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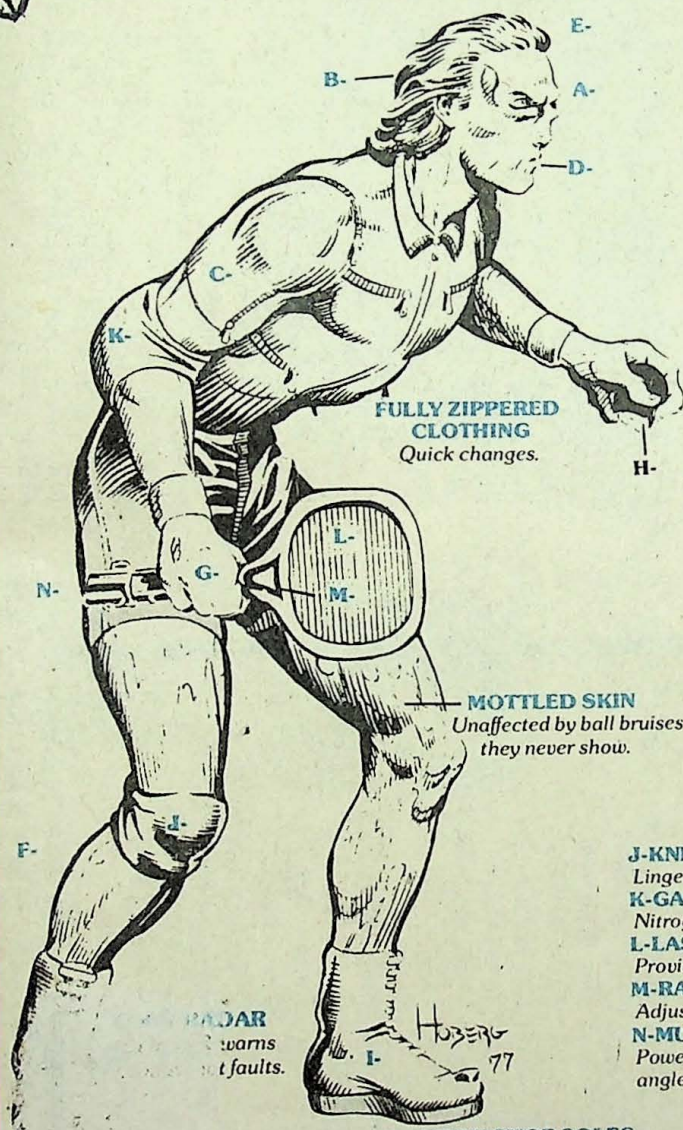
International
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RACQUETEER

VOLUME 2, NO 4
APRIL 1978 50¢

RACQUETBALL PLAYER OF THE FUTURE



A-ENLARGED BONES AROUND EYES
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J-KNEE PAD
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M-RADAR BALL RANGE SENSOR
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N-MULTIPURPOSE ATOMIC POWER PACK HANDLE
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Courtesy of King's Racquetball Courts

HISTORY OF RACKET STRINGING
KEEP YOUR MUSCLES IN TUNE BY STRETCHING
TEN MOST WANTED LIST



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Contributing Editor	Jerry Henderson
Editorial Staff	Bob Raedisch
	Jerry Northwood
	Bob Anderson
Contributing Writers	A. Paul Lawrence
	Jeff Larsen
	Rufas Thomas
	Ruth Knudsen McGovern
Art Director	Sally McFaul
Photography	Mel DiGiacomo
	Tim Starkman
	Samantha Stephens
	Rick Dinoian
	Chris Starkman
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20 To 20 = High Anxiety

One of the inherent properties of racquetball is the fact that it is an individual sport. Individual means that the outcome of the event rests (with the exception of doubles) squarely on each player's ability and performance. There are no fumbles, no bad passes, no double plays, that may negate an otherwise brilliant performance by a teammate. In racquetball players win or lose by their own hand. Responsibility for both has only one direction. Granted, matches in tournaments have referees, but this is generally only a significant variable in a small portion of the total points played. Players are on their own. The glories of victory and the disappointment of defeat are not shared. The emotions and atmospheres of play are generated from within the individual.

An extension of this process then, is the fact that the psychological disposition of play is also individualized. There is no place or person to hide one's feelings in when the score is 20-20. The player is on the carpet. Only he against his opponent holds his fate.

Consequently, racquetball contains a large amount of anxiety for each player in competition, especially in tournament action. Situations where individuals can be eliminated from a tournament for the loss of a match or instances where the outcome of a game rests on single shots, as at 20-20, produce a lot of anxiety for everyone. Thus, we must all deal with this variable in play. How to best do this task remains the difficult question.

Let's make some suggestions on this issue. However, first let's define anxiety. Ernest Hilgard in his book *Introduction to Psychology* calls anxiety "a state of apprehension or uneasiness, related to fear. The object of anxiety (e.g. the feeling of losing) is ordinarily less specific than the object of fear (e.g. actually losing)." Anxiety, then is a reality for all players, but it can be controlled by our approach toward the soliciting task. More specifically we control the degree of stress placed on any game situation by our perception of that event.

Control is the element that directs our anxiety. How much stress we feel and what we do with this emotion dictates our subsequent performance level. Generally people utilize too little or too much control over these anxiety situations. They become "flailers" or ceiling ball experts in these tight situations. Too little control and too much aggression causes players to shoot anything from any position on the court at those critical points. This holds a high percentage of self induced mistakes and realistically lowers the opportunity to make more favorable shots. Too much control and conservatism takes away too much offense, so that a person becomes involved in long rallies and when he does have an opportunity to shoot he is

generally so tight he blows the shot. Thus no points and no win. What one must do is stick to your game plan and normal style in those "anxious moments." He are some suggestions to follow to stay "cool" and in control.

1) Concentrate on the technique you must use with each shot to hit it correctly. This means that you must think about things such as setting up, taking the ball low, and playing to your opponents weakness. Think about execution of your shots and game plan. Don't let your mind wander to the consequences of winning or losing. Focus all your attention towards what is happening on the court. Be alert and anticipate what to do if you get in trouble. Think of control to move you into a match up of your stronger shots to his or her weak defensive areas.

2) Keep the tempo of the game down and varied. The tendency in tight situations is to over hit and this includes ceiling balls. Stroke the ball, don't try to muscle it. Vary your shots and shot speed. Don't hit the ball with the idea that you must score on each shot or that he will make a mistake on the return. Take your time in between points and use your time outs. Don't get into a rhythm of one shot. Repeated ceiling balls are especially dangerous at lower levels of play. Too often your well intended ball position on a shot is lost and your opponent is set for a winner.

3) When serving take your time and concentrate on placement. So many games and matches are decided largely due to this element. Get in the serve zone, take a deep breath, have your position of serve mentally rehearsed and then stroke it. You have ten seconds to serve once the score is called. So use this time to relax yourself. You are in control when serving. Take full advantage of this position by keeping your opponent at bay with a serve.

4) Control your overt display of emotions. Yelling and screaming wastes energy. Too much of this has taken place too frequently in most areas of the country and very few referees are now either intimidated or impressed. You need all the energy and friends you can find when it gets down to those crucial final points, so don't break your concentration with some useless yelling. Don't be taken over by your own rage. Under those circumstances you have lost control.

5) Try to keep the game and point in perspective. Your world won't end if you lose and your victory is often short lived until your next match. This is a game meant to be enjoyed. Recently Al McGuire the former head basketball coach at Marquette University and now a network commentator for collegiate basketball games stated "that the only 'must win' situations in life are in war and surgery." So keep this in mind as you perceive your participation in a close match. If you aren't enjoying this periodic high anxiety, then don't get so terribly involved. Unless you are a pro

Continued on page 21



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Basic Grips and Strokes

By Jeff Larson, 1977 National Juniors Champion and a member of Ektelon's racquetball advisory staff.

One of the first lessons that any beginning racquetball player learns is how to grip the racquet. However, since there are only two basic grips — the forehand and backhand for their respective strokes — there is a tendency to overlook their importance.

As simple as the grips may seem, they are nonetheless basic to the mastery of the other elements of racquetball, particularly the forehand and backhand strokes.

A good grip provides the player with the strength that translates into powerful shots, the flexibility for pinpoint accuracy but with a comfortable feel so that he expends a minimum of effort.

The backhand and forehand grips have been developed to provide all of these benefits and maintain a consistency in the player's stroke during not only backhand and forehand shots, but overhead shots and backwall play as well.

A lot of advanced players — myself included — use only one grip, relying on an adjustment in their strokes to bring the racquet face around at the different angles needed for backhand or forehand shots.

It would be a mistake for beginning players to follow this lead, though, until they are well-grounded in the fundamentals of the sport. I have an unusual pendulum-like stroke which compensates for the single grip and suits me well, but it took years to develop.

THE FOREHAND GRIP

The forehand is usually a player's strongest stroke and, for that reason, the one which gets the most use. The basic forehand grip is a handshake grip.

With the racquet in front of your body at mid-thigh and the racquet face perpendicular to the ground as shown in Figure 1, grasp the handle as though you were going to shake hands with it.

The palm of your hand should be on the same plane as the face of the racquet and the handle of the racquet should run diagonally across the palm as shown in Figure 2. Note that the butt of the racquet is at the heel of the hand while the rest of the handle runs off the palm onto the fingers. Don't "choke up" on the racquet or allow the hand to slide off the end of the handle.

The forehand grip is sometimes called the trigger grip because the first finger is in a trigger position on the bottom of the handle or the V-grip because of the "V" between first finger and thumb on the top side of the handle. During a forehand shot, this "V" should run

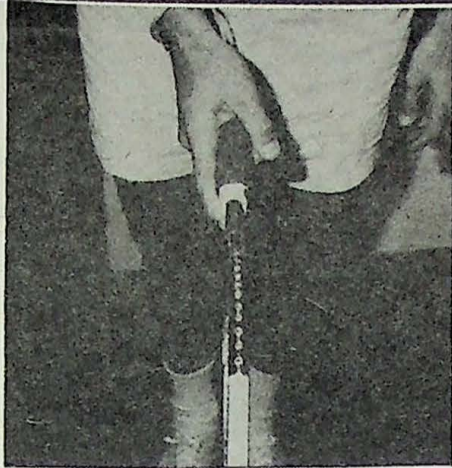


Figure 1. Forehand Grip. This shows the handshake nature of this grip as seen from above.

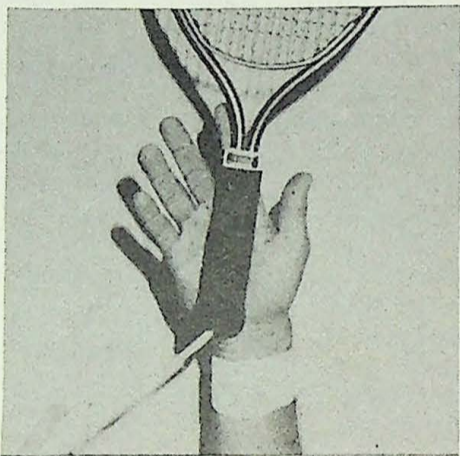


Figure 2. Forehand Grip. This shows the flat side of the grip against the hand with the handle running diagonally across the hand to the corner of the palm.

along the middle seam of the handle.

The most important thing to remember is to keep a good tight grip on the racquet during contact with the ball, although not so tight as to interfere with the snap of your wrist during the shot. That's where at least half of your power is generated.

THE BACKHAND GRIP

The backhand grip differs in only one respect from the forehand grip and that is in the position of the "V" on the handle, as shown in Figure 3.

By adjusting your hand so that the "V" is slightly off the center of the handle to the side away from that making contact with the ball, the face of the racquet is tipped downward so that it remains perpendicular to the floor during the backhand swing.

This is necessary because, with just a forehand grip, the angle of the swing changes during the forehand and backhand strokes and it is usually desirable to contact the ball as flatly as possible.

You will notice that this grip takes some of the pressure off the heel of your hand and exerts slightly more pressure on your little finger as shown in Figure 4.

If you wish to put more back spin on the ball, allow the "V" to creep back toward the forehand position until you find the angle that you need.

As with the forehand grip, the backhand grip should be firm, especial-

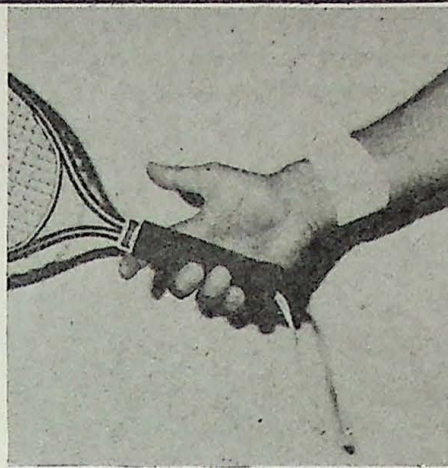


Figure 3. Backhand Grip. This shows the turned wrist of the backhand grip, seen from above. Note index finger knuckle.

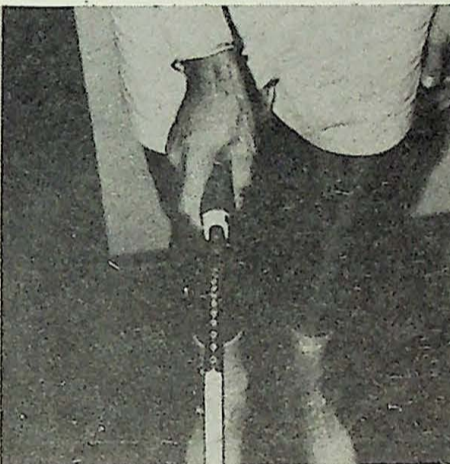


Figure 4. Backhand Grip. This shows the changed handle position of the backhand grip. Handle now rests against the first flanges of last two fingers.

ly when contact is made with the ball. Either grip should be comfortable, though, and not interfere with your stroke.

STROKES

There are certain fundamentals which apply to all strokes and all strokes should contain these elements. While waiting for your opponent's return, stay

low, keep your knees bent and your weight on the balls of your feet.

Your racquet should be at thigh level until you see which side the ball is going to. At this point, immediately turn your body so that your shoulders are parallel to the side wall closest to the ball, get your racquet up above your head and choose the point at which you wish to make contact with the ball.

When the ball approaches, do not hitch the racquet still further back, but rather, maintain a good level swing, shifting your weight into the ball by "stepping into" it with your front foot.

Keep your elbows in close to your body, your eye on the ball and contact the ball when it is just opposite your front hip preferably at a low level. Let your wrist snap lightly at the moment of contact and continue your follow through low and straight out from your body for a foot or so.

A good swing is flowing and natural. Always follow through, even when whipping the ball. The stroke should also be compact and vertical — not a wide or roundhouse swing — and accurate. See figures 5a through 6c.

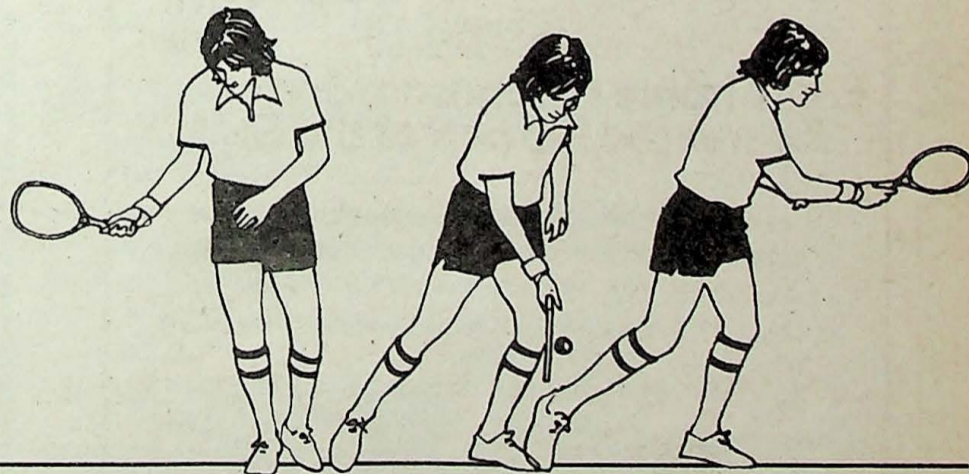
Don't worry about powering or whipping the ball into the wall. Accuracy is far more important. Concentrate on timing your body movements with your swing so that they all come together at the moment of contact.

It is also a good idea to snap your hips as you step into the ball, thus putting your whole body into striking it.

If these movements are smooth, coordinated and timed correctly, power will take care of itself. Without this coordination, you are working against yourself. Don't get tense.

I can't emphasize enough the importance of keeping your eye on the ball at all times, not only during your own shots, but during those of your opponent as well.

This is a fast moving game in which you want to know which direction the ball will take as soon as possible. Never take your eye off the ball.



Forehand

Figure 5a. Forehand. Start the stroke with a short backswing. Note the elbow in close to the body. Weight is on the rear leg getting ready to shift forward. Knees slightly bent.

Figure 5b. Forehand. Shift weight to front leg, stepping into ball as you hit it. Keep knees bent. Notice that point of contact of ball is just below and ahead of knee. Wrist should snap through slightly at moment of contact.

Figure 5c. Forehand. Weight has now shifted almost entirely onto front leg. Follow through is short and compact finishing as shown out in front of body. Get ready for next shot.



The Health Department's "Ten Most Wanted List"

Jerry Northwood

As many of you are aware, the "Racqueteer" is a national publication which has been in print for over a year. Since its first publication in October of '76, it has been my pleasure to share my twenty years of experience with fellow "Racqueteers".

Many readers from coast to coast have corresponded with me as to their personal areas dealing with nutrition and conditioning. It will be the attempt of this article to compile the ten most asked questions with the hopes that others across the nation may have been pondering the answers to at least some of them.

Keep in mind that this writer makes no specific claims as to any particular healing practices. Any products mentioned by name are done so, not as an advertisement, but as a testimonial as to the results experienced by myself and many others. There may be other products equally beneficial, as well as other practices equally effective.

Where possible, the answer to each question will be in outline form with the reference listed for an in-depth answer. REMEMBER, all back issues of the "Racqueteer" can be ordered.

If you have a question not answered here, feel free to write to me in care of the "Health Department". I'll be more

than happy to answer your letters personally, and eventually share your questions with others.

1. *What is the "best" type of weight resistance equipment to use in training for racquetball?*

A Not too many moons ago an individual interested in weight training to increase body size or strength had very little problem with this question. His choices were relatively simple; gymnastic or calisthenic exercises, using the individual's own body weight as resistance, or barbells and dumbbells (commonly referred to as "free weights").

As more and more individual and team sports became involved in weight training (primarily with free weights) many records were broken. Since it was obvious that weight training was valid, regardless of the sport, and had a gross potential for the investor, a large variety of different types of equipment flooded the market to grab a piece of the action. Due to the obvious sales approach from each one of the companies to make a profit, the claims made leaves the individual with a definite problem choosing which is "best". Larger, well-known companies such as Nautilus, Universal, Paramount and Marcy's Gym

Equipment all feel that they are superior to one another.

I feel, from my experience, and watching each new one of these new innovations come along, there is no "best" method of weight training. In reality, from a physiological point of view, weight resistance is weight resistance. Regardless of the originating source, it's the resistance that does the work.

Naturally, some equipment is put together a little better than others and some have better angles for accomplishing a fuller range of motion. Some feature "variable resistance". Several have many good points and some bad. That's the primary reason for my decision not to go with just one particular type of equipment, but to take the best of each type.

There are only six major muscle groups in the body — select that piece of equipment that best coincides with your objective for that particular muscle group. Example: If the objective was in the field of power lifting and the exercise the bench press, no new space age machine will accomplish the objective better than an Olympic set. This is the actual piece of equipment you must compete with. On the other hand, if building neck power was your objective, Hydra-Gym Athletics has an excellent machine which works on the principle of supplying steady resistance four different ways — back, forward, side to side, by the use of a simple shock absorber. Once again, to apply this same principle to all six muscle groups and call it the "best" wouldn't hold up when investigating into other alternatives.

Be selective — do some research. All companies on the market today have something of value to offer. Don't get sucked in by the sales pitch or the modern space-age look. Just because it cost a fortune doesn't make it that much more valid. Example: With little variation, there is basically only one way to do a seated leg extension for the quadriceps, yet the prices for the different types of equipment can run from under \$100 to over a \$1000.

In summation, we can conclude that it's not any one particular piece of equipment that is "best" and they all deserve looking into. One thing is for sure, weight resistance training, particularly for the racquetball player, will definitely assist in developing better power (such

as with a weak backhand) and will assist in preventing injury. Look forward to future articles in the "Racqueteer" dealing with weight training.

2. *What are the primary muscles used in racquetball that need to be strengthened?*

A (Refer to "Racqueteer" March 1978, Avoid Injury — Warm Up Properly) This article goes into detail as to each of the major muscle groups and how to properly warm them up prior to play to avoid injury. Not listed by order of importance, they are:

- a. Shoulder group (Deltoids)
- b. Upper and Lower Arm Group (Biceps — triceps — forearms)
- c. Upper and Lower Back Muscles (Erector Spinae Group)
- d. Chest Muscles (Pectoralis Majors and Minors)
- e. Leg Group (Upper and Lower Quadriceps and Gastrocnemius)
- f. Abdominals

If you haven't guessed it yet, each muscle group of the body should be in top notch shape to achieve the most success in any sport. In racquetball, the shoulders, arms and legs are the most important, but you shouldn't neglect the rest.

3. *What's the best exercise for developing backhand power?*

A Once again, there is no one best; however, there are several good ones. The primary consideration is, which muscles are the primary movers of the racquet when executing the backhand motion.

Without getting into a full kinesiological analysis, it's safe to limit ourselves to the muscles of the shoulder (anterior, medial, posterior deltoid), muscles of the upper arm (biceps, triceps), and lower arm (forearm muscles) that control grip.

Weight resistance exercise for the shoulder muscles — without going into great detail (hopefully the club or school you belong to will have some instruction in weight training) I will give the name of the exercise which pretty much explains the action.

Front, Side & Bent Over Deltoid Raises

To keep it simple, the resistance used can be anything from books or bricks to light dumbbells. We are looking more for muscular endurance through more repetitions as opposed to maximum

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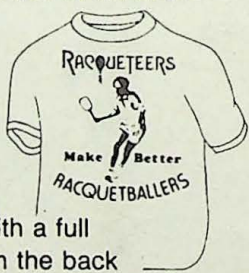
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Editor's Note:

The following article is the first installment in a series of stringing guides from the text *A MANUAL FOR RACKET STRINGERS* by A. Paul Lawrence written for Ektelon.

History of Racket Sports

By A. Paul Lawrence

TENNIS

Modern history tends to assign the ancestry of modern racket sports to the countries of England and France. The time period of this birth is generally to be during the mid-to late nineteenth century. Indeed this is largely true. However, games which had striking similarities to modern tennis and squash were played in ancient Greece around 1000 B.C. The theorized distant ancestor of tennis is believed to be a Greek game with a name that sounds like "Sphairistike." Like any traditional scholar this was the name that Major Walter Clopton Wingfield called his tennis game when he officially patented "Sphairistike" in 1873 in England. Between the years of 1000 B.C. and 1873 A.D. there was also a slow but traceable path of evolution of racket sports.

Over the last 500 years the two games that were most similar to our modern racket sports were Real Tennis (also called Court or Royal Tennis) and the game of Racquets. Real tennis goes back to about 1000 A.D. and had been played by much of the royalty of England and France. The game was played in a court similar to that shown in Figure 1, and contained a little of everything, such as rackets, soft balls, a net, walls, boundaries, strokes and spins. The court was 110 ft. long, 38 ft. wide, and had a net that was 5 ft. high at the sides.

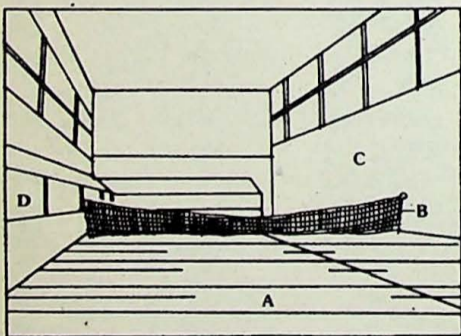


Figure 1: Real Tennis Court. Notice (A) marked areas on floor to divide specific sections of the court and for purposes of scoring (B) net (C) walls to be used to play (D) Gallery on left side and in rear.

The rackets were strange by modern standards in that they had a disproportionately long handle and small head, and one side was flattened to aid in retrieving low shots. Because of this design the center of contact of the racket was not in line with the handle. On the other hand, the game of Racquets evolved as a game played in stone courts,

with a hard ball, and with a symmetrical-shaped racket that looked like a long, heavy squash racket. Some of these rackets are shown in Figure 2.

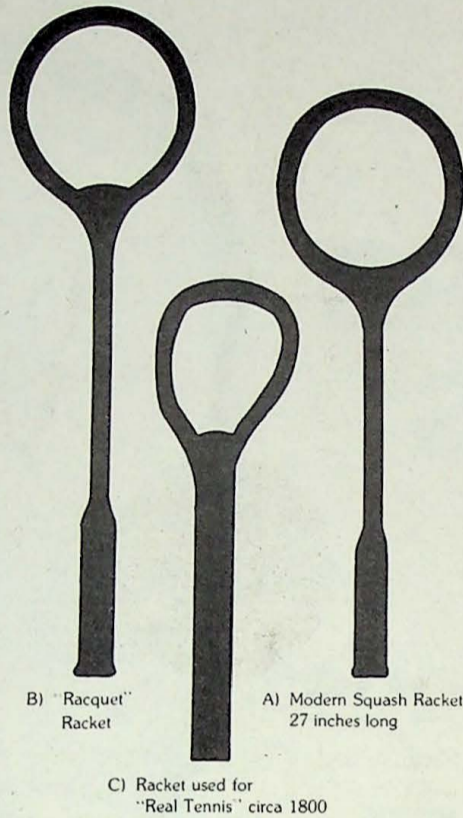


Figure 2: Perspective of rackets used for old and modern sports.

The dimensions of a Racquets court were 60 ft. by 30 ft., which is roughly three times the area of a modern squash court.

As can be imagined, these early games were at one time the sport, theatre and part of the religion of royalty. However, the cost of these sport facilities was immense and in order to popularize these games what was needed was a little affluence in the overall population, and the urge of the population, and the urge of the population to spend their spare time and money on sport. As history will record, the industrial revolution of the 1800's in England brought the necessary affluence and soon the "Royal Sports" were desired by more of the commoners. But the problem still existed that a "Real Tennis" court was still too expensive for all but the wealthiest commoners. About this time the new and much less expensive sport of "Open Tennis" or "Lawn Tennis" began to grow quite rapidly. All sizes and shapes of rackets and courts were tried, with much equipment being carried over from "Real Tennis." Finally in 1873 Major W.C. Wingfield standardized and patented a set of rules and court for the game of "Sphairistike." However, his invention was rather short lived as modifications were immediately made to change the Major's "social activity", as he saw it, to a truly competitive sport. By 1877 the first Wimbledon tournament was held according to rules set by the All England Club. The first Wimbledon court is shown in Figure 3, along with Major Wingfield's court and a modern singles court.

The Wimbledon court had a net that was 5 ft. high at the sides and 4 ft. at the

center, and the sidelines were parallel. In the Major's game the sidelines narrowed at the center to insure that all shots would go through the middle, thus making for easier play. However, even Wimbledon was not perfect the first time and it only took a few tournament matches to realize that a lower net was needed for more passing hosts and a shorter court was needed to reduce the advantage of the server. By 1882 the court, net and rules were set at approximately what they remain today. We should take note that during the discussion of courts, rules, balls, etc., there has been not mention of a patenting or specification in the rackets. This has remained the case up through today.

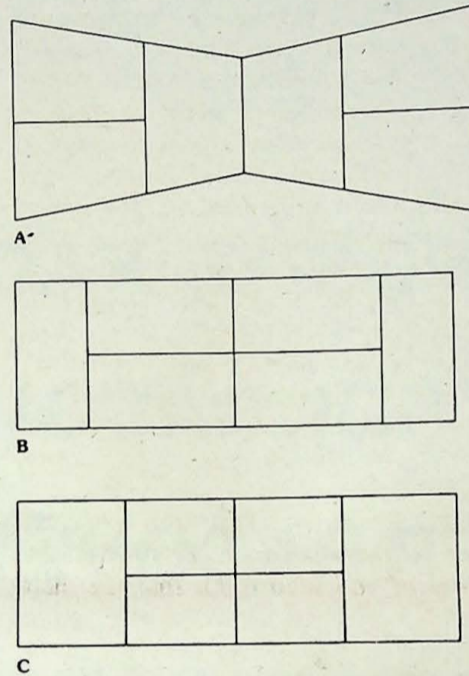


Figure 3: Evolution at the tennis court. A) Major Wingfield's original "Open Tennis" Court - 1873 B) First Wimbledon Court - 1877 C) Current tennis court modified in 1882 and still used today.

SQUASH

The game of Racquets underwent a transition similar to that of tennis. Since large stone courts were also expensive to build, and it does rain and snow considerably on the European continent, another alternative to open tennis and Racquets was sought. The resulting game was Squash. The official founding of squash is noted at Harrow, England in 1886. It appears that a significant aid to the development of the game was the advent of the "India Rubber" ball, which was far less damaging to the inexpensive wooden walls than other balls. In logical fashion the squash racket was simply a lighter, shorter and less expensive version of the Racquets racket. It is interesting to note that the game of squash owes much of its world acceptance to the British Army. As was probably the case with most military organizations, the enlisted men received a good amount of exercise and physical work, the officers often became overweight from their lack of physical exertion. Thus squash rapidly became accepted as an excellent activity for maintaining officer fitness, and for the

most part, wherever the British Army went during the latter half of the 1800's, so went the game of squash. The game of "Squash Racquets" as it is officially known is thus a worldwide game, and like tennis its rules and equipment have barely changed since the late 1800's. It should, however, be noted that the English and American versions of squash vary slightly. The rules are essentially the same except for a difference in the method of scoring. The main difference is that the English ball is lighter and softer than the American ball. Because of the different ball, the English racket is almost two ounces lighter than the American racket.

BADMINTON

For those of you who have long considered badminton to be a turtle speed, backyard game, let me try to advise you to the contrary. Badminton is played mostly indoors, using very exacting equipment, and may well be the most demanding of all the major racket sports. Although badminton has been a somewhat obscure sport to the majority of Americans, it has had its periods of growth over the last fifty years and is a sport of great stature over most of the world. Whereas squash went from England to India via the British Army, badminton did the reverse. Sometime during the latter half of the 1800's the Indian game of "Poona" was brought to England. In 1873 the Duke of Beaufort opened a facility to play the new sport at his country estate in Gloucestershire named "Badminton", and it appears that the name stuck. By 1877 there were official rules for the sport and in 1895 the English Badminton Association was formed. The game did not really take hold in America and Canada until about 1915.

The "bird" or "shuttlecock" used in badminton has an interesting history in itself. The first "birds" were nothing more than a cork with some feathers or quills stuck into the cork. Today we use both plastic and feather birds, however, the specifications on the bird are much more specific. Although the plastic birds are much more resistant to breakage, the feather birds are still preferred for tournament play because of their flight characteristics. The only problem seems to be how to get enough feathers to meet the demand for birds. The most highly desired feathers are those taken from a specific area on the wing of a specific goose. As you well know, the goose is not a common food in most parts of the U.S.A. and Environmental Laws prohibit the mass slaughtering of geese, especially for only a few specific feathers. So the U.S.A. has to import most of its tournament birds. Just as with many things today, there aren't enough foreign geese to meet the world demand and many foreign countries are reluctant to export their rare goose feathers. The result is evident. Badminton is currently facing some difficulty and expense in obtaining good quality tournament birds.

RACQUETBALL

The final sport whose racket you will most likely see in your shops is that of Racquetball. Racquetball is the newest of the popular racket sports, but it has doubled its participants every year for the last six years. Part of the reason for its rapid growth is that no new facilities have to be built in order to play the sport. Racquetball is played in any existing Handball court. Racquetball had its unknown beginnings as early as the 1920's here in America, but it wasn't until about 1969 that the sport began to realize its potential. At that time two things occurred. The International Racquetball Association was founded and the sport suddenly had an organized tournament structure and a uniform set of rules. Secondly, new equipment became commercially available that was specifically designed for Racquetball. Although still in its infancy, and lacking many of the traditions and facilities of the older sports, racquetball possesses the attractions of being a relatively easy sport to learn; it provides an excellent form of exercise and yet when played by a skilled player it demands aspects of speed and shot control that are the equal of any other racket sport.

History of Racket Sport Equipment

RACKETS

In that Real Tennis is the oldest of the racket games it seems appropriate to trace the evolution of the racket from this early instrument. As mentioned earlier, the racket used in real tennis was not symmetrical for a reason. The earliest balls were literally nothing more than tightly packed feathers, yarn, or other spongy material and had a stitched cover. The rebound was usually not high and thus most balls were played low to the floor. For this purpose the flat sides racket proved valuable. However, with the introduction of rubber construction materials the bounce and speed of the ball increased greatly. To adjust to the changes in bounce and strategy it soon became evident that the more popular style of racket was the one used in the sport of Racquets. The symmetrical design, with a slightly enlarged head surface, allowed more potential to hit low or high shots, overheads or drop shots, and just better all around play. Thus the symmetrical design became the dominant racket. As early as 1881 the U.S. Open Tennis Championship was won with a 16 ounce racket, of symmetrical design, which was rounded at the top and narrowed to a point at the junction of the handle. With only a few changes in the throat area, this design has been dominant ever since.

The rackets of the late 1800's were

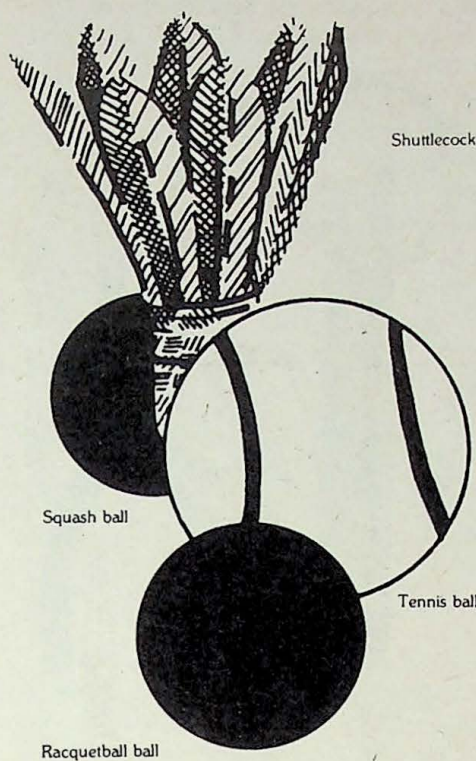
made of one piece of wood which was bent to meet at the handle. The design played fairly well, however, there were several problems with warping and breakage. It wasn't long before the faults of warping and breakage were improved upon. By the early 1900's several companies were experimenting with new advances in glue and with "laminated" rackets. The laminated rackets had several advantages; (1) The thin unlaminated strips of wood were easy to bend into the shape of a racket, (2) If one strip cracked, the crack would only spread as far as the glue between laminations, (3) If one thin strip began to warp the other separate strips would resist warping. Also, just as in baseball bats it was soon discovered that "Ash" was the most desired wood for strength and rebound. So, although present manufacturers have much more sophisticated equipment for the design and analysis of flex and stress points in rackets, the basic construction materials have changed little over the past 75 years. I might also add that in talking with several elder stringers, and from examining rackets that date back to 1905, the basic hole pattern and thus the stringing pattern has not changed significantly.

It is significant to mention one exception to the wooden racket design. For those of you who think that the metal racket is the thing of the future, you may be correct, but not for the reasons that you think. In the late 1920's and early '30's several metal tennis rackets were introduced. This was a radical departure from the firmly entrenched wood racket, but it was only short lived. The main problems with the rackets were flex, vibration and string breakage. Today new materials such as aluminum and fiberglass are greatly enhancing the status and quality of non-wood rackets. However, the success of these rackets is still to be proven to most tennis players.

STRING

The old jokes you have undoubtedly heard about tennis players and "cat-gut" are not without some truth. Over the past 100 years rackets have been strung with almost every type of intestine from medium and large animals. The practice of using "gut", which is dried, treated and braided animal intestine, is as old if not older than Major Wingfield's game of tennis. During the early phases of racket sports, stringers often experimented with other materials like silk, and linen. However, it soon became evident that most materials just did not have the rebound or durability of "gut." In the early 1900's a type of braided steel string was also tried but this also had undesirable rebound properties, not to mention what it did to the balls. Today steel string is one of the few materials that is outlawed by racket sport associations.

With the advent of modern chemistry the use of nylon has increased and is now the most prevalent type of string. This is



because nylon is inexpensive, easy to work with, and is quite acceptable to the playing public. To the tournament tennis player the resilience of gut is still unequalled. However, some of the other racket sports have actually found better results, in certain cases, using nylon. At the present time the most common types of gut seem to be that taken from sheep (or lamb) and from beef cattle. The sheep variety seems to be generally accepted as having slightly more desirable playing characteristics.

One note on the subject of rackets and string is worth mentioning. During the early 1900's a diagonal pattern of stringing became somewhat popular. It appears to me that there was no change in the hole pattern of the racket and only the string pattern was changed. Instead of the strings going in the traditional vertical and horizontal directions, all of the strings were strung at about a 45 degree angle to the handle. There are some suspected advantages and disadvantages to this method. However, it appears that the primary disadvantage of complexity has won out and this string pattern has not survived the test of time. In my research I could not find any stringers who had ever strung a racket with the diagonal pattern. If you are interested in this method I suggest that you contact the Tennis Hall of Fame in Newport, Rhode Island for more information.

THE BALL

The final important element of any racket sport is the ball. Although a racket stringer isn't usually concerned with the construction of a ball, the relation of the ball to the racket is usually quite important to the player. As mentioned earlier, most of the early balls were wrapped materials with a stitched cover and didn't have much rebound. The exception to this was the golf like ball used in the sport of Racquets. Also mentioned was that the introduction of rubber significantly changed the design

of balls in many sports. Rubber was used in squash balls in the late 1800's and by 1914 a stitchless or seamless rubber ball was widely used in tennis. Since this time only minor modifications have been made to the balls used in most racket sports. The important point to gather from this is that subtle changes in the design of a ball can still greatly affect styles of play and design of other equipment. For example, if a tennis ball is made more lively, then people may require softer string tensions and lighter rackets to keep control of the ball in play. If the ball is made harder of heavier, a more durable racket and string will be desired. In recent years several of the racket sports have gone in different directions over the ball design issue. Tennis and squash are now making balls almost 10% less lively. This has added more control to the tennis game and given squash a more acceptable warm weather ball. Racquetball, on the other hand, has been slowly increasing the liveliness of its ball thereby bringing handball and racquetball closer together.

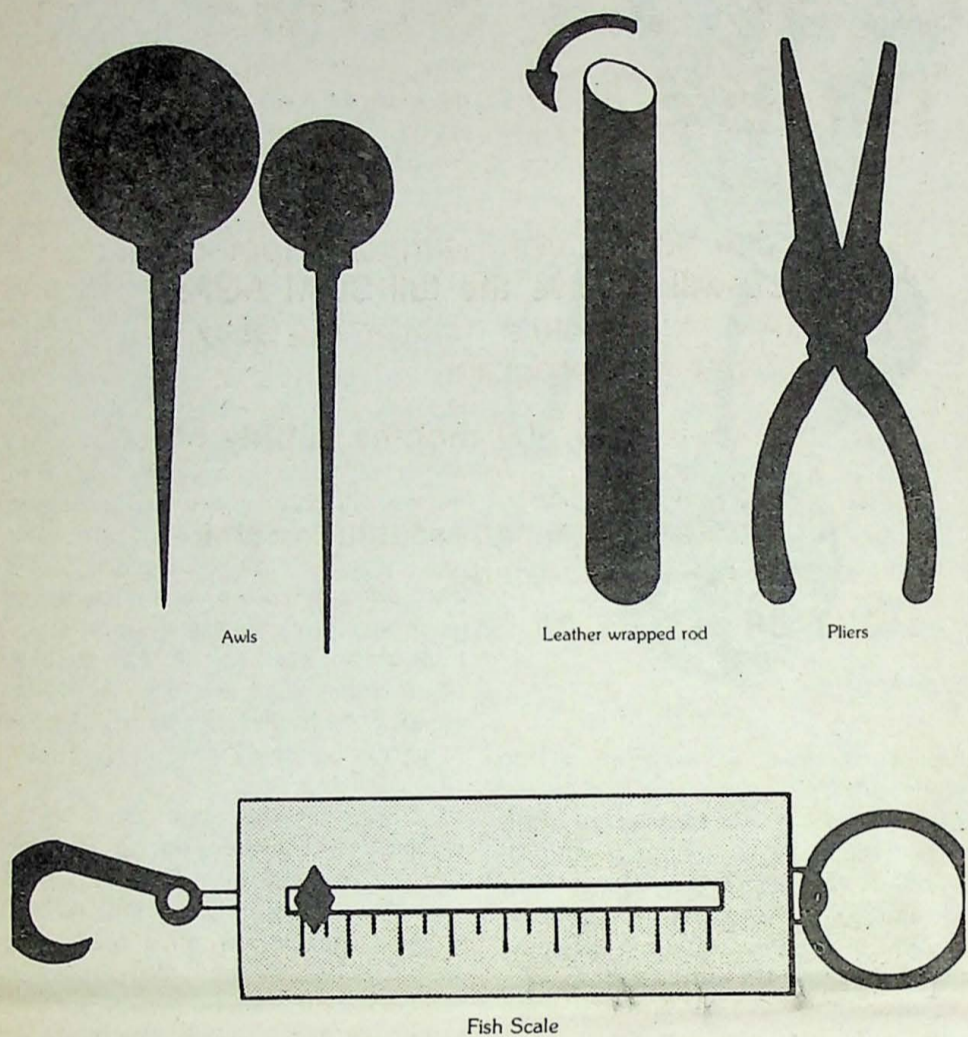
Looking at the above material in perspective, it is interesting to note that over the past 100 years there have been several standards set concerning rules of a sport, dimensions of a court, and specifications of the balls. However, rarely have any standards been set concerning the rackets used in these sports. The design of the rackets has been largely left up to the preference of the players, and the manufacture has been left up to industry. This spirit of, "If it works, use it.", still holds true today in racket design.

Racket Stringing History and Equipment

For those of you who begin stringing today, as compared to thirty years ago, the difference is almost like going from B.C. to A.D. All stringing up until the 1950's was done with nothing more than some awls, pliers, a vise, and perhaps a tensioning device or fish weighing scale. Each tool was purely functional. The vise held the racket, the pliers pushed or pulled the string, and the awls were wedged into the strings were being worked on. Sometimes the leather handle of another racket was used to put tension into the strings by wrapping the string around the handle and then twisting the handle to torque up the tension. See Figure 4.

I am not usually one to knock the old methods because I think that people have done some amazingly good work with limited tools that were available years ago. However, the accuracy and consistency of string tensions must have been quite suspect with the old hand strung style. Periodically a stringer might have tested his "feel" by checking his

Figure 4
Old racket stringing equipment



Types of Rackets and Strings

The first thing any stringer must learn is to recognize which racket goes with which sport. The second thing to be aware of is what type(s) of string and string tensions are necessary in that particular racket. The following sections are thus devoted to summarizing the various types of (1) rackets, (2) strings, and (3) string tensions that are common in today's sports.

TYPES OF RACKETS

There are four basic sports in this country for which you will see four different rackets. These sports basically are:

1. Tennis
2. Squash
3. Racquetball
4. Badminton

Each of these sports has a completely different racket with playing characteristics which are unique to that sport. And within each sport you will often find a variety of models of rackets. However, within each sport, such as tennis, the variety is not so great that one should have any problems recognizing a tennis racket simply by its size and weight. In Figure 5, I have tried to show a fairly complete sample of the types of rackets that are encountered today. It soon becomes easy to recognize rackets and match them with a sport. It is not so easy to remember the slight variations in string pattern for each of these rackets, but this will be covered in a later section.

You will note not only the variety of shapes of rackets but also the variety of construction materials that are used today. In general, if a racket is made well, and has no rough edges it really should not matter what it is made of. However, all rackets are not made perfectly and from the stringer's viewpoint the construction material can have a small effect on the stringer's work. Let me try to summarize these effects briefly.

1. *Wood.* For the large majority of rackets this is still the best construction material available. Just go to any NCAA tournament and see for yourself. Wood performs predictably at a wide range of string tensions and with the exception of some rough spots in the string holes it poses no problems to stringing.

2. *Aluminum.* Slightly dead to hit with but it can be engineered to play quite well. Its disadvantages are that it can bend and crack. These rackets pose no serious problems to stringers, however, strong breakage should be watched if the strings pass directly over metal grommets. Plastic padding for strings is preferred.

3. *Steel.* Great power with little control. The use of steel in a racket seems to

cause more problems than any other material. Steel seems to flex so much that control is lost. People often wish to go to tighter string tensions to stiffen the feel of the racket. However, tighter strings increase breakage rate. For steel rackets it is hard to find an ideal racket/string/tension combination.

4. *Fiberglass/metal combination.* Of all the non-wood materials, the metal/plastic combinations seem to be the most appealing mostly because they play the most like wood. The plastic usually cushions the string and thus the breakage rate is low. These rackets can perform fairly well across a wide range of tensions, however, because of the flex potential of the fiberglass these rackets tend to perform better at the medium/high string tensions. If you see these rackets, make sure that the racket carries a guarantee against delamination of metal and plastic.

TYPES OF STRING

Ten years ago this section would have been simple. There were only two kinds of string, gut and nylon, and within each of these types there were only about two or three qualities of string. However, science has done it again and we now have several acceptable quality types of string that bridge the gap between gut and nylon. For lack of a better name I will call these new materials "Modern Synthetics". For those of you who are unfamiliar with either the playing or mechanical characteristics of most commercial string I have tried to give a brief description of the major types below.

Gut. In most contexts this is generally accepted as the best playing string available. Its advantages are good rebound and spin, and it can usually be strung tighter than synthetics when tightness is desired. Its disadvantages are that it is expensive, it is susceptible to rain, dirt, sweat, and extreme sunlight. Gut has a tendency to go flat or lose its elasticity if left in a racket for a year or two, and it requires more cautions when being installed by the stringer. The quality of gut is determined by several factors, the most important of which is the number of braids which make up the total strand. The more braids, the better the gut. Other lesser factors are some of the chemical treatments that can be added and as mentioned earlier, the type of animal from which the gut came; cow, sheep or lamb. Gut should not be overordered because it does have a shelf life, and it should not be stored in any place that has any excess of temperature, light or humidity. After installation, gut should be sprayed with a thin coat of lacquer, which is mainly to protect the strings from abrasion and moisture.

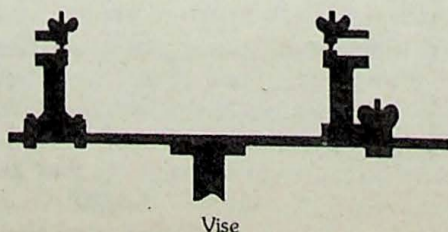
Nylon. Nylon is generally accepted to be the most practical string to put into a racket. Its advantages are that it is expensive, easy for the stringer to install because it requires little caution, it is resistant to most of the natural elements, and it usually has good durability. Its primary disadvantages are that it lacks

pull against a scale, but in general the system was prone to inaccuracy. As you can imagine, the old way was quite strenuous and it is easy to see why the number of people who had to spend long days stringing rackets was limited. In defense of the old methods I must say that gut was a fairly reliable material to string. Gut is actually quite elastic over a wide range of tension but at about 60 pounds of tension, gut rapidly loses its elasticity and becomes stiff. If a stringer pays close attention to this change in feel he can actually string gut quite reliably. None of the modern string materials possess the elasticity and thus cannot be strung as consistently by hand.

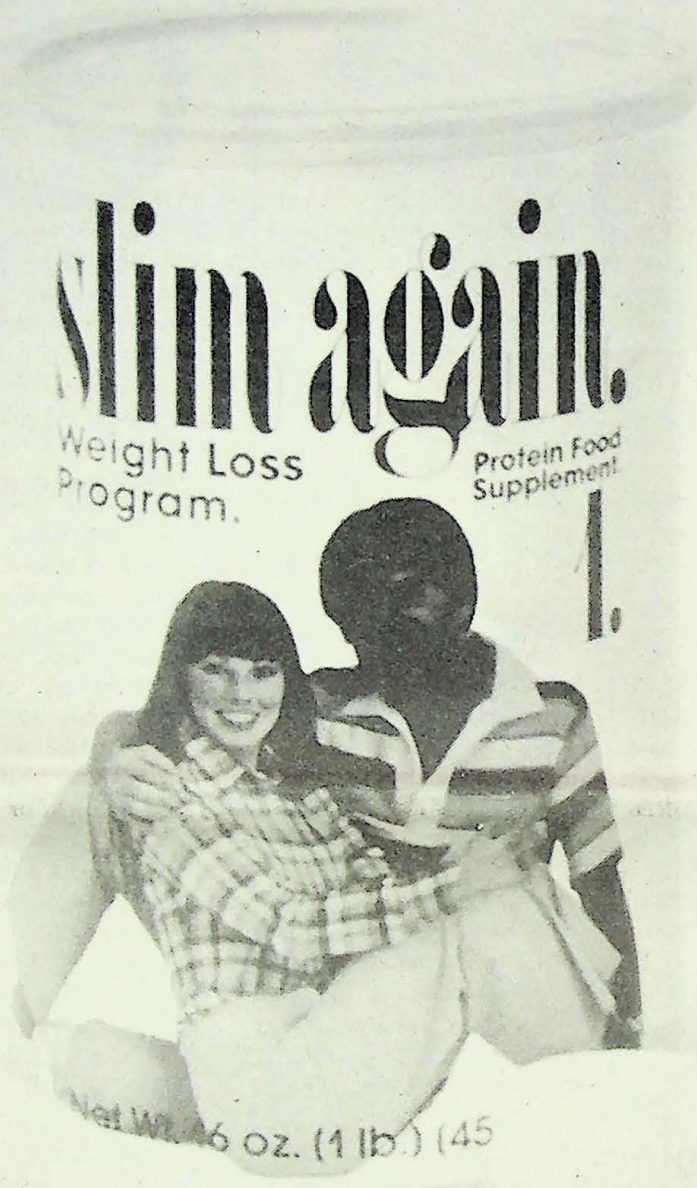
As I mentioned above, the whole course of racket stringing changed when no-awl machines became commercially available in the mid-1950's. The superiority of these machines to the old hand methods soon became evident. The machine contained all the tools necessary to string almost any racket and as the name "no-awl" implies one no longer needed to use awls to hold strings. Instead clamps were provided to hold strings. The major benefits of these machines were that (1) the time required to string a racket was reduced from somewhere over one hour to about one-half hour, (2) the clamps and tensioning device made the job much less strenuous, and (3) the quality of stringing improved. Other lesser benefits of the

machines were less string breakage, less racket damage and more consistent string tension. Even today, various features of the no-awl machines available commercially remain the state of the art in racket stringing.

I would like to mention something about the range of stringing machines available today. As you might have noticed, "stringing machines" are sold at prices ranging from \$50 up to almost \$1000. In essence what you are looking at is a time vs. cost trade-off. The more you pay for the machine, the less will be the time and effort required to string a racket. The less expensive machines take more time to string a racket. However, it is my opinion that another unspoken variable is complexity. As you have probably seen with other products, more money often buys just more gadgets, without improving the overall reliability of the machine. I think that the wise stringer can see the point at which he or she has a basically sound stringing machine and any extra expense will just add complexity and repair problems.



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Different Strokes

Bob Raedisch

"RELAX"

One of the most freely given words of advice is "relax". But how do we relax and to what extent should we relax during a tennis match.

Being in an attentive but loose position will set up better shots, quicker reactions and prevent muscle fatigue thus fewer injuries.

To relax shift weight from foot to foot should be spaced about shoulder width apart while in ready position. Bend the knees when stroking low balls on volleys and ground strokes. Hold the racket firmly but not "squeezed". Keep your mind on the game, your eyes on the ball.

Five or more minutes of exercises before going on the court will help your body loosen up and at the same time put your limbs under control.

"CLEAR THE NET"

Next to hitting the ball solidly, the toughest obstacle a tennis player has is the NET. Power alone won't help get the shot over that three foot boundary. So unless it's an overhead or a close in high volley hit up on the ball, yes, even on the serve, start low and hit up. The upward leverage will help clear the net by two or three feet and you'll still find your shots bouncing well inside the playing surface.

"GET YOUR PRIORITIES"

Especially for the beginning player, but occasionally for the advanced player, basic priorities sometimes become overshadowed by more complex and less beneficial objectives.

For many players the basic priorities to remember are listed below in order of importance. Forgetting the first two will cause more lost points than anything else. The last pair are for use only after the first two basics are well established.

1. Hit solidly - no off center hits
2. Clear the net - no net shots by aiming too low
3. & 4. Placement/Power - find a happy and winning balance

(Picture - The solid hit is achieved by watching the ball on to the strings. Then clear the net by lifting up and out on the follow-through.)

"GRIPPING THE RACKET"

A common reaction to a racket slipping or spinning in a dry hand is to squeeze the grip tighter. Holding a racquet tighter than necessary causes tension and early muscle fatigue, the racket needs to be held firm enough that a player can start and stop his racket head instantly.

The usual reason for a racket turning in the hand is a miss hit shot, not a weak grip. Players should try watching the ball better and hitting the shot slightly in front of them.

TOURNAMENT SCHEDULE

April 24-30 Alan King/Caesars Palace Classic Las Vegas, Nevada	\$250,000
Bank of Oklahoma Invitational Tulsa, Oklahoma	\$ 50,000
May 1-7 WCT Doubles Championship Kansas City, Missouri	\$200,000
May 8-14 WCT Singles Championship Dallas, Texas	\$200,000
ATP Ambre Solaire Nationals Cup Dusseldorf, Germany	\$200,000
Portland Tennis Classic Portland, Maine	\$ 15,000
May 15-21 German Championships Hamburg, Germany	\$175,000
Alitalia Firenze Open Florence, Italy	\$ 50,000
May 22-28 Italian Championship Rome, Italy	\$175,000
Romika Cup Munich, Germany	\$ 75,000
May 29-June 11 French Championship Paris, France	\$300,000

Satellite Circuit

May 8-June 11 British Circuit	\$ 25,000
Southern Circuit (U.S.)	\$ 45,000
June 12-August 6 Swiss Circuit	\$ 30,000
July 3-August 6 Spanish Circuit	\$ 35,000
July 17-August 20 French Circuit	\$ 56,000
Italian Circuit	\$ 55,000

Short Shots

If you are planning to see Wimbledon live this year, pack your racquet.

Keith Prowse International has again been appointed exclusive tour operator in the U.S. for the Wimbledon tour program.

The tournament runs from June 26-July 8 and the company offers a number of one and two week packages. Prices vary according to the type of hotel chosen.

For further information contact Keith Prowse International, 1345 Avenue of the Americas, New York City 10019.

* * * * *

LA Los Angeles Strings

The Strings have completed their 1978 roster by signing Ann Kiyomura and Stephanie Tolleson.

Kiyomura and Tolleson join Chris Evert, Ilie Nastase and Vijay and Ashok Amritraj on the team who open their fifth season April 21 in San Diego against the Friars.

The 22-year-old Kiyomura gained most of her acclaim as a doubles player, winning Wimbledon in 1975 and reaching the U.S. Open doubles semi-finals in 1976. She has played WTT since 1974 and was part of the number one mixed doubles team in 1976.

Tolleson reached the "finals" of the

Montreal Futures tournament and the semi-finals in Toronto earlier this year. She won the National Collegiate singles championship in 1975 while at Trinity University.

* * * * *



Colgate Grand Prix

At the end of this year, 50 singles players and 35 doubles players will divide over \$2,000,000 in the Colgate Mens bonus pool. As of the beginning of April, the top five singles players were Jimmy Connors, Roscoe Tanner, Eddie Dibbs, Raul Ramirez and Brian Gottfried.

In doubles, the top six players were Frew McMillan, Bob Hewitt, Sandy Mayer, Vitas Gerulaitis, Freddie McNair and Sherwood Stewart.

* * * * *



The United States Tennis Association has scheduled a tennis teachers workshop for August 4-6 at the Anaheim (California) Convention Center, marking its fifth anniversary in Southern California and its second year in Anaheim. The workshop is once again to be held in conjunction with the Tennis Industry National Buying Show.

* * * * *

The Cleveland Nets of World Team Tennis have announced that starting this year they will be moving to New Orleans. Barry Mendelson of the New Orleans Jazz basketball team will be responsible for ticket sales and promotion.

The majority of the Nets matches will be played in the Super Dome.

* * * * *

Senior Womens Circuit. The newly-incorporated Senior Womens Tennis Association plans to have at least four tournaments on the \$10,000 level this year. Some greats that will hope to compete are Darlene Hard, Betty Pratt, Dodo Cheney, Nancy Reed, Louise Brough and Pauline Betz Addie. Over 35's contact N.S.T.A., 112 Park Ave., South Winter Park, Fla. 32789

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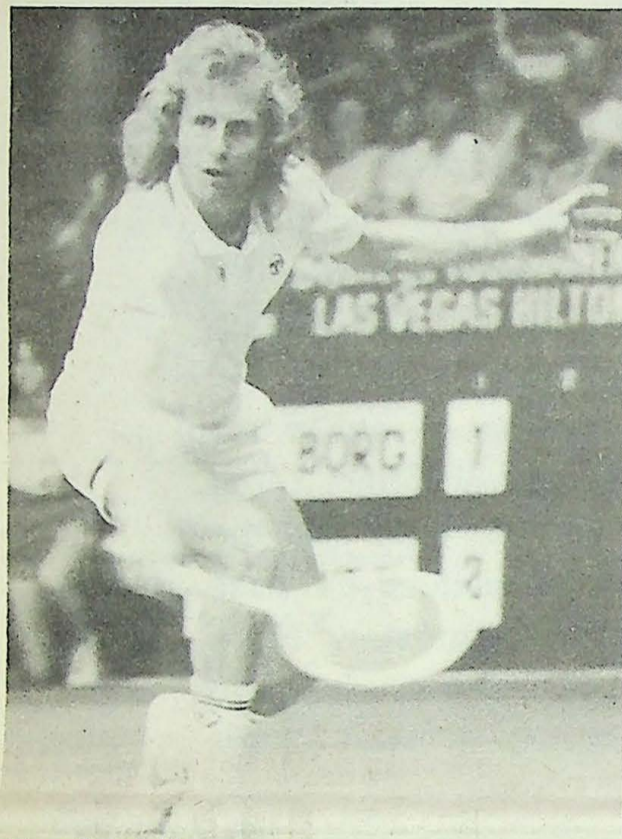
Tennis On Television. Look for the following events to be broadcast by some t.v. stations across the U.S.

Italian Open	May 27/28
French Open	June 10/11
Washington Star International	July 22/23
Canadian Open	August 19/20
U.S. Pro Champs.	August 26/27
Australian Open	December 30/31



The \$200,000 W.C.T. TOURNAMENT OF CHAMPIONS

March 20-26, 1978
Hilton Pavilion
Las Vegas, Nevada



Vitas Gerulaitis

The 1978 \$200,000 Tournament of Champions in Las Vegas brought together one of the strangest invitational fields in mens tennis, and the results matched the draw up to the finals.

Jimmy Connors, the tournaments number one seed, managed to get three games off first round opponent Jeff Borowiak. Veteran Australian Tony Roche defeated last years semi-finalist Dick Stockton in three sets, Sandy Mayer gave four games to Ilie Nastase before losing to doubles partner Vitas Gerulaitis and crowd favorite Cliff Drysdale reached the semi-finals with wins over Tom Gullikson and Eddie Dibbs.

The only predictable first round matches saw second seed Bjorn Borg down Rod Laver 6-4, 6-2 and number three seed Gerulaitis down John Alexander 6-3, 6-3.

Defending champion Harold Solomon was seeded eighth and once again managed to put the seeding committee to shame as he reached the semi-finals with wins over Vijay Amritraj and the surprising Borowiak.

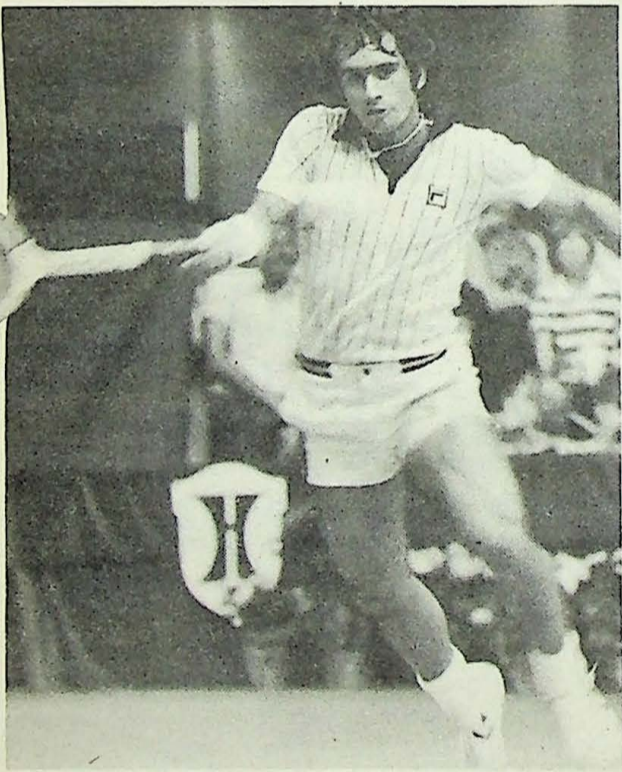
The semi-final matches provided the 36 year old Drysdale with some crowd feeling moments as they carried him to a four-all first set and tie breaker in the second, but his young Swedish opponent proved too much for the smiling, talkative Drysdale.

In the other semi Gerulaitis put to rest Solomons hopes of repeating as the WCT Champion with a 6-4, 6-1 victory.

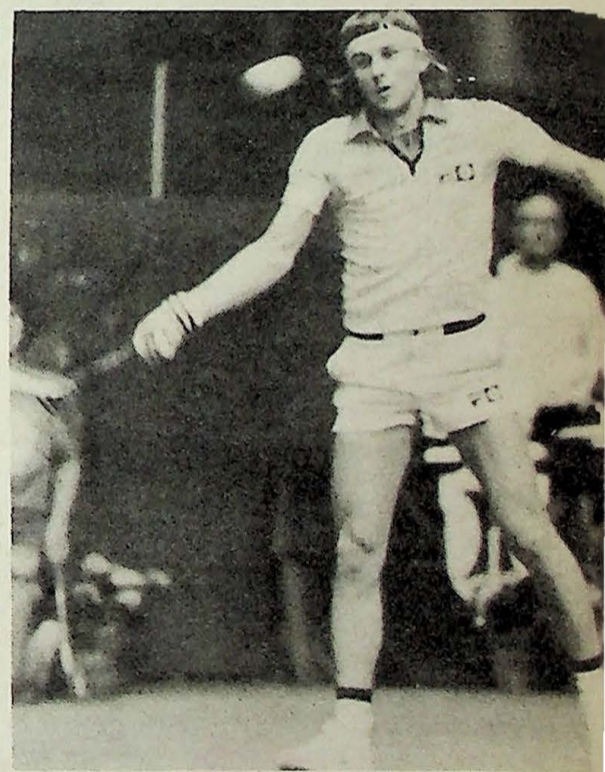
The final was billed as a rematch of the famous Borg-Gerulaitis semi-final at Wimbledon last year, in which Bjorn defeated Vitas in a five set thriller. The crowd at Las Vegas was not to be disappointed as the two young long haired blondes struggled for over three hours. In the end Borgs consistency proved too much as he picked up the \$60,000 winners check with a four set victory.



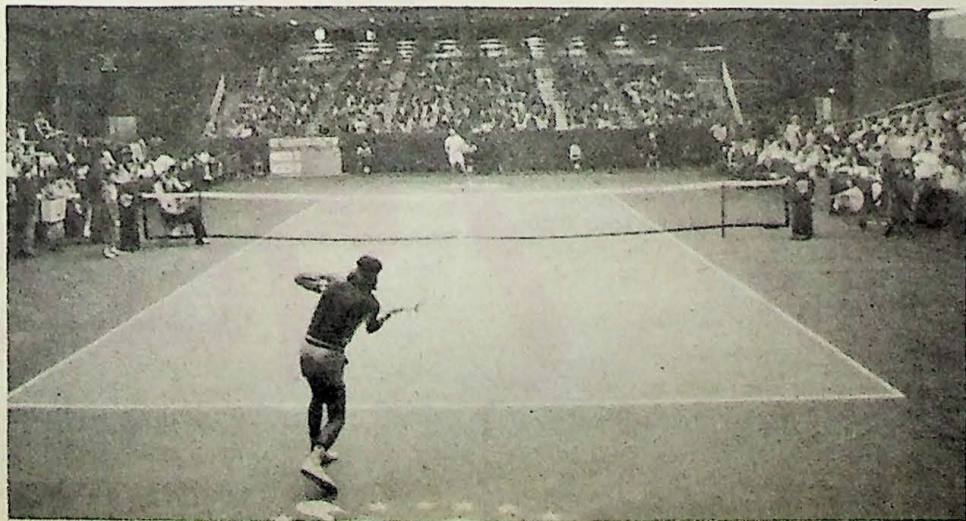
Cliff Drysdale



Harold Solomon



Bjorn Borg



THE CHAMPION'S VIEW

STEVE DUNN: CALIFORNIA STATE SINGLES
CHAMPION:

I've used other types of racquets. Starmaster Racquets give me power, durability and the control I need to earn me that critical point when I really need it. My Starmaster Racquet has given me the confidence I need to make the field a distant second. — STEVE DUNN

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power through one heavy lift — usually 8 to 10 pounds for a girl and 15 to 20 pounds for a man is plenty.

The starting position is standing with your hands at your sides. The first exercise (Front Deltoid Raises) is accomplished by raising your arms (stiff) to the front and over your head, arms to the rear. (Check the March issue of the "Racqueteer" for illustration.) The second exercise (Side Deltoid Raises) the arms go out to the sides, palms toward the side of the legs. The third exercise (Bent Over Deltoid Raises) is executed by bending over, (bending the knees slightly to take pressure off the hamstrings) raising the arms (stiff) out to the sides and up towards the ears with the palms facing each other.

Each exercise, after a warm up period, can be done with two sets of 10 - 15 repetitions to start, advance to 3 - 4 sets of 10 - 12 repetitions with heavier weights as you feel comfortable. These three exercises will strengthen all the muscles of the shoulder area, the primary movers in backhand power.

Upper Arm Exercises

Curls (biceps) — For simplicity, use the same type of weight resistance as described above and do the standard dumbbell or barbell curl. No explanation should be necessary for the curl which can be done seated or standing. Select the weight you feel comfortable with — do 12 to 15 repetitions.

Bent Over One Arm Tricep Extension

From a standing position, bend over at the waist and in a comfortable position with your left forearm resting on your left thigh, bring your right elbow up behind you, above your head level, with your hand in close to your face. Extend the hand with weight to the rear until the arm is fully extended — then return to the starting position. Same general weight as suggested above and same general sets and repetitions.

Muscles of the Forearm

Dumbbell or barbell reverse curl, executed the same as a regular curl except you start with the palms down instead of up. Slightly less weight as is normally used in the regular curl — same sets and repetitions.

All these exercise motions can be done with a variety of equipment. Wall pulleys are great and there are some excellent seated arm curl machines. Another good basic rule of thumb is to train with weight resistance every other day. Give that particular muscle group a day of rest to fully recuperate. On the opposite day, stay active by jogging or playing racquetball.

4. What type of warm up is suggested for the racquetball players?

A (See March 1978 issue) Hopefully all of you will have seen last month's issue so little time will be spent with this question. The key points are:

a. Plan ahead to give yourself the time for proper warm up.

b. Do stretching and flexibility exercises S L O W L Y!

c. Warm up the entire body, not just the arm. This will save considerably on possible injury.

It's also good advise to "cool down" after vigorous play. Don't just run out of the court and flop down on a chair. Keep moving — slowly bring the heart rate back down to normal.

5. Is a program of jogging beneficial or detrimental to the racquetball player? (For reference and full explanation, see June 1977 issue, *Jogging for Conditioning*.)

A It should be obvious by now that jogging for conditioning is beneficial. The only reason there is any negative thought concerning jogging is because of the way uninformed people go about it. Like any other form of exercise, it can become very dangerous if not properly engaged in.

Without going into detail, here are the main points to keep in mind:

a. Select proper equipment — There are a variety of outstanding, inexpensive jogging shoes on the market. Buy a shoe specifically designed for jogging, not just a tennis shoe.

b. Select clothing carefully — Two pair of socks, a light and heavy pair of 100% cotton should help to prevent foot discomfort. Wear loose fitting clothes so the skin can breathe freely. It is not recommended to jog with the full sauna suit, for without proper ventilation, the

risk of a problem is increased (particularly for the overweight individual).

It is also recommended that the female wear a bra unless she is built like Twiggy. Although it may be fashionable not to, your body will appreciate it in another ten years. The constant jarring and pull of gravity will take its toll.

c. Time of day — Try the morning to beat the heat and smog. Start off the day right while you still have the energy. It's a great way to get the blood flowing and the body ready for the activities of the day.

d. Running surface — Sand that is flat and firm is probably the most desirable. Grass covered ground, free from ruts and rock is also a good surface — also the local high school or college track. If you must, there's always the street, although for numerous reasons, it's the least desirable.

e. Warm up prior to jogging — Warm up the body thoroughly prior to jogging. Pay particular attention to the quadriceps, hamstrings and lower back muscles.

f. Moderation is the key — Elevate the heart rate slowly. Continue to jog, or alternate walk/jog, keeping the heart rate at approximately 70% of your maximum rate (see article for formula to compute your heart rate) for an extended period of time. Don't see how far and how fast you can run. Remember the old adage, "A yard is hard, but an

Continued on page 21

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A Few Words About Stretching

Regular stretching keeps the muscles in tune and alive so that movement (especially movement used to play racquetball) remains consistently efficient with an increase in endurance and a reduction in chance of injury. Being injured is one of the worst things that can happen to someone who loves physical activity for it limits personal fitness and the development of potential. Stretching is a way to bring about consistency in how one feels and how one moves.

Body suppleness is gradually lost as one grows older because proper stretching is not done and because our activities do not generally promote flexibility but, to the contrary, create tightness. There is no reason why a person cannot prevent this negative, injury prone, energy wasting situation.

Proper stretching helps develop and maintain movement ability. With all the bending, twisting, stops, starts, reaching, and running that goes with racquetball, stretching is the key to continuous action without undue strain or fatigue. The effort of movement is made easier as the joints and muscles maintain a greater degree of adaptation to the stresses and strains of racquetball movement.

Stretching can be used and enjoyed if the right personal approach is taken. The right approach involves understanding that we are all different in terms of flexibility and tightness, that comparisons of one person to another has no real value in the doing of stretching, that each day the body is a little changed in how it feels and each stretch should be gauged by the proper tension felt and not by straining to be more flexible.

In proper stretching there is no bouncing, just a long sustained stretch within certain comfortable tension limits. Due to the activation of the stretch reflex mechanism of the muscle, bouncing and painful stretching actually leads to contraction of the very muscles trying to be stretched. This stretch reflex mechanism activates at a sudden bounce or overstretch as a preventative device against injury. Therefore, when the stretch reflex is activated proper stretching is impossible — so learn to stretch without activating the stretch reflex mechanism to any great extent. Stretch under control.

Start each stretch with an easy stretch feeling. The feeling should be well within your capacity or range of motion and should diminish in intensity the longer the stretch feeling is held. If the stretch feeling increases in intensity then it is an overstretch. Hold this easy stretch feeling for approximately 10 to 30 seconds. Be relaxed as you feel the stretch.

Next, slightly increase the feeling into the developmental stretch, being careful

not to increase the stretch so much as to activate the stretch reflex mechanism. This stretch feeling should also diminish slightly in intensity the longer the stretch is held. Hold this good stretch feeling for 10 to 30 seconds.

Slowly come out of each stretch position and do not hold a drastic stretch. Stretch with a feeling that you can control, a feeling that "feels good".

As you become familiar with stretching, you will find that your flexibility increases when you stretch in the developmental phase. As you learn to stretch and relax, the feelings of the stretch will change and you must gradually increase the stretch until the developmental phase is reached again. By gradually working within your own comfortable and painless limits, you will be able to go beyond your present limits and come closer to your personal potential.

Breathing when stretching is natural, slow, rhythmical, and under control. Any stretch that keeps you from relaxed breathing is an overstretch. Do not hold your breath when holding a stretch. Just breath naturally.

If you want to like stretching and want to do it regularly then stretch where you can enjoy the feeling. You are taking the wrong approach if you think that stretching must be painful to get results or to be effective. We are more likely to do, on a regular basis, that which we enjoy, so approach stretching with personal insight and learn to stretch by how you feel.

Stretching should be done before and especially after playing racquetball. Stretching before helps prepare oneself for activity and stretching after helps maintain muscular elasticity and joint flexibility, as well as works as a mental revitalizer. Proper, under control stretching after a workout helps prevent, in varying degrees, the usual accumulation of muscular tightness and joint stiffness.

With the amount of stress that the lower back must go through in racquetball, there is no wonder that this area of the body is causing many people unhappiness due to injury and/or tightness and inflexibility.

To live without learning the tremendous daily effect of regular, proper stretching is to miss one of the keys in the development of total personal potential to feel good while moving, and to feel good when not moving.

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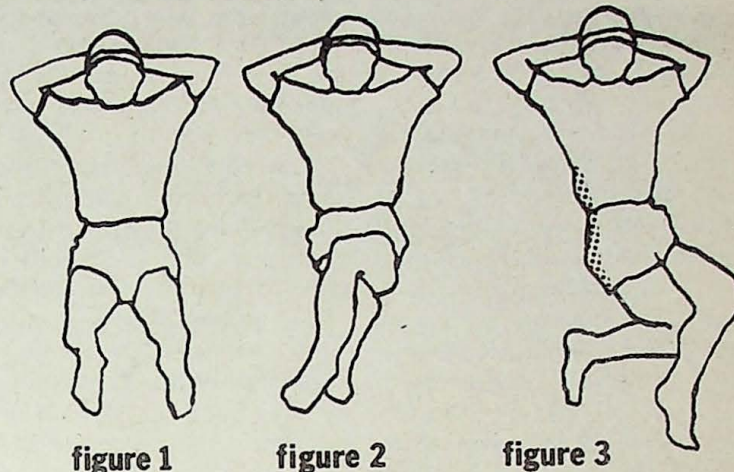
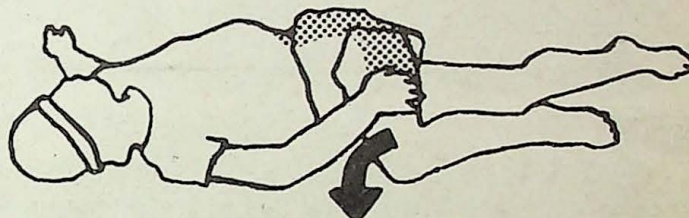
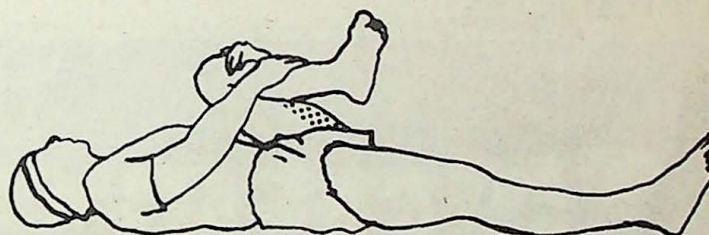


figure 1 figure 2 figure 3

Beginning in the pictured position fig. 1 above, lift the left leg over the right leg (fig. 2). From here, use your left leg to pull your right leg toward the floor (fig. 3) until you feel a good stretch. Stretch and relax. Keep the upper back, shoulders, and elbows flat on the floor. The idea is not to touch the floor with your right knee, but to stretch within your limits. Hold for 30 seconds. Repeat stretch for other side.



Next, straighten both legs and relax, then pull your left leg toward your chest. For this stretch keep the back of your head on the mat, if possible, but don't strain. Hold an easy stretch for 30 seconds. Repeat, pulling your right leg toward your chest.



Next, bend one knee, and with your opposite hand pull that bent leg up and over your other leg as shown in the drawing above. Make sure that both of your shoulders are on the floor. Turn your head to look toward the hand of the arm that is straight. Now with your other hand on your thigh (resting above the knee), control the stretch in your lower back and butt muscles by pulling your upper leg down toward the floor. Repeat the stretch to your other side. Hold stretch for 30 seconds each side.

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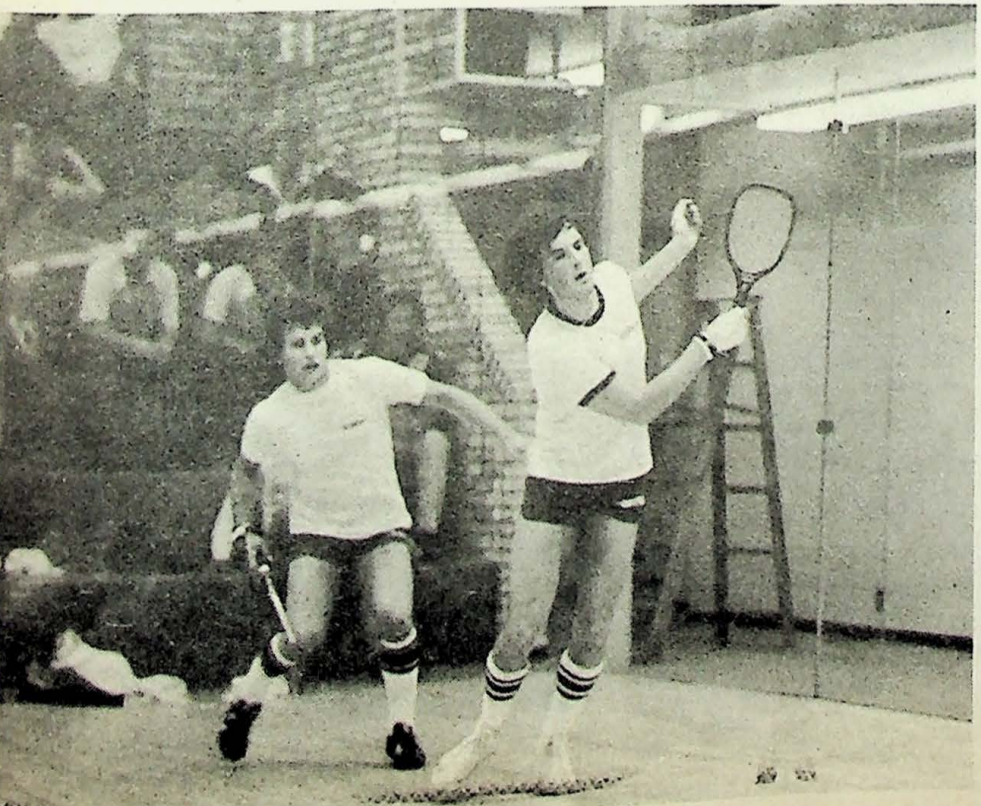
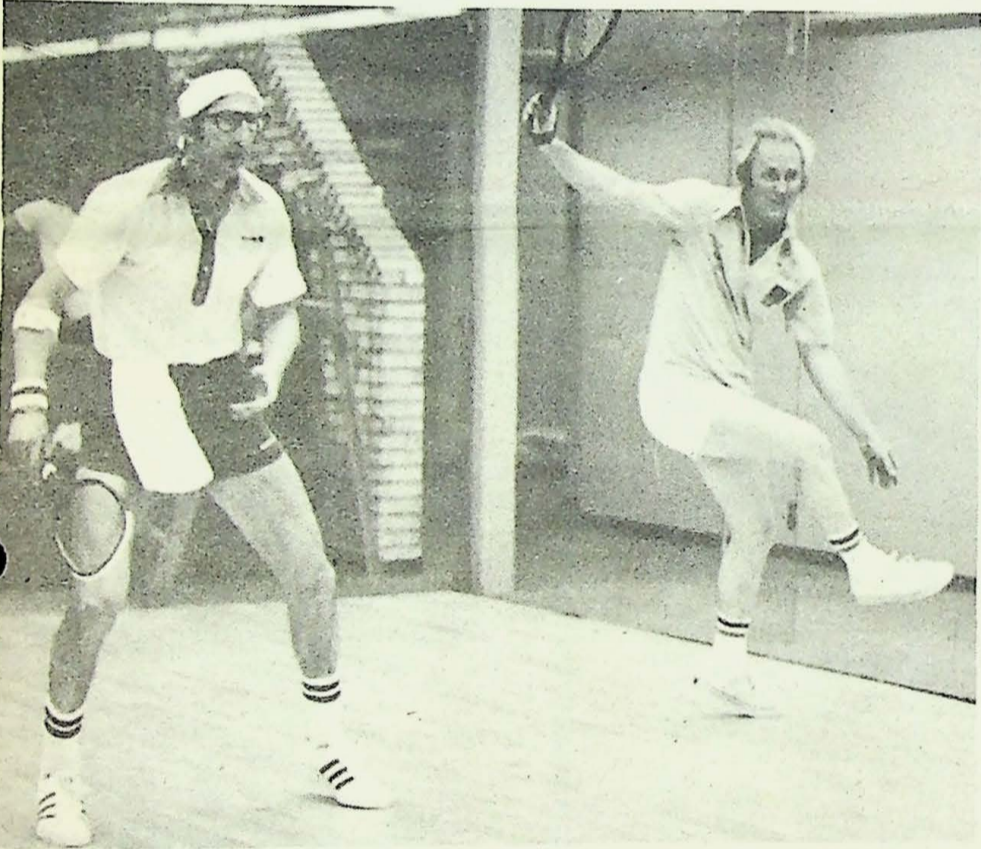
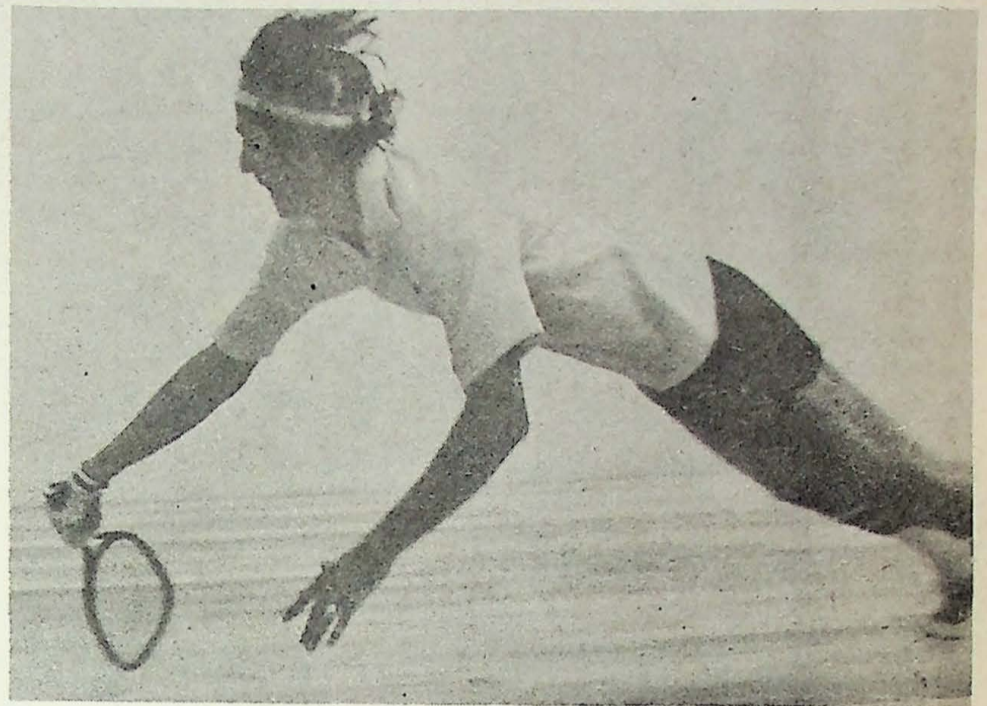
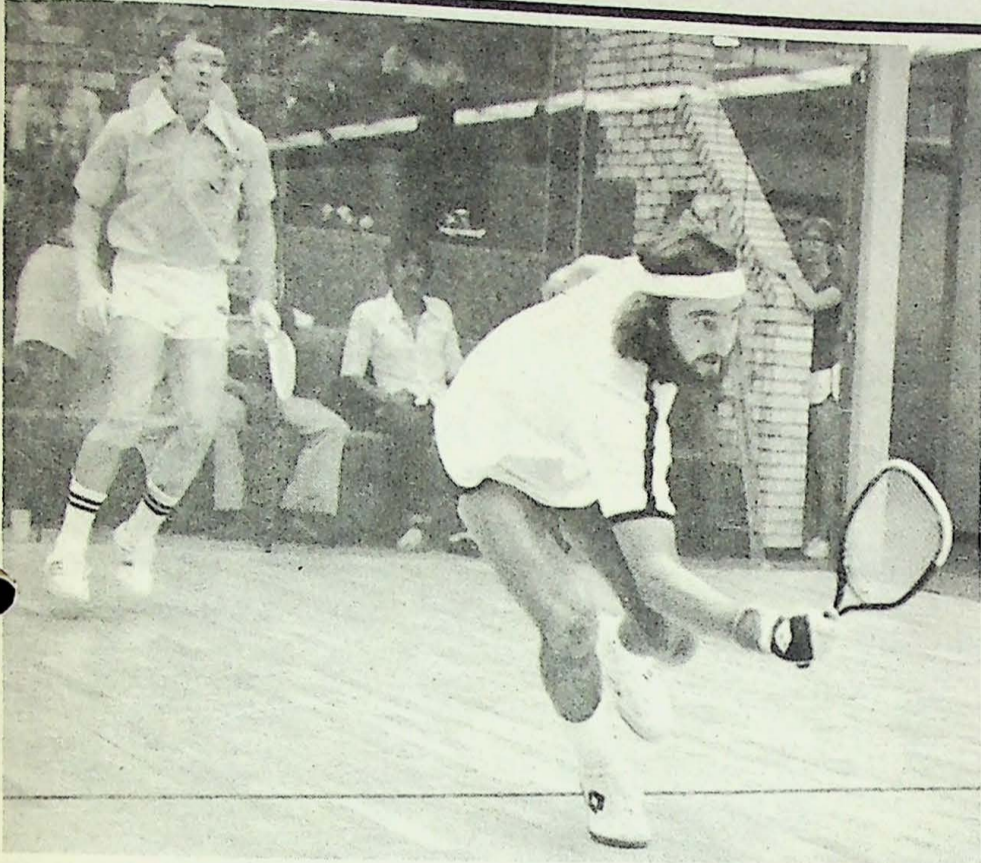


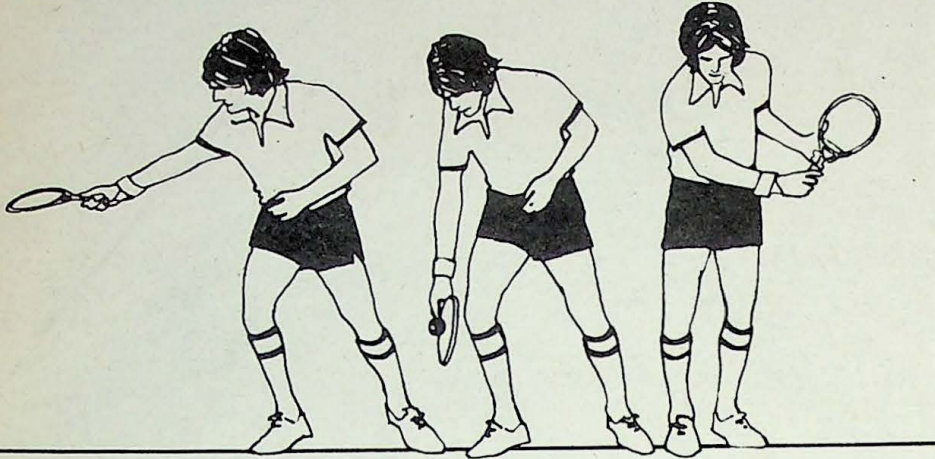
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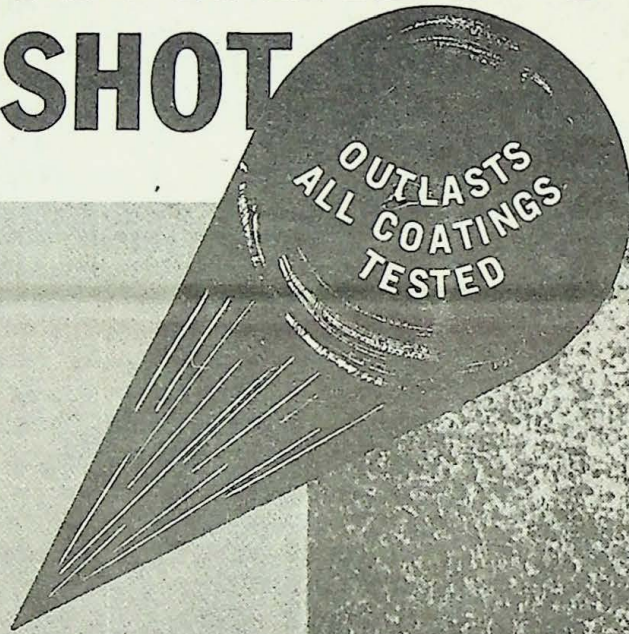
Backhand

Figure 6c. Backhand. Weight now shifted almost entirely to front leg. Follow through is compact, finishing just out in front of the body as shown. Get ready for next shot.

Figure 6b. Backhand. Shift weight forward onto front leg, stepping into the ball as you hit it. Use front shoulder to pull the body and racquet through as well as using the arm to swing racquet. Note contact point just below and ahead of front knee. Elbow may snap straight and wrist snap racquet around slightly at moment of contact.

Figure 6a. Backhand. Start with short backswing, as shown. Elbow and wrist are bent slightly but firm. Other hand may be used to steady racquet during backswing.

KEMIKO TAKES YOUR BEST SHOT



This unretouched photo was taken 7 months after the walls were painted. The left side of photo (front wall) was painted with Kemiko Court Coat and the right side with a national brand 2 component epoxy. Neither wall has been cleaned. Kemiko Court Coat resists ball marks.

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open in some areas.

The only shot which requires some variation from the basic backhand or forehand form is the ceiling shot. Basically, you should approach a ceiling shot from a forehand position, using a forehand grip. Backhanded ceiling shots have less chance of success.

The only difference between a ceiling shot or a forehand is that the former requires you to bring the racquet over your head as a pitcher would throw a ball overhand.

This is the most accurate way of hitting a ball off the ceiling and can provide slightly more power when the ball is aimed low. But the angle is a difficult one for the latter and it is generally much less accurate than an underhand kill.

Of course, you shouldn't feel compelled to restrict yourself to the basics which I have described.

Everyone is built differently and you will inevitably develop a style of your own. This should develop gradually, though, and not until you have a good command of the forehand, backhand and ceiling shots I've described.

After that, test the effect of minor adjustments. A good rule of thumb is to do whatever feels right for you.

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tournaments

Natural Light Doubles Classic

March 16 through 19 allowed more to celebrate than St. Patrick's Day at King's Racquetball Court. It was the weekend of the Anheiser-Busch, "Natural Light" Doubles Classic, with excellent competition the name of the game for the entire weekend. The speed and intensity of racquetball was magnified by the "double" format which proved to be exciting both for the spectator and players alike. Anheiser-Busch and Straub distributors (sponsoring the event) allowed for every conceivable division, from beginners to Golden Master and thus, the spectrum of participants created various views of the Tournament. Although varied in particulars, all opinions were positive and though some players realized they were not in as good shape as they had convinced themselves into thinking, everyone had an excellent time and is ready "for the next time."

Some spectacular "Open" play was witnessed as Stan Wright and Steve Trent, recognized at the No. 1 amateur doubles team in the Nation, had to go to the final point of a tie-breaker to squeak by Bill Hildebrand Al Portune, (a team

incidentally who had not played together before this weekend.) Other winners include: By division . . . Men's novice—Dumalski and Clark. Men's C—Charles and Russell. Women's C—Charfauros and Weightman. Men's B—Allen and Buggs. Women's B—Dolan and Bishop. Men's A—DeLaney and Chadwick. Senior—Morrow and Ehren. Master—Armstrong and Gibson. Mixed C—Lantgen and Ko. Mixed B—Charfauros and Charfauros. Women's Open—Martino and Seavello. Men's Open—Trent and Wright.

USRA Nationals

Prize money in record amounts will be offered at the U.S. Racquetball Association's National Championships, June 17-24, 1978, at Sports Illustrated Court Clubs-Lemontree in suburban Detroit.

Seamco Sporting Goods and Leach Industries, co-sponsors of the Colgate national championships, have committed \$30,000, double last year's figure, to prize money for the pros. First prize will be \$6,000.

In addition to the money prizes, Sports Illustrated Court Clubs will present its first annual Racquetball Sportsperson of the Year award.

Equally outstanding will be the



"Bill Hildebrand takes to the air to avoid his opponents return during final play of the Men's Doubles Open held at King's Racquetball Court in Westminster, CA. Stan Wright and Steve Trent bested Bill Hildebrand and Al Portune 21-16, 14-21 and through an exciting tie-breaker 11-9.

viewing accommodations for spectators at the Lemontree club, showplace of the S.I.C.C. chain.

Featured matches will be played in Lemontree's three-glass-walled championship court, surrounded by tiered seating for 600 around all three sides.

Four other courts have glass back walls, permitting good viewing even of less than headline competition.

Other amenities of the luxurious Lemontree club, open both to competitors and visitors, include a bar and lounge overlooking the championship court and featuring discotheque entertainment, a lavishly-equipped exercise room, whirlpools, saunas and a fully-equipped nursery staffed by professionals in child care.

For sightseeing, the Lemontree club is just a few minutes from world-famous Greenfield Village and the Henry Ford Museum where Henry Ford assembled the household articles and machines of many American generations and the actual buildings where American history was made. Equally close is the University of Michigan with its many cultural attractions.

For contestants, there will be a varied round of activities including lakeside parties and lake cruises on beautiful Lake Belleville on which the Lemontree complex fronts; swimming in lake or pool; golf on Lemontree's nine-hole course; volleyball, badminton and tennis and, at the close of the tournament, a championship banquet.

Between 600 and 800 entries are expected, a record total, for the 12 brackets of general play in men's and women's divisions.

American Cancer Society Shootout

SAN DIEGO, Ca., March 31, 1978 — Ektelon will stage the world's first pro-celebrity racquetball "shootout" for the

benefit of the American Cancer Society during the weekend of April 22.

The event, to be held at King's Racquetball Courts in Westminster, California, will pit two top male and two top female racquetball professionals against each other for \$2,000 in prize money.

Also featured during the two consecutive days of singles and mixed doubles competition will be a celebrity exhibition match on Sunday, April 23, the details of which will be forthcoming.

All matches will be played on King's three-glass-walled Royal Court with seating for an audience of 450. Proceeds will be donated to the American Cancer Society's Orange County Unit.

"The Ektelon Shootout will provide significant help in the support of cancer programs, research, education and service to patients in Orange County," said Dean Davisson, an ACS Orange County spokesman.

Singles competition will begin at 7 p.m. on Saturday and will match Ektelon's Jerry Hilecher of St. Louis, MO., the 1976 IRA professional singles champion, against Wilson's Davey Bledsoe of Kingsport, Tenn., the defending national champion.

Similarly, Ektelon's Jennifer Harding of Portland, Ore., will go against Wilson's Shannon Wright of Las Vegas, Nev. Harding, 1976 national women's doubles champion, is ranked second nationally while Wright, defending national women's singles champion, is fourth.

Each best-two-out-of-three match-up will net the winner five team points to take into Sunday's mixed doubles competition in which the Ektelon team of Hilecher and Harding will shoot it out with the Wilson duo of Davey Bledsoe and Shannon Wright for 10 team points to decide who takes home the \$1,500 first prize money. The runners-up will split \$500.

In the event that both sides are tied following Sunday's competition, a 15-point mixed doubles tie-breaker will be played.

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International Racquet Sports Magazine

STRINGING

Continued from page 8

what gut has, rebound and friction for spin. However, in recent years the friction problem has been largely overcome by merely adding texture to the surface of the string. And although you cannot add rebound power to nylon, you can give nylon the feel of gut by stringing the racket at 5 to 7 pounds less tension than would normally be strung for gut. The quality of nylon takes some description. For purposes of design, man-made string has been assigned two properties, (1) playability, and (2) durability. Playability generally refers to the elasticity of the string, or how much the string feels like gut. Durability means how long the string lasts. Most nylon string does well in the durability category so this is not a problem. Playability is usually the variable quality. The two types of nylon generally available are called (1) multifilament and (2) fused or heat welded nylon. The multifilament string can be recognized by cutting the string. After cutting the string you will see an outer opaque sheath with many fine strands of nylon running inside. The fused, heat welded type is usually translucent, you can see light through it, and it is of uniform consistency throughout the string. It is this latter string, the fused, heat welded type that usually has the better playability characteristics. Be careful when ordering either type of the above mentioned strings. You can get good and bad batches of both. A bad batch in which the nylon has become "dry" for some reason is not uncommon. Don't be overly surprised if an occasional batch begins coming back to you with an abnormal rate of string breakage.

Modern Synthetics. As mentioned earlier, this type of string fills the gap between gut and nylon in the playability category. The advantages are ease of installation like nylon, and a playability characteristic almost equalling that of gut. The main disadvantage is that the durability of the string usually suffers somewhat. However, due to the expense of gut and the rapid advances of synthetic chemistry, I think that this is an area to keep an eye on in the coming years. Current examples of these modern synthetic strings are Blue Star Nylon, Vantage, and Head Oil Filled Nylon. As the young tennis players in the current tennis boom become better players in the current tennis boom become better players and more knowledgeable about equipment, they will seek better string quality but at a reasonable cost.

STRING GAUGE, LENGTH AND TENSION

This section is the beginning of actually selecting the string to be used in the racket. Many rackets require string with different physical properties. For example, the length of string you use is important because a tennis racket requires more string than a squash or racquetball racket. Gauge is important because badminton uses a much higher gauge (thinner) string than any of the other

sports. And tension is very important because it has a total effect on the durability of the string and the playing property of the racket. All of the properties discussed below are summarized in Table 1.

Gauge. The gauge (or gage) of a string roughly indicates the inverse of the diameter of the string, in inches. In other words, for the types of string used in rackets a 15 gauge string is roughly 1/15 of an inch in diameter, and a 20 gauge string is about 1/20 of an inch in diameter. Higher gauge means thinner string. Since tennis involves the most massive racket and ball, it follows that tennis uses the thickest string, which is 15 gauge. However, some players prefer a slightly lighter string and thus they use 16 gauge. The 16 gauge is usually called a "tournament gut" and also has a little more liveliness. Tennis nylon usually comes in 15 gauge only. Since squash needs a smaller, lighter racket, the preferred string gauge is 16, although 15 is often used. Racquetball also uses 15 or 16 gauge without much noticeable difference in play. However, badminton is the notable exception. String gauge for normal badminton play is usually 19, however, tournament players will often request 20 and 21 gauge.

Length. This sounds like such a simple factor, but as you become more experienced you will see that many dollars can be saved by cutting your string so as little excess as possible is left when the racket is finished. If you cut too long you will waste possibly as much as a dollar's worth of string. If you cut too short you might be forced to break up the string pattern and tie off at an inconvenient place. The evident reason for this point is that most of the different types of rackets, i.e. tennis, squash, racquetball, require different lengths of string to complete the racket. The string lengths quoted in Table 1, are the accepted lengths required to string each class of racket. However, I think that you will find that the accepted length can be shortened for a number of individual rackets. This is something that is learned by experience and that you should be wary of.

Tension. To the customer this is usually the factor. String tension ultimately has an effect on how the racket plays and how long the string will last. If the customer says, "String it with 58 pounds", the job or the stringer is easy. However more often the case is that the customer says, "Put in whatever tension you think is best." or, "String it tight". This puts the stringer in the position of being a mind reader. In Table 1, I have tried to give some guidelines as to what are generally accepted as "loose", "medium", and "tight". But, in spite of these general categories, each stringer will have to determine the unique desires of the area which is served. For example, using the sport of tennis, if the courts in one area are predominantly clay then people will prefer looser tension because this gives more control on the slow clay surface. If the area has some grass courts the demand will most likely be for

Type of Racket	Total String Length (ft.)*	Gage		Tension Range (lbs.)	Tension by Name (lbs.)		
		Preferred	Optional		Loose	Med.	Tight
Tennis	33	15	16	35-70	35-45	46-58	59-70
Squash	28	16	15	25-45	25-30	31-37	38-45
Racquetball	24	15	16	15-40	15-22	23-32	33-40
Badminton	33	19	20, 21	10-14**	10	11-12	13-14**

* Although length is indicated in ft., string is also sold by the meter. Conversion factor is that one meter = 3.3 ft.

** 14 lb. tensions are rarely used, and when they are used it is only in metal frame badminton rackets.

medium tensions, and if the area is mostly hard courts then the most desired tensions will lean to the high end of the scale because this gives the most power. Also, younger aggressive players usually prefer tight strings, while the older more crafty players prefer softer strings. Whatever the sport and whatever the area, make an effort to learn something about the style of play and facilities.

Although Table 1 tells most of the story, there are a few last points that are worth mentioning about string and the business of working with string. The first point concerns ordering string. If at all possible, try to work through a distributor in your own area. Most areas of the country now have tennis supply distributors and if you get a bad batch of string, as occasionally happens, it is a lot easier to work with someone who is 100 miles away than with someone who is 2500 miles away. Most distributors sell nylon, but not all sell gut. If you have problems getting gut at first, try asking some nearby stringers where they get their gut. If you still don't get any results contact the major suppliers like Victor, Garcia, Dunlop and the other major racket manufacturers.

When you order string you will find that it usually comes packaged in one of two styles, either by the set or by the roll. Buying string by the set means that each set will string one racket of a given type, that is, one tennis set strings one tennis racket. However, string also comes in rolls, such as 200 meters (about 660 ft.), and I think this is usually the best way to purchase quantities of string. (Please note, because gut comes from animals it cannot come in 200 meter rolls. It must come in sets.) The primary reason for this choice is that there is often less wasted string when each length can be cut as it is needed. I mentioned earlier that although the accepted length of string needed to string a tennis racket was 33 ft. some rackets actually require only 28 ft. Once you are familiar with these racets you can save 5 ft. of string out of every racket that would most likely have been wasted if you had been using 33 ft. sets. Also, suppose you only have 33 ft. sets in your shop and a customer comes in with a squash racket which requires only 28 ft. It would not be good business to either waste the 5 ft. of string or to charge the customer the extra money for the wasted string. If you have a long roll of string on your shelf you have much more flexibility in dealing with any racket that comes into your shop.

Keeping in mind what was just said before, consider the case when a

customer comes into your shop with a tennis racket with just one busted string, and all of the other strings look good. This situation can often be best handled with a "patch job", where only one or two strings are replaced. Although procedures for patching will be discussed later, the point to be realized now is that a patch job always requires an odd length of string. If you have a roll of string you can cut off only as much as you need. Another practice that is followed with gut is to save any length of string that even looks like it can be used again, even if the length comes out of an old racket that you are stripping in preparation to be restrung. Of course you should only save the string that looks good and is not dried out or cracked, but the principle is that any reasonable length of string can often be used in a future situation.

The final point to be made about string, especially gut, concerns a practice called "prestretching". When any set of strings is put into a racket the tension in the strings will drop by 2 to 5 pounds in the first day after stringing or within the first half hour of playing with the racket. There are two reasons for this. The largest factor is simply that the elastic properties of the string are "relaxing" or acclimating to their new shape. The other factor is that when hitting the ball, the strings move around slightly and "seat" or adjust to positions of minimal strain in the racket. To most players this loss of tension in the string is not a serious matter. However, to a few tournament players this loss in tension can be noticeable. To prevent some of this loss some of these players will ask for "prestretched" string. Sometimes prestretched string can be ordered from the supplier, but more often the stringer will find it necessary to stretch the string before putting it into the racket. This can be done either before the string is put into the racket, or, the easier way is to simply pull tension, release, and then pull tension again as you put each string into the racket. Since tournament players usually only ask for gut, the practice of prestretching nylon is virtually nonexistent.

Paul Paul Lawrence studied at Tufts University where he was captain and number one player in both tennis and squash. While in graduate school at the University of Michigan, he took up paddleball and in 1967, won the National Championship in singles. In 1970, Paul was exposed to Racquetball. For the next three years, he was ranked among the top four players in the country.



Racqueteer club directory

CALIFORNIA

Canyon Bluffs Racquet Club
23055 Washington St.
Colton, Ca. 92324
(714) 824-3940

Commerce Club
11340 W. Olympic Blvd.
W. Los Angeles, Ca. 90064
(213) 477-0511
The Fieldhouse
500 Ventu Park Road

Thousand Oaks, Ca. 91360
(714) 462-4260

Kangaroo Courts
200 S. Harding
Roseville, Ca. 95678
(916) 782-7711

Newport Beach A.C.
1367 Avacado
Newport Beach, Ca. 92660
(714) 644-8910

Oakland Athletic Club
1418 Webster St.
Oakland, Ca. 94612
(415) 893-3421

Racquet Time
5515 Moreno
Montclair, Ca.

Riverside Racquetball/Handball Club
11060 Magnolia
Riverside, Ca. 92505
(714) 687-5440

San Joaquin Athletic and Racquet Club
4774 N. Blackstone Ave.
Fresno, Ca. 93726

Santa Ana Athletic Club
311 N. Van Ness
Santa Ana, Ca. 92707
(714) 835-7222

Santana Courts
145 E. Columbine
Santa Ana, Ca. 92707

Schoeber's Handball & Racquetball
Health Spas
425 Eccles Ave.
So. San Francisco, Ca. 94080
(415) 873-8500

Spring Valley Racquetball Club
589 Sweetwater Road
Spring Valley, Ca. 92077
(714) 462-4260

Supreme Court II
975 Industrial Road
San Carlos, Ca. 94070

Supreme Court III
355 West San Fernando
San Jose, Ca. 95113
(408) 289-1340

Supreme Court IV
23301 Clawiter Road
Hayward, Ca. 94545

Wallbanger Club
7060 Garden Grove
Westminster, Ca. 92683
(714) 894-5333

The Wall Street Club
3120 Bradshaw
Sacramento, Ca. 95827
(916) 363-4838

Racquetball World
10115 Talbert Ave.
Fountain Valley, Ca. 92708
(714) 962-1374

Kings R/B Court
14731 Goldenwest St.
Westminster, Ca. 92683
(714) 898-9841 (19 courts)

San Joaquin Athletic & Racquet Club
4774 N. Blackstone Ave.
Fresno, Ca. 93726

Canyon Terrace Courts
100 N. Tustin
Anaheim, Ca. 92608
(8 public courts)

Racquetfun
9872 Hamilton Ave.
Huntington Beach, Ca. 92646
(714) 963-0864 (10 courts)

Center Courts
11866 La Grange
West Los Angeles, Ca. 90025

COLORADO
Storm Meadows Athletic Club
P.O. Box 1566
Steamboat Springs, Colo. 80477
(303) 879-1036

FLORIDA

Miami Lakes Athletic Club
5881 North West 151st St.
Miami Lakes, Florida 33014
(305) 558-9810

LOUISIANA

Red Lerille's Health & Racquet Club
117 Doucet Road
Lafayette, La. 70501
(318) 984-7256

MICHIGAN

Racquetball Center
29901 Civic Center Blvd.
Warren, Mich. 98093

MINNESOTA

Kings Court
7001 Cahill Road
Edina, Minn. 55435
(612) 941-6391

MISSOURI

Don Coryell's St. Louis
Racquetball Club
11520 St. Charles Rock Road
Bridgeton, Missouri 63044
(314) 739-0087

OHIO

Back Wall Racquetball Club
231 Springside Drive
Bath, Ohio 44210
(216) 666-1108
The Court Yard
3917 Virginia Ave.
Cincinnati, Ohio 45227

OKLAHOMA

Racquet Time
6701 W. Wilshire
Oklahoma City, Oklahoma 73114
(405) 721-9205

PENNSYLVANIA

The Bently Club
2301 Grimes Drive
Harrisburg, Pa. 17112
(717) 545-4231

TEXAS

Racquetball and Handball
Club of San Antonio
121 Northwest Loop 410
San Antonio, Texas 78216
(512) 349-3781

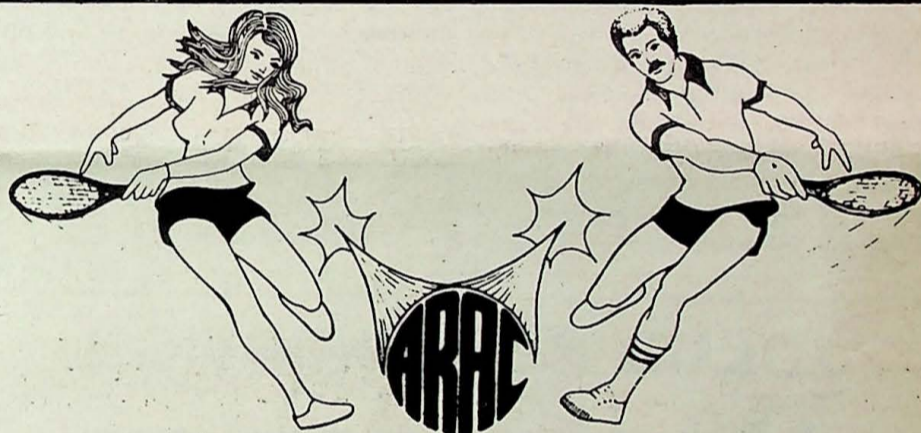
WASHINGTON

Lilac City Courts Inc.
West 440 Sharp
Spokane, Wash. 99210
(509) 328-6397

Tumwater Valley Racquet Club
4833 Tumwater Valley Drive
Tumwater, Washington 98501
(206) 352-3400

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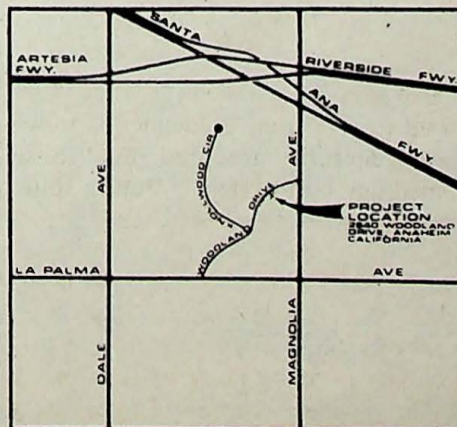
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NOTE!!! Mention this ad when joining facility and receive a free gift.



new facilities

Gulf Coast Club

Mississippi's first of a chain of private racquetball clubs in the south opened its doors in Ocean Springs, Mississippi under the leadership of Steve Broussard, President of the Bulf Coast Fitness Center and Racquetball Club. The first three courts opened on January 6, 1978 with a state tournament, with three additional courts on the drawing board. This is an addition to the exercise facility as well as the Aquatic Center, all under one roof.

Located in the lobby is a health food and drink bar with a plush television lounge area that provides viewing of the playing courts. Adjacent to the lounge area is a pro shop, fully stocked and carrying the finest lines of racquetball equipment and apparel.

Along Highway 90, the main artery of traffic on the Gulf Coast, there will be a glass window (see rendering) allowing all traffic to view the action. This will be the first in the United States to have such a design to allow passers-by to view the action.

The Fitness Club is complete with a Universal Gym system and many other other pieces of exercise equipment for total physical fitness for both men and women.

A total relaxing area is available for members complete with hairdryers, vani-

ty, and private dressing rooms. Available in the bath area are sauna and steam rooms, whirlpool, and a spacious indoor heated swimming pool open year round. A mural by artist Ron Franklin adorns one whole wall of the aquatic center where action such as volleyball and basketball can be found in the pool.

Other services being offered are a completely supervised nursery, diet consultation, and specific specialized exercise courses in racquetball and handball will be given by Patricia Gleeson, women's exercise director and Hank Zarco, renowned physical culturist. Mr. Zarco holds over 75 body building titles.

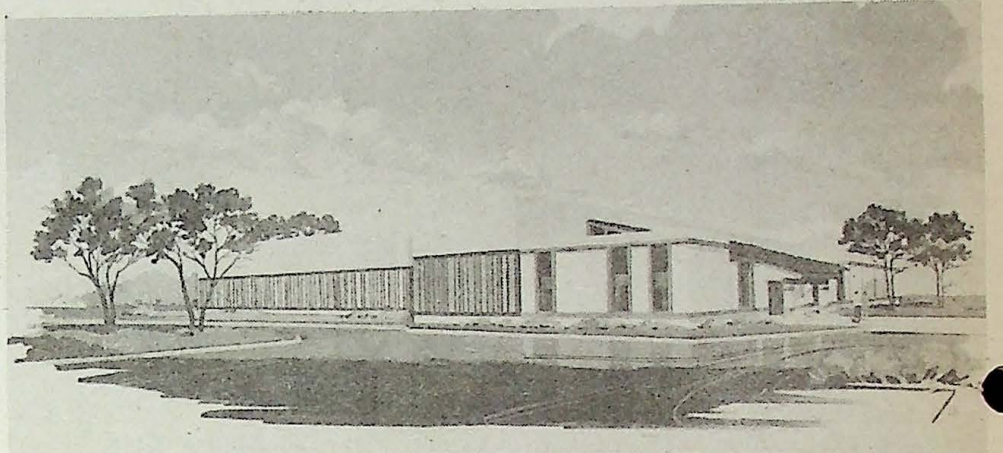
Leagues will be formed in the mens, womens, and juniors divisions. Numerous free clinics are planned. The club is available to all racquetball players traveling into the Deep South.

Supreme Court Expands

Three months short of celebrating its first year in operation, the Supreme Court Sports Center in Van Nuys, one of Southern California's newest racquetball/handball clubs, is growing so fast it's already expanding to provide more comprehensive weight training and "dancercise" facilities in addition to its 12 tournament-class courts.

The Club's highly successful first nine months have seen its membership rolls run at capacity. In addition to first-class racquetball and handball facilities with a

full range of tournament play and expert instruction, the membership Club offers a wide variety of activities including clinics for men, women and children, challenge ladders, challenge courts, special "date night" programs, individualized weight training, dance-exercise classes, and babysitting service.



Facilities similar to this 13,500 square foot building to be built in Oroville, California, by Casa de Courts, will be constructed in Rancho Cordova and Vacaville, California, by the fast-growing group. Casa de Courts has four facilities abuilding with negotiations underway for several other Northern California locations. The first facility is under construction in Citrus Heights.

Casa de Courts

Casa de Courts, fast becoming one of Northern California's largest groups of racquetball facilities, has announced plans for four sites and is negotiating for several more within the region.

The first two sites are located in the Sacramento suburbs of Rancho Cordova and Citrus Heights with the third in Vacaville. The fourth complex will be located in Oroville.

The four facilities are scheduled to open for play in late spring or early summer of this year with others to follow shortly.

Each of the Casa de Courts buildings will have 10 racquetball-handball courts plus full dressing accomodations, indoor-outdoor whirlpool, pro shop, health conditioning equipment, lounge, snack bar, and a supervised child care center.

A special feature of each complex will be a viewing court with two glass walls and a spectator seating capacity of about 350. Equipped to easily accomodate television coverage, the viewing courts also will have a digital electronic scoreboard.

The group is the brainchild of Sacramento entrepreneurs Paul Amann and George Pavlick, who saw a need for facilities in which to play racquetball and handball in the Northern California region.

"Those who play tell us that it difficult to get a court and when they finally find one, it's expensive. We are offering our members special reservation privileges with court time at no extra charge beyond their low monthly dues," Pavlick explained.

"We see Casa de Courts as filling a need for playing space in this growing market area."

"With the incredible increase in the popularity of the sport and the number of new clubs, we know that better service to members and more efficient management really make the difference," says Manager, Steve Lubarsky, "And our continuing goal is to stress those two primary aspects of Club operations."

"Our entire thrust is to be able to provide our members with a court to play on when they want to play," Amann said.

"The locations we have chosen and are continuing to chose have convenience in mind for our members. There always will be plenty of free parking and the Casa de Courts facilities are close to businesses and homes."

Amann and Pavlick are quick to point out that the appeal of racquetball in the Casa de Courts communities is not only for the accomplished player. In each of the sites chosen thus far, Casa de Courts provides the first facilities in which anyone can play the game.

"Everyone who has played the sport for the first time wants to play again and again," Pavlick said. "We will match players with others of the same skill levels. Beyond that, we want to introduce racquetball to those who have not played before."

"We want to include thos people who have some time on their hands during the day and who want to engage in some wholesome exercise activity. That's where our appeal comes in," he continued.

"Casa de Courts will be handy for the businessman or career person, the homemaker, the young mother or for those people who work hours other than the 8 to 5 shift. Our supervised child care centers will provide places to leave the young children while Mom and Dad enjoy some excellent exercise and social activity. Not only will our facilities be located conveniently, the hours of operation are planned for 6 a.m. to 11 p.m. so that we can accomodate those who want to play at a time they can play racquetabl."

Amann said that in addition to the Citrus Heights, Rancho Cordova, Vacaville and Oroville sites, Casa de

CLUB SUBSCRIPTION

RACQUETEER

The response from the Racqueteer Magazine across the country has been fantastic. Acclaimed the most informative racquetball magazine published, the Racqueteer stimulates interest and racquetball enthusiasm in your members and increases sales in your pro shop. Listed below are the bulk subscription rates. Racquet Sports facilities are now enrolling rapidly and at a very reasonable rate.

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100 issues for six months will entitle you to a listing in the Racqueteer's National Court Club Directory which will be published every month. It will list your facility's name, address, state, telephone number and number of courts. An added benefit is any information or happenings within your facility will also be published.

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International Racquet Sports Magazine

P.O. Box 19069 Irvine, CA 92713 (714) 979-NEWS



Courts is nearing agreement on eight other locations in Northern California.

"We believe that there is a vast, untapped market for racquetball and associated recreational facilities in the Northern California area," Amann said. "Casa de Courts is moving aggressively to fill that need for healthful recreational opportunities."

Amann and Pavlick also announced the appointment of William F. "Buzz" Dwyer as Director of Operations for Casa de Courts. Dwyer has served in several executive capacities in both industry and government.

As Director of Operations, Dwyer will be responsible for the overall management of all Casa de Courts facilities including the recruitment of staff and membership as well as the day-to-day functioning of the group's properties.

He is headquartered in the Casa de Courts Executive Offices at 1900 Point West Way, Suite 102, Sacramento CA 95815, telephone (916) 929-6733.

Racquetball At Northpark

Racquetball arrives in Dallas in February with the opening of the 14 court complex, racquetball at Northpark, which is the first court club to be erected, in the Metroplex of Dallas-Ft. Worth.

Located in Northpark East, the newest section of the nationally famous Northpark Mall, the club's amenities include, whirlpools, steam, sauna, exercise area and attended play area for childrens.

"Dallas has always been and is now a sports oriented and progressive community. It's surprising that our facility, opening in early February, will be the pioneer club within the area," commented manager Norman Padgett.

A top flight activities staff featuring Pete Wright, the number one ranked player in the state, will offer free clinics for new players on a twice-a-week basis as well as other instructional programs and activities for members. Members and their guests will be able to participate in a wide selection of leagues, teams, challenge ladder, and tournament competitions.

The club is owned by U.S. Racquetball Courts, Inc. which also owns a 10 court club, Racquet Time of Lexington, in Kentucky.

Center Courts

The Center Courts, a 16,500 square foot 12-court racquetball/handball club in Van Nuys, California, is now open. This club, with the existing 11-court facility in West Los Angeles, increases to 23 the number of courts available to Center Court members.

In four of the 12 new courts, players can be viewed from the lobby area through glass-backed windows. A mezzanine overlooks all 12 courts as well as an outdoor co-ed jacuzzi in a garden setting. Fully equipped locker rooms with

saunas, a nursery, backgammon tables and color TVs are also available to members. Beer, soft drinks, juices and snacks are served.

Annual membership fees are \$36 for an individual, \$48 for a family and are reduced quarterly on a pro rata basis. Members joining The Center Courts, Van Nuys, also have full member privileges at The Center Courts, West Los Angeles. Hourly court time ranges from \$1.50 to \$3.00 per person depending upon the time of day played and use of discount cards. Reservations can be made up to 7 days in advance. In addition, a special \$60, three-month unlimited play card is available for non prime time play. Permanent court time reservations, assuring a court at the same time each week for a 36 week period, are also available.

The Van Nuys location is located one block east of the San Diego Freeway on Orion (one block south of Roscoe exit). The West L.A. facility, which opened in April 1975, is located one block east of the Bundy exit and one block north of Olympic at 11866 La Grange Avenue.

HIGH ANXIETY *Continued from page 2*

there are much more important things in life.

So go to it when things get close. Keep these suggestions in mind and your game in perspective. The closeness of a match should initiate a competitive joy with minimal anxiety on the outcome and not a neurotic adventure. Our society reinforces the concept of winning, but keep in mind the aspect of your individual performance. Excellence is what you strive for and if in the pursuit of that goal you lose, consider it only a temporary stop. Learn from the situation and next time employ the lesson once learned. Winners and achievement in racquetball are made. Anxiety kindles those fires to excel, but not to burn yourself out. Keep our tips in mind the next time you visit that competitive dimension of 20-20.

HEALTH *Continued from page 5*

inch is a cinch". Slowly work up to a mile and no more than two miles is really necessary for conditioning unless you're going to be a long distance runner. Once you work up to jogging two miles consistently, improve by decreasing the time to run it.

The next five questions will be answered in next month's issue: Is there any solution for cramping?

What's the proper procedure for recuperating from athletic injury?

What type of nutritional pattern should be followed during a tournament?

What type of diet would you recommend for the player who wants to lose weight?

How about a nutritional pattern for those people who need to gain weight?

If you have a particular question not covered, send it to me in care of the Health Department and we will share it with our fellow Racqueteers.

Keep on swinging . . .



Members enjoy the coed Jacuzzi at the new Center Courts in Van Nuys. Mural on the wall is by artist Doug Webb.

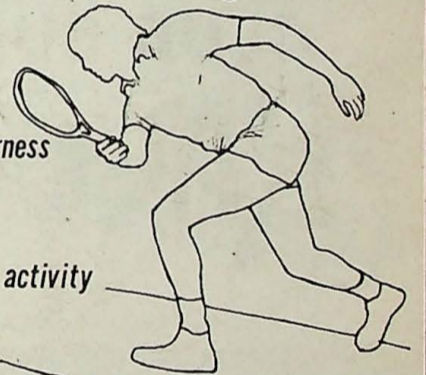
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written by **BOB ANDERSON**

(Professional Stretching Consultant)

A book to help any player improve his or her game and fitness by -

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Architectural specifications upon request.



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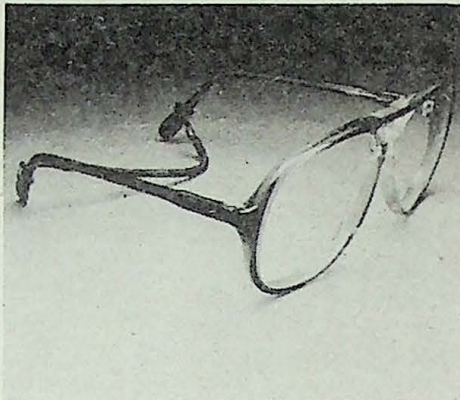
Saliva stimulators make the mouth water to alleviate cotton-mouth and to quench thirst fast.

Dextrose and fructose natural sugars serve as energy sources.

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Cramer Quickkick Sports Gum comes in four deliciously tart fruit flavors: cherry punch, lemon-lime, orange, and grape berry. Each flavor is packed in a 200-piece carton, which serves as a con-

venient team bulk pack. Specify flavor. For information contact: Racquetteer, P.O. Box 19069, Irvine, Ca. 92713.



FASHION EYEWEAR

The Ektelon "Fashion Eye Protector" features shatterproof ophthalmic ground lenses — completely distortion-free — in lightweight, stylish frames, which also can accommodate a player's prescription lenses. The Fashion Eye Protector allows full peripheral vision and comes with a safety strap and carrying case. Suggested retail price: \$24.95.

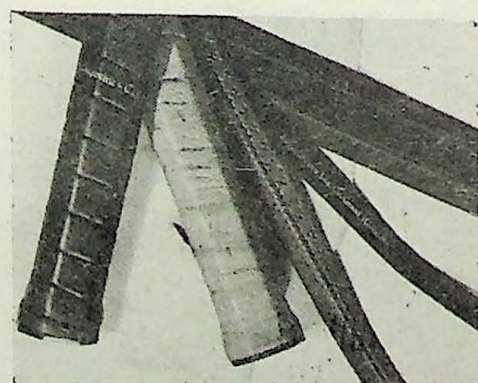
For more information, write: Ektelon, 7079 Mission Gorge Road, San Diego CA 92120.



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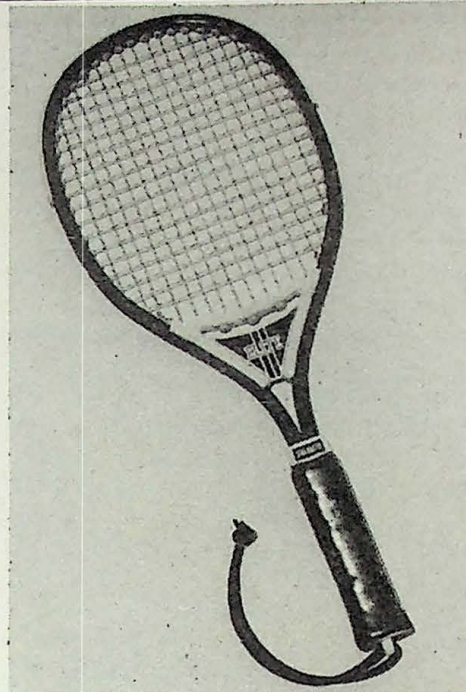
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For racquetball, the device is ideally suited to players who rely on the arm, forearm and wrist muscles for strength and coordination.

For more information, contact the Racquetteer, P.O. Box 19069, Irvine, Ca. 92713.

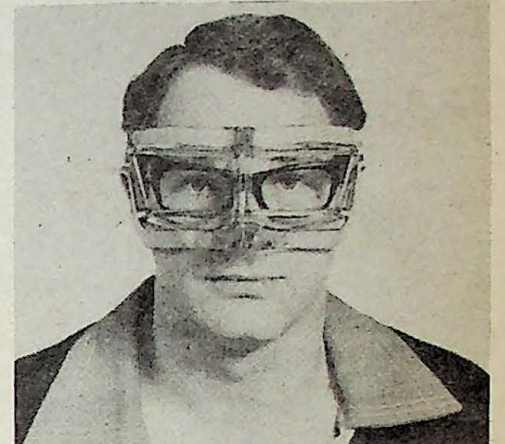
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Designed for the eyeglass wearer.



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Made of one of the toughest, impact resistant materials known, it is both lightweight and attractive providing maximum visibility for the wearer. SAFTIGUARD also features Temper Foam TM developed by NASA to provide a smooth, shock absorbent surface to flow with the contour of the face. The effectiveness of Temper Foam has been tested and proven in crash helmets and other protective equipment. Improve your game and play in safety and comfort with SAFTIGUARD Eye Protector.

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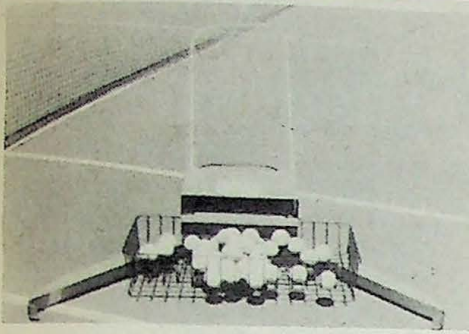
- * Folds for easy carrying and storage.

For more information

Safti Guard

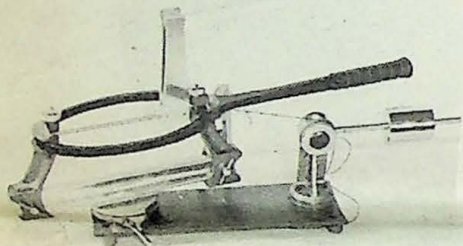
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The Rayco Mower VII, a portable, trouble-free ball pickup machine, with nine technical improvements over Rayco Mower VI. New 3/4" clearance virtually eliminates court damage. Sturdier basket creates quieter operation. Jam-proof, gear rotor. 56" claw arms for fast fence and net sweep. Compacts for easy mobility. \$149, complete with 1-Yr warranty, all parts. Rayco, P.O. Box 4034 San Diego, CA 92104.

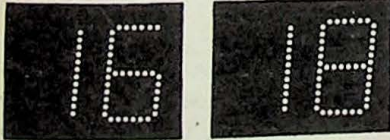


BR-3

The BR-3 strings all racquets (including badminton, squash, racquetball, Prince, Wilson T-2000) without additional adapters. This machine comes complete with all the basic tools you need. It features a 9 to 90 pound drop-weight tensioning system that never needs calibration. A precise clamping system features the patented Speed-Clamp. With this clamping system, your finished string job has superior tension consistency from one string to the next.

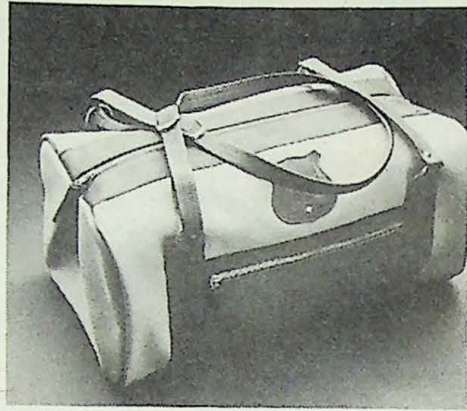
The price of this machine is \$149 plus freight. Phone orders welcomed. To order call Rick or Cathy collect at 1-714-452-8601. Or write Associated Tennis Suppliers, 11111 Flintkote, San Diego, CA 92121.

PLAYER 1 PLAYER 2



The L and S Sales Company has designed a functional scoreboard for use in racquetball tournament play that fits in the court. The scoreboard fits flush to the upper portion of the front wall behind a plexiglas shield. A flush control panel is then fitted either on a side wall position or out of court control system can be obtained. There is no ball deflec-

tion due to the inlay of mechanisms. This system can be installed in an existing court or a new structure. The cost of the scoreboard and control system is approximately \$595.00 per unit. An additional \$45.00 gives out of court controls if desired. For further information contact: L and S Sales Company, 2033 San Mateo N.E., Albuquerque, New Mexico 87110 (505) 268-2255.



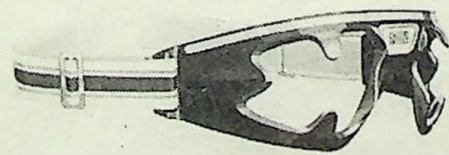
CASSINI DESIGNED BAG

SAN DIEGO, CA. — For the fashion conscious racquetballer, Ektelon of San Diego is offering a new hand-made equipment bag designed by Oleg Cassini.

The bag combines style and luxury in heavy cotton duck canvas and natural belt leather. Its spacious interior holds racquets, racquetballs and clothing with room left over, and the end-to-end wing-swept zipper opens the bag completely for easy access.

Ektelon's Cassini bag measures 18 inches long, 12 inches wide and 8 inches high, and features a zippered outside pocket for additional carrying space.

Suggested retail list price for the bag — available from fine sporting goods stores and racquetball court pro shops — is \$67.50.



EYE GUARD BY SOLARI

Solari Sports Products has a New Patented concept in eye protection for Handball, Racquetball, Tennis, and Squash Palyers. The Vertical and Horizontal Fields of Vision are virtually unobstructed. The Revolutionary Patented Design is based on protecting the eyes with Unique Vertical Split Bars that deflect the ball.

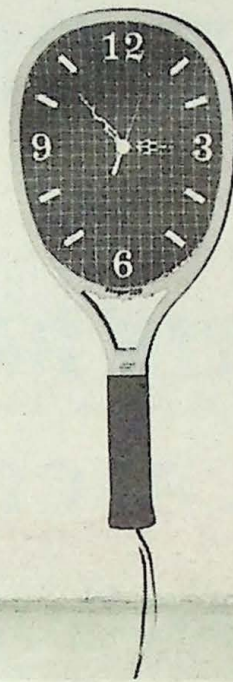
The Vertical Split Bars, virtually unseen when worn, are nearly invisible. Solari Eye Guards, made of Space Age Super Strength Poly-Carbon, offers complete eye protection with functional style and flattering fashion looks.

One size fits all faces.

The Exclusive Resilient Wrap Around Design extends back for temple protection.

The Solari Eye Guards, packaged in handsome clear acetate boxes, are available in a variety of colors, models, and prices for men and women.

Inquiries should be made to Solari Sports Products . . . P.O. Box 19069, Irvine, Ca 92713.



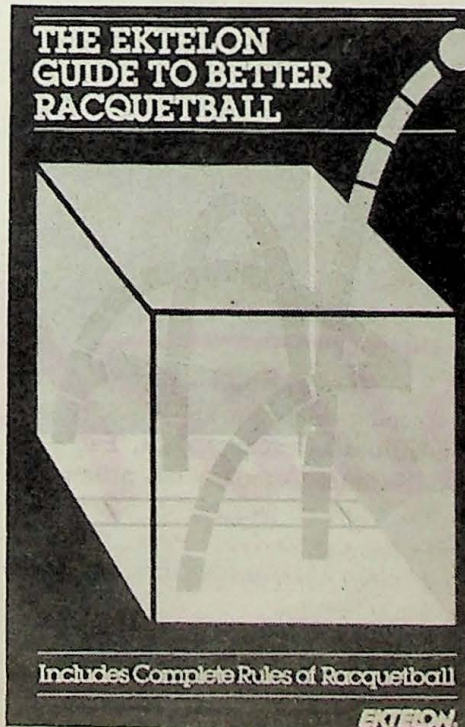
The RACQUETBALL CLOCK is made from a quality name-brand racquet with a leather grain handle. The clock is a guaranteed batter operated clock with a sweeping second hand

The RACQUETBALL CLOCK is available in the following colors: Black, Orange, Yellow, Green, Red.

Order yours today! All Orders Prepaid. Only \$24.59 plus \$2.00 handling. TOTAL ONLY \$26.50.

Send your order to, or for further information write to:

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P.O. Box 739
Loveland, CO 80537

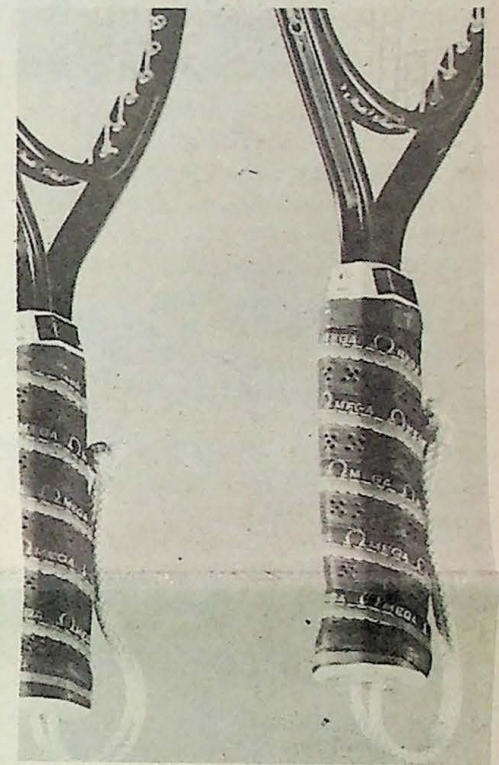


GUIDE TO RACQUETBALL

"Ektelon Guide to Better Racquetball", which we would like to make available free to your readers, compliments of the Racqueteer.

This 20-page booklet provides fully illustrated instruction in basic serves, returns and rally shots as well as a complete set of rules for both IRA and NRC tournaments.

A copy will be sent to any Racqueteer reader who writes to: Ektelon, 7079 Mission Gorge Road, San Diego, CA 92120.



PRO II

Racquetball plyers who purchase Omega's new Pro-II racquet between now and April 15, 1978 will receive a \$5 rebate, simply send the original copy of the sales receipt along with the completed racquet warranty card.

The Pro-II model is Omega's top-of-the-line racquet, backed by the only 5-year warranty available on the market today. The Pro-II features Omega's innovative "total frame" design in which the frame extends completely to the butt of the handle and is bonded to polyurethane. This new model is extremely lightweight, weighing only 265 grams. The Pro-II is 18 1/2" long and is available in grip sizes of 4 3/8", 4 1/8", and 3 7/8". The 3 7/8" grip is another Omega exclusive, designed to allow easier and more powerful wrist action.

For more information or if you are unable to find Omega at retail, contact Omega Sports, 2366 Schuetz Road, St. Louis, Missouri 63141 or call (314) 872-9007.

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7

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