



POSTMASTER: Address correction requested

Bulk Rate
U.S. Postage
PAID
Posen, IL. 60469
Permit No. 104

Volume 4 Number 4

APRIL, 1981

Price \$1

RACQUETBALL TODAY

Winners!



Carroll Hall photo

Fourth consecutive win for Hogan!
Defeats Peck 21-20, 21-20



Carol C. George photo

Shannon Wright takes Washington stop

Pro Tournament Results p. 5



DG photo

**Inside:
Exclusive
Instructional
Series
by
Lynn Adams**

You can be a winner, too!

\$1000 Photo Contest!

details on p. 20

We Get Letters . . .

Dear Diane,
 February 12-15 we hosted our 4th annual Saint Valentine's Day Massacre, along with a W.P.R.A. Pro Stop, with over 400 participants.
 We were fortunate enough to have had some very special people helping us out at the tournament-special because these are the same people you see at numerous tournaments, volunteering their efforts and support for one reason only; love of racquetball and a desire to see the sport grow.
 So to Clyde Senters, Terry Cubberley, Jim Cartwright, Gay Kenna, Jack and Sean Moskwa, Karen Minsky, Geoff Peters, and Barb and Marty Olsen, my hat's off to you. You people are the core of racquetball and what it's become.

Thank you for everything.

Sue Sulli
Killshot Ltd.

Dear Sirs,
 I have enjoyed RACQUETBALL TODAY very much. Not only do I enjoy the games inside, but I have learned a great deal from your articles printed, especially the article printed in your last edition on Psychology and Sports by Dr. Andrew W. Meyers.
 Racquetball is still very new in Alabama and all your editions have been a welcomed treat. You are doing an excellent job.

Thanks,
Conni Hobbs

Dear RACQUETBALL TODAY,
 Here's my subscription. Do you know why I'm subscribing? Tom Grobmisi. Even his lousy, corny poems make me laugh. Ask Tom if he would do a satire on "Life in the Locker Room."

Gina Berman

Dear Gina,
 Tom says that in order to study life in the locker room you need a microscope.

Ed.

Dear Sirs:
 Being a firm believer in eye protection can also be dangerous (your Feb. 81 article, page 17 of the Western edition). I've worn goggles since 1977 when my daughter suffered an injury at racquetball, and have developed the habit of turning after I serve. When my protectors broke, I foolishly went ahead and played anyway. That habit of looking bought me a beautiful shiner!

Obviously, when you get in the habit of wearing protection, stick with it.

Sincerely,
Thomas M. Seaman
P.O. Box 449

Dear Betsy,
 It's great to see a regular column devoted to juniors, and a good one, too. Keep up the good work and thanks for giving some notice to the kids.

Art Hildebrand

Dear Diane,
 Enclosed it my entry into your photography contest. I'd love to win that thousand dollars. Can I enter more than once?

Al Mirro

Dear Al,
 Yes! Not only can you enter more than once, you can win more than once.

Ed.

Dear RACQUETBALL TODAY,
 Enclosed is my subscription...I love your paper! I got this form from your rules poster which is also great and has settled a lot of arguments at our club. Are your rules AARA or USRA? Would you send me a rule book please?

Carolyn Wyatt

Dear Carolyn,
 Thanks for the compliments. We've sent you a rule book under separate cover. The rules on our poster apply to both AARA and USRA rules as the two sets are pretty much the same with the exception of some of the more technical rules that generally will not come into play except at a tournament. The only major difference that affects the "flow" of the game is the receiving line rules; and there's a discussion of that subject elsewhere in this issue.

Ed.

Zigzag puzzle winners listed

CONGRATULATIONS to last month's Zigzag Puzzle Winners. Our winners will be receiving a can of balls. They are: Leslie Driskell, Enterprise, AL; Dorys Westlund, Scottsdale, AZ; Marion Viera, Oceanside, CA; Denise Chavez, Longmont, CO; Joan Carrington, Miami, FL; Ellen Duggan, Mo. Bilerica, MA; Denice Haynes, Monroe, MI; Ray Bonoan, Tulsa, OK; John Tobin, Orem, UT; Gid Pool, Alexandria, VA.



My Point from the editor

Racquetball for the working force: working it in

We approach our workday with a list of "Things to Do." Sometimes mental, sometimes written, the list is usually endless and rarely in the proper order. Some of us are able to shift and rearrange the items on the list without getting too bent out of shape ourselves. Others cannot function without a well-organized, systematic schedule of events. Whatever its form, "the list" directs the flow of our daily lives. As it exists, it stands as a summation of our workday priorities.

Somewhere, amidst the duties, the plans and the appointments, we arrange a racquetball game. We squeeze it in at lunch time or after office hours. (Some of us get up early and play before work, if we can find a partner!) We rush to get there, and we hurry to dress. Warm up is minimal, there isn't enough time — *we want to play!*

"Outsiders" think we are crazy. Content to plop down in front of the television set, they can't wait to get home and "relax". Why do we do it?

There are many reasons. It's fun. FUN. We like the exercise, the competition, the GAME. *The hustle?* It's worth it.

Why?
 Because for one full hour, the problems of the day are set aside. For one full hour, the tasks we have to face tomorrow leave our minds. For one full hour, all we think about is *hitting the ball.*

We leave the court physically exhausted, but mentally refreshed. We can handle the traffic, and dinner tastes twice as good. Once again, we are willing to tackle the problems at hand and the tasks ahead.

Tomorrow, I've got to play racquetball. Somehow, I'll work it in. It's on my list.

Correspondents

Junior Correspondent

Betsy Koza
 62 East Niles
 Lake Forest, IL, 60045
 312-234-1853

California
 Jim Colla
 65 Fairfax St. #7
 San Rafael, CA, 94901
 415-453-6712

Georgia
 Caryn McKinney
 5384 Grenoble Court
 Doraville, GA, 30360
 404-325-2700

Maryland
 Larry Harris
 Ass't. Sports Editor
 The Evening Sun
 Baltimore, MD, 21203
 301-332-6421

Massachusetts
 Steve Ravidou
 340 Plantation St.
 Worcester, MA, 01604
 617-756-1349

Michigan
 Dennis Wood
 2808 S. Deerfield
 Lansing, MI, 48910
 517-882-8789

Missouri
 Denise Santangelo
 7864 Becker Road
 St. Louis, MO, 63129
 314-846-2334

New Jersey
 Melanie Taylor
 323 Claremont
 Montclair, NJ, 07042
 201-783-9736

New York
 Perry Spring
 101 Aberdeen Ave.
 Iselin, NJ, 08830
 201-283-0167

Northwest Area
 Linda Lopez
 1015 Sharon Loop SE
 Salem, OR, 97302
 503-873-5301

Ohio
 Robert Goodman
 1392 Barnes East
 Columbus, OH, 43225
 614-846-7921

Wisconsin
 Geoff Peters
 426 Three Mile Road No. C3
 Racine, WI, 53402
 414-639-4719

Texas
 Simon Wiederman
 5500 N. Breaswood #237
 Houston, TX, 77096
 713-840-6864

Pennsylvania
 Helen Chretien
 194 Summit Trace
 Langhorne, PA, 19047
 215-968-6093

Kick the Habit

We at RACQUETBALL TODAY believe that smoking has NO PLACE in the viewing area of the courts. Smoke is irritating there, as well as in the close quarters of the locker room and sauna. For some reason, many club owners have been reluctant to establish reasonable restrictions on smoking. Maybe they feel they will offend the smoker and lose business. We think it's just the opposite. The nonsmoker is often offended. If a club has a lounge that is totally enclosed and separated from the courts, smoking should be allowed there, but in the typical court club or viewing areas which are open to the courts, smoking has no place.



RACQUETBALL TODAY

PUBLISHERS Alan Shetzer
 Phil Simborg
 Tom Street

EDITOR Diane Gabrisko

COLUMNS
 Conditioning John Donati & Ken Hutchins
 Court Talk Bob Gura
 Feet First Dr. Louis Sorto
 Junior Forum Betsy Koza
 New Products Bob Schmandrick
 WPRA News Janell Marriot

Shetzer Alan Shetzer
 Getting a good start Lynn Adams

CONTRIBUTING JOURNALISTS
 Tom Grobmisi, Ralph Moll, Diane Mason, Len Ziehm,
 Denise Santangelo, Lawrence Tabak, Simon Wiederman,
 Dr. Burton Morrow, Jim Goniff.

ADVERTISING MANAGER Louise Bosta
 PROMOTIONS MANAGER Colleen Mallo

Published by Racquetball Today Promotions, Inc., P.O. Box D, Posen, Illinois, 60469 (312) 371-7616 or call toll-free (800) 323-9167. Subscription rates for 12 issues: U.S. and possessions, \$10; Canada, \$14; Foreign, \$20. RACQUETBALL TODAY reserves all rights throughout the world. Reproduction in whole or in part in any language without written permission is strictly prohibited. All letters sent to RACQUETBALL TODAY will be considered RACQUETBALL TODAY property and therefore unconditionally assigned to RACQUETBALL TODAY for publication and copyright purposes. All such letters and photos will be subject for editing by RACQUETBALL TODAY. RACQUETBALL TODAY welcomes manuscripts and photographs of interest to our general readership. Manuscripts must be double-spaced typed, and we cannot guarantee the return of photographs. RACQUETBALL TODAY reserves the right to refuse any advertisement for any reason. Copyright 1980, Racquetball Today Promotions, Inc.



Look for actor Sean Connery playing racquetball in a scene from his upcoming motion picture "Outland", a Warner Brothers film to be released this summer.

Publishers comments

about those sponsors...

The next time you go to a racquetball tournament, pick up a racquetball publication, or hear about an interesting racquetball clinic or event, stop to think about who is sponsoring that event. In many cases, without those sponsors, the events and publications would not be possible (or at least, would be very expensive).

The more loyalty you show to those companies which channel their advertising and promotional dollars into the sport, the more they will continue to do so. The next time you go to the store, buy the soft drinks and beer of those companies you see putting their money into racquetball.

The next time you buy a racquet or ball, think about where you've seen those companies spend their money. Are their products supporting racquetball association memberships, leagues, tournaments, and programs?

Are they advertising in racquetball publications? If they weren't, the cost of subscribing to the publications would be very expensive, and you wouldn't be reading about the sport! So, give a little thought to those sponsors. Put your money where your interest is.

News Briefs

PRA "NEGOTIATING"

The PRA is the organization consisting of the top 16-ranked men pros formed under the leadership of Steve Strandemo last year. We have been informed of various offers and negotiations with the PRA regarding next season's tour, and in an effort to report to the public **RACQUETBALL TODAY** contacted Steve Strandemo for a statement.

Mr. Strandemo's agent, Charlie Drake, stated that the PRA has a policy that 12 of the 16 members must formally agree on any press release, and thus far no official statements have been cleared. Mr. Drake also informed us that several offers have been made to the PRA, all of which have been turned down thus far.

PROS AND PRIZE MONEY SET FOR EKTELON-PERRIER CHAMPIONSHIPS

SAN DIEGO, CA (March 11, 1981) — The cream of the men's and women's professional racquetball crop will be competing in the upcoming Ektelon-Perrier Racquetball Championships, April 27-May 3, at the Sports Gallery in Anaheim.

Defending Ektelon-Perrier champions Dave Peck of El Paso, Texas, and Shannon Wright of Las Vegas, and the game's premier player, Marty Hogan of San Diego, headline the prestigious event. The top 24 men and 32 women pros will be competing for \$40,000 in prize money.

The Ektelon-Perrier Championships will also mark the first — and only — time this year the Professional Racquetball Association (PRA) and Women's Professional Racquetball Associations (WPRA) tours will play together at one site.

In addition to the men's and women's pro events, the Ektelon-Perrier Championships bring together the top 64 men's and women's open and senior amateur players from 16 U.S. metropolitan cities.

The 64 amateurs — one men's and women's open and senior winner from each city — will compete for expense-paid Club Med vacations for two.

SUN-TIMES WILSON SHOOTOUT

The Chicago Sun-Times Wilson Shootout massive racquetball festival will rank among the nation's biggest mass participation sports events.

Last year's first Sun-Times Shootout drew 1,260 players and was the biggest racquetball event entry-wise ever held in one American city.

The Chicago Metro Clubs and Follett Recreation Centers will host local play.

Survivors of the local eliminations—and there will be 256 of them—will advance to regional play.

Most of the big prizes will be awarded May 2-3 at the finals at Lombard's Glass Court Club. The winners will square off with touring pros Davey Bledsoe and Shannon Wright in the Shootout climax May 5, at the Glass Court.

Sportsman of the month

Ed note: In an effort to encourage and reward good sportsmanship, RACQUETBALL TODAY features: Sportsman of the Month, a person selected for his/her high sportsmanship demonstrated in and around the racquetball court. The winner will be chosen from letters sent in by readers. If you know of someone deserving of recognition send us a note about it. We welcome pictures, too.

Some sorely-needed sportsmanship seems to be returning to the game of racquetball.

John Egerman, only 18 but already ranked 13th on the U.S. pro tour, gave a fine demonstration of that seldom-seen quality Sunday in the finals of the Maple Leaf Pro-Am Classic Racquetball Tournament.



Although a lot of the racquetball pros like to indulge themselves with childish displays of temper and bad manners, Egerman, of Boise, Idaho, sticks quietly to playing first-class racquetball.

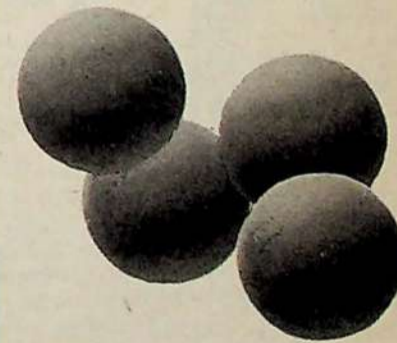
He didn't question referee's decisions or engage in any of the on-the-court antics that some pros seem to think spectators find amusing.

In fact, several times when his opponent, Scott Hawkins questioned calls, Egerman was quick to give him the benefit of any doubt by agreeing to a change in the call or replaying of the point.

Egerman showed the kind of sportsmanship that the game of racquetball definitely needs after years of the gamesmanship that former champ Charlie Brunfield promotes.

— Gary Rennie
Windsor Star

Receive
4 FREE
RACQUETBALLS



WHEN YOU
SUBSCRIBE
TO
**RACQUETBALL
TODAY**

See Special Offer
on Page 12

The ability to sustain concentration

Charlie Drewes: A seven year winning streak

by Lawrence Tabak

"I always play to the other guy's level," the winner says as he towels off after squeaking by a player he feels is obviously inferior.

And then there's the whole group of players who simply refuse to play with anyone who doesn't meet their standards.

Force these players to face nothing but weaker opponents for a couple of weeks and they'd probably give up the game or go berserk. So imagine going half a decade without losing a practice match against the best competition available, not losing a single game, and still improving your game. That's exactly what Charlie Drewes of Ames, IA, has had to do, and there's a lesson here for all of us.

East Lansing, Michigan, was a paddleball hotbed in the late 1960's when Charlie Drewes began graduate school at Michigan State. It didn't take him long to discover the game and get hooked.

"Paddleball was my main form of recreation. It wasn't unusual for me to spend five straight hours on the challenge courts. The system allowed the winner to hold the court as long as he wanted, and with an hour or more wait, there was a real incentive to win."

Within a few years, Charlie was playing a close match with a veterinary student by the name of Steve Keeley in an intramural paddleball tournament, and was on the winning side of a paddleball doubles match with a stranger in town who was working out Keeley.

"I thought the guy hit the ball pretty good, so after we beat them I asked my partner who he was. He said, 'You didn't know that was Charlie Brumfield?'"

Keeley was one of the first top paddleballers in the area to trade in his paddle for a strung racquet, and Drewes was a somewhat reluctant follower.

One of the first things Drewes did when he moved from East Lansing to

Ames in 1974, was check out the courts at Iowa State University where he would be joining the zoology department. It was a warm summer day, but Drewes was still shocked to find the six courts deserted.

"Coming from Michigan, I was surprised to find so few good players, especially in a large student community. I was still making the transition to racquetball when I moved to Iowa. Without a lot of tough players, I had to learn not to let up against weaker players, and I found that that way I could still improve."

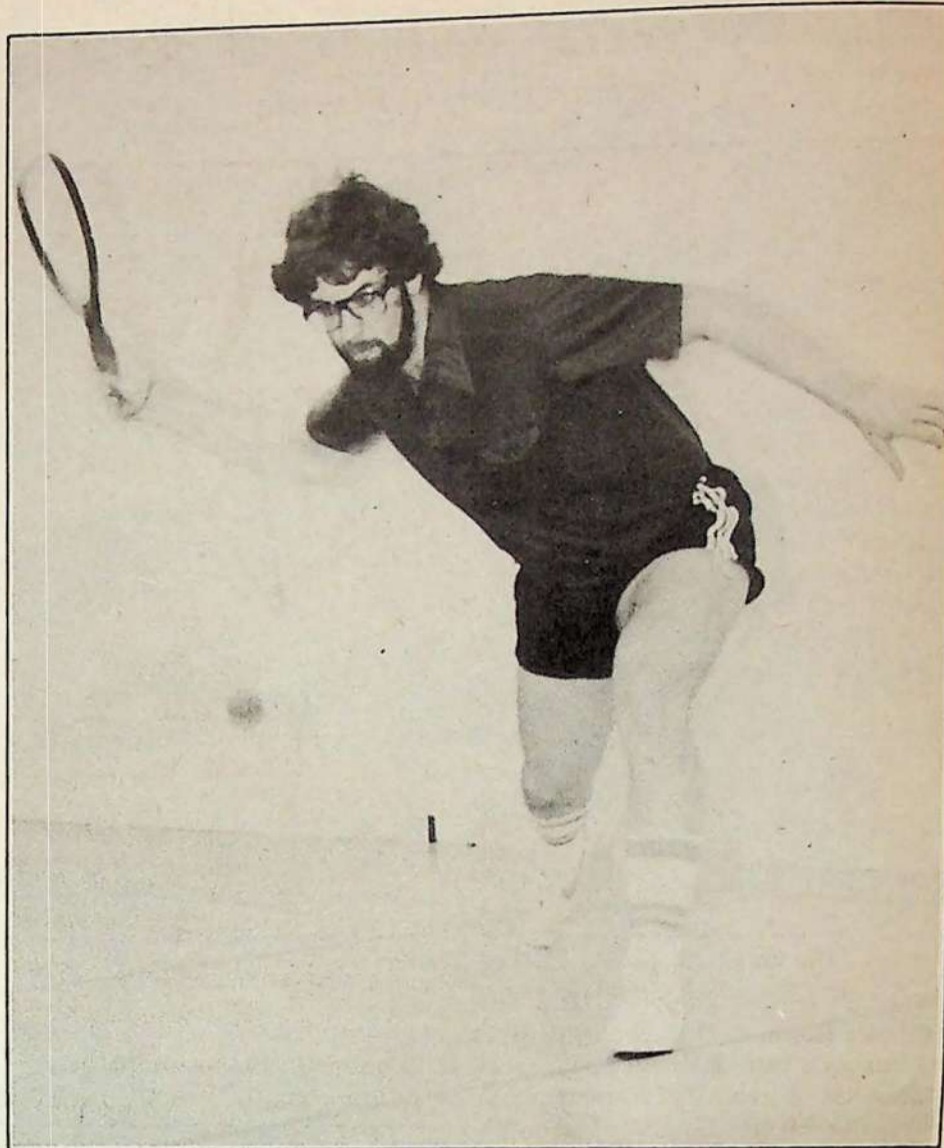
This ability to sustain concentration has led to an almost legendary local playing record. None of the top players in Ames (pop. 40,000) can say they've ever taken a game from Drewes. Not a match, a game. They can tell you how many points they've scored in their best efforts, making a unique system of handicapping.

Drewes is a former Iowa state YMCA champ, but has never been a regular on the local tournament circuit. One senses that he is reluctant to enter unless he believes he can sustain his level of play and concentration for the entire tournament. His intensive research into the electrical activity of nerve cells and his family just don't give him the time for all out preparation.

"Right now," he admits, "I can only play a couple of games at the top of my form."

One of the things Drewes has done over the years to keep the game challenging is to develop a left-handed game that is at least a high B. Laura Doak, an ISU student, tournament player, and part-time teaching pro at the Ames Racquet Club testifies to Drewes' ingrained competitiveness.

"He beat me the other day 21-3 playing left-handed, and I thought I was playing pretty good too. I went into the locker room, got into the hot tub, and just about cried. But Charlie is great.



Larry Tabak photo

He's helped all of us a lot."

Just the presence of Drewes is an incentive for local players, and when asked, he will always give the serious player help. Drewes has watched the level of play in town gradually improve, and readily, almost happily admits that as he reaches his mid-thirties that a number of players are closing in.

"It's tough because every time I play these guys they get incredibly psyched up."

Still, Drewes has kept his streak

intact, and talk of tournaments is enough to rekindle the old competitive spirit.

"There's a senior division that I'll be eligible for in September. But you get some real characters in there, and I'll just be one more die-hard jock."

So next time your mind begins to wander during an easy match, or before you scoff at an inexperienced player's challenge, think of Charlie Drewes and remember that learning a tough mental game and general improvement is up to you, not your opponent.



By Betsy Koza

Junior Forum

Ed Note: RACQUETBALL TODAY is proud to welcome an accomplished Junior player, Betsy Koza, as a regular columnist. Betsy, sponsored by Omega and Nike, graduated cum laude from Lake Forest high school in Illinois after her junior year and now plays in the Pro and Open divisions in tournaments around the country. At seventeen, Betsy has come up against (and still does) many of the problems young people face when trying to play racquetball. Junior players are encouraged to send their questions and comments to Betsy in care of RACQUETBALL TODAY.

Juniors are not the only racquetballers who have a hard time finding people outside of their own peer group to play. The masters, that over-45 bunch, are also often shunned because of their age. Just as no one wants to play with juniors because "they're" wild and have temper tantrums on the court," no one wants to play with masters because "they're slow and have heart attacks on the court." What more and more members of both

these groups are finding out, however, is that masters and juniors can work wonders for each other!

In other words, juniors; if there's a masters player around, grab him, and cultivate him (or her — most of the masters players I have come in contact with have been men, although there have been some notable exceptions!) The same goes for masters who see juniors wandering around unattached. For juniors, it's more than likely that when you find a masters player, you will not only get a game, but gain a coach and a friend as well.

If masters lack anything in the way of speed and power on the court, they more than compensate for it with ball control, court knowledge, and game psychology. If you can learn some of the masters' control, pinches, around-the-wall balls, Z-balls, and "sneaky serves," juniors, you've got it made! If some of the wisdom the masters players have acquired rubs

off on you so much the better. Masters can show you how to out-think and out-psych your opponent, how and when to cut off shots to surprise your opponent, and the other secrets they have discovered over the years. You want to learn everything you can about how to hit and use that fantastic pinch, AWB, or special shot he has.

Another good aspect of the masters players that often rubs off on juniors is their sportsmanship. The only time you ever see masters arguing on a court is when one calls a skip against himself and the other tries to tell him the shot was good! As a group, the masters have to be the nicest people on the court I know.

Did you ever go to a tournament and see a dozen or so distinguished looking, graying gentlemen jumping up and down madly every time a player with braces on his/her teeth scores a point? Or find a handful of twelve-year-olds clapping wildly each time a player with

braces on his knees aces his opponent?

It's the masters and the juniors. More appropriately, it's the young and the younger.

The masters I have encountered are all genuinely interested in kids. Most are parents themselves, with kids grown and gone, and they're looking for a bit of junior involvement. A bit of involvement usually translates into quite a lot! Masters will usually go out of their way to help you. Of course, masters also have something to gain by playing juniors. Playing with kids gets some "new blood" into their systems. Masters can pick up some hints on power racquetball, and add this to their control game. A junior's quickness and enthusiasm can also revive a master's waning speed on the court or interest in the game. The benefits of juniors and masters playing are mutual, and many lasting friendships have sprung up because of the merging of the young and the old in racquetball.

PRO TOURNAMENT RESULTS

Marty wins 4th in a row... defeats Peck in Florida



Sheila Cunningham photo

March 19-22, Kunnan Leach Tournament of Champions
Sportsrooms of Coral Gables

Finals: Hogan d. D. Peck 21-20, 21-20.
Semi's: D. Peck d. Yellen 21-17, 18-21, 11-9; Hogan d. Hilecher 21-10, 21-17.
Quarter: Hilecher d. Streamdemo; Yellen d. Brumfield; D. Peck d. Harnett; Hogan d. Myers.

Heather is still on top... takes Green Bay tourney

WPRA RANKINGS

1. Heather McKay	610
2. Shannon Wright	520
3. Lynn Adams	390
4. Marci Greer	370
5. Laura Martino	180
6. Karin Walton-Trent	170
7. Fran Davis	160
8. Elaine Lee	140
9. Peggy Gardner	120
10. Rita Hoff (tie)	110
10. Jannell Marriott	110
10. Linda Prefontaine	110
13. Martha McDonald	100
13. Bonnie Stoll	100
15. Vicki Panzeri	90
15. Jennifer Harding	90
17. Kippi Bishop-Boatright	80
18. Mary Dee	70
18. Jean Sauser	70
20. Sheryl Ambler	60
20. Sarah Green	60
20. Brenda Poe	60
23. Susie Dugan	50
23. Peggy Steding	50
23. Melanie Taylor	50
23. Hope Weisbach	50
27. Linda Forcade	40
27. Terri Gilreath	40



27. Joyce Jackson	40
27. Connie Peterson	40
31. Sue Carow	30
31. Betsy Koza	30

Tournament Schedule

Women

April 2, 3, 4, 5	Providence, RI
April 23, 24, 25, 26	Fishkill, NY
April 30, May 1, 2, 3	Anaheim, CA
May 8, 9, 10	Bangor, ME
May 13, 14, 15, 16, 17	Nationals Chicago, IL

Men

April 8-12	Seamco Racquetball Clinic Playoff Four Racquetball Club Beverly, Massachusetts Open
May 6-10	Coors Grand Prix Final Town & Country Racquet Club St. Louis, Missouri Open

Shannon is back... wins Seattle Stop

By Jim Goniff

Shannon Wright missed the Pro Stop in Chicago in mid-February in order to compete on ABC's Super Stars. She took third place and \$14,000, certainly well worth her time. It is interesting to note that Heather McKay represented racquetball at the Super Stars the previous year, and she also took third. It appears that the No. 1 and No. 2 players are close in a lot of areas, as the "show-down" at the Pro Stop in Federal Way, Washington (between Seattle and Tacoma) at the Pacific West Club the first week-end of March, was clearly to prove.

Using the new system of scoring every point, games to 11, and three out of five games to determine a set until the tie-breaker, Wright dropped the first set to McKay two games to three, but came back very strong in the second set to win 3-0.

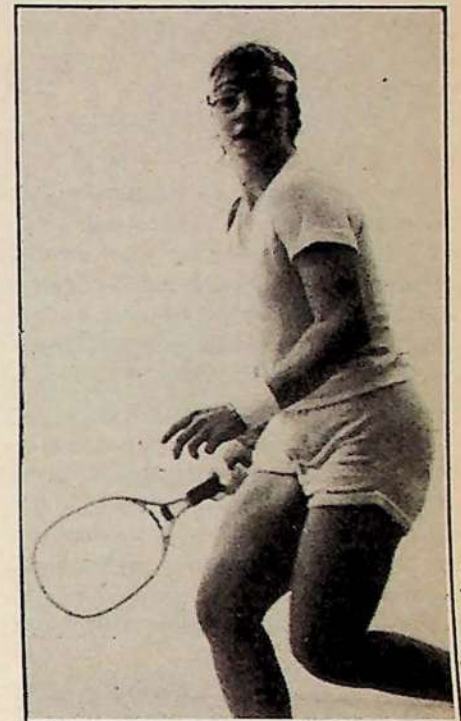
In the third, tie-breaker set, (played two out of three games) they split the first two, which set the stage for a single game to 11 points, deciding the victor...must win by 2, and that is exactly what happened! Shannon pulled it out 13-11.

Wright now has a 3-2 victory record over McKay, and results clearly indicate that these two women are the true powers in women's racquetball.

Marci Greer defeated Lynn Adams for the third place award.

The Pacific Way tournament was so completely predictable. The top four seeds, McKay, Wright, Adams, and Greer, all made it to the semis with little difficulty, and in the quarters, Karen Walton Trent, Elaine Lee, and Laura Martino all got there pretty much as expected, as they had all done well the previous tournament in Chicago.

Francie Davis, however, did upset



Carole C. George photo

Peggy Gardner in a tie-breaker set to make it to the quarters, and that is a real breakthrough for Francie. All of the qualifiers got knocked out in the first round, and there was only one real "upset", as Florida's Brenda Poe took out Jannell Marriott in the first round.

But in spite of all the "predictable" play and results, the Women's Pro Tour continues to draw fine crowds and is truly an exciting event to watch, thanks to the scoring system, the skill of the players, and the enthusiasm and "good vibes" expressed by the women, both on and off the court.

In the Women's Open, California's Terry Gilreath took Chicago's Betsy Koza out in the finals (21-15, 21-8) and in the Men's Open, California's Steve Dunn beat Fielding Snow in a tremendous and exciting match (21-16, 11-21, 11-9).

Marriott meets McKay

4th ANNUAL SARANAC PRO-AM RACQUETBALL TOURNAMENT

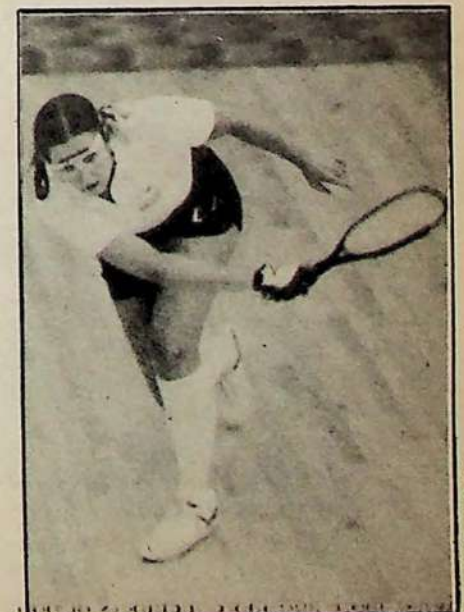
Western Racquet Club
Green Bay, Wisconsin
March 6, 7, 8, 1981

WOMEN'S PRO

Finals: McKay d. Marriott, 21-11, 21-3; Hoff d. Davis, 21-16, 21-17.
Semis: McKay d. Hoff, 21-9, 21-16; Marriott d. Davis, 21-12, 21-10.

MEN'S PRO

Finals: Constable d. Cohen, 21-17, 21-16; Ferris d. Wirkus, 21-11, 21-9, for 3rd place.
Semis: Cohen d. Ferris, 21-19, 21-17; Constable d. Wirkus, 21-16, 21-11.



Carole C. George photo



Court Talk: "Racquetball" Jacobs

by Bob Gura

Racquetball fanatics come in all sizes and temperments, but I'd never met anyone like "Racquetball" Jacobs. He lives down the block from me, and I swear he exists *solely* for racquetball. His t-shirts have "Racquetball" written across the front, his magazine rack is crammed full of racquetball publications, and his daily conversation is peppered with bits of strategy and tactics.

I'm convinced he's memorized the national rankings, and I know he's a reliable guide to upcoming tournies and events. We were having lunch one day, and I suggested we play a game or two. Despite our common interest, we'd never been able to hook up and bang the ball around.

I was looking forward to a match as he was the lean, fast type that usually gives me trouble. He stood about 5'10", and I'd often seen him wearing the latest in court fashion. To my way of thinking, anyone who knew the game cold and dressed to kill must be a wizard to watch or play.

I was disappointed when he said he was tied up for the week, but would let me know when the time was right. "Racquetball" went on to open a magazine, point to a picture, and talk about the latest in court construction.

The week passed, and I decided to give him a call at the ad agency where he worked. Once again the proposed match fell through, but my curiosity was aroused. Sneaky by nature I asked a few neighborhood playing buddies how good "Racquetball" Jacobs was. It turned out none of them had ever seen

him on court. It seemed to me "Racquetball" didn't play much racquetball, unless he frequented an out-of-the-way club.

The next time we met I asked him about it. His answer surprised me. I had figured him for a sort of racquetball voyeur, more of a high power fan than a experienced player. I was wrong, about the second part.

He had been playing for a few years, he mentioned, but was just rotten at the game. He couldn't figure it out since he was a good tennis player. Every time he tried to hit a backhand, the whole stroke fell apart. He had read a slew of instructional material and had even taken les-

sons, but nothing worked. It had gotten so bad, he played with a few other similarly impaired guys at a court about five miles away.

It doesn't happen often, but I was ashamed for having pressed him into a match. Here was a guy who loved the speed and power of racquetball, but couldn't get into the game. I apologized for pushing and came up with a novel suggestion. Would he, I asked, consider coming over and watching his neighbors play? It dawned on me, he thought we were a budding crop of Marty Hogans and Dave Pecks. To be honest, we're more in the way of the over-the-very-small-hill gang.

He agreed, and watched us play on a Saturday morning. It wasn't long before he realized it would take time, but playing with us was no impossible dream. We talked afterwards and he agreed to play during the week. "Racquetball" said he'd bring a buddy along, and maybe we could try cutthroat.

"Racquetball" Jacobs has been a regular ever since, although one thing surprises me. I had figured he would lose interest in all the facts and stats now that he played more. No way. If anything, he's become *more* of a walking racquetball reference book. That's okay though, I never know when I'll need an unimpeachable source to verify a bet.



Ektelon...because you know the game. Ektelon's new BlueLite or the Jennifer Harding ...because you know your game.

Now Ektelon offers two distinctively different racquets for women. They're light in weight for exceptional mobility and a faster swing. Both feature smaller handle sizes, including super small, for a surer grip and better control. And each is designed for a different style of play.

The New BlueLite. This is Ektelon's most flexible woman's racquet. Constructed of fiberglass fibers in a high-impact nylon matrix, the new BlueLite provides more flexibility than either aluminum or graphite. (250 grams. 18 1/4" long.)

Jennifer Harding Model. Made from aluminum, Ektelon's Jennifer Harding model is designed for the woman who prefers a racquet with a bit more rigidity. The Jennifer Harding is lightweight, and shorter, to swing faster and maneuver more easily. (250 grams. 17 3/4" long.)

Aluminum or fiberglass... the Jennifer Harding or the more flexible BlueLite. Whichever you choose, you've made the right choice. Because you've chosen Ektelon. Both the Jennifer Harding and BlueLite feature Ektelon's full two-year racquet frame and full ninety-day racquet string warranty.

EKTELON

The Most Recommended
Racquet in Racquetball.*

another BROWNING company

*Research results available from Ektelon.

Dope Discovered at Racquetball Tourny

By Tom Grobmsi, R.T. Reporter

It was Friday evening, the beginning of a major Racquetball Tournament last month, and as I entered the men's locker room to dress for my first match I immediately saw him standing in the corner: Henry Tillman, one of the biggest dopes I've ever known in my entire life!

"What are you doing here?" he asked me as I stood there with my racquetball bag in one hand and tournament-information sheet in the other. Unable to stop myself, I replied "Oh, I just thought I'd catch up on a little reading."

Of course, that went right over poor Henry's head, and he went on to explain how he was there for the racquetball tournament. It was then and there that I realized that I loved Henry! That I loved all racquetball players! That I loved just being a part of the game and playing with all different kinds of people.

I put my arm around Henry's shoulders and said, "Good luck Henry...hope you win." Henry smiled. It made me feel good.

I went on to lose my first match. That made me real mad. I'll never be nice to Henry again.

Shetzer!

by Alan Shetzer

Everyone dies a little each day. Some days you die a little more than others. Today was one of those days, for I decided to give up active participation in racquetball tournaments.

This was a terribly hard decision to make, since I am a confirmed racquetball fanatic. This fanaticism probably afflicts a small percentage of all racquetball players.

It's not hard to tell whether or not you suffer this affliction. Your thoughts revolve around the next tournament, league match, practice session, or just general conversation. I see people with this affliction all the time. They are the ones who show up at every tournament. They just happen to be passing by four hours early and decide to stop in and see what is going on. They play in every organized racquetball league, and go into withdrawal during the summer season. You see them standing on the corner hitting imaginary backhands, oblivious to crowds surrounding them.

I knew I was in trouble a couple of years ago when I traveled to Michigan to play in the Nationals. Leaving my hotel on the way to the racquetball courts, I stopped by the front desk at the hotel lobby to get my messages. Among those messages was a short note from my father, telling me that I should call my mother. (I have been in town for 3 days without calling.)

I have been involved in organized racquetball for at least six years. I have traveled around the country playing in racquetball tournaments, and I've invented and created different types of



tournaments and leagues, not for other people to participate in, but just for me.

The point is, there comes a time when you have to consider the importance of playing games, and its effects on you and other people in your life. One of the few things that we all don't seem to have enough of, is **time**. And we all must make compromises with ourselves on how to budget time. I am not going to quit playing racquetball, as have a number of my friends, when they dropped out of playing tournament competition. I will continue to enjoy playing daily, and free up my time in the evenings and on weekends, which I formerly devoted to playing and running racquetball tournaments and leagues.

And you'll be hearing from me. I'm not dead yet.

Getting a good start

by Lynn Adams

Ed Note: RACQUETBALL TODAY is pleased to feature an exclusive series of instructional articles by Lynn Adams. Lynn, 24, is currently ranked third on the women's pro tour. One of the game's best teachers, she is also a member of the Ektelon's Advisory Staff.



This is going to be the first article in an exclusive series covering the basic strokes and strategies of racquetball. I am very pleased to be writing for **RACQUETBALL TODAY**, and I hope my methods of explaining techniques will benefit your game. I believe in good basic correct strokes. Nothing fancy, because consistency is what wins, and understanding the different strokes will make them easier to learn. So...onward to the forehand.

The forehand can be broken down into three basic categories: grip and racquet, upper body and lower body. I'll talk about each different part, but be aware that they all flow together for a powerful forehand.

THE GRIP AND RACQUET

Your grip is very important to your whole swing. A wrong grip makes it impossible to have a proper stroke. First, hold your racquet out in front of you with the strings facing the side walls. Now, take the V of your hand between the thumb and first finger, and place it on the top ridge of your racquet. The butt of the handle is placed in the lower meaty part of your hand. Leave some space between your 1st and 2nd fingers to allow control. The reason you want to use this grip is to allow your racquet face to go through the ball flat and parallel. The ball should go in straight to the wall and come back straight. The key word here is *parallel*.

THE UPPER BODY

Your upper body should always be relaxed and smooth as you stroke through the ball. Starting at the top, make sure you have your racquet in a cocked, ready position. To imagine a cocked position, try this: When someone shows off his/her bicep muscle they raise their fist up and flex. That's basically the ready position, except you have a racquet in your hand, and you don't bend your wrist over.

As you start to bring your racquet into the ball think of two things: One, drop your forehand shoulder, and two: point the butt of your racquet toward the front wall. By pointing the butt of your racquet, you are assured that your wrist is cocked. Then you lead through with your elbow and forearm.

When your racquet reaches the area of

your front foot, snap your wrist (bring your racquet around) and follow through **completely** behind your body. Your upper body stays mostly upright through the stroke. Make sure you rotate your shoulders around and that your not bending at the waist, facing downward.

Really work on snapping your wrist. It gives you a big source of power. There are two ways to tell if you're snapping your wrist. One, is to swing without the ball. If you snap, you'll hear a **loud** whoosh sound. Second, hit the ball to the wall.

If you don't snap, you'll hear a dull thud sound when it hits. If you do snap, the ball will make a crisp, loud crack sound when it connects. It's an exciting sound. Strive for it.

THE LOWER BODY

You can't imagine how many people forget to use their legs other than to get to the ball. It's when you get to the ball that your legs really start to work.

First of all, **always** step into the ball, shifting your weight from your back leg to your front leg. You want your momentum going toward the front wall. As you step, your front or lead foot steps toward the right corner (if you're right-handed). Make sure you keep your toe open, and not pointed into the side wall.

By keeping your toe open, you allow your knee to bend naturally. If your toe is closed off, you put unnatural stress on your knee, and you'll stand up straighter when you hit the ball. Your back leg also bends at the knee by pivoting up on your back toe. Both legs bending together control the height in which you hit the ball.

Your hips should rotate easily from facing the side wall, to facing the front wall. It takes more stamina to use your legs like this, but you broaden your margin for error and you will start controlling the ball better.

I hope this will help you to improve your forehand. Any stroke takes practice, and drilling is very important. Right now, simply drop and hit the ball, experimenting with the different parts of your body, seeing what it feels like to use your legs, etc.

In my next article I will go into different forehand drills in detail. It's a lot of fun working to improve your game, and it gives you a good feeling of accomplishment. Good Luck!



WPRA News

By JANELL MARRIOTT, President
Women's Professional Racquetball Association

The WPRA is looking forward to the East Coast leg of our spring schedule with tournaments in Rhode Island and New York. April 1-5 will be the Nike Pro-Am at Celebrity Courts in Warwick, Rhode Island. This is a ladies only stop with five amateur categories including seniors.

The next stop will be April 23-26 at Allsport II Health and Racquet Club in Fishkill, (just outside of Poughkeepsie), N.Y. This tournament will offer a full men's and women's amateur draw as well as a pro-mixed doubles event worth \$2500 to the winning team. At our last general meeting several items of note were discussed that should be kept in mind.

The first item is entries: from now on no late entries, phone entries, etc. will be accepted after the entry deadline — no exception!

The second item of interest is the designation of Chicago (the Nationals, May 13-17) as the Mother's Tourna-

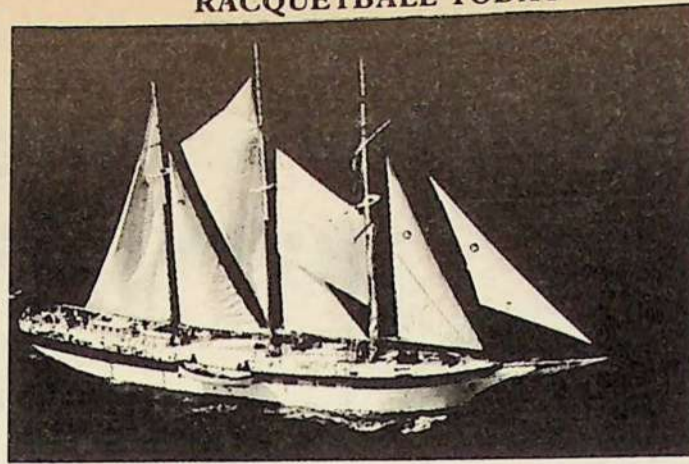
ment. All player's Mothers are invited. We will have a few activities for them including a dinner one night. It's a pleasant way to spend a weekend with your Mother.

The last item is the decision to continue using the new scoring system for the rest of the season. The system is as follows: A match consists of 2 out of 3 sets; a set is 3 out of 5, eleven point games scoring on every rally and winning each game by two points; and if a 3rd set is necessary it is 2 out of 3 games.

This system has received very favorable response from both players and spectators. So, at the Nationals in May, not only will the pros play this, but all amateur divisions as well. Better play some practice games beforehand and get used to this system. I think you'll find it quite exciting.

To join the WPRA, write Dan Seaton, Commissioner, 3727 Centennial Circle, Las Vegas, NV, 89121.

RACQUETBALL TODAY



Sail to a Caribbean Adventure.

We have a love affair going with a beautiful schooner in the tropical Caribbean. Tan your hide, soothe your soul, and share the adventure of a lifetime with other free spirits.

Six days of sun, sea and sand. Six nights of music, stars and wishes come true.

Explore Caribbean islands with names that are the stuff of dreams...Exuma, Antigua, Guadeloupe, Gorda Cay, Martinique, Grenada for as little as \$400.

Write Cap'n Mike for your free full color Great Adventure Book, or call Toll Free 1-800-327-2600.

Do it now!



Windjammer Barefoot Cruises

P.O. Box 120, Dept. 782, Miami Beach, Florida 33139

RACQUETBALL TODAY®

WEST TOURNAMENT SCHEDULE

April 2, 3, 4 & 5, 1981

USRA REGIONALS
Lloyd Center Courts
815 N.E. Halsey
Portland, OR, 97232
503-287-5494

Aurora Athletic Club
2953 S. Peoria
Aurora, CO, 80014
303-750-3210

Tucson Athletic Club
4220 E. Bellevue
Tucson, AZ, 85712
602-881-0140

El Cajon Racquetball Club
526 Jamacha
El Cajon, CA, 92021
714-579-8004

April 9, 10, 11, 12

**COURT CLUB/KRDR DISC JOCKEY
RACQUETBALL TOURNAMENT**
Court Club
10501 NE, Fargo
Portland, OR, 97220
502-254-6556

April 10, 11, 12

WASHINGTON STATE SINGLES
Seattle Athletic Club
333 NE 97th Street
Seattle, WA, 98115
206-522-9400

April 16, 17, 18 & 19, 1981

JUNIOR NATIONALS
Site: Supreme Courts West
Wichita, Kansas
Contact: Dewane Grimes, 316-945-8331
Ed Martin, 916-221-4405

BEAVERTON PRO/AM
Site: Beaverton Racquetball
& Fitness Center
Beaverton, Oregon
503-644-3900

April 17, 18, 19

BEAVERTON PRO-AM
Beaverton Racquetball &
Fitness Center
4925 SW Griffith Drive
Beaverton, OR, 97005
503-644-3900

April 23, 24, 25 & 26, 1981

1981 SPRING SHOWERS PRO-AM
Palo Alto Supreme Courts
2730 Watson Court
Palo Alto, CA, 94303
Contact: Paul Creamer
415-856-0211

April 24, 25 & 26, 1981

AARA REGIONALS
Supreme Courts
Rapid City, SD

Fountain View Racquet Club
Murray UT

Denver Sporting Club
Englewood, CO

Racquetball Sports World
Salinas, CA

Washington State University
Campus Recreations
Pullman, WA

PEAR BLOSSOM
Medford Superior Courts
727 Cardley Ave.
Medford, OR
503-779-7529

**TAHOE HUMAN SERVICES/SIERRA
TAHOE ATHLETIC CLUB**
Sierra Tahoe Athletic Club
2565 Lake Tahoe Blvd.
South Lake Tahoe, CA
Contact: Mike Davin
916-544-6222

April 29, 30, May 1, 2 & 3, 1981

**1981 EKTELON/PERRIER
RACQUETBALL CHAMPIONSHIPS**
The Sports Gallery
2560 E. Katella Ave.
Anaheim, CA
No contact — there are preliminary tourneys
to get to this one.

May 1, 2, 3,

MAZAMA HANDBALL OPEN
Site: Klamath Racquet Club
2524 Crosby Ave.
Klamath Falls, Or., 97601
Contact: Dennis Lamson or
Ron Lamson

May 6, 7, 8 & 9

LANE COUNTY CHAMPIONSHIPS
Court Sports II
4242 Commerce Street
Eugene, OR
503-687-2255

May 8, 9 & 10

**MILLER LITE SPRING FEVER PRO-AM
CHAMPIONSHIPS**
1254 Athletic Club
Couer D. Alene, ID
209-664-9821

May 14, 15, 16, 17

2ND ANNIVERSARY OPEN
Site: Klamath Racquet Open
2524 Crosby Ave.
Klamath Falls, Or., 97601
Contact: Dennis Lamson or
Kevin Lamson

May 15, 16, & 17

SPRING FETE
Roundup Racquet Club
1415 Southgate
Pendleton, OR
503-276-0880

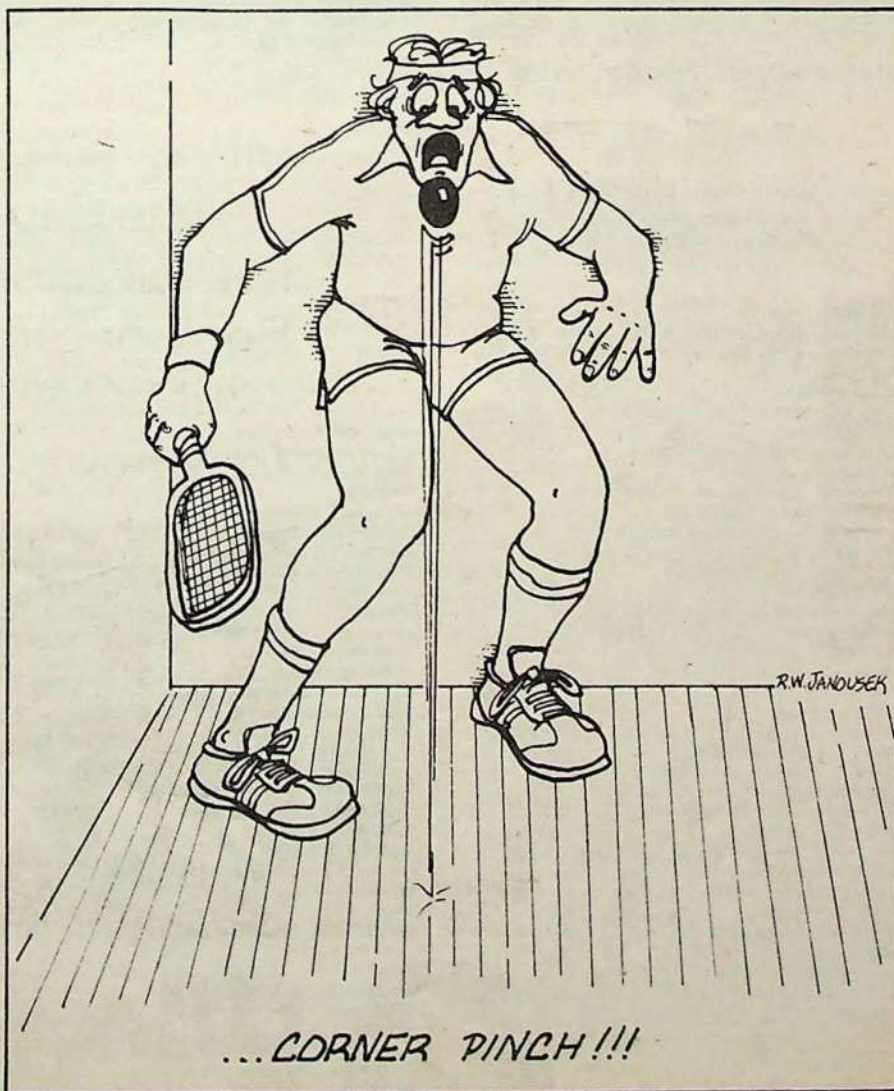
May 22, 23, 24

NATIONAL AARA SINGLES
Boise, ID
Contact: Dennis Ordway
603-224-4552

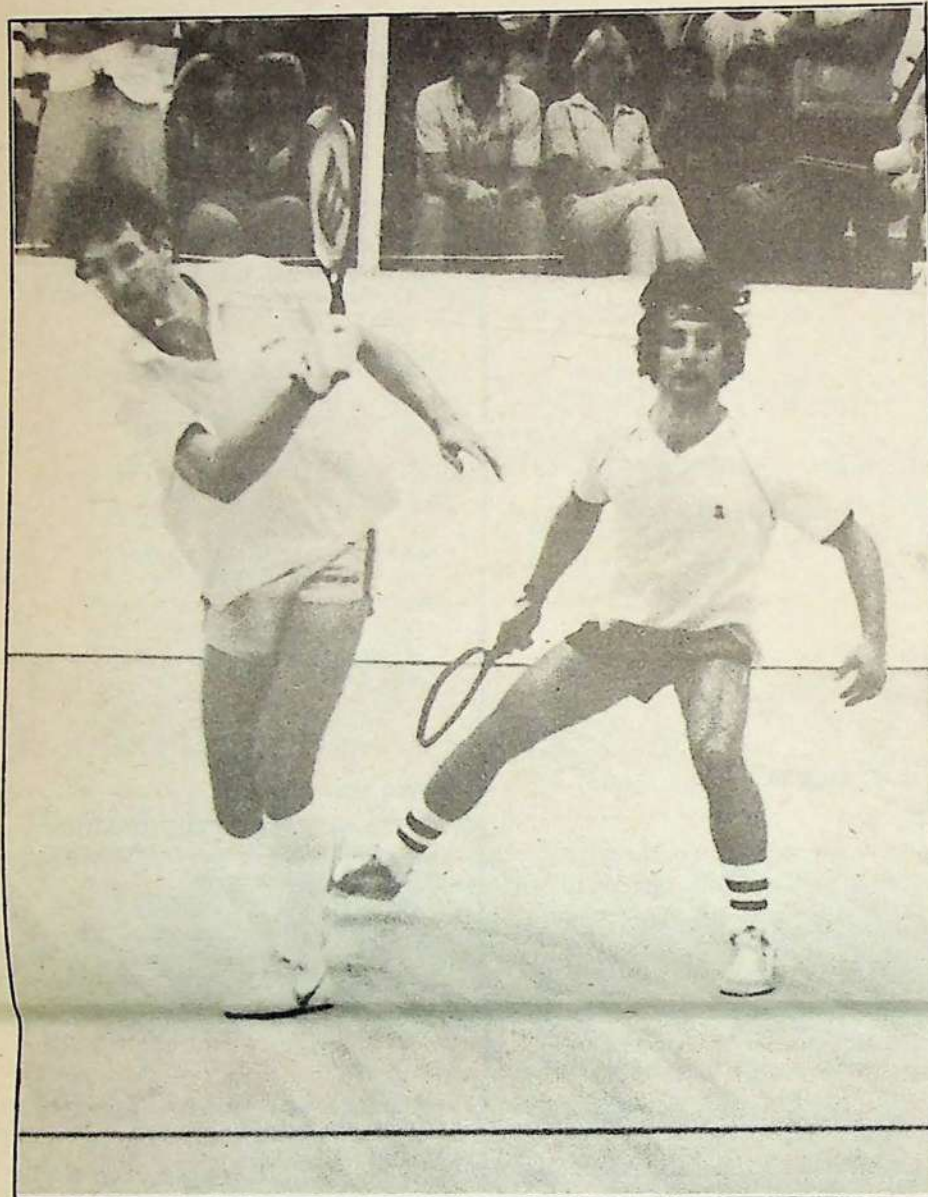
May 29, 30 & 31

KLAMATH FALLS OPEN
Klamath Falls Racquetball Club
2524 Crosby Ave.
Klamath Falls, OR 97601
503-883-3728

THE FUN-DAMENTALS OF RACQUETBALL by R.W. JANOUSEK



WEST TOURNAMENT RESULTS



Steve Lerner (r.) defeated John Mack in the Men's Open of the California Way Rollout.

Jetta Sousa photo

**Creative Tournaments
California Way Winter
Rollout (Second Annual)
Pasadena and Artesia California
January 8-11, 1981**

**March of Dimes/Courthouse II Fifth Avenue
State Championship
Courthouse II Fitness Center,
and Courthouse I Fitness Center
Salem, OR
March 5, 6, 7, 8, 1981**

MEN'S OPEN SINGLES
Finals: Steve Lerner d. John Mack, 21-8, 12-21, 11-10
Semis: Steve Lerner d. Billy Stevens, 21-19, 17-21, 11-5, John Mack d. Dan Massari, 21-7, 21-14

MEN'S B SINGLES
Vince Iannolo d. Robin Dizon, 21-10, 21-15

MEN'S C SINGLES
Tom Eisner d. George Perez, 17-21, 21-11, 11-3

MEN'S NOVICE SINGLES
Steve Vogel d. Rubin Ortiz, 21-8, 21-8

MEN'S BEG. NOVICE SINGLES
Rick Zamora d. B. Fujikuni, 21-11, 21-12

MEN'S VETERANS SINGLES
Bruce Radford d. Jon Woodard, 19-21, 21-18, 11-10

MEN'S SENIORS SINGLES
Sam Sutherland d. Jerry Conine, 21-12, 21-13

MEN'S MASTERS SINGLES
Donn Gartrell d. Bill Sherinian, 21-9, 21-18

WOMEN'S OPEN SINGLES
Finals: Laura Martino d. Kippi Bishop/Boatright, 21-16, 21-19
Semis: Laura Martino d. Terry Gilreath, 21-18, 21-15, Kippi Bishop d. Cindy Moore, 21-9, 21-17

WOMEN'S B SINGLES
Cindy Donnelly d. Sue Wilson, 21-19, 21-17

WOMEN'S C SINGLES
Jennifer Choy d. Nancy Welliver, 21-17, 21-13

WOMEN'S NOVICE SINGLES
Rena Hetzer d. Carolyn Williams, 21-10, 21-17

WOMEN'S BEG. NOVICE
Kay Sharp d. Justine Orelli, 21-7, 21-3

WOMEN'S SENIORS SINGLES
Joy Desantis d. Pat Kennedy, 21-10, 21-5

MEN'S OPEN DOUBLES
Finals: Dan Massari/John Mack d. Leo Gurnoe/Bill Stevens, 21-17, 21-5
Semis: Dan Massari/John Mack d. R.O. Carson/Mike Noack, 14-21, 21-14, 11-8, Gurnoe/Stevens d. Matt Wardelich/Tom Edwards, 21-15, 21-19

MEN'S B DOUBLES
B. Vananzi/B. Bible d. H. Wright/P. Brooks, 8-21, 21-16, 11-4

MEN'S C DOUBLES
R. Magana/R. Hollingsworth d. B. Clark/S. Layton, 12-21, 21-10, 11-2

MIXED OPEN DOUBLES
Finals: Mark Martino/Laura Martino d. Greg Sheffield/Kippi Bishop, 21-13, 21-12
Semis: M. Martino/L. Martino d. J. Hagy/R. Torres, 21-15, 21-0, G. Sheffield/K. Bishop d. J. Conine/S. Wilson, 21-16, 17-21, 11-3

MIXED B DOUBLES
Geri Preciado/Mando Preciado d. Bill Martinez/Patty Fruhwirth, 14-21, 21-17, 11-2

MIXED C DOUBLES
J. Choy/G. Perez d. K. Norton/D. Trager, 21-17, 21-16

MEN'S OPEN
1st Mike Grisz, 15-13, 15-3, 2nd Tony Krause, 3rd Mark Martin by forfeit; Consol. Ed Burns by forfeit

MEN'S A
1st Dave George, 15-10, 15-10, 2nd Kerry Gilbert, Consol. Murray Slayer by forfeit

MEN'S B
1st Scott Grisle, 15-13, 15-9, 2nd Bill Inge, 3rd Gary Pacarro, 6-15, 15-10, 11-7 over Ken Johnson, Consol. Chris Martin 15-5, 15-5 over Terry Peterson

MEN'S C
1st Steve Mellor, 15-11, 15-10, 2nd Jay Gilbert, 3rd Kevin Horn d. Kevin McBirney by forfeit, Consol. Ryan Robinson d. Keith Pearson, 6-15, 15-10, 11-2

MEN'S D
1st Jeff Lahr, 15-9, 15-14, 2nd Kurt Olson, 3rd Bob Reiring d. Jim Stonsbery, 4-15, 15-5, 11-9, Consol. Tom Norton d. Kirk Viegas, 15-3, 15-8

MEN'S NOVICE
1st Russell Thackery, 15-12, 15-11, 2nd Tom Geertsen, 3rd Charlie Hornecker d. Richard Martin, 15-8, 15-5, Consol. John Meeke d. Dennis Pendley, 15-4, 15-11

MEN'S OPEN DOUBLES
1st Tony Krause/Wayne Westwood, 15-11, 15-12, 2nd Mike Grisz/Doug Shetty, 3rd Kelly Rasmussen/Bill Inge d. Jerry Bone/Jo Cho, 15-12, 15-14

MEN'S SENIORS 35-40
1st John Mistkawi (Injury forfeit), 2nd John Rude, 3rd Dave Matheson d. Tommy Lee, 14-15, 15-6, 11-10, Consol. Parker Adams

MEN'S MASTERS 40+
1st Bob Breckenridge, 15-9, 14-15, 11-9, 2nd Dave Rasmussen, 3rd Lew Marks d. Arley Kangas, 15-13, 8-15, 11-4, Consol. Bob Sterling d. by forfeit

WOMEN'S OPEN
1st Nancy Reed, 15-9, 15-3, 2nd Trina Rasmussen, 3rd Susie Carlos d. Momi Lee, 10-15, 15-7, 11-2, Consol. Frances Chapelle d. Annette Anderson, 11-15, 15-10, 11-7

WOMEN'S B
1st Sue Grisz by Injury default, 2nd Dale Hayden, 3rd Cheri Posedel d. Diane Steele, 15-12, 14-15, 11-8, Consol. Donna Plummer d. Vicki Berger, 15-6, 15-6

WOMEN'S C
1st Pam Rawlings, 15-10, 15-9, 2nd Sharon Baum, 3rd Sherry Anderson d. Fran Bounds, 15-7, 15-10, Consol. Holly Rasmussen d. Barbara Dexter, 15-8, 8-15, 11-2

WOMEN'S D
1st Charlyn Ringe, 15-14, 15-8, 2nd Carla Haff, 3rd Cheryl Hansen d. Debbie Tokuhisa, 10-15, 15-11, 11-10, Consol. Nancy Bars d. Kathy Newton, 15-9, 15-13

WOMEN'S NOVICE
1st Ann Pettinger, 15-5, 15-4, 2nd Karen Hanegan, 3rd Robin Calderwood d. Heather Stadrick, 15-10, 15-1, Consol. Sandy Viegas d. Pam Engstrom, 15-10, 13-15, 11-9

WOMEN'S OPEN DOUBLES
1st Yvonne Rowland/Trina Rasmussen d. Holdener/Happy Erickson, 15-13, 15-5, 2nd Fran Bounds/Nancy Reed d. Christie Linker/Jan Lewis by forfeit; Consol. Curtis/White, A/B/C DOUBLES
1st Jo Cho/Stam Keen, 15-8, 12-15, 11-0, 2nd Dave Rasmussen/Jim Boyce, 3rd Ken Bibles/Greg Hardy d. Doug Oberkamper/Pete Lood, 12-15, 15-12, 11-2, Consol. David Zajicek/Sandy Moore

JUNIORS BOYS & GIRLS 16 AND UNDER
1st Greg Campbell d. Troy Nye, 15-5, 15-3, 3rd Mike Griffith d. Laddie May, 15-5, 15-8, Consol. Scott Wordworth d. Blair Bonnes, 15-5, 15-0

JUNIORS BOYS & GIRLS 13 AND UNDER
1st Rob Mauw d. Kim Baker, 8-15, 15-10, 11-6, 3rd Deton Phillips d. Chris Kuhl, 15-8, 15-5, Consol. Bobby Lockrem d. Sam Halstad, 15-5, 15-9

**The 1981 Ice Cream Open
Albany Superior Court
Albany, OR
February 19, 20, 21, 22, 1981**

MEN'S OPEN
1st Tony Krause, 2nd Jeff Larson, 3rd Mike Grisz

MEN'S A
1st Joe Cho, 2nd John Ford, 3rd Chris Rudolph

MEN'S B
1st T. Fisher, 2nd V. Obercamper, 3rd S. Ducich

MEN'S C
1st R. Woolhiser, 2nd W. Tokuhisa, 3rd M. Dennis

MEN'S D
1st D. White, 2nd J. Lair, 3rd G. Spring

MEN'S A SENIORS
1st J. Rude, 2nd J. Melton, 3rd D. Matheson

MEN'S B/C SENIORS
1st D. McCourt, 2nd J. Lamb, 3rd D. Berington

MEN'S OPEN DOUBLES
1st Krause/Krause, 2nd Grisz/Burns

MEN'S B/C DOUBLES
1st Eisenzimmer/Woolhiser, 2nd Joppe/Tokuhisa

WOMEN'S OPEN
1st K. Weber, 2nd Jan Lewis, 3rd Christy Tinker

WOMEN'S B
1st H. Erickson, 2nd K. Murphy, 3rd L. Hyde

WOMEN'S C
1st K. Sakrison, 2nd P. Bustamonte, 3rd S. Baum

WOMEN'S D
1st D. Lenz, 2nd K. Robes, 3rd K. Wendel

MIXED DOUBLES
1st Weber/Sullivan, 2nd Hawkins/Kinsolving, 3rd Tinker/Gonzalez

**Creative Tournaments
Sportinghouse Winter Classic
Newport Beach, CA
January 22-25, 1981**

**Creative Tournaments President's Tourny
Hacienda Health Club
Hacienda Heights, CA
February 5-8, 1981**

MEN'S OPEN SINGLES
Finals: J. Mack d. B. Stevens, 19-21, 21-19, 11-1
Semis: J. Mack d. L. Gurnoe, 21-11, 21-18, B. Stevens d. H. Soloman, 21-15, 21-11

MEN'S B SINGLES
M. Kaplan d. S. Jenkins, 21-11, 7-21, 11-3

MEN'S C SINGLES
T. Maranon d. C. Medina, 21-7, 21-20

MEN'S NOVICE SINGLES
T. Truitt d. R. Watamura, 21-9, 21-8

MEN'S BEG. NOVICE SINGLES
J. Blandino d. J. Covault, 21-10, 21-16

MEN'S SENIOR SINGLES
R.O. Carson d. B. Reiring, 21-18, 15-21, 11-5

MEN'S MASTER SINGLES
D. Libby d. L. Martino, 21-17, 21-14

WOMEN'S OPEN SINGLES
K. Bishop d. L. Martino, 21-17, 21-14

WOMEN'S B SINGLES
A. Sorenson d. D. Armijo, 21-13, 21-2

WOMEN'S C SINGLES
P. Kurtinialis d. T. Larson, 21-9, 21-12

WOMEN'S NOVICE SINGLES
R. Francisco d. P. Butler, 21-15, 21-11

WOMEN'S BEG. NOVICE SINGLES
K. Temple d. C. Dameron, 21-17, 21-16

JUNIOR'S 17 AND UNDER
P. Brooks d. E. Hudson, 21-7, 21-3

JUNIOR'S 15 AND UNDER
K. Watson d. J. Gonzales, 21-20, 16-21, 11-6

JUNIOR'S 13 AND UNDER
M. Silva d. P. Zurmuble, 21-12, 21-10

JUNIOR'S 11 AND UNDER
G. Smith d. J. Runnels, 21-19, 21-9

MEN'S OPEN DOUBLES
Stevens/Gurnoe d. Sheffield/Mack, 21-15, 21-19

MEN'S B DOUBLES
Martinez/Jenkins d. Olsen/Jelnick, 21-14, 13-21, 11-6

MEN'S C DOUBLES
Christian/Lundin d. Basanez/Irving, 21-15, 11-21, 11-7

MIXED C DOUBLES
Sorenson/Stutheit d. Salcido/Condon, 12-21, 21-6, 11-10

MEN'S OPEN SINGLES
Finals: Guy Texiera d. John Mack, 19-21, 21-16, 11-1
Semis: Texiera d. Greg Sheffield, 21-19, 13-21, 11-6, Mack d. Deron Jones, 21-3, 21-16

MEN'S B SINGLES
S. Rossi d. D. Forysthe, 19-21, 21-13, 11-3

MEN'S C SINGLES
B. Bouchereau d. G. Perez, 21-7, 21-11

MEN'S NOVICE
D. Stromen d. P. Montano, 18-21, 21-8, 11-10

MEN'S BEGINNING NOVICE
C. Planery d. D. Hyman, 21-14, 21-3

MEN'S SENIORS
B. Albert d. E. Ross, 21-12, 21-10

MEN'S MASTERS
G. Winterdurn d. V. Lerner, 9-21, 21-17, 11-9

WOMEN'S OPEN
C. Moore d. M. Drexler, 21-15, 21-3

WOMEN'S C SINGLES
J. Braasch d. P. Lorenz, 21-16, 21-18

WOMEN'S NOVICE
C. Georgino d. M. Pimentel, 21-8, 21-6

WOMEN'S BEGINNING NOVICE
C. Bailey d. J. Chavez, 21-10, 21-6

WOMEN'S SENIORS
T. Esser d. K. Cash, 21-5, 21-9

MEN'S OPEN DOUBLES
Jones/Tash d. Hanson/Edwards, 13-21, 21-17, 11-2

MEN'S B DOUBLES
Santana/Sanchez d. Bordato/Watamura, 21-18, 19-21

MEN'S C DOUBLES
Olsen/Dufresne d. Perez/Asucan, 13-21, 21-16, 11-10

MIXED C DOUBLES
Beck/Lorenz d. Monroe/Meza, 21-12, 17-21, 11-10

**Coors-Light-Heart Federal
2nd Annual Redding, Open
Kangaroo Courts IV
Pedding, Calif.
February 27, 28, & March 1, 1981**

MEN'S OPEN SINGLES
Shawn Fitzpatrick d. Greg Meyer
Third Place: Cook

MEN'S B
Jeff Nowell d. Jeff Holcomb
Third Place: Westlake

MEN'S C
Mark Guinn d. Lou Holiday
Third Place: Truax

MEN'S D
Jerry Widlow d. Mark McRae
Third Place: reuillardet.

MEN'S NOVICE
Doug Williamson d. Ed Pezzini
Third Place: Bright

WOMEN'S B
D.D. Nagel d. Lisa Gianantonio
Third Place: Anthony

WOMEN'S C
Linda Gebauer d. Bunny Parks
Third Place: Boss

MEN'S A DOUBLES
Fitzpatrick/Fitzpatrick d. Rissel/Weidman
Third Place: Cook/Sezmans

MEN'S B
Orcutt/Noll d. Homan/Butcher
Third Place: Herzoff/Cat

MEN'S C
Elledge/Martin d. Vargas/Sehon
Third Place: Widler/Abraham

MIXED
Mook/Mark d. Serafin/Madsen
Third Place: Anthony/Anthony

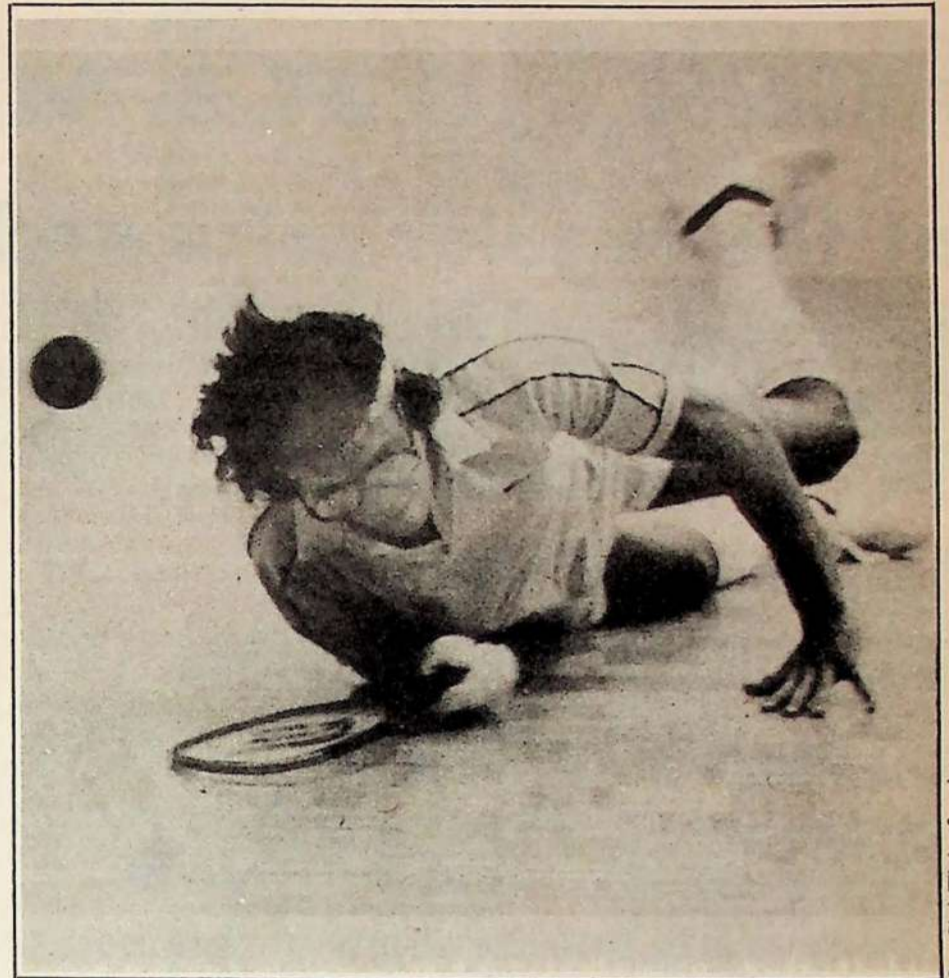
WOMEN'S
Anthony/Mook d. Carmona/Corley
Third Place: Nagel/Parks



Scott Hawkins

The Maple Leaf 2nd Annual Pro-Am Racquetball Classic
The Maple Leaf Racquet Court, Inc.
Tecumseh, Ontario, Canada
February 6-9, 1981

- MEN'S PRO,**
 Scott Hawkins d. John Egerman, 18-21, 21-16, 11-6
- MEN'S A**
 Bruce Miatello d. Gus Koumarelas, 21-17, 21-16.
- MEN'S B**
 Roy Perovich d. Jim Hiser, 21-6, 21-6.
- MEN'S C**
 Clifford Touroo d. Dino Marchiori, 21-8, 21-15.
- MEN'S SENIOR**
 John MacDonald d. Mike Kovacevic, 21-6, 12-21, 11-4.
- MEN'S NOVICE**
 Rick Burrell d. Mike Hotra, 21-1, 21-2.
- MEN'S MASTERS**
 Ron Pudduck d. Al Micelli, 21-8, 21-8.
- WOMEN'S B**
 Willie Harper d. Ann Smith, 21-17, 21-5.
- WOMEN'S C**
 Barb Lush d. Lynn Lawson, 21-2, 21-8.
- WOMEN'S NOVICE**
 Debra McMullen d. Lynn Barnes, 21-9, 21-12.
- BOYS-UNDER-18**
 Mark Vandermolen d. Laslo Marton, 21-5, 21-6.
- GIRLS-UNDER-18**
 Sharon Forbes d. Linda Micelli, 21-17, 21-8.
- BOYS-UNDER-15**
 Jeff Saddy d. Joe Mannella, 21-16, 21-11.



Grant Black/Windstar Star photo

John Egerman dives but fails to catch up to a Scott Hawkins' passing shot in the finals of the Maple Leaf Pro-Am Classic. Hawkins won 18-21, 21-16, 11-6 and took first prize at \$2,000.



COMES IN SECOND

Dr. Donald W. Simborg of Navato, California, took second in the National Senior's Handicap Challenge. Dr. Simborg's handicap is his uncanny knack of immediately alienating the referee. There were two participants in the event.

Attention Tournament Directors!

SEND US THE RESULTS OF YOUR TOURNAMENTS, ALONG WITH BLACK AND WHITE PICTURES, OR CALL TOLLFREE 800-323-9167. WE WILL PRINT ALL RESULTS THAT SPACE PERMITS.

Ektelon/Perrier Championships
Racquetball World & Aerobic Health Center
Santa Ana, CA
February 12-15, 1981

- MEN'S OPEN SINGLES**
 Finals: Ed Andrews d. Leo Gurnoe.
 Semis: Ed Andrews d. John Mack; Leo Gurnoe d. Bruce Radford.
- MEN'S B SINGLES**
 Finals: John Flores d. Steve Jenkins.
 Semis: Flores d. Paul Olson; Jenkins d. Steve Muto.
 Consol: Chang Hwan Han.
- MEN'S C SINGLES**
 Finals: Richard Chambolla d. Jeff Olson.
 Semis: Richard Chambolla d. Bill Rains; Jeff Olson d. Dennis Riggs.
 Consol: Russ Flynn.
- MEN'S NOVICE SINGLES**
 Finals: Kevin Farrell d. Tracy Rutkowski.
 Semis: Kevin Farrell d. Steve Condon; Tracy Rutkowski d. Jeff Cirar.
 Consol: Scott Lazarus.
- MEN'S SENIOR SINGLES**
 Finals: R.O. Carson d. Jay Corbett.
 Semis: R.O. Carson d. Dr. Bue Muehleisen; Jay Corbett d. Bob Mathews.
- MEN'S MASTERS SINGLES**
 Finals: Allen Wackerly d. Frank Sallati.
 Semis: Allen Wackerly d. Lee Pretner; Frank Sallati d. Roger McEachern.
- MEN'S GOLDEN MASTERS**
 Finals: Burt Morrow d. Cal Gladstone.
 Semis: Burt Morrow d. Ed Rodeffer; Cal Gladstone d. Richard Kendall.
- MEN'S OPEN DOUBLES**
 Finals: Mack/Massair d. Lusk/Galarza.
 Semis: Mack/Massair d. Radford/Radford; Lusk/Galarza d. Nowak/Eddy.
- WOMEN'S OPEN SINGLES**
 Finals: Cindy Moore d. Dee Gossick.
 Semis: Cindy Moore d. Jackie Harding; Dee Gossick d. Betty Weed.
- WOMEN'S B SINGLES**
 Finals: Andora Sprecher d. Gretchen Schafer.
 Semis: Andora Sprecher d. Karen Shine; Gretchen Schafer d. Kerry Miles.
 Consol: Deanne Williams.
- WOMEN'S C SINGLES**
 Finals: Lorrie Nakashima d. Kerri Murray.
 Semis: Lorrie Nakashima d. Brenda Kratzer; Kerri Murray d. Carol Montalbo.
 Consol: Leslie Monroe.
- WOMEN'S NOVICE SINGLES**
 Finals: Diane Sutherland d. Karen Rosenblatt.
 Semis: Diane Sutherland d. Karen Zahyna; Karen Rosenblatt d. Julia Miller.
 Consol: Kori Jensen.
- WOMEN'S SENIOR SINGLES**
 Finals: Linda Siau d. Betty Weed.
 Semis: Linda Siau d. Linda Gulette; Betty Weed d. Shirley Topley.



Ed Andrews

Lee Connelly photo

St. Valentine's Day Massacre
Bay Area Racquetball Club
Coos Bay, OR
February 13, 14, 15, 1981

- MEN'S OPEN**
 1st: Dick Chamberlin; 2nd: Steve Dahl; 3rd: Kelly Rasmussen.
- MEN'S A**
 1st: Chris Rudolph; 2nd: Jim Collman; 3rd: David Siracusa.
- MEN'S B**
 1st: Carl Ruggles; 2nd: Scott Grisle; 3rd: Tim Fischer.
- MEN'S C**
 1st: Momi Lee; 2nd: Sandy Moore; 3rd: Tom Cail.
- MEN'S D**
 1st: Joe Dills; 2nd: Tim Thomas; 3rd: Mike Dahl.
- MEN'S OPEN DOUBLES**
 1st: Rude/Ballatyne; 2nd: Boyce/Adama.
- MEN'S B/C DOUBLES**
 1st: Michelon/Sorenson; 2nd: Corrachionne/Richardson.
- MEN'S SENIOR**
 1st: John Rude; 2nd: Bob Officer; 3rd: Bob Michelon.
- MEN'S MASTERS**
 1st: Rolland Hoover; 2nd: Richard Miller; 3rd: Charles Bushang.
- WOMEN'S OPEN**
 1st: Momi Lee; 2nd: Trina Rasmussen; 3rd: Sally Boyer.
- WOMEN'S A**
 None
- WOMEN'S C**
 1st: Joyce Michelon; 2nd: Anita Balckwell; 3rd: Teri Walters.
- WOMEN'S D**
 1st: Karen Palica; 2nd: Kelli Jones; 3rd: Marci Knight.
- WOMEN'S OPEN DOUBLES**
 1st: Officer/Rowland; 2nd: Boyer/Durham.



Purchase 2 **RAM** Racquetballs

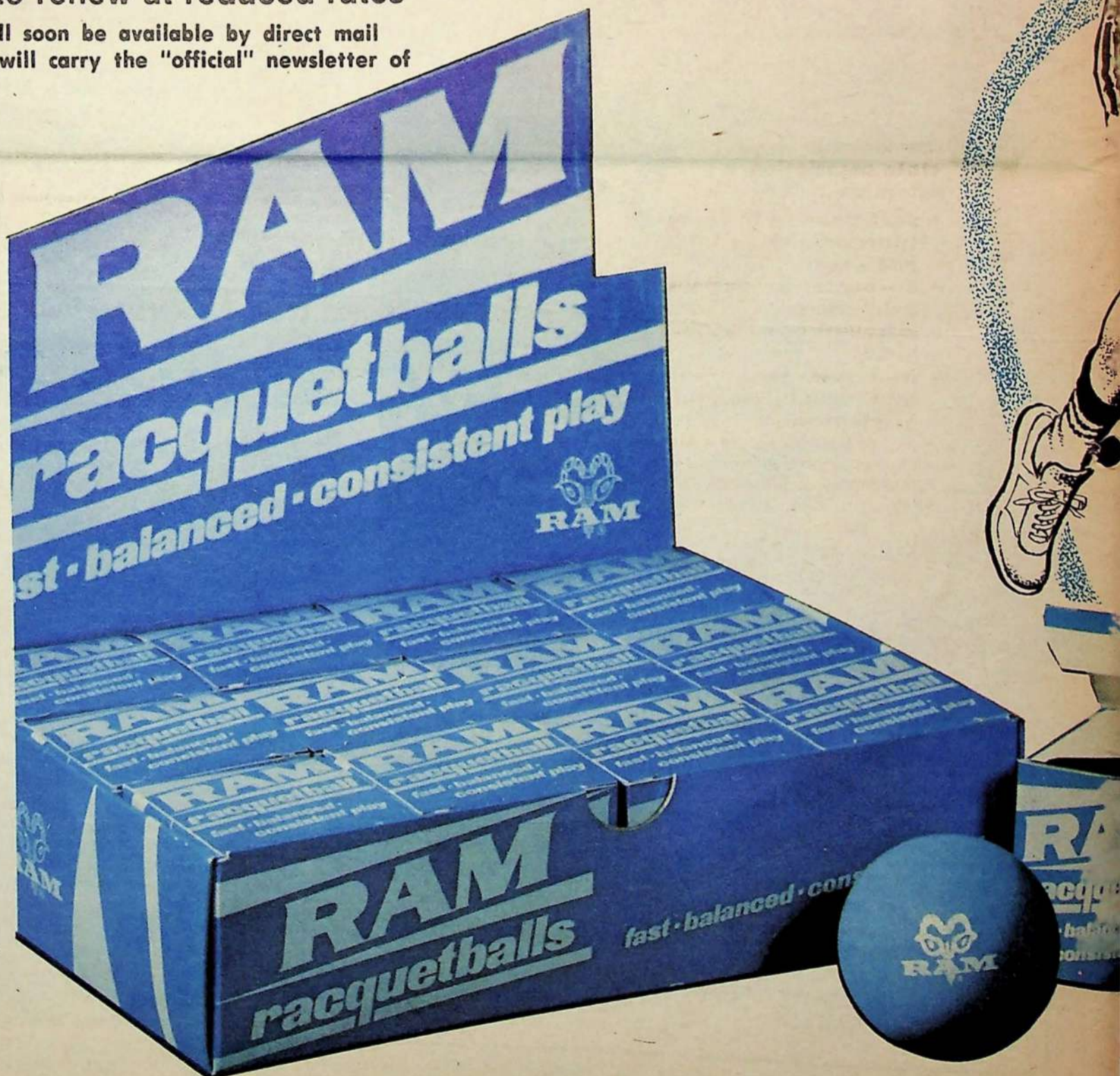
at the regular price and receive

FREE...

- 1 year membership to your State Racquetball Association
- 3 month subscription to **RACQUETBALL TODAY**

with the option to renew at reduced rates

RACQUETBALL TODAY will soon be available by direct mail subscription ONLY, and will carry the "official" newsletter of your state association.



Offer limited to one per customer, and expires July 31, 1981.

VISIT A PARTICIPATING CLUB IN YOUR AREA



Membership to your state association offers you:

- participation in many tournaments, clinics and events
- discounts to various exhibitions
- discounts on consumer goods
- free rule books and other helpful racquetball materials

And ... by joining your state association, you are contributing to the advancement of the sport in your area!

BKB Courthouse
3760 Telegraph Rd.
Ventura, CA

Bakersfield Courthouse
3500 21st Street
Bakersfield, CA

Lompoc Courthouse
201 W. College Ave.
Lompoc, CA

West Valley Courthouse
7849 Canoga Ave.
Canoga Park, CA

Camarillo Courthouse
500 Paseo Camarillo
Camarillo, CA

Westlake Courthouse
31425 Agoura Road
Westlake Village, CA

Lancaster Courthouse
43845 N. 10th Street W
Lancaster, CA

San Luis Obispo Courthouse
1020 Southwood Dr.
San Luis Obispo, CA

Odgen Racquet & Swim Club
1221 E. 5800 So.
Odgen, UT

The Courthouse Racquetball Club
2120 University Avenue
San Diego, CA

Sherwood Hills Racquet Club
4303 No. Foothill Dr.
Provo, UT

Fountain of Youth Health Club
4300 So. 300 West
Salt Lake City, UT

Towne & Country Racquet Club
2250 South 800 West
Woods Cross, UT

Sierra Tahoe Athletic Club
2656 Lk. Tahoe Blvd.
So. Lk. Tahoe, CA

Klamath Racquet Club
2524 Crosby Ave.
Klamath Falls, OR
Courtsports
3443 India St.
San Diego, CA

Claremont Tennis Club
1777 Padua Avenue
Claremont, CA

The Courthouse Fitness Centers
P.O. Box 12673
Salem, OR

For the names of clubs participating in your area - call

RACQUETBALL TODAY®

TOLL FREE AT 800-323-9167

(Or subscribe directly by filling out the order form on Page 21)



Those deceiving receiving lines

By Phil Simborg

At this moment, there are three separate sets of rules being applied with regard to receiving line violations (the AARA, USRA and WPRA). I doubt there are fifty people in the country who fully understand any one of these three sets of rules (including the professionals) and all three sets are inadequate. Rather than explain all three rules and add more confusion by putting them into a single article, suffice it to say that **none** of the three are very good; **all** three are nearly impossible to enforce; and I have a *fourth* one, a compromise, which I have recommended to all three parties in the hope that we can end up with **one** simple set of rules that **EVERYONE** can use.

First, a brief explanation: the receiving lines are those small hash marks on the sidewalks five feet behind the shortline. The reason there are receiving lines is to keep the receiver back for a reasonable length of time to protect the server from being "clobbered" with the racquet or ball on the service return. The newer rules and changes that have been put into effect aim at protecting the server when he puts a lob serve into play, as that is when he is most vulnerable. **NONE OF THE EXISTING RULES WILL PROTECT THE SERVER UNLESS THE BACK LINE FOOT FAULT RULE IS ALSO ENFORCED.** The server must not back out of the service zone until the ball has crossed the shortline. Further, especially on a lob serve, even if the server *does* wait for the ball to cross the shortline, and then backs straight into the way of the receiver, there is **still** a great risk of contact, *but it is the server's own fault*; and it is **often** an avoidable hinder (resulting in

loss of the rally to the server).

The receiving line rule **should** be that the receiver is not allowed to cross the receiving lines until the ball has passed the shortline. Further, the receiver should not be able to contact the ball on a fly until the ball has passed the receiving lines. If he does contact the ball on a fly beyond the receiving lines, there is **no reason** why his racquet, body, or follow through cannot extend past the receiving lines, (as there should be no risk of contact unless the server has either backed out too soon or has created an avoidable hinder, which would cost him the point anyway.) All three organizations have the ruling that states that the server may not break the plane of the service zone (racquet or body going over the shortline) in the process of making the service return or results in a point for the server. I am fully in agreement with that rule.

For those of you who are more familiar with the current rules, what I have recommended above is basically the AARA rule, with the added USRA rule which stops the receiver from hitting the ball on a fly in front of the receiving lines. The problem with the additional rules and regulations added by the USRA and WPRA is that they are nearly impossible to enforce; require the referee to watch for three or four different things on the service return that occur at different times and places (and greatly detract from the ref's ability to see if the serve was good or short; and they place unnecessary restrictions on the receiver, who should be allowed to gain some advantage when the server hits a poor or short lob serve.

RACQUETBALL TODAY is producing a rule book of its own, and we are trying to eliminate having a fourth set of

rules as that can only add more to the confusion. Right now, with the exception of the game control rules, the player control rules are pretty much the same in all organizations (with the exception of the receiving line violations), and I think once we get this issue settled, there will not be confusion about having different sets of rules. It **does** require a working compromise on the part of all parties to recognize that it might be better to have an even *slightly* inferior rule that everyone understands than five different sets of "superior" rules that each group claims is better and tries to promote on their own.

Linda Collins Had a Quirk

By Thomas I. Grobmsi

Linda Collins had a quirk:
Every time she won a point
Her face turned to a smirk.
Now, it's not hard to imagine
How this her friends did *irk*;
And she tried hard to stop it
But *nothing* seemed to work.
Soon, no one would play with her
(Both on and off the court),
But that did not stop Linda
For she truly loved the sport.
So she practiced every day alone
And really learned the game,
But no matter how hard she tried
Her face remained the same.
And now she's up there with the best..
And she looks just like the rest
Who smirk on every play.

Incredible David Simonette

by Simon Wiederman

12 Years Old — 60 lbs.
4 feet tall, maybe
1st Place "A" Division, Chancellor's Classic Pro/Am.

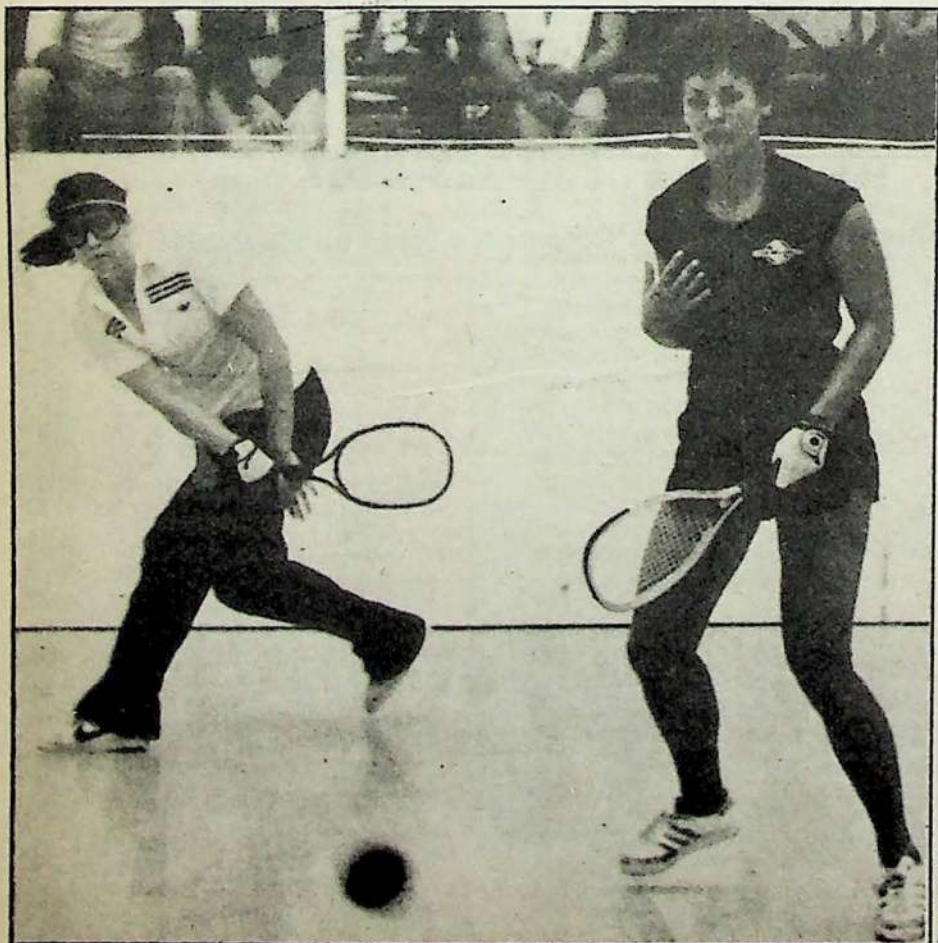
Hundreds of racquetball players and fans sat in bewilderment as this man-child beat five good men players, "toying" with some, rising to any level of play needed to win, climaxing a final victory in the A division over Kevin Myers, 21-15, 7-21, 11-9. David's court sense would do justice to any veteran performer, be it open or pro, every phase of his game compares favorably.

The Chancellor's Classic is the child prodigy's best tournament finish so far, having won the 10 and 12 year old AARA national championships and two "B" tournaments. Simonette, who is from Baltimore, started playing at the age of 9 and gives his coach, Tom Whipple a great deal of credit for his fast rise in racquetball. David plays two hours every day all year and does not have the time or interest to participate in any other sport. Simonette is sponsored by



Burger King and plans on making the balance of the pro tour in 1981.

About the only thing he lacks now to play in the professional division is a social security number. If David Simonette is playing in a tournament in your area this year, make every effort to see him.



Laura Martino (l) shoots while Kippi Bishop-Boatwright covers in the women's open finals of the California Way Winter Rollout. Martino won, 21-16, 21-19.

Look who's reffing

Losers can't win

by Dr. Burton S. Morrow

It finally happened. Someone had the courage to try something different. Even though most people said it couldn't be done, it was carried out without a hitch and to everyone's satisfaction. What was this heroic achievement? It was the change in tournament format from having the winners referee the next match to having the losers do the refereeing. This may sound as a hardship to the losers, but it isn't nearly as punishing as it is to the winners, who after a hard-fought match must immediately stand and referee another match, without any rest, and usually just in time to play their next match.

The gentlemen who were willing to try my suggestion were Jim Carson and Raul Duarte, tournament directors of the Golden West Outdoor Tournament. There were 147 doubles teams or 294 players. The comments were favorable

with the exception of but three negative responses.

How do you get a loser to stay and referee after he lost his match? Everyone here did it in the spirit of the tournament. However, as a precautionary measure each participant received his shirt *after* he refereed his match. There was only one person who refused to referee, and when a request went out for someone to referee in return for a shirt, there were four offers to take his place.

If you consider the overall picture, you see that the losers only referee *once*, whereas a winner previously could referee five or six matches.

It is certainly more equitable and less tiring for the winners (who need more rest than the losers).

All in all the format worked beautifully, and other tournament directors who were present said they would try this idea at their next tournament.



Ten rules for playing with your wife

by Gary Clemons

This is dedicated to all those men out there, that happen to have a wife that is better, or at least just as good as they are. I know I'm not supposed to acknowledge that *any* woman, can possibly be better than any man, but those of us that have greatness pushed upon us are constantly reminded that the gentle sex is not quite as gentle as one might think. *Sooner or later we have to play them.* With this in mind, I am laying down the following ground rules in order to save a few good men from banishment from racquetball forever.

Rule Number One: Act nonchalant about the whole thing. Just stroll onto the court as if you were out for a Sunday walk, and this is just to fill up your time. This way *just in case* you should lose, you can always say you really weren't trying, but just playing around with her.

Rule Number Two: WHATEVER YOU DO, DON'T SWEAT. This may be difficult to do while running 60 miles per hour trying to catch her pass shot. But it is very important, because *women*

don't sweat. Think how you look running around sweating all over the court, while the little woman is cool, calm, and collected.

Rule Number Three: DON'T LISTEN if she reminds you that you are "JUST" playing your wife and it's all for "FUN". It's just a ploy to catch you off guard. This is a mental exercise. You have seen your wife play other men before — like her coach, and she is *always* laughing and smiling. Forget that when she is on court with you because you will suddenly transform into THE OPPONENT. Now you are no longer her husband, but the opponent to be destroyed.

Rule Number Four: Be sure to warm up. *She has been* since 8 o'clock this morning. She's so limber that she will hit

the ball around for about two minutes and be ready to play. Take your time. Warm up all you need; who knows, maybe she will cool down some.

Rule Number Five: Don't let her have the first serve. Believe me, you're going to need all the advantage you can get. Flip for it if you can, don't lag, (that's the first thing most women learn, and they practice it daily until they are masters).

Rule Number Six: Block out everything else, (the large crowd gathered around your court all cheering for your wife) and concentrate on giving her the lesson she deserves!

Rule Number Seven: "HIT YOUR WIFE WITH THE BALL". This may be your last chance to win. At the same time, and this is very important, DON'T

SMILE when you hit her. That is, if you believe in life after racquetball.

Rule Number Eight: Don't forget you're playing for every man there. Up until now things haven't been going well. The score is 19 to 13 and she has dodged every attempt to hit her, so now you are going to have to really pour it on. You're going to look pretty silly, a grown man 6'11" tall, 172 pounds, losing to a woman who is only 5'4" tall and doesn't look like she's tired.

Now is the time to pull out all those shots that you've been saving. Go for it!

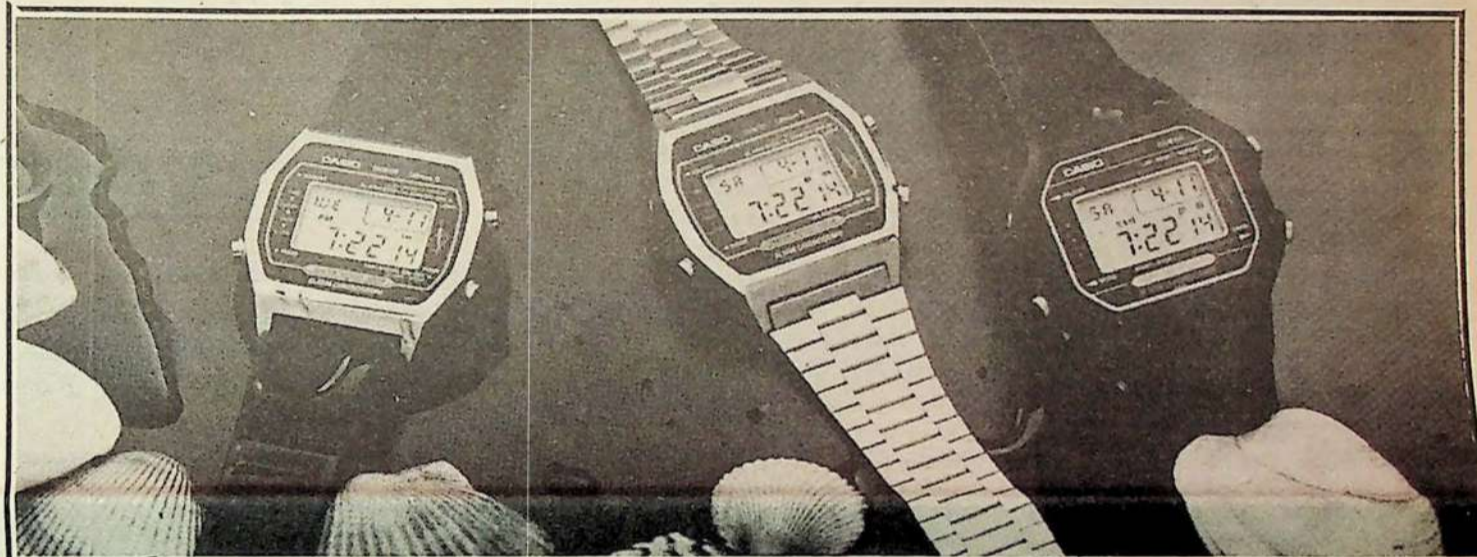
Rule Number Nine: After she beats you the first game, don't play a second game, STUPID!!!

Rule Number Ten: When someone asks you about the game, LIE! LIE! LIE!

Santa Barbara

Where the lovers inside of you come out to play.

For free information, write Barbara West, Dept. R, P.O. Box 299, Santa Barbara, CA 93102



NOW!!! THE NEW CASIO WATERSPORTS ALARM CHRONOGRAPH.

A challenge to every underwater digital in the world.

We know of no other watch today that combines the features and design of the CASIO Watersports Alarm Chronograph. Features such as simultaneous time and date display, a daily alarm, time signal, countdown alarm and a stopwatch. These features are just the beginning. Compare them with any other watch in the world and you'll be convinced there is not a better watch for your money anywhere.

TESTED TO OVER 300 FEET OF WATER.
Three years ago, there were no digital water resistant alarm watches. Today they exist costing \$200, \$300 or more, but even these are rarely submersible beyond 100 feet of water. The CASIO Watersports has been tested to over 300 feet!! The O-ring construction and mineral glass crystal provide a tight seal which is virtually impervious to water or moisture.

THREE MEMORY ALARMS.
With this CASIO wonder you have not only one . . . or two alarms . . . but three separate, convenient reminder systems. You can set the daily alarm at precisely the minute you choose. The second alarm can be set to chime at every hour and half-hour. The third alarm is a countdown timer alarm which can be set at any position from 1 minute to 11 hours 59 minutes. And because of the convenient "PM" indicator, you won't be setting your alarm for the wrong time of the day.

PROFESSIONAL STOPWATCH.
With the press of a button you can set a full-featured stopwatch in motion. Record split times, 1-2 finishes, or freeze

the figures anytime to 1/100 second accuracy. In addition, to verify that you have stopped or started your stopwatch, a "beep" sounds. Plus another "beep" sounds at ten minute intervals during timing.

UNIQUE DISPLAY FEATURES.
Another advantage of this unique timepiece is that it keeps continuous display of the time no matter what mode is being used. This unique 12-digit LCD display guarantees you'll never lose track of the time. With the touch of a button, you can instantly have 24 hour European/Military time. Quartz accuracy to ±15 seconds per month and a 5-year lithium battery tops off its list of features.

THREE CHOICES OF STYLES.
No other watch on the market today can match the aquatic abilities, convenience and stylish good looks of this superb timepiece. Three Watersports models are available. The featherweight, all black polysulfone Watersports W-100 is available for \$39.95, the

Watersports W-150C with solid stainless steel case and tough black polysulfone band is available for \$59.95, and for \$69.95, you can own the Watersports W-150 with solid stainless steel for both the case and band.

IMMEDIATE DELIVERY, 30-DAY FREE TRIAL.
We can generally get your watch on the way to you upon receipt of order. (Other mail order suppliers generally state "prompt delivery," but with many this means 2 to 4 weeks before shipment.) We also offer you a 30-day money back guarantee, and CASIO gives you a one year manufacturer's warranty.

ORDER TOLL FREE TODAY.

To order your Watersports watch, call the toll-free number below or send a check or money order for the total amount plus \$2.50 for the first watch, \$1.00 for each additional watch. If ordering by telephone, please have all the necessary information ready. If you wish, we will send your watch to you via U.P.S. **BLUE LABEL** 48-hour delivery for an additional \$2.00. Minnesota residents add 4% tax.

800-346-3354

In Minnesota or if no answer call 800-835-2246

On The Run

400 Center Avenue
Moorhead, MN 56560

© 1981 On the Run

SPORT CAMPS

Our 10th Year

This summer, boys & girls grades 3-11, can improve sports skills at outstanding one-week camps personally directed by famous coaches & athletes. Expert instruction for all skill levels. All camps at California universities.

- JOHN WOODEN BASKETBALL—BOYS
June July & August in Los Angeles & San Diego.
- RICK BARRY BASKETBALL—BOYS
July & August in San Francisco area.
- PAUL WESTHEAD BASKETBALL—BOYS
L. A. Lakers Head Coach, July in Malibu.
- JOHN WOODEN BASKETBALL—GIRLS 10-21
Special girls program, August in Los Angeles area.
- BILLIE MOORE BASKETBALL—GIRLS 12-21
UCLA Head Coach, July & August in North. & South Cal.
- GEORGE LOGAN SOCCER—COED
San Diego State Coach, July & August in San Diego & L. A.
- STEVE NEGOSCO SOCCER—COED
U. of San Fran. Coach July & August in San Fran. area.
- SID GILLMAN FOOTBALL—BOYS
Great NFL Coach, June in San Diego.
- MARY DUNPHY VOLLEYBALL—COED
NCAA Championship Coach, Malibu & San Diego.
- SHARRON BACKUS SOFTBALL—GIRLS 12-21
UCLA Coach, August in Los Angeles.
- JIM BUSH TRACK & FIELD—COED
UCLA Coach, August in San Diego.

FREE BROCHURES
Check Camps (limit of 5), Mail ad with Name, Address & Phone to:
SPORTSWORLD, DEPT. 48, 8245 Ronson Rd., San Diego, CA 92111 • (714) 279-7800.
TOLL FREE IN CALIFORNIA 1-(800) 542-6005

Club Guide

California

BKB COURTHOUSES

3760 Telegraph Rd., Ventura, CA, 93003 (805) 642-2131.
 3500 21st Street, Bakersfield, CA, 93301 (805) 327-5588.
 201 W. College Ave., Lompoc, CA 93436 (805) 736-3483
 7849 Canoga Ave., Canoga Park, CA, 91304 (213) 340-8888.
 500 Paseo Camarillo, Camarillo, CA, 93010 (805) 484-0423.
 31425 Agoura Road, Westlake Village, CA, 91361 (213) 991-4500.
 43845 N. 10th Street, West., Lancaster, CA, 93534 (805) 945-2631.
 1020 Southwood Dr., San Luis Obispo, CA, 93401 (805) 541-1816.
 All clubs have 10 racquetball courts; saunas; jacuzzi; weight equipment; lounges, babysitting service; & fitness center.

SIERRA TAHOE ATHLETIC CLUB

2565 Lake Tahoe Blvd., South Lake Tahoe, California (916) 544-6222. 12 racquetball/handball courts, co-ed jacuzzi; sauna and whirlpool available for both men and women; universal weight room; attended nursery; pro shop. t.v. lounge; gym/basketball court; exercise classes; slimnastics and aerobic classes. Hours 6 a.m. — 2:30 a.m. 6 days, 6 a.m. — 11 p.m. Sundays. Manager: Patrick Ryan.

COURTSPTS

3443 India St., San Diego, CA (714) 294-9970. 14 racquetball/handball courts; 2 glass courts; nautilus exercise center; sauna, steam and jacuzzi available for women; exercise classes; pro shop; group lessons. Manager: Herb Solomon.

THE COURT HOUSE RACQUETBALL CLUB

2120 University Ave., San Diego, CA, 92104 (714) 297-5203. 10 racquetball courts; private & group lessons; universal exercise room; exercise classes; weight control classes. jacuzzi available for both men and women. Mgr. Saul Klein.

CLAREMONT TENNIS CLUB

1777 Padua Ave., Claremont, CA, 91711 (714) 621-3907. 10 racquetball/handball courts; 20 tennis courts; universal exercise center; steam, sauna and whirlpool available for both men and women; pro-shop; snack bar; private lessons by appointment; free attended nursery; aerobic dance classes; exercise classes; members only. Manager: Karen Lucke.

Oregon

KLAMATH RACQUET CLUB

2524 Crosley Avenue, Lamath falls, OR (503) 883-3728. 9 racquetball/handball courts; 2 glass courts; universal exercise room; restaurant lounge, attended nursery for members; sauna, steam, whirlpool and jacuzzi for both men and women; pro-shop; jazzercise classes; mens exercise classes; group and private lessons. Hours 6 a.m. — 11 p.m. weekdays 9 a.m. — 9 p.m. weekends.

THE COURT HOUSE FITNESS CENTER I

2975 River Road South, Salem, OR, 97302 (503) 364-8463. 10 racquetball courts; outdoor track, one glass side court, universal weight room; sauna; shower and whirlpool available for both men & women; co-ed jacuzzi; nursery; pro shop. Mgr. Dean Wallace

Utah

TOWNE & COUNTRY RACQUET CLUB

2250 South 800 West, Woods Cross, Utah, 84047. 8 racquetball/handball courts; 4 indoor tennis courts; sauna, steam and whirlpool available for both men and women; universal weight room; attended nursery; pro shop. Hours 6 a.m. — 10 p.m. Weekdays, 7 a.m. — 8 p.m. Saturdays. Open Sundays for members only.

FOUNTAIN OF YOUTH HEALTH CLUB

4300 So. 300 West, Salt Lake City, Utah, 84107 (801) 262-7487. 10 racquetball/handball courts; gym/basketball court; 7 tennis courts; sauna, steam and whirlpool; universal weight room; snack bar; pro-shop; beauty salon; barber shop. Hours 6 a.m. — 10 p.m. Weekdays, 7 a.m. — 8 p.m. Saturdays. Open Sunday for members only.

SHERWOOD HILLS RACQUET CLUB

4303 N. Foothill Drive, Provo, Utah, 84601 (801) 224-6969. 6 racquetball/handball courts; 1 challenge court; 13 tennis courts; slimnastics and aerobic classes; tap, jazz and ballet classes; dining facilities; 3 outdoor pools; sauna and jacuzzi; nautilus and free weight equipment; gym/basketball floor; modeling classes, pro-shop; boutique; lounge; t.v.; adults and junior locker rooms; group and private lesson. Open 6 a.m. — 11 p.m. 6 days a week; closed Sundays. Pro: Racquetball — Mike McGovern, Pro: Tennis — John Bennett, Manager: Larry Anderson.

OGDEN RACQUET & SWIM CLUB

1221 E. 2800 S., Ogden, UT, 84403 (801) 479-6500. 6 racquetball courts; co-ed sauna & whirlpool; weight room; pool; snack bar; pro shop; private bar; indoor tennis; private classes and clinics; aerobic classes; weekly round robin; USRA tournaments. Mgr. Chris Zimmerman.

Nevada

CAPITOL COURTS

3759 Gross Circle, Carson City, NV, 89701 (702) 882-9566. 12 racquetball courts; jacuzzi, sauna, steam and whirlpool available for both men & women; separate weight rooms for men & women; pro shop; in-door jogging track; basketball & volleyball area. Mgr. Rich Bennett.



OSRA

By Linda Lopez

As you may have read in last month's RACQUETBALL TODAY, when you buy Ram racquetballs at the club or subscribe directly, you get a membership to the OSRA. We are in the process of establishing laws, organizational procedures and committees. So far, we envision junior programs, refereeing committees, promotional events, sanctioning tournaments, all kinds of neat stuff.

There will be two kinds of membership in the OSRA*. The starting membership at \$3.00 a year entitles you to a membership card, playing in sanctioned tournaments, a calendar of events, a voice in the association, and a discount on clinics and other classes we plan to offer.

The second kind of membership at \$12.00, entitles you to the above and a year's subscription to Racquetball Northwest newsletter. Of course, if you buy the Ram balls you also get the \$3.00 membership free, and you can read a synopsis of our newsletter in RACQUETBALL TODAY.

We have great confidence in the quality of RACQUETBALL TODAY and its ability to appeal to all racquetball players. It is concise, well written, informative and witty. We hope to complement each other's areas of appeal and cooperate with each other in providing top notch coverage of all factions of racquetball.

Our association will in no way interfere with any other racquetball associations you may now be a member of such as the AARA or the USRA. We are hoping that our local association, the OSRA, will reach you on a person-to-person level that the national associations are unable to. We will be here locally to help you with Northwest concerns.

**Note: Under the current promotion offered in clubs throughout the country, each time a player buys two Ram balls for \$4 and fills out the slip provided, \$2 applies to a membership in his/her state amateur racquetball association.*

Club Owners; To list your club in the Club Guide, call toll free 800-323-9167.



Connie Peterson and friend checking out the draw.

Connie Peterson programs

Junior competitive play day

Pick a Saturday and invite the other junior players from clubs in your area, county, or state, for an afternoon of competition, exercise, socializing, and fun. Starting about 11 a.m. and booking courts thru 4 p.m., you can run approximately 32 kids in a round-robin play (8 kids/group) on 6 courts, and have them play each junior in their group a game to 15 points. You can run it just like a regular championship tournament. If they are more advanced, the kids that

are sitting out can referee. You can have games upstairs for those who are not playing at the time or movies or...At 4 p.m. its time to eat and a great thing to serve is hot dogs, bbq's, jello, chips and dixie cups. Offer door prizes — token awards for winning their round robin, and fun awards. If you have the time, space and instructors, you can offer a mini clinic to the participants. Exhibitions are another good thing while they eat.

Our first Play Day (at Court Sports in Eugene, Oregon) had 24 participants representing 8 clubs from across the state. We had 4 divisions, 6-9 year olds, 9-11 year olds and over 12-year olds, (2 divisions). Most of the parents travelled with the kids, some stayed and watched, others played other parents, and some took the time to go shopping.

Can you think of a better way to spend a Saturday than playing racquetball with new players?



Participants in the Juniors Competitive Play Day.

Playing for two:

Pregnant players set new trends

by Diane Mason

As Kay and I stepped out of the court, one of the players waiting in the hallway grinned.

"Were you playing cutthroat?" he asked.

It took me a second to realize what he meant. He was talking about my opponent, eight months pregnant, dressed in her husband's racquetball clothes.

For Kay Laux, two-year club champion of the Oakbrook Handball/Racquetball Club in Westmont, IL, pregnancy did not mean giving up the sport she loves. She found it possible to continue playing right up until her baby was due in mid-March.

A racquetball player for nine years, Kay has taken second place in B-Divisions in both mixed and women's state doubles tournaments, as well as women's B singles. Naturally, the first question she asked the doctor when she found out she was pregnant was: "Can I keep playing racquetball?"

She realized how little he understood the sport when he said: "It's okay, as long as you play walking racquetball."

This answer, Kay said, she "promptly ignored."

Though fatigue slowed her down during the first three months, she came back in her fourth month to win nearly all of her matches as first position player for the Oakbrook B Traveling Team. Then, at the end of her sixth month, she took a sabbatical from team play, but continued to play regular matches informally.

"I felt it was unfair to my opponents, who were obviously holding back, and somewhat intimidated by the fact that I was pregnant."

"I would consider it unfair to be matched with a pregnant woman in a tournament situation," she said. "The disadvantage is definitely on the non-pregnant player, who will feel overly cautious, and might even play down unconsciously."

However, for others in the future, and for Kay's second baby, there may be hope of change. This February, "Women '81," the New England Open Racquetball Championship, sponsored a Pregnant Division which boasted four entrants.

The idea for this division belongs to Maureen Henrickson, Massachusetts Racquetball Association State Director,



Kay Laux

who is also expecting her first child.

The way Maureen set up the Pregnant Division was this: Women had to be at least four months pregnant, and they would play three five-point games. She had arranged with Seamco to offer special prizes, among them a year's supply of Pampers and a bassinet.

Unfortunately, extraneous circumstances caused the division to be cancelled at the last minute, but the fact remains that the stage has been set to provide opportunities for pregnant women to compete with players in comparable physical conditions.

With this as a beginning, perhaps other innovations will follow. For example, Maureen noted that of maternity wear for racquetball.

"Most women end up wearing men's clothes in the later months," she said.

But while clothes are important, safety and stamina are of prime concern to the expectant racquetball player.

"As my size increased," said Kay, "I had to use more pinch shots and lower percentage shots. I had to go for the kill, because it was too tiring to sustain a long rally."

Kay often jokes about her form, and sometimes finesses a low ball, calling it a "pregnant shot." But a serious concern for safety is very much on her mind.

"I try to place shots in a way that will

avoid collisions. I'm very conscious of where my opponent is."

She noted that a less experienced player might need to guard against close or haphazard play, and should avoid matches with players who are hinder-prone.

"If your opponent doesn't watch out for you, you have to watch out for yourself," she said.

Is the change in game style hard to accept? "A little," said Kay, who admitted to some frustration in not being able to play at quite the skill level she was accustomed.

But the advantages still reign. She has stayed in shape, maintained her stamina, and kept good muscle tone in her legs and stomach. She looks forward to an easier delivery, and a quick return to the court.

Any regrets?

"Not being able to defend my club title this spring."

The biggest obstacle in the final weeks?

"Picking up the ball and putting on my shoes," she said. "Compared to those feats, the rest is easy."

Ed Note: Kay Laux gave birth to her 8 lb. son, Gregory Bernard, on March 9th.

*Coming Next Month:
Racquetball and pregnancy: an interview with an obstetrician.*

More new products

by Tom Grombisi

WOMEN'S JOCK STRAP DEVELOPED: Underwriters Products has developed an athletic supporter for women, and it's about time too! The product is essentially the same as a men's athletic supporter, except in reverse, and is guaranteed to offer women "the protection and comfort they have so long had to go without." Available in leather or lace, small, medium and large.

WHIRLPOOL TONGS: Ever sit down in a whirlpool, ready to lie back and relax and just unwind and all of a sudden a little piece of something you don't know what it is goes floating by? It can be very unnerving. Sometimes they look like lint or little bugs or some kind of scrapings. It's nearly impossible to tell unless you smell it real close. Anyway, now you can just scoop it up with Rocky's Whirlpool Tongs and flick it against the wall (where they usually stick). Then sit back and enjoy that whirlpool!

RACQUETBALL BAG PROTECTOR: A must for any racquetball tournament. Just zip up your bag and throw on the little switch hidden on the bottom. Anyone who touches your bag while you're in the court will be electrocuted! Fun for parties, too. If you want to be a little less strict about it, the same company, (Zap 'em, Inc.) has a slightly lower voltage device guaranteed to make them forget their own name for at least 1 hour.

PORTABLE COURT FOR UNDER \$10,000.00: A completely portable racquetball court for under \$10,000.00! Impossible you say. It's a reality. I developed it myself and it works! Of course players will have to adjust to playing on gravel and I think the elimination of ceiling and back wall shots actually improve the game. But generally, you play just like regular racquetball: the server stands in the imaginary service zone and hits the ball (softly) to the front wall. If the ball bounces back, the receiver must hit the ball back to the front wall (lightly) and play continues until the ball bounces twice or gets stuck. The court itself only takes seventeen minutes to erect and comes in a plain brown envelope.

NEW RACQUETBALL SHORTS: The first shorts truly designed specifically for the sport of racquetball have just been unveiled by Oleg Polanski. The back portion is lined with wire mesh and on the hip is a picture of Shannon Wright or Marty Hogan with the slogan "Something to shoot at" underneath. There is a zipper in front which Oleg claims is "an absolute necessity for any sport which only allows a 30-second timeout!"

NEW GRIP GLUE: A new product guaranteed to insure you never lose your grip on your racquet. Just spray it on and it hardens in 30 seconds. It sells at your local pro shop for under \$10 and comes complete with a pair of scissors so you can get your shirt off after the match.

WHAT KIND OF WOMAN READS RACQUETBALL TODAY?

Real foxy ladies read **RACQUETBALL TODAY**. Women who always know what to serve and enjoy taking center court position. A woman who doesn't care if her partner likes to play around the walls or hits pinch shots. A woman who always knows the score and which side is up. And you should see her swing! Are you woman enough to subscribe to **RACQUETBALL TODAY**?

Subscription order form on p. 21.





**ready
Set
GROW!**

Go for it . . . be the Best . . .
The strong will excel on the field of athletic
competition. Nautilus has developed the
conditioning equipment and training regi-
men to help you realize your goal of excel-
lence in the competitive world of sport.

(Brothers Dave Peck #2 ranked Pro. 1979-80 and
Gregg Peck 1980 Jr. National Champion.)

For information write:

SPORTS/MEDICAL
INDUSTRIES

Nautilus

P.O.Box 1783 ■ Dept. RT ■ DeLand, Florida 32720 ■ (904) 228-2884



Conditioning

Fitness for recreation

John Donati



Ken Hutchins

Each month in this column John Donati and Ken Hutchins of Nautilus Sports/Medical Industries answers questions pertaining to training and conditioning. Questions may be submitted to John Donati and Ken Hutchins: P.O. Box 1783, DeLand, Florida, 32720.

Q. I'm not a racquetball pro and wouldn't want to be even if I could...I just play for pleasure. Why should I bother to go through all the trouble of building up my body and strength and flexibility?

— DKN, Billings, Montana

A. Human performance is a result of five factors: 1. body proportions (genetic) 2. neurological ability (genetic) 3. cardiovascular ability 4. skill, and 5. muscular strength. By ignoring any one of three improvable factors, a person limits his functional ability.

Conditioning programs are not designed only for professional athletes. Every individual should be striving to be the best he can be! The muscles are the engines of the body. Without the strength of the muscles a person would be unable to move. Only the muscles produce movement.

Nautilus machines were designed with the function of the muscle in mind. Proper training on Nautilus machines will increase strength, improve flexibility, and lessen chance of injury.

Q. In recent Nautilus ads I have seen pictures of Shannon Wright, Dave Peck, and Greg Peck. I understand that Nautilus has one of the most extensive video taping and T.V. studios in the country. Are there any special tapes available on racquetball, racquetball conditioning, etc?

— P.S., Chicago, Illinois

A. Because of their interest in conditioning and the important role it plays in competitive racquetball, Shannon, Dave, and Greg have participated in a series of tapes on racquetball skills and conditioning. In addition, an entire library of tapes on all aspects of nutrition, body composition, and exercise principles are now available from Nautilus. Feel free to write for further information.

Q. In a recent article in RACQUETBALL TODAY, Shannon Wright stated that she receives a better cardiovascular workout on Nautilus machines than she does on the court. Can that be substantiated? Is that true?

—ICB, Ann Arbor, Michigan

A. The key to improving cardiovascular efficiency is directly related to one's ability to maintain heart rate for an extended period.

During a racquetball match, constant maximum heart rate is difficult to maintain. Rest periods between points and change of serve enable the system to rest, thus the heart rate will go down.

However, through a gradual build up of intensity and decreased resting between exercises, an individual has the potential to maintain heart rate throughout an entire 20 minute strength workout. (Please note that a beginner cannot expect to train high intensity, no rest. This type of training must be worked up to.)

Because of Shannon Wright's overall superior conditioning level, it is very conceivable that her racquetball game does not provide the cardiovascular conditioning that her Nautilus workout affords her.

New Products

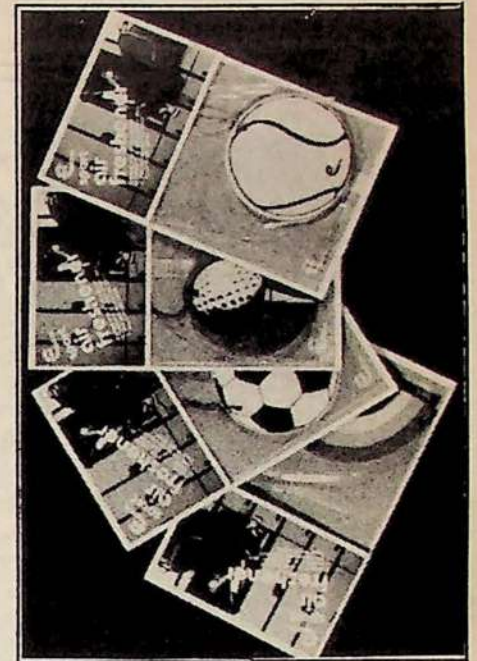
Unpressurized blues

by Bob Shmendrick

New racquetballs seems to be the "hot" item these days. A good number of the ball manufacturers are either coming out with new balls or are "reformulating" their existing products. As these products continue to evolve we will see a more uniform and consistent product being sold. The benefit to the player is obvious: perhaps in the not too distant future all racquetballs will have the same bounce, will be pressureless, and last considerably longer.

We have been talking with many club owners and players in conjunction with our current subscription promotion using the new Ram ball, and the reaction to the ball has been, in a word, FANTASTIC! This unpressurized blue ball seems to have just the right bounce for most players, is long lasting, and the quality-control reports are excellent. It's not surprising that Ektelon, Penn, Seamco, Vittert, Voit, Wilson and others are also marketing unpressurized blue balls and with so many similar balls on the market, qualities such as consistency, price, life, and bounce will become much more critical and competitive.

Unique Sports Products out of Cleveland lives up to its name marketing a new line of air fresheners. These small 3" disks come in the shape of tennis, soccer or golf balls and can be used in locker rooms, lockers, or right inside your racquetball bag.

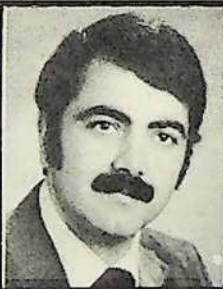


Unique Air Fresheners

Several new racquets are highlighted in Vittert's 1981 Catalog including the Cobra 1 & 2, Vittert's finest aluminum racquet with the following features: 1) precision designed milled head adds greater flex for maximum power, 2) an exclusive tapered teardrop head shape providing a large hitting surface and sweet spot. The racquet weight 260 grams and is attractively priced. Vittert's "Devastator" is a "quadriform" shaped racquet designed for superior ball control. The racquet comes with a string tension of 25 lbs. and weighs 265 grams.

Feet First

Ask a podiatrist



by Louis Sorto

RACQUETBALL TODAY will feature monthly articles on foot care provided by the Community Health Information Council, a not-for-profit organization of consumers, health professionals and media professionals cooperating in the development and dissemination of health related information at the community level. Readers are invited to submit questions to be answered by Dr. Louis A. Sorto Jr., 420 Lee Street, Des Plaines, IL 60016.

Q. I have been playing racquetball twice weekly for approximately one year now. Recently I have developed arch pain near the bottom of my right heel. A friend of mine told me that I am probably suffering from "Plantar Fascitis". What exactly is Plantar Fascitis and what can I do for it?

A. The heel bone (or Calcaneus) is the largest bone in the foot and is susceptible to a variety of injuries, particularly when exposed to the stress and strain of vigorous athletic activities such as racquetball. One of the more common heel related injuries is the so-called Plantar Fascitis which involves pain and inflammation of the fibrous band (Plantar Fascia) that courses of beneath the arch and attaches to the undersurface of the heel bone. This band of soft tissue is most prone to injury when subjected to hard playing surfaces, insufficient warm-up exercises (stretching), sudden increases in playing time and poorly designed racquetball shoes (insuf-

ficient heel cushioning and arch support).

The pain is usually localized to the bottom surface of the heel near the arch and is typically worse with the first few steps in the morning or when activity follows long periods of rest during the day.

Treatment is initially aimed at elevating and cushioning the heel with 1/4" padding, as well as supporting the arch to decrease tension along the inflamed Plantar Fascia. More importantly, athletic activity must be limited to the person's pain tolerance. In other words, "If it hurts, don't do it". This rest, coupled with two Aspirin tablets taken two or three times per day for a period of five to seven days is most helpful in breaking the pain cycle. It should also be noted that as long as pain and swelling are evident, the application of ice and not heat is indicated.

Accurately placed Cortisone injections, custom made arch supports (Sport Orthotics), oral anti-inflammatory medications and extended periods of rest may all be necessary in dealing with this problem. It must also be kept in mind that many organic diseases can manifest themselves in the form of heel pain. X-rays as well as blood tests are often needed to rule out these diseases. Fortunately, 90% of the heel pain that I treat is related to mechanical stress and not organic disease.

Racquetball Today Promotions and AMF/HEAD presents Special Events for Racquetball Clubs Seminar

With Connie Peterson

Recommended for Owners, Managers, Club Pros

SITE: Forest Grove Swim & Racquet Club

1760 N. Hicks Road, Palatine, IL 60067
(312) 991-4646

DATES: Monday, May 18 — 9:00 a.m. to 8:00 p.m.
Tuesday, May 19 — 9:00 a.m. to 12 noon

TOPICS INCLUDE: • Motivating Players • Setting Up and Running Special Events, Leagues, Tournaments • Special Programs for Women, Summer, Daytime • Money Management • Use of Advertising

COST: \$150/person - \$250/2 persons from same club

Includes: 10 hours of clinics • Written materials • Continental Breakfast and Lunch

ACCOMMODATION INFORMATION:

The Charlie Club (312) 934-4910



ABOUT CONNIE PETERSON

- B.S. in Physical Education
- WPRA ranked player
- APRO certified professional
- AMF Head Advisory staff member
- 4 yrs. experience in club management & teaching

SPECIAL EVENTS SEMINAR, PALATINE, IL

(Application Deadline: Wednesday, May 13th)

NAME _____ HOME NO. _____ WORK NO. _____

ADDRESS _____

REPRESENTING WHAT CLUB? _____ YOUR TITLE _____

Please make checks payable to: CLP SPORTS CREATIONS

MAIL TO: CONNIE PETERSON - COURTSPOrts II - 4242 COMMERCE - EUGENE, OREGON 97402

Phone: (503) 687-2255



**RACQUETBALL
TODAY
PHOTO
CONTEST**

**FIRST PRIZE:
\$1000**

**SECOND PRIZE:
\$500**

**20 Honorable Mentions Receive
RACQUETBALL TODAY
T-SHIRTS!**



Ralph N. Br...

Fourteen-year-old Jill Ann Brescia combines gymnastics with racquetball. Nice backhand!

CONTEST RULES:

1. You must be an amateur photographer
2. Photo must be a black and white glossy
3. Subject must be racquetball or racquetball-related
4. Photo must not have appeared in any other publication
5. Back of photo must be clearly labeled:

RACQUETBALL TODAY PHOTO CONTEST

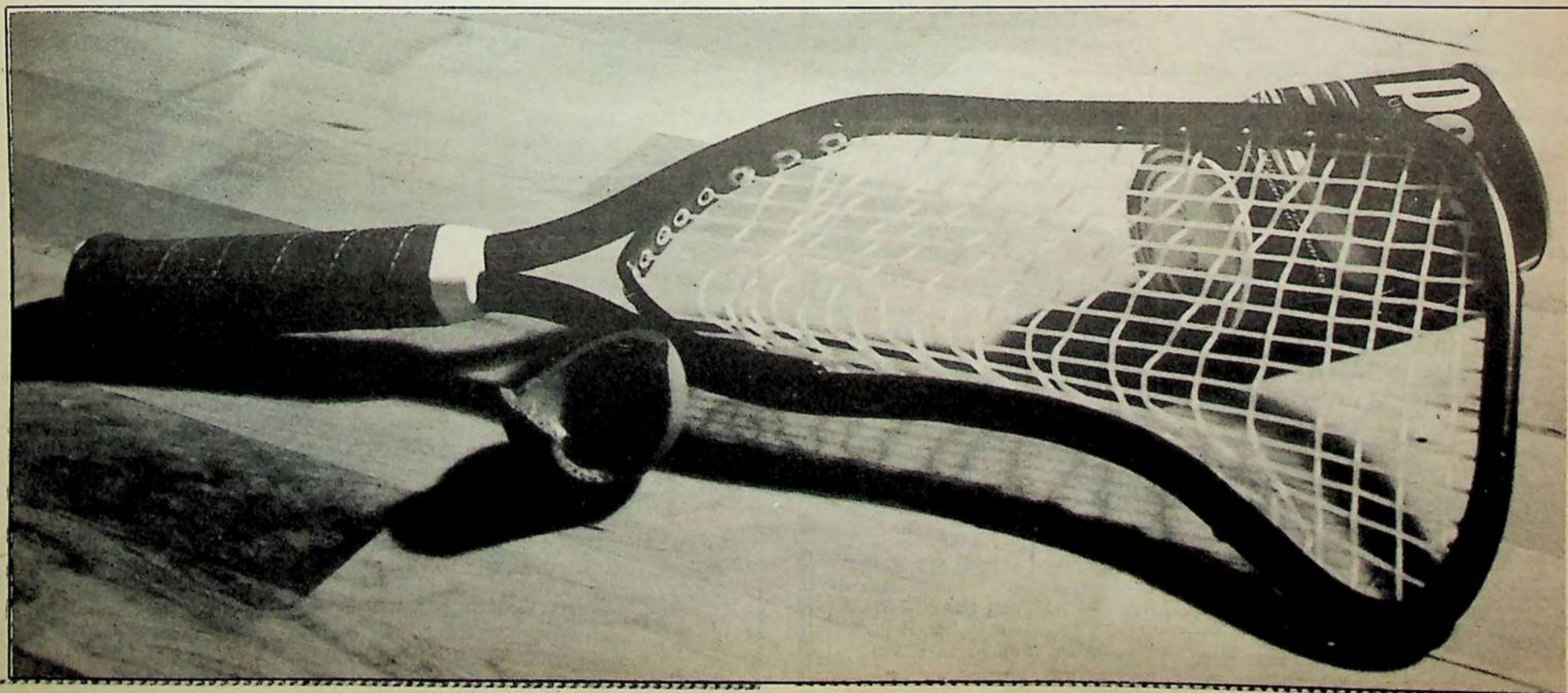
Photographer's name, address, phone, shirt size. Name of subject, when and where photo was taken (and any other interesting information.)

Open to all amateur photographers 18 years of age and older. Void where prohibited by law. No purchase necessary.

All photographs are non-returnable and become the property of RACQUETBALL TODAY. We reserve the right to publish and use photos as we see fit.

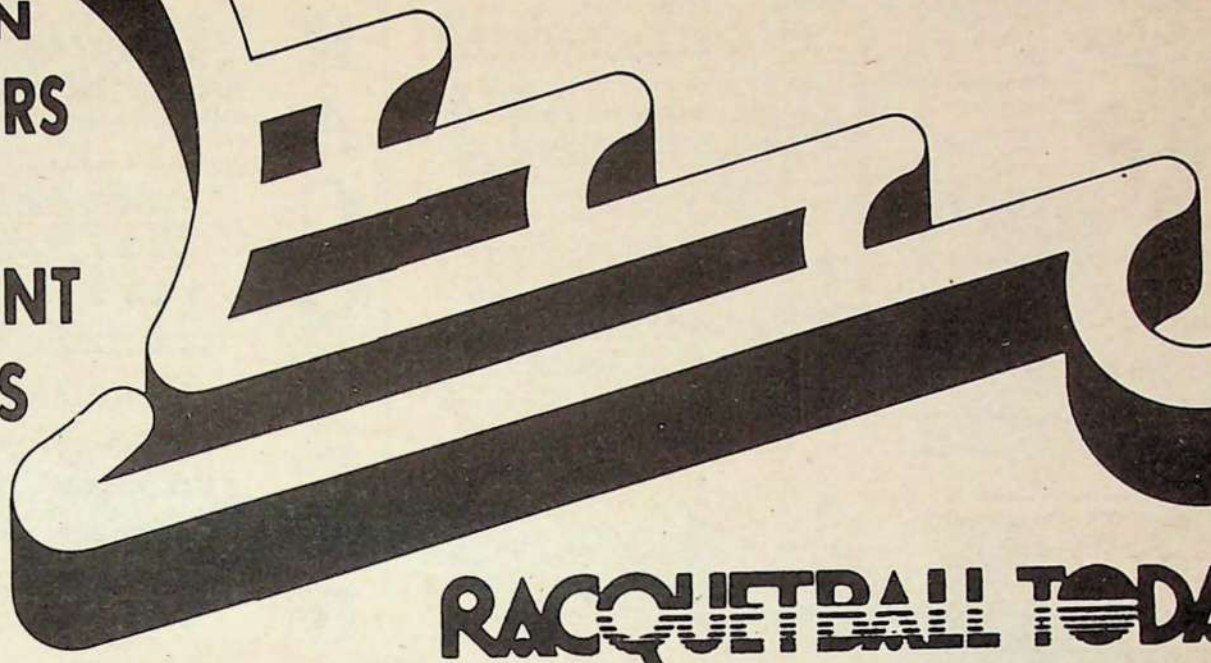
Winners will be selected by our panel of expert photographers at the end of the year. Photographs will be judged on the basis of quality, originality, etc. All decisions of our judges will be final.

SEND ENTRIES TO: **RACQUETBALL TODAY® Photo Contest**
P.O. BOX D POSEN, IL 60469



Carly Milkovich photo

**ATTENTION
CLUB OWNERS
AND
TOURNAMENT
DIRECTORS**



RACQUETBALL TODAY

**NOW CARRIES A COMPLETE LINE
OF TROPHIES AND AWARDS FOR
TOURNAMENTS, LEAGUES, TEAMS**



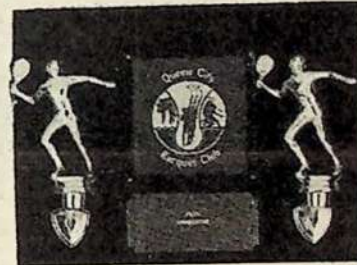
6" x 8"

1-15 16-30 31 up
PP6 \$7.50 \$7.25 \$7.00



7" x 9" with figure
PP7 \$10.00

(PP7 available either way)

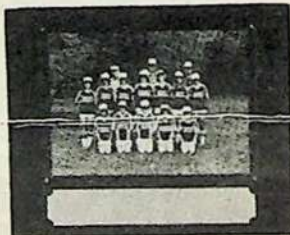


9" x 12" with two figures
PP9 - \$15.00



5" x 7"

1-15 16-30 31 up
PP5 \$6.50 \$6.25 \$6.00



**Photo
Plaque**

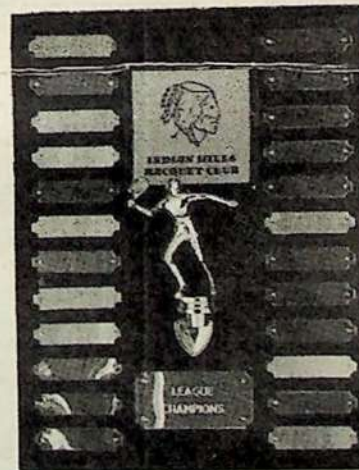
Use any photo
you want. We ship
engraved plaque
with double-sided
tape for easy
mounting of picture.

Plaque Size	Plexiglass Size	Price
4 1/4" x 6"	3 1/2" x 4"	\$4.00
5" x 7"	4" x 5"	5.50
6" x 8"	5" x 6"	6.50
7" x 9"	6" x 7"	8.00
9" x 12"	8" x 10"	12.00



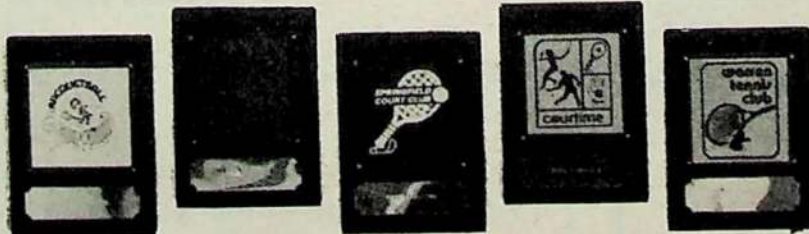
4 1/4" x 6"

1-15 16-30 31 up
PP4 \$5.50 \$5.25 \$5.00



Multiple Plate Plaque

12" x 16" - 12 plates \$23.00
12" x 16" - 18 plates \$25.00
12" x 16" - 24 plates \$27.00



**All plaques on this page
feature your logo in
your colors with a
Plexiglass Cover.**

**FOR INFORMATION, CALL TOLL-FREE
RACQUETBALL TODAY® 800-323-9167**

MAKE CASH

CLEANING CHIMNEYS



It's easy with the August West System—a proven method of cleaning residential wood-burning chimneys in less than an hour. (And the average charge for this service is \$45.00 a flue.)

Here's one heck of an opportunity. You can now live the life you want to live. And work when you want to work. Perform a much needed service. Wear a top hat to work. And clear more than \$100 a day! With the August West System YOU CAN DO IT! We'll show you how.

For FREE details on how you can

BE A CHIMNEY SWEEP

Call TOLL FREE 800-243-5166

(In Connecticut call 226-0754) or write: August West Systems, Inc. Box 603-Dept. JET, Westport, CT 06881

ALVIN BARASCH

aBarasch enterpriseltd.

Investment and Tax Consultant

(312) 673-7300

7330 NORTH CICERO AVENUE
LINCOLNWOOD ILLINOIS 60646

John's

the original frozen pizza.
Nutrition never tasted so good.

NEVER GO ANYWHERE...

without your metal identification tags-like soldiers wear. Personally embossed with whatever you want. Six lines of 16 spaces. Print clearly name, address, phone, allergies, Med-Alert info, etc. You need 'em now!

Two Tags\$3.00
Neck chains included FREE with order.
\$1.00 additional for set of clear Plastic Covers for tags and chains.
RICH CRAFT, Box 398 R T, Kershaw, S.C. 29067

The 1981 RACQUETBALL DIRECTORY is Here

Pick Up A Free Copy At:

- Second Sole
- CAL Surplus Stores
- Mr. Parts Auto Stores
- Family Fitness Centers
- and most San Diego County Racquet Clubs

CALL TO SUBSCRIBE
295-1120
SAN DIEGO SPORTS DIGEST

HOLABIRD SPORTS DISCOUNTERS

Beats Them All!

- LOWEST PRICES ANYWHERE
- PRICES GUARANTEED
- FACTORY WARRANTIES HONORED

WE WILL SHIP WITHIN 48 HOURS GUARANTEED OR MONEY BACK

AMF Voit
Blackjack
Racquetball
Racquet... \$16⁹⁵

NEW!
Ektelon Tracer
Racquetball
Racquet... \$24⁹⁵

Tennis Racquet Special!
Wilson Kramer Autograph
\$39⁹⁵ strung

RACQUETBALL BALLS (2 PER CAN)

Seamco 600-Blue	6 cans	14.00
Ektelon Speed Flite	3 cans	9.50
Voit Rollout Bleu	3 cans	9.50

RACQUETBALL BAGS

Seamco-reg	12.95	7.95
Deluxe-reg	21.00	13.95
AMF Voit-reg	35.95	24.00

EYEGUARDS

Rainbow-reg	7.95	5.00
Carrera-reg	11.95	8.95

RACQUETBALL SHOES, M/L

Lotto	21.50
Tred 2	18.95
Foot Joy Tufts	21.95
Patrick-Copenhagen-reg	37.95
Adidas Hogan Canvas	16.95

RACQUETBALL RACQUETS

Ektelon Magnum	44.00
Ektelon Magnum Flex	44.00
Ektelon Marathon Graphite	39.00
Ektelon 250G (composite)	72.00
Ektelon Mike Yellen Flex	25.95
Ektelon Rogue	22.95
Leach Brumfield Alum	24.00
Wilson Shannon Wright	20.00
Wilson David Bledsoe	20.00
Wilson Prestige-Ladies or Men's	11.95
AMF Voit Blue or Orange Max	11.95

TENNIS SHOES, M/L

Tretorn canvas	18.95
Tretorn leather	26.95
K-Swiss leather	26.95

TENNIS RACQUETS

All strung with choice of Vantage I (clear) or II (spiral) per mfg. suggested weight unless advised.

Prince Woodie	112.95
Wilson Extra (oversize)	49.95
Head Master	32.95
Bancroft Borg Personal	34.95
PDP Plus	39.95
Wilson Cobra (oversize)	73.95
Wilson Yellow Tennis Balls	6 cans 14.00

HOLABIRD SPORTS DISCOUNTERS
HOLABIRD INDUSTRIAL PARK
6400 BECKLEY ST., BALTO., MD. 21224
301-633-8200
HOURS: 9 AM TO 1 PM MON. THRU FRI.
Order by mail or phone - we ship anywhere.
Payment by money order, Visa, MasterCard.
Add 2.50 for shipping and insurance - no limit on quantity for low shipping charge.

VR Creations

Court Jewels™

CLASSIC TENNIS AND RACQUETBALL JEWELRY, GIFTS AND TROPHIES



BASKET OF MEMO PADS



GOLD CHARMS



KEY RINGS



SPORTY MUGS

Great Household item. Available in Tennis or Racquetball designs.

Artforms for Athletes of the 80's... A collection of Trophy and Gift Ideas/Additional designs available. Send for a free catalog.

VR Creations, P.O. Box 7000-281, Redondo Beach, Calif. 90277 (213) 378-4425.

Dealer & Club Inquires Welcome

WARM WESTERN HOSPITALITY

AWAITS YOU IN SALINAS!

- Home of the California Rodeo •
- Steinbeck Country •
- Agricultural Heartland •
- California's newest wine region •
- Oldtown •

Salinas

VISITOR AND CONVENTION BUREAU

write for free brochures
P.O. Box 1170- S Salinas, CA 93902 (408) 424-7611

BUY FACTORY DIRECT

SAVE!

TROPHIES • AWARDS • PLAQUES
SPECIALTY ITEMS

WRITE FOR FREE CATALOG
Trophyland Inc
DEPT RT 7001 W 20th AVENUE
P.O. BOX 4606 HIALEAH FLA 33014

PLAYERS Racquetball Directory

113 Coover St. Box 418
Mechanicsburg, PA 17055



Designed to avoid lost, misplaced, or forgotten membership cards, names, phone numbers, or court time reservations. PLAYERS will also assist in keeping track of challenge ladder results and future tournaments.

SOME OF THE FEATURES INCLUDE:

- 196 court time reservations
- Pockets for membership cards
- Challenge ladder sections
- Tournament sections
- 40 spaces for names & phone numbers
- Water resistant
- AND MUCH MORE!

The convenient suede Directory's size allows plenty of space, even for large handwriting. Costs less than one hour of court time. It can be carried in your racquetball bag - and will last for years.

Order one or more today. They make excellent gifts.

Imprinted logos available for club orders.

x \$4.75 + 65¢ each shipping = \$

Payment Enclosed Master Charge VISA

Card # _____ Expiration date _____

Name _____

Address _____

City _____

State/Zip _____

FREE ADJUSTABLE SWEATBAND



SWEAT IN COLOR JUST \$2.00 FREE!

SWEATBAND adjusts to fit exactly. Never too tight, it won't slip off during peak action like elasticized bands do. Velcro holds thick cotton SWEATBAND firmly.

To make friends, we'll give you an adjustable SWEATBAND FREE. Please help pay part of shipping and insurance costs by sending us your \$1.00 bill (no checks please—take pity on our bankers). We'll add our health and fitness catalog and a \$1.00 GIFT CERTIFICATE. PICK YOUR COLOR: WHITE, LT. BLUE, MED. BLUE, YELLOW, GREEN. SEND TODAY!

SWEAT
1107 Wareham Dr. Box 567 Cincinnati, Ohio 45201
YES, I want to play better. Please send me the adjustable SWEATBAND, catalog, and \$1.00 GIFT CERTIFICATE. My \$1.00 bill to cover part postage and insurance is enclosed.

Name _____ Band Color _____
Address _____
City _____ State _____ Zip _____

TO ORDER RACQUETBALL STRATEGY

AND OTHER RACQUETBALL PUBLICATIONS

RACQUETBALL STRATEGY

Designed for the regular player who is determined to improve his game, RACQUETBALL STRATEGY provides tips from the pros on such subjects as analyzing your opponent's weaknesses, shot selection, and court positioning.

Racquetball Today
P.O. Box D
Posen, Ill. 60469

Please send me the book(s) indicated below
enclose the correct amount for each book,
plus \$1 book postage and handling charge.
Illinois and California residents add 6%
sales tax.
No cash or C.O.D.'s.

- Contemporary Racquetball/ \$3.95
- Racquetball Strategy/ \$5.95
- Teaching Your Child Racquetball/ \$3.95
- 40 Common Errors Racquetball/ \$5.95
- Inside Racquetball for Women/ \$4.95
- Marty Hogan's Power Racquetball/ \$6.95
- Winning Racquetball/ \$4.95

Name _____
Address _____
City _____
State _____ Zip _____

MEET THE NEW KING OF THE COURT.

AND, PLAY THE GAME OF YOUR LIFE.

Ram's new pressureless ball is the new standard of playability. Or, as a real authority put it: "For my money, it's just about the perfect ball. . . it seems to have good consistency from ball to ball, is durable, and doesn't seem to have great variance of bounce from great changes in temperature. The key to this blue ball, however, is the speed. If I had to pick a speed that is just right for the sport, the Ram's got it. Give it a try."

New Products Report
Racquetball Today
January, 1981

Suggested retail price \$2.00 per ball
Individually boxed; no sharp edged cans.
Available only at court clubs.



RAM
Golf Corp. ©

Just enough better to win.
P.O. Box 300, Pontotoc, Mississippi 38863