv's favorite game in the whole world was racquetball. In April, 1982, our family went to Miami and I had the chance to meet Irv. Of course, we played some racquetball . . . he has some mean serve!"

Irv plays in a wheelchair. His active lifestyle now includes swimming, bowling and riding a motorized tricycle.



As director of the physical therapy unit at Medicus, an emergency medical facility in Wappingers Falls, NY, Carol has the opportunity to help others with problems similar to her own.

Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to Mike Yellen, c/o *National Racquetball*, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



Question: What are you doing to occupy your time now that there is a minimum of pro events? Are you planning to do an exhibition-clinic series of your own?

Yellen: Yes. I'm always doing racquetball exhibitions and clinics for the various sporting goods companies I represent. Recently, I returned from a trip to the Orient, more specifically Japan and Singapore. I gave classroom lectures, conducted on-court demonstrations, and played exhibition matches. I was pleased to find that there are some pretty good players in the Far East. There's an international racquetball circuit that many players participate in and that seems to be helping the sport a great deal.

This year, I'll also be traveling on the S.S. Norway out of Miami on what's known as the Fitness Cruise. Professional athletes from all kinds of sports are on board to speak on behalf of the sports they participate in.

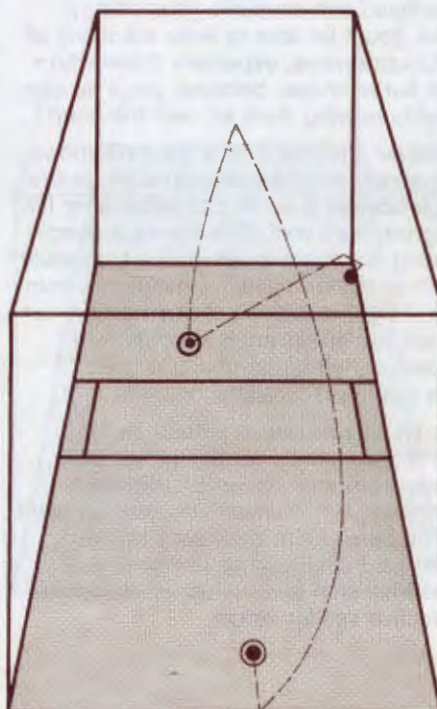
The S.S. Norway has one racquetball court. I'll be giving tips to players who want to use the court on the cruise. Tips range from introducing new players to the sport to improving players' games. My program is flexible enough to help anyone on the ship.

I'm currently in the process of planning my spring and summer clinic-exhibition series. You can get more information about my appearances by calling Theresa Nunn at Ektelon (1-619-560-0066).

Question: I was recently defeated by a player in a tournament who was an excellent fly shooter. Do you recommend perfecting this shot? If so, when do you use fly kills and how do you execute them?

Yellen: Yes, I recommend perfecting fly kills. I think the fly kill is an excellent shot to take advantage of, provided the situation warrants it and you have plenty of time to set up to hit.

The ideal situation for the fly kill is off a pass shot you've just hit that forces your opponent to hit the ball into the back wall to save the shot. If you can read the shot as it's being hit into the back wall and immediately move forward to cut it off on the fly, you'll actually have a golden opportunity to drop the ball into the front corner of the court while your opponent remains stuck in back court (see *Diagram*).



It's important to remember that you must read your opponent's shot into the back wall as it's happening and immediately move forward to hit the ball on a fly. If you hesitate in moving forward, you'll be reaching too far forward and lose control of the shot or miss it completely.

Question: I tend to give up when I know I've hit a shot my opponent can easily kill. Trouble is, sometimes he leaves the ball up but my frozen mental state leaves me unable to retrieve the shot. It's not only embarrassing, but it is frustrating and is costing me too many points. Do you have any tips that will help me break this bad habit?

Yellen: Number one, you've got to remember that the point isn't over until it's over. In other words, it's like playing a game to 11 points, being down 10-4 and then quitting.

That's a point where the better players always have that something extra to come back to win!

Do what I do on the court. I concentrate on hitting my shot first. Then, immediately after that, I concentrate on getting into the best possible position to return my opponent's shot. That leaves no time to think about whether or not I've hit him a plum.

Another consoling fact for you should also be that at the amateur level of play, I've seen many more players miss set ups rather than consistently put them away.

Finally, on all levels of play, pros included, there are only two shots of the "plum" variety that you cannot retrieve. The first one is a skip ball. In that case, you automatically win the point! The second is the perfect kill. Nobody, but nobody, not even the pros, hits perfect shots all the time.

If you keep these two thoughts in mind, you'll stop freezing and start retrieving. ●

Charlie Garfinkel's 'Spot' Racquetball

Use Your Head! Hit the Overhead!

by Charlie Garfinkel

This article continues a monthly series by former top pro Charlie Garfinkel using the "spot" theory of racquetball, which helps improve your game by hitting a specific spot on the wall, which will give the desired effect for the shot. The spot theory also takes into consideration the "spots" on the court occupied by both you and your opponent.



Many of us have been involved in seemingly endless ceiling ball rallies. Often, we're frustrated because we're not given an opportunity to shoot the ball. However, I've found that an extremely hard hit, or well placed forehand overhead drive, or kill shot, can produce many outright points. At the worse, a well hit overhead will elicit numerous weak returns that you can readily put away.

Often, when I suggest using overheads as an alternative to the ceiling ball, many players say, "That's easy to say. And, hitting an overhead from the right side of the court isn't that hard. But, hitting it from the backhand side of the court is practically impossible."

This isn't necessarily so. You'll be pleasantly surprised at how many overhead shots you'll be able to hit, simply by moving one or two steps to the left. This will enable you to hit a wide variety of forehand overhead drives and kills.

Hitting an occasional backhand overhead reverse corner shot can be effective at times. But, it really is a low percentage shot, that is hit with virtually no power. Therefore, if the shot doesn't roll out, your opponent has an easy setup.

Developing a good overhead will make you a feared competitor. Your opponent will have to worry about many different shots that you might hit after he hits you a ceiling ball. Usually, he'll be looking for another ceiling ball. He'll also have to worry about moving forward, to the side, backward, and diagonally, depending on the type of overhead you decide to hit. And, if you can develop a forehand overhead hit with two or three different speeds, you'll have your opponents on the verge of a nervous breakdown.

In addition to making your game more varied, developing a good forehand overhead can conserve your energy. And, you'll be able to wear out many of your opponents, especially those who are out of shape, because you'll be constantly moving them all over the court.

Another advantage of a good overhead, especially a hard overhead drive, is the high bounce that the ball takes after hitting the front wall. This forces a scampering opponent to return the shot waist high or higher. Hitting a good shot from this height is difficult at best, even when you're set to hit the ball. However, hitting an offensive shot on the run is practically impossible.

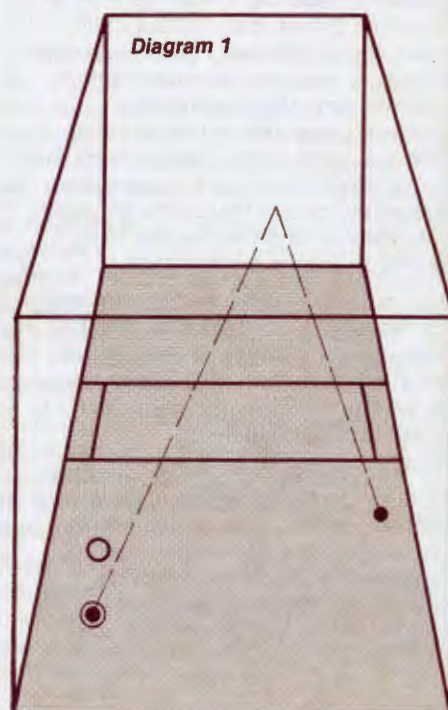
To hit an effective overhead shot or drive, you should usually hit the ball away from your opponent. However, there are occasions when you may want to hit behind him or directly at him. And, you may want to use your overhead kill shot or drive as an occasional effective service return.

When hitting the overhead, regardless of the area of the court you're hitting to, or the amount of pace you're using, always hit the ball as far in front of you as is comfortable. This will give you more pace and control.

Since most ceiling ball rallies occur on the backhand side of the court, it is to your advantage to hit a hard cross court overhead, especially when you're behind your opponent. You must also be sure that your overhead drive doesn't catch the side wall, as this will cause the ball to slow down, enabling your opponent to easily return it.

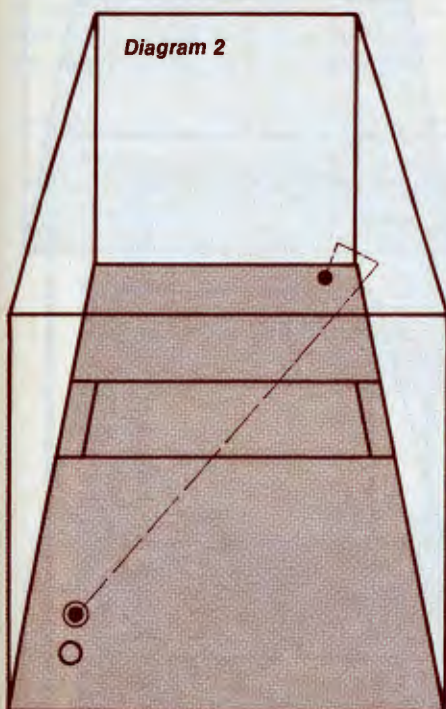
Hitting the shot correctly will force your opponent to quickly move to the forehand side of the court, while he is moving at a great rate of speed. When he does this you should move to center court in anticipation of a weak return. You should then have an easy shot to put away.

(Diagram 1) To hit the forehand overhead drive from the backhand side of the court to the forehand side of the court, you should aim for a spot on the front wall about three to four feet high,



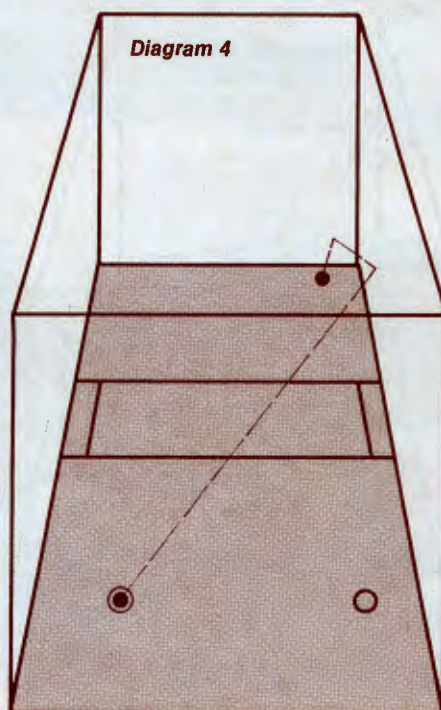
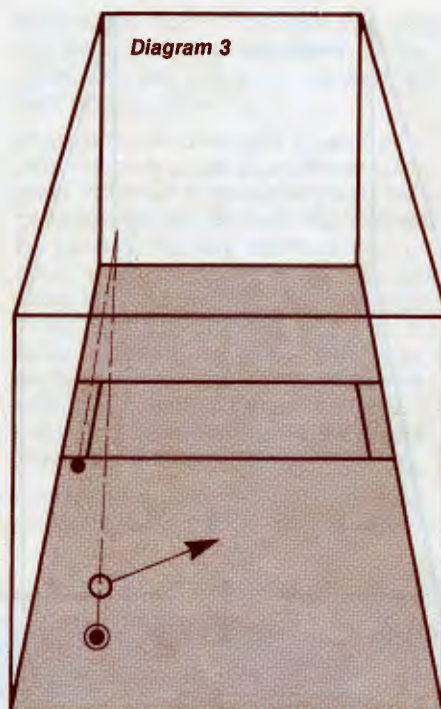
one to two feet to the right of center. This will cause the ball to rebound sharply to the deep back court away from your frustrated opponent.

During an ensuing ceiling ball rally from the same spot on the court you'd be wise to attempt an overhead kill shot into the right corner on your next overhead attempt. (*Diagram 2*) Why? Look carefully at *Diagrams 1 and 2*. In *diagram 1* you're behind your opponent. In *diagram 2* you're in front of your opponent. Being in front of your opponent means that you've momentarily blocked him out of play. If you hit the overhead kill to the forehand corner correctly,



he'll never be able to react quickly enough. To hit this shot correctly you should aim as low as possible to the right side wall-front wall corner, hitting the side wall first. The ball will roll out before your startled opponent has time to react.

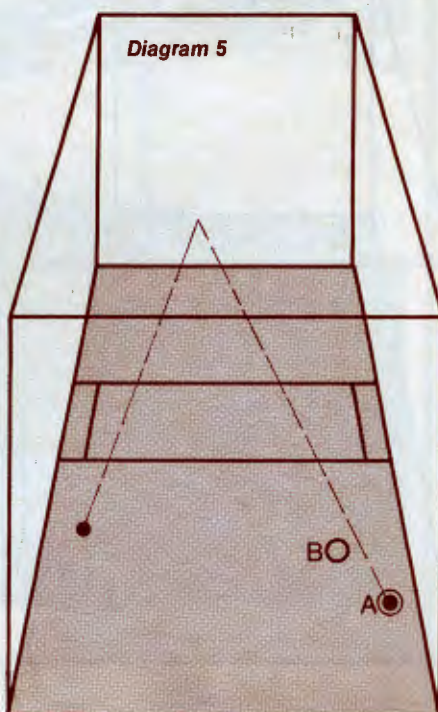
By now, your opponent is starting to get smarter. Or, is he? Sensing that you're going to hit another overhead kill or drive, he starts moving to the right.



As soon as you see this, hit a hard overhead drive down the left (*Diagram 3*). In other words hit the shot behind your opponent, making sure that the ball travels straight down the left wall. Also, be sure to move out of your opponent's way to avoid a hinder. To hit this shot correctly be sure that your overhead drive hits approximately three feet high on the front wall, one to two feet from the left side wall. By hitting it at this height, the ball will bounce at least twice before hitting the back wall.

In the next situation your opponent and yourself are exchanging ceiling ball rallies again. He's on the right and you're on the left. Hitting an overhead kill into the right corner is an excellent choice (*Diagram 4*) as your opponent is stationed so deeply on the right side of the court. And, because of his court position, you don't have to hit the ball quite as low as with a usual overhead kill. You can afford to hit the ball six to eight inches high. Too many players make too many errors by trying to literally "flatten" this shot.

Hitting overheads from the right side of the court may appear easier. However,



there is also a tendency to catch the side wall, especially on overhead drives. This happens when a player hits the ball too close to the side wall on the front wall, and not slightly to the left, as it should be (*Diagram 5*). Also, it actually feels more comfortable to hit an overhead kill shot or drive from the left side of the court, than it does the right. This is due to positioning of the feet, as when serving in tennis.

In (*Diagram 5*) both opponents are in backcourt. Player A hits a hard overhead drive that hits three to four feet high on the front wall, one to two feet to the left of center. This forces his opponent to scurry across the court to return the shot. Because he will have to use his backhand on the run, his return should leave you with a set-up.

In (*Diagram 6*) Player A is in front of Player B. After an extended ceiling ball rally A hits a crosscourt overhead kill as low as possible into the left side wall-front wall corner. Due to the angle of the shot and Player A's court position, the shot is practically unreturnable.

Diagram 7

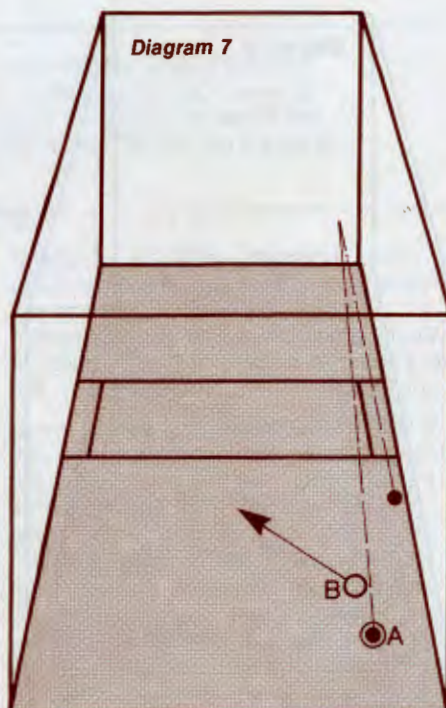


Diagram 9

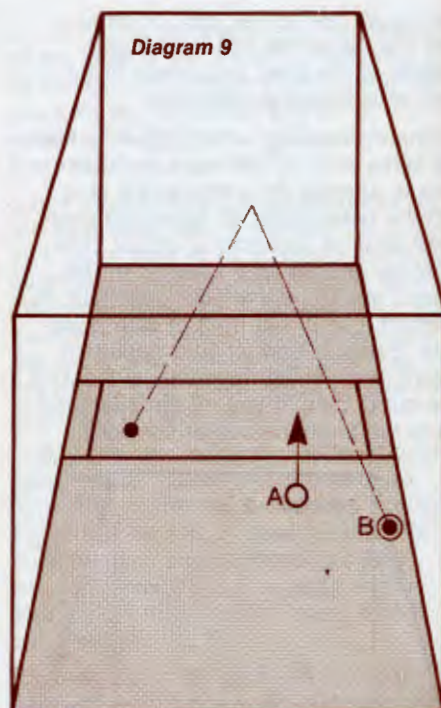


Diagram 6

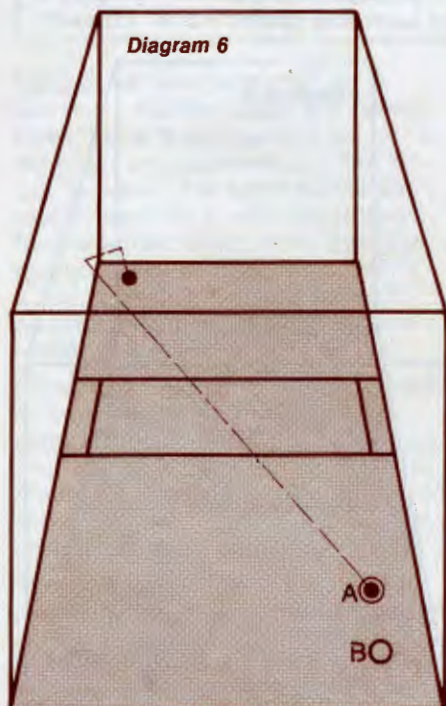


Diagram 8

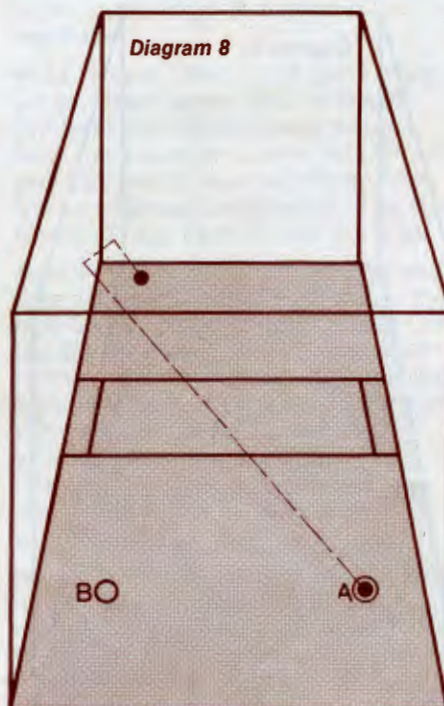
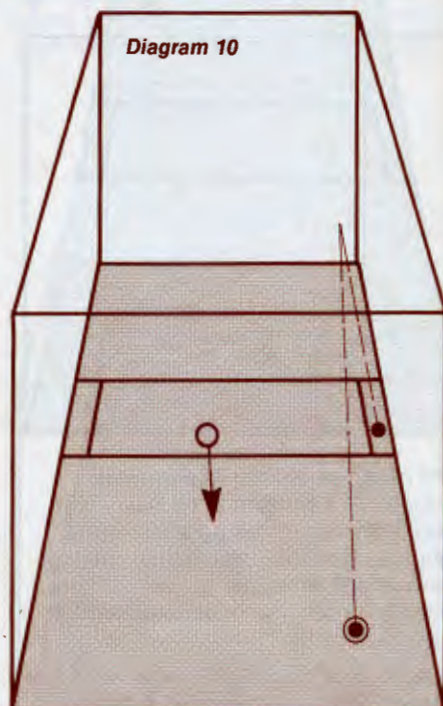


Diagram 10



(Diagram 7) finds Player B sensing that Player A is going to hit another overhead crosscourt. As Player B starts edging toward the left side of the court, Player A hits a sharp overhead drive straight down the right line, three feet high and one to two feet from the side wall. It is a sure winner.

(Diagram 8) Player A and Player B are stationed on opposite sides of the court. Sensing that B is hanging back, A hits a deadly overhead kill into the left side wall-front wall corner. As in (Diagram 4) the shot can hit 6-8 inches high on the front wall and still be a winner.

Occasionally, this shot, as in (Diagram 4), can be struck in such a way, that it hits the front wall first. However, if the shot hits too high on the front wall, it

will bounce high on the side wall, causing the ball to rebound toward center court. This will give your opponent an easy shot to return.

Sometimes an overhead is used in a different ceiling ball situation. In (Diagram 9) Player A makes a great, diving get near the service line. But, despite his heroics, his only alternative is to return the shot to the ceiling. This provides Player B with an excellent opportunity to hit an overhead drive past his fallen opponent. Be sure that the ball is hit three to four feet high on the front wall, slightly left of center. This will cause the ball to bounce twice before Player B can reach it.

Finally, a shot that must be practiced diligently is the overhead drive return of

a serve (lob or half-lob). I have found that the overhead drive down the right side (Diagram 10) is more effective than trying it down the left. This is due to the server backpedalling across the short line after serving. In most instances he is totally unsuspecting an overhead drive straight down the line. By the time he reacts the ball is well past him, enabling you to easily win the rally. Be sure that the shot hits three to four feet high, one to two feet from the right side wall, straight down the line.

Picking your "spot," when you hit an overhead, will enable you to play "over your head" time after time. ●



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Steve Mondry's Racquetball Clinic

Getting Serious About Court Coverage

by Steve Mondry



Most instructional articles dealing with court coverage have, in my opinion, glossed over the topic and given superficial hints on how to better cover the court. Many authors merely tell the reader to anticipate the shot without really delivering the main point — the thought process behind proper court coverage.

It is this thought process that will help the player understand or at least begin to comprehend the mechanics involved in covering a shot.

There are really three methods of court coverage, but only two of them are what we could call "correct." The third method, which we'll discuss in a moment, is *not* recommended. It is raised in order to help players identify the potential danger in their court coverage system.

Backing Up

When racquetball was growing up, a lot of tough handball players became the best racquetballers of the day. The code of etiquette that early racquetball received from handball was to force your opponent to hit around you by standing like a block of granite in the center of the court.

That's okay, if the ball is in one of the corners. However, we're talking about players who stood their ground even when the ball was directly behind them. I still have chilling memories of ol' "Doc Brown" and Carl Loveday playing doubles in San Diego against two other players (who shall remain nameless, but who hit the you-know-what out of the ball). Well, Doc Brown was brought up in the old school — either hit it through me or go around me, but make up your mind already.

To this day, I've never seen anybody get hit that many times in one game or match. They tell me that Bob and Bernie McNamara from Minneapolis were similarly tough in late '60s paddleball and early '70s racquetball, but I never had the opportunity to personally witness their game.

The point is, besides being painful, such "coverage" is illegal. It's not allowed, nor should it be. It's really not part of the game. Such play will eventually lead to hard feelings, and really, how much fun is it to rip and/or get ripped constantly?

Typically, Doc Brown or other "backing up" style players would serve and back up out of the service zone with eyes straight ahead riveted on the front wall.

When asked why they play this way, most backers-up say, "I watch the front wall so I don't get hit in the eye with the ball."

That's like walking across the street looking straight ahead to avoid being hit by an oncoming automobile. It just doesn't make sense.

Traditional

The traditional method of court coverage evolved from a mentality that attempts to take advantage of and utilize the nitty-gritty rules of racquetball to their fullest extent, and not coincidentally, to the benefit of the player. And while by the mid-70s the better players had abandoned the back-up method of blatant blocking coverage, this new style, a more sophisticated usage of rules, developed.

In order to maximize their chances of covering opponent's shots with greater regularity and efficiency, players started *cutting down the angle*. This sly maneuver amounted to a legal block, and some of this can still be seen today in almost every court in existence.

Instead of moving totally out of the opponent's path, you position yourself in front of and just off center from your opponent as he prepares to hit the ball. You have eliminated certain of his shot options (unless he decides to rip you, which would be a hinder, and you've still eliminated the option), forcing him to hit where you want him to (*Diagrams 1 and 2*).

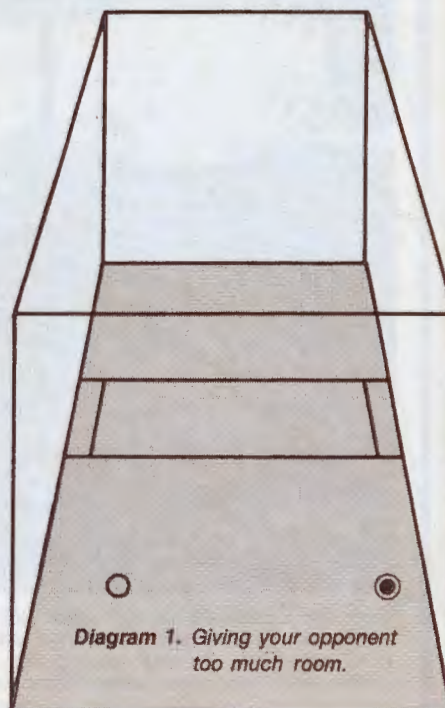


Diagram 1. Giving your opponent too much room.

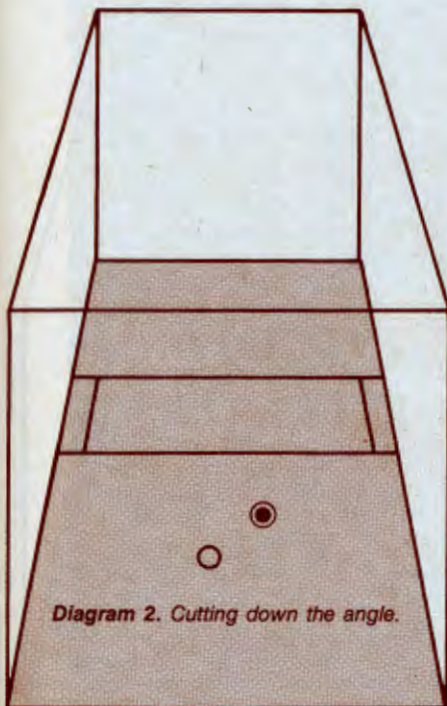


Diagram 2. Cutting down the angle.

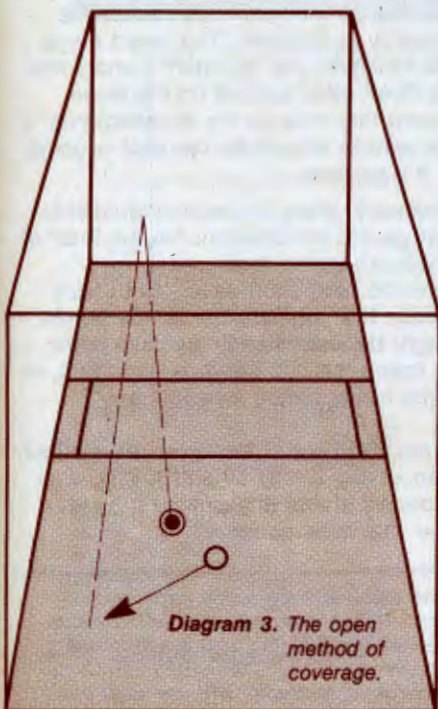


Diagram 3. The open method of coverage.

As a result, you need not worry about covering that portion of the court that you've blocked, but you can concentrate on the portion of the court you've forced him to hit you. Theoretically, at least, your coverage success would go up dramatically.

This traditional method is by far the most widely used method of court coverage for the better players because the defensive player is able (to some degree) to manipulate where the offensive player will hit the ball. And thus, somewhat of an unofficial truce has existed in the upper echelons of play to allow some degree of angle cutting.

Ah, but it's not always so easy. There are two significant disadvantages to this type of coverage. First, you might run into somebody who prefers the back-up method, in which case, you'll likely find yourself used as target practice. Or, there might be some disagreement between you and your opponent regarding exactly how much of the angle you can cut down. If he thinks you're taking too much, he can politely ask you to give him more room. Or he can rip you. Which would you do?

Another disadvantage to the traditional style of coverage is that if your opponent should happen to get the ball past your cut-off, he's likely just earned himself a point. You just won't be able to re-group and cover the shot.

Open

An alternative to cutting down the angle is actually (gasp!) moving a step away (heaven forbid!) from your opponent. But relax out there in 20x40 land, we're merely playing a trick on our opponent, luring him into a false sense of security.

You see, we want him to think that we're leaving an entire side of the court uncovered. The desire for an immediate winner will be so overwhelming that he won't be able to resist, knowing full well that you're out of position.

But in actuality, you've got this shot covered all along — and he's hitting exactly where you want him to. And there are other advantages to this "open" method of court coverage. (See Diagram 3)

First, you're less likely to get hit with the ball. This will make for a more enjoyable game for both you and your opponent.

Second, you will be able to cover cross court more effectively because your body will be in better retrieving position, your concentration will be on retrieving and not so much on avoiding being hit, and you should be able to more effectively hit with an open stance.

Third, you have an overview of the entire court, enabling you to see or at least sense coming shots due to your panorama of the court.

The only significant drawback to this style of coverage is that you're vulnerable to solidly hit pinches — so be careful and move up when your opponent starts hitting side wall first.

No matter what style of court coverage you use, there are some fundamental rules that you must follow if you expect to be able to retrieve your opponent's shots effectively (translation: get to the shot and return it offensively if possible, but solidly at a minimum).

1) *Always watch the ball.* If you watch the ball you will be able to adjust your position to cover, as well as move out of the way, of both the ball and your opponent. And although it's obvious, it must still be said: you should not be on the court if you're not wearing eye-guards.

2) *Stay on the balls of your feet.* Don't get caught with the weight of your body on your heels. In order to be able to move quickly, your weight has to be on the balls of your feet and you should be in a semi-crouched position.

3) *Watch your opponent.* It's amazing how many players virtually announce their next shot to the world — just by how they position their body. You can pick up these nuances by watching your opponent and moving toward the likely place the shot will end up.

4) *After you hit, turn your body toward the shot.* If you hit a shot cross court

Getting Serious About Court Coverage

right, after you hit, you should shift your body position toward the right side wall. (See Diagram 4.) Do not stand facing the front wall awaiting a ball to materialize out of thin air.

This is the back-up method.

5) *Anticipate.* Anticipation is primarily being smart. Let's face it, you're opponent is trying to hit the ball away from

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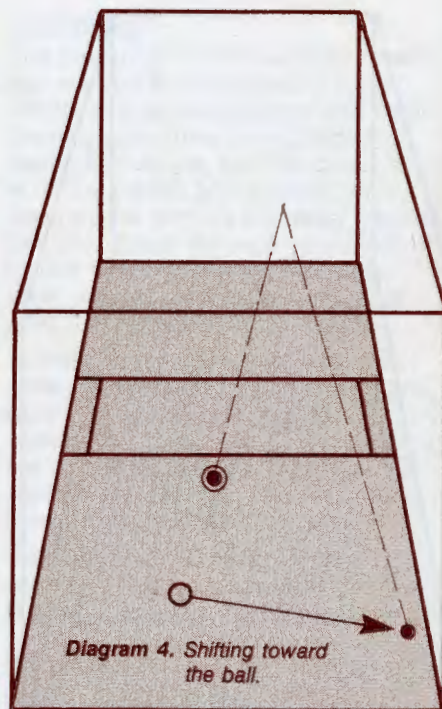


Diagram 4. Shifting toward the ball.

you, not at you (with rare exceptions — primarily in doubles). The smart player will anticipate his opponent's shots into the open court and be on the move toward that area as his opponent hits. If you wait to see where the shot is going — it's too late.

Obviously, there are many ingredients that go into anticipation, not the least of which are speed (quickness), experience, and court savvy. But I truly believe that anticipation can be taught, taught by understanding what's going on inside the court and reacting to it, in some cases before it happens.

There is no better feeling in racquetball than saving a rally by anticipating your opponent's shot and putting it away. Now that feels goooooood! ●

Steve Mondry, a top touring pro for six years, author of numerous articles on racquetball, conditioning, and weight training, and director of the Mondry/DP/Penn Clinic Series, is an instructor with the East Bank Club, Chicago.

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15 Answers To A Better Game Plan

by Vincent M. Wolanin

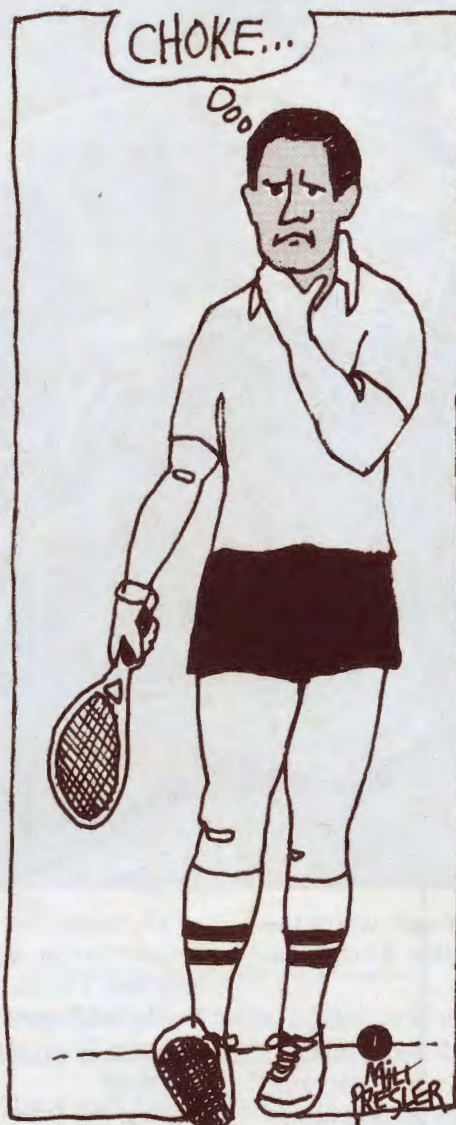
When Bruce Christensen and I are playing doubles against a particularly tough team or when Bruce is playing against a tough opponent in singles at a pro stop, a thorough game plan is prepared so we know realistically how to cope against the strengths and weaknesses of the opponent(s). We prepare a list of the strengths and weaknesses of the opponents and from these two columns of information, a concise game plan and strategy is built and developed. The items we seek to analyze in the game plan preparation are detailed in strengths and weaknesses columns before the game plan is prepared.

1) *Speed of the player* — Is he a turtle, just average, a rabbit, or a real burner? What will his speed be like later in the match? Some players are real quick at the beginning and not vulnerable to certain shots, but later in the match the same shot will burn them every time.

2) *Does he hit well on the run?* — This is relative as not all players hit all shots well on the run. Some hit only one or two shots well on the run. For instance, some players hit balls off the deep side wall real well but are helpless with a good cross court pass to their forehand. It may seem unusual or hard to believe but it can be true.

3) *From what position does he hit best?* — Does he like the ball straight at him but not balls coming diagonally (the 45° angle)? Where is his respective "wheelhouse" at? Some players hit balls real well at eight inches off the floor but at 12", all their rekills are setups to our wheelhouses. We have a saying—"Better in our wheelhouse than in theirs."

4) *What serves make them uncomfortable?* — Almost every player in the world, even those ranked in the top 10 as pros are uncomfortable with at least one serve and usually two. If we can learn what those serves are and build them in as part of our serving plan, it makes our overall serving attack twice as effective as it would normally be. In doubles, for example, a lot of players have problems with what we describe as "the jam" serve which hits into the side wall just past the short line and then caroms quickly at their feet at a diagonal angle. This shot is difficult to kill in doubles and results in a number of set up opportunities for us.



5) *Will he choke under pressure? Does he play better when ahead or behind?* — Some of these questions, as well as factors such as, does he like to play fast or slow, will determine the "Tempo" we try to set in the match. It is also very important to know this if the match gets close near the end so we can rock the player(s) out of their normal tempo and habits and gain points as a result.

6) *What response can we expect to normal shots, such as cross court, pass, etc.?* — Believe it or not, some players hit the side wall in consistent patterns or pass in response to certain offensive shots nearly every time without much variation. For instance, doubles champion Stan Wright likes to hit the right side wall with an overhead pinch on short (34'-28") ceiling balls. The opposing left side player (in our case Bruce) must be prepared to cover this shot if a ceiling ball is short because Wright is excellent with the shot and if you wait for it to hit the side wall, it's goodbye.

7) *Physical condition* — Will he be stronger in the match later on or early relative to our physical condition? Are the opponents in good condition? Do they have any injuries we can play to? Do they have a winter cold or flu which makes it hard to breathe on long rallies? You get the idea here. Just write down whatever you see and build a plan around it. Remember this may seem unjust, but it is certainly fair and you can be sure they are going to use something like this against you if they get the chance.

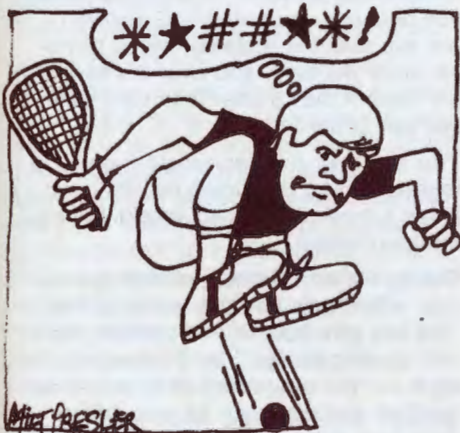
8) *Will to win* — Are they here for the show or did they come to win? This is sometimes hard to figure out, but if I hear a player asking how much the second place prize money is in the lockerroom before the doubles or singles finals, Bruce and I know we are on the road to payday. You'd be surprised how many top players really have trouble believing they are good enough to win against certain players and simply give up or don't play well.

9) *Can we be offensive when returning the serve?* — Some players have effective serves which carry real low percentages to shoot on the return of serve. Other players' best serves are plum shots nearly every time. We must decide what serves to shoot and which to play conservatively on (i.e., go to the ceiling, etc.).

10) What serves can we use to get balls off the side or back walls? — Our goal when serving is to get as many balls returned to us off the side or back wall as possible, since they are considered certain points. As soon as we determine what serves to use, the frequency of use in our game plan will be 50% or more.

11) Is/are the opposition pure shooter(s)? — Some players will shoot everything; however, there is always some return shot which will drop them from 70+ percent effectiveness to 25-30% (our goal) which will frustrate them no matter how good they are. We will seek to key in on this shot and reduce their kill shot percentage accordingly.

12) Which direction of movement is their favorite to be hitting from? — Some players are real good moving back to front and side to side but not front to back and vice versa. All top ranked squash players utilize this court knowledge to score points with their mixture of rail shots (pass shots), cross courts, drop shots, and side wall boasts (pinch shots). Once you analyze the players' weakness, you can always be one shot ahead in your mind to score that critical or needed point, if you know which direction of movement they are weakest at.



13) What is their temperament? — If a bad call is made against your opponent, does he blow up and lose his cool completely? Or is he a Fred Calabrese who probably has the best attitude I have ever seen. He doesn't lose his composure no matter how bad it gets. Because of this composure, Bruce and I refer to him as "Steady Freddie."

14) Does your opponent play close or far off your shots? — It is important to determine this because the angle of your passing shots will change relative to your opponent's court position to your hitting position. Also, a player who plays too close is vulnerable to being boxed out.

15) Do they have to play average, above average, or super to beat us? — This is where everyone can get in trouble as it is sometimes harder to psyche yourself up to play against someone you know will not give you a lot of trouble. But you have to be realistic and realize this beforehand so you are prepared and don't have a let down on the court.

Once you have determined all the strengths and weaknesses of your opponents, it is time to build your game plan around your own strengths which must be offensive against their weaknesses. They, on the other hand, will be trying to perform the same thing to you. The player or team who is prepared thoroughly, and who can then execute the proper game plan, will always be victorious.

The key here is to be realistic in preparing the game plan. If you have trouble shooting from 38' on the left side wall, then don't use it in your game plan as an offensive shot since it won't be effective. You can determine your most effective shots by practicing.

A novice player should be able to perform it at least four out of 10 times; C players five out of 10 times; B players six out of 10; A player seven out of 10; Open players eight out of 10 and a pro at least 9 out of 10.

I know that if I tell Bruce to hit cross court three feet past the short line with his backhand at 38' on the right side, that he will be able to perform it 90% of the time without fail. For those of you who don't know and are confused by this sentence, Bruce naturally is left handed. If you are realistic in analyzing your own strengths and weaknesses and perform your "game plan" effectively, you too will know "The answers to a better game plan." ●

Vince Wolanin is president of the 21st Point Club, Albany, NY and also a member of the Ektelon and Asahi Professional Advisory Staffs.

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Mixed Doubles - Make It a Marriage, Not a Divorce

by Jean Sauser



Mixed doubles has an undeserved bad reputation. Many players shy away from this variety racquetball because they are afraid of arguments, injuries, and a general lack of exercise. Whether you and your racquetball partner are playing socially or in a tournament, mixed doubles can be exciting, physically as well as mentally challenging, and just good fun!

Playing Socially

If you and your partner have little or no mixed doubles experience together, the best way to begin is with the right ATTITUDE. Don't spoil your game by entering a social game with an overly competitive attitude. Since you are playing for fun, have the attitude that you will get a workout, learn how to play *with* your partner and probably laugh a lot!

As you and your partner approach the court, make the following decisions together:

1. Determine who will play the right side and who will play the left side.
2. Decide who will take the larger percentage of front court shots and who will take the larger percentage of deep court shots.
3. Determine which one of you will captain the team. This means, on questionable shots, one of you will always signal verbally: "I've got it," and allow your opponent to do just that.

These three decisions will organize your doubles team for a safe, exciting, enjoyable game.

When introducing yourselves to your opponents, immediately establish between the four of you that safety and fun is your real group goal.

Agree that all of you are going to wear eyeguards, and that all of you will call as many hinders as it takes to prevent ball bruises. Establish that none of you will take a shot if it means someone might get hit with a racquet.

Make sure that all of you agree on the game rules: particularly, how many points in a game; if you are scoring on the serve only or scoring on every point, and what your interpretation is about the five foot rule for service return.

If, after a game or two, you discover that teams are lop-sided, switch partners to even up the score. Remember, the real goal for social mixed doubles is fun and excitement.

Playing Competitively

If you and your partner want to be serious contenders on the tournament circuit, you must do two things well: train properly and always strive to complement each other on the court. These two factors involve teamwork physically, mentally, and emotionally.

Never enter a tournament without practice because you both think that you are two talented athletes whose physical skills will carry you over the rest of the field. A well trained team will take you out in the first round.

You and your partner should train for a tournament by practicing two to three times a week for four-six weeks before the tournament.

During the first two weeks of practice, play with teams you can easily defeat. This will give both of you time to plan your team strategy. You'll be able to work out the gray areas of doubles racquetball strategy such as who covers what part of the court, who should always serve first, who takes what shots and how you will cover for each other when one of you is pulled out of position during a rally.

The last four weeks of practice should consist of game play with teams that can defeat you and teams that you are evenly matched with.

When you are playing teams that you are evenly matched with, monitor your progress as a team by keeping track of your wins and losses. If you are defeating these teams handily, your strategy and training routine is working. Begin to line up games with tougher teams. If you are losing to these teams more than you think you should be, then it's time for you and your partner to rework your strategy and your training routine together.

Make sure that when you and your partner are in training for mixed doubles competition, that most of your training games are doubles together. This is especially true if you and your partner are playing exclusively in the doubles division of the tournament you've entered.

Singles could actually hinder your progress as a team so be careful about playing too many singles games during your four-six week training period. If you need additional conditioning for the tournament, it is better to train outside the court than to try to play singles to bring yourself up to tournament form. Running, aerobic exercise classes, stationary bicycles, skipping rope and weight training on the days you don't play racquetball will toughen you up for tournament mixed doubles.

As you begin your four-six week training program, check out and update your equipment. Are your eyeguards adequate? Do you need to break in new shoes for the tournament? When was the last time your racquet was restrung and regripped? Is it time for a new

glove? These are just some equipment considerations you should take care of during your first week of practice so that by the time you get to the tournament, your equipment is broken in and at performing peak.

The final step to becoming a good mixed doubles team is to have confidence in each others abilities on the court. The stronger player must have confidence in his/her partner. Most mixed doubles teams fall apart when the stronger player loses confidence in his partner's ability and tries to cover the whole court himself.

This is the worst strategy mistake of mixed doubles. Not only is it impossible for one player to solo against two opponents, the partner who is left out of the action loses all self confidence and becomes even more ineffective against the opponents.

Worse still, if your team falls prey to this problem, a smart opposing team will play to your weakness by attacking the weaker player with exclusive serves to that side of the court and defensive shots that move the stronger player way out of position.

The best mixed doubles teams have total confidence in each others abilities. They even pull each other out of slumps during the match by encouraging each other that missed shots are only temporary and complimenting each other on the good shots they both make.

Whether mixed doubles is a social or competitive situation, the players involved must enjoy each other's company on the court. You must genuinely

like your partner if both of you are going to learn to play good mixed doubles together.

The next time you are offered the opportunity to play mixed doubles, don't say no. Pick a partner you like, have a positive attitude, work out a safe and logical game plan and you'll find yourself wanting to play mixed doubles more often! ●

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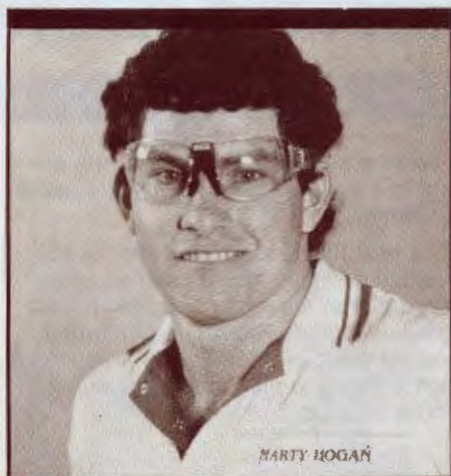
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The Hogan Way

by Marty Hogan

Five time National Champion Marty Hogan answers questions about his game and how to improve your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to: Marty Hogan, c/o The Hogan Way, National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



Question: I attended your Hogan Tours America stop at the Wheaton (IL) Sport Center recently and enjoyed it very much. I noticed that you used the lob serve almost 90% of the time during the exhibition part of the clinic. Could this mean that you are changing your serving strategy away from your drive serves toward a more conservative game?

Hogan: Get serious! No, I'm not changing my game strategy. First of all, you have to understand that I play differently in exhibition situations than I do in professional play situations for various reasons.

My drive serve is the fastest serve in the game today as it has been for 10 years, and the purpose of an exhibition in my mind should be that it's fun while at the same time it shows the audience a wider variety of shots than they're used to seeing. If I were to drive serve my opponents in the exhibition situation, most of them would be unable to return the ball, let alone have a rally with me.

What fun would that be? Also, the audience would not have an opportunity to see any professional on court strategy or shot selection. So, the lob serves you saw me use were part of my exhibition strategy; that of entertaining the spectators, promoting the sport and giving my opponents a workout!

Now in professional play, that's a different story. I won't be changing my game strategy to lob serves although some of the other pros are. They figure (and rightly so) that over the years at the pro level, drive serves were so commonly used that everyone on the tour has become extremely efficient at returning them. So, to be deceptive, many pros are adding lob serves into their games to throw their opponents off track.

As for me, I am going to stick with my drive serve because it is one of the things I do best. I will always play the most aggressive racquetball I possibly can, and that starts by serving hard.

Question: For years I've been hitting my backhand using a non-standard grip and stroke. It's always worked for me (I'm an A player with many tournament wins under my belt). Everyone tells me that I should switch styles for a more conventional backhand so that I could really improve. What do you think?

Hogan: Never change what is successful. I remember when I first began playing racquetball and everyone at tournaments told me that if I didn't get rid of my high looping stroke that I would never get anywhere in tournament play. They attacked my power game and my aggressive style saying I was playing poor percentage racquetball. Obviously I am glad that I didn't listen to them too much.

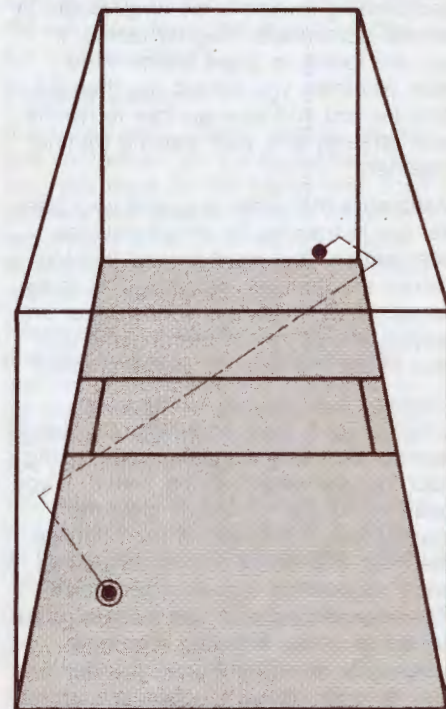
My philosophy in racquetball has always been to adapt techniques and strategies into my game, not to change my game to fit new techniques and strategies. The former is what will improve your game. The latter is what can destroy it.

You are already an A player. To me it is obvious that you must be executing well or you would not be so highly rated. So, don't totally dismiss what you already have on the false pretense that completely changing your stroke will help you improve. There's a good chance you'll really mess yourself up.

Question: Do you use a reverse pinch-splat shot? If so can you tell me what it is and how to hit it?

Hogan: I use the reverse pinch-splat shot on my backhand side all the time. For me, it is a very effective kill shot.

If you are right handed, hit the ball with a powerful, low backhand into the deep left side wall first. Hit it as low and as hard as possible. The ball will then rebound across to the right front corner of the court, contact the side wall first and die coming off the front wall (see Diagram).



The best thing about this shot is that the ball has a lot of reverse spin as it comes around and off the front corner of the forehand side of the court. That reverse spin keeps the ball down for a near perfect flat rollout. ●

The Fitness Center

Holiday Syndrome: Why New Year's Resolutions Fail

It almost seems traditional that during the holiday season, most of us begin drinking in excess, start eating too much, cancel racquetball games in favor of earlier arrivals at office parties, and stop working out.

As hangovers set in, clothes fit tighter and energy levels drop, subconsciously a sense of self control gets lost while a feeling of desperation sets in.

So, we overcompensate and tell ourselves that in January, all this hedonistic pleasure will have to come to a screeching halt. Instead of being pleasure seekers, we'll become puritans. We'll quit drinking, eat like birds, play racquetball and workout every day.

If this sounds like every December and January you've ever experienced then you are among those who suffer from what I call "Holiday Syndrome." Holiday Syndrome begins around December 15th with consistent overindulgences in food and drink complemented by a complete lack of exercise.

This pattern continues until January 1, when it flip-flops into an inadequate diet complemented by an exercise program that the U.S. Marines would have a tough time with. Holiday Syndrome usually ends on February 1, when after two months of totally extreme and absurd behavior, its victims give up and resume their normal lifestyles.

Holiday Syndrome is obviously detrimental to one's health. It is also responsible for the setting of unrealistic New Year's fitness goals. Most importantly, it is one of the main reasons why year after year, those of us who are its victims fail at getting into shape once the holidays are over.

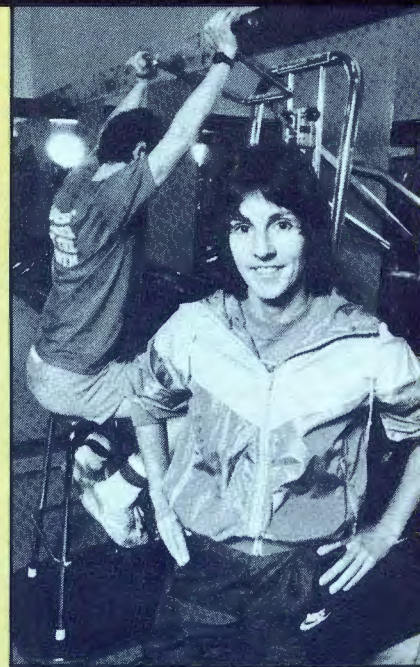
This year, why not break the Holiday Syndrome by having healthier holidays and by setting some realistic goals for a more productive New Year?

Attaining healthier holidays means simply trying not to let yourself go—totally. You can and should attend holiday parties, but you should also try to maintain a semi-regular racquetball and workout schedule during the holiday season. If you can do this, you'll be less likely to want to over-drink and overeat at parties, especially those events immediately preceded by a great game or a good workout. It's better to be late to a party in order to get in some exercise beforehand versus arriving early and "unexercised" for that day.

Whatever success you have with some form of moderation during the holidays will add to your confidence in beginning a fitness program for the New Year. As the holiday season reaches an end, you won't be goal setting out of desperation. Instead, you'll be rationally planning ahead for continued success in the New Year.

As you begin to make your New Year's fitness resolutions, get professional advice about your fitness goals for the upcoming year. Discuss your ideas with your doctor, your fitness instructor or both. They can help you set realistic goals as well as programs to attain those goals.

Just as importantly, the experts can also tell you if your goals, methods and timetables are unsafe (like trying to lose 20 pounds in one month on a liquid-only diet). Professional guidance on a fitness program ensures its success. In fact, obtaining professional advice on your program should be your first New Year's resolution!



Once you've obtained good advice, set up a realistic set of goals and liveable timetable for reaching those goals. Work on consistency first and remember you are human.

Improvement in fitness (as well as racquetball) is a life-long project. If you work on consistently playing and working out, not trying to do too much too soon, chances are you'll stick to the program and achieve success. Remember, crash fitness programs do just that, crash! They burn you out and always result in failure.

To attain fitness for life, it is also important to remember that you are human. There will be times when other events in your life prevent you from playing racquetball or working out. Keep the attitude that during this period you are *not* failing, but "detouring temporarily." Remember the saying that "quitters never win and winners never quit." Keep planning for and trying to return to a consistent exercise schedule—and you will!

These tips and suggestions for breaking Holiday Syndrome are meant to give you a gift that keeps on giving. That is better health, fitness and racquetball. This year, swing from a few less chandeliers, get good fitness advice, set some realistic New Year's fitness resolutions and go about achieving success one step at a time.

Next year all you'll have to do is repeat your good habits! ●

Fitness Diary of a Racquetball Player

My name is Terry Marker and I still can't believe what is happening to me. I'm a solid Open player here in the Chicagoland area, have been for the past 10 years, but at 32 years old, I'm at least 10 pounds overweight. For the first time, racquetball is not taking it off!

Actually, I should be thankful because it was worse than this almost a year ago. It was then that I played in the Ektelon Regionals, finishing third in the A division. Right after that tournament I blew up like a balloon and gained nearly 30 pounds.

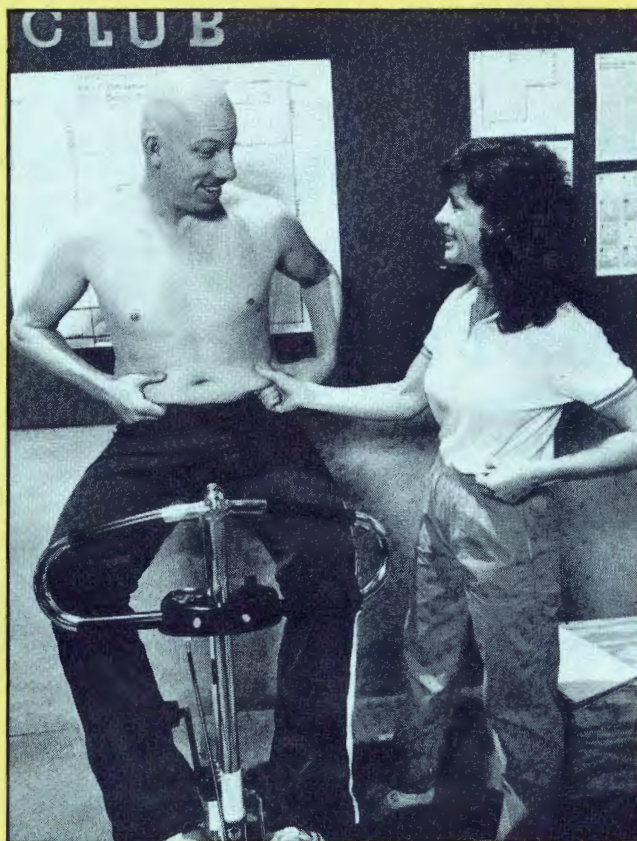
I was and still am working nights as a police officer for the Village of Bloomingdale, IL but as I said, all of a sudden, after that tournament I just started to gain weight. The most unbelievable part of it all was that I was still playing racquetball regularly. The only cause I could come up with was that I was eating too much food and that was caused by the crazy hours my job demanded.

So, as my weight reached almost 195 (I'm 5'10½"), I got desperate. Since changing my shift was out of the question, I decided to do the only thing I knew how to at that time—starve myself. Eating only one meal per night shift (in normal terms, one meal a day), I managed to get 17 pounds off, but the remaining 10 would not budge, and at this writing are still not off.

Since I don't feel like starving myself for the rest of my life and staying 10 pounds overweight forever (in fact, I'd like to eat "normally" at some time), I've decided to go on a professionally supervised exercise program.

Recently, I took the first step to getting in shape. I got the blessing of my physician who saw me and established on an exercise consent form that I could be safely enrolled in a professional fitness program. I took a fitness test under the supervision of Jacque Hooper, *National Racquetball's Fitness Consultant*. She's a trained Exercise Technologist (American College of Sports Medicine) and is very eager to show racquetballers the value of fitness programming and how it relates to game improvement as well as overall health.

Jacque took one look at the condition I was in and we made an agreement.



Guinea pig Terry Marker watches carefully as exercise physiologist Jacque Hooper grabs his spare tire at the outset of Terry's fitness testing. "One of my life's most embarrassing moments," said Terry. "Have I got a program for you!" said Jacque.

She said she would give me as much attention as needed to get into great shape if I will keep this diary. In future issues, you will be able to follow my progress wherever it leads—to success or failure.

What we hope to prove to those of you who've had limited exposure to fitness is that a professional fitness program is not just talk, it is action and it does get results.

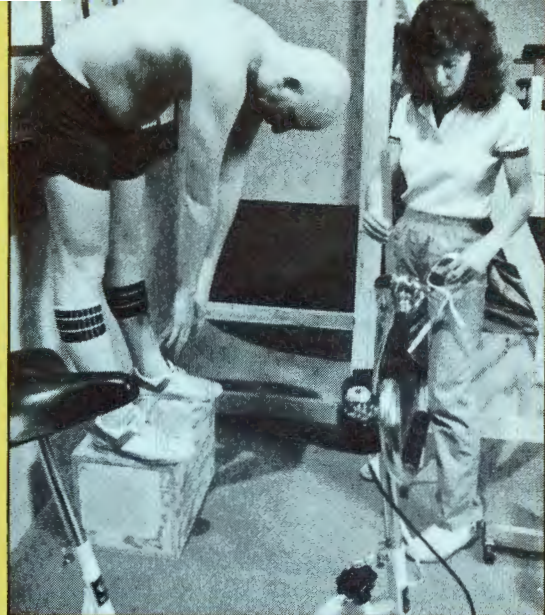
I guess I really don't mind being part of all of this, a guinea pig of sorts, because I do have my own special goals and interests at heart. They are to get rid of my gut, get to a more reasonable weight and take my new body onto the court for my best racquetball season ever.

At stake in racquetball for me this year is winning the Illinois Police Olympics (it would be the fourth year in a row). This year, if I can win in Illinois, I will get the honor of representing Illinois at the Nationals.

That tournament will be held at the end of this summer in California. In addition to these two tournaments, I am going to play locally in all the major events (my usual season).

So, I've got over eight months to get in shape to try for a national title. Think I'll make it? Place your bets now, and read my diary to find out.

All kidding aside, I wasn't too disappointed with the results of my fitness test. Jacque had explained that the purpose of fitness testing is not to destroy or inflate one's ego, but to give each person an accurate starting point from which to begin a fitness program. I know now that the results of my test have given me information that assures that I won't be overexercising or underexercising for the condition I'm in. Instead I'll be accurately working correctly to improve my current physical condition. The results of my test also helped me set realistic and attainable goals.



Terry makes his feeble attempt at touching his toes during the Stand-Reach flexibility test. Jacques can't even look. "Get my stomach out of the way so I can touch my toes," Terry said.

Here's a copy of my test results and a general explanation of what they mean in terms of my own personal improvement program:

1. Flexibility—Using the Stand-Reach flexibility test, I was only able to bend over and come within 9¼" of my toes. Since the toes are given the assigned number 0, anything above the toes from 1" on up is considered poor. Those who can stretch below their toes obviously get a better flexibility rating.

You can see that I tested into the "very poor" range. Jacques pointed out to me that this is not uncommon for racquetball players who do not do flexibility exercises before and after games, like myself. I learned that by not stretching before and after playing or working out, flexibility will decrease over the years.

I also learned that racquetball is considered to be "middle range motion" meaning that over the years of playing without flexibility exercises, a player loses flexibility to the point of danger. It is at this point that injuries can occur.

2. Muscular Strength—Using a hand grip dynamometer, I was tested for upper body strength by squeezing it with each hand. Due to the fact that I've played baseball every summer and am a switch hitter, I found the good news about my upper body strength to be that I was equally developed on both sides of my body.

However, I was only able to squeeze the dynamometer 43 kilograms of pressure with my right hand (I'm a lefty racquetball player) and 44 kilograms of pressure with my left hand. This placed me into the "poor" range.

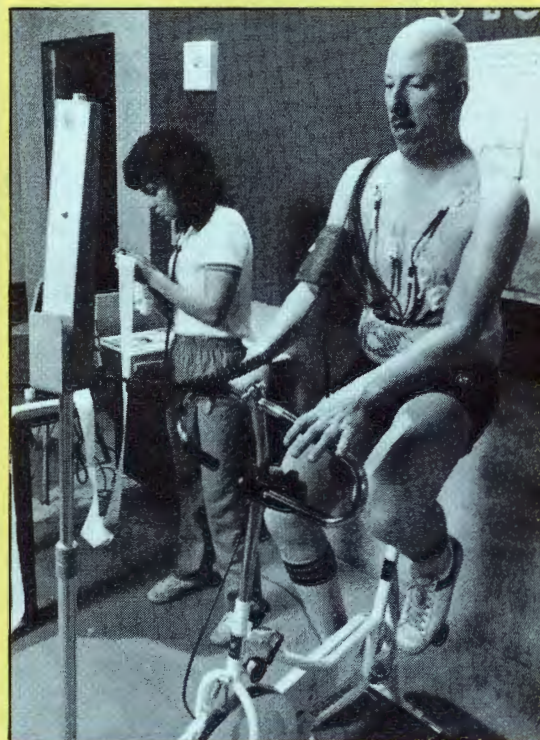
The other test I took for muscular upper body strength was a Hang Test. I simply hung from a bar with my feet

off the ground until fatigue set in and I could no longer hang on. I lasted 42 seconds which was the "very poor" category for my age group. This did indeed confirm the fact that I have very poor upper body strength.

3. Muscular Endurance—Using a curl up test for criteria (how many curl ups I could do in one minute), my muscular endurance was tested. I did have an advantage for this test, however, because I do situps every morning. So, I was able to do 44 curlups in one minute—an "excellent" score. Still it couldn't hide the fact that my strong stomach muscles are currently buried under too much body fat!

4. Cardiovascular Endurance—This was measured with a submaximal bike test (See the November Fitness Center for more information). This test is where I learned about my body's ability to utilize oxygen during exercise. The technical term for what the bike test determines is: predicted maximum oxygen intake. This means how many

The curl-up test is another one of those problems—especially when you've got a stomach in the way. Ah, but Terry was ready, and since a dedicated sit-upper on a daily basis, he ripped through the test to the tune of 44 curl-ups—excellent!



Submaximal bike test, eh? But is he wired for sound? Anybody got a bucket of water?



Much to his surprise, Terry's upper body strength as measured by the dynamometer, came in at 43 and 44, just barely into the "poor" range. Poor? For this husky, hard-hitting bruiser? That's right, folks.



"I love it. I love it. More! More! Harder! Harder!" Actually, Terry scored in the "good" range on body fat testing, but nowhere near where he'll be when he becomes the lean, mean racquetball machine.

milliliters of oxygen are extracted at the active muscle per kilogram of body weight per minute.

I begged Jacque to put this explanation into layman's terms so that I could understand along with her what this meant for me and my fitness level. She explained that in short, it was an indicator of how many milliliters of oxygen my muscles were currently utilizing during exercise. The test would give her a number that she could apply to a standard chart to see if I was below average, average, or above average. As you can see I was able to use 33.3 milliliters putting me in the average category.

5. Body Fat Percent—Before I began testing, Jacque used skin fold calipers to measure how much skin could be pinched away from my body in certain areas. The measurements were scientifically converted into a table that gave me my body fat percent. As you can see, my score of 19.5% placed me into the "good" range. But remember, I am an athlete and most athletes test into the excellent range, so I was a bit disappointed here.

So it was the consensus of Jacque and I that a "good" rating for me wasn't really all that good. She suggested that 12-14% body fat was more appropriate for my fitness as well as rac-

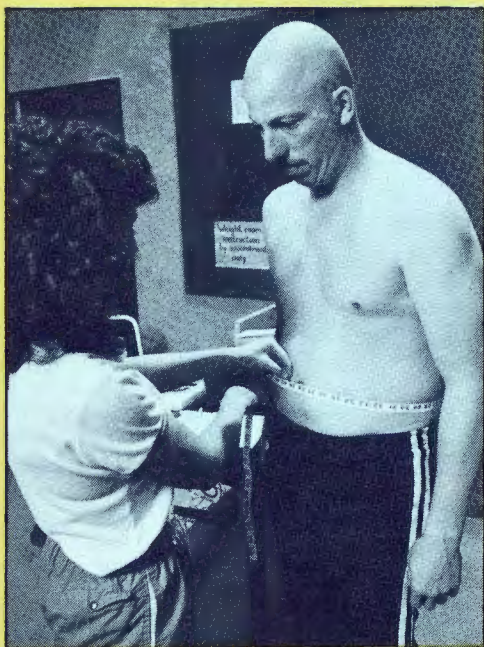
quetball performance goals, and that this percentage of body fat should give me an approximate body weight of 168.

6. Measurements—Again, before the testing began, Jacque took my chest, waist, thigh and arm measurements. She explained that as you get into good to excellent physical condition, you should see a redistribution of lean body mass and body fat. This means that I will lose some body fat and gain some muscle. I can hardly wait to redistribute some fat, especially in my stomach!

I received an overall fitness rating of "poor" and to tell the truth, that

Physical Fitness Assessment Data Sheet

	Very Poor	Poor	Average	Good	Excellent	Terry's Rating
Flexibility						
Male	- 2 and less	- 1 to 1	1 to 3	4 to 6	7 or more	- 9
Female	- 1 and less	0 to 1	2 to 4	5 to 7	8 or more	
Muscular Strength (KG) Dynamometer						
Male	42 and less	43-48	48.5-54	54.5-59	60 or more	43.5
Female	24 and less	25-29	29.5-32	32.5-37	38 or more	
Muscular Strength (Min.) Hang Test						
Male (Age 32)	less than 50 sec.	50-83 sec.	84 sec.-1:17 min.	1:18-1:50	longer than 1:50	42
Female (Age 32)	less than 40 sec.	40-66 sec.	67-93 sec.	94 sec.-1:20 min.	longer than 1:20	
Muscular Endurance						
Curl Up Test						
Male	15	15-19	20-29	30-34	34	44
Female	9	10-20	21-33	34-45	45	
Cardiorespiratory Endurance (ML/KG/MIN)						
Age 30-39	23	23-30	31-38	39-48	48 or more	33.3
Body Fat Percent						
Male (Age 32)	31.8-41.6	25.5-29.4	22-29.4	17.6-21.1	7.8-16.7	19
Female (Age 32)	35.4-42.3	28.4-33.1	25-27.2	21.9-24.5	9.5-20.7	
Overall Rating = Poor						



*Terry, could you please suck it in for the measurement test?
Oh, you are sucking it in?*

result didn't shock me. So, with Jacque's help, I went about the task of setting up a physical fitness program based on aerobic exercise, flexibility exercises and minimal strength training.

I have now developed my long term fitness goals and the methods I plan to use to achieve them. Remember, by August, I hope to take a lean, mean 168 lb. body to the Police Olympics to win a national racquetball title. Here's how I plan to do it.

1. Flexibility—Of course I want to increase my flexibility. I understand that if I don't want to sustain an injury in the future I've got to stop the backsliding effect my game is having on my flexibility. I am not executing flexibility exercises before and after racquetball games and workouts. Hopefully the next time I test I'll be able to at least touch my toes!

1. Name: Terry Marker
2. Age: 32
3. Height: 5'10½"
4. Weight: 178
5. Chest (in.): 39.5"
6. Waist (in.): 39.5"
7. Thigh (in.): 22"
8. Arm (in.): 12.5"
9. % Body Fat: 19.25

2. Muscular Strength—Right now I am not interested in weight training. I don't want to do it and besides, there are only so many hours in the day. I am going to try swimming to help increase my upper body strength, but since I'm interested in winning a racquetball title, I need to spend a great deal of time on the court.

3. Muscular and Cardiovascular Endurance—Even though I attained a "good" rating on my curl-up test, I know that all my muscles don't have the same endurance. In fact, during my bike test, my legs became extremely fatigued. I'm going to begin a stationary bike program so that I can strengthen my legs and at the same time improve my cardiovascular endurance.

I am also going to take aerobic exercise classes to increase flexibility as well as aerobic fitness. I want to get the most from my muscles in the game as well as in my workout sessions. I know now that aerobic exercise such as this will enable me to train my muscles to utilize more oxygen for a better, longer lasting performance.

So that's my new program for the new year. See you next month. ●

Terry

Lower Body Workouts: Weight Machines

Even though racquetball will develop some leg strength in most players, a proper machine weight training program complemented by flexibility exercises can develop leg muscle strength, endurance and flexibility to its fullest potential.

Weight machines, when properly used will strengthen specific muscles you count on in racquetball. Additionally, a secondary effect of weight training is that the ligaments and tendons those same muscles are attached to or surround also gain strength.

Consequently, developing leg strength through machine weight training results in a reduction of lower body injuries that commonly plague racquetball players. Calf muscle tears, ripped Achilles tendons, hamstring pulls, knee and ankle injuries can all be significantly reduced when a good lower body machine program is consistently followed.

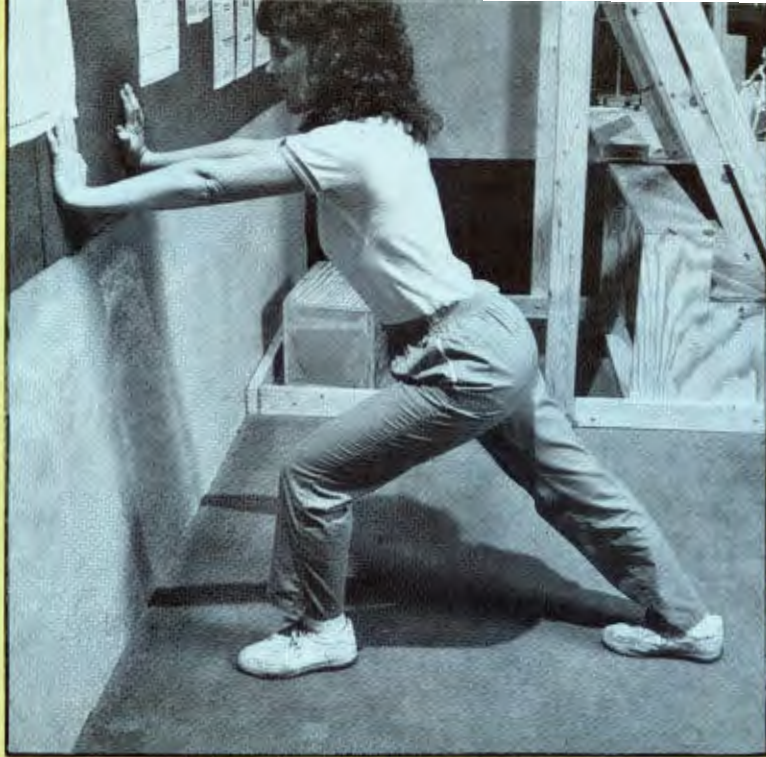
Along with a reduction in injuries, your ability to stretch out to and sprint after shots will improve. Strong powerful legs can also put more momentum into the shots that you set up to hit while overall fatigue is greatly reduced.

Machine weight training is known as a real game saver for players who don't like to spend additional hours off the court to strengthen their legs. If you don't run, pedal the stationary bike, jump rope or do any specific off-court conditioning exercises for your lower body, then machine weight training can be that time-efficient addition to your racquetball improvement fitness program.

As long as thorough warm up and cool down flexibility exercises are added to a weight training regimen for the lower body, then stronger, more flexible, injury resistant legs that last longer on the court will be built.

The following machine exercises complemented by flexibility exercises will insure the building of leg muscle strength, endurance and flexibility that you can use on and off the court!

Photo 1



Flexibility Exercises For The Lower Body

You *must* use flexibility exercises before and after your lower body workout because developing leg strength without increasing flexibility will give you a predisposition for leg injuries as opposed to protecting you from them.

The exercises listed below are a good starting point for increasing the flexibility of your lower body. They also complement the machines that follow.

Calf Stretching

Stand slightly more than an arm's length from a wall. Place your hand flat against the wall at shoulder level (photo 1). Assume a split stance with one leg bent at the knee so that your thigh is at a 45 degree angle to your calf and your heel is flat on the floor. Straighten your other leg behind you comfortably with the heel down as close to the floor as your flexibility will allow.

Slowly lean forward into the wall to stretch the calf of your straight leg. Do this for a slow count of 10. Then switch legs and stretch the other calf in the same manner (also for a slow 10 count). Repeat this procedure two or three times. Make sure the stretch is slow and static.

Hamstring Stretching

The hurdler's stretch is a safe, effective way to increase flexibility in your hamstrings. Sit on the floor with one leg fully extended, the other leg bent so that your foot touches the knee of your straight leg (photo 2). Flex the toes of your straight leg up toward your knee.

Slowly stretch forward as far as possible to a count of 10. Keep your head up and lead with your chest into the stretch. Then switch legs and repeat the procedure. Execute this series two or three times.

Quadricep Stretches

Using a chair or wall as your balance point, stand with one leg straight and bend the other leg upward so that you can hold your foot with your near hand (photo 3).



Photo 2

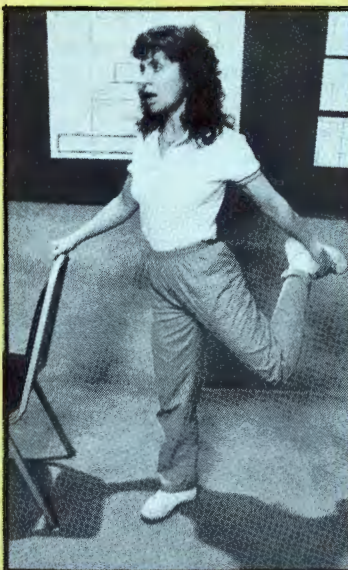


Photo 3

Slowly push your foot against your hand for a count of 10. Then reverse legs. Repeat this procedure two or three times. Make sure that you push against your hand versus pull up with your hand or squeeze at the knee (the latter motions put strain on ligaments and tendons rather than stretch the quadriceps).

These exercises are a good starting point for gaining flexibility as well as strength in the muscle groups targeted by the machines that follow in this series. You can add additional flexibility exercises with the help of your club's fitness instructor or by reading the wall charts that most conscientious clubs post for member use.

Lower Body Exercises

The same guidelines apply to lower body exercises as do upper body exercises detailed last month. Begin with the largest muscle groups first, execute proper breathing, set the weight so that you reach muscle failure between eight and 12 repetitions, only do one set of those reps, rest a day between workouts and don't play racquetball immediately after a workout.

If you are adding these lower body exercises to an upper body routine then, always begin with the largest muscle groups of the lower body first.

Hip, Buttocks And Lower Back Exercises

For: Gluteus maximus, lower back and muscles of the outer hips. Strengthening this area prevents injury to hip joints and aids in running ability on the court.

Pictured: Nautilus Hip and Back Machine (photo 4).

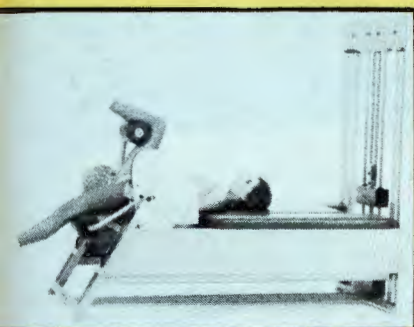


Photo 4

Starting Position: Enter the machine from the front by separating the padded movement arms. Lie on your back and place both legs over the roller pads. Align your hip joints with the axes of the cams of the machine. Fasten the seat belt and lightly grasp the handles on the inside of the cams. Extend both legs downward and at the same time push back with your arms. Hold that position.

Phase 1: Keeping one leg at full extension, allow the other leg to bend to come up and back as far as your flexibility will allow. Do this to the count of four and inhale. Then push the same leg downward to join the other one in its extended position to the count of two and exhale. Pause one count.

Phase 2: Do the same exercise with the opposite leg as described above.

Additional Tips: In this case, exercising the legs alternately counts as one repetition. So, to execute 12 repetitions you will have actually done 24 exercises, 12 on each leg. If you have lower back problems, do not use this machine.

Hamstring Exercises

For: Hamstrings. Strengthening of hamstrings prevents their tearing during the sudden movements racquetball can demand. Strong hamstrings improve on-court mobility.

Pictured: Universal Leg Curl Machine

Starting Position: Lie face down on the machine and place the backs of your feet under the roller pads. Flex your feet so that they point toward your knees.

Phase 1: Curl your legs up (photo 5) and try to touch your heels to your buttocks. Do this to a count of two and exhale. Lift buttocks slightly to meet your heels. Pause for one count.



Photo 5



Photo 6

Phase 2: Slowly lower your legs back to the starting position to a count of four resisting the weight all the way back down (photo 6).

Additional Tips: Keep your head resting on the bench at all times. Do not use this machine if you have any back problems.

Leg Extensions

For: Quadriceps. Strong quadriceps protect the knees from injury and aid in quick backpedaling motions used on the court. Agility in leg movement is also enhanced.

Pictured: Nautilus Leg Extension Machine (photo 7).

Photo 7



Starting Position: Place your feet behind the roller pads with your knees folded over the edge of the seat. Adjust the seat so that when you sit in it, your knees fold over its edge (you may need a pad to move you forward in the seat, especially if you are small). Place your feet behind the roller pads and flex them so they point to your knees. Keep your head and shoulders against the seat back.

Phase 1: Straighten your legs outward and upward as far as they will go to a count of two. Exhale. Pause one count.

Phase 2: Slowly lower the weight back down to the starting position to a four count. Inhale as you do so. Resist the weight all the way back.

Additional Tips: Do not move your upper body in an effort to move the weight. Do not grip the handles at the side of the machine to generate more power, simply touch them for balance. This way you'll concentrate on using your quadriceps only.

Calf Raises

For: Gastrocnemius muscles and extensor group of muscles that make up your calf. Strong, flexible calves protect the Achilles tendons from injury and the ankles as well. Calf raises prevent calf muscle tears commonly found in racquetball and add to the explosive power of your sprint.

Pictured: Nautilus Multi-Exercise Machine.

Starting Position: Bend at the knees and adjust the belt around your hips comfortably. Place the balls of your feet on the first step and your hands on the front of the carriage of the machine. Stand erect.

Phase 1: Elevate your heels as high as possible (photo 8) to the count of two. Try to stand on your big toe. Pause one count.

Photo 8



Photo 9



Phase 2: Lower the heels slowly so that your heels are below the step pointing toward the floor (photo 9). Stretch at the bottom by lifting your toes. Do so to the count of four.

Additional Tips: Don't do this exercise if you have a knee problem. Consult your doctor first. Breathe normally throughout the entire exercise. Also, if you don't have access to a Multi-Exercise Nautilus machine, you can achieve some strength and flexibility by simply executing the same exercise on a bench or stairs.

Summary

Your legs are the foundation of your game and most of the exercises you conduct to shape up to play. By taking good care of them, developing their strength, endurance and flexibility, you are building a foundation for a lifetime of productive activity.

Note: Due to the fact that there are thousands of pieces of exercise equipment on the club and home market today, we understandably cannot feature every product line in every issue. To remedy this, we will feature various machines found in clubs and homes in future issues.

With every featured machine, we'll give you complete instructions for its use and information on how it applies to your game as well as your overall fitness. Then you'll be able to add the machines you prefer to your workout program. It is one of the long term goals of this section to eventually provide you with all of the weight training information you'll need to have a productive and ever-changing fitness program. ●

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HEAD GRAPHITE APEX

Skiing and Racquetball: It's all downhill from here!

by Victor Block

Last winter (February, 1984), *National Racquetball* ran an article titled "Skiing and Racquetball Do Mix." It noted that racquetball players who ski need not leave their racquet and eyeguard at home when they head for the slopes, because a growing number of ski resorts in all areas of the country have courts.

As a brief introduction to the availability of good racquetball facilities at ski resorts, the article went on to describe Hidden Valley in Somerset, Pennsylvania, Mt. Washington Valley in the White Mountains of New Hampshire, and Aspen Mountain in the Colorado Rockies.

This brief sampler prompted requests from readers of *National Racquetball* for information about other ski areas throughout the country with racquetball facilities. Obviously, in the limited space available in the magazine, no article can provide anything approaching a complete listing. However it is possible to provide information about several more ski and racquetball destinations.

If you're planning a ski trip this winter, you might wish to consider heading for one of these areas so you may enjoy a few games of racquetball after your daily downhill ski runs. Even if you don't use the information this ski season, you can file it away for future use in winters to come.

The Northeast

Mount Cranmore in the Mount Washington Valley of New Hampshire is one of the grandfathers of skiing in America. One of the first lifts built was the colorful Skimobile Tramway, a unique and easy way for skiers to be transported to the top of Mount Cranmore's 300 acres of trails and slopes.

The Mount Cranmore Racquet Club is located at the base area. It has three racquetball courts, available for use for a \$5 per person guest fee plus an \$8 hourly court charge; one squash and five tennis courts, sauna, whirlpool, steam, Nautilus equipment, and an indoor pool that should be just about completed by now.



The base of Mount Cranmore's Skimobile Tramway, a unique and easy way to be transported to the top of 300 acres of trails and slopes.



A variety of family activities are offered at Killington, VT with two racquetball courts located in a separate building behind the ski lodge.

For information about accommodations and skiing, contact Mount Cranmore at North Conway, NH 03680, telephone (603) 356-5544. Information about racquetball is available from the Racquet Club at Box 1104, North Conway, NH 03680, telephone (603) 356-6301.

Killington, Vermont makes a number of "biggest" and "best" claims. It has the longest ski lift in North America, the 3½ mile, 28-minute ride aboard its four-passenger car gondola. It boasts the longest official trail, the super-easy, 10-mile long "Juggernaut" beginner run.

With six mountains interconnected by a system of 17 lifts and 100 trails, Killington touts itself as the largest ski resort in the East. Last winter, it operated the longest unbroken ski season—October 20 to June 21—in its area of the country.

Over 100 lodges, motels, and condominiums offer a variety of accommodations. For information about where to stay, contact the Killington Lodging Bureau, Killington Rd., Killington, VT 05751; telephone (802) 422-3711. One property—the 45-room Summit Resort—has a variety of recreational facilities and an outstanding restaurant. Two racquetball courts are located in a separate building directly behind the lodge, and racquets, shoes and balls are available. For further information, write The Summit, Killington, VT 05751, or call (802) 422-3535.

As another alternative—for those with unlimited funds, a large family or several couples together—there's a rental house available eight minutes from the ski slopes with its own racquetball court. The Bushnell House sleeps 10-12 persons in five bedrooms and has a sunken living room, sauna and Jacuzzi in addition to a regulation racquetball court with maple flooring. The rental cost is \$800 for two days, \$1,800 for five days and \$2,300 for seven days. Shared by several couples, those charges translate into \$100 or less per day for each twosome. Contact Killington Valley Real Estate, P.O. Box 236, Killington, VT 05751; (802) 422-3610.

Since it opened in 1961, **Stratton Mountain** in the Green Mountains of Vermont

Boyne Highlands, at the northern tip of Michigan's main peninsula, offers its guests 33 slopes, served by 18 lifts, cross-country skiing, and the use of six air-conditioned racquetball courts at The Little Traverse Racquet Club.

Stratton Mountain, VT's beautiful new sports center, opened in 1983, boasts a 25-yard indoor pool, indoor tennis and three racquetball courts, including one with a glass-walled viewing area.



has developed into one of New England's premier ski resorts. It has 57 downhill trails and slopes set in nearly 30 miles of groomed terrain on two mountain faces; nine lifts; 10 miles of cross-country ski trails—and a Sports Center that opened in December, 1983.

Of primary interest at this facility are three racquetball courts, one with a glass-walled viewing area. The racquetball charge for Stratton Mountain guests for two persons playing is \$5 per hour each.

The Sports Center also has a 25-yard



indoor swimming pool, two indoor tennis courts, a fitness center with Nautilus equipment, Jacuzzi and steam room. Accommodations are available at

the newly renovated Stratton Mountain Inn as well as at rental villas, townhouses and chalets. For information and reservations, call 800-222-1300.

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Copper Mountain Athletic Club will host the U.S. Alpine Championships, February 10-17. Two Racquetball courts may be viewed from above, through sliding glass windows.

The Midwest

Boyne Mountain and Boyne Highlands, near the northern tip of Michigan's main peninsula, can't compete in ski facilities with major areas throughout the U.S. But the Boyne resorts between them do offer residents of and visitors to the Midwest a total of 33 slopes served by 18 lifts, cross-country skiing and a variety of apres ski activities. These include ice skating, outdoor heated swimming pool, Jacuzzis and saunas, hay rides and sleigh rides—and nearby, racquetball.

The Little Traverse Racquet Club—five miles south of Boyne Highlands, 20 miles north of Boyne Mountain—has six air-conditioned racquetball courts open to non-residents for a \$3 daily fee plus \$10 per hour court time.

Other facilities include basketball and gymnastic courts, five indoor and four outdoor tennis courts, and a Nautilus health center.

For additional information contact Boyne Mountain, Boyne Falls, MI 49713, telephone 1-800-632-7174 or (616) 549-2441; Boyne Highlands, Harbor Springs, MI 49740, telephone 1-800-562-3899 or (616) 526-2171; Little Traverse Racquet Club, 611 Woodview Drive, Petoskey, MI 49770, telephone (616) 347-5450.

The West

Sun Valley, Idaho was chosen in 1936 as the site of a ski resort to attract passenger traffic to the West on trains of the Union Pacific Railroad. It opened later that year with the world's first chair lift, invented by Union Pacific engineers based upon designs for lifts they had seen on banana boats. From its earliest days, the resort attracted a parade of notables like Ernest Hemmingway, Clark Gable and Marilyn Monroe. But it also was—and is—a serious skier's mountain.

Actually, two mountains. Dollar is the beginning or teaching center, while Bald Mountain—comprised of four

mountains in one—has more challenging runs served by 12 lifts. Accommodations are at Sun Valley Lodge, in apartments and condominiums, and other lodgings in the area.

Racquetball is available about a mile away at the historic mining town of Ketchum, founded in 1881 and today retaining its frontier flavor in the quaint restaurants and Western bars. The Clubhouse in Ketchum has two glass back walled racquetball courts with floating wood floors.

Among other facilities at this complete fitness center are a Polaris weight room plus Olympic free weight system, swimmers' lap tank, aerobics room, lifecycle computerized bicycles, sauna and Jacuzzi.

For information, contact owner Leslie Liman, The Clubhouse, Box 1128, Ketchum, ID 83340; telephone (208) 726-8847. For information about Sun Valley skiing or accommodations call 800-635-8261 (in Idaho 800-632-4104) or (208) 622-4111, or write The Sun Valley Company, Sun Valley, ID 83353.

Copper Mountain Resort in Colorado has 69 ski runs, 17 lifts, some 15 miles of cross-country trails—and a spanking new \$3 million Athletic Club with two racquetball courts. With elevations



Sunriver Lodge and Resort racquetball pro Cindi Eilson demonstrates in the exhibition court.

ranging from 9,600 feet at the base of the mountain to 12,250 feet at top, Copper Mountain long has been the early season training site for the U.S. Ski Team, and during February 10-17, 1985 —for the third consecutive year—

will host the U.S. Alpine Championships. Yet in addition to the more difficult runs, 20 of the trails are rated "easiest" and 27 are at the intermediate level.

Copper Mountain Village has 600 condominiums and more than 40 restaurants, shops and other facilities. Among these is the Athletic Club which includes an indoor swimming pool with four 25-yard lap lanes, six outdoor and two indoor tennis courts, a weight training room with Nautilus equipment; aerobic exercise room, Jacuzzis, saunas, and steam baths.

The two racquetball courts may be viewed from above through sliding glass windows. The \$10 fee for day members includes use of the courts and all facilities at the club. Rental racquets are available for \$1, shoes for \$5. For additional information call 1-800-525-3878 (inside Colorado 1-800-332-3828) or write Copper Mountain Resort, P.O. Box 3001, Copper Mountain, CO 80443.

Mt. Bachelor in Oregon has 40 runs, five triple and five double chair lifts —and a new summit lift that provides skiing access to all 360 degrees of the

mountain. Last winter, it had the longest unbroken ski season in the West, from November 18 to July 19.

Sunriver Lodge and Resort is located 18 miles from Mt. Bachelor, and operates daily shuttle service for a small fee. Lodgings at Sunriver include 211 condominium hotel rooms (77 with kitchens) and about 150 private resort homes. The Sunriver Racquet Club has five racquetball courts, three indoor tennis courts, a lap pool, weight and exercise room, and saunas. For further information, write Sunriver Lodge, Sunriver, OR 97702 or call 1-800-547-3922 (in Oregon 1-800-452-6874). ●

Victor Block is a free-lance travel writer for newspapers, newsletters and magazines; a state editor for Fodor's Guidebooks, and a member of the Society of American Travel Writers. When not on the go researching travel articles, he lives in Washington, DC.

Readers are encouraged to send your racquetball travel questions to Victor Block, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.

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THIS IS WHY!

The Convention was a tremendous learning experience in every aspect of our business *Mary Artello, Forest Hills Athletic Club, Erie, Pennsylvania*

Our restaurant business turned around with help from the IRSA Convention. We also learned how to market our pro shop more effectively *Cynthia Howard, Assistant Athletic Director, Aurora Athletic Club, Aurora, Colorado*

Everything an owner could want to see in the latest equipment is at the IRSA Trade Show *Charley Swayne, Valley View Athletic Club, La Crosse, Wisconsin*

I approached the Convention as a developer of a new club. I learned about streamlining management, saving costs, and selling to the corporate market. I learned about electronic funds transfer, and food and beverage. As a result I was able to present to my owners a full report projecting the operation of a new club, complete with financial facts and the experience of IRSA clubs to back me up *Kevin Molony, Northern Kentucky Racquet Club, Crescent Springs, Kentucky*

The whole Convention impressed the hell out of me. I've been in other businesses where successes are not shared. The openness of the IRSA clubs made all the difference. Questions that I have been wrestling with were covered by other club owners, and I got some answers that I was looking for *Al Lockhart, Pegasus Racquet and Health, Augusta, Maine*

Every year I get at least one good idea for my club. I look forward to the open sharing of ideas and perspectives. Since the barrier of direct competition has been removed, clubs can honestly share their problems and successes *Frank Rawcliffe, Celebrity Courts, Warwick, Rhode Island.*

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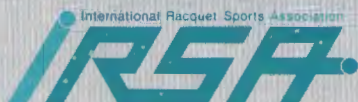
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EXTRA!

1985 IRSA Convention & Trade Show



Whether or not you're a gambler, there's good reason to head to Reno, NV, in February. That's the site of the International Racquet Sports Association's (IRSA) 1985 Convention & Trade Show. The information-packed program will be held at the MGM Grand Hotel from Wednesday evening,

February 27, through Sunday, March 3.

Participants are sure to walk away winners after attending some of the more than 75 sessions that swell the Convention agenda. These hands-on presentations will cover virtually every topic affecting the club industry. In

addition to hearing from industry leaders, participants will listen to the secrets of some of the nation's top business speakers.

Among the keynote speakers will be Ken Blanchard, author of *The One Minute Manager*; Covert Bailey, author of *Fit or Fat*; Dave Yoho, who has successfully trained more than 100,000 salespersons; Denis Waitley, Ph.D., author of a best-selling audio-cassette album entitled *Psychology of Winning*; Ron Richards of Venture Network, who specializes in increasing sales through word-of-mouth; Bobbie Gee, a popular speaker on the subject of increasing profits by enhancing your image; and Robert Rasberry, of Southern Methodist University in Dallas, whose talks on the subject of coping with change have been very well received by many groups.

The IRSA Trade Show will give club owners, managers and other buying decision-makers the opportunity to

see the wares of more than 120 companies serving the racquet sport, athletic and fitness club industry.

Company representatives will be available to discuss the latest in exercise equipment, tanning units, computer hardware and software, racquet sports products, court systems, swimming pools, and more.

The IRSA National Convention & Trade Show is the only time during the year when owners and managers of commercial racquet sport, athletic, and fitness clubs congregate in the same place and time for the purpose of comparing notes, exchanging ideas, and generally working together to improve their profitability. The event is expected to attract more than 1,500 persons.

For more information on IRSA or the Convention & Trade Show, call or write IRSA, 112 Cypress Street, Brookline, MA 02146, 617 734-8000.

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Lite Beer To Sponsor U.S. National Singles

Lite Beer will sponsor the U.S. National Singles Championships slated for May 23-27, 1985 at the Downtown Y.M.C.A. in Houston as well as the Lite/AARA Regional Championships which are qualifying events for the National Singles Championships.

In addition, Lite Beer once again will sponsor the U.S. National Racquetball Team and the U.S. National Doubles Championships to be held in Cheyenne, WY, October 24-27, 1985.

The Lynn & Heather Show



Sandy Genelius, former WPRA tour director, had no idea what she did after terming the popularity of this year's women's pro tour as "The Lynn and Heather Show."

In its December issue, *Sports Illustrated* pointed out that the Women's Professional Racquetball Association is enjoying a banner year, in large part due to Lynn Adams and Heather McKay.

According to the article, energetic Adams, 27, and subdued McKay, 43, have

given racquetball followers the drama that the sport desperately needed.

Since 1981 McKay and Adams have participated in 23 regular WPRA pro tournaments, competing against one another in every final, with McKay leading Adams in wins 10-9.

McKay has won the WPRA title in 1980, 81, and 84, while Adams has captured the crown in 82 and 83. They've only lost to someone other than each other five times in the last three years, bringing McKay's

record to 87-12 and Adams to 101-12.

What "The Lynn and Heather Show" has created for racquetball is a burst in WPRA membership (from 50 to over 400), a doubling of tournaments (10 events a year), and twice as much prize money (\$125,000 or around \$10,000 a city). Genelius noted that "Lynn and Heather's success has given younger players something to shoot for. It's offered hope to everyone."

McKay, twice named All-Australian in field hockey, won 14 squash championships, 16 British titles, and two women's world championships before she took up racquetball. She won the amateur title in 1979, her first year, and has been

ranked first or second ever since.

McKay's cool, calm attack on the court unnerved everyone—including Adams, another racquetball natural. With seven national indoor and outdoor titles, Adams is a big threat to McKay when she overcomes adoration and becomes the true competitor that she is.

McKay told *Sports Illustrated*, "I've been a competitor all of my life. I've got a couple of years left."

To which Adams responded, "I love to play Heather. She definitely pushes me like no one else."

Looks like we'll have many more chapters to the Lynn and Heather story.

NSGA Fall Market Breaks All Records



Records were broken in all categories at the 1984 NSGA Fall Market, according to Robert J. Youngblood, vice president and director of trade shows for the National Sporting Goods Association.

The 1984 Market, held October 19-21 at the Anaheim Convention Center, Anaheim, CA, exceeded all previous Fall Markets in total attendance, buyer registration, number of exhibitors, and total net square feet of exhibit space used in the convention center.

"Total attendance reached

22,548, a 10.5% increase over 1983. Buyer registration increased to 9,347, a 16.6% increase over 1983. The number of exhibitors grew to 915 over the 865 exhibitors in 1983. The NSGA Fall Market utilized 217,380 net square feet of exhibit space versus 209,000 net square feet last year, making the Market the largest industry trade show in the Fall," Youngblood said.

NSGA President James L. Faltinek said that buyer research done at the 1984 Fall Market indicated a healthier 1985 optimism for activewear than sport footwear.

"Among the buyers sur-

veyed, 32.8% expect to increase activewear purchases 11% or more in 1985; only 19.2% expect to increase their footwear purchases to that degree," Faltinek said.

"Expectations for the fitness market continue high. Buyers expect to increase their purchases of exercise apparel and warm-ups significantly in 1985," the NSGA president said.

Seven free NSGA educational seminars drew more than 900 attendees. The pre-show workshop on successful retail selling drew 92 participants, NSGA Director of Education, Membership and Marketing Don Oker said. A special seminar "Exhibiting

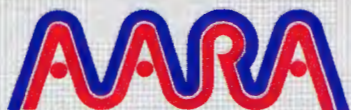
for Dollars" drew 125 exhibitors, who had the opportunity of hearing how to use trade shows effectively to increase sales.

The 1985 NSGA Fall Market will be held October 18-20, again at the Anaheim Convention Center, Anaheim, California.

The National Sporting Goods Association, with a membership of more than 2,200 suppliers and 18,000 sporting goods outlets, operates the industry's largest trade show. The NSGA National Convention & Show, to be held Jan. 31-Feb. 3, 1985 in Dallas, Texas, is expected to draw 35,000 industry participants.

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Penn Athletic Product's Ultra-blu Racquetball once again has been selected as the Official Ball of the U.S.



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Tournament Results

Adams Takes WPRA Season Opener

by John Barlow



Lynn Adams — another well-earned victory!

Five months after losing the WPRA crown to her Canadian archrival, Lynn Adams set the pace for the 1984-85 season by blasting top-ranked Heather McKay in the final of the \$12,000 Bud Light Pro Racquetball Classic, at the Auburn Health and Racquet Club, in Auburn, MA, October 18-21.

Serving and shooting with the renewed vigor of a dethroned champion, Adams dominated early in the match. Holding off a furious last-minute challenge, Adams upset the top-seeded McKay in four games, 21-14, 21-16, 17-21, 21-19.

While the single victory wasn't enough to boost Adams back into the top position in the women's rankings, the gritty performance made clear Adams' determination to take back the WPRA National Championship which she lost (for the first time in three years) to the seemingly immortal McKay in Ft. Worth last June.

The Auburn tournament, which was the inaugural event of the WPRA's 1984-85 season, marked the seventh time in the last 12 months that the two dominant players in the women's game have faced each other in the finals. Adams' victory brought her close to evening the head-to-head score against McKay during that period; three wins, four losses.

Lynn Adams and Heather McKay have soared so far beyond the rest of the field of women's racquetball that a recent article in *Sports Illustrated* dubbed

McKay, the top seed, sets up for a backhand during the championship match won by Adams.



the women's tour "The Lynn and Heather Show." The show was in top form in Auburn.

McKay advanced to the finals without losing a game; she defeated Trina Rasmussen, Joyce Jackson, and Terri Gilreath, none of whom were able to score more than 14 points in any single game.

Meanwhile, the Adams racquetball machine hummed through Martha McDonald, Caryn McKinney and Vicki Panzeri, losing only one game—to McKinney—in the process.

Going to the final, most of the smart money was on Heather McKay to repeat her 1983 Auburn Victory—particularly after her overwhelming defeat of #3 seed Terri Gilreath in the semifinals. But Adams game had been slowly building through the tournament, and she bolted out of the gates in the final. Almost before McKay could plant her feet, Adams racked up a 7-1 lead, and rolled to a 21-14 win with surprising ease.

Game two was closer, but Adams continued her relentless pounding of McKay's forehand, producing a surprising number of mis-hits and skips from her off-balance opponent. Adams broke a tie at 16-all and drilled five straight points to win 21-16.

McKay's back was clearly against the wall; Adams was connecting with everything, and McKay seemed to be giving the match away with her own errors, many of which were unforced.

McKay moved to correct the mistakes in game three by returning to basic high percentage racquetball, and it seemed to work; her timing slowly returned. After a trio of early skips, McKay began clipping away at her opponent's lead and closed the score at 17-all. With Adams visibly slowing, McKay scored four unanswered points, ending the game with a crack serve, 21-17.

The fourth game was airtight, with the two players matching each other shot

Adams and Terri Gilreath topped McKay and Martha McDonald in the doubles final.



Photos by International Racquetball

for shot; they were tied 11 times, and were never separated by more than two points. McKay pushed hard to send the match into the fifth game, while Adams kicked her game into high gear.

But the game, and match, was decided on three crucial—and highly disputed—calls; a score change at 16-all, an avoidable hinder at 17-all, and then the clincher.

Serving to tie the game again at 19-20, McKay ripped a serve to the left side that cracked out right at the short line. The referee called the serve short, and one linesman agreed sending McKay and half the crowd into hysterics. (Most who viewed a video tape of the serve after the match agreed the serve was

short.) Buoyed by the controversy, Adams flattened McKay's next serve to win the game and take the match, 21-19.

"I thought I got the raw end of the deal," said a frustrated McKay, "I still think it was an ace serve. It's very disappointing. It should have gone into the fifth (game).

"I started too slow, that's all. I was trying to do too much when I should have gone defensive, and I tried to pass too much early in the match. But there's always next time.

"You can never count Heather out," Adams said following the match, "because she's so tough and she's such a competitor. I would be very interested in knowing if she did what she did in the third game on purpose. Her level went down and that sucked everything out of me. It was very effective.

"I was really enthused to play this whole weekend and I had a lot of confidence that I was going to win."

In the semifinals Saturday night, Adams easily dispatched fifth-ranked Vicki Panzeri of Seattle, WA. In front of ESPN cameras (there to do a spot on women's racquetball) Adams took the match in three games. In the first game she allowed Panzeri to score only 12 times.

In the second game Adams and Panzeri exchanged serves regularly until 12-all when Adams launched a killing and passing assault that ended the game 21-16.

The semifinal match between Heather McKay and Terri Gilreath, of El Toro, CA was a contest of control and timing vs. speed and mobility.

Gilreath was all over the court, but McKay seemed able to score at will. During the McKay-Gilreath battle, Panzeri quipped that if this match was being scored by caloric consumption Gilreath would be the clear winner. But racquetball is scored by points and McKay had the most. The Canadian won the match in three games, 21-11, 21-16, 21-9.

In other matches, number 12 ranked Jennifer Harding played surprisingly aggressive racquetball to upset number 6 ranked Fran Davis, of Middlesex, NJ, 21-15, 22-20, 19-21, 21-14. The victory sent Harding into the quarterfinals where she was stopped by Gilreath, 21-9, 21-16, 21-8.

Caryn McKinney, the current president of the WPRR, was the only player to move substantially in the women's rankings at the Auburn tournament.

McKinney defeated Chris Evon in the first round, and then routed Molly O'Brien before losing to Adams in the quarters. Her fifth consecutive quarter-final finish boosted her ranking from #8 to #6.

Lynn Adams and Terri Gilreath teamed together again to continue their domination of women's doubles, losing only two games in three matches. They defeated the teams of Marci Drexler/Fran Davis and Jennifer Harding/Caryn McKinney to reach the finals, where they defeated Heather McKay and Martha McDonald, 15-11, 17-15, 15-12.

This stop marked the second year of the "Bud Light Pro Racquetball Classic" sponsored by Consolidated Beverages, of Auburn, MA. ●

First Stop on the 1984-85 Tour: Auburn Health and Racquet Club, MA October 18-21, 1984

Round of 32

Trina Rasmussen d. Marci Drexler, 9-21, 13-21, 21-15, 21-11, 15-13; Cathie Fredrickson d. Laura Martino, 13-21, 21-19, 21-15, 10-21, 15-8; Joyce Jackson d. Robin Levine, 21-16, 21-10, 21-14; Fran Davis-by; Jennifer Harding d. Theresa Pitts, 21-11, 21-16, 21-8; Marcy Lynch d. Val Paese, 21-5, 21-10, 21-11; Terri Gilreath-by; Vicki Panzeri-by; Sandy Robson d. Janet Steere, 21-17, 21-15, 21-19; Mary Dee d. Liz Alvarado, 21-14, 21-18, 21-12; Janell Marriott-by; Caryn McKinney d. Chris Evon, 21-14, 21-4, 21-17; Molly O'Brien d. Bonnie Stoll, 22-20, 22-24, 21-11, 21-14; Martha McDonald d. Cathy Nichols, 21-11, 21-17, 21-16.

Round of 16

McKay d. Rasmussen, 21-11, 21-6, 21-7; Jackson d. Fredrickson, 21-15, 19-21, 19-21, 21-11, 15-6; Harding d. Davis, 21-15, 22-20, 19-21, 21-14; Gilreath d. Lynch, 21-15, 21-13, 21-18; Panzeri d. Robson, 19-21, 21-19, 21-16, 21-15; Marriott d. Dee, forfeit; McKinney d. O'Brien, 21-14, 21-10, 21-18; Adams d. McDonald, 21-14, 21-15, 21-9.

Quarter-Finals

McKay d. Jackson, 21-11, 21-12, 21-11; Gilreath d. Harding, 21-9, 21-16, 21-8; Panzeri d. Marriott, 14-21, 21-15, 21-7, 21-19; Adams d. McKinney, 21-11, 13-21, 21-12, 21-16.

Semi-Finals

McKay d. Gilreath, 21-11, 21-14, 21-9; Adams d. Panzeri, 21-12, 21-16, 21-14.

Final

Adams d. McKay, 21-14, 21-16, 17-21, 21-19.

Total Singles Purse: \$10,000

Doubles:

Quarter-Finals

Lynn Adams/Terri Gilreath d. Marci Drexler/Fran Davis, 18-11, 15-10, 10-15, 18-14; Caryn McKinney/Jennifer Harding d. Molly O'Brien/Marcy Lynch, 15-9, 15-9, 15-8; Heather McKay/Martha McDonald d. Joyce Jackson/Janell Marriott, 15-10, 10-15, 15-8, 15-5; Vicki Panzeri/Bonnie Stoll d. Sandy Robson/Chris Evon, 15-10, 15-12, 15-9.

Semi-Finals

Adams/Gilreath d. McKinney/Harding, 11-15, 15-9, 15-10, 15-11; McDonald/McKay d. Panzeri/Stoll, 15-12, 16-8, 15-13.

Final

Adams/Gilreath d. McDonald/McKay, 15-11, 17-15, 15-12.

Total Purse: \$2,000

WPRR Rankings

(new ranking system in effect
beginning September 1, 1984)

Ranking	Player	Total Points
1	Heather McKay	322.00
2	Lynn Adams	302.50
3	S. Wright Hamilton	127.50
4	Terri Gilreath	117.75
5	Vicki Panzeri	109.50
6	Caryn McKinney	97.00
7	Francine Davis	93.00
8	Janell Marriott	88.50
9	Joyce Jackson	79.00
10	Brenda Poe-Barrett	67.50
11	Jennifer Harding	49.50
12	Peggy Gardner	41.25
13	Bonnie Stoll	40.00
14	Molly O'Brien	31.00
15	Heather Stupp	29.25
16	Marcy Lynch	28.00
17	Liz Alvarado	23.00
18	Marci Greer	21.75
T19	Martha McDonald	20.00
	Carol Pranka	20.00
21	Mary Dee	18.00
22	Laura Martino	16.50
23	Trina Rasmussen	16.00
24	Stacey Fletcher	15.00

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The Competitive Woman

by Lynn Adams

I've done quite a few clinics in the past couple of years and I've noticed a real reluctance on the part of women to participate. There seems to be a pattern of women sitting back and letting men ask the questions and then letting the men play me short exhibition games.

It seems there is still a prevailing attitude against women being aggressive in sports. Much of the time it's the women themselves who are largely responsible for perpetuating this kind of thinking. Many women are simply afraid to compete.

Not every woman is fearful, of course, but generally this is the case. A lot stems from our social surroundings. Women don't have the same background and upbringing that men do when it comes to competition. I think this is very unfortunate.

It's time we dispelled the notion that being aggressive is unfeminine. That takes some re-education on the part of both men and women. You've heard it many times, but it's true: sports will teach you a great deal about life. Sports teach you about yourself and sports will increase your capacity for growth and change. Sports will give you friends who will stay with you for a lifetime.

I still have many close friends from my old high school and college teammates. I think sports are invaluable for everyone, and no matter how skilled or unskilled you are, it is well worth the effort of overcoming the fear of competing.

The words "sports" and "competition" go hand in hand. Whether you compete against someone else or yourself, you're still competing. There's nothing wrong with that word, yet a lot of women find the idea of competing scary or even ugly. Scary, because it can mean losing (or causing someone else to lose) and ugly because they have often seen people throwing tantrums, being abusive, or even downright mean while competing. It doesn't have to be that way . . . it shouldn't be that way.

Losing. It's part of life, occurs every day. Winning, likewise. Something as innocent as vying for a parking space involves winning and losing. Having an argument (some people call it a discussion) often results in one person feeling triumphant and another feeling defeated. Winning and losing are around us and part of our daily lives.

From an early age, men are taught how to win and lose and thrive on competitive situations. They learn to fight back and how to turn their defeats into future successes. But most women are still raised more passively and are instilled with the idea that being competitive and aggressive is neither lady-like nor proper.

As a result, later in life the ideas of competing, losing and even winning become scary for women. There's fear that people might laugh at us or think we're not "worthwhile." The only way to overcome these fears and cope with these feelings is through experience. Here we learn that losing does not prove us "bad" or "unworthy." In fact, we can learn to feel much better about ourselves just from having the experience of competing and having tried. We will learn from both our wins and our losses.

As for those unhealthy competitors, well, it's true that competition does bring out the worse in some of us. But it's those of us who acknowledge and work on our weaknesses who become stronger. This applies to all areas of our lives. Meet those negative feelings head-on and you'll control them better and enjoy competing much more.

If you get depressed after a loss, search for the reasons why you're feeling the way you do. You'll learn a lot about yourself—and you'll improve yourself in the process.



Come on, women! Take control of your lives! Get out there and "strut your stuff." Women's sports need to grow and only through your support and participation will that happen.

You don't have to start in the Nationals. You can begin at your own club—in leagues, ladders and all kinds of casual competition. I've given many lessons to beginners and I always suggest that they get involved in competition right away.

Once in a while I'll get an enthusiastic response, but most of the time I get a horrified look. "I'm not good enough!" she cries. Of course you're good enough. Everybody has to start somewhere.

And remember when you get into a league, that everyone else has been where you're at—frightened, unsure, and inexperienced. You'll be surprised how helpful and supportive racquetball players are to newcomers. That's one of the things I love about the sport and the people in it.

After you've played in some leagues, branch out and get into some tournaments. They really are fun. I believe in competition. It's fun, healthy, and a great learning experience. I urge all women to support women's sports in general, and of course, racquetball specifically, in the best possible way—through your own participation. ●

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