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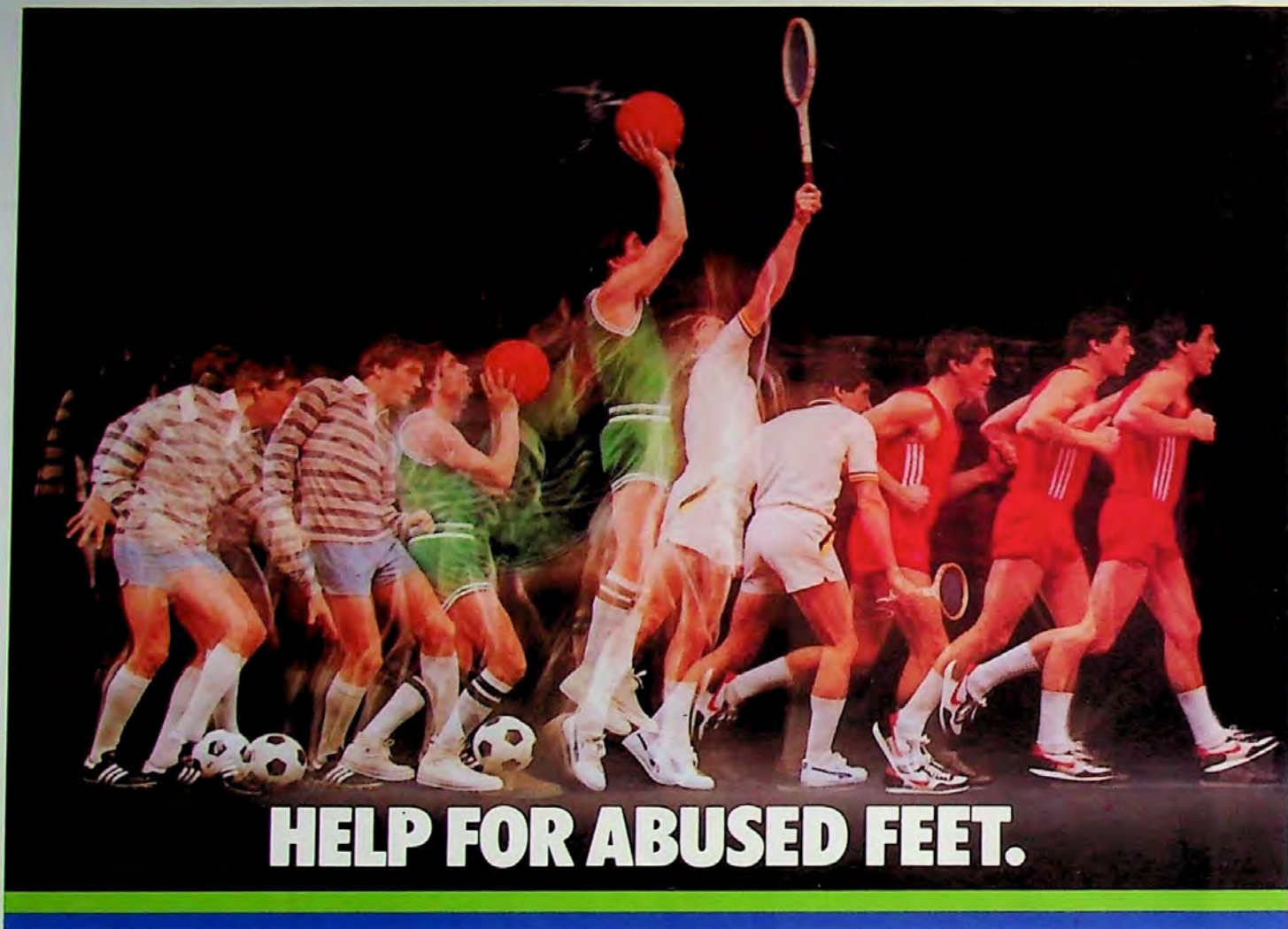
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VOLUME 11 • NUMBER 4 • APRIL 1982

FEATURES:

- 7 Dance Fever — Catch It!**
Music Is Making Fitness Fun • Cheryl Phillips
- 9 Power**
Learning To Control It Is Key To Playing Good Racquetball • Allen Ascher
- 12 Nautilus Leads the Field**
Weight Training: High-Technology, Computer Age Fitness • Tom Slear
- 16 Isolation Factor**
Key Strategy In Doubles Play • Steve Keeley
- 20 Get in Tune With Your Body**
Eliminate Dieting Forever By Learning How To Eat • Beatrice Taylor Quirk
- 25 Coming of Age**
A Look At The Women's Professional Racquetball Association • Susan B. Turley
- 30 Discovering Racquetball**
APRO Examines Why Newcomers Are Attracted To The Sport • Chuck Sheftel

DEPARTMENTS:

- 4 Back Court**
With The Editor
- 6 New Directions / Juniors Page**
AARA News / For The Younger Set
- 15 Winning Points**
Time Out With Dr. Bud
- 18 AARA National Singles Application**
- 32 What's New**
Items of Interest
- 33 Scorecard**
Tournament Results
- 36 Tournament Calendar**
AARA Sanctioned Events

COVER:

Danny Kennedy and Carolin Morgan work out regularly on the Nautilus equipment at the Broken Arrow Racquetball and Fitness Center in Broken Arrow, Oklahoma.

Photo by Charles R. Mobley



Page 12



Page 16



Page 25

BACK COURT

With The Editor

SPRING FORWARD



Due to the nature of magazine time — which is gauged by deadlines instead of hours — I find myself writing an introduction to what will be our April issue, in the middle of February. There are no crocuses out yet, and the snow-covered streets are still filled with clones of the Michelin man (thanks to those functional, but ridiculous looking down jackets we all wear now.) This being the case, I wonder how I am supposed to wax poetic about spring foolishness when I still have the winter doldrums? Fortunately, this issue contains so many good articles that aren't necessarily "seasonal" in nature that I'll have no problem telling you about them.

Frankly, I had fun putting this issue together. Our new theme of "indoor recreation and total fitness" has opened up the range of topics we can cover, and our writers have responded enthusiastically. I hope your response will be equally enthusiastic.

First, our cover story this month, by Tom Slear, examines the "marriage" of Nautilus and racquetball. It reveals some interesting insights into how the engagement came about, and predicts it will be a lasting relationship. No doubt many of you Nautilus addicts will agree.

For those of you looking for an alternative form of recreation that might enhance your game, Cheryl Phillips has examined the various dance/fitness programs available. In this article you'll find information about just what each program purports to do for your physical conditioning, and how to choose one for your own needs.

Beatrice Quirk has done a very thorough job of researching a very tough subject — sports nutrition. Nutrition is not an exact science, and is therefore under constant scrutiny. Sports nutrition is a relatively new specialty within the field, and you'll find the recommendations for athletes to be applicable to casual fitness buffs as well. In fact, if you read nothing else in this issue, you should at least examine this piece, for nutritional information is important to everyone interested in staying healthy.

Finally, Susan Turley has investigated the current status of the Women's Professional Racquetball Association (WPRA). As most of you know, the WPRA emerged in 1978 when the women players broke away from the men's tour. They've been struggling to survive independently ever since. They now appear to be — we are glad to report — both stable and well organized. Their plans for the future could change racquetball for all women players, and greatly benefit the sport in general. Read this story to learn the details.

As usual, we also have some helpful instructional articles about racquetball, as well as our other departments. Now it's time for me to return to my hot cup of tea, and try to take some comfort in Shelley's wistful line — "If winter comes, can spring be far behind?" For you that isn't important — by the time you read this the snow will surely have melted.

Nancy K. Crowell

RACQUETBALL

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NEW DIRECTIONS AARA NEWS

by Luke St. Onge, Executive Director

• Remember the AARA National Singles Championships will be May 27-31 at the McKinley Park Health and Racquet Club in Buffalo, N.Y. The National Singles application can be found on page 18 of this issue, at your local court club, or you can contact the AARA National Headquarters at 5545 Murray Ave., Suite 202, Memphis, Tenn. 38119; or call 901-761-1172. The National Singles promises to be the most exciting racquetball event ever held, as the top amateur players from across the nation vie for the coveted number one spot in 21 divisions. The National Singles are sponsored by Lite Beer from Miller and Penn Athletic Products Company. Highlights of the five-day festival include 1) State and Regional Directors meeting; 2) Referee's clinic during pre-tournament registration; 3) Annual membership meeting during which three new members will be elected to the Board of Directors; 4) Gala banquet at which three new players will be inducted into the Racquetball Hall of Fame; 5) The awarding of the John Halverson Person of the Year award, along with the Male, and Female Player of the Year awards; 6) Appearance of several Miller Lite sports celebrities; 7) On display will be the World Cup won by the US team at the first World Championships, sanctioned by the International Amateur Racquetball Federation (IARF); 8) As part of the Association's efforts to involve the disabled in our sport these National Singles will offer a wheelchair division, administered by AARA Commissioner for the Disabled Sam DiCrispino.

• High quality, full-color AARA lapel pins are now available through the AARA office at \$4 each, including postage and handling.

• Congratulations to the following National Invitational Tournament Directors: Jim Austin — Seniors 35+ and 40+, Al Rossi — Masters 45+ and 50+, George Dwyer — Golden Masters 55+ and 60+.

• Welcome to new state directors Tom O'Dwyer and Lance Bloom from New Hampshire, Ray Barrett from Virginia, Brian and Don Couture from Rhode Island, Perry Deutsch from Minnesota, and Mike Dimoff from North Carolina.

• Applications are now being accepted for the position of coach of the US team that will be competing in the North American Zone Competition, which is scheduled for September '82. The competition will feature teams from the US, Canada and Mexico. Send resumes and qualifications for coaching to Luke St. Onge at National Headquarters. Coach selection will be made at the May Board meeting.

• Support the AARA! Play only sanctioned AARA events. If AARA sanctioned events are not being run in your area, get involved. Sanction your next event through the AARA, the voice of the amateur player. •

Juniors' Page

Compiled by Ed Martin

NEW AVENUES FOR '82

by Dewane Grimes, President,
AARA Juniors Council

Hi gang from the ole hayseed!

Just a short note to all of you Juniors to let you know about all the exciting things that are happening in racquetball that are going to affect you. Until recently, the Juniors Program only led to one thing — the pros. Now this isn't bad, but as in every sport, only a select few ever make the big time. Now many new avenues are starting to open up for you youngin's in the Juniors Program.

The AARA is working very hard, enabling the Intercollegiate program to grow each and every year. All this means more for your generation. Yes, there is going to be a future in racquetball my friends. Keep the faith!

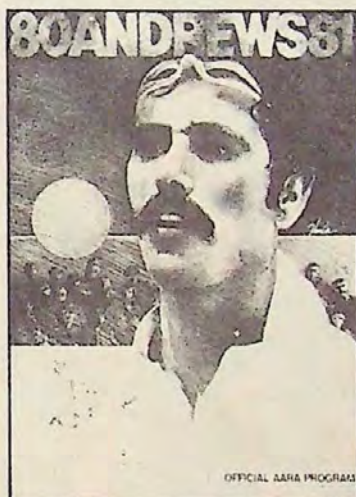
The Junior Council has expanded from nine to 13 regions this past year. This means more Juniors will be reached than ever before. Large Juniors Programs are blossoming up and down each of our coast lines. The racquetball industry is starting to realize how important you Juniors are to the success of the sport.

The Nationals '82, to be held at The Capitol Courts in Carson City, Nev., under the excellent leadership of Rich Bennett is starting to shape into the biggest and best Junior Nationals tournament ever. I'm really getting excited about traveling this year's road leading to the Nationals and hope you are too. Start making your plans now and don't get de-toured! See you in Carson City 'bout June. Keep Rolling them out. •

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DANCE FEVER — CATCH IT!

Music is Making Fitness Fun

By Cheryl Phillips

Dance fever no longer only applies to the disco set. Every day thousands are trading in fever for fitness and are adding dance exercise to their activity list. They stretch, jump, twist, and clap to a beat and ferret unbeatable results. Using music makes us want to move; so it doesn't seem like we're exercising.

Along with the masses, racquetballers are enrolling in classes for the latest in music appreciation. The most avid player must admit that the game is a good workout, but it isn't total fitness. Dance exercise supplements the sport by building flexibility, muscle tone and coordination. Blending court with exercise movements is a popular concept because music makes it fun.

The dance exercise trend has steadily grown over the last decade. It started with Slendercise, then came Aerobic Dance, soon to be followed by Jazzercise, and the most recent addition is Energetics.

In the mid-seventies Slendercise became a popular alternative for women exercisers. Barbara Pearlman is credited as founder/promoter, and even though music isn't essential to the program, she discovered its inclusion kept people moving. Ms. Pearlman recommended that 15 minutes a day, 5 days a week be set aside for Slendercising, and she claimed that you would be rewarded with improved coordination, muscle tone, flexibility, and agility. As with any type of exercise, she noted that regularity is essential for ultimate results and maintaining what you work so hard to achieve.

Slendercise regimens address specific muscle groups (waist, abdomen, thigh, hips and bosom) and are primarily group calisthenics done to music. The movements can be an effective preparation for more strenuous activity, and is better if you're looking for flexibility, rather than endurance building. Classes using these techniques are usually

offered at health clubs or recreation centers, but its appeal has been limited to women. It represents a beginning point for the dance exercise craze.

There are three primary aims of dance exercise — have fun, condition the heart and lungs, and improve appearance. Two copyrighted approaches are Aerobic Dance, founded by Jacki Sorensen and Jazzercise, created by Judy Sheppard Missett. Many adaptations, with similar names are offered; the identification with the original varies. To be truly aerobic, the components to look for are program structure and emphasis on cardiovascular conditioning.

Aerobic Dance has three phases — warm up, peak workout, and cool down. There are two effective methods of warming up: general stretching calisthenics and slow movement dance routines. A 5 to 10 minute warm up gives better results from the 15 to 30 minute peak workout. The length of time spent during

the fast paced, strenuous segment (peak) is dictated by your general cardiovascular conditioning, and of course, the amount of time you want to dedicate to your dance conditioning routine. More individualized programs have classes aimed at low, moderate and high intensity workouts. A shoulder roll is a movement that you would find in a low intensity curriculum, fencing hops would be included with moderate intensity routines, and side kicks are suitable high intensity steps. The purpose of the cool down is to put your body in low gear, return your heart rate to normal, allow your muscles to relax, and guard against post exercise fatigue.

During the peak workout, your whole body moves. This is when calories are burned, fat is metabolized, the heart and lungs are conditioned, and tensions are released. Aerobic Dance helps your heart pump more blood with fewer beats so your body will transport oxygen more efficiently. A few other decla-



Micki Sefcik finds men enjoy the increased flexibility offered by Energetics

rations are that aerobic dancing changes body composition and muscle density and can possibly improve varicose veins. The estimated fat metabolism rate is that a 120-pound woman will burn an average of 275 calories an hour, whereas a 180-pound man will burn 490 calories an hour. The high intensity routines use more and lower intensity use less caloric energy.

The Heart's a Muscle Too

Many dance exercise classes encourage the participants to achieve their "target heart rate." Exercisers may take their heart rate several times during peak movements and use this information to speed up or slow down the exertion and pace. To obtain the cardiovascular benefits you should maintain a target heart rate between 70 and 80 percent of your maximum heart rate for 20 minutes. More than 85 percent is considered risky. Your maximum heart rate is the number of times the heart beats per minute when the body is undergoing maximum exertion. It's generally figured to be 220 beats per minute minus your age, so if you're 30-years-old your maximum heart rate is 190 and your target heart rate is between 133 to 162 beats per minute. Sonia Maas from North-Texas State University studied the cardiovascular benefits of aerobic dancing and found that after three times a week for 12 weeks, there's improvement on a 12 minute run/walk test — a gauge of aerobic capacity.

Jazzercise, or Jazz Exercise, is similar to Aerobic Dance except there's more of an emphasis on bodily shaping and coordination and less on circulatory conditioning. The routines have a heavier dance flavor; minimally looking or feeling like exercise. As with an aerobic program, the success lies in the fact that it's enjoyable. Herbert Weber, PhD, professor of physical education at East Stroudsburg State College in Pennsylvania states, "Dancing is an activity that offers sufficient variety and creative opportunities to sustain the participants' interest and prevent them from becoming exercise drop outs."

Learning to breathe correctly may be as important as learning the dance steps. If you don't, you rob yourself of energy and diminish your ability to move with ease. Inhaling when you lift, reach, stretch, or raise your body and limbs and exhaling

when you bend, release, relax and bring your limbs close to your body constitutes proper breathing.

It's impossible to say that one type of dance exercise is better than another, but it's important to keep in mind that there are differences, and by knowing what they are, it's easier to find one that best fits your expectations.



Aerobic portions of dance exercise strengthen game endurance



Stretching to music eases the strain

Not for Women Only

The latest exercise method to draw on music's attraction is Enerjetics. Developed by Micki Sefcik at Northpark Racquetball in Dallas, it has a wide following of men and women. Ms. Sefcik states, "Enerjetics is a total body workout. All exercises are easy to learn and choreographed to a variety of pop, soul, and country music."

There are four portions to a class. It begins with stretching to loosen tight muscles, increase flexibility, and enhance blood circulation. This is followed by specific exercises that concentrate on trimming and firming areas of the upper body, waist, abdomen, hips, buttocks, and legs. Next, a vigorous aerobic routine including rhythm running, hopping, skipping, jumping, and sliding provides cardiovascular conditioning. Like aerobic dance, each participant is encouraged to work at his/her own level based on an individual target heart rate zone. The workout concludes with exercises to restore the

heart rate to a safe recovery level and assist in removing daily tension. Enerjetics' cool down uses Yoga and relaxation techniques to assure that you finish mentally and physically refreshed. Classes offer a range of intensity to meet a number of fitness objectives.

Slendercise emphasizes body shaping. Aerobic Dance concentrates on cardiovascular conditioning, Jazzercise focuses on movement coordination, and Enerjetics reinforces body awareness. Along with demonstrating, Sefcik teaches what muscles are being used with specific routines. "This way, someone can work on a problem area at home," she explains. "I want them to both feel better and understand their body better when they walk (or dance) out of a class."

The secret to an effective program is a skilled instructor — one who is knowledgeable in physiology, exercise and dance. Ms. Sefcik says, "With a good program, there's a reason behind every movement; otherwise you lessen the exercise efficacy."

Because enerjetics isn't billed as dancing, it has enticed male participants, especially fellow racquetballers. "Guys are notorious for having tight hamstrings and calves," notes Sefcik. "This is usually caused from the type of exercises that they did when they were younger." The flexibility achieved with stretching exercises comes in handy when a ball is being played low, and reduces leg muscle strain. Men are pleasantly surprised by the musical workout. It's a significant change from the days they were resistantly drug to ballroom dance lessons to learn the proper way to step on a date's toes.

Top players like Marty Hogan have gone on record supporting dance as a means to enhance game coordination, control and power. A low intensity class or one primarily made up of stretching and slow movements can be an excellent appetizer to a rigorous racquetball game. But, if you go through strenuous aerobics before a court challenge... you run the risk of suffering an energy depletion midway through a match.

More than a sporty challenge, choreographed exercise is entertainment. It's a terrific way to condition your body for better playing or better looks. Discover musical movement... you can't beat it. ●

*Learning to Control Power
Key to Playing
Good Racquetball.*

By Allen Ascher

POWER

PART II

This is the second of a two-part series on the power game. See March '82 Racquetball for part one.

In addition to raising my racquetball level a notch or two, Bob Gura's article on pocket billiards in last September's issue of *Racquetball* touched a nostalgic chord. In college I learned some of life's most valuable lessons playing Chicago, a game more formally known as rotation, in the local pool hall. A brief description of the game: in Chicago the cue ball must hit the lowest numbered ball on the table before it strikes any other ball. Once the low ball is struck any other ball that finds its way into a pocket in the general melee of balls striking balls and cushions makes the shot good, whether or not the low ball itself

falls in. Of course, the preferred shot is to knock the low ball directly into one of the six pockets on the table, but very often the low ball isn't lined up for a straight shot and the shooter abandons scientific pool and just "gives the ball a ride:" he hits it as hard as he can and hopes that something will eventually bounce into something else and fall into a pocket. Sometimes — rarely — it works, and the shooter grins in thankful disbelief while his opponent shakes his head sadly. And the chance that it will work, as slim as it is, makes giving the ball a ride a legitimate tactic in Chicago. Legitimate, but only as a last resort. In reality it's a sign of desperate hopelessness and a loss of control of the table. The shooter uses it only when

there's no real shot open to him.

Like many of life's most valuable lessons, this one is applicable to racquetball. Inexperienced players often face game situations which seem to leave them no open shots, and, out of the same desperation that afflicts the pool shooter, they give the ball a ride with no thought of an overall strategy or purpose. This is bad enough, but there are players who give the ball a ride on every play, even when more intelligent alternatives are, or should be, obvious. They hit all of their shots as hard as they can under the vague misconception — vague because strategy hasn't been thought out — that since all advanced players hit hard, somehow hitting hard will produce winners. Occasionally it

works, and when it does they feel an unjustified pride in their own abilities while the teaching pro, if they have one, shakes his head sadly, because the indiscriminate use of power is one of the major stumbling blocks to good racquetball.

That's an extremely difficult idea to get across to someone who's new to the game. To the novice, and even to the less experienced intermediate, the most evident difference between his own game and an advanced player's is power; to the unpracticed eye

Experience teaches that power is only another tool of the game, and a double-edged tool at that.

the game seems to be nothing other than two players hitting the ball as hard as they can until one of them misses.

But experience teaches that power is only another tool of the game, and a double-edged tool at that. In one sense it's clearly indispensable; it enhances other shots, and no good player can be without it to some degree. But in an equally important sense it must be subordinated to larger aspects of the game or its use can lead to frustrating and confusing losses.

The frustration and confusion stem from a number of oddities about power in racquetball. Of all the aspects of the game, power is probably the one the player is least conscious of, even while he's using it. Specific ideas motivate every other part of the game, an immediate goal lies behind every shot. You hit a ceiling shot to buy time defensively, or to move your opponent out of midcourt; you hit to the backhand court to exploit a specific weakness; you hit kills and passing shots for out-and-out winners. But power? Power is just there, superimposed over all the other shots, usually improving them, but with no distinct purpose as its objective. The novice in particular doesn't reason about it. He emulates the advanced player by

hitting the ball hard, and he likes it so much he hits it harder, and when he loses points he hits the ball harder still. The intermediate is only a little more sophisticated: he responds to the power of his opponent with more power, hoping to gain an elusive advantage that way. Thus power grows, seemingly by itself, but "the race is not to the swift, nor the battle to the strong."

What is it about power that gives it such a mesmerizing effect on the player? I don't know if there's an answer to that question, but I can offer the observation that there are certain hypnotic parts of the game — roll-out kills, ace serves, and so forth — that cloud players' minds, shift their concentration, and distort the whole concept of the game. They seem to touch deep psychological responses in us, and the exhilaration we feel when we execute one of them successfully draws attention away from a clear head and winning ways. Power is one of those hypnotics, and in the same way that going for a roll-out kill on every shot is begging for disaster, using power thoughtlessly is asking for a disadvantage. Like fire, it's a good servant and a bad master.

When does it serve best? When it's a clear advantage to you.

That advantage lies in keeping your opponent from setting himself cleanly for his next shot. In fact, what you are playing for in the power game is superior balance and poise, the kind of court presence that can constitute an overwhelming advantage. If you play this game within-a-game successfully, his shots will lose accuracy and speed; eventually they'll lose their effectiveness.

To illustrate: imagine a game in which your opponent always manages to reach the ball comfortably while you're always a half-second behind it, or a half-step too far away. (Imagine it? We've all experienced this particular horror.) This sort of superior balance, maintained throughout the game, makes for an insurmountable edge. Power gives him that. It's the heart of its effectiveness.

It's important to see that your power doesn't neutralize your opponent's power and accuracy directly. Instead it attacks his ability to get to the ball — his speed, reflexes, and anticipation — and makes it very difficult for him to hit his best shots:

a ball coming at you at 80 miles per hour is harder to handle than one approaching at 40, simply because you have only half the time to make eye contact with it, figure its trajectory, draw back your racquet, forehand or backhand, and swing through. If you have better than average reflexes you'll be able to handle a faster ball, but always less effectively. In the same way a ball that's hit away from you requires time for you to reach an intersection point with it. A faster moving ball gives you less time to reach that point, and may even move the point far enough behind you to make the shot impossible.

These ends of power must be kept firmly in mind, so that the means that effect them will be executed properly. An intelligent power game is, as I've said, indispensable because of the number of benefits it gives you. And as your power increases (by diligent practice, not by brute strength) you'll find yourself able to handle better and better players through your ability to neutralize their strengths: the quick ones won't have as much time to reach and return your shots, and the strong ones won't be able to set up for power shots of their own.

Why, then, all the previous warnings? Because too many intermediates come to depend on power by itself, and power alone is not effective.

There are good reasons for being cautious with power — you pay for hitting the ball hard.

It can even cause some trouble in your own game.

Keep in mind that you're playing for superior balance in the power game. Unless your power keeps your opponent off balance to some degree, you're wasting your effort. To do that it must work in conjunction with other tools, particularly accuracy. Where the ball is hit is at least as important as how hard it's hit in taking advantage of your opponent's weaknesses. If he's gifted

with quick hands hitting the ball hard at his body — jamming him — isn't going to help you. Similarly, hitting the ball too near a player who has a good reach or one who can make the gets is a hopeless exercise — impressive, perhaps, as the ball rockets off the wall, but hopeless nonetheless, because power alone rarely wins points.

Then, too, accuracy in the height of the ball off the wall is crucial. One of the first rules of racquetball is keep the ball low, and with good reason. Driving the ball hard off the side and back walls only gives your opponent time to wait for the ball to come back to him, set himself for the return, then pick it off after it's slowed down. If you can't keep the ball down, your own power will work against you. And, of course, the harder you hit the ball, the lower it must be. If you find yourself giving your opponent too many opportunities because you're too high, you must either hit the ball lower or hit it with less power. Remember, you only have to pass him with your shot, you don't have to knock him over with the breeze. You'll be more effective if you go at his weaknesses with less power than if you try to overwhelm him.

There are other good reasons for being cautious with power. You pay for hitting the ball hard, and the effort can have a bad effect on your overall game.

First, there are many times when you simply shouldn't try to power the ball at all. As Dr. Bud Muehleisen wrote in his November *Racquetball* column, "the more you are in trouble on a shot, the easier you should swing." If you're going to try to rocket a ball that you've barely been able to dig out of the back corner, or tee off on a wallpaper shot, you're asking for trouble. Your preoccupation with power for its own sake will result in poor shots hit back to a waiting opponent. On these shots making contact is your primary concern, rather than ball velocity.

Second, hitting the ball back to your opponent hard means that the ball will take less time to reach him. That cuts his reaction time, but it cuts your own as well. One of your objectives in certain situations is to buy enough time to recover good court position. If you're pinned near a side wall and slam the ball at your opponent, you leave yourself no

time to scramble back to midcourt, and you give him a wide-open court to hit to. In that case your power is playing his game.

Third, you do sacrifice some balance in hitting hard. If you throw your whole body into a shot, take into consideration how long it's going to take you to get your body out of it again — that is, how long it will take to regain your balance and get into a ready position for your next return. If it takes you as long as it takes the ball to reach your opponent, your power is giving him the advantage in timing.

Fourth, the consistent pace that constant power hitting produces is another minus. Over the course of an hour's match, it's more than likely that anyone you play will make adjustments to a consistent pace on the ball. If you hit the ball with the same velocity shot after shot you're giving him another good advantage; his eye-hand coordination will become set, and he'll return all of your shots with a machine-like repetitiveness. Changing pace every so often — hitting a well-placed lob serve when he's expecting power, or pushing a ball against the front wall

occasionally — will improve your power game through the contrast and keep your opponent off balance more effectively than a straight power game would by itself.

Finally, bear in mind that hitting the ball with power on every shot can be exhausting to you in general and to your arm in particular, and in the latter stages of a grueling match exhaustion could become the deciding factor.

Power, then, though it's essential to a well-rounded and winning game, is not the panacea many intermediates take it to be. Often its use simply isn't warranted, and it can be costly under any circumstances. As often as not a judiciously placed, slower shot will be just as effective, and the alternatives shouldn't be overlooked. Use it with care, and turn Lord Acton's observation on government to your own advantage on the court: "Power," he wrote, "tends to corrupt, and absolute power tends to corrupt absolutely." In my aforementioned college days I learned pretty quickly that the most successful Chicago players were the ones who were forced to resort to brute power the least often. ●

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RB-01

Nautilus Leads the Field

Weight Training: High-Technology, Computer Age Fitness

By Tom Slear

"Just suppose," says Dr. Jim Peterson, director of the Sports Medicine for Women Foundation and author and publisher of numerous books on fitness, "that I want to go from where I am to where you are. My choices are walking, running, driving or flying. Obviously, the most efficient is flying.

"It is much the same with fitness. There are many ways to get it. Nautilus, however, is the most efficient. It is the flying of the fitness field."

Peterson, a PhD in physical education, is not employed by Nautilus Sports/Medical Industries, nor does he have any vested interest in its products. His convictions are based on an impartial, practical study which he supervised at the United States Military Academy at West Point in the early 1970s.

For years West Point has had the most comprehensive fitness programs for its 4,000 cadets of any university in America. However, there were doubts nearly 10 years ago whether its weight training equipment and instruction were meeting the high standards of the other programs.

"The Military Academy has a very real concern to get the best fitness equipment available," says Peterson, who was with West Point's physical education department from 1971 until last year. "They don't care how, they just want the cadets to be in the best shape possible. So we tested everything, from coffee cans filled with cement and stuck on the ends of a metal pole to the Nautilus machines."

The results were hardly equivocal: West Point now has 60 individual Nautilus machines and a "student body that is overall more fit than it has ever been before," says Peterson.

Strictly speaking, Nautilus refers to the more than 30 exercise ma-

chines and the concepts behind them developed by Arthur Jones and his Nautilus Sports/Medical Industries in Deland, Florida. But as is the case with most products that introduce a new concept, the trade name is indistinguishable from the concept. Nautilus has come to mean high-technology, computer-age fitness. It has also come to mean success both for Nautilus Sports/Medical Industries, which sells the machines, and the numerous racquetball clubs throughout the United States that provide them for their members.

"The concept is sound both from the standpoint of money and fitness," says John McCarthy, executive director of the International Racquet Sports Association (IRSA). "It makes sense to have as many fitness options as possible under one roof that will draw and keep members. And Nautilus is proving to be a very good draw."

To make his point, McCarthy cites some figures collected from the more than 500 clubs that are members of the IRSA. Nearly 30 percent have a Nautilus facility and another 17 percent plan to install one within the next 18 months. Before long, Nautilus machines will be more prevalent in racquetball clubs than a bar and lounge, which is a staple among profitable clubs.

"Fully a third of our membership has signed up or stayed because of Nautilus," says Kenny Navarro, manager and part-owner of The Sporting House in Enfield, Connecticut. "The machines are not a cheap investment, but for us, they have been worth it."

The attraction of Nautilus is on many levels. For one, it is stylish. As John Donati, a training consultant with Nautilus Sports/Medical Industries admits, "Nautilus has become a

little bit like hula hoops."

Strapping into a Nautilus machine is as respectable as running during the lunch hour or playing tennis at the club. Actors, actresses and sports personalities have been unashamedly caught sweating next to the exotic machinery of Nautilus. Before too long, Nautilus may even receive the ultimate accolade — appearance in a light beer commercial. Something like, "You have never stretched like that before." Then: "Well, we've never stretched for a light beer before."

Secondly, Arthur Jones and his disciples tell people at least one thing they want to hear. Fitness does not have to be the long hours of pain that tradition tells us it is. More is not necessarily better. Quality counts, not quantity. Thirty to forty minutes, two or three times a week, of the "right kind" of exercise — i.e. Nautilus — is all that's needed for an adequate level of fitness.

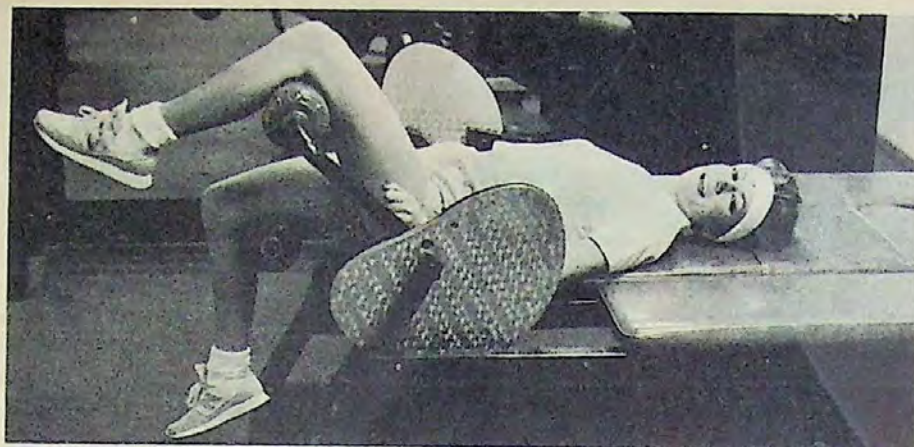
The logical extension of this thinking is that Nautilus is the ideal exercise machine. It offers gain without pain. Of course, no one connected with the Nautilus industry will support this, but if such wishful thinking helps to bring in paying customers, they aren't going to vehemently deny it either.

And why should they? The form-fitting machines look and feel like the space-age technology that we have come to believe in so easily. A fitness neophyte takes one look and is quickly convinced. Anything that looks that complicated has to work.

"Nautilus is easy to sell," says Navarro, whose club has 11 machines. "People so quickly associate

Nautilus can be used to build and strengthen muscles as well as toning them.





Nautilus machines isolate and exercise particular muscle groups, such as the hips and lower back.

sophistication with effectiveness. We tend to believe all solutions are associated with technology."

However, a solid foundation supports Nautilus' intricate facade. There are 2,600 commercial Nautilus facilities in the United States with memberships that vary from 250 to 10,000. Ten to twelve facilities are starting up every week. That many people are not fooled easily. Nautilus is no fitness panacea, but it is no passing fad either. The principles developed by Arthur Jones and carefully applied to his various machines make a lot of sense.

Ever since Jones' first attempt at a Nautilus machine in 1948, his intention has always been to enhance the strengths of the barbell and eliminate its weaknesses.

The barbell is simple and effective but it has one inherent flaw — it is not specific. For example, a simple curl is normally done to strengthen upper arm muscles. However, since the barbell must be gripped by your hand and moved by your wrist and forearm, the weight of the barbell is limited by the weakest point of the weakest muscle of the chain. Only one muscle gets fully tested and then only during one specific point of the curl. The upper arm muscle actually gets very little work.

Each Nautilus machine has a set of cams which change the weight during movement. As your leverage improves, the weight increases, working the entire muscle group at full intensity throughout the exercise. This variable resistance principle is the heart of the Nautilus concept, but in the 22 years Jones spent refining his hardware (Jones built the prototype in a Tulsa, Oklahoma, YMCA in 1948. He did not start selling his machines commercially until

1970), he incorporated several other advantages into his "improved barbell."

To be most effective, each cam is designed to vary the resistance for a specific muscle group doing a particular exercise. Each Nautilus machine, which is about the size of a dentist's chair, works on only one set of muscles, so a full workout is not one machine but as many as 15. You go from one to another, strap yourself in and the machine does the rest. The cams vary the weight and the lever arms make sure that only certain muscles are doing the work throughout their full range of motion.

"That's the nice thing about Nautilus," says Jim Peterson, "it's a no-brainer. You don't have to think. The machine makes sure you are doing the exercise right. All that you have to think about is working hard. Also, Nautilus machines are safe. There is a very small chance of injury."

However, advantages usually come with strings attached and in this case it's money. A Nautilus machine costs as much as \$3,000 and at least 11 machines are required for a complete workout. Also, people do not believe Nautilus is as much of a no-brainer as Jim Peterson thinks.

Says Doug Dixon, a district manager for Metro Nautilus Fitness Centers, Inc., which runs six facilities — five in racquetball clubs — in Baltimore, "What our members find really important is the supervision we provide. They like having a knowledgeable person watching them go through their workouts."

Of course, knowledgeable people do not come cheaply. Still, most racquetball club owners and managers believe a Nautilus facility is worth

the expense.

"Without a doubt," says Kenny Navarro, "Nautilus is the state-of-the-art for any fitness center. And racquetball clubs have to become total fitness centers today because as clubs offering racquetball only, we have priced a product we can't make money on."

Navarro's assessment may be particularly harsh, but it is not too far off the mark. As Chuck Leve, marketing director of the IRSA, says, "Two or three years ago, it became apparent to many racquetball club owners that if they had the space, it would be wise to expand the types of activities they were offering. Many owners picked up on Nautilus and that has been the trend for the last two years."

John Donati of Nautilus Sports/Medical Industries is more direct: "In the mid to late '70s, racquetball peaked and club managers were looking for ways to keep solvent. We did not actively go after the racquetball club market, the managers and owners came to us."

Of course, Nautilus Sports/Medical Industries has not been simply a good Samaritan. Racquetball clubs comprise the largest percentage of commercial Nautilus facilities. (The facilities are privately owned, however. Nautilus Sports/Medical Industries just sells the machines.)

"Let's face it," Donati says. "It has been a good marriage. Racquetball has helped us immensely."

"It has helped us both," says Navarro. "A Nautilus facility that takes up the space of two racquetball courts can easily net \$50,000 more. In fact, if I can break even on everything else and make money on the Nautilus facility and the bar, I'm happy."

Navarro's experience is by no means unique. A study presented at the New England Racquet Sports Association convention in 1981 showed that Nautilus has the potential to make five and 12 times more efficient use of space than racquetball and tennis courts respectively. In the future, Nautilus Sports/Medical Industries plans to come out with computerized machines. You punch in your code and the computer sets the weights and tells you how many repetitions to do.

"Computerizing exercising," Navarro says with excitement. "That means printouts, buttons and electronics. The people will love it." ●

WINNING POINTS

Time Out With Dr. Bud

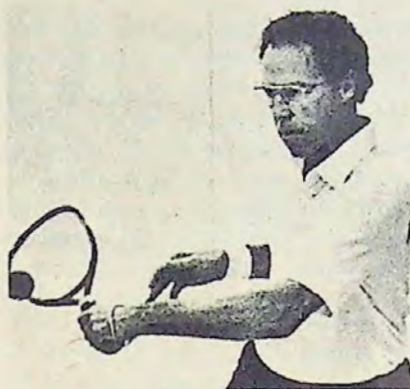
This column is penned by Dr. Bud Muehleisen, winner of 54 National titles and coach of numerous national champions. It is directed at questions which are of a technical, mechanical, or strategic nature for the racquetball player. Address your questions to Dr. Bud's Clinic, c/o Racquetball Magazine, 15115 S. 76th East Ave., Bixby, Oklahoma 74008.

Question: I am matched against a player who is, for the record, much better than I am. What should my game plan be? R.P., Oklahoma City, OK

Dr. Bud: My game plan would be to strive to only employ the things that I have practiced and to only attempt the shots that I know that I am capable of and have confidence in. The tendency so often in this situation is to think to oneself that wow my opponent is better than me, so I better try this or I had better try that, and that is just what your opponent is hoping you will do. Remember again that your goal is not to beat yourself! If you get beat then accept it, try to learn something from it, and go back to the practice court and work on your weaknesses. In this situation may I suggest three goals that you might wish to concentrate on and try to accomplish. 1) I am going to try to keep my opponent in back of me 2) I am going to try to keep the ball from rebounding off the side walls and 3) I am going to try to avoid making any errors. Keeping those thoughts in mind and depending on your success in accomplishing them you might just be surprised and pleased with yourself at the end of the match. And who knows — an upset might be in the making.

Question: Do you have any recommendations or drills for working on quickness? L.H., San Francisco, CA

Dr. Bud: Quickness starts in your HEAD! That's what makes the feet move. You must continually remind yourself to play your opponent utilizing an open stance, facing the side wall the ball is on. You must also remind yourself that after you have hit your last shot MOVE and go somewhere — make something happen — and hopefully in an anticipatory direction.



As far as the actual movement or quickness is concerned, the strength is in the legs and there are many drills and exercises which will help you develop quickness. Muscle tone and flexibility in the legs are probably two of the most important factors. It's not just strength. As an example, how many real quick, big football linemen would you see on a racquetball court as compared to some skinny little leg player who gets around like a bullet? Any drill which assimilates movement on the court is helpful especially where you are utilizing a pushing off forward — backward — sideways motion.

Again, constantly remind yourself to be on the balls of your feet almost in a bouncing motion so that you are ready to shove off in some direction. I think one very good drill is to do just straight jumps up and down standing in place. Also jumping rope will help teach you to stay on the balls of your feet and develop a springing sensation. If you say, "But I can't jump rope very well" I would reply "Yes you can, just do it without a rope, who needs the rope?" You can assemble any type of jumping rope exercise without a rope just as well and besides that way you never miss. These are also very good cardiovascular exercises.

Question: I know that you strongly advocate playing doubles. What advantages do you feel it has or provides? M.M., Nashville, TN

Dr. Bud: First of all singles is work but doubles is FUN. Doubles teaches you court position and racquet control. Doubles develops your reflexes and volleying skills. It also teaches racquet control and awareness as

well as the team concept. It is much more stimulating and not as tiring as singles. Also you will encounter such a different array of shots and returns while playing doubles, especially if you continue to change partners and sides of the court that you play. It stresses the importance of good serving and serve return. And finally doubles helps your singles game but singles does not help your doubles game because you must play doubles to learn doubles. Give it a fair try and I think you'll like it just as I do.

The better professional players are always looking for a game of doubles. A hint also is to play it with a much slower ball and it will give you more time to react and also result in much longer rallies. (For more on doubles, see Steve Keeley's article in this issue — Ed.)

Question: I'm having trouble obtaining a really solid hit consistently. What do you suggest? K.J., New York, NY

Dr. Bud: The first thing that you should check would be to see that you are getting good extension on the shot and note the racquetface at contact with the ball. Remember that it's that square flat hit, that is, the racquetface being perpendicular to the floor, that provides the good solid hit and creates the so-called "pop" on the ball. Do not confuse the pop, however, with the power exerted in the swing. You can swing very easy and still create a pop on the ball with a real flat swing.

Another very good hint to remind yourself to adhere to is to tell yourself to "watch the ball a little longer." I know everybody says "keep your eye on the ball," but if you stress watching the ball a little longer all of a sudden you will note that you are seeing the ball better, especially in the area within about three feet of your racquet as the ball approaches. If you are really concentrating on this you'll note that your eyes will almost develop a burning sensation. I think that if you will try this the next time you go to the court you will be very pleasantly surprised with the contact and resulting control that you have obtained with the ball. ●

Key to Strategy in Doubles Play

By Steve Keeley



Steve Keeley is a former pro racquetballer with a number of books on the subject to his credit.

Doubles strategy is much more involved than that in singles. Indeed, racquetball two-on-two makes one-on-one a kid's game when it comes to using the old noggin. The shot selection in doubles is more diverse, the service and serve return choices are more important, the mental game is profoundly more complex because in doubles two minds must mesh. The overall strategy of doubles is so detailed that in this article I will cover just one important facet — the isolation factor. Isolation here means singling out one player of the opposing team and working him over. You will see that this strategy secondarily isolates the other team member, and gives him a different kind of working over. Why isolation? This is the most ignored, yet one of the most potent strategies of the game. It is a direct assault and a sneak attack at the same time, as you will see.

Marty Hogan and I teamed to play Charlie Brumfield and Carl Loveday in the finals of an early 1970's tournament in Washington. Hogan needs no introduction now, and didn't back then. He always could hit the snot out of the ball. Me? I could hit the ball pretty well too. So, who did our opponents choose to isolate? Keeley, because Hogan hit bullets and I shot BBs. On the other half of the court, Charlie

Brumfield needs no introduction other than to point out that he is, in my mind, the most knowledgeable doubles player in the history of the game. His partner, Carl Loveday, taught the game of racquetball — singles and doubles — to Brum. That's 'nuff said about his expertise. So, who did Hogan and I choose to isolate? Loveday, because although he possessed consummate savvy and a dazzling array of shots, at fifty-and-some-odd years of age he didn't have the legs.

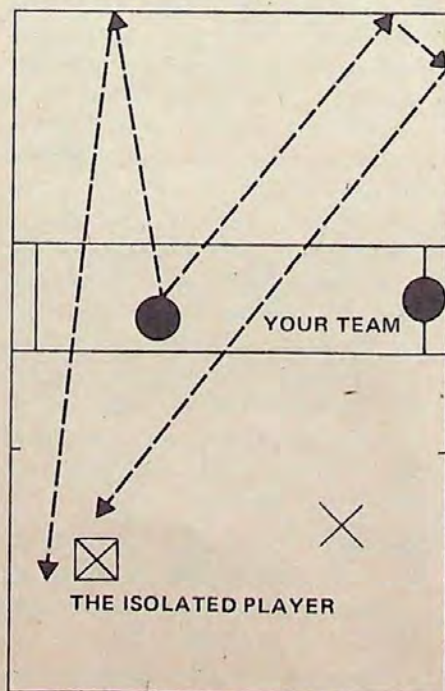
Realize that when each team in a doubles match isolates one member of the opposing team, the two picked-on opponents end up hitting the ball to each other all day long. In this case, Loveday and I hit ninety percent of the shots, Brum and Hogan ten percent of the shots. With Loveday on the right side of the court and me on the left, we exchanged hundreds of cross-court passes and ceiling balls. His legs gave out before my BB shots ran out and Hogan and I took the match.

Don't you think that if we four players relied on the isolation factor in this championship match, you

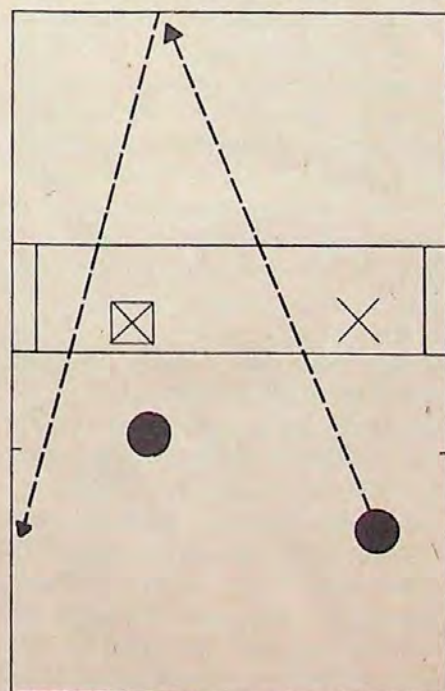
should at least give it some thought? Throughout the history of racquetball, isolation has been responsible for more doubles championships than you can imagine. So, let's take a close-up look at this strategy.

First, who to isolate. A smart doubles team determines early in the match which of the two opposing players is weaker — that is, who to isolate. Better yet, you should scout your upcoming opponents while they warm up, or even in a previous match, to ascertain who you will pick on. Look for the team member who has slower reflexes, less patience, worse strokes or some other blatant inferiority. If the left side player of their team is right handed, he is usually the one you'll isolate since most of his returns are with the presumably weaker backhand. (However I have run up against a couple of teams where the left side backhand was stronger than the right side forehand. Here we had to play to the forehand on the right side.) Once the weaker player is singled out, you can begin the isolation factor.

Badger this chosen player with the brunt of your attack. Hit all serves,



Serves with a slow ball to the isolated player should be medium speed Z's and garbages.



Your right side player should make good use of the cross-court pass and ceiling ball against an isolated player on the left side.

all serve returns and most shots (passes and ceiling balls, though not always kills) during the rally to him. Nag him with shot after shot until one of two things occurs. Either his inferiority (impatience, weak stroke, etc.) will be amplified and soon cause the collapse of his team, or he will wilt from fatigue and finally cry "uncle". This direct assault by the isolation factor builds on itself in that the more tired and picked-on the player gets, the more his inferiority comes out. And then the more his inferiority is played to, the more tired he gets. A typical example of this vicious circle occurs when you isolate the right-handed left side player who has a weak backhand ceiling shot. You make him hit more and more ceiling balls, he gets more and more tired, his ceiling game gets worse and worse . . . and so on until his arm, as well as his mind, ceases functioning.

The isolation strategy snowballs in another way. This is the sneak attack which I mentioned above. As the picked-on player physically withers on the court, his ignored partner undergoes the doldrums of inactivity. He gets bored, and more bored, and soon slips into a haze of disinterest. This "inactivity hypnosis" eventually renders the fellow catatonic, or else he explodes in one big fit of frustration and beats up his partner. Either way, your team wins.

Actually, isolation strategy isn't

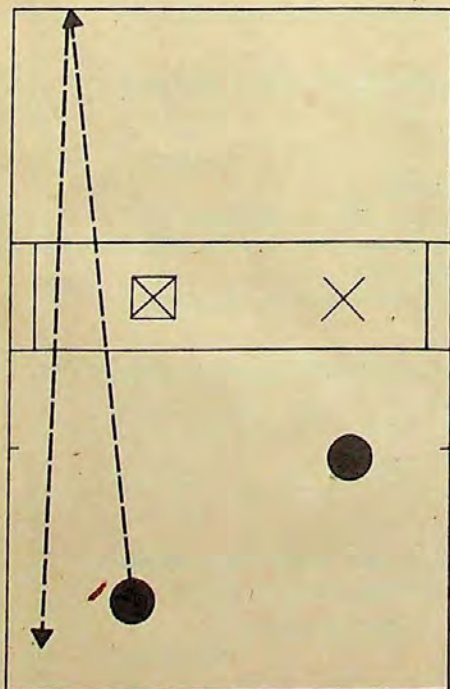
that much fun to play, whether your team is doing the isolation or being isolated. Why? Because of the inevitable counterattack. The picked-on player of the isolated team usually gets smart and isolates the weaker player on the opposing team. (Such was the case when Loveday and I isolated each other in that Washington championship match). A two-man game results — essentially a singles match on half the court — and everyone ends up getting teed off at everyone else. The racquetball court is too small a pressure cooker for four steaming players, so use the isolation factor with discretion. Save it for spirited tourney matches, not funsy practice games.

It isn't hard to figure out which shots to hit to the picked-on player — almost every shot. Give him every single serve. I prefer to serve soft (garbages and medium-speed Zs) to the isolated player because these force him to initiate a rally with a pass or ceiling return, rather than allowing him to duck out of the rally with a kill attempt. When your team is receiving service, hit him every single serve return. Again, I'll force him into a rally by feeding him a pass or ceiling serve return rather than hitting an immediate kill attempt. During the rally, hit all ceiling balls to the isolatee. Plus, wear him down with passes. The pass is perhaps the most effective weapon a team utilizing the isolation factor

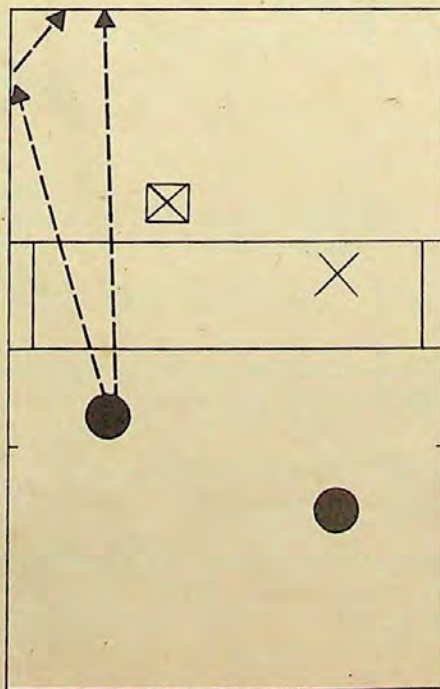
has at its disposal because passes keep the tired fellow on the hoof. But while passing him to death, heed this caveat: do not sacrifice easy set-ups just to prolong the rally. Your main goal is to score 21 points, and your secondary aim is to make the isolated player melt into a puddle of sweat like the wicked witch of the West.

That brings up placement of the killshots when the isolation strategy is in effect. Kill the majority of kills so that if they hang up on the front wall, the picked-on player must do the retrieving. Let's say you are isolating the left side of the player of the rival team. Your team's right side player should hit cross-court kills or wide pinch kills, while your left side player should hit down-the-line kills or short pinch kills.

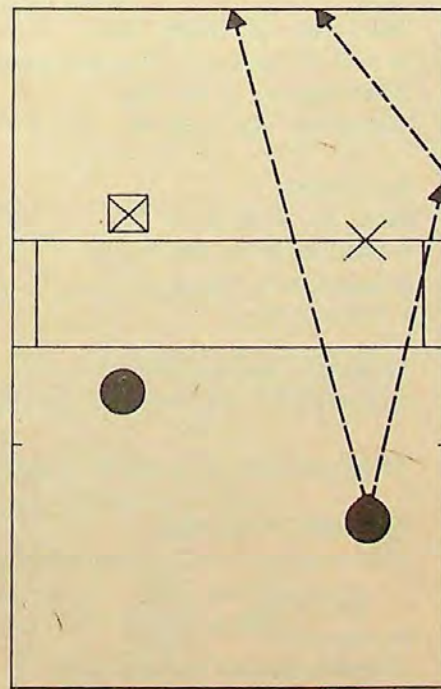
The final word with the isolation factor deals with the ball. The slower the ball, the more effective the isolation strategy. A super-fast ball is difficult to control well enough to funnel all shots to just one member of the opposing team. In addition, the rallies with a faster ball are always shorter, since more of a slam-bang strategy is called for in which everybody goes for the kill at first opportunity. No one gets tired in a superball match where the ball rarely gets higher than two feet off the floor. So, pick a slow ball, pick on the weak player, and wear eyeguards. ●



The bread and butter shots for your left side player against an isolated player on the left side should be down-the-line passes and ceiling balls.



Killshots by your left side player against a player isolated on the left should be straight-in or short pinches.

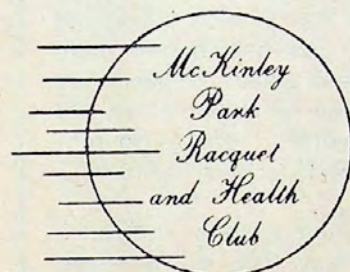


Killshots by your right side player against a player isolated on the left should be cross-court or wide pinches.

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McKinley Park Inn
S 3950 McKinley Parkway
Blasdell, N.Y. 14219
1-716-648-5700

Single — 29.00
Double — 34.00

PLAY BEGINS:

May 27, 8:00 A.M. — All events
Playing times available — May 24th after 5:00 P.M.
Call 716-648-5500

Be sure to mention you are with AARA Racquetball Tournament to receive special room rate. In order to assure you of a reservation, please make your plans before April 15, 1982.

Additional Housing will be placed through McKinley Park Inn -- Call 716-648-5700

TRANSPORTATION:

Shuttle service will be provided on the hour from Buffalo International Airport on the following schedule:

May 26th 9:00 AM to 10:00 PM

May 28 9:00 AM to 5:00 PM

May 27 8:00 AM to 10:00 PM

May 29-31st Upon Request

TOURNAMENT DIRECTOR:

Luke St. Onge
5545 Murray, Suite 202
Memphis, TN 38119
901-761-1172

BE SURE TO READ BOTH SIDES OF THIS FORM

RULES:

AARA Official rules will apply. Only amateurs may participate. AARA rules state the definition of an amateur racquetball player as any player (male, female or junior) who has not accepted prize money, regardless of the amount, in any PRO SANCTIONED tournament (NRC, PRA, WPRA, IPRO, NARP, or any other association so deemed by the AARA Board of Directors). ALL PARTICIPANTS MUST SHOW CURRENT AARA MEMBERSHIP CARD or purchase membership at time of registration.

TOURNAMENT BALL:

Penn Ultra Blue

HOSPITALITY:

Hospitality will be provided throughout the entire tournament. Friday evening beginning at 6:30 GENERAL MEMBERSHIP MEETING with cash bar and party to follow. Saturday evening beginning at 7:00 p.m. with cash bar and buffet style dinner to follow at 8:00 p.m. Free to all PLAYERS; nominal fee for guests.

AWARDS:

Given for first, second, third, fourth, and consolation. For seeding purposes, please send record of past accomplishments.

NOTE: Men's and women's B divisions may be limited to 64 players per event. Due to the anticipated large turnout B's will be accepted on a first come, first serve basis.

DEFINITION OF AMATEUR - as applies to AARA rules - AARA rules state the definition of an amateur racquetball player as any player (male, female or junior) who has not accepted prize money, regardless of the amount, in any PRO SANCTIONED tournament (NRC, PRA, WPRA, IPRO, NARP, or any other association so deemed by the AARA Board of Directors).

Please enter me in the event(s) checked below. Players may enter two events.

MEN'S DIVISIONS

- ☐ Open
☐ Seniors 30+
☐ Seniors 35+
☐ Seniors 40+
☐ Masters 45+
☐ Masters 50+
☐ Golden Masters 55+
☐ Golden Masters 60+
☐ Golden Masters 65+
☐ B (non-championship event)

WOMEN'S DIVISIONS

- ☐ Open
☐ Seniors 30+
☐ Seniors 35+
☐ Seniors 40+
☐ Masters 45+
☐ Masters 50+
☐ Golden Masters 55+
☐ Golden Masters 60+
☐ Golden Masters 65+
☐ B (non-championship event)

☐ Wheelchair Division (Disabled)

PLEASE TYPE OR PRINT CLEARLY

Mr/Ms _____ Age _____
 Address _____ City _____ State _____ Zip _____

Business Phone _____ Home Phone _____
 (Area Code) (Area Code)

Expiration date of AARA Membership Card _____

Waiver: I hereby for myself, my heirs, executors, and administrators, waive and release any and all right and claims I might have against the American Amateur Racquetball Association, McKinley Park, Miller Brewing Co., Penn Athletics Co., or their representative agents, for any and all injuries.

DATE _____ SIGNATURE _____
 (Parent's signature, if participant is a minor)

MAKE CHECKS TO:

AARA NATIONAL SINGLES

ENTRY FEE:

\$30.00 first event

\$15.00 second event

Players may enter two events

MAIL TO:

A.A.R.A. National Singles
 5545 Murray, Suite 202
 Memphis, TN 38119



FORM IS NOT COMPLETE NOR IS ENTRY ACCEPTED UNLESS CHECK FOR CORRECT AMOUNT IS ENCLOSED

GET IN TUNE WITH YOUR BODY.

Eliminate Dieting Forever By Learning How To Eat

By Beatrice Taylor Quirk

Beatrice Taylor Quirk is a freelance writer living in North Carolina. In researching this article she interviewed numerous experts in the field of nutrition, as well as a specialist in sports nutrition, Nancy Clark, R.D.

We all must eat to live. But some ways of eating are definitely better than others at keeping us alive.

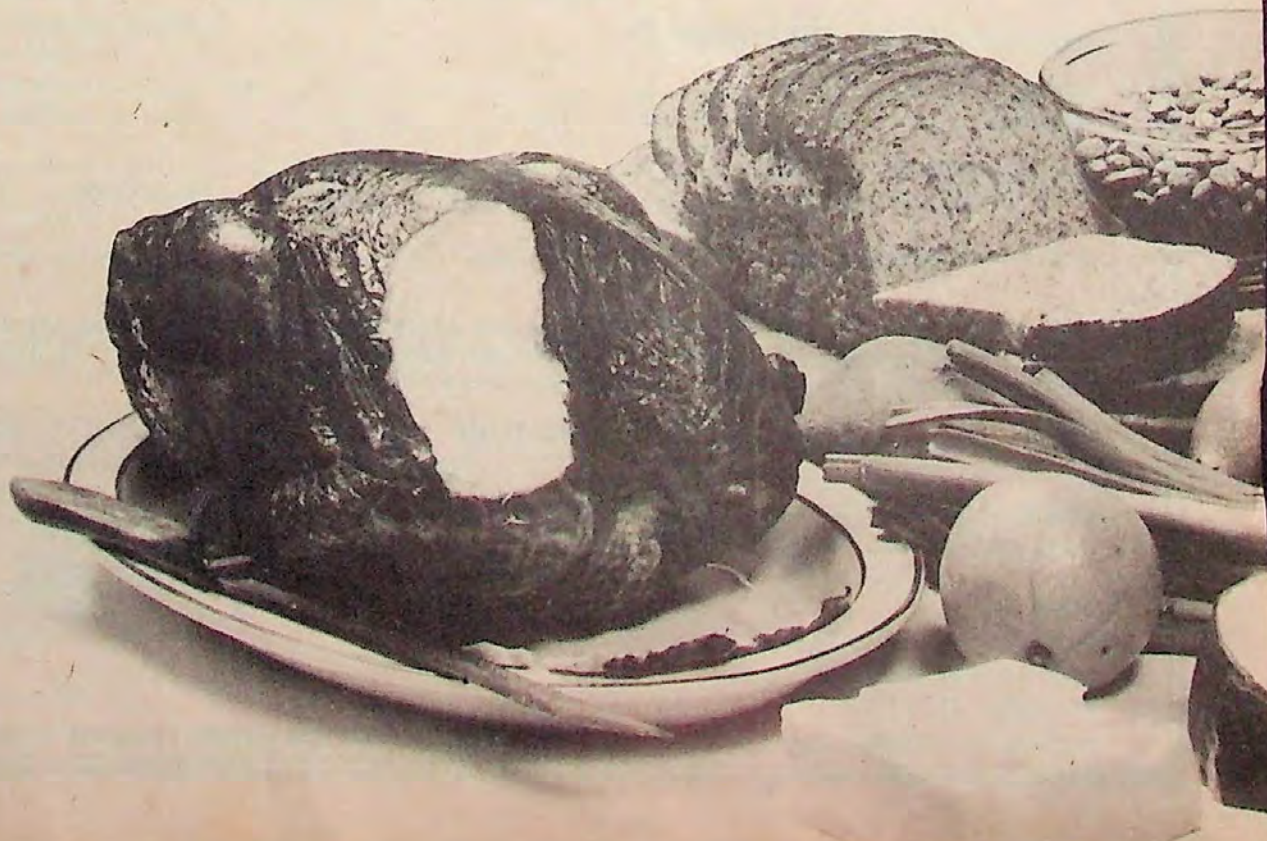
Deciding what and how much to eat is becoming increasingly difficult in our society. We are constantly bombarded with fad diets and nutrition plans, as well as warnings about harmful foods from government agencies and scientists. Then there are all those ads for designer clothes that imply being without a single

bulge of fat is sexy and attractive. Our society is both weight-conscious and food-conscious.

Despite all the advice being given out, your nutritional needs and dietary habits are ultimately a personal matter between you and your body. What you eat depends on your psychological make-up and emotional needs, your experiences with food and cooking and how much time you have for food preparation. How much you need to eat depends on how active you are, whether you're hyper or low-key and your size, age and sex.

There's no one who knows all this better than you. It's important to be in tune with your body. Being active and exercising, along with the physical benefits they provide, also help you to know your body better.

But your self-knowledge does need some guidelines. They can be kept simple, however. Foods are divided into three basic groups — carbohydrates, fats and proteins. The calorie content of food gives an idea of how much energy the food contains. Much of the current



scientific literature on nutrition recommends that Americans eat more carbohydrates and less fats and proteins. This is particularly true for athletes and those who exercise regularly.

Carbohydrates are needed for energy, and they are the best source of energy for vigorously exercised muscles. Carbohydrates provide four calories per gram, and are found most abundantly in fruits, vegetables, bread, pasta and crackers.

Fats are a far more concentrated form of energy, providing nine calories per gram. Any excess calories you consume are stored in the body as fat. If you consume 3,500 extra calories, you've put a pound of fat on your body. When all the carbohydrates in your muscles (in the form of glycogen) are used, the body begins to use this stored fat for energy. Foods rich in fat include butter, margarine, mayonnaise, bacon and peanut butter.

Protein is used mainly to build and repair tissue and provides four calories per gram. Examples are cheese, meat, chicken, fish and eggs.

Since fats contain more calories than protein or carbohydrates, they

are the most fattening thing you can eat. Many protein foods also contain fat and cholesterol. And cholesterol can contribute to heart disease.

Nancy Clark, a registered dietitian and sports nutritionist at Sports Medicine Resource, Inc., a Boston-based sports medicine clinic, recommends planning your diet around a four-food plan. It is a simple and flexible plan that fulfills all your nutritional needs and provides approximately 1,500 calories, which Clark considers a foundation for your day's eating.

For the average adult, the plan calls for two daily servings of dairy products, two servings of protein foods totaling four ounces, four servings of fruit, juice and vegetables, and four servings of bread, cereals and grain products. Children, teenagers and pregnant and lactating women have slightly different needs. Clark said a copy of this plan can be obtained from the National Dairy Council.

Clark has a bachelor's degree in nutrition from Simmons College and did her dietetic internship at Massachusetts General Hospital. She has also done thesis work on nutrition and exercise physiology at Boston University and is the author of *The Athlete's Kitchen: A Nutrition Guide and Cookbook*. In addition, she wrote a chapter on Sports Nutrition for the recently published book, *Sports Health: The Complete Book of Athletic Injuries*. Her favorite

activity is cycling, and she also cross-country skis and runs competitively in the 10-kilometer event.

Clark said that an athlete or person who exercises strenuously for at least an hour every day might need twice the calories provided by the four-food plan. You can increase your caloric intake by eating more from all four groups, but Clark said it is better to stick to foods rich in carbohydrates and make carbohydrates the mainstay of your diet.

Only carbohydrates can replenish and replace the muscle glycogen used by exercising. Clark said this can be done by eating cereal and muffins for breakfast rather than eggs and bacon, having crackers and fruit for snacks in place of cheese, and eating casseroles instead of meat. If you like sweets, Clark said it is better to eat carrot cake rather than chocolate cake, and oatmeal cookies rather than chocolate chip cookies.

Clark said taking vitamin supplements is not necessary. If you are eating a variety of wholesome foods, she said, you will be getting all the vitamins you need. She said athletes do not need more vitamins than non-athletes, and that extra vitamins do not help improve performance or stamina.

People who exercise moderately, say playing racquetball once or twice a week, do not need to alter their usual diet much. It might be necessary to eat a bit more than usual to make up for the extra calories burned off while playing. But it is important to make sure not to overcompensate and eat more calories than you used.

The most important thing for the casual player to remember is to drink enough fluids. Clark suggests drinking two or three glasses of water before you play to saturate your tissues. You can also drink during and after play. You need to



drink even after your thirst is gone because lack of thirst does not indicate you have replenished all the fluids lost through sweating. Clark said "if you get headaches, feel irritable, urinate infrequently, or have dark urine after you play, you're not getting enough fluids back into your system."

Clark warns that beer is not useful for replenishing either fluids or carbohydrates after exercising. She said alcohol dehydrates, and the calories in the beer have insignificant nutritional value and are lost primarily as heat rather than being used for energy. She suggests drinking water first and then having a beer later.

Diet soft drinks are useful in replacing lost fluids, and they do not have many calories. Clark recommends moderation, say one or two cans a day. Some studies have linked saccharin consumption with cancer. You should also keep in mind that diet cola drinks contain large amounts of caffeine. For a low calorie drink, Clark suggests diluting orange juice with club soda.

Fluid replacement is also important for the serious competitor. Clark said it is important to drink plenty of liquids one or two days before the event, as well as one or two hours before, so that you will be fully hydrated.

Her advice for eating before competition is simple — eat a carbohydrate-rich meal the night before. This will provide plenty of glycogen for you to use the next day. She also recommends eating either a light meal two to three hours in advance or a larger meal four or five hours before play. Either meal should be rich in carbohydrates. These meals can be digested before you start playing, but will also ensure you don't get hungry.

Carbohydrates digest faster and easier than proteins or fats and will be stored in the muscles as glycogen for energy during play. Eating too much protein before play can lead to problems. When protein is digested, urea, a waste product, is formed, which is excreted by the kidneys, and Clark said you will probably find yourself needing to urinate more frequently. Sweet foods, such as a candy bar or honey, give a quick boost, but the body responds by quickly lowering the level of sugar in your blood with a secretion of insulin, which may cause weakness and headaches.



A Healthy Alternative

Many ancient Greek athletes were vegetarians, and modern science is starting to tell us their diets were better for athletes than present-day training tables loaded with red meat.

A 125-pound woman needs 44 grams of protein a day, a 150-pound man 56 grams. Since protein is used mainly to build and repair tissues, an athlete has no need for more protein than an inactive person.

"There's too much emphasis on protein," said William Gottlieb, sports nutrition columnist for *Women's Sports* magazine and an editor of Prevention health books at Rodale Press in Emmaus, Penn. "If you get enough calories, you're getting enough protein from nuts, seeds and whole grain products. I've been a vegetarian eight years, and I've never been concerned about getting enough protein."

Gottlieb, who is 5'9" and 150 pounds, plays racquetball three or four times a week, jumps rope regularly and weight trains. His diet excludes all meat, chicken and fish, and he eats dairy products sparingly, although he does drink goat's milk and eats cheese. He usually has citrus fruits for breakfast, eats a large, hot meal of soup or a casserole for lunch, and then has a large salad for supper. In addition, he takes high potency multi-vitamin and multi-mineral supplements daily.

Gottlieb, 28, obviously feels diet is important, otherwise he would not take such care with his. But when it comes to athletic performance, he's not sure whether a person's eating habits make much difference. "I think training is the most important factor in athletic performance," he said. "Practice and persistence is the bottom line. Most people probably could improve their performance if they had a better diet, but when you're talking about highly-trained athletes, I think diet becomes a backdrop."

Still, he'll admit it may well have been what he ate that enabled him to win a local C-level racquetball tournament last year. He played two matches the first day and three the next, and the championship match was the only one to last three games. "All I had during the daytime was lemon juice sweetened with honey, along with raisins," he said. "But the first night I went home and had four or five baked potatoes with a parsley-based sauce. Who knows? Maybe it was all the carbohydrates in the potatoes that enabled me to pull off that last game."

After the match, Gottlieb went out to eat to celebrate, and ordered, naturally, a whole wheat pizza. ●

Clark does not recommend carbohydrate loading except for endurance athletes who are comfortable following it. Carbohydrate loading is a way of increasing the glycogen in your muscles through a week-long regimen of eating and training. First there is a hard training period followed by three days of a low-carbohydrate diet to deplete the glycogen supply in the muscles. Then, for three days prior to the event, the person loads up on carbohydrates, which the starved muscles absorb readily, and they become saturated with glycogen. This provides an extra supply of energy to draw upon.

Clark, however, believes training is more important than special diets for endurance events. And for a racquetball player, training and eating carbohydrate-rich meals before a competition should be sufficient preparation.

It is impossible not to mention weight and the ways to lose it when discussing nutrition and dietary plans. Contrary to what many diet books tell you and the general approach many take toward dieting, losing weight need not be painful, nor does it require adopting strange eating habits. And according to Clark, it doesn't require weighing yourself, counting every calorie you consume or consulting height-weight tables for your ideal weight.

Losing weight does require burning off more calories than you consume, which can be done by eating less and/or exercising more. It is important to exercise while dieting. If you don't exercise, you will lose more muscle tissue and less fat than if you do exercise. And fat is what you want to get rid of. Exercise, particularly when combined with eating less, helps you burn off fat.

Clark recommends making the weight loss gradual, one or two pounds a week. Women should not cut their daily-caloric intake below 1,200 calories; men not below 1,500.

"Too many people starve themselves. Dieting becomes denial and punishment; it's unrealistic," Clark said. "When people come to me to lose weight, I don't put them on a diet; I teach them what to eat. I show them a more healthful option and guide them to better choices and decisions. I don't want it to be a negative experience."

She also helps her patients discover why they eat. Food also pro-

vides emotional nourishment and is a way for many to deal with their problems. "Everyone likes to be comforted by food," Clark said. "But you have to acknowledge what's going on and realize that eating will change nothing. How often you do it is the key."

She pointed out there's nothing wrong with eating an ice cream cone every once in a while because you're lonely. But it becomes long-term punishment when you eat one every day because you're angry with your boss. The thing to do is confront your boss, not eat.

Clark said people who want to control their weight must develop good long-term eating habits they can follow for a lifetime. This is one reason why many fad diets do not work. Dieters often lose weight when eating only fruit or protein, but once they go off the diet, they usually gain the weight back. They still don't know how to eat well.

One-food and other fad diets are unhealthy because they do not supply all the nutrients and types of food you need, which could make you more susceptible to illness. Clark said such diets also reduce your caloric intake to the point where they might cause personality changes, and they promote muscle deterioration and water loss rather than fat loss. People who turn to fad diets might get into cycles of large weight loss and gain as they attempt to find a magic formula for slimness. "This is unhealthy," Clark said, "since these repeated large swings in weight can lead to higher cholesterol levels."

Since many nutritionists now say that height-weight tables give only a vague idea of what you should weigh, you might wonder how to tell if you need to lose weight, and if so, how much. One reason for the tables' unreliability is that most people put themselves in the large frame category. Also, since athletes have more muscle than the average person, and muscle weighs more than fat, they will tend to weigh more, but not necessarily be overweight.

The key to determining whether you need to lose weight is the amount of fat in your body. There are ways to determine this, either by underwater weighing in an immersion tank, or through skinfold measurements. "The immersion method is the most accurate," Clark said, "but is used mostly for research because it is time consuming and inconvenient."

Skinfold measurements are taken with a caliper, which Clark describes as a giant pair of pliers with a gauge. Fat is stored under the skin, and the more fat you have, the thicker the layer of fat under the skin. This layer is distributed differently for everyone, but can be seen most easily along the midriff, abdomen, hips and thighs. The caliper measures the layer of fat, and the measurements can be used to determine the percentage of fat in your body.

For a rough idea of how much body fat you have, many nutritionists recommend pinching yourself along the waistline or on the back of the arms. If you grab an inch or more, you need to lose weight. Clark goes even further. "I tell people to stand naked in front of a mirror and pinch themselves — over the waist, the back of the arms, thighs, around the belly button," she said. "When you see the size of the pinches, you'll know if you need to lose weight. I don't encourage people to weigh themselves. If you look at yourself, your body will tell you where you should be. And when you see the pinches getting smaller, it's a good feeling."

Some people might lose inches where the fat is stored when they begin exercising, but this is just as good as a loss in weight. Lost inches are lost fat, meaning the percentage of fat in your body has decreased. When you exercise vigorously, your body draws upon stored fat for energy, and it disappears. Exercise also builds muscle tissue, which weighs 1.2 times as much as fat tissue.

There are ways to get exact numbers for those who feel more comfortable with figures and more tangible goals. And the information could be available at your racquetball club. Members of Sportrooms, a six-club chain in Miami, can now take advantage of its Human Performance Lab located at its Coral Gables, Fla. facility.

"Basically, it tells you how bad a condition you're in," said Pete Crummey, manager of the Coral Gables club. The lab is free to corporate members and costs \$100 for other members. It is operated by Tony Abbott, who was president of his own consulting firm that advised corporations about fitness.

To get a fitness profile of a person, Abbott tests the subject in four areas — cardiovascular and pulmonary

Racquetball — Rapid Weight Loss Miracle?



Ron Rittenmeyer

There are many skeptics around who just won't believe what racquetball enthusiasts tell them about the physical and psychological benefits of playing the sport.

But Ron Rittenmeyer's closet, recently filled with a brand new wardrobe, should convince even the most doubting of Thomases. When Rittenmeyer first stepped on a racquetball court in Charlotte, N.C. almost two years ago, he weighed about 265 pounds. Actually, that's what he thinks he weighed, because he was afraid to get on a scale. Five months later, Rittenmeyer, who is 5'11", weighed 190. And he has been able to keep his weight at that level for more than a year.

Although Rittenmeyer also changed his eating habits at the same time, he credits most of his weight loss to playing racquetball. He began playing once or twice a week, but stopped whenever he got tired because, "I was afraid of having a heart attack." But the effects were immediate — he lost 15 pounds in the first three weeks.

"I think I had tried almost every diet in the world, and it was so hard for me to stay on them. It was a vicious cycle, and I got to hate myself," Rittenmeyer, 34, said. "But with racquetball, I figured I had finally found something, and it became a personal desire to see how low I could go. And the more I exercised, the less I wanted to eat."

He began reading about nutrition and dieting. He said he figured he burned about 600 calories playing racquetball, so he allowed himself just 1,200 to 1,500 calories a day. He admits he cheated sometimes, but always recovered the next day to turn that pattern around.

Rittenmeyer now plays racquetball five or six times a week. After he plays, he does 50 to 75 sit-ups and then light weight-training for about 20 minutes. "Exercise becomes like a disease — I don't feel right if I don't do it," he said. "I have to watch it that I don't panic if I miss a day." He said if he's away and can't play racquetball, he runs, even though he hates it. He and his family recently moved to Dallas, and he said one of the factors in choosing a new home was its proximity to a racquetball club.

Rittenmeyer has increased his caloric intake, but has retained many of the dietary changes he made when losing weight. Before, he would snack almost all the time on candy bars, but has now almost completely eliminated sugar from his diet. He eats bread, potatoes and red meat sparingly. Trips to fast-food restaurants are rare.

But he still watches his weight carefully. If he overeats one day, he eats less the next. If he sees the scale starting to go up a few pounds, he gets panicky. "That extra food, those extra pounds will only come back to haunt you," he said.

Rittenmeyer said he was athletic in school, and began overeating as he got older. Competition is not that important to him now. He considers himself a high C-level player, but plays only in a few local tournaments. "I play racquetball for the exercise, not to be a super competitor," he said. "I go out there to sweat like hell." ●

capacity, flexibility, muscular strength and percentage of body fat. To determine how much fat a person has, Abbott takes skinfold measurements in six places — the chest, back of the arms, back, hip, stomach and thigh. These measurements are then put into formulas, and Abbott can tell you how much fat you have and how it is distributed. He can also tell you what you should weigh at a given percentage of body fat.

There are five classifications a person can fall into depending on his or her percentage of body fat. For men, anything more than 17% is overweight; for women the figure is 22%.

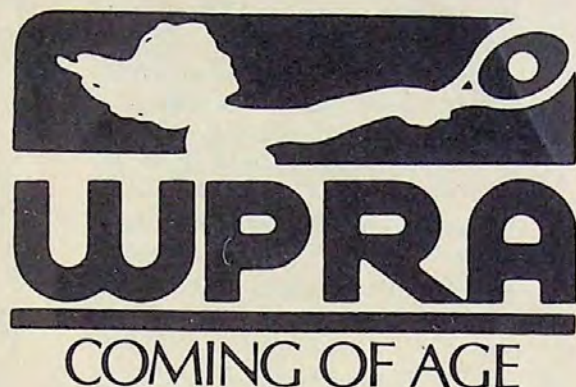
Abbott uses the results from all four areas to develop a fitness program tailored to meet the individual's capabilities, goals and commitment. He then encourages people to return for second and third testings so they can see the effects of their program. "It's very motivational," Abbott said. "When they see their improvement, they get a taste of success, positive reinforcement and feedback. They're encouraged to go on."

Lack of motivation is the biggest hurdle to overcome when trying to lose weight or get in shape, according to Abbott. "The technology is easy, the science of health is easy to understand," he said. "The problem is motivation. The thing to do is set small attainable goals. When you achieve them, you can see the success. And success breeds success."

If your club does not offer nutritional counseling, and you feel you need it either to lose weight or just to clear up questions you have, there are other alternatives. Clark suggests calling a hospital's dietary department. Many of these hospital departments have outpatient services, and you can make an appointment to see a dietician. You can also contact the dietetic association in your state or look in the Yellow Pages under dieticians or nutritionists.

But she warns to make sure the person you see is an R.D., which is a registered dietician. "Anyone can call themselves a nutritionist, but a registered dietician has professional training," Clark said. She added that when reading articles about diet and nutrition, you should check out the author's background as well.

So food-lovers, take heart. You can indeed live to eat, as long as you're living and eating wisely and healthfully. ●



The Women's Professional Racquetball Association Grows Up

By Susan B. Turley

Susan Turley is a freelance writer living in Memphis, Tenn.

On January 14, 1982, a handful of women met in a back room at Red Lirille's Court Club in Lafayette, Louisiana. Hot off the courts and vying for the lead in the first pro tournament of the year, these women were sitting down together to figure out their collective future. The competitive edge was gone. Off-court the board members of the Women's Professional Racquetball Association (WPRA) seem to function more as a team than head-on competitors. On this particular day they were talking about subjects like how to draw more amateurs into the sport, how to spread the money around equitably, and how to nurture their association into a powerful force for change. While hardly the stuff of which high drama is made, the decisions they faced that day could have a far-reaching impact on how racquetball is played — and how many people are playing it.

There was no top player stealing the spotlight in Lafayette — either off-court or on. Indeed, top-ranked Lynn Adams, who won the tourney, was making the toughest case for filtering more money down the ranks. And there was no commissioner dictating the standards for the game. "Now you people determine your own fate," Buffy Gordon told the group. "And I am your merchandising agent."

Buffy Gordon, manager of prominent tennis professionals and executive for the largest sports management operation in the world — International Management Group (IMG). Last July she got a call from Jennifer Harding, long-time pro and WPRA board member, offering the job of managing the budding association. And she took it. Says Harding: "We've gained so much respect in the racquetball world — even from men — by signing with IMG."

Buffy Gordon is a pro. For two years, she ran the half million dollar Canadian Club Classic pro celebrity tennis circuit. She's executive tour director of the Tennis Legends Championship Circuit, with a purse of over \$400,000. Her firm, IMG, has a division called Trans-World International which manages The Battle of the Network Stars. They sell the television rights to high-powered sports events like the U.S. Open and the Superbowl — all over the world. And they do sports promotions for big-name companies like Seagram and Hertz. This is the big league. Says Gordon: "Racquetball is an emerging sport. And now these women have a big-time agent behind them. I hope this feeling of working together as a group will stay with them or this thing just won't go."

This thing: tapping into national sponsors, setting up a tour that will play to packed houses, and, maybe

someday, pulling in the television cameras. It's a far cry from three years ago — when these women fell out with the now-defunct National Racquetball Club (NRC). When people describe the women's position in that group they inevitably resort to words more often associated with radical feminism than racquetball: "used," "manipulated," "second class citizens." Indeed, with total winnings for professional men running \$8,000 a tournament, and women's prize money running closer to \$2,000, the women got a little tired of second-billing and bottom-dollar. Three years ago they went to Commissioner Bob Kendler with a set of demands. Among them: equal play and equivalent pay. But, when Kendler proved unbending, the women broke with the NRC and formed their own association: the WPRA. They hired Dan Seaton, District Attorney for Las Vegas, to be Commissioner and put together a tour of their own.

Last summer, Seaton left the WPRA. He reportedly didn't have time for what had become a major undertaking. Exit Seaton. Enter Buffy Gordon, who incidentally had been under consideration for Seaton's job the first time around.

These days, the women couldn't be happier. For one thing, they're controlling the show. Gordon is simply handling the management.

For another, their association embraces 100 members — 32 of whom consider themselves professionals. And that means every top woman player has joined up. "There's not one woman who's bucked us," says Harding. The fact that the WPRA is something of a 32-woman united front is of no small importance. If one superstar decided to break away — someone who could draw the crowds on her own — the WPRA tour would necessarily be damaged. After all, racquetball is a business, albeit a nascent one. Sponsorship means advertising dollars and it's the crowds that draw the sponsors.

Essentially, the bid for sponsor-dollars has left the men's tour fragmented and factionalized. They no longer have an association. And a sponsor-picked, tight-knit group of top male players — with Marty Hogan in the lead — have essentially closed the tour to outsiders, even excluding some of the best players. Such antics have led some observers to wonder whether the men's tour is anything *but* a business. Suggests one of these: "There's no legitimacy to the men's tour."

But the women are aiming for something totally different. Their goal: to include as many players as possible. And that goal has translated into some rather pluralistic rules. For one thing, the WPRA is paying out prize money all the way



down to No. 32 on their ladder. Says Fran Davis, promotion manager for AMF Voit, WPRA president, and 9th ranked on the WPRA ladder: "I think what the women want to stress is to open this thing up as much as possible. We're spreading the money out. And we hope to draw people in by dispersing the money." That means as well that some of the top players — Lynn Adams, Heather McKay, Shannon Wright — are willing to make some financial sacrifices to keep the tour going.

But the top ten are doing more than that. At that January meeting, the board passed an "exclusion rule," which essentially prevents the 10 top seeds from playing in any non-WPRA tournaments without the association's okay. The purpose: to keep the players who draw the crowds under the WPRA banner. So people like Lynn Adams may have to give up some of that outside play that supplements their incomes. Reminds Harding: "We've had too many factions. Now we have an Association to deal with so we can work together." So, as the players get bigger, the benefits go to the Association along with the pros.

"As the prize money goes up," ex-



"The economy is a major obstacle in itself to our success. But if anyone can do it, IMG and Buffy Gordon can."

— Jennifer Harding

"We're spreading the money out. And we hope to draw people in by dispersing the money." — Francine Davis

only 22,000 members in the American Amateur Racquetball Association (AARA), the only all-inclusive racquetball association in existence today (the USRA being a mere shadow of itself). Reminds Buffy Gordon: "There isn't any group of racquetball officials like there is in tennis. Officials need to form a professional organization." If even the umpires aren't organized, then there are few standards for national competition outside the WPRA and AARA. New scoring systems and seeding systems, no official officials, no umbrella organization. Racquetball has a long way to go. "We're just trying to get more control over the sport. Restoring order, that's all we're doing," explains Gordon.

Indeed, the WPRA and the AARA hope to change all that. Perhaps most exciting are the discussions currently underway between these two remaining associations. For instance, this month the WPRA will have a

tour stop in Fishkill, New York. The amateur division of that tournament will be AARA-sanctioned. And, the WPRA and the AARA are working on more ways to coordinate their efforts to promote the sport. They have to. As Luke St. Onge points out: "The formation of the WPRA has decimated the ranks of amateur racquetball. We could get killed by Canada during the North America Zoned Competition, because all of the top 32 women are now considered professionals." From the AARA's perspective, such proposals could promise a swelling of the amateur ranks. After all, these so-called pros rarely make a living at racquetball. Indeed, some are attorneys, teachers, and mothers by day — and racquetball pros under a local court club's night lights. And most sports — tennis and volleyball among them — allow amateurs to play in pro events. The distinction between amateur and pro often grows

plains Gordon, "the players' value goes up. If they begin to think they're that big, that's when the problems can start. But these girls, well, they're just an incredible group."

Working together, at this point, means restoring some order to the game and getting some control over the sport. Last year, the women set up a new scoring system. They play the best of 2 sets — each set comprised of 5 games to 11 points. And, if there's a tie, they play a tiebreaker to 15 points. Says Harding: "It was getting boring and it's much more exciting this way." Still, they have to explain the scoring mechanism before every match at every tournament. Other changes: they've firmed up their disciplinary codes and they've set up a new seeding system — one that would enable the top-seed to play against the 13th, upping the competitive play on the first round of the tournament.

All of these changes only serve as a reminder of just how young racquetball is. There are 33 million tennis players in the United States — all operating under guidelines established by the U.S. Tennis Association's (USTA) umbrella. But there are



Lynn Adams

"The player making the toughest case for filtering money down the ranks was the winner of the first tournament, top ranked Lynn Adams."

blurred — and organizations like the USTA seem to make allowances, through some rather complicated rules, for the nascent pro.

Right now, the softening of lines between pro and amateur status seems almost mandatory — at least for the women. Presently, only two women on the pro tour make a living off prize money — Shannon Wright and Lynn Adams. Jennifer Harding runs a court club. Fran Davis handles promotion for Voit. And, with top prize money set at about \$25,000 per tourney — and eight stops on the WPRAs tour — winnings for a single dominant player would amount to only \$20,000 a year. And traveling expenses come out of that.

But, more importantly, such a system means nurturing the amateurs into the professional ranks. The AARA and WPRAs are also considering the possibility of setting up a point system: amateurs could earn points by winning AARA events — points that would go towards pro status. They're considering, too, sponsoring joint satellite tournaments, where prize money can go to amateurs as well as pros. "The basic philosophy," explains Buffy Gordon, "is to have as many players as possible. Right now there's no feeding system into the pro level. Maybe we can make this thing happen." This grass roots approach has seeped down through the WPRAs ranks. When these women play a tour, for example, they're apt to pick up a game with local court club members. Muses Gordon: "You won't find that in any other sport."

Most people who make their living at racquetball seem to agree that what the sport needs now is a build-up at the grass roots level. "The key is expanding the mass participation," says AARA's St. Onge. "It's like soccer in the mid-sixties. Everyone said look at that, that really looks neat. But nobody went to watch. They're going back now and building it at the grass roots level. They're growing from within." Racquetball too enjoyed phenomenal growth in the late seventies. But the spectators just weren't there to bring in the big dollars. Now, there's a struggle going on to turn that trend around.

Curiously, the WPRAs proposes to re-build the sport kind of grass-roots-backwards. "Promoting this thing from the top down is an unusual way to do it," concedes Gordon. But much of the WPRAs program

Doctor, Lawyer, Indian Chief... Who Plays on the Tour?

You probably won't find a more varied group of professionals in any other sport. That is, the women who play on the WPRAs racquetball circuit are, in large part, professionals in their businesses as well as on the court. They are anything *but* typical. Take for instance, Peggy Gardner and Caryn McKinney.

Peggy Gardner lives in San Diego, California — the racquetball mecca. Being right in the center of racquetball mania like that, you might expect her to spend all of her time giving the local competition (purportedly some of the best in the country) a workover. Well, in Gardner's case, that would be difficult because this 25-year-old professional racquetballer has a full-time, 40-hour-per week job to keep her busy. That's right. She works full time in the accounting firm of A Company, which manufactures orthodontic products used all over the world. That might not seem so surprising, except for the fact that in her brief year and a half on the WPRAs tour Gardner has managed to work her way up the ladder to a current ranking of number 5. She says the people at work "are so supportive. I had this job before I started playing on the tour, and I guess they've just sort of grown up with me. Everyone, from the President on down is always asking me how I'm playing. They know my whole schedule for the year, and as long as I get my work done, there's no problems as far as they're concerned."

Gardner played tennis in high school and college, and only came to racquetball when she got a full-time job and discovered how difficult it was to get as much exercise as she was accustomed to. "It was a real shock to my system," she says, "and, my husband played racquetball, so he got me to try it. I found it to be a good deal of exercise in a short amount of time, so I kept at it." That has not been as easy as it might be for some, but Gardner says she hasn't made any big accommodations. "I work out my two or three hours a night, and find time on weekends." Since September she's been training with coach Louie Ruiz, who also works with Jerry Hilecher and Doug Cohen — two top men players.

How does her husband feel about all of the time she puts into training and travel for racquetball? "He loves it!" she says. "I'm in an ideal situation, really because the people at work are 100 percent behind me, and so is my husband."

Gardner feels very positive about the future of the WPRAs and described it as a very supportive group. She's excited about Buffy Gordon and IMG being behind them. And, everyone on the tour, she explains, has some sort of expertise to contribute to the cause. In her case it's numbers — and anything that's got to deal with numbers gets thrown her way. Like the rankings. But as for her personal goals, she says simply "As long as I perform well — to the best of my potential, then I'm satisfied. In my work, and in racquetball, I just want to do the best I can."

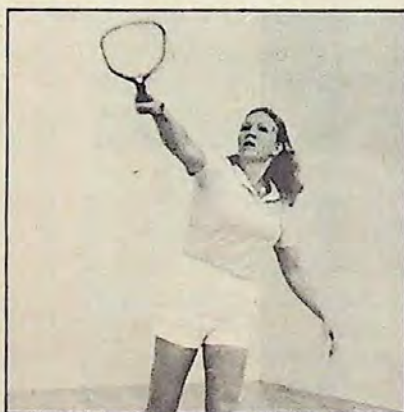
Twenty-four-year-old **Caryn McKinney** of Atlanta, Georgia is equally understated about her goals on the WPRAs tour. McKinney is currently ranked number 15, this being her first full year on the tour. She says her goal is "basically, to be a better player. And that may be reflected in the rankings, and it may not." With racquetball as top priority in her life at present, you can bet it will be reflected in the rankings.

McKinney is something of a professional juggler. That is, she juggles professional racquetball, a budding law practice, and a job at the Atlanta Sporting Club as a program director and teaching professional. No small feat, when you consider that she also manages to slip in some three or four hours training time per day. McKinney, like Gardner, came to racquetball after losing time for other sports. Mainly a swimmer previously, she tried racquetball because it was one of the facilities at the club she and her husband joined while she was in school. With law books to hit every night, there wasn't much time for exercise, but she had a lot of daytime hours, so she played racquetball. "I guess you could say it was coincidence," she reflects. "I was successful — racquetball is so much more fun as a beginner than tennis. And when you're successful at something, you tend to keep it up because it feels good."

She moved into the pro ranks after just three years of playing the sport. "Mainly because of my level of ability. I don't think I could accomplish much more at the amateur level," she says, "and the pro level was just the next logical step — like moving from C to B."



Peggy Gardner



Caryn McKinney

Her husband Bob is also a racquetball enthusiast, and for that Caryn is grateful. "He's terrific," she exclaims, "just perfect! When I'm at a tour stop he's pacing the floor of his office."

As for the future of the sport, McKinney, like Gardner, is an optimist. "I think we're really heading the right direction now. Most of the women on the tour are interested in promoting the sport. And, I think IMG will really help. We've done a lot, too, to benefit the spectators — like changing the scoring system. And, without the spectators, there is no professional sport."

Like Gardner, McKinney has been known to contribute to the WPRAs from her field of expertise. "She rewrote my tour applications," laughs Buffy Gordon. "She didn't like the way they sounded from a legal point of view."

And that type of spontaneous, helpful advice, is just what seems to characterize these women. Gardner and McKinney, and all their colleagues may have their individual lives to tend to, but they are united in their efforts to secure the future of their favorite sport. With professionals like them, how can it go wrong? ●

revolves around, not the big player, but the little one. They plan to sponsor clinics and workshops. They hope to use their drawing power to bring in the amateurs. Meanwhile, they've got to look out for the sponsors and the court club owners. "We've got to try to protect everyone," says Gordon. "After all, racquetball is a business."

Sponsors, of course, are no small part of this business of sports. And under the management of IMG, the WPRAs has not only set up an 8-stop pro tour, but they've also pulled in the sponsors to back it. Nike has become the official WPRAs shoe; they've contributed a bonus pool of \$13,150 for top-ranked players who wear Nike shoes exclusively. The AMF Voit Rollout Bleu ball is the official ball. And they've even got an official champagne: Almaden, for the post-game bubbly.

Still, the total prize pool for all eight tournaments amounts to only \$100,000. And those aren't the kind of figures from which million-dollar superstars emerge. Indeed, the major obstacle the WPRAs faces is economic. These days, money offers little incentive for the racquetball player methodically training for the pros. And, if the WPRAs hopes to keep their tour alive by spreading the money around, they've got to have the cash to do it with. Even Buffy Gordon, who's put IMG behind the WPRAs, maintains: "The sport is not ever going to have great money, because the numbers are not there for the spectators. If you're happy making \$20,000 a year, then you can do all right."

So all is not perfect in the world of the WPRAs. Money, spectators, sponsors, players — the WPRAs is really faced with the prospect of nurturing every element of the game. But the new WPRAs is at least a beginning. With big-name management behind them and the spirit of success within them, these players at least have a running start. In their discussions with the AARA, we can see the first glint of hope for the kind of inter-association cooperation that could lead to one major association for all of racquetball. And their rather pluralistic ethic suggests that there is hope for the aspiring professional. Says Jennifer Harding: "With the economy the way it is, that's a major obstacle in itself. But if anyone can do it, IMG and Buffy Gordon can." ●

DISCOVERING RACQUETBALL

Desire to Exercise Prompts Newcomers to Try New Game

By Chuck Sheftel

With this column, Chuck Sheftel and APRO will begin a regular series in Racquetball. It will cover all aspects of teaching the sport. If you have questions, write the APRO c/o this magazine.

The American Professional Racquetball Organization (APRO) will begin this month writing articles about two couples who discovered racquetball. These articles will give insight to the racquetball teacher on the full scope of how individuals learn about the sport of racquetball. Also the racquetball player will be able to see the correct teaching techniques in learning racquetball. We hope this will be of value to both the teacher and player.

The saga opens with Fred, Freida and their two children and Sam, Samantha and their three children living happily in middle-class America. The men are sitting around having beers watching a hopeless football game while the women are chatting in the kitchen. The women decide they need some sort of exercise to get them out of their routine.

Freida is a bit "chunky" but always has good intentions of losing weight while Samantha is thin but very unathletic. They both decide that exercise should enter their lives but have not decided what exercise that should be. Aerobics, tennis, jazzercise, jogging, racquetball? What will the choice be? What will bring both couples together?

They parade into the television room to pose the question to Sam and Fred. And there the men sit — Sam a tall, athletic college "jock" who obtained his own business after

college and since then has not exercised at all. Fred, on the other hand, does his daily sit-ups and push-ups to try to keep in shape.

The women burst out, "Let's exercise!" The men agree that exercise would be something different for all of them. But what can all four enjoy? They want a sport easy to learn with quick weight-reducing results. Racquetball, for sure.

Racquetball seems to excite everyone because it fills all the requirements for all four people. They quickly try to remember where their friends play and come up with two clubs. They then look in the Yellow Pages for a few more locations closer to their homes.

Therefore the Yellow Pages and word of mouth seem to be the best advertisements for clubs. Local newspapers are good if readership is high in that region.

They call the places where they know racquetball lessons are available. Either their friends had talked about the great quick-learning lessons, or they had read about lessons in the newspaper, or saw the Yellow Pages advertisement.

At the first place they called the person on the phone was abrupt and told them to call back later for more lesson information. This did not satisfy these customers who were ready to sign up NOW. They just called another place where every one of their questions was answered quickly and accurately. The person on the phone even told them to come in for a free lesson and "learn the game on us." Of course, they jotted down the free lesson day and time.

The last club was the smart one. The desk person knew all the answers and did not have to tell the potential member to wait. Therefore that club may now have acquired four new members. All desk staff should be equipped to answer all general questions pertaining to the club and its lessons, leagues and other extra activities.

As the group of four enters this club the desk staff courteously asks if they need any help. (They are all wearing cut-offs and Mickey Mouse T-shirts which indicate they definitely need assistance.)

The lost four walk around the club viewing the different amenities available. On this particular day the facility is immaculate and the couples are impressed without even hitting a ball.

The cleanliness of a club is "holy". As we saw, people can become members or non-members by just inspecting the club. There are too many facilities around to not worry about physical appearance. First impressions are extremely important in a competitive market. Also the politeness of the desk staff immediately helps sell the facility and its programs. The teacher should be cognizant of his/her facility and staff so that they do not jeopardize the programs that they are trying to perform. The teachers should communicate with everyone so that information can be readily given out.

The free one-hour lesson our neophytes have signed up for began on time with 10 participants, four men and six women. The teacher asked them their names and about their athletic background. As the ques-

tioning proceeded the group began to stir. The teacher, perceiving this, hurried his introductory speech and began getting the people actively involved.

The women participants were a bit hesitant because the booming sound of the ball alarmed them. The teacher, "a real pro", calmed the women down and told them not to worry, they would become accustomed to that echoing sound. The men were flying all over the court and banging the ball around. All the people were being very active.

This teacher was very professional because he could sense that the pupils were anxious to play racquetball. This is a key element for a successful teacher. Also the teacher kept his people active and not standing around listening and waiting in line.

In this first introductory lesson the teacher only taught them the brief basics of the forehand and backhand strokes and then explained simplified racquetball rules. The participants were just given a taste of racquetball so that they might sign up for further lessons.

This technique is excellent if you want to keep your pupils active at your sports facility. Don't give them too much in one lesson because they cannot comprehend too much.

Everyone was able to spread out on additional courts because they were vacant. This gave everyone a chance to play quasi-racquetball games. After everyone developed a "sweat," the teacher congregated everyone back on one court. The teacher recapped the lesson and told about the membership offer if they signed up for the next series of lessons. Also a nominal reduction would occur if they joined just one week from now.

The foursome thought that was very generous and were really anxious to play more racquetball. The membership reductions really swayed them into joining and taking lessons because the rates were reasonable and the facility and teacher were first class.

During their first week as members the women went during the day to play. The lessons were not going to begin for another week so they thought any extra time might give them a head start on the lessons. Also they might not look as awful playing.

The men also began playing on one evening a week. Sam decided

they wanted to "beat the world" so he convinced Fred not to take group lessons, but a limited amount of semi-private lessons. In this way they could learn the sport quickly. The only problem was the membership reduction was only valid with group lessons. But, of course, the club was willing to give the deal toward any lessons the members desired.

This shows that the facility is trying to gain members and also put them into programs to help them. Once people become members it does not necessarily mean they will stay members. This facility is flexible and wants to encourage its members to take lessons and play racquetball.

Therefore Fred and Freida and Sam and Samantha have joined a racquetball club and become involved in its programs. They have taken the leap into the exercise world and now it is up to the club, its staff and teachers to keep the members happy.

As a good teacher can perceive from this story, certain types of people take lessons for certain reasons. The teacher should then become aware of what media will reach these people. If the people are reached and enter the club, then the well informed desk staff are the next advertising tool. After the people are convinced the club is decent and want to take lessons or become members, then the teacher or program director has to entice them to participate in programs. Any gimmicks or promotions are encouraged to captivate the members. Be creative!

This concludes the first segment of "Discovering Racquetball." Next time the fearsome foursome will step on the court for their first true lessons in racquetball. The women will be taking group lessons while the men will be taking semi-private lessons. It will be interesting to see how the teacher progresses the four in the instruction of racquetball. ●

The most rewarding things in life to some people can be giving someone the opportunity to expand their knowledge in one area or another. The qualities one must possess to be a teacher must be obtained through years of experience and hard work.

Being a teacher in any area can be difficult at times, although the rewards are usually beneficial.

At one point in your career as a racquetball teacher you may reach a peak or plateau of teaching capabilities. In other teaching areas people seek out other means of educating themselves through books, advanced degrees, other teachers and seminars to further learn and progress in certain skills.

The American Professional Racquetball Organization (APRO) was established to further educate and give guidance to the racquetball teacher. We are dedicated to the advancement of teaching standards by means of producing and maintaining knowledgeable and reputable racquetball teachers. All of our members are certified teachers engaged in not only the "on the court" teaching aspects of the sport, but other avenues leading to that. Proper scheduling of successful leagues, tournaments and tournament planning, unique lesson formats from the beginning student to the advanced and effective advertising are just a few of the key items we offer in our teacher's manual and clinics.

A national rating system (Player Evaluation System: PES) was developed to establish equal competition among players for leagues, round robins, in-house tournaments and other related activities.

Upon certification, you receive a certificate suitable for framing, a membership card and a copy of APRO's by-laws. In addition to this and the other benefits listed above we develop a quarterly national newsletter, national conventions, a membership directory, surveys, tournaments, junior programs, job bureau and insurance benefits.

New major projects are being developed each year. So there is more to offer the racquetball teacher to further benefit and educate their career picture. As a not-for-profit organization, all money is filtered back into the organization to help you.

For additional information please call APRO at 312-541-5556 or write: APRO, 307 South Milwaukee Avenue, Suite 126, Wheeling, IL 60090. ●

The American Professional Racquetball Organization has announced that its annual National Convention will be held at the All Sport Fitness and Racquetball Club II in Fishkill, New York from Friday, July 30th to Sunday, August 1, 1982. For further information, contact APRO at the above address or call 312-541-5556.

WHAT'S NEW?

Items of Interest

Products have *not* been tested by Racquetball.



EKTELON FORESIGHT

Ektelon's commitment to court safety and ever-increasing interest in reducing the number of racquetball related eye injuries has prompted release of improved eyewear now available.

"We have always believed that racquetball players should carefully consider the use of eyewear," said Norm Peck, assistant product manager for Ektelon and director of their amateur and professional player program. "We feel with our new line of eyewear we offer some of the latest in player protection."

Ektelon's new Eye Sentry™ offers a 7-barrel extra strength design for maximum resistance in highly critical areas, in addition to a shatter resistant C-39 monomer lens and oversized 61mm lens.

The Eye Sentry further reduces distortion by offering the proper panoscopic (angle of lens to eye) angle and a thicker double-bar bridge to disperse impact over a greater area. The eyewear is also scratch resistant and comes in a protective carrying case.

Other eyewear by Ektelon offering improved protection includes Court Specs™ and Court Goggles™. Check your club pro shop for these Ektelon products.

INCREASED BREATHING CAPACITY

How many times have you run out of breath in the middle of an important game? Now there is a way to increase your breathing capacity purportedly without strenuous exer-

cise. The new Air-onic™ Lung Exerciser will strengthen your respiratory muscles with just minutes use a day, according to the manufacturer.

Hospital tested and patented, Air-onic can be used anywhere because it's simple, portable and weighs only 6 oz. Air-onic can easily fit in your desk drawer or briefcase. After regular use your breathing power will increase dramatically and enable you to increase your performance, according to the manufacturer.



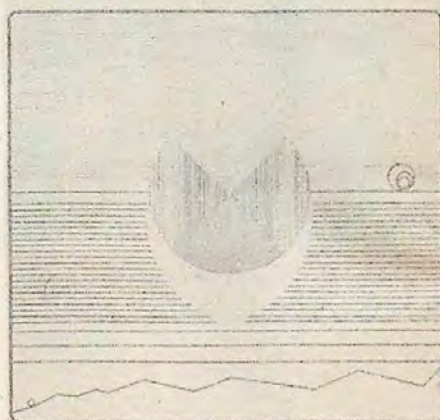
Air-onic is priced at \$19.95, plus \$1.50 postage and handling. It is available exclusively through Skylark Associates, P.O. Box 925, Paramus, N.J. 07652. Visa and MasterCard orders accepted. Air-onic comes with an unconditional money-back guarantee.

UNIQUE NEW JOURNAL

Racquetball players often like to keep track of their win-loss record and variables that might affect their game, such as diet, weather, sleep, biorhythms, etc.

Tom Douglass, a 12-year veteran of the courts and a member of the AARA, has introduced My Personal DATADAY Journal, a unique new fill-in diary that records weather, diet, sleep, weight, bio-rhythms, everyday events, news items, and even feelings, reflections, and phases of the moon.

The journal/diary can be filled in quickly and easily in a few minutes each day. Every day of the year has its own page of quality paper with a heavy grade duplex cover and plastic binding.



My Personal
DATADAY
Journal

DATADAY Journals are available from DATADAY, Inc., Box 2776, Iowa City, IA 52244. Twelve months, \$12, postpaid.

SUPER EXTENSION

Iron Company of San Diego, Calif., has just released a new weight machine under its Polaris line. This new machine for super leg extension provides a new "slide in" positioning, without typical center-straddle junction found in other machines. The new angled seat back also allows extreme comfort, according to the manufacturer, while performing a smooth and complete 130° leg extension.

For further information contact Polaris, 5334 Banks St., San Diego, Calif. 92110; or call 714-297-4349 •



SCORECARD

Tournament Results

Send your typed, or legibly written tournament results to AARA National Headquarters, 5545 Murray Ave., Suite 202, Memphis, Tenn. 38119. Scorecard will report as many results as space allows.

Participants listed in order of finish.

MILLER TIME OPEN CLEVELAND RACQUETBALL AND FITNESS CENTER CLEVELAND, TENNESSEE OCTOBER 9-11

MEN'S NOVICE: Johnny Millaway, Ernie Smith, Tony Carroll, Archie Drexler; MEN'S C: Gary Newlin, Warren Mackey, Dave Mangrum, Greg Groth; MEN'S B: Jim Cornwall, Scott Atkins, Tim Leramonds; MEN'S OPEN: Tim Tracy, Bob Fugener, Steve Terry, Danny Garvey; MEN'S OPEN DOUBLES: Tim Tracy/Lee Terry, Steve Terry/Bob Fugener; MEN'S B DOUBLES: Mickey Hardeman/Terry Gallaher, Sam Millsap/Kevin Krop; MEN'S C DOUBLES: Mark Thompson/Joe Fain, Ali Swafford/Vicky King; WOMEN'S B: Ali Swafford, Debbie Millaway, Vicky King, Karen Nunnley; WOMEN'S NOVICE: Cindy Swicegood, Dana Anderson, Becky Wainwaile, Marsha Passmore.

FOG CITY OPEN CAL COURTS EUREKA, CALIFORNIA OCTOBER 23-25

MEN'S A: Bill Sbarra, Dave Salo; MEN'S NOVICE: Don Wardrip, Jim Johnson, Ron Sidebottom, Paul Frangos; MEN'S D: Borelli, Paul Nicholson, Earl Jacobs, John Jarvis; MEN'S C: Lee Figas, John Bugel, Gary Stilt, Jay Hathaway; MEN'S B: John Eckelbarger, Bruce Hills, Terry Salo, Dave Rasmussen; MEN'S OPEN: Mike Hawarth, Kelly Rasmussen, Bill Rissel, Bob Officer; WOMEN'S NOVICE: Sandy Thompson, Nancy Rogers, Melodie Nelson, Catalina Nocon; WOMEN'S B: Melodie Duke, Cherry Stowers, Melissa Kraemer, Chris Stutzka; WOMEN'S C: Judy Boss, Sheri Carter, Tami Coffey, Tami Rose; WOMEN'S D: Mariellen Jurkovich, Karen Holcomb, Bobbie Konecne, Dee Dee Knight.

CEDARDALE HOLIDAY RACQUETBALL OPEN CEDARDALE RACQUETBALL CLUB HAVERHILL, MASSACHUSETTS NOVEMBER 6-8

WOMEN'S OPEN: Nan Higgins, Sally Marshall, Martha Gailey, Barb Sechrist; WOMEN'S B: Sharon Fishman, Karen O'Neill, Rose Savvyer, Rachelle Aubot; WOMEN'S C: Ann Pinto, Leslie Fasulo, Ellen Matthews, Kathy Lemieux; WOMEN'S NOVICE: Linda Ahern, Pam Discipio, Marcia Crowley, Marilyn Glissen; WOMEN'S DOUBLES: Barb Sechrist/Ginnie Baeder, Vicki Edelmann/Gaye Rosenfeld, Sally Marshall/Joan Morrison, Esther Jako/Martha Bailey; MEN'S OPEN: Randy Olson, Bill Burnett, Dale Bennett, Mickey Lorden; MEN'S B: Steve Smith, Joe Proctor, Dennis Donovan, Scott Robinson; MEN'S C: Greg Poirier, Peter Tewksbury, Gerry Litvin, Charles Arnold; MEN'S NOVICE: Jim Cataldo, Tom Casey, Mel Sciuto, Randy Pickersgill; MEN'S SENIOR: Leo Morrissey, Paul Hendrickson, Steve Shift, Roger Crim; MEN'S DOUBLES: Mike Luciw/Mickey Lorden, Steve Trenholm/Randy Olson, Ken Spracklin/Bob Shattuck, Steve Smith/Dale Bennett.

SCHLITZ LIGHT OPEN COURT SOUTH COLUMBUS, GEORGIA NOVEMBER 6-8

MEN'S OPEN: Keman Semanas, Jim Cullen, Jim Hawkins, Tom Kimbrough; MEN'S A: Alan Kahn, Roy Thomas, Rom Miller, Beth Crawley; MEN'S B: Jeff Wells, Jose Dominguez; MEN'S NOVICE: H. C. Van Meter, Barry Tompkins, Yuan Taylor, Roy Free; SENIORS: Greg Gretzow, Dave Evans, Peter Harrington, David Pendleton; WOMEN'S A: Karen Nunnely, Ginny Stewart, Oletha Parker, Susanna Gardner; WOMEN'S B: Suzy Risalvato, Gloria Garrity, Majorie McDaniel, Sherry Rockwell.

FIRST BANK OF COBDEN COBDEN, ILLINOIS NOVEMBER 13-15

MEN'S OPEN: Bill Howk, Chad Quick, Bob Clair, Bill Lewis; MEN'S A: Mike Barnd, Jim Barr, Dean Thompson, John Sweazy; MEN'S B: John Bauer, Ron Hetzler, Mike Thomas, Jim Page; MEN'S C: Ralph Isom, Chris Warlick, Todd Zeigler, Charlie Bishop; WOMEN'S OPEN: Judy Auld, Marion Clement, Stacy Shelton, Kim Drader; WOMEN'S A: Angelia Beck, Debbie Braden, Charlotte Hartling, Sherry Delmastro; WOMEN'S B: Carol Bastein, Dorothy Bishop, Beth Crawshaw, Rita Engbring; WOMEN'S C: Jenny Wein, Linda Ober, Dorcy Prosser, Maribeth Smith.

LEHIGH VALLEY CHAMPIONSHIPS ALLETOWN RACQUETBALL CLUB ALLETOWN, PENNSYLVANIA NOVEMBER 14-15

MEN'S A: Jim Bachman, Mike Curewitz, Paul Cressman, Dan Schaffer; MEN'S B: Bill Johnson, Dan Piner, Bill Stoneback, Bob Peartree; MEN'S C: Gary Plessl, Jim Jaffe, Mike Horan, Dick Dehner; MEN'S SENIORS: Ed Stauffer, Al Fanger, Mick Riffert, Gary Chontos; OPEN DOUBLES: Jerry Schulman/Dick Luecke, Dan Schaffer/Jim Nervine, Jim Bachman/Paul Cressman, Mike Curewitz/Bill Schopf; WOMEN'S A: Marcy Reuben, Trude Frick; WOMEN'S B: Ann Berry, Trude Frick, Virginia Jones, Mac Boehringer; WOMEN'S C: Roberta Hillegass, Nancy Wilson, Esther Pietrouchie, Pat Garrett.

TURKEY SHOOT SUPREME COURT NASHVILLE, TENNESSEE NOVEMBER 20-22

WOMEN'S A: Sharon Fanning, Marie Copley, Shelia Walker, Renee Trammel; WOMEN'S B: Lynn Gur-aedy, Ansley Coode, Jeanni Morrison, Paul Reed; WOMEN'S C: Leigh Tanner, Pat Sheehan, Rhonda Payne, Mary Latchford; MEN'S A DOUBLES: Sheldon/Newman, Blackmon/Roberts, Cohen/Gora, Liles/Catignani; MEN'S A: Jack Newman, Bryan Sheldon, Andy Roberts, Larry Liles; MEN'S C DOUBLES: Ross/Morris, Louvier/Stewart, Tate/Sexton, Meadows/Collins; SENIOR DOUBLES: St. Onge/Evans, Kortman/Menendez, Odum/Hancock, Weiner/Singer; MEN'S NOVICE: Tipton Evans, Larry Barnes, Bob Spencer, John Shultz; JUNIOR VETS: Jim Thoni, Steve Daniel, Bob Latham, Vic Malich; WOMEN'S D: Ruth Ann Jones, Dixie Johnson, Tootie McCook, Grace Smith; WOMEN'S NOVICE: Wanda Holman, Lynn Dieringer, Jewel Brown, Luisa Menendez; MEN'S B DOUBLES: Latham/Parkinson, Simmon/Adams, Smith/Isbell, Webb/Cachell; MEN'S B: Mick Dodson, Sharon Fanning, Richard Stevenson, Pat Connor.

VICTORIA YMCA TURKEY SHOOT VICTORIA YMCA VICTORIA, TEXAS NOVEMBER 21-23

MEN'S C: John Smith, Bill Dunn, Robert Houston; WOMEN'S OPEN DOUBLES: Lu Ann O'Connor/Beth Alberts, Jewel Migura/Jennifer Houston; MEN'S OPEN DOUBLES: Tom Chodash/Jerry Lindley.

Manny Villareal/Tom Thrower, Sammy Robles/Bill Dun; WOMEN'S C: Rhonda Meredith, Patty Willis, Carol Brzozowski, Jan Williamson; WOMEN'S OPEN: Dawn Wendt, Lori Spies, Lu Ann O'Connor, Beth Alberts; MEN'S D: Mark Sendt, Dan Guerra, Gene Migura, Charles Mastromonico; MEN'S B: Ed Loosemore, Alfredo Valdez, Jorge L. Saenz, Sonny Marmelejo; MEN'S OPEN: Jerry Lindley, Manny Villareal, Tom Chodash, Sammy Robles.

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SCORECARD

Tournament Results

FIRST ANNUAL SENIOR SHOWDOWN SACRAMENTO HANDBALL-RACQUETBALL CLUB SACRAMENTO, CALIFORNIA DECEMBER 4-6

30+ MEN'S SINGLES: Dunn, Holland; 35+ MEN'S SINGLES: Barreras, Scott; 40+ MEN'S SINGLES: Wayne, Rasmussen, 45+ MEN'S SINGLES: Muehleisen, Baez; 50+ MEN'S SINGLES: Rossi, Dabney; 30-40 MEN'S DOUBLES: Driscoll/Jensen, Dietz/ Bambino; 40-50 MEN'S DOUBLES: Wayne/Rossi, Martin/Eigenbrod; 50+ MEN'S DOUBLES: Dabney/ Gillio, Pymm/Salo; 30+ WOMEN'S SINGLES: Journagan, Thompson; 35+ WOMEN'S SINGLES: Sarah Foster, Shirley Hernandez, Joann Case, Bonnie Mitchell, Nita Adams; 30+ WOMEN'S DOUBLES: Wright/Craig, Coyne/Thompson.

BIG BROTHERS AND BIG SISTERS WEST SIDE RACQUETBALL CLUB BRADENTON, FLORIDA DECEMBER 11-13

MEN'S 35+ : Dario Mas, Jack Mims, Ray Dambrell; WOMEN'S NOVICE: Chris Kolquist, Caasi Waters, Claire Weisgerber; WOMEN'S OPEN: Judy Schmidt, Marilyn Miller, Renee Fish; BOYS 16-and-under: Charlie Nichols, John Schneider, Tom Cowher; WOMEN'S C: Linda Derrick, Wendy Woods, Jamie Lamereux; MEN'S B DOUBLES: Rodney Smithley/James Walden, Rick Dohme/Reuben Tripplett, Tom Mannasua/Reed Schmidt; MEN'S OPEN DOUBLES: Charlie Nichols/John Schneider, Randy Godwin/Gene Owen, William Scott/Bob Newcomb; MEN'S NOVICE: Jim Burke, Ray Kozuch, Pete Hackley, Ken Lawson; MEN'S C: Sal Scimeca, Tom Mannasua, J. Daniel Burleson, Lou Biltz; MEN'S B: Murray Atkinson, Tom Cowher, Rodney Smithley, John Schneider; MEN'S OPEN: Randy Godwin, Bill Cotrill, Shawn Brown, Charlie Nichols.

NEW YEAR'S CASH CLASSIC RACQUETBALL OF SOUTH MAINE SANFORD, MAINE JANUARY 1-3

MEN'S A: Gene Fitzpatrick, Steve Cox, Howie Coleman, Jim Ward; MEN'S B: Tom Coleman, Joe Lapri-one, Dan Desrochers, Dennis Johnson; MEN'S C: Mike Lamearoux, Scott St. Onge, Dennis Cormier, Roy Dewitt; MEN'S NOVICE: Steven Drew, D. Ellis Meuller, Tom Duprey, Burt Labelle; WOMEN'S A: Terry Karkos, Sue Churchill, Leesa Barnes, Maxine Michaud; WOMEN'S C: Kathy Lemieux, Laura Nash, Alice Goulet, Carolyn Peterson; WOMEN'S NOVICE: Sheri Duprey, Betsy Lovejoy, Denise Canouette, Pauline Goulet; MEN'S DOUBLES: Fitzpatrick/Ward, Cox/Cox.

ONLY FOR SENIORS SUN OAKS RACQUET CLUB REDDING, CALIFORNIA JANUARY 1-10

MEN'S 30+ : Chas Prior, Mike Ghilardi, Bill McFadden, Mike Smith; MEN'S 35+ : Bob Page, Renny Noll, Frank Gutierrez, Rich Jones; MEN'S 40+ : Larry Barclay, Virgil Smith, Barrie Campbell, Jim Sehon; MEN'S 45+ : Jay Hathaway, Wes Pymm, Ray Salo, Larry Turner; WOMEN'S 30+ : Debbie Carmona, Judy Boss, Pauline McNeely; WOMEN'S 35+ : Donna Seamans, Tessa Bevins, Kathleen Lakmann, Donna Woodhouse; WOMEN'S 40-45+ : Shirley Smead, Olenda Reed, Bunny Williamson.

ALL-WOMEN'S TOURNAMENT RALLYSPORT BOULDER, COLORADO JANUARY 8-10

Rallysport hosted a tournament for women only January 8th, 9th, and 10th to promote the travel league, an organization dedicated to encouraging even beginning players to be active in racquetball events. The tournament began with beautifully-designed shirts and ended with a banquet dinner at



Some of the winners of the All-Women's Tournament Rallysport Boulder, Colo. Seated third from right is Kathleen Zale, Tournament Director.

Boulders Broker Inn, complete with Lite beer, wine, and entertainment by Leslie Burger, Kib deLorraine, and Barb LaBonne.

The event will be held annually. The fee for participation is reduced for those women who played in the travel league starting in the fall.

Results:
OPEN: Linda Wright, Beth Clippinger, Kathleen Zale, Terri Higgins, Kib deLorraine; A: Barb McNaughton, Sue Wagner, Diane Adams, Carolyn Gebhardt, Mary Kay Turner; B: Madeline Eichhorn, Gail Wise, Pat Schroer, Ann Williams; C: Mary Ellen Donkakis, Mary Tjelmeland, Rebecca Fortney, Carol Swinney, Sue Pinctke; D: Jacquie Harvey, Molly Melamed, Sharon Tubbleville, Ellen Cooper, Carol Rathert-Pehrson; BEGINNER: Carol Danielson, Janet Roberts, Marne Engelking, Elisa McKee, Noreen Raphael; DOUBLES: Beth Clippinger/Rose McKerny, Beth Zale/Kathleen Zale, Sue Wagner/Carolyn Gebhardt, Becky Fortney/Ann Williams, Jerilyn Sullivan/Madeline Eichhorn, Sherry Manders/Becky Harding.

A.A.R.A. REGIONAL SITES AND DATES

SPONSORED BY Lite Beer from Miller and Penn Athletic Products Co.

For individual tournament entry blanks be sure to contact the Regional Director or Tournament Director at the specific location at which you intend to play. You may play in only one Regional tournament.

FEBRUARY 11-14 REGION #14

Host clubs all located in San Jose area:
Bay Hill Racquetball Club
The Perfect Racquet
Schoebee's Racquetball Club
Supreme Court
21st Point
Court Sports VI
YMCA
Finals at Royal Courts, San Jose
Contact:
Bill Masucci
415-964-4400
870 E. El Camino Real
Mountain View, CA 94040
or Carolyn Panches
408-247-8555

FEBRUARY 26-28 REGION #8

Supreme Courts
1301 Blackbridge
Janesville, WI 53545
Jim Wirkus
608-756-3737

MARCH 12-14 REGION #10

Dupage Racquet Club
Chicago, IL
Contact:
Ray Mitchell
5724 W. Diversy
Chicago, IL 60639
312-745-9400

MARCH 18-21 REGION #5

The Racquet Place
2401 S. Pl. So.
Birmingham, AL 35223
Contact:
Bob Huskey/Bruce Gouin
(205-870-0144)
1610 2nd Ave.
Opelika, AL 36801
204-745-6295

MARCH 19-21 REGION #4

Omega 40
1 So. Old Kings Rd.
Ormond Beach, FL 32074
Contact:
Van Dubolsky/
Tasso Kiriakes
(904-672-4044)
930 N.E. 14th Ave.
Gainesville, FL 32601
904-377-5161

APRIL 1-4
REGION #7
Inwood Forest
Racquetball Club

Houston, TX
Contact:
Jon Olheiser
1920 W. Alabama #3
Houston, TX 77098
713-688-3100

APRIL 2-4 REGION #13

Rocky Mountain Health Club
1880 Westland Rd.
Cheyenne, WY 82001
Nick Mandis
307-638-0365

APRIL 16-18 REGION #6

Spaulding Westport Club
(St. Louis)
Contact:
Bob Hardcastle
181 Trailswest
Chesterfield, MO 63017
314-469-3395

APRIL 16-18 REGION #1

Contact:
Paul Henrickson
20 Oakes St.
Millbury, MA 01527
617-754-6073
Site to be determined

APRIL 16-18
REGION #3
Security Court Club
Baltimore, Maryland
Contact:

Bernie Howard
R.D. Box 362A
Reedsville, PA 17084
717-667-2209

APRIL 22-25 REGION #15

Federal Way Athletic Club
31701 20th Ave. S.
Federal Way, WA 98003
Contact:
Bob Bruce
206-481-4081

APRIL 22-25 REGION #11

Racquetball of Sioux Falls
817 Russell St.
Sioux Falls, SD
Contact:
Dick Hacking/Clint Koble
605-336-9464

APRIL 29-MAY 2 REGION #9

Davison Racquet Club

G-2140 Fairway Dr.
Davison, MI 48423
Contact:
Jim Hiser
313-653-9602

MAY 2 REGION #12

Tom Young's Athletic Club
2250 Wyoming Blvd. NE
Albuquerque, NM 87112
Contact:
Clay Childs
505-243-5505

MAY 7-9 REGION #2

Glen Cove Racquetball Club
4 Cedar Swamp Rd.
Glen Cove, NY 11542
Al Seitelman
516-261-3257



A.A.R.A. JUNIOR REGIONAL TOURNAMENTS

May 7-9, 1982 (may vary according to region)

FOR COMPLETE DETAILS
REGARDING YOUR REGION
Contact the director
in your region

or
Dewane Grimes —
National Jr. Council President
3507 Pecos
Wichita, KS 67203

REGION #1

Jim Barysh
c/o ALL SPORT
RACQUETBALL CLUB
240 A North Rd.
Poughkeepsie, NY 12601

REGION #2

Annette Desormey
9601 S W 147th St.
Miami, FL 33176

REGION #3

Connie Young
305 Foster Dr.
Las Cruces, NM 88001

REGION #4

Jim Daly
c/o PLAYOFF
RACQUETBALL CLUB
288 Wood Rd.
Braintree, MA 02184

REGION #5

Lou Wallman
3255 Forest Hills Dr.
Redding, CA 96002

REGION #6

Reed Fitkin
c/o COURT SPORTS I
2510 Oakmont Way
Eugene, OR 97401

REGION #7

Jim Gonzales
950 Whitebook Dr.
La Habra, CA 90631

REGION #8

Marge Mathieu
15706 Hillhouse Rd.
Chesterfield, MO 63017

REGION #9

John Ware
c/o O.R.I.
1400 Spring St.
Silver Spring, MD 20910

REGION #10

Ross Jones
3725 West 13th St.
Wichita, KS 67203

REGION #11

Bo Champagne
329 Richland
Baton Rouge, LA 70806

REGION #12

Jim Banks
c/o EAU CLAIRE RACQUETBALL
& FITNESS CENTER
3656 Mall Dr.
Eau Claire, WI 54701

REGION #13

Clint Koble
206 St. Andrew
Rapid City, SD 57701
605-348-9336

Refer to tournament calendar for specific locations.



TOURNAMENT CALENDAR

AARA Sanctioned Events

APRIL 1-4

REGION #7 (5)
Inwood Forest Racquetball Club
Houston, TX
Contact: John Olheiser
1920 W. Alabama #3
Houston, TX 77098
713-688-3100

APRIL 2-4

REGION #13 (5)
Rocky Mountain Health Club
1880 Westland Rd.
Cheyenne, WY 82001
Nick Mandis
307-638-0365

S. Dakota State West River Playoffs (2)
Supreme Courts
4020 Jackson Blvd.
Rapid City, SD 57701
Pat Branaugh
605-348-5858

S. Dakota State East River Playoffs (2)
Racquetball of Sioux Falls
817 W. Russell
Sioux Falls, SD 57104
605-336-9494

AARA NATIONAL INTERCOLLEGIATE
CHAMPIONSHIPS (6)
The Racquet Club
Memphis, TN
Luke St. Onge
901-761-1172

New Hampshire State Championships (2)
Manchester Court Club
Manchester, NH
Bill Polopek
603-668-8375

Illinois State Doubles (2)
Site to be determined
Contact Ray Mitchell
312-745-9400

4th Annual South Shore Open (3)
Corrigan's Racquetball Club
Paul Henrickson
617-754-6073

Spring Fever Open (3)
for the benefit of Hemophilia
Omni Racquetball Club
and Fitness Center
2451 Grant Ave.
Philadelphia, PA 19114
Lynn Pitts
215-969-6600

AARA/Penn Junior tournament (3)
Levee Court Club
334 Brown St.
West Lafayette, IN 47906
Ann Hunt
317-743-2187

APRIL 8-11

REGION #6 (5)
Spaulding Westport Club (St. Louis, MO)
Contact: Bob Hardcastle
181 Trailswest
Chesterfield, MO 63017
314-469-3395

APRIL 16-18

Japan Open (3)
Downtown YMCA
526 N. 20th St.
Birmingham, AL 35203
Bill Hotze/Dennis McRee
205-324-4563

REGION #3 (5)

Security Court Club
Baltimore, MD
Contact: Bernie Howard
R.D. Box 362A
Reedsville, PA 17084
717-667-2209

REGION #1 (5)

Court House I
47 Hartford Turnpike
Vernon, CT 06066
Paul Henrickson
617-754-6073

Golden Masters Invitational (5)
Point Athletic Club
2233 Academy Pl.
Colorado Springs, CO 80909
George Dwyer
303-597-7775

Illinois State Singles (2)
Site to be determined
Contact Ray Mitchell
312-745-9400

REGION #2

Contact Al Seitelman for details
516-261-3257

APRIL 18-19

S. Dakota State Championships (2)
Supreme Courts
4020 Jackson Blvd.
Rapid City, SD 57701
Pat Branaugh
605-348-5858

APRIL 22-24

1982 Dr Pepper & Natural Lite Classic (3)
Racquet Place
2401 20th Pl. S.
Birmingham, AL 35223
Bruce Gouin
205-870-0144

APRIL 22-25

REGION #15 (5)
Federal Way Athletic Club
31701 20th Ave So
Federal Way, WA 98003
Contact: Bob Bruce
206-481-4081
2725 169th St. S.E.
Bothell, WA 98011

APRIL 23-25

Budweiser Friendship Tournament (3)
Cody Athletic Club
North Fork St.
Cody, WY 82414
Ev Diehl
307-527-7131

Chelmsford Court House Open (3)
Chelmsford, MA
Paul Henrickson
617-754-6073

Kansas State Doubles (2)
The Club House
Comanche & Ave. F
Dodge City, KS 67801
Stephen Westphal
316-225-0206

APRIL 29-MAY 1

California State Singles (2)
La Cancha Racquetball
and Health Center
1850 Soscol
Napa, CA 94558
Holly Ferris
707-252-8033

APRIL 29-MAY 2

REGION #12 (5)
Tom Young's Athletic Club
2250 Wyoming Blvd NE
Albuquerque, NM 87112
Contact: Clay Childs
517 Fruit N.W.
Albuquerque, NM 87108
505-243-5505

REGION #9 (5)

Davison Racquet Club
G-2149 Fairway Dr.
Davidson, MI 48423
Contact: Jim Hiser
313-653-9602

APRIL 30-MAY 2

REGION #11 (5)
Racquetball of Sioux Falls
817 Russell Dr.
Sioux Falls, SD
Dick Hacking/Clint Koble
605-336-9494

3rd Annual River City Hemophilia
Racquetball Classic (3)
Supreme Courts on Mendenhall
Memphis, Tennessee
Beverly Halpern
901-458-6927

East Coast Jubilee (3)
Boston Athletic Center
653 Summer St.
Boston, MA 02110
John Lepore
617-662-6799

Minnesota State Singles
Championships (2)
Burnsville Racquet Club
14600 Burnhaven Dr.
Burnsville, MN 55337
Ron Strom
612-435-7127

Holiday Court Rooms
750 W. Sunrise Blvd.
Ft. Lauderdale, FL 33311
Rick Willits
305-764-8700

6th Annual Women's Racquetball
Classic (3)
Sacramento Handball &
Racquetball Club
725 14th St.
Sacramento, CA 95814
Jose Phillips
916-441-2977

North Carolina State Championships (2)
Carolina Courts
301 Executive Park Blvd.
Winston-Salem, NC 27103
Mike Dimoff
919-274-3223; or (club) 919-765-0691

MAY 7-9

Junior Regional #2 (5)
Sport Rooms of Plantation
8489 N.W. 17th Court
Plantation, FL 33322
Annette Desormey
305-472-8504

Junior Regionals #3 (5)
Tom Young's Racquet Club & Spa
305 Foster Dr.
Las Cruces, NM 88001
Connie Young
505-526-4477

Junior Regional #4 (5)
Playoff Racquetball & Handball Club
288 Wood Rd.
Braintree, MA 02184
Jim Daly
617-848-8080

Junior Regional #5 & #7
Palo Alto Supreme Courts
2370 Watson Court
Palo Alto, CA 94303
Jerry Danzig or Ed Martin
415-856-0211

Junior Regional #9 (5)
Athletic Express (301-258-0661)
700 Russell Ave.
Gaithersburg, MD 20877
John Ware
301-588-6180

Junior Regional #10
The Clubhouse
Comanche & Ave. F
Dodge City, KS 67801
Ross Jones

316-722-1800 or
Stephen Westphal
316-225-0206

Junior Regional #11
Off the Wall Racquetball & Health Club
2605 Munster Blvd.
Meraux (New Orleans), LA 70075
Bo Champagne
Cliff Zeairs
504-277-8415

AARA Junior Regional #13 (5)
Billings Racquetball Club
777 15th St.
Billings, MT 59102
Greg Pekovich
406-259-2626

Region #2 (Adults)
Glen Cove Racquetball Club
4 Cedar Swamp Rd.
Glen Cove, NY 11542
Al Seitelman
516-261-3257

MAY 14-16

Junior Regional #1
All Sport Racquetball Club
240 A North Rd.
Poughkeepsie, NY 12601

North Eastern Open (3)
Bristol Club House
842 Clark Ave.
Bristol, CT 04060
Joe Hogan
203-583-1843

MAY 15-17

May Fest Open (3)
Game Point Racquetball Club
Plymouth, MA
Paul Henrickson
617-754-6073

MAY 27-31

AARA NATIONAL SINGLES (6)
McKinley Park Health and Racquet Club
Buffalo, NY
Luke St. Onge
901-761-1172

JUNE 11-13

2nd Annual Indiana March of Dimes
Racquetball Tournament (3)
Indiana Racquetball Club
1707 Warren Rd.
Indiana, PA 15701
P. J. Lanich
412-349-3111

JUNE 18-20

Holiday Park Racquet Club
Spring Classic (3)
Holiday Park Racquet Club
Bob Kirchner
2037 Rt 286
Pittsburgh, PA 15239
412-327-7510

This is a listing of AARA-sanctioned events

- (1) — 1st level tournament
- (2) — 2nd level tournament
- (3) — 3rd level tournament
- (4) — 4th level tournament
- (5) — 5th level tournament
- (6) — 6th level tournament

*To put your tournament on this calendar, call Hallie at 901-761-1172. To ensure publication, information should be turned in by the 1st of the month, 60 days prior to publication (i.e. August 1 for the October issue, etc.).

*For further information on Regionals, see page 35.



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