

National Racquetball®

VOLUME 5 NUMBER 6 • \$1.00 • NOVEMBER, 1977

THE OFFICIAL PUBLICATION OF THE U.S. RACQUETBALL ASSOCIATION



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THE OFFICIAL PUBLICATION OF THE U.S. RACQUETBALL ASSOCIATION

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On The Cover . . .

Number one ranked Marty Hogan shows the form that keeps him at the top of racquetball's ladder. The youngster continues to dominate the men's professional field.

- Photo by Arthur Shay

National Racquetball Magazine is the official publication of the United States Racquetball Association and is published bi-monthly by the National Racquetball Club, Inc.

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President and Publisher • Robert W. Kendler

National Director and Editor • Charles S. Leve

National Commissioner and Business Manager • Joseph Ardito

National Coordinator • Terry Fancher

Design Director • Milton W. Presler

Managing Editor • Carol Brusslan

Contributing Editor • Nick Longhurst

Circulation Manager • Evie Kendler

Circulation Administrator • Jack Kendler

Photographic Consultant • Arthur Shay

Advertising information requests should be addressed to Joseph Ardito, Business Manager, National Racquetball Magazine, 4101 Dempster Street, Skokie, Illinois 60076.

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Open Up The Gates of Heaven . . . Here We Come!

Racquetball on television . . . network television . . . coast to coast . . . 271 stations . . . one full hour . . . PBS, no less!

Maybe I should start from the beginning. This is not just an ordinary T.V. show. Racquetball was **invited** to put together its finest hour, so we are packaging the best moments from the men's and women's finals of the third Colgate Pro Tour stop from King's Racquetball Courts in Westminster, California.

With the help of KOCE-TV in Huntington Beach, California, we jumped at the opportunity to put on, for the first time in history, a network show of a court sport. If you think we're proud of this accomplishment, — you're right!

As you well know, the Public Broadcasting System permits no advertising. They don't even use the word sponsor. Anyone who undertakes to fund a PBS show does it to educate the public, and is known as an underwriter.

As in all of television, there are substantial production and promotion costs involved with this program, a cost that can be underwritten only by certain organizations or corporations approved by PBS. And for a while it appeared that this prize would go to one of the giant underwriters, like Exxon or the Ford Foundation, who have been two of the great benefactors that make PBS possible.

We have worked hard and long to make this televised event a reality. And perhaps my ego is acting up a bit, but

my pride in this accomplishment is such that I can't bear to see this child given a foster parent.

I went through all the labor pains to bring forth a healthy, active youngster, and now that it is about to make its debut to all the world, I would like to be remembered as the loving parent, who with pride, took his child out of adolescence and into the adult world.

It will be my pleasure to pick up the tab, a substantial tab at that. I only hope and pray that everyone of you will enjoy receiving this show as much as I enjoy sending it.

There have been many people working hard behind the scenes to ensure the airing and success of this broadcast. Certainly John Gregory, Paul Corbin and Kent Johnson at KOCE deserve all of our thanks for doing so much on racquetball's behalf. Also my personal thanks go to Nick Longhurst, our west coast correspondent, who has worked as our liaison with KOCE and PBS.

The show will be Sunday, November 27, scheduled at 2 P.M. Eastern Standard Time. That means that Central time zone viewers will see it at 1 P.M. and west coasters at 11 A.M.

Now a few stations may choose to delay the broadcast an hour or two to give it a preferential time slot, so be sure to check with your local PBS station or your local television listing.

This certainly is an historic moment for racquetball. When you consider that Public Broadcasting is very selective, has an elite audience, and is identified with only the most distinguished programming, we have cause for rejoicing. I think they deserve every

ounce of support we can give them. And that means both of us.

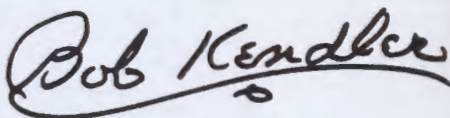
You should make sure that your place of play has this item posted for all to see. Reminders should be sent to club members, or perhaps a nice party at the club is in order, where your club pro can elaborate on the special skills you are sure to see.

You can best help by calling your local sports commentator or editor and ask him to give the telecast a little advance promo, or comment on the show the following day. Don't stop talking about televised racquetball. Keep reminding everyone, until they're sick of hearing about it, then remind them some more.

Non-players are vitally important. Once they see racquetball played, they are sure to become players. If not, at least they will know what you mean when you explain to them what all those dusty trophies in your basement mean.

It's all up to you. If you want to make racquetball the number one sport in America, if you want to see more racquetball on the tube, — start advertising. Nothing beats word of mouth publicity. We really have something to brag about and I personally guarantee that you won't be disappointed.

Thank you. ●



If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

II Corinthians 5:17



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Another Step Forward

As you have noticed all over this issue, *National Racquetball* will become a monthly publication beginning with the January, 1978 issue. This is an exciting time for racquetball in general, and the prospect of going monthly is in itself an exciting venture.

The reasons that led to this decision are many. We have long dedicated our publication to the good of the association and the sport. The time has come for our magazine and association to grow along with racquetball.

Making *National Racquetball* monthly is part of that growth, as are the additional staff personnel (see *Extra!* section) that have joined the U.S.R.A. and N.R.C.

We found that in order to keep the racquetball public abreast of all the important occurrences within the sport we needed monumentally large and expensive magazines on a bi-monthly schedule. The torrent of tournament results, multitude of new clubs and general happenings in racquetball left us with magazines ranging from 120-160 pages.

What happened was that our staff was unable to produce such large magazines effectively, economically or on time. The pressure to get as much information into each magazine as possible to best inform our readers, was "hindered" by the mountains of information submitted by our readers and correspondents.

We knew a change was inevitable and chose the first of this coming year to make that change. So now subscribers to *National Racquetball* will receive an issue every month.

The question arises that if the bi-monthly publication encountered so many problems, how then, will a 12 times a year magazine do better. That's where Carol Brusslan and Milt Presler come in.

These two highly capable and efficient people will be working directly with the rest of our staff to ensure that your magazine will be in your hands at the designated time.

Carol will be handling most of the sections of each issue, including her superbly successful *Women In Racquetball* section. Carol's ability to get to the heart of a story and present it in a lively, readable fashion is only a part of her tremendous ability.

She has the knack for details that will enable her to keep the publication as well organized and up to date as our readers demand.

Milt Presler's work in design has made *National Racquetball* one of the most attractive publications in all of sport. But Milt has no intention of stopping there. He and we plan to make this magazine the most attractive periodical in all of publishing.

Our circulation continues to rise almost as meteorically as the growth of racquetball. It has truly become the Bible of our sport, the publication that gives you *all* the information on racquetball.

Yes, our subscription rates are going up. But the increase will not be a full 100 per cent, even though the number

of issues received by subscribers will double. The new rate will be \$9.00 per year, still by far, the biggest sports bargain there is.

And more importantly, — all you current subscribers with expiration dates in 1978, 1979, or 1980 will receive all 12 issues each year, — with no increase whatsoever. You will not be sent a new bill, — your subscriptions will be honored all the way through until your current expiration date comes up.

We're awfully excited about the monthly magazine. We're promising you a "new look" in the technical format, slight changes in type sizes, headline styles, sectionalization and with some new sections as well.

We think you'll be proud to be a member/subscriber. The U.S. racquetball Association is proud to have you. Our efforts are not only to keep pace with the great growth of the sport, but to lead that growth, to build our association and magazine into the best voice racquetball has. We are your voice. ●





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Growing Up

I think I felt this way only once before. yes, I'm sure of it. That day many years ago (too many to count, I'm afraid) when my last child graduated from high school.

"Grown up," I thought. "My goodness, can they all have grown up already? Have 18 years passed just like that?"

It was not a feeling of sorrow, and actually the more I dwelled on the subject, the more it became a feeling of pride, for I had helped lead the way for each child to enter the world ready to accept the challenges that surely awaited.

Nor did the kids really leave. We went on together in various business opportunities, family functions and they continued to look to me for that fatherly aid that only a father can give.

Well, racquetball is growing up, in fact, don't look now but it has grown up. Oh sure, the beard isn't sporting a very dark five o'clock shadow, and there's no grey around the temples yet, but as certain as you're reading this page, — racquetball has grown up.

But there are differences between racquetball's coming of age and my children. For one, it took racquetball a scant 10 years, where the kids took 18. Racquetball is rather like that one child you all know, who was so smart, so excellent, that he by-passed the normal graduation scale, jumping seemingly from grammar school to college in a single leap.

The U.S. Racquetball Association has made that leap and along the way we

have been extremely fortunate to expand and solidify our base to meet the continuing needs of the sport.

We began with Bob Kendler, our father, and Chuck Leve. I joined them in 1973, and Terry Fancher was next in 1975. But that wasn't enough. The four of us realized that if we were to keep pace, we'd have to do much more than what four people could accomplish.

Six additional staffers have been added in the last 18 months, highlighted by some of the people you'll read about in this issue. Two of them, Carol Brusslan and Milt Presler will devote almost all of their time to publications work, — *National Racquetball*, pro tour programs, and other special periodicals.

One guy, though, whose work will not be behind the scenes, is Dan Bertolucci, who will be working with Terry to give further manpower to the state affiliate program and with Terry, Chuck and myself to keep the pro tour running like a finely tuned engine.

Dan epitomizes the type of person we seek. Young, yet experienced, a cool head on his shoulders, and a racquetball person.

He's a good player (knowing it's a relative term, let's say he won't beat Hogan, but he'll probably beat you) and knows tournaments from the player's point of view. He's been an administrator having managed a club

and run major tournaments at that club. He's an instructor and can teach as effectively as the best, with a real handle on how to help beginners. And he knows associations, being heavily involved in the operations of the Illinois State Racquetball Association, one of the U.S.R.A.'s strongest affiliates.

Dan's help has been noticeable and remarkable and he's only been on board for a scant few months. In fact it's hard to believe that we previously got our work done without him.

No, the more I think of it, it's pride that I feel. Sure, there are plusses and minuses on every ledger sheet. But we've got a helluva lot more plusses than the other, and I'm proud of that.

And I'm proud that we've grown up, that I've been able to help steer the course. I'm convinced we're on the right course, ready and eager to accept those same challenges of adulthood that faced my kids some time ago.

You know, those challenges never end. It's how you deal with them that makes you successful.

Racquetball should be proud of itself and it's association. I am. ●

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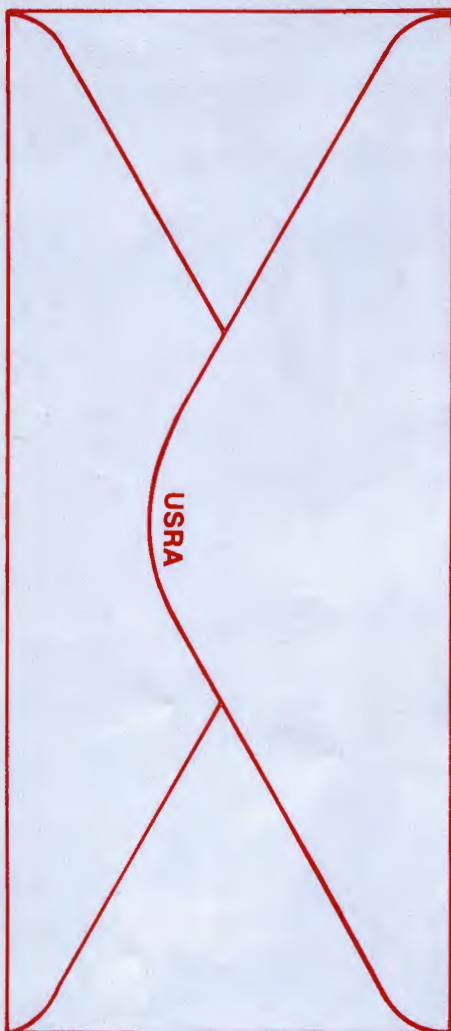
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LETTERS



Dear Editor:

I was thoroughly appalled by Chuck Leve's editorial, "Should Women Dress Up the Courts?" Not only did the editorial upset me, but that it was included in the women's section when it obviously was a male-oriented representation was disappointing. I am certain Mr. Leve meant well by expressing his views. Having women dress up, or enhance their "femininity" to make viewing more "enjoyable" may have an effect on promotion in the short run. But racquetball is a relatively new sport, and because of this I don't believe we should be bound by the constraints put on women in other sports.

Instead, why not take the lead in emphasizing the skill of the talented women players, rather than marketing the sexual aspect of them? For too long our success in virtually all endeavors has depended on how well we conform to male-defined versions of femininity—in both appearance and style. An obviously this definition is just a reflection of what men are used to. Why not change that or attempt to?

Femininity could be (and should be) construed as strength, talent, and the willingness to express oneself in whatever way desired. Certainly one can look neat, but must our standards of dress be dependent on what someone else believes a woman should look like?

I resent very much the implication that our success as racquetball players depends on how appealing we are. Perhaps this is true from a marketing standpoint — but we, as representatives of a relatively new sport, have the unique opportunity to take a stand for women. If my skills as a player, and the recognition I would receive as a result of that talent, has to depend upon a misguided interpretation of "femininity", then I would prefer not to play at all. I hope other women refuse to submit to marketing their bodies rather than their skills. Only by all of us taking a firm stand, can women ever be liberated from the myths and constraints men have placed upon us.

Natalie Garth
Tempe, AZ

Dear Mr. Kendler:

Just a note to thank you for your kindness and generous support of our recent Second Annual Celebrity Racquetball Tournament. With your help we were able to raise over \$3,000!

We are most appreciative of your ongoing interest in racquetball, and in particular, its relation to exercise and good heart health. Thank you very much.

If we can ever be of service, please don't hesitate to contact us.

Chuck Sheftel
Charlotte J. Koppe
Chicago, Ill.

Dear Editor:

I want to thank you for *National Racquetball*. In addition to your excellent coverage of the pro tour, thank you for not neglecting the beginner. I have found many of your instructional articles useful in teaching women here at the YMCA in Lancaster, Pa.

I also want to mention something that I discovered. Recently, I broke my racquet in the middle of a game and was forced to use a heavy wooden "club" that I bought for \$9.00 and carry as a spare. It must weigh almost a pound! It was a little hard to control at first, but once I got used to it, I found that the racquet was doing a lot of the work for me. My serve was much faster, it was much easier to pick up a ball when I was caught off balance, it helped stopping a super-fast ball on the fly, and it caused no problem on the backhand as long as I made contact below the waist.

Perhaps women who have an underdeveloped wrist and forearm should go with a heavier racquet instead of trying to find the lightest one possible.

I'm going to experiment a while longer and perhaps I won't switch back even if I do get a new racquet for my birthday!

Wendy Ryder
Lancaster, Pa



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A Handball shoe. And a Racquetball shoe.



Gentlemen:

As a participant in the U.S.R.A. Missouri State Amateur Tournament held in St. Louis by your State Association, I would like to express my thanks to Ron York, Denny Frye, and all of those who assisted in making it such a success.

The Town and Country facilities were outstanding, the turn out was great and the competition intense.

I do think a Leach/Seamco sponsored skills clinic given by Marty Hogan or one of our other ranked pros and geared to the B-C class level player would have been a big plus. Maybe next time?

Chuck Richardson
St. Louis, Missouri

Dear Mr. Leve:

Your article on women's racquetball dress brings to mind a few points of difference in opinion.

I strongly oppose tennis dresses for myself and I'm sure I speak for many women players. It is virtually impossible to play your best game of racquetball in a dress that has been designed for tennis. Racquetball is not tennis. Use of the body is not the same. There is more bending over, twisting and varied use of the legs. A nicely designed pair of shorts and a shirt can be as flattering to women as it is to the game of racquetball.

Also, I am looking forward to your article on men's racquetball dress. I have seen men who wear baggy shorts, no underwear and three day old shirts that literally smell into the audience playing in N.R.C. events. I know that most people would say that this is "masculine" as dresses and perfume are "feminine" and I say WAKE UP EVERYBODY! This is 1977.

Neatness, cleanliness and good taste in racquetball dress will always be timely but unequal evaluation of women and men in racquetball dress is not!

Jean L. Sauser
Northbrook, Ill.

Dear Bob and Evie:

Doris and I certainly enjoyed meeting and talking to you during the cocktail party and banquet at the Junior Nationals. You, Joe Ardito, the U.S. Racquetball Association and the Evergreen Park Club should be congratulated for the sponsorship of such an outstanding tournament. My son was certainly impressed and he is still talking about all of his experiences while looking forward to next year's event.

The tournament was a smashing success which was enjoyed by players and parents alike.

John B. Derdeyn
Tucker, Georgia

Dear Editor:

From July 31 to August 6, 1977, Dave Nicoll, Halifax N.S., and I had the unique pleasure of attending the Steve Keeley Racquetball Ranch at Steamboat Springs, Colorado.

The week of instruction provided by Keeley, Serot, Wagner, Baldori and Greer consisted of lectures, in court evaluation, coaching and video tape analysis followed by open practice time.

Tim Schliebe, Director of the Storm Meadows Athletic Club, organized a delightful social program with entertainment for the participants and their families, e.g. golf, tennis, horseback riding, hiking, fishing, rubber raft rides on the Colorado and Handball, if anyone was interested.

A week in such an environment exhilarates the body, mind and spirit and escalates one's love for racquetball and American hospitality.

Paul D. Henderson
Saskatoon, Sask.

Dear Sirs:

Racquetball is a sport with soul. Wherever I travel, the hospitality of racquetball players and racquetball courts is fantastic.

As an example, on a recent trip to St. Louis, Missouri, Joe Snopek, the manager of Don Coryell's Racquetball Club, arranged for three hours of racquetball and two matches. He also made certain his employees knew who I was. The friendly atmosphere, extra matches, and great court facilities made my business stay in St. Louis profitable, healthy and enjoyable.

What other sport can do these things for its' players almost anywhere in the United States and Canada?

Amos Rosenbloom
Minneapolis

Dear Terry (Fancher):

I felt compelled to write after receiving my July issue of *National Racquetball*. I was genuinely impressed with the magazine. The combination of instruction, special articles, and game reporting was excellent. Also, the photography was absolutely superb.

From a state chairman's view I am quite pleased with the progression of *National Racquetball*. Many new members have indicated extreme satisfaction with the recent publications. I am already looking forward to your encore.

David H. Taylor
West Virginia State Chairman

Dear Chuck:

My hat is off to you and your grand organization (particularly yourself as Editor of that skinny little magazine, *National Racquetball*).

You are commencing to be a *Ladies Home Journal* or the old *Cosmopolitan* — in other words, your racquetball publication is really something, and I can't congratulate you and your splendid team often enough.

Keep up the good work, Buddy, and say "hello" to your staff.

D. B. Frampton
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Dear Mr. Leve:

I was surprised to see your overkill editorial in the July issue of *National Racquetball*. That Charles Brumfield did not win his fifth title is a fact. That 'the era of control racquetball left with Brumfield' is supposition, not fact. Racquetball is in a state of transition, just like golf was when Palmer began unseating the "control" golfers. Along came Nicklaus to unseat Palmer, but Nicklaus recognized that he needed power *and* control. Around the greens Nicklaus has no peers. It took the young tigers on the tour 10 years to understand that "you drive for show, but you putt for dough." The new tigers in racquetball will need their power, but they will also need the control and finesse developed by Brumfield, Keeley, et al.

Analyze the incongruities reported in same issue. Page 60 (Seamco Ball Test) the . . . professional blasted the ball 142 mph, by far, the hardest of anyone - the next hardest was 106 . . . with Charles Brumfield (97 mph), and many thought he held back. Bledsoe matched power with Hogan - stayed with his game and kept pressure on, but note that Bledsoe "returned serve to ceiling." Control Shot: (Page 19). I'm not disputing Bledsoe's championship, he won. Hogan is also a champion, but age and experience give me the understanding that in *any* field of endeavor, raw power and kills just cannot keep winning games, whether it is racing, football, tennis, marbles or hopscotch. Power is too easy to defense for the people with quick reactions. How many of our upcoming young racquetballers are every bit as quick as Hogan in hand to eye reflexes?

Again, not deprecating the champion, but to flatly say the era of control is gone, power is here, to lead our upcoming young racquetballers down the primrose path—like the young golf professionals, they have to have all the shots - control, finesse and power if they are to succeed in competition in the years ahead. When we get in three or four million members, how much more difficult will winning the championship be?

Bledsoe prophesized he would beat Hogan (Page 135). Another reason for

Brum's offensive play could have been a *slight shoulder injury*, Page 142.

I submit the editorial was an overkill endorsement of the power game. It needed some reasoning to understand that power is and can be an important element. But he who lives by power, loses by power in championships, as young Hogan did. You owe young readers a more comprehensive explanation.

Harry W. Keeney
Louisville, Ky.

Dear Editor:

I have enjoyed recent issues of the *National Racquetball Magazine* because of the balance in the type of articles you have sought to present. Keep up the diversity.

I have especially enjoyed the *Women in Racquetball* sections. I have posted excerpts from several of the articles in the Intramural Activities Building here at the University of Washington so that many of the women at the university could benefit from your publication.

In the most recent issue (July, 1977) you listed the names of several female teaching pros and club managers in the United States. I would like to add one name to that list. Dr. Nancy Gerou of the University of Colorado conducted an excellent racquetball clinic for women here at the University of Washington in June. She is an active competitor in Colorado as well as the Director of the Recreation Department at the University of Colorado. She well deserves to be on your list of teachers and managers.

I anticipate your upcoming issues.

Judith A. Bryant
Seattle, Wash.

Dear Chuck:

Congratulations on your mammoth July issue of *National Racquetball*. I especially enjoyed your editorial on Chas. Now you guys should consider changing the ball to favor the control players. How about it?

Jeffrey N. Bairstow
Managing Editor
Tennis Magazine

Dear Chuck:

I must say I truly enjoy *National Racquetball*, and admire the way you have helped to promote the greatest sport—racquetball.

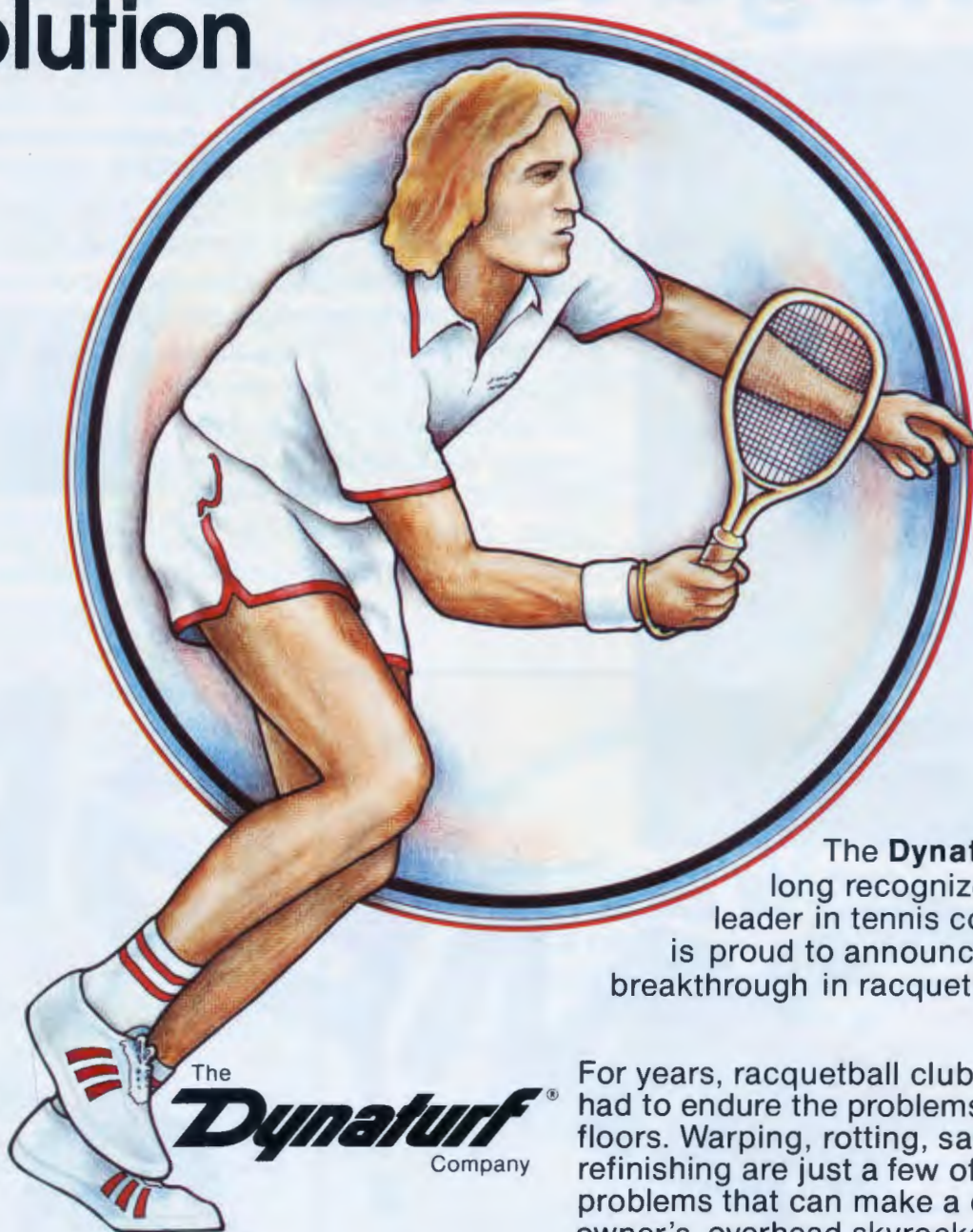
However, I was infuriated when I saw your article, "Should Women Dress Up the Courts," which appeared in your otherwise great July issue. So infuriated, in fact, that it was very hard for me to control my emotions long enough to finish reading the article.

One of the greatest parts of playing racquetball and belonging to one of the best group of athletes is that we, as girls, have not had to maintain an "image" or "class standard", as women do in tennis. In other words we don't have to have the attitude that we walk on the court with a pretty, frilly white dress with lace underpants, and wouldn't dare get our dress a little dirty or ourselves a little sweaty. Racquetball, as opposed to tennis, is a game a person can really get into, physically and mentally. When you're hitting that little rubber ball, there is no one else in the world at that time except you, your opponent, and that little ball. Racquetball is a severe test of stamina, mental strategy, and, of course, sportsmanship. True racquetballers do not walk out on the court, afraid to work up a sweat or get their clothes messed up. They're not interested in making a good impression on someone watching by wearing some expensive dress, or on how many people they can attract with their good looks. Good racquetballers attract spectators with their ability, not their clothes.

True, I, too, have seen some girls who could "clean up their act." Stepping on the court in a dingy grey T-shirt and a pair of wrinkled gym shorts is not appealing—most times it doesn't smell too good, either. But I see nothing wrong with girls wearing nice-looking shorts and a top—like the ones we receive when we enter tournaments (why give them to us if we can't wear them?)

Please, let's not make racquetball a commercialized monster like tennis has become. Let's not become so involved in "looking good" and "having class" that we forget what we're on the

the racquetball surface solution



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court for—to give our very best to a truly great sport. Racquetball can easily overtake tennis in popularity, without having to dress up their girls like dolls for people to look at. Let us play the game and be comfortable at it, and enjoy the sheer excitement of this fantastic sport, without having to worry about our clothes pleasing some spectator or possible sponsor.

Linda Phebus
Kansas City, Missouri

Dear Mr. Leve:

Referring to your recent story "Should Women Dress Up the Courts?" (July, *National Racquetball*) perhaps you should point your cameras on the gals before they play. Here in Wisconsin now the fashion parade is in the fancy warm-up suits in a rainbow of colors worn to make the grand entrance into the court.

And if you need some Beautiful People, why not send Howard Cosell and Frank Gifford to a Wisconsin Women's Open tournament, where you might spy such eye-catchers as Illinois' Bev Franks in a daring and sensuous bare-midriff mini, Camille McCarthy from Indiana with matching hair ribbons, earrings and dress and Bette Krause and Sandi Vasatka from Wisconsin in matching custom-made doubles outfits sewn by their own hands. (They even wear identical head scarves with matching rick-rack trim.)

Teresa Gnewuch
Oregon, Wis.

Dear Bob:

The member/celebrity tournament for the benefit of the Chicago Heart Association was a huge success. I think everyone who participated had a good time. More importantly, we were able to present the Chicago Heart Association with approximately \$3,300. Not bad for an afternoons work and, of course, a big part of the success was due to the generosity of the U. S. Racquetball Association. On behalf of The Court House and the Chicago Heart Association, I again want to thank you for your help.

Best regards.

John S. Wineman, Jr.
Highland Park, Ill.

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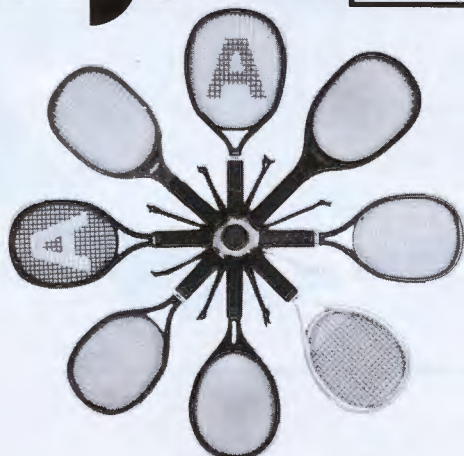
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National Racquetball

EXTRA!

National Racquetball Goes Monthly

The U.S. Racquetball Association and National Racquetball Club have jointly announced that their official publication, *National Racquetball*, will be published on a monthly basis beginning January, 1978.

National Racquetball, the largest and most widely read racquetball magazine, has been publishing on a bi-monthly basis since its inception in 1973. It thus becomes the first monthly racquetball magazine.

"We're extremely proud, as well as excited about the prospects of going monthly," said publisher Robert W. Kendler, president of both the U.S.R.A. and N.R.C. *"We feel that we can better serve the racquetball world by publishing on a monthly basis."*

Many ingredients went into Kendler's decision, the largest consideration being the additional staff personnel who would be needed in order to keep a monthly publication on schedule.

"We've added two more people, two extremely capable people," said Kendler. *"Milt Presler and Carol Brusslan are no strangers to*

racquetball or National Racquetball and we expect them to fit right in."

Presler, who will do the design work, and Brusslan who was promoted from Women's editor to Managing Editor, have been working on *National Racquetball* for some time (see articles, this section).

But the main purpose for going monthly was to better bring racquetball news to the racquetball world.

"We just felt we weren't doing the job on a bi-monthly basis," said editor Chuck Leve. *"The two month lapse between issues was just too great to cover."*

"Racquetball is growing so fast, that a monthly magazine is needed just to keep up with it."

Cost to the U.S.R.A. and N.R.C. was another consideration, coming on the heels of large May and September issues, sandwiched around the mammoth July edition.

"Big books in the 120 to 150 page range are impressive, but also costly," said business manager Joe Ardito. *"We felt that smaller books, in the 70-80 page range on a*

monthly basis would be more economical."

The projected figures prove Ardito out, and the excitement is building as January approaches.

"I expect we'll have a new

look or two," said Leve. *"We feel National Racquetball is the finest and most attractively designed publication now. But we plan a few eye-catching wrinkles for the new, monthly National Racquetball."*

New Rates Effective For Monthly National Racquetball

National Racquetball subscribers will be pleased to learn that although they will be receiving double the number of issues per year beginning in January. Their price will not double.

The current \$5 fee will be replaced with a \$9 per year fee, effective immediately. This for 12 issues of *National Racquetball* instead of the current six.

"It's still the biggest bargain in sports," said Bob Kendler. *"And when you stop to think that we send \$2.00 of that \$9.00 directly to each state affiliate for further promotion of the sport, you can see that nobody's getting rich at \$9.00 per year."*

Another change with the monthly publication will be *National Racquetball's*

changing to a monthly renewal policy as opposed to the former December 31 renewal for all members. In order to make this change smoothly, the U.S.R.A. has called upon the services of a computer firm to keep tabs on expiration and notification of members.

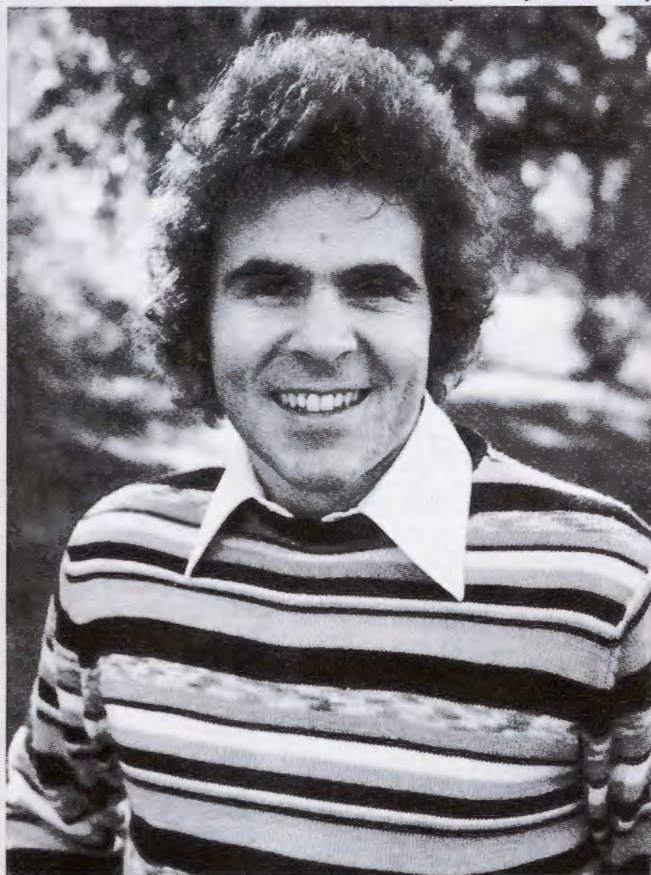
"This will be a tremendous improvement in our circulation system," said Chuck Leve. *"We'll now have the ability to keep right on top of our subscription lists and give better service because of it."*

Thus the evolution continues, as racquetball the sport, *National Racquetball*, the magazine, U.S.R.A. and N.R.C., the Associations, continue to promote racquetball to becoming the best recreational and competitive sport in America.

N.R.C. - U.S.R.A. Adds Three To Growing Staff

The National Racquetball Club (N.R.C.) and U.S. Racquetball Association (U.S.R.A.) have added three full time staff personnel to hype up its activities and better promote racquetball nationally.

—photo by Arthur Shay



Dan Bertolucci

Bertolucci, the 27-year-old Hinsdale, Illinois native, will give valuable assistance in three primary areas. First, he will help coordinate the state affiliate program, so ably inaugurated by Terry Fancher.

Second, Dan will help coordinate the pro tour, working with host clubs and owners, assisting in tournament preparation and generally overseeing the development of each event.

Third, he will serve as an additional referee from the national staff on the pro tour, aiding both Fancher and Chuck Leve who have assumed the burden of refereeing important matches over the years.

A former general manager and head teaching pro at the prestigious Glass Court facility in Lombard, Illinois, Bertolucci has been involved in racquetball for over five years.

He has run and helped run numerous tournaments, among them the Seamco-Leach Pro Tour stop at The Glass Court last April, a tournament in which Dan was Tournament Chairman.

He is currently a member of the Board of Directors of the Illinois State Racquetball Association, and serves as co-chairman of the I.S.R.A.'s Tournament and League Committee.

Dan has given volunteer assistance to the U.S.R.A. and N.R.C. in the past, including work at this season's National Championships and National Juniors Championships.

A 1972 graduate of Northern Illinois University, Dan Bertolucci comes to the U.S.R.A. and N.R.C. highly qualified to accept the challenges that lay ahead in racquetball.

Carol Brusslan



Carol Brusslan is certainly no stranger to *National Racquetball* readers. She has been editor of the highly-acclaimed *Women In Racquetball* section since its inception in the July, 1977 issue.

Having been handling that responsibility on a part-time basis, it was only natural that Carol be given the opportunity to broaden her journalistic horizons within *National Racquetball* in a full-time situation.

As managing editor, Carol's expertise and experience will

call on her to be involved with the daily organization and editing of the entire publication, including the *Women In Racquetball* pages.

A graduate of Northwestern's Medill School of Journalism, Brusslan's racquetball experience is primarily in the publicity and public relations areas, where she did work for SkyHarbor Court Clubs in the Chicago area, as well as tournament promotional work.

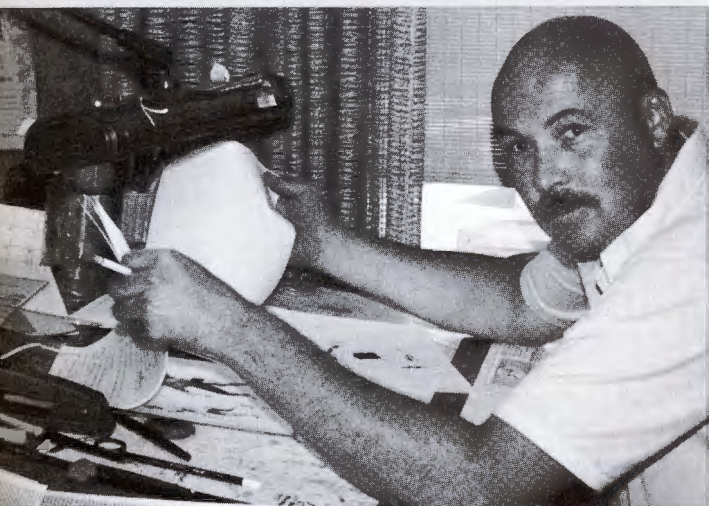
Her witty and concise writing style fits in perfectly with *Na-*

tional Racquetball, a magazine that prides itself in getting as much information, clearly and directly presented, to the racquetball public as possible.

Those of you who have enjoyed Carol's writing and work with the *Women In Racquetball* section, will have further evidence of her excellent journalistic talents. Look for a more orderly, better organized and to the point publication.

That's Carol!

The three, Dan Bertolucci, Carol Brusslan and Milt Presler, all have extensive experience within racquetball at their specific responsibilities..



—photo by Terry Muck

Milt Presler

Milt Presler, racquetball's version of Kojak, is a veteran of *National Racquetball* magazine, having been chief designer of the publication since June of 1975.

A native of Denver, Colorado, Presler graduated from the Colorado Institute of Art in 1970 before heading east to the capitol of graphic design, - Chicago.

The 31-year-old Presler has worked within the graphic arts field since graduating from Colorado Institute of Art, and has brought to *National Racquetball* a bright, clean, easy-to-read style of layout and design.

Through his former employer, Corporate Graphics, who for a long while designed *National Racquetball*, Presler became a daily expert on the "look" of the publication.

Now in-house at U.S.R.A. and N.R.C. headquarters,

Presler will continue his fine design work at *National Racquetball*, as well as doing further design work on the various ancillary publications of the association.

Some of these other works include the souvenir program for each stop on the Colgate Pro Tour, the N.R.C.'s advertising rate and data card, designing of *Handball* magazine and various other special publications.

Milt's been in Chicago now for seven years, where he, his wife Susan, and their one and a-half year old daughter Cristi, live in a suburban area.

Looking forward to continuing the fine line of superbly designed issues, Presler has taken a particularly active interest in the new look of *National Racquetball* beginning with monthly publication this coming January. We hope you like it.

Seamco's Bob Coate New VP - Marketing

Bob Coate



R. E. "Bob" Coate long-time National Sales Manager of the Seamco Sporting Goods division of Dart Industries, Inc., has been promoted to Vice-President Marketing effective immediately. Coate also assumes similar additional responsibilities for Seamco's H. Harwood & Sons softball/baseball division.

Seamco - a 100-year-old major manufacturer of athletic equipment and supplier of ball components to the industry - recently moved its

manufacturing operations to La Grange, Georgia from New Haven, Connecticut.

Coate - originally from Columbus, Ohio and a well-known figure in the industry, having served with AMF/Voit for 15 years before coming to Seamco some four years ago - now makes his home with his wife Jean in LaGrange. The couple have three grown children living elsewhere.

A National Sales Manager replacement at Seamco and Harwood will be named at a later date.

Pledges For Poison Marathon Sets Record

Pledges for Poison was one of the reasons Jim Easterling, 26, of Taylor Michigan, tried playing consecutive racquetball for the world racquetball record. The other reason was the challenge.

The Western Michigan Poison Center, located in Grand Rapids, Michigan, was at one time federally funded but as of June 30th the Poison Center became an independantly functioning service, not only to our community but to all the communities in the western section of Michigan. In order to stay in operation the Wyoming-Jaycees and Racquetball PLUS, formerly Courthouse East, decided to join their forces together and conduct a kick off fund drive in the form of a marathon.

The marathon was held at Racquetball PLUS Racquetball Club, 1040 4 Mile Rd., Grand Rapids, Michigan. The marathon began at 9:00 a.m. Thursday, September 15 and went through 10:10 p.m. Saturday, September 17. Jim set a new marathon record of 61 hours and 10 minutes, beating the old record by 50 minutes. During the time Jim was playing, Racquetball PLUS allowed people to donate \$5.00 to challenge Jim as well as

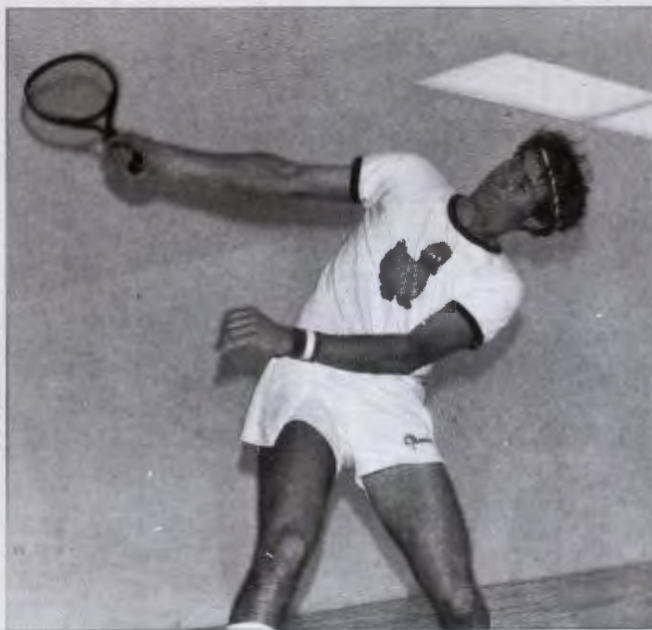
donating other court proceeds. If they beat Jim they were awarded one hour of free court time.

With pledges telephoned in and the court time that Racquetball PLUS donated, Jim raised about \$600.00 for the Western Michigan Poison Center. Jim's first loss didn't come until after 32 hours of play and ended with only 10 losses. He defeated 32 opponents and won 212 games.

Jim had his doubts about breaking the record when he started the marathon. His first goal was 24 hours and after that it was hour by hour. If he made 48 hours he knew he was going all the way.

Easterling was fortunate in the fact that he had only minor problems during the course of the marathon. He applied a few band-aids to his feet to prevent blisters and wrapped his knees with ace bandages after about 55 hours of play. This however did not hinder Jim from playing with the same marksmanship that he started with.

The only stimulus Jim awarded himself during this event were 25 jars of Gatorade (32 Fl. Oz.), one cup of coffee, and a few ham and cheese sandwiches. He



Jim Easterling blasts one into the back wall on his way to a new racquetball marathon record.

said he wasn't used to eating three balanced meals a day and didn't want to change for fear of adverse side effects.

Jim played a large variety of players. They ranged anywhere from Head Pro's, novices, women, to juniors and regardless of their classification they all had a good workout and a good time helping Jim complete his marathon.

With Jim's first marathon record under his "racquet" we asked him if he would

ever attempt to go for any future records. He said he would try again if he felt physically fit and if he could do another benefit.

The specators of this event were impressed by the smile and unfailing courtesy Jim maintained during this long event. Racquetball PLUS and the Western Michigan Poison Center congratulate Jim on his excellent performance and give him their sincerest thanks.

Marathon Record (Almost) Set

Although they didn't realize it at the time, Rinaldo Gonzalez and Ernesto Ancira missed setting a new racquetball marathon record by the unbelievable margin of one minute!

Playing without knowledge of a record set only a few days earlier of 61 hours and 10 minutes, Gonzalez and Ancira played for 61 hours, 9 minutes over the Labor Day weekend while raising \$4,507 for Muscular Dystrophy.

They played 132 games, winning 125 at the Racquetball and Handball Club of San Antonio, Texas.

Rinaldo, an auditing supervisor with Pete Marwick & Mitchell and San Antonio's number one racquetball player, playing the left side of the court was outstanding throughout. Whenever a point was needed, his smooth form and smashing backhand rose to the occasion.

Ernesto, the owner of the

number 1 Chevrolet distributorship in San Antonio and a fitness buff who works out several hours every day, had no problem with the 61+ hours. Together, the only real problem that they had during the entire record breaking marathon was their desire for sleep.

Although not anxious to do it again, they do challenge all racquetball players throughout the nation to try and raise as much money as they did for the charity of their choice.

(L. to R.) Ernesto Ancira, Jr., Bruce Hendin, owner of the RB/HB Club of San Antonio, and Rinaldo Gonzalez. They missed racquetball's marathon record by one minute.



Professional R.B. Teachers Organization Formed

Another phase of racquetball has evolved. A group of dedicated teaching professionals put their ideas of many years together and formed a professional racquetball teachers organization.

The organization is called the American Professional Racquetball Organization (APRO). The group has based many of its by laws after the United States Professional Tennis Association (USPTA). The basic function of the organization is to develop, train, test, and maintain reputable and knowledgeable teaching professionals. Presently most racquetball teachers are skilled players, but they often do not have an appropriate teaching background. Establishing a program of trained and certified teaching professionals will do much to improve the quality of racquetball instruction. This will be of benefit to the teachers, the clubs, and above all, the students.

The organization is legally a not-for-profit corporation. The officers are as follows;

Chuck Sheftel (Illinois) President, Jean Sausser (Illinois) Secretary/Treasurer, and Joe Wirkus (Wisconsin), Chuck Wurzer (New York), Judy Huhta (Michigan), Paul Iklar (Minnesota) Board of Directors. Other core members who were unable to attend the first meeting on August 27th at the Hyatt Regency O'Hare Hotel are Randy Stafford (Tennessee), Ken Porco (Kentucky), Gary Whitaker (Iowa), Steve Harris (California), Ken Wong (Missouri), and John Kruger (Iowa). Also to aid in organizational assistance was Allen Kiel, regional vice-president of the United States Professional Tennis Association.

The future projects for the organization include insurance plans, job bureaus, directories, academies, conventions, and many other items.

Anyone desiring information about APRO should write the national offices at: American Professional Racquetball Organization, 730 Pine Street, Deerfield, Illinois 60015.

Classified

POSITION WANTED:

Man seeks position as share holding manager of racquetball/multi-media rec. facility. 5 yrs. exp. as weight training & conditioning inst., 4 years R-Ball teaching Pro, B.A. degree Phy Ed minor, 8 years own business, professional promoter of theater, music and sports events, TV, advertising and broadcasting background. For complete resume write:

Racquetball Management
P O Box 780
Milwaukee, Wis. 53201

PRO & MANAGER WANTED

Both needed for new, 10 court facility to open February, 1978 in Bergen County, New Jersey. Send resume, including experience and salary to: P.O. Box 657, Warren Station, Fair Lawn, NJ 07410.



Chuck Wurzer, manager/pro of Four Wall Courts in Buffalo, New York, has developed a Spring Keep Fit class that includes racquetball with exercise. The first eight week course attracted 24 women, all of whom loved the combined exercise-running-racquetball program. Above, Wurzer leads the class.

Basics For Beginners Body Position



Fig. 1

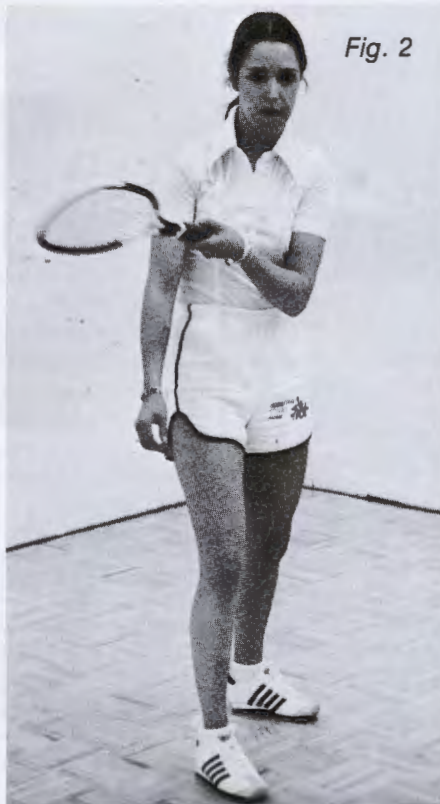


Fig. 2

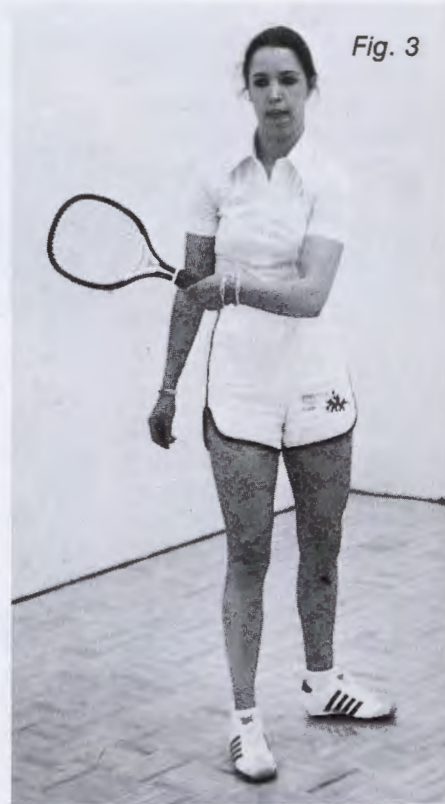


Fig. 3

Figures 1 - 2 - 3

If the racquet head is tilted down and the feet are not spread widely apart, the body is too erect and the ball will not stay low on the front wall when struck.

Forehand

Getting into position in preparation to return your opponent's shot is one of the most necessary and effective measures for playing good racquetball at any level. Beginners are, of course, not accustomed to knowing where the ball will land on a given shot but once they have played a few times, a general feeling for where the ball will end up will start to take hold.

One of the main objectives for beginners to remember is to avoid remaining stationary after your opponent has returned your previous shot. Observing new players will reveal a typical nonchalant approach to the ball; often the movement to the ball is far too late even to retrieve the shot at all. The worst thing one can possibly do is stand still and watch the ball sail out of your reach, drop in front of you, or carom over your head.

After striking the ball, flow toward center court, thus cutting down on the amount of space you will have to cover in order to retrieve the next shot, and watch where your partner is as he begins to return your shot (September, *National Racquetball*). Then, set up for your shot *in advance*!

If the racquet head is tilted down and the feet are not spread widely apart, (Figures 1, 2, 3) the body is too erect and the ball will not stay low on the front wall when struck. This poor body position on the forehand will also cause a loss of power on the stroke and the resulting return shot will probably stay in play to be easily returned by the other player. Also note the lack of follow through on the swing.

In Figures 4, 5, and 6 the correct sequence for a forehand is shown. When the wrist is cocked, the racquet head will be pointing up toward the ceiling and the feet should be widely separated and the stance closed. This will allow the body and racquet to rotate freely upon contact with the ball and add power and fluidity to the swing.

Note in the correct sequence, highly-ranked pro John Lynch is set in position well in advance of the shot. His racquet is back and note the left leg strides forward as the body comes into the ball prior to the swing. The weight transfer is from the back leg to the front leg aided by the coordinated rotation of the hips and shoulders.

When you set up a shot in advance, notice how there is adequate time for the ball to drop low. See the full arm extension as the racquet makes contact with the ball. The natural rotation of the hips and shoulders assists the follow through and the player is balanced and ready for his opponents return attempt. Eye contact with the ball is evident throughout the entire sequence. Remember being able to have a forceful stroke of the ball is a direct result of a smooth, coordinated movement, not a jerky, random swing.



Figures 4 - 5 - 6

When the wrist is cocked, the racquet head will be pointing up toward the ceiling and the feet should be widely separated and the stance closed. This will allow the body and racquet to rotate freely upon contact with the ball.



Fig. 7

Figures 7 - 8 - 9
If the player faces the front wall while executing the backhand, the shot is pushed to the front wall rather than stroked, causing a weak return. Note the open stance.

Backhand

An incorrect backhand stroke is depicted in the next sequence (Figures 7, 8, 9). If the player faces the front wall while executing the backhand, the shot is pushed to the front wall rather than stroked, causing a feeble return. Note the open stance.

Facing the feet directly toward the front wall restricts the body from rotating and thereby generating velocity on the swing. Note in the mistake sequence how rigid and frozen in position the hips are; the only strength at all in the stroke is derived from the shoulders. Again, note the lack of a good follow through which is nearly impossible due to poor body position.



Fig. 8



Fig. 9

Figure 10 - 11 - 12

When the player faces the side wall and turns the feet, hips and shoulders toward the side wall in preparation for the stroke, he can easily allow the ball to drop below the knees and execute the stroke with authority.



Fig. 10



Fig. 11



Fig. 12

Only
one
shoe is
made for
Racquetball



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STATE Racquetball



Terry Fancher

Regionals

The U.S.R.A. Regional Championships are all set for 1978. Be sure to check the Upcoming Events section in this issue for the site and date of your tournament.

Good news for the Regionals! Winners of all singles divisions will receive either a full or partial trip to their National Championships this season. That's right, winners of the 10 singles events in each Regional will receive traveling funds.

The breakdown is as follows:

Men's Open and Women's Open winners receive round trip air fare to the National Championships.

Junior Boys winners 17-and-under, 15-and-under and 13-and-under receive round trip air fare to the National Juniors.

Junior Girls winners 17-and-under and 14-and-under receive round trip air fare to the National Juniors.

Seniors, Masters and Golden Masters winners receive one way air fare to the National Championships.

That is a total of 10 trips per regional and there are 10 different host sites throughout the country. Check the Upcoming Events section for further details.

Juniors

All junior players, in order to be eligible for the 1978 National Juniors next summer must qualify this spring, based on tournament credentials. The regionals will qualify 50 players and 30 more will be chosen or invited. The tournament will then have a total of 80 participants for a true National Juniors Championship.

Rules

There has been some confusion as to the exact length of matches, time between games, etc. in U.S.R.A. matches. Let me clarify this for anyone still confused about it.

The first two games of any match using U.S.R.A. rules are always to 21 points unless there is an occasional need to use an abbreviated 31-point game in consolation rounds. If each player wins one of the first two games, then there is an 11-point tie-breaker to decide the match. *There are five minute* official time outs between all games and the tie-breaker. There are a maximum of three time outs of 30 seconds each that may be called by each player or team during a match. In the tie-breaker each player may call two 30-second time outs.

National Racquetball Magazine

Since our magazine has progressed to the point where we will be publishing on a monthly schedule, we again need as much feedback as we can get from amateur tournaments. By receiving news items from across the country, reporting on amateur happenings will be an important part of the more frequent publications. The more information we receive, the more news we can publish.

What started out as a small center insert in *Handball* magazine in 1970, then progressed to a bi-monthly publication, has now become a monthly magazine. How fast time changes the events of a successful sport! It seems that equipment, rules, courts, private clubs, the pro tour, the amateur associations and now even the magazine have evolved to an even higher level than ever before. Whatever happened to the original wooden framed racquets and the old pink ball?

We hope that with every new issue of *National Racquetball* that our amateur readers can find interesting articles, meaningful instruction for all levels of skill, and news of our sport's progress. My thanks to Chuck Leve for having the foresight and Bob Kendler for giving his blessing to the new monthly issues.

Mid-Atlantic Coast League

The Towson Court Club located in Towson, Maryland is forming a mid-Atlantic Coast Racquetball League. Any state interested in competing in this League should form a

six-man team and plan on participating in tournaments which will be held on a monthly basis at rotating racquetball clubs. The Towson Court Club will hold the first tournament in November in our new all-glass tournament court.

If you have a team and would like further information please contact: Joy Nolte, Towson Court Club, 8757 Mylander Lane, Towson, Maryland 21204, (301) 821-0160.

Thank you for your interest.

Meet Your State Chairmen

Maine - Ken Astor, Kevin York

Does the Harvestime Tournament sound familiar? Probably only if you've ever had the privilege to attend. The annual host for the gala event is the Down East Court Club, owned by Ken Astor and managed by Kevin York, who also are the U.S.R.A. Maine state chairmen.

Ken had the foresight to build a racquetball club, one of the first on the East coast, located in Falmouth, Maine. Being a clothing manufacturer and president of the Astor Corporation he decided to invest in a facility as a business venture in the then new sport of racquetball. Now numerous people are planning and building court clubs in the East, the last frontier for the sport to conquer.

Kevin York and his wife Patti, who also works at the club, are positive that the racquetball boom will continue to flourish.

"I see no peak in the game as it exists today," says Kevin, "the more people play, the more they want to play."

Being a former health club manager, Kevin had already been exposed to racquetball and remembers the days of the wooden frame racquets and pink ball. *"It's hard to believe this is the same game that I knew four or five years ago,"* he says.



Ken Astor (l.) and Kevin York

The Down East Court Club's involvement in the sport through the U.S.R.A. is evident since they are strong on programming, such as starting the Maine Racquetball Association's scholastic play activities. There are also juniors programs, three week intensified clinics, and four to five tournaments a year. They are also, of course, involved in publicity for the sport in general to promote their club and let people know what the game is all about.

Kevin became interested in our state affiliate program and was contacted by our staff. He felt that his club was best

equipped to handle events for racquetball and act as the center of activity for the state of Maine. A new idea started by Ken and Kevin was a Hall of Fame award for the Maine Racquetball Association to be presented at the 1977 Northeast Regionals. The first award went to Bob Folsom who was instrumental in promoting the game in its early stages and is still actively doing so.

We wish to congratulate Ken and Beth Astor and Kevin and Patti York for their support and leadership in our effort to organize racquetball at the state and national level.

Kansas - Steve Ray

Court club management and racquetball promotion seems to be a common characteristic of many of the U.S.R.A. state chairmen. One such enthusiast is our Kansas state chairman, 27 year-old Steve Ray, who is manager/partner of Dale's Courts in Overland Park, Kansas. Being just across the river from Kansas City, Missouri, Steve was contacted by our Missouri state chairman, Ron York on our behalf.

Ron has been our spark plug for racquetball in the area and when he heard that a club was being constructed nearby, he persuaded Steve to be our state chairman. Steve has since held a state tournament in March, 1977 with 170 entrants and has expressed his desire to host the U.S.R.A. 1978 regional

championships. That is not bad for a relatively newly appointed chairman.

Steve began playing racquetball several years ago while a student at Kansas State College of Pittsburg and became interested and involved in the sport.

"I want to help further the progress of racquetball in Kansas, and to get more people involved in the game," says Steve. *"Getting people interested is the key to success for clubs, a successful business, and the future of racquetball."*

After receiving a masters degree in physical education in 1973, Steve returned to the Kansas City area and recently became involved in Dale's Courts. Construction plans have been made for the addition of eight more

courts and an additional glass walled court.

"This should make us the largest club in the area and the best for viewing," he says.

The Kansas Racquetball Association gets a lot of assistance from Phil Stepp, last year's regional singles winner, who is the assistant manager of Dale's Courts. Key officers who carry the load for the state association are Reg Lyerla, Roger Glick, and Dr. Bill Dickey. Steve's wife, Andrea, is probably his biggest supporter, though.

As many people feel today, Steve predicts that racquetball will *"be bigger than tennis in the next few years,"* because he says *"the game is such a tremendous sport for all ages and sexes."*

We concur.

USRA State Affiliates

If your state is not represented in the list of affiliates in this issue, and you wish to become involved, please contact Terry Fancher at U.S.R.A. headquarters.

Alabama

Jerry O'Neal
c/o Nat'l Homes
Acceptance Corp.
Box 3436A
Birmingham, AL 35205
205-324-3431

Alaska

Dan Dompier
2600 Devali St., #600
Anchorage 99503
907-276-0700

Arizona

Chuck Hallock
6538 E. Oak
Scottsdale 85257
602-965-3633

Arkansas

Bob Blake
2201 Braden
Jacksonville 72076
501-982-6209

California

Dr. Chuck Hanna
9453 Goodwick Ct.
San Diego 92123
714-278-6342
Dave Gleason (Central)
The Sport Sole
4777 N. Blackstone Ave.
Fresno 94536
209-226-9232
Jerry Monell (Southern)
9453 Goodwick Ct.
San Diego 92123
714-275-3344

Colorado

John Mooney
3455 David Circle
Colorado Springs 80907
303-597-7775

Connecticut

Jack Fruin
c/o YMCA
842 Maine St.
Willimantic 06226
203-423-4951

Delaware

Bruce Hotmer
707 D Village Circle
Newark, 19717
302-575-8160

Florida

Rick Stevens
1831 N.W. 13th St.
Gainesville 32601
904-372-1229

Georgia

Wayne Vincent
3777 Vineyard Ct.
Marietta 30062
404-971-5441

Idaho

Dirk Burgard
130 N. Placer
Idaho Falls 83401
208-523-0600

Illinois

Tom Street, Alan Shetzer
570 East Higgins Rd.
Elk Grove Village 60007
312-439-3030

Indiana

Robert Tiedge
P.O. Box 1792
South Bend 46624
219-272-8808

Iowa

Tom Sweeney
415 14th St. N.E.
Cedar Rapids 52402
319-366-4558

Kansas

Steve Ray
10839 Woodward
Overland Park 66210
913-642-5220

Kentucky

David Fleischaker
628 Fincastle Bldg.
Louisville 40202
502-585-5369

Louisiana

Sanford Comeaux
P.O. Box 3644
Lafayette 70502
318-984-5753

Maine

Ken Astor, Kevin York
170 Rt. 1
Falmouth
207-781-4281

Maryland

Joy Nolte
Towson Court Club
8757 Mylander Lane
Towson 21204
301-821-0160

Massachusetts

Jim McConchie
Short Hill Rd.
Lincoln 01773
617-259-0468

Michigan

Dennis Wood (Chairperson)
2808 S. Deerfield
Lansing 48910
517-882-8789
Gil Schmitt (East)
2111 Golfside
Ypsilanti 48197
313-434-2111
Bob Dykstra (West)
2655 29th St.
Grand Rapids 49509
616-942-5190
Judy Huhta (Central)
2019 Lovington Ave., #204
Troy 48064
313-588-8249

Minnesota

Bob Adam, Sr.
7600 Park Lawn Ave.
Edina 55435
612-835-6515

Mississippi

C. T. Carley
213 Windsor
Starkville 39759
601-325-4915

Missouri

Ron York
1012 W. 104th St.
Kansas City 60114
816-942-6436

Montana

Russ Miller
Shepherd, MT 59070
406-373-6390

Nebraska

Dick Kincade/Chuck Erickson
222 N. 44th Street
Lincoln, NE 68503
402-475-5686
Mark Hegg (Co-chairman)
Racquetball of Omaha
67th & Grover St.
Omaha 68106

Nevada

Dan Seaton
3727 Centennial Cir.
Las Vegas 89120
702-386-4011

New Hampshire

Tom Lancaster
Carriage Lane
Bedford 03102
603-472-5095

New Jersey

Doug Clark
23 Holmes Lane
Marlton 08053
609-983-4812

New Mexico

Gary Mazaroff
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St. Joseph Pl., N.W.
Albuquerque 87140
505-821-0536

New York (Eastern)

Tom Flannery
3A Alpine Dr.
Wappingers Falls 12590
201-845-9040

New York (Western)

Jim Winterton
136 Greystone Lane #7
Rochester 14618
716-442-0114.

North & South Carolina

Sonny Hammon
Rt. 1 Box 405B
Burlington 27215
919-227-1161

North Dakota

Bill Prentice
1421 9th Ave. South
Fargo 58102
701-232-1422

Ohio

Ron Akins
2500 Hollyview, N.E.
North Canton 44721
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Gerry Lapierre
127 Northfield Rd.
Bedford 44146
216-439-2424

Oklahoma

David Rippetoe
911 N.W. 42nd Street
Oklahoma City, OK 77118
405-528-2917

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2510 Oakmont Way
Eugene, OR 97401
503-687-2811

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King of Prussia, PA 19406
215-265-8350

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Providence 02272-8378

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Dewey Strickland
201 Vanderpool
Houston 77024
713-868-3340

Vermont

Chuck Bigelow
41 Hillside Terrace
Shelbourne 05482
802-985-2760

Virginia

Ed Remen
32 Penny Lane
Sterling 22170
703-430-2552

Washington

Douglas A. Wilson
5817 57 Ave., N.E.
Seattle 98105
206-524-3037

West Virginia

Dave Taylor
Rec.-Intramural Sports Off.
Stansbury Hall-W.V.U.
Morgantown, WV 26506
304-293-5221

Wisconsin

Bob Keenan
P.O. Box 203
Wales 53183
414-646-3607

Wyoming

Barbara Williams
YMCA-417 N. Jefferson
Sheridan 82801
307-674-7488

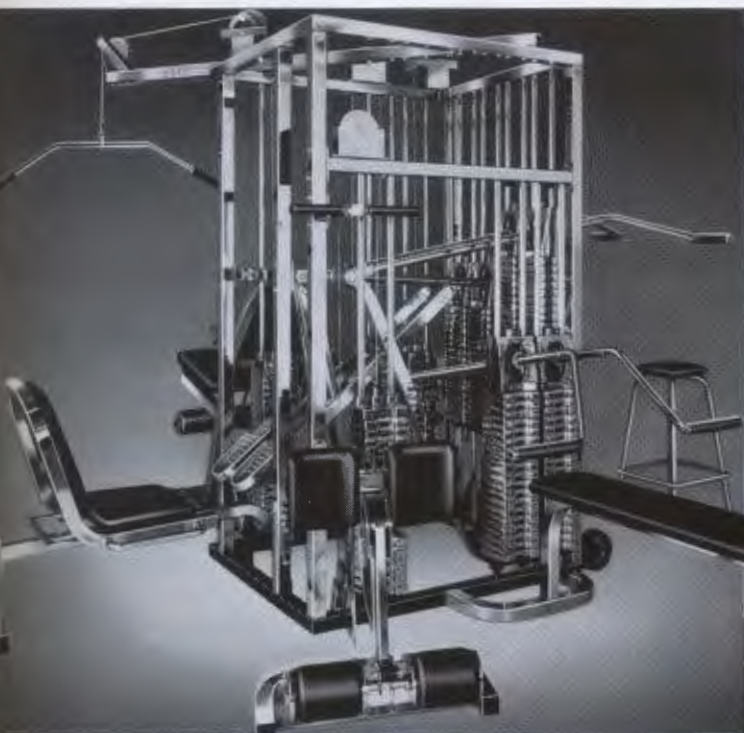
Germany

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LobsienstraBe 25
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West Germany



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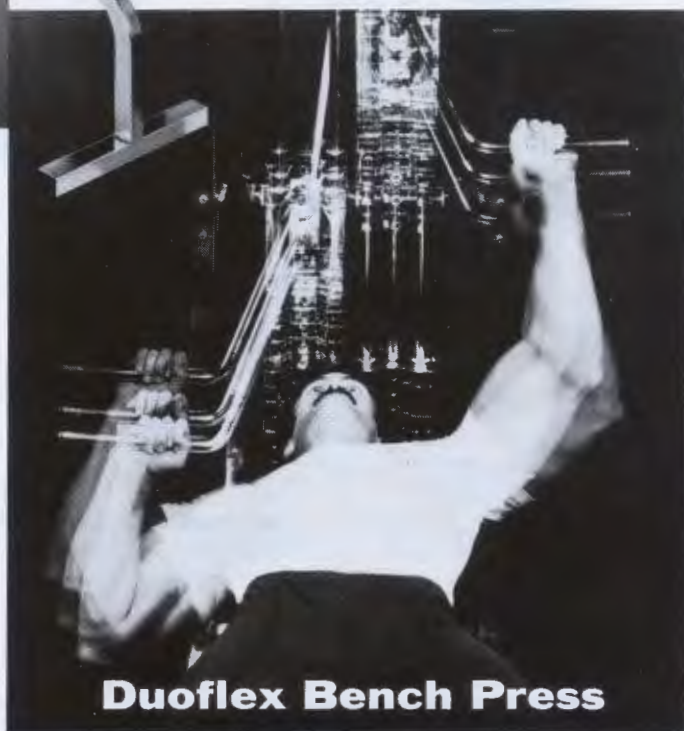


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UPCOMING EVENTS

U.S.R.A. Tournaments For the State of Idaho and Nebraska

The Tournaments will be hosted by the Idaho Falls YMCA, 130 North Placer, Idaho Falls, ID 83401. Phone - 208-523-0600

Tournament chairmen: Dirk Burgard & Tom Jones.

Nov. 18-19-20	Thanksgiving Open	YMCA
Jan. 6-7-8	Idaho Seamco Open	YMCA
Feb. 10-11-12	St. Valentine's Day Massacre	YMCA
March 17-18-19	U.S.R.A. State Championships	YMCA

OMAHA • Racquetball of Omaha; 67th & Grover, Omaha 68106 (Mark Hegg, 402-393-3311)

LINCOLN • Lincoln YMCA and Sports Courts, co-hosts (Dick Kincade or Paul Gnadt)

November 12-14 • Mid-America Open; Omaha YMCA (Al McNeal, 430 S. 20th, Omaha 68102)

November 18-23 • Lincoln YMCA Members-Only Round Robin Tournament (402-341-1600)

December 2-4 • Sports Courts of Lincoln/Ben Simons Open (Dick Kincade—222 N. 44th, Lincoln 68503)

December 16-18 • Sports Courts of Lincoln Club Tourney (Dick Kincade—222 N. 44th, Lincoln 68503)

January 13-15 • Western Plains Open; Omaha YMCA (Al McNeal)

February 3-5 • City Championships:

February 17-19 • YMCA State Singles Championships; Lincoln YMCA (Paul Gnadt)

March 3-5 • Lincoln City Doubles Tournament; Lincoln YMCA (Paul Gnadt)

March 9-12 • USRA Midwest Regional Championships; Sports Courts of Omaha (Dick Kincade/Tom Schuessler; 6615 Brookridge Dr, Omaha 68137; 402-895-6123)

March 17-19 • Nebraska Racquetball Assn. State Doubles Championships; Sports Courts of Lincoln (Dick Kincade)

March 24-26 • Nebraska Racquetball Assn. State Singles Championships; Racquetball of Omaha (Mark Hegg)

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Address:

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Date:

Day of Week:

Hour of Day:

Please obtain a partner for me. ☐

I'm a beginner ☐ Intermediate ☐ Advanced ☐

\$6.00/hour Non Prime time

\$7.00/hour Prime time

Official U.S.R.A. Regional Championships

January 12-15

Northwest (Alaska, Washington, Oregon, Northern California, Northern Nevada, British Columbia, Yukon); *Make checks payable to:* Gresham Court Club; *Mail entries to:* Frank Eisenzimmer, c/o Gresham Court Club, 19201 SE Division, Gresham, OR 97030, phone: 503-665-4142.

February 15-19

Southwest (New Mexico, Arizona, Hawaii, Southern California, Southern Nevada, Western Colorado); *Make checks payable to:* Arizona Athletic Club; *Mail entries to:* c/o Doug Chandler, Arizona Athletic Club, Tempe, AZ 85281.

March 9-12

New England (Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, Quebec, New Brunswick, Nova Scotia); *Make checks payable to:* Racquetball International; *Mail entries to:* James McConchie, c/o Racquetball International, 14 "A" St., Burlington, MA 01803, phone: 617-259-0468.

Ohio Valley (Ohio, Lower Michigan, Kentucky, Tennessee, West Virginia); *Make checks payable to:* YMCA of Greater Louisville; *Mail entries to:* Ben J. McRoberts, YMCA of Greater Louisville, Louisville, KY 40202, phone: 502-587-6700.

Southeast (North Carolina, South Carolina, Georgia, Florida, Alabama); *Make checks payable to:* The Court House I; *Mail entries to:* Wayne Vincent, c/o The Court House I, 1990 Delk, Industrial Blvd., Marietta, GA 30067, phone: 404-422-2120.

Central (Wisconsin, Indiana, Illinois, Minnesota, Upper Michigan, Western Ontario); *Make checks payable to:* Evergreen Bath & Tennis Club; *Mail entries to:* Vern Roberts, Evergreen Bath & Tennis Club, 2700 W. 91st St., Evergreen Park, IL 60642, phone: 312-425-7200.

Midwest (North Dakota, South Dakota, Nebraska, Kansas, Missouri, Iowa, Manitoba); *Make checks payable to:* Sports Courts of Omaha; *Mail entries to:* Dick Kincaid, c/o Sports Courts of Omaha, 6615 Brookridge Dr., Omaha, NE 68137, phone: 402-895-6123.

Rocky Mountain (Colorado, Wyoming, Montana, Utah, Saskatchewan, Alberta); *Make checks payable to:* Executive Park Athletic Club; *Mail Entries to:* John Mooney, c/o Executive Park Athletic Club, 2233 North Academy Place, Colorado Springs, CO 80917, phone: 303-597-7775.

March 15-19

South Central (Mississippi, Texas, Oklahoma, Louisiana, Arkansas); *Make checks payable to:* HB/RB Club of San Antonio; *Mail entries to:* Bruce Hendin, HB/RB Club of San Antonio, 121 N.W. Loop 410, San Antonio, TX 78216; phone: 512-349-2781.

March 30-April 2

Northeast (New York, Pennsylvania, Eastern Ontario, New Jersey, Delaware, Maryland, Virginia); *Make checks payable to:* King of Prussia Racquetball Club; *Mail Entries to:* Jim Pruitt, c/o King of Prussia Racquetball Club, 251 Flint Hill Road, King of Prussia, PA 19406; phone: 215-265-8350.

Dates:

Check dates according to your region (see insert)

Entry Fee:

\$15 first amateur event, \$10 for second amateur event (limit two events)

Entry Deadline:

Two weeks prior to the start of all events

Note: Entries received late cannot be guaranteed a souvenir shirt and all late entries will be assessed a \$5 late entry fee!

Sanction:

U.S. Racquetball Association

Official ball: (black)

In all amateur events; Seamco 558

Rules: U.S.R.A. rules and regulations apply. No players having accepted \$1,000 or more in prize money from N.R.C. pro tour within the past 12 months may enter amateur events.

Awards: Trophies for first four places, consolation will be decided at host club.

All participants must be U.S.R.A. members and may sign up at the host site.

Please enter me in:

- ☐ Open singles
☐ Open doubles
☐ Women's singles
☐ Women's doubles

- ☐ Senior singles (age 35 and over)
☐ Senior doubles
☐ Masters singles (age 45 and over)
☐ Masters doubles
☐ Golden masters (age 55 and over)

Junior Singles:

- ☐ Boys 17-and-under
☐ Boys 15-and-under
☐ Boys 13-and-under
☐ Girls 17-and-under
☐ Girls 14-and-under

Shirt size: ☐ small ☐ medium ☐ large ☐ X-large

Name

Address

City State Zip

Phone bus. Phone res.

Tournament headquarters: Contact host site for housing information.



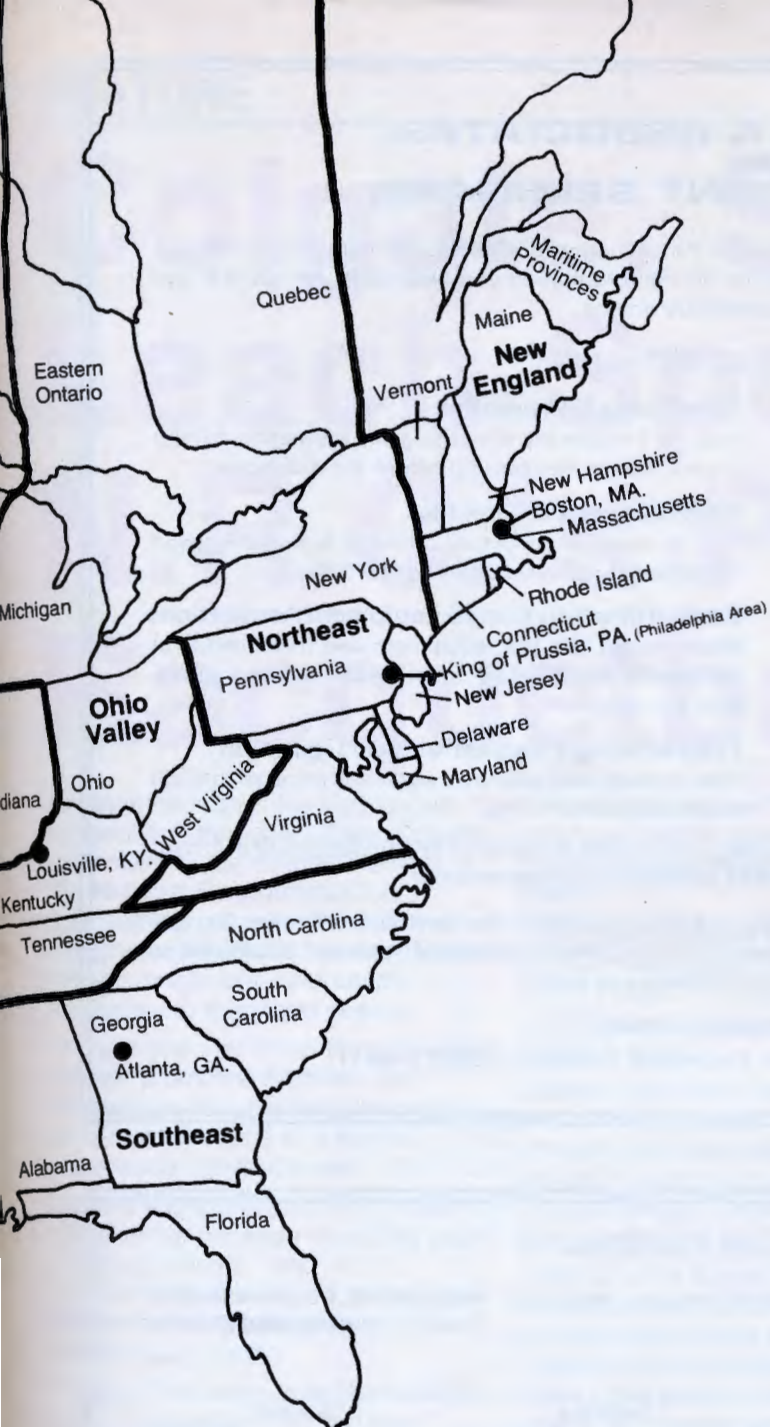
Ten U.S.R.A. Regionals Set

Due to the great number of players and the large size of tournaments the past year, the U.S.R.A. has expanded the number of regional sites from eight to 10. Yes, 10 sites located as centrally as possible in the various regions.

Seven of the 10 sites are ready to go March 9-12 in Boston, Massachusetts, King of Prussia, Pennsylvania, Atlanta, Georgia, Lexington, Kentucky, Chicago, Illinois, Omaha, Nebraska and Houston, Texas. Most states will

have completed their state championships by this date and will be ready for competition.

The highlight of all the tournaments will be the provision of 10 trips per Regional to the Nationals. The men and women's open division champions will receive full round trip air fare, the juniors categories (five in all) will receive full round trip air fare to the National Juniors, and the men's seniors, masters and golden masters



The areas are as follows:

New England

(Maine, New Hampshire, Vermont, Massachusetts, Connecticut, Rhode Island, Quebec, New Brunswick, Nova Scotia).

Northeast

(New York, Pennsylvania, Eastern Ontario, New Jersey, Delaware, Maryland, Virginia).

Southeast

(North Carolina, South Carolina, Georgia, Florida, Alabama).

Central

(Wisconsin, Indiana, Illinois, Minnesota, Western Ontario).

South Central

(Mississippi, Texas, Oklahoma, Louisiana, Arkansas).

Southwest

(New Mexico, Arizona, Hawaii, Southern California, Southern Nevada, Western Colorado, Utah).

Midwest

(North Dakota, South Dakota, Nebraska, Kansas, Missouri, Iowa, Manitoba).

Northwest

(Alaska, Washington, Oregon, Northern California, Northern Nevada, British Columbia, Yukon).

Ohio Valley

(Ohio, Lower Michigan, Kentucky, Tennessee, West Virginia).

Rocky Mountain

(Colorado, Wyoming, Montana, Utah, Saskatchewan, Alberta).

divisions will receive half air fare to the National Championships. Of course all brackets of play will be provided for at these tournaments.

The boundaries for the regionals are not hard and fast. Players are encouraged to play at the designated site within their region but if another site is closer or more convenient they may play in an adjacent region, with permission from U.S.R.A. headquarters.

All Juniors participants must qualify through the Regional Championships for the summer of 1978 National Juniors. This will qualify 50 boys and girls. Another 30 players will be chosen from the remainder of the country.

The regionals are open to amateurs only, - those players who have accepted \$500 or more in prize money over the past 12 calendar months are *not* eligible.

All participants will be expected to referee throughout the tournament after their match.



Further information regarding the tournaments will be announced in the upcoming issue of *National Racquetball*.

RICK SCHLIEBE & ASSOCIATES

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The ingredients of a complete financing package and how to best present it to a lender.

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How do I handle my advertising and promotion to help me sell out the membership *before* the club opens.

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How to select a good staff. What to look for in good management and where they can be trained.

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Rick Schliebe has 17 years experience in club management, and has consulted in the development of over 30 clubs across the country. Mr. Schliebe is the originator and partner in the Sporting Houses of America, considered by many national racquetball executives to be — "the nicest club we have ever seen".

SEMINAR LOCATION: GREENWOOD VILLAGE ROADWAY INN
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November 19, 1977 December 10, 1977 January 14, 1978 January 28, 1978

SEMINAR COST: \$200.00 (INCLUDES ALL MATERIALS AND A WORKING LUNCH)

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Telephone: Bus. () _____ ext. _____ Home () _____

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Check enclosed in the amount of \$ _____ for _____ reservations.

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Colgate, Seamco, Leach Sponsor N.R.C.'s Pro Racquetball Tour

Colgate-Palmolive, the well known national firm that specializes in sports promotion, is the newest member of the National Racquetball Club's sponsorship group on the pro tour. Colgate joins Seamco Sporting Goods, in their fourth year, and Leach Industries, in their third season.

The aid given by these firms, in prize money, promotional dollars and consultation, has elevated the pro tour to its current status of a for-real nation-wide sporting event.

"We are extremely fortunate to have a sponsorship package including such prestigious firms," said N.R.C. president Bob Kendler. "It shows again that the nation is sitting up and taking notice of our sport."

"I couldn't be more delighted with the future prospects of the pro tour," Kendler added. "I am sure that the support from Colgate-Palmolive in prize money and promotion, will be a tremendous lift to all of racquetball."

Together these three firms have donated over \$250,000 in prize money, publicity funds, and promotional dollars to keep the pro tour on its annual upward spiral. It is due to this support that the N.R.C.'s tour continues to be one of the world's most exciting professional events.

Colgate has involved themselves in sports promotion seriously in recent years including major golf and tennis events.

"I think racquetball is the next big sport for this nation," said Colgate president David Foster. "We are pleased to be able to support this young and dynamic sport."

Seamco and Leach are old friends to the N.R.C.'s pro tour and have each donated over a quarter of a million dollars in prize money, souvenir shirts, racquetballs and other promotional items during the past few years.

Seamco is the largest manufacturer of racquetballs and Leach is the nation's number one racquet manufacturer.

Together with Colgate-Palmolive, these three generous firms make up a strong, aggressive sponsorship trio of which racquetball can be proud.

The fact that these firms have been willing to invest part of their profits back into the development of our sport is indicative of people and businessmen who run these companies.

Al Mackie, president of Seamco, Charlie Drake, president of Leach, and David Foster, president of Colgate-Palmolive have done yeomans service to racquetball. ●

Upcoming Events

November 9-13

King's Racquetball Court, Westminster, California (Los Angeles).

December 14-18

Court House I, Marietta, Georgia (Atlanta).

January 11-15

Gresham Court Club, Gresham, Oregon (Portland), Men Pro Only.

January 19-22

Court Sports of Omaha, Omaha, Nebraska, Women Pro Only.

February 15-19

Arizona Athletic Club, Tempe, Arizona (Phoenix).

March 15-19

San Antonio RB/HB Club II, San Antonio, Texas

March 30-April 2

King of Prussia Racquetball Club, King of Prussia, Pennsylvania (Philadelphia), Women Pro Only.

April 5-9

Aurora YMCA, Aurora, Illinois (Chicago), Men Pro Only.

June 17-24

Sports Illustrated Court Club, Belleville, Michigan (Detroit), National Championships.



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What's With Squash???

There've been a number of feature stories coming out of New York's Madison Avenue public relations mills telling us that squash is spreading like a prairie wild fire and will soon sweep this country as it has around the world.

To tell the truth squash's United States success story is almost totally confined to the 24-mile Manhattan Indian island territory. Long known as an "Ivy League" pastime, squash has proved to be a lucrative commercial club undertaking at several mid-town facilities. The entrepreneurs are demanding and getting as much as \$8 a half hour for court time, and with the tremendous population density there are 80% and up occupancy figures.

Selling squash nation-wide will prove to be as tough as promoting rugby or cricket. The neophyte getting into the smaller than racquetball/handball courts (32' long, 18'-6" wide with a no-ceiling play height of 16') immediately finds that trying to hit a squash ball is like bouncing silly putty. There are no kill shots as the ball must be placed to the front wall above the tell-tale or "tin" area.

Case histories bear out the futility of including squash with racquetball/handball. Bob Leckie opened his New Jersey Sportsman's Club several years ago with the mix of three 20 x 40's with squash. The clamor for racquetball was so loud and clear he soon took out the squash courts, enlarged his locker rooms and added two more racquetball/handball courts.

The swank Southfield Athletic Club in Detroit's highest media commercial/residential suburb was unfortunate in having a squash-orientated architect. Despite protestation advice from handball and racquetball's chieftan, Bob Kendler, plans went ahead with seven squash courts and six racquetball/handball courts. One of the squash courts was

for doubles with the outsized 25' wide, 45' long, 20' high dimensions. This court was soon being used for basketball, adding the necessary backboard standards.

The comparisons of squash and racquetball play adds up to a dire need for 13 courts for racquetball only. And, in the last year no less than 50 racquetball courts (might as well drop the combination with handball as it's 10, 11-1 ratio) have been made available in Southfield — 20 at the tennis combine Franklin Racquet Club, and 30 at the nation's largest, Racquetime of Southfield.

Charlie Hubbard, the ebullient Burlington, Vermont, architect, who did a masterful job in designing the South Burlington Court Club, thought that a couple of squash courts would be feasible. Charlie, an ol' Harvard Crimson man, is a steadfast squash devotee, but will now be first to admit — "never again". There just isn't any comparison in occupancy figures.

Squash did move Far West with a most ambitious project at Tennis World in Seattle. Here, the English artisans were imported to install full backwalls of Pelkington glass on six racquetball courts and eight squash courts. Again, after more than a year of operation the Club owners find success with racquetball, mediocracy with singles and doubles squash. Jim Chaput, in charge of small courts promotions, told us, *"We would have no difficulty filling up 14 racquetball courts, but action is sporadic with squash."*

Introduction of racquetball internationally is a certainty. English, German, French, Australian, South American and Japanese people have visited Stateside racquetball installations, have noted the incredible boom in the game's participation and popularity, and have gone back to put their financial packages together.

Rex Guppy, owner of two English squash clubs, first got the word from his son about the racquetball "gold rush" here, then came over last February, attended the National Court Clubs Association owners/operators meeting in Chicago, saw the game played, and went back determined to introduce the game in England.

There was an overbuild in bowling lanes in Japan and some serious thought is now being engendered toward the possibility of a mass conversion to racquetball.

U.S. Squash people have not been blind to the racquetball picture. A 70° squash ball has now been introduced, supposedly making the game easier to cope with. But, it's still not the instant "keeping the ball in play" story that we find with racquetball. There is a claim of a million squash players in the country, but in tabulating numbers of available courts it would be difficult to accommodate that number.

Proof of the pudding comes from Hashim Khan, patriarch of the famed international championship Khan squash clan (son Sharif is current reigning titlist and won the national TV "racquet sports" competition recently). Khan is pro in residence at the Denver Athletic Club. Even with his august presence and availability of two singles courts and one doubles court, racquetball is more than double in court occupancy. Former athletic director Monte Huber has stated that the club could easily fill up another eight 20 x 40's above the five now available.

At 64 years-of-age, Hashim, a native Pakistanian who learned how to play squash as a "ball boy" to the English Army post in his homeland, is a living legend and demonstrates the controlled skills that takes years of dedication and court play. ●

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Grrr-afalloy's "Hammer"

Women In Racquetball



Carol Brusslan

Thank You, Title Nine

The girls on this page may not know it, but a law that Congress passed in 1972 is making it easier for them to be good racquetball players.

Title IX prohibits discrimination based on sex in any educational institution that receives federal funds. Which means that now girls are getting as many opportunities to compete in school sports as the boys. And the more that girls take part in sports — the better all-around athletes they become — the better they'll play racquetball.

The three girls pictured here and their fellow competitors at the Junior Nationals agree: "We've done as much in sports as we've ever wanted to."

Kindra Stirtz, of Burnsville, Minn., is "as involved as my brothers. I've played soccer, I was catcher on our softball team and I played defensive wing in ice hockey."

Ellen Kurland, of Rochester, Minn., (a near-the-top finisher in the Juniors) made the boys' city

baseball team and goes out for competitive swimming, track and gymnastics.

Before Title IX?

One of the country's best women racquetball players, recalling her high school days in the fifties, says there were no girls' sports in her school or her town. "The only thing girls competed for was the boys."

Ten years later athletics was still a male-only option in public high schools around the country. Some of our best players in their mid-20's remember being closed out of school sports competition as recently as 1969.

But the '72 law changed that. Today talented girls can be high school athletes just like their brothers and their boyfriends. Inevitably these experienced young competitors gravitate to the challenge of racquetball. Before long our sport has a new crop of tournament players.

So thank you, members of the 92nd Congress, for making Title IX the law of the land. You've done a lot for women's racquetball.



Jane Cicanek (of Springfield, Ill.), Ellen Kurland and Kindra Stirtz, left to right, reap the rewards of Title IX.

Only One Thing Should Bounce on the Court

A woman, who's both a doctor and an athlete, thinks some players need special bras . . .

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Team spirit runs high among the Racquettes and the Red-Hot Mamas . . .

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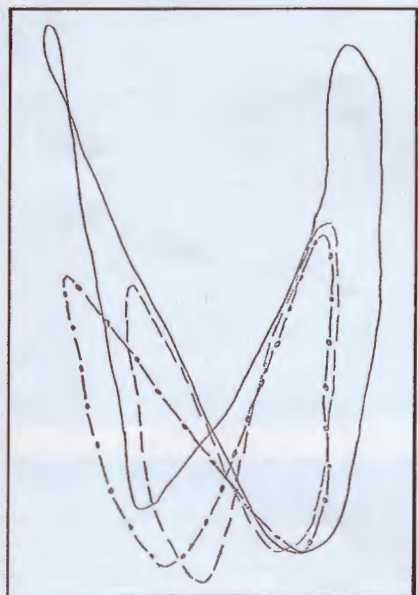
An Air Force film maker . . .

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Only One Thing Should Bounce on the Court

A Doctor Advocates Special Bras

Christine Haycock's current medical activities include commanding a U.S. Army Reserve general hospital unit in Kearny, New Jersey.



Front View
Subject Size D-36

This illustration from Dr. Haycock's study shows the range of motion in a running athlete's breasts when she's wearing a Jem bra (---), her own bra (- · -) or is braless (—). "The depicted curves, while scientifically accurate," says the doctor, "do not graphically demonstrate the differences in motion so visible in the film."

by Mary Jane Bezark

Some of the doctors watching films of the young athletes in motion groaned out loud with empathetic pain.

The discomfiting images flickering on the screen at the June American Medical Assn. meeting were of women running while braless and were part of a study of whether female athletes need special bras. Said Dr. Christine E. Haycock who made the study, "The movies show that with each stride the breasts (particularly those that are average or large) rise up and then are slapped down hard against the chest wall. It doesn't take much imagination to understand a beating like that would cause soreness."

Another sequence in the film shows the same girls running while wearing specially constructed and individually fitted bras. "The fitted bras markedly restricted motion both up and down and laterally. The point is that girl athletes who have average or larger breasts are going to be more comfortable, and I think, are going to play better wearing a well-fitted bra," says Dr. Haycock.

A woman racquetball pro who spoke with *National Racquetball* agrees. "Even if it isn't always physically painful to have your breasts bounce around while you're playing it's psychologically uncomfortable." The only thing that should bounce on the court is the ball," she said.

Dr. Haycock, who is a trauma surgeon and associate professor of surgery at the New Jersey College of Medicine, decided to find out just how much of a problem sore or bruised breasts pose for girl athletes because she'd been getting a lot of inquiries on the subject from coaches and concerned parents. (Since the study was reported briefly in newspapers around the country she's had even more inquiries. Letters and calls have come in from coaches all over the U.S. including

one from a police academy and another from one of the service academies.)

And Haycock's own experiences as an athlete taught her how important the right equipment can be to a serious competitor. An amateur fencer, she won the women's state championship in Illinois in both 1949 and 1950. She was also a women's softball enthusiast and pitched for a dozen different teams, switching whenever her medical studies and career took her to a new city.

Dr. Haycock surveyed university physical education departments with the help of an assistant professor at the University of Oklahoma and a trainer from the University of Nevada. One hundred fifteen departments responded to their questions.

To their query, "Have any of your female athletes complained of sore or tender breasts following exercise?" they got 36 yes answers. "However," Dr. Haycock pointed out, "many of the male trainers indicated that their female athletes might have been hesitant to discuss this with them feeling it was personal and trivial. Most of the positive answers came from female coaches and trainers."

Runners, weightlifters and large-breasted girls who hadn't found bras that provided good support registered the most complaints about soreness and tenderness. Two girls reported giving up competition because of that problem.

A trainer who has worked for more than 10 years with track and field athletes noted that he has seen only one or two girls with large breasts in these sports. "This," says the study report, "tends to confirm the authors' impression that the discomfort of running without adequate breast support has kept many potential athletes from competing."

Some Uplifting Thoughts From the Experts

Explaining why breasts are so vulnerable to motion Dr. Haycock says "they're sitting right on top of the pectoralis muscles — the chest muscles that you use in active sports — ergo the breasts get bounced around. Plus breasts don't have any very good natural support structures. The pectoralis ligaments aren't true ligaments at all; they're actually just made of fibrous tissue that stretches easily.

"Of course a girl with a larger than average bust is going to be twice as sensitive to these factors, because the heavier the breast, the greater the force exerted on it in action."

Haycock cautions that because the bosom has little built-in support "girls who run around braless have to expect that they will wind up with long, pendulous breasts when they're middle-aged."

The survey also asked if the athletes' own bras caused any particular problems during hard play. Complaints cited "stabbing hooks and gouging shoulder strap adjusters" and blisters from rough hems or stiff edges. Some athletes said they were plagued by rashes because they were allergic to the synthetic materials in their bras.

As for bruises, 19 of the reporting schools surveyed said their athletes in contact sports did have that problem.

"Fortunately; contrary to the myth, blows to the breast do not cause malignancy. But common sense says women in contact sports should wear padding. A bruising blow on the breast not only hurts but it could give the woman a hematoma which might cause slight problems if she wanted to nurse a baby at some later time," Haycock said.

After they sent out their survey, Dr. Haycock and her two associates set up a test at the University of Oklahoma. They asked 12 volunteer women athletes to wear either their

If a racquetball player has an average or more so bust, what sort of bra will help her be comfortable on the courts?

Dr. Christine E. Haycock says an ideal bra for athletes should:

- Provide firm support without centering weight on the player's shoulders and without underwires.
- Be individually fitted.
- Limit motion both up and down and laterally.
- Be made of firm, elastic, non-abrasive, sturdy and non-allergenic material; if not made of cotton or cotton-polyester, a cotton flannel lining would help.
- Fasten with velcro or have a placket that protects the skin from sharp fasteners.
- Have pockets that can hold protective padding in place.

The bra Haycock asked athletes to test at the University of Oklahoma comes in 189 sizes. Made by Jembra, it has what its manufacturers call a suspension band that's much lower in back than in front and is designed to take bust line weight off the wearer's shoulders and distribute it evenly around her rib cage.

Jembra has three outlets (the main office at 7100 Hayvenhurst, Van Nuys, California 91406; distributor Debbie Johnson, 1504 S. Claremont, Suite B, San Mateo, California 94402, and representative Julie Davie, 725 Kumukahi Pl., Honolulu, Hawaii 96825.) The firm hopes to train other distributors and begin expanding its services this winter.

Women who aren't allergic to synthetics may be interested in a bra a racquetball pro reports "my mother found for me after I'd been looking for four years." Her problem had been that she had to wear a bra that was too loose for good support or so tight that it cut into her shoulders. She's currently using Warner's style no. 1058. It's made of firm elastic with adjustable straps, comes in B, C and D cups and sizes 34 to 38. Players who prefer cotton will be glad to know that Dr. Haycock says she's often found comfortable "grannie bras" at Sears, Roebuck and Co.

A cotton garment currently available at Sears retail stores is style no. 5350 in their Cross and Shape line. It's sold in B and C cups, sizes 34 through 40.

—Mary Jane Bezark

own bras or none during the first half of the season. During the second half the athletes used individually fitted, firmly supporting bras padded for protection.

Most of the volunteers complained at first that the bra felt strange, but before the season was over all 12 said it had decided advantages over bralessness or their own bras. (The larger the bust size, the more decided the preference.)

"We've taken some flak from coaches since the study came out, because these bras need to be individually fitted so they're expensive. (Between \$20 and \$25.)

But my contention is that when a man needs a cup it's fitted, and when he needs a mouth piece he goes to a dentist and it's fitted. So when a girl needs a bra to wear in athletic competition it should be fitted.

"Besides no girl has two breasts that are identical — one is usually larger than the other and one is often a slightly different shape or higher on her chest than the other.

"In any case, a serious woman athlete should dress in a way that's entirely appropriate to her sport, and the right bra has to be considered part of that appropriate dress."

On the Road to Competition

It's snowing hard at 8 o'clock on a Tuesday morning as a YMCA minibus heads down the highway out of Madison, Wis. On board are three pre-schoolers — settled into early morning naps — and five women — very much awake over talk of racquetball.

The women are the Madison East Y Racqueteers, one of five teams of racquetball players from Janesville, Beloit, Oconomowoc and Madison, who compete on the second Tuesday of every month on the southern Wisconsin amateur circuit. Team members can bring their children, who are welcome in the home court nursery.

"Sometimes we're on the road for as long as two hours, and don't get home until the middle of the afternoon," says Teresa Gnewuch, member of the Madison West YMCA Racquettes. "But we all look forward to our matches. Distance and weather can't keep us away."

Roads are always clear in southern California, home of the Red-Hot Mamas who play in a thriving league sponsored by the Women's Racquetball Association of San Diego County.

Kathy Smith, manager of the North County Racquetball Centre in Escondido (where the RHM's are members), helped start the league last year because the "the women asked for it. We opened in February of '76, and by September our women members had been watching enough men's interclub play to say 'Why don't we have something like this?' Racquetball is so big here, people are used to traveling all over to watch the good players."

To get the league started Smith worked with Marti Ricketts, a pro



"We have a reputation for being out for blood," says Carole Charfourous (seated). "It's not true — we just want to win more than other teams." Other Red-Hot Mamas pictured are, left to right, Rene Pascua, Sandy Andrews, Kathy Higby and Toni Charkos.



Madison Y Racquetball Barb Sowinski and Barb Monson, back row left to right, and Anita Schwarz model an early uniform while Teresa Gnewuch wears today's version. The Racquetballers have been playing together since 1973.

who's now president of the women's association, and with Sandi Atherton, manager of Poway Racquetball Club (in Poway, Cal.) and Don Steinbacher, president of the San Diego Racquetball Association.

It took less than a year for the San Diego women's league to grow from four original clubs into north and south divisions with eight teams each.

Can You Find Yourself on this Team?

All types of players try interclub competition, according to Barbara Edelstein, who describes the Skokie Court House racquetball team members who competed last season in a Chicago area league.

Disappearing Hat. One of our better players was a stewardess. Unfortunately she would fly out every Monday night and often return after our Wednesday afternoon match. When she did play she won. Her other distinction was that she always wore a hat on court.

Slow Hitter. Another of our seven specialized in hitting the ball as slowly as possible. In slow motion she sailed the ball to left or right side wall, then front wall, killing it often, to the distress of her opponents. She won the majority of her games because competitors realized too late that she had no backhand.

No Form Winner. One player was happy as long as the ball hit the front wall. She didn't care how she looked or how she executed the shot. But she was able to convince herself — and more often than not, her opponents — that she was a winner.

"I think it's smart to start small," Smith advises. "Four teams of five players is a good size to begin with — large enough to let you know what changes you need to make. One switch we made was our playing time. We started with Tuesday morning games, but found our better players were career people, so now we're an evening league."

Panicky Beginner. Every team seems to have a new player who has potential. Ours had excellent strokes, hit the ball hard and had a decent backhand. She lost her first games of the season because of her fear, but once that departed, she started to win.

High Fly Hitter. She would have kept Willie Mays busy. Killing the ball was of no interest to this player. The higher the better. The lob was her best shot. Calm and intelligent she had a head for the game and ended up with the best won-loss record.

Bad Executor. Our captain was a veteran player who could execute every shot in her head, but was never quite able to pull it off in a game. She carried on a running conversation with herself on court, and gave our coach his worst moments.

First Game Loser. Unlike the beginner who eventually lost her fear, panic stayed with this player the entire season and caused her to lose every first game. Sometimes she calmed down enough to win the second game.

What Else Can You Do on a Racquetball Court?

Michael McNeilly and Joel Nussbaum were playing no ordinary game last summer when they slammed the ball around a racquetball court at the Balboa Bay Club, a posh hotel and health spa in Newport Beach, Cal.

In fact they weren't playing a game at all. They were creating an atmosphere of action for a fashion photo that appeared in the August issue of *Vogue* magazine.

The close-to-full page photo was an ad for Bullock's Wilshire, which opened its Newport Beach branch August 1. Fashion focus was on a Ralph Lauren camel hair blazer and plaid wool dirndl skirt, which the copy described as "bold, tailored and decidedly Ralph Lauren."

"Bold" was the word for the fashion model who smiled and posed nonchalantly as she dodged players, balls and racquets during the hundred-shot photo session.

Barbara Lewin, Bullock's Wilshire account coordinator for the Leni, Inc. ad agency, had scouted locations at the Balboa Bay Club with her crew, including Leni's Art Director McNeilly and Photo Director Nussbaum.

"We were looking for a setting to give the tailored clothes a feeling of action," Lewin said. "In the abstract we liked the mood of action the out-of-focus players gave the ad. Specifically we wanted to identify with the action and popularity of racquetball. Besides we thought a

dressed-up girl on a racquetball court would make a good out-of-context shot."

Equally unexpected was the scene at SkyHarbor Court Club late last August.

The Northbrook, Ill., center set aside one court so people who work in the SkyHarbor industrial park could become donors for the North Suburban Blood Center. In the 20 by 40 space almost 100 men and women were screened and tested, donated blood and then relaxed over juice and cookies during the all-day draw that helped relieve a critical summer blood shortage in the Chicago area.



—Arthur Shay photo

Take the ball out of a racquetball court and there's room to spare for 23 people — eight of them lying on cots while they donate their blood.

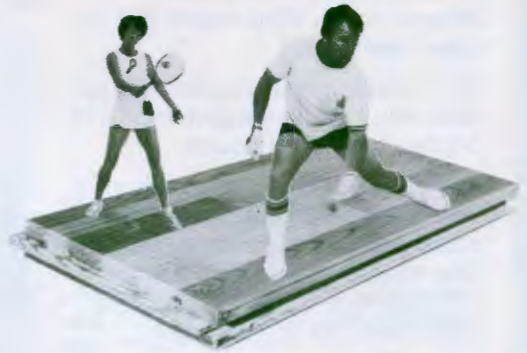


—photo courtesy Leni, Inc.

A strategically placed ball, two fast moving players and the marked-up wall of a racquetball court made this Bullock's Wilshire ad a stand-out in the August issue of *Vogue*.

Wood Floors.

Give a lifetime of performance and wearability, because they are more than skin deep.



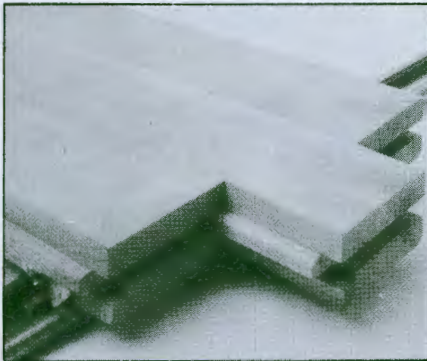
Wood floors . . . unlike thin, synthetic type floors . . . are constructed of sufficient mass to control the transmission of cold and condensation from a concrete subfloor to the playing surface. A most important construction consideration in the building of Racquetball/Handball Courts.

Robbins, now offers a choice of four, hardwood maple floor systems. The superb construction of each of these floor systems make them less affected by variations in temperature and/or humidity . . . resisting warping, twisting, excessive swelling and shrinkage. Your assurance in having a wood floor

system that will last the "lifetime" of your courts, with a minimum of maintenance.

For the player, Robbins wood floors give fast action . . . with *uniform ball bounce* as the ball comes off the floor without loss of energy. Furthermore, the high resiliency of Robbins wood floors *reduces player fatigue*.

With Robbins, the name in hard maple floors, there is a choice . . . Lock-Tite; Strip-Tite; Permacushion; Cincinnati Sectionals. For Complete details and specifications just write, or give us a call.



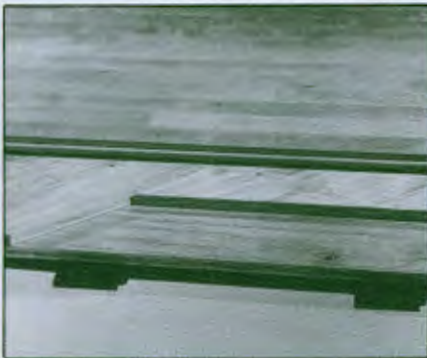
LOCK-TITE®

High quality steel channels and clip fastening system to withstand the extremes of moisture and humidity.



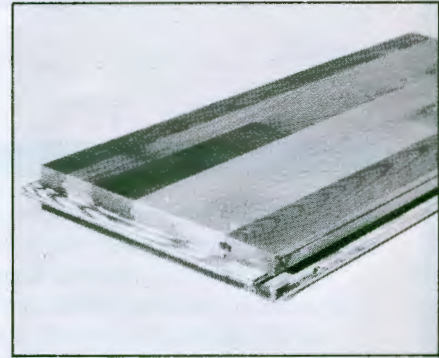
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Wear Satin For a Midnight Game

Crowds, high prices, plastic entertainment. Who needs that on New Year's Eve?

As a sporting type you can stir up your own excitement greeting 1978 on the racquetball courts.

The secret is to put pizzazz into your New Year's Eve matches so they'll stand apart from everyday games. One way to make the match a celebration is to play at midnight. Then dress for the occasion.

Choose a fashion from these pages and you'll add more glitter to the evening than you would have decked out in a halter gown and furs. What's more, these glamour duds are washable. So you can play in them again — reminding yourself of the good times you had as you welcomed in 1978.



Logo fashions champagne colored velour and cream satin into a warm-up suit (pull-on pants are \$40 and blouson cover-up is \$56) and shorts (\$28) and top (\$55). The tops come in small, medium and large — the shorts in sizes 6-14. You'll find these outfits at Bergdorf Goodman, New York City; William H. Block, Indianapolis; Carson Pirie Scott, Chicago; John A. Brown, Oklahoma City; Maas Bros., Tampa; Jordan Marsh, Miami; Bullock's, Los Angeles; I. Magnin, Bisbayne (Cal.); Joseph Magnin, San Francisco and Liberty House, Honolulu.



Shimmery, satiny running shorts have traditional roomy leg vents and come in silver, royal or gold with black/white trim. Waist sizes are 20-38. They sell for \$9.95. The #1 shirt, appliqued in gold satin, comes in small, medium and large and costs \$15.95.



Velvety velour blouson top has a stretch waist, bold stripe and a bit of a sleeve. It's priced at \$22. The tank, at \$21, has a scoop neck and front and back slimming side panels. Also \$21 are the shorts with stretch waist and back pocket. All three are sizes small, medium and large.



The wet look is a jacket/vest. Zip off the sleeves and there's the vest. The fabric is a shiny, pearlied nylon outer shell with full cotton-terry lining – and even this is machine washable. It's \$49.50 and available in small, medium and large.

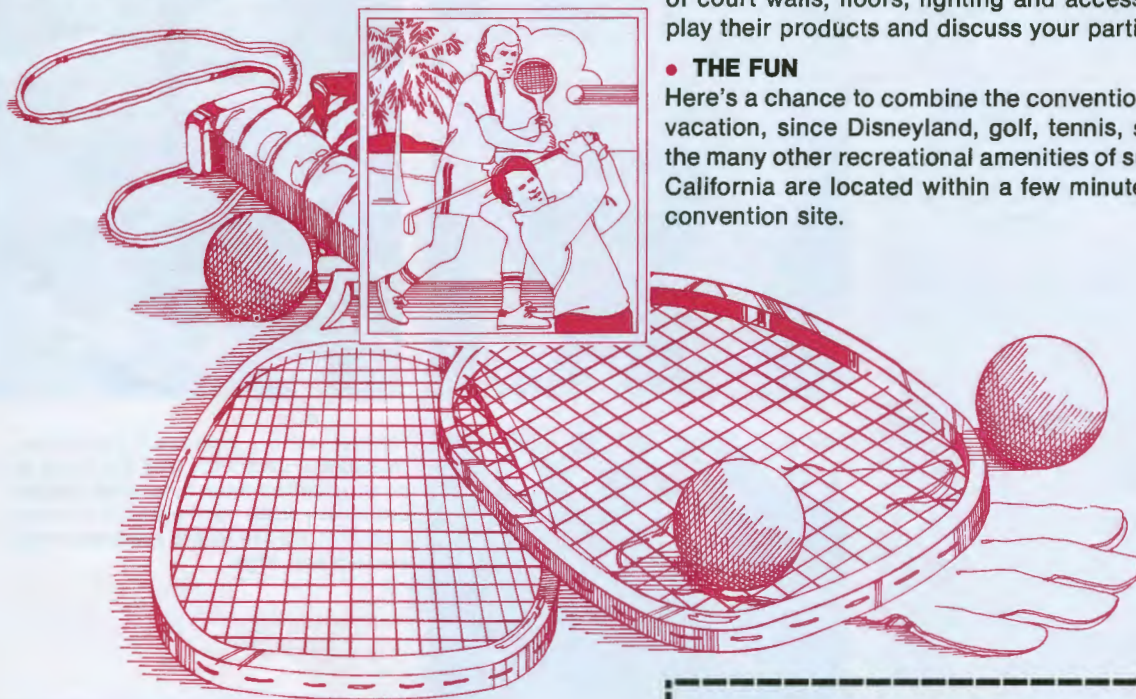
You can order these fashions from Hills' Court, Manchester, Vt., 05254. Please describe the clothes as having being pictured in *National Racquetball* and add \$1.90 for postage and handling. If you live in Vermont add 3% sales tax. Hills will accept personal checks, Bank Americard, Master Charge and American Express.

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Playing Tips

Save ballet steps for the dance floor. On the racquetball court avoid the arabesque that makes you feel ridiculous and prevents you from returning your opponent's next shot. This Do and Don't is another in our series of excerpts from the book *Inside Racquetball for Women*, by Photographer Arthur Shay and Pro Jean Sausser.

Mistake: The Arabesque

In trying to step into every ball you hit, you may forget the importance of the back foot. If after you swing you end up balancing precariously on your lead foot with your back foot in the air, you are performing an unwanted arabesque.

The arabesque allows your back foot to absorb the forward momentum of your body by lifting into the air, leaving you off balance on one leg. Even if you don't fall down after you hit the ball from this graceful dance position, you are certainly too far off balance to make an effective return of your opponent's shot.

Correction:

Using your back foot as an anchor

The back foot is the anchor of your stroke. It *must* be kept on the floor. Thus, when you step onto your lead foot, allow that back foot to drag along behind you — on the floor, not in the air. You'll now remain balanced during the stroke; you won't fall down. And you'll be in an immeasurably better position to deal with any return your opponent manages.



Between Egg Nogs

Give a Racquetball Party that Refreshes

Gluttony runs rampant at holiday time. A veritable avalanche of alcohol and rich foods inundate the holiday reveler causing extra pounds and tired blood. The onslaught starts with the ritual Thanksgiving dinner of turkey, stuffing, sweet potatoes and pumpkin pie peaking at Christmastime with slight variations on the same theme. And by January first most of us are the sad victims of a giant holiday gorging.

Since Roman orgies and deep-dimpled Rubenesque figures are now relics of another age, we at the *National Racquetball* food department have come up with a solution for those of you who are concerned with weight control and physical fitness but wish to entertain your friends with an unusual holiday happening.

We are suggesting that you gather together eight racquetball enthusiasts for an hour-long game and then return home for a glass of wine and a healthy and well-balanced, but not run-of-the-meal gourmet supper of seafood chowder, crusty French bread and sliced oranges Grand Marnier.

Remember! Less can be more. A creative party menu does not have to include giant quantities of food loaded with rich sauces to be exciting and festive.

Bon appetit and happy holidays.

—Judith Neisser

Seafood Chowder

Serves 8

12 slices of bacon, cut into 1 inch pieces
1 cup coarsely chopped celery
1 cup coarsely chopped onions
½ lemon, sliced thin, seeded, and cut into quarters
1 clove garlic, sliced thin
1 quart water
2 No. 2 cans tomatoes
¼ cup catsup
¼ teaspoon curry powder
2 teaspoons salt
⅛ teaspoon Tabasco sauce
1 tablespoon Worcestershire sauce
1 pound scallops
1 pound shrimp, shelled and deveined
1 pound fish (halibut and haddock), cut into 1 inch pieces
¾ cup sherry wine
4 tablespoons butter — optional

Cook bacon in a 4 quart dutch oven over low heat until golden brown. Add onions and celery. Cover and cook over low heat for 5 minutes. Drain the bacon fat from the dutch oven and add the curry powder, salt, Tabasco, and Worcestershire to the remaining ingredients in the dutch oven. Bring to a boil. Reduce the heat immediately and cook slowly for 30 minutes. Add the scallops and shrimp and cook over low heat for about 15 to 20 minutes. Add the fish to the chowder along with the sherry and butter (optional). Cook 10 minutes longer or until the fish is tender.

This dish can be PREPARED IN ADVANCE and is very good reheated. REHEAT OVER LOW HEAT. DO NOT BRING TO A BOIL. Serve from a tureen into large soup bowls. Can be accompanied by a bowl of dry, fluffy white rice and a crisp green salad with a mustard vinaigrette dressing.

Crusty French Bread

1 package dry yeast
2 cups tepid water
5 cups flour
2¼ teaspoons salt

Stir the yeast into ½ cup of tepid water and leave for 10 or 15 minutes to proof (slightly ferment).

When the yeast is ready, pour it into the flour which has been placed into a large mixing bowl along with the salt and the rest of the water.

Stir and cut the liquids into the flour with a wooden spoon or rubber spatula, pressing firmly to form a dough. Dough will be soft and quite sticky. Let it rest for 3 minutes.

Scrape the dough from the bowl out onto a well-floured surface. Knead well for 5 to 10 minutes until dough is somewhat elastic and holds a pinch for a couple of seconds. Form dough into a ball, dust it with flour sprinkling a bit of flour inside the bowl also. Place the dough back into the bowl, cover with a damp towel and let it rise in a warm place (about 80 degrees) until it has a little more than doubled in bulk (1 to 2 hours). It will take longer on a very cold day.

When it has more than doubled in size, turn the dough out onto a floured surface, punching it down to push out all of the air. Knead it well, form it again into a ball, and leave it as before in the bowl for a second rising.

When it has risen a second time (faster than the first time), repeat the punching down and kneading process and form it into 1 large or 2 small sausage-shaped loaves. Place on 1 or 2 heavy metal baking sheets sprinkled with cornmeal. Cut deeply into the surface of the loaf(s) with a sharp pointed knife or sharp

Gear up for a round of egg nog and cookies with a holiday racquetball party featuring an unexpected menu.



—photo courtesy United Dairy Industry Association

razor making 3 diagonal slashes down the length of the loaf. Cover with a damp towel and let rise until doubled.

Spray or paint the dough with cold water and bake on the upper third level of a preheated 400 degree oven for 30 minutes, spraying with cold water every 3 minutes the first 9 minutes of cooking time.

The bread is done when the loaf(s) is browned and sounds hollow when tapped on the bottom. For extra crispness, brush crust lightly with water when removed from the oven. Because it contains no fats or preservatives of any kind, French bread should be eaten the day it is baked. It will keep a couple of days if it is wrapped airtight and refrigerated, but it best maintains its freshness if frozen. **TO THAW. UNWRAP AND PLACE ON A BAKING SHEET IN A COLD OVEN, HEAT TO 400 DEGREES. BREAD WILL BE READY FOR EATING IN 20 MINUTES.**

Sliced Oranges Grand Marnier

Serves 8

8 large or 10 medium oranges
 $\frac{3}{4}$ cup Grand Marnier
Chopped walnuts (optional)

Peel the oranges with a sharp knife being sure to totally eliminate the white skin. Slice thin and arrange in an attractive serving dish. Add the Grand Marnier. Decorate with the chopped walnuts if you wish.

Our First Annual Holiday Gift Guide

Picking out holiday gifts is easy if the people on your list are wrapped up in racquetball.

Just wrap up a gift that feeds their passion — anything from a \$1 wrist band and \$2 racquetball notepaper to a fine racquet that costs \$50 or more.

Our suggestions are a sample of what's available around the country — and a reminder to check your own club's pro shop early, while selections are complete.

All worth curling up with are these good books filled with photos and diagrams that explain how to play and win the game: Steve Keeley's *Complete Book of Racquetball*; Randy Stafford's *Racquetball, the Sport for Everyone*; Steve Strandemo's *The Racquetball Book*; Ed Vochell and Otis Campbell's *Developing Racquetball Skills*; and the Contemporary Books, Inc.'s series — *Inside Racquetball* by Chuck Leve, *Winning Racquetball* by Arthur Shay and Leve and *Inside Racquetball for Women* by Jean Sauter and Shay. Anticipating the usual holiday mail clog (and the fact that books are shipped fourth class) we'd suggest you buy these clothbound editions and paperbacks at your racquetball club or bookstore. But write us if you want to know where you can send away for the how-tos listed here.

A personal note from the U.S. Racquetball Association will carry glad tidings of a year-long subscription to *National Racquetball* magazine for the people you list on this coupon. (Mail it to us by Dec. 10) Other racquetball gifts that last: A membership in your favorite court club, a series of lessons or as many weeks of court time as your generosity allows.

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THE RACQUETBALL BOOK



1. Quick action is required if you want to give one of the most appealing and original gifts around — racquetball notepaper that Laurie Curtis, a player from Maine, has decorated with six animals who go at the game in unexpected ways. Each six-card packet with envelopes is just \$2, postage included (or \$2.50 for cards printed with greetings ranging from "Get Well" to "Miss You"). Send a check or money order made out to Laurie Curtis for the number of packets you want to Curtis Cards; RR1 Box 93; Yarmouth, Maine 04096. Include your clearly written name and address and allow two weeks for delivery.

2 & 3. The BIG gift for the most important player in your life, a racquet with deluxe cover could run you around \$55. But you can pick a good one for less. How to know what kind he has on his mind? Check with the players in his regular game, eavesdrop when he talks in his sleep (only when he dreams about racquetball) or leave this paper, a pen and a blank sheet of paper next to his morning coffee.

4. Just the right shape to stuff in a stocking: these bouncy little numbers come in green or black and cost \$4.

5 & 6. Bag a duffel that makes a player look like a pro walking in the court club door. Cases like these we've pictured range from \$10 to \$20. And — at \$17 — there's a canvas version that women like to carry.

7. Handsome are the hands covered with these handy mitts which you can buy in a number of styles that sell for \$5 at most pro shops.

8 & 9. Little things that mean a lot to the player in hot pursuit of the ball. Protective lenses that sell from \$6 to \$12 and wrist bands priced around a dollar.



Who's Playing Racquetball?

Mary Hauser: Air Force Film Maker

Mary Hauser is on call 24 hours a day, seven days a week, 365 days a year. She's film editor at the United States Air Force's Aerospace Audiovisual Service (AAVS), headquartered at Norton Air Force Base near San Bernardino, Cal.

The 25-year-old airman has a high pressure job, so she plays racquetball to unwind. Right? Wrong!

"The pressures I feel are the ones I place on myself," says Mary. "I decided I'd be number one woman player at our club. And, I am. My job is the same way. I add my own standards to those of the Air Force. Everything I put out of this office, I want to be my best."

Coming out of Mary's AAVS office are Air Force television film clips and documentary, training, recruiting and informational films used all over the world. Mary teams up with producers and directors using some of the finest audiovisual equipment to turn out films like "The Gift of America," a bicentennial tribute that won a citation from the Office of the Secretary of the Air Force.

Mary's work on each film begins

when a producer "hands me as much as 1,000 feet of film. I decide which shots tell the story best, I splice the footage together and I add the voice, music and sound effects — whatever compliments the film and will stimulate the viewer's interest."

NBC's "Today Show" recently used a film clip Mary edited for a feature on the first Air Force women pilots. "This is when the deadlines get tight at AAVS," Mary says. "I had to cut ten film clips in one day so we could have them clear across the country in less than a week."

After that kind of a busy work day some people would sit in front of television to relax. Not Mary. She tops off her days with some stiff competition at Fiesta Village Racquetball-Handball Club where her husband, Charlie, is assistant manager.

"I press myself to see how skillful I can become at racquetball," Mary says. Of course it helps when there's an instructor in the family and the lessons are free.

—Jeanne A. Rogers, Sgt. USAF
Photojournalism Division

Air Force Film Editor Mary Hunt uses a moviola machine to match pictures with sound.



Mary puts the pressure on herself in her daily game.



Charlie Hauser reviews some basics with Mary.

She Thanks R.B. In Birth of Daughter

Pretty Californian racquetball player Diane Heims got unusually tender treatment from some of her fellow players in a game near her home in Santa Ana, California, last August.

Then the next day, she gave birth to a baby daughter.

Diane, who recently beat Karin Walton for the top prize in a televised tournament from Kings Racquetball Court in Westminster says that racquetball really helped her with the birth of Tracey, her second daughter.

And she proved it because four weeks after Tracey's birth on August 2, 1976, Diane entered an open Labor Day weekend tournament and with a partner won both the mens and mixed doubles.

"I had the quickest recovery from childbirth of anyone I know," she explained.

Diane got her first racquetball racquet three-and-a-half years ago. But it was left hanging in a closet for a year unused. Finally she took it out, dusted it off and started to play three wall with fellow students at Orange Coast College.

Soon she was finding herself ranking in local doubles tournaments and she kept entering, even when she knew that she was pregnant for the second time.

"I played in my last tournament when I was six months pregnant. I felt fine, but a lot of the other competitors were a little paranoid about damaging me."

"And I suppose they thought they were right when an ambulance was called to a game in which I was playing," she grinned. *"But it wasn't for me but my partner. He had such a bad attack of cramps he had to be taken to the hospital for treatment."*



Diane spends her time teaching tennis, but she knew that it was going to be hard keeping occupied as she waited for Tracey's birth.

"I'm not the sort of person to sit around knitting, and I was worried about getting bored," she explained.

"I just couldn't find anything else to do which I enjoyed so much so I kept playing racquetball. It kept me in shape but towards the end I only played doubles, I didn't want to do too much running around."

Finally, when the day came, Diane had her baby at home. After several hours of natural childbirth, her baby was born.

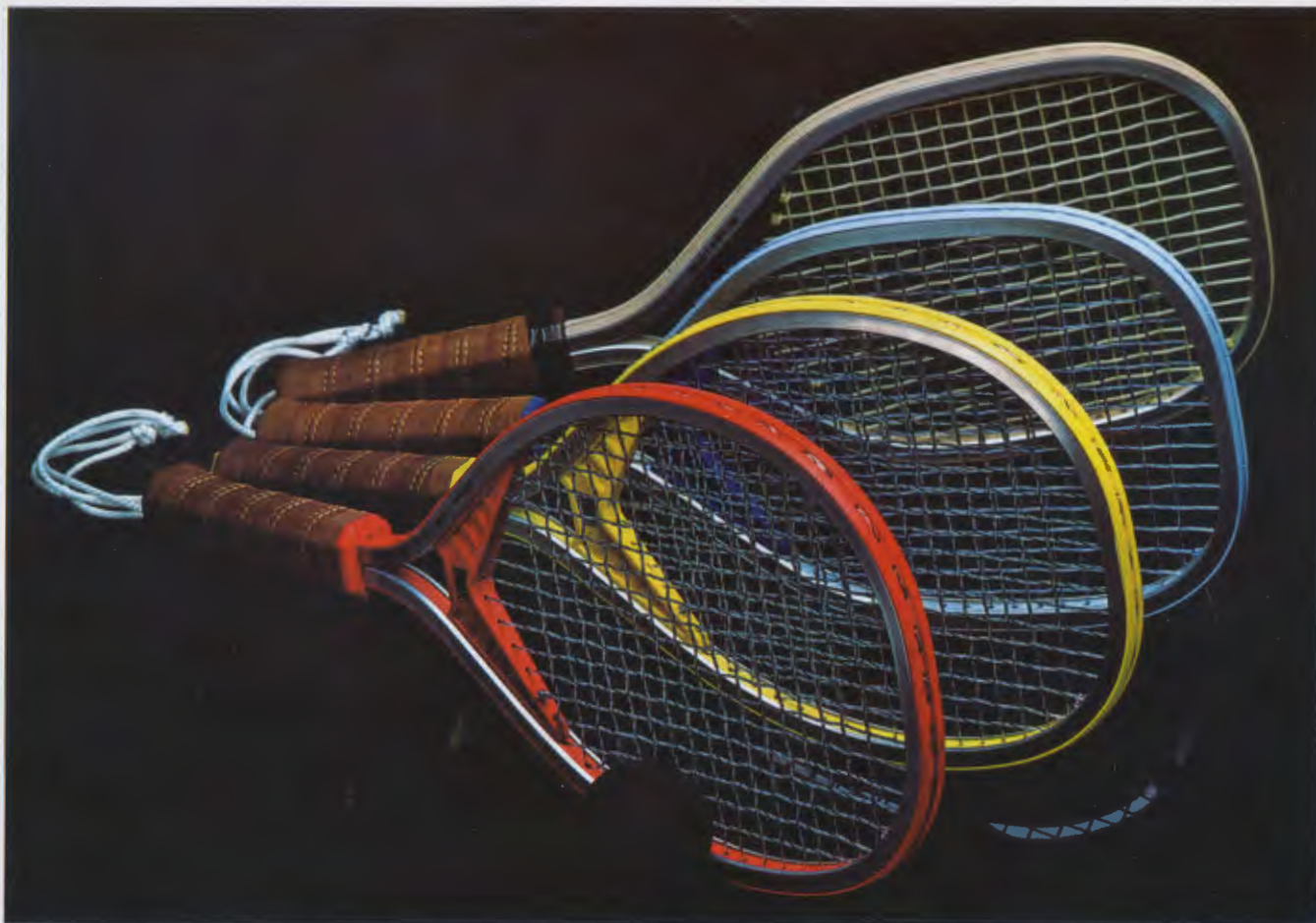
"The childbirth was hard, but after that, the recovery was no problem at all. Even my doctor was amazed. Four weeks after I had Tracey I entered a doubles tournament. I had gained a little weight because I had been eating well, but even after the gruelling competition, we played nine games the first day and six the second, I didn't feel at all out of shape."

There are problems with playing while pregnant and Diane knows that her philosophy is not for everyone.

"Racquetball is strenuous, much more so than tennis and I wouldn't recommend it for any pregnant women who has never played before. But in small doses, it not only helps to stay in shape, but I found that it also relieved a lot of the tensions in me that pregnancy can produce."

"But for women who are interested in a quick recovery from giving birth, it is the tops. Sometimes it can take months before muscles tighten and the difficult problem of weight gains are beaten. It still took me a little time to lose weight because, since I was breast feeding I was trying to eat as much as possible."

"But I can tell you, I felt good . . . and that is the most important." ●



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*A New Generation of Durability,
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T.V. Covers Racquetball



There is something very awesome in the thought of taking a new sport, played in indoor light, where two players smash a small colored ball around at speeds of up to 140 miles per hour and turning it into a live outside broadcast to be shown from 11 a.m. to 3 p.m. on a Sunday.

And with no guarantee that the games would start or end on cue, that viewer knowledge of the rules of the game is scanty if not non-existent, the odds for a sweeping success are not exactly favorable.

The sport is of course racquetball, and KOCE, the Public Broadcasting Station in Huntington Beach, California decided that they would take the odds and produce one of America's first-ever live television coverages of a racquetball tournament.

In cooperation with a nearby club, the Kings Racquetball Courts in Westminster, the show was built around an open tournament which attracted hundreds of California players, many of them from the Community which KOCE serves.

Set up time was very short, apart from a few short pre-taping sessions the week before the tournament, the television crew, led by Producer/Director Kent Johnson and financed by the Bank of Newport, started at 6 a.m. Sunday morning.

The court owners, realizing that television would one day become an accepted part of racquetball tournaments, had already modified the three glass wall exhibition court at the club.

This foresight on the part of the owners, added to the success of this initial broadcast, and probably shortened considerably the time between now and the big future developments of televised racquetball.

The common denominator among all parties to the broadcast was pioneering. All involved were aware that this was one of the first live racquetball shows ever produced and so very much hinged on the successes that could be accomplished here.

"The importance of this event has tremendous ramifications for the sport of racquetball," said Chuck Leve, national director of the U.S. Racquetball Association. Leve was on hand for the broadcast, flying in from the Skokie, Illinois based U.S.R.A. to witness the production.

"For racquetball's future as a viable, major league sport, we must convince the television industry that the sport can be televised, and televised well. From the U.S.R.A.'s standpoint, this was the single most important goal of the broadcast, and a goal, I believe, that was achieved."

With the astounding growth of racquetball showing no signs of letting up, the call for more and more televised events is sure to continue. It is vitally important that each area have as much expertise as possible prior to undertaking the televising of a racquetball match.

Problems such as the speed of the ball, shooting through glass walls, quick movements of players, seeing the shots executed and striking the wall, lighting difficulties and a multitude of situations need clarification that can only come through experience.

The purpose of these pages is to help solve some of those problems for television stations, clubs and interested racquetballers, based on our experiences in Westminster.

Requests for further information or reprints of these pages should be addressed to the U.S. Racquetball Association, 4101 Dempster St., Skokie, IL 60076 or call (312) 673-4000.



Hot coffee gets passed around as producer/director Kent Johnson calls the shots during the third hour of the live broadcast from the control truck.

Welcome!

by Robert W. Kendler
President
United States
Racquetball
Association

A four hour feast of televised racquetball... for the existing converts to our game, KOCE's live broadcast was nothing short of a super Sunday bonanza and all concerned with the production from Kings in Westminster expected them to be happy.

But what is truly heartening are the letters received by the Huntington Beach, California station.

The PBS station had a bumper crop, many many more than it usually gets for any sort of program, and they were unanimous. The writers were just as carried away by the excitement, speed and grace of the play as the hard bitten aficionados.

"Give us more," was the general consensus of viewer opinion and now with the help of the country's Public Broadcasting Stations that plea will be answered.

The show was an unqualified success, thanks to the hard working staff of KOCE led by the producer director Kent Johnson, and also the team at Kings, who spared nothing to make sure the TV visitors had what they needed to make their exacting, energy draining job as smooth as possible.

Of course there were problems, the essence of professionalism, whether in racquetball or television is to respond to those hitches which always seem to materialize at the wrong moment, and to call on years of training to overcome them.

We at the N.R.C. and U.S.R.A. are fully aware that racquetball and public broadcasting go hand-in-hand. Court clubs are sprouting in communities everywhere, part of the heartening boom in our sport. They bring in whole families for what is clean, sound, relatively inexpensive and healthy entertainment. Public service television has the unique chance to give those people what they want to see, because we in our sport are not yet plagued with the multi-million dollar extravaganzas which have already threatened to put some of our professional sports beyond the reach of the common man.

Racquetball is already well up the long ladder towards eventual international acceptance which will allow the top ranked players in both the amateur and professional games to demonstrate their



Robert W. Kendler

excellence against the players of other countries. In preparation for that day one of our main tasks is to see more facilities provided and more youngsters to play in them.

PBS can help us carry that message, from eastern ghetto through the financially impoverished areas of our great country to sprawling urban areas like Los Angeles where many a youngster has nothing but a street corner to relate to.

As I have said so often, I would rather see our kids kill balls on a racquetball court today than each other tomorrow.

For those stations wishing to bring racquetball into the homes of their viewers either now or in the future, I and the U.S.R.A. give you a great big 'welcome' and we also extend to you all the assistance our in-house racquetball experts can offer.

Production Notes

It is never hard trying to find KOCE Producer/Director Kent Johnson during lunch breaks from his work at the PBS studio facility on a Huntington Beach, Ca. university campus.

Instead of eating, Kent is normally just 25 yards away playing three wall racquetball with his colleagues.

So he became the natural choice to produce the four hour live broadcast planned by the station and underwritten by the local Bank of Newport.

Kent, former Director of Production for the Los Angeles based Theta Cable TV company joined KOCE as a producer director six years ago.



Kent Johnson

"My biggest problem was that unlike most sporting events, the matches could not be planned to run to any set length. I could have had five hours of racquetball just as easily as I could have had two-and-a-half. And the shorter one would have left me with a big hole to fill.

"We planned to televise only the finals, both mens' and womens' and then fill in with an exhibition game between current champion Davey Bledsoe and the winner of the mens' finals.

"The second problem was that there was scant if any, viewer knowledge about the game.

"That I decided to overcome by pre-taping a series of segments on the rules of the game, on court, so that they would be carried visually into the viewers heads. That I coupled with a segment showing equipment and also the basic shots of the game using the same technical terms which would be used by the commentators during the broadcast.

"Another problem with the game is that each player can call time outs during play so I needed something with which to fill both those and the empty periods between games.

"For time outs we pre-taped short segments from each player, asking the same basic questions about their conditioning, strategy and tournament progress.

"Since it was to be a long program, I decided that we didn't need a great deal of play-by-play, but would concentrate on explaining the game. We relied on the referee to give scores, using a character generator back at the studio to supply both scores and player positioning every couple of minutes.

"I knew early on that camera placement was going to be critical. I wanted to keep the broadcast clean and simple so I decided to use three cameras. Two Ferenseh KCP 40's with 10-1 zoom lens were set up at each end of the court. The back camera was placed high to give a general overall view into most of the court area. Then the second was set behind the front wall, four feet up.

"The third camera was a RCA TK 76 hand held which I generally positioned in the rear left hand corner of the court, but could move around to give me an extra camera on the announcers and also for interviews with the winners.

"That left hand corner is perfect. With two right handed players most of the action seems to drift down to the left hand side of the court and we were rewarded with a high percentage of the thrilling action shots which were generated by the game.

"In the same way I used three announcers. Bob Acosta knew little about the game but was an experienced television host. He worked with the floor manager to keep the program flowing. For expert commentaries I had Davey Bledsoe who was due to play later in the tournament and for both womans' point of view and local color on the players, Joy Koppel. Although they both were newcomers to the job they did very well.

"We started the show with the pre-taped segments which Joy had done for us earlier, then when play started I began to use the front wall camera for service shots and then cutting to the back camera for the action.

"I really had to use restraint in cutting. I let the action decide when I was going to use the mini-cam and I found that I didn't need to add any drama to the event directorially - there was plenty already.

"As it turned out, the matches lasted right to the four hour limit, and I used only parts of the 30 minute pre-taped material. In the time outs I held one or the other player in camera and played over part of their pre-taped court philosophy in a video insert box. That also served to add a little more dimension to the game.

"In the control van I had eight monitors, three for cameras, one for the line program, one for the video inserts, my own line back to the studio, one for the character generator and one for the slo-mo equipment which finally malfunctioned before we went on the air.

"It was very difficult to use the character generator from the studio, and finally was only worthwhile with a direct line straight to the operator from the control van, likewise it needs an excellent floor manager to get the job done properly.

"Apart from that we only had one problem. . . the cameramen working the mini-cam had to be changed at frequent periods because of fatigue. But after the four hour show . . . everyone was tired. It was a tiring, exacting job, but with the excellent crew I had we succeeded."



Chuck Hohl

"From the club owner's point of view, television is a tremendous help."

That is the verdict from Chuck Hohl, co-owner and manager of the Kings Racquetball Courts in Westminster, California.

He explained, "Television helped us to draw in players. When we finally closed the entry rolls, we had close to 500 players and we had to start to turn people away."

"The television coverage also helped put our club on the map, for since the broadcast we have seen our membership applications double."

"And many of those wishing to join up told us that the impetus to come down and sign up was due to the thrilling televised action they had seen."

Chuck is happy his investment paid off. It took a lot of extra time, effort and money to adapt the club properly for television cameras.

"When we first built the club, we were sure that one day television would come in," he explained, "so we decided to consult with experts — engineers, cameramen and sports officials to get some idea of exactly what was needed."

And he soon found there were major modifications to be made.

"First of all, we had to modify our lighting and power systems. The lighting in the court was not powerful enough for cameras and to overcome that we re-installed more lights in the court ceiling, and also buried extra wiring in there for future use."

"To handle the extra drain on the power supply, we put in a new transformer which had the capability of handling the needs of the television engineers. Then we buried an extra 25 pair of telephone lines through the parking lot to carry the television signal."

One of the biggest problems was to modify the front wall of the court for cameras.

When the club was built, the exhibition court, with its three wall glass was built with the front wall utilizing an outside load bearing wall of the club. And it just so happened to be the wall which abutted the edge of the lot — only a few feet from the busy San Diego freeway.

"We wanted to cut a four-by-eight foot hole for a window which could be big enough for two cameras."

"So after getting a bagful of permits from city and county we cut through the structural steel and replaced it around the hole. Then we had a steel folding platform fabricated to support the weight of cameras and crew."

"We called in a professional canopy maker who built a tent which can be erected over the platform and then we fitted in a small independent air conditioning system to make things more comfortable."

The big alterations came naturally, but for Chuck, success was due to paying attention to the small details.

"We didn't want to overlook anything, so we changed the air conditioning unit in the exhibition court for a bigger unit to keep spectators and players comfortable. The lights don't generate a whole lot of extra heat, but we know that there would be times when the room was at full capacity."

His advice: "Put junction boxes through the outside walls, so doors do not have to be left open for the masses of wires to be trailed through. It is easier on the crowd control to have the doors closed and its a lot cheaper on air conditioning too."

Some of the other modifications which had to be made are not so apparent. The club had to install a separate sound system in the Royal Court. . . "It would sound strange if, right in the middle of a television broadcast, the club's paging system could be heard."

So far, the extra modifications cost the club around \$10,000.

"It could have been done cheaper than that," added Chuck, "But we wanted the best possible so eventually we could get the best of television coverage."

Those costs are already being covered. During the tournament, ticket buying spectators packed the galleries and the 100 per cent increase in memberships has made it worthwhile.

"And now we have the equipment to handle even something like 'Wide World of Sports,'" he added hopefully.



Bob Acosta

Bob Acosta was an NBC producer before he joined KOCE two years ago as assistant director of community affairs. In this job he is involved in the necessary liason work between the two million strong community and the station.

He is no stranger to on-camera techniques because most of his time is spent reporting and hosting programs.

"I had never played the game, but in a summer program about sports in our area I did one ten minute segment on racquetball. My guest was one of the state champions.

"He gave me a lesson during the interview and I got so hooked on it I continued to play with him after the cameras stopped rolling and I was late for the next segment.

"I arrived dripping wet and with my pancake makeup disintegrating.

"I was asked to co-anchor the program not because of that brief episode on a court but because the director needed someone who was experienced in camera techniques and knew about time cues.

"The first thing I did was join a racquetball club. I knew I would be playing a lot of the game when my wife went out and bought herself a complete outfit before she had even played . . . now we play together, three times a week."

"Since the program aired we have had an exceptional viewer response, that in itself is surprising because normally viewers don't find the time to write in. Those letters were from all age groups and most of them congratulated us on our ability to fill the void in covering sports which commercial just won't touch.

"And as an extra measure of the success of the show, since it was broadcast I have been stopped more times on the street than ever before, including my many commercial television appearances. The scary thing is that I have been challenged a lot . . . and my game isn't up to it yet."



(Above) The staff who worked on the KOCE-TV four hour live broadcast, take a few minutes to pose for the camera; (Left) The canopy behind the front wall to shelter the cameraman and his equipment and allow a camera angle from behind the front wall; (Bottom left) One of the technicians adjusting the antennae atop the Kings Racquetball Courts; (Below) The KOCE-TV trucks hooked up to the club, the television control room; (Bottom) The day's announcers (l. to r.) Bob Acosta, Joy Koppel, Davey Bledsoe.



-Photo by KOCE-TV

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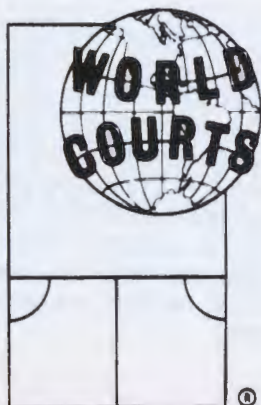
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Xentex Panel Could Lead to True Racquetball Building Boom

We've come a long way since the days when politicians promised "two cars in every garage and a chicken in every pot." Tempting promises in their time but for the modern racquetball player there comes a better promise: "a racquetball court in every back yard."

That promise may soon become less a fantasy and more a reality if Xentex, a division of Exxon Enterprises has anything to say about it.

"Xentex has developed a startling new court panel that will revolutionize the racquetball construction business," said Steve Dorn, Xentex Division Manager. *"It will make the building of a court or courts financially possible for any club, Y, center or park and also many private homes."*

The new paneling system can be assembled in existing structures either free standing or adhering to other walls, or it can be built in single court modules, built in a park or even in your back yard. The panels resist all wear and abuse; they need no maintenance, do not absorb moisture, and insulate themselves. They come ready to assemble, in panels as large as 10' by 40'.

The courts have been tested by representatives of the U.S. Racquetball Association, who found that they play true in every respect. The panel seams provide accurate bounces, and the ball's liveliness did not suffer a bit.

Based on those test results, the U.S.R.A. has endorsed the courts as officially approved U.S.R.A. courts.

"The Xentex panels are the best on the market in our opinion," said Joe Ardito, U.S.R.A. business manager. *"Xentex courts can be built at a fraction of the cost of conventional wet wall courts."*

"Xentex courts are maintenance free. They can be erected in as little time as two weeks, which means greatly reduced labor costs. In short, they are the best paneled court available."

The panels are made of lightweight plastic resin fibers bonded to a super-hard white finish. Xentex has marketed them as a truck wall siding and many other uses where durable, lightweight siding is needed. They don't chip, and don't need to be painted. Soap and water cleans the ball marks off the surfaces. Once constructed, the panels need no attention.

Bob Kendler, president of the U.S.R.A., echoed Ardito's comments. *"Our new relationship with Xentex and Exxon marks the beginning of a further, fantastic growth period for racquetball,"* he said. *"With the lightweight, inexpensive courts we can take racquetball to the masses, where it has never before been exposed."*

"Our long range goal is to take racquetball worldwide, to spread the gospel to all countries. The Xentex agreement brings the day of global racquetball much closer."

What does Xentex's entry into the world of racquetball mean? It means more courts, better courts, and more accessible courts. More accessible because the reduced cost will make public courts more feasible; courts in public parks and public recreation centers, in the past impossible because of prohibitive construction and maintenance costs, now are possible.

"A racquetball court in every neighborhood and a racquetball player in every court." An impossible dream?

Not so impossible when men like Steve Dorn and corporations like Exxon lend their vast scientific expertise to the racquetball-wise U.S.R.A. Such combinations turn dreams into reality.

COURT CLUBS

National Re-Directs

The rapid development of racquetball and handball facilities throughout the United States and Canada has prompted the newly-elected board of directors of the National Court Clubs Association to re-direct the group's efforts.

Formed in 1973, the group, headquartered in Northfield, Illinois, is a not-for-profit professional organization created solely by and for proprietors and operators of privately-owned court clubs. Its objectives are to promote racquetball and handball on a local and national basis; and to help the private owner profit from the continued, responsible growth of these increasingly popular sports.

"There is a strong need for such an organization," says John S. Wineman, Jr., NCCA's president. *"As the popularity of racquetball and handball swells, new court clubs are being built to meet the demand. The opportunities for success are great - but so are the risks."*

The NCCA will offer members a variety of programs including group purchasing, insurance, management training seminars, advertising and promotional materials, national and regional promotion packages, reciprocal play at NCCA member clubs, and an exclusive NCCA handicap system designed to encourage members of all skill levels to participate in club tournaments.

Patterned after the successful operation of the National Indoor Tennis Association, membership will be limited to existing court clubs, clubs under construction, tennis clubs with racquetball/handball facilities, and squash clubs. Manufacturers of racquetball and handball products will be admitted as associate members. Membership will not be available to developers of facilities not yet under construction.

Court Clubs Association Activities

NCCA will offer members two types of insurance: club insurance covering liability, buildings and contents, business interruption, workmen's compensation, and burglary and theft risks, and employee benefit insurance covering group life, comprehensive major medical, and income protection.

A committee has been established to seek central group buying opportunities in order to make volume purchases, thus saving members a considerable percentage over their current individual purchasing costs.

NCCA plans to hold comprehensive three-day management training seminars twice annually. Nationally-known experts in the area of recreation, marketing, club management, financial record-keeping, managerial decision-making, and interpersonal relations will participate in the seminars.

The Association will provide members with an advertising and promotion kit to assist them in developing an effective merchandising program for their clubs.

The nationwide scope of NCCA's membership will make it possible for member clubs to cooperate in promoting racquetball and handball on a national and regional basis.

NCCA's reciprocal play program will permit club members to play at any other participating NCCA court club at the prevailing court rate, without guest or membership fees.

NCCA has already developed a unique, workable handicapping system that accurately defines and rates players according to their racquetball skills. It's designed to encourage more members to participate in tournaments.

According to Wineman, the Association has already scheduled its

first national convention, January 19-24, 1978, at the Anaheim Convention Center, Anaheim, California. The NCCA's full program will be presented at the meeting.

A three-day seminar, January 19-21, restricted to and exclusively for owners of existing clubs or clubs under construction has been set. Topics will include:

- Operation under various revenue production methods
- Cash versus charge accounts
- Front desk operation
- Towel control
- Building maintenance
- Pro Shop
- Competing with a municipally-owned facility
- Programs to build summer business
- Developing tournament and league play

A second series of seminars and lectures has been scheduled for January 21-22 for developers seeking reliable, professional information on the opportunities and difficulties facing the court club industry. Topics to be discussed include:

- Site selection
- Design and construction
- Financing
- Advertising and marketing
- Operations
- Potential revenues and expenses

Concurrent with the two seminar programs, there will be a three-day trade exhibition, January 22-24, in conjunction with the Action Sports Industry buying show. Manufacturers of racquetball and handball equipment as well as suppliers of court products will maintain exhibits.

Charter membership is \$100.00 per club location annually plus \$10.00 for each court. After January 31, 1978, new members will be required to pay a one-time initiation fee of \$150.00 plus the annual dues.

The officers and directors of NCCA represent all sectors of the nation as well as various types of racquetball facilities. The nine officers and board members operate 24 clubs comprising more than 300 courts.

In addition to Wineman, who is affiliated with The Court House Sports Club, Inc., Chicago, Illinois, NCCA officers are Norman Padgett, Racquet Time of Lexington, Kentucky, vice president; James R. Bronner, Court Club Circuit, Chicago, Illinois, secretary; and M/Gen. Robert D. Bohn, Courts Royal Group, Washington, D.C., treasurer. Board members are Patrick J. McPharlin, Racquetime, Detroit, Michigan; Carl E. Porter, Jr., Tucson Athletic Club, Tucson, Arizona; Jerome D. Sandstrom, Atlas Health Club, San Diego, California; Arthur A. Swanson, Racquetball Courts of Farmington, Farmington, Michigan; and Alan W. Wood, Back Wall, Cleveland, Ohio.

Cathy Austin has been named national coordinator. She succeeds Mort Leve, who had been executive director.

For detailed information, write the National Court Clubs Association, 1845 Oak Street, Suite 9, Northfield, Illinois 60093. Telephone (312) 869-6660.

LYNDHURST, NEW JERSEY



A view of the large check-in desk at the new Courtime Meadowlands Racquetball Club, Lyndhurst, New Jersey.

The First Annual Summertime Racquetball Tournament, sponsored by the Courtime Meadowlands Racquetball Club of Lyndhurst, N.J., was staged August 26, 27, 28.

It was the largest USRA-sanctioned tournament to be held in the Tri-State New Jersey-New York-Connecticut area, with 85 contestants entered.

The tournament marked the formal start of operations by the Courtime Club, a \$750,000 facility located in the celebrated Meadowlands Sports Complex area of New Jersey, just 15 minutes from the heart of New York City. It is situated in a corporate office complex, within the shadow of Giants

Stadium, home of the NFL football Giants and the Cosmos soccer team, and the Meadowlands Race Track.

For managing partners Tom Rogan and Pat Galway, the competition culminated an aggressive planning and building program, all compressed within an 18-month span. Construction of the club began on March 4, 1977, and its doors were opened on June 8. By the time the tournament was held some eight weeks later, over 780 members were already enrolled.

The Courtime Meadowlands Racquetball observation galleries and lower lounges and glass viewing walls upstairs and downstairs through which

to observe play. Because of the demand, construction has been started on four more courts.

There is also a nursery, staffed by a trained attendant to care for youngsters, and a special physical fitness program for women, under the direction of Sharon Lohm, a professional dancer formerly associated with the celebrated Joffrey and Harkness ballet companies. George and Geraldine Rudysz are the general managers of the club. George was the 1972 doubles racquetball champion and professional tour player. His wife is the current Connecticut State Women's Champion.

VAN NUYS, CALIFORNIA

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

The Club's highly successful first nine months have seen it membership rolls

run at capacity. In addition to first-class racquetball and handball facilities with a full range of tournament play and expert instruction, the membership Club offers a wide variety of activities including clinics for men, women and children, challenge ladders, challenge courts, special "date night" programs, individualized weight training, dance-exercise classes, and babysitting service.

"With the incredible increase in the

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

TOWSON, MARYLAND

Joe Williams has announced the October opening of an 8-court racquetball club in Towson, the affluent northern suburb of Baltimore.

The club features four glass courts, one of which is a full side-wall glass tournament court, with a gallery for spectator seating. Facilities include an exercise room, nursery, private locker room, saunas, a community whirlpool, pro shop, and lounge.

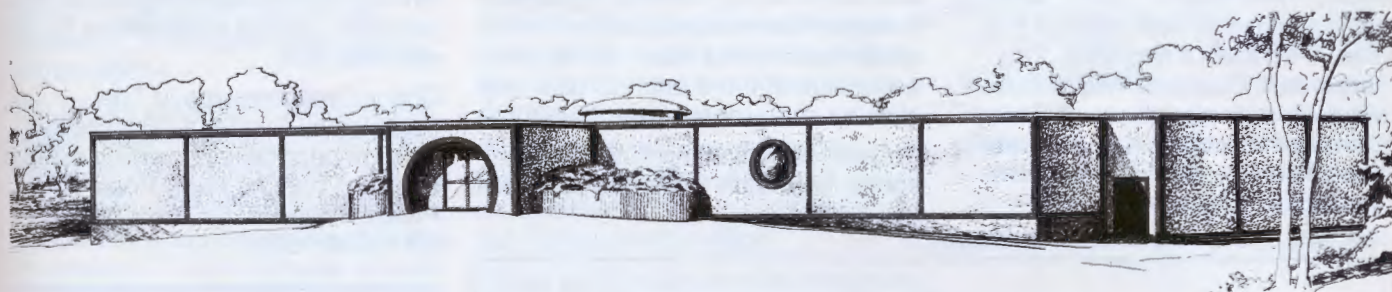
The club shares space with a Nautilus gym, featuring 12 separate Nautilus exercise machines.

Less than one minute from the Baltimore Beltway in the heart of mini-metropolis Towson, the Club provides free lighted parking for over 100 cars. Mr. Williams believes that the Racquetball Rush has hit Maryland, with more than six private clubs now under construction in a hundred-mile

radius, and intends to make the club's facilities available for professional and amateur tournaments.

If the actual response to the club even approaches the pre-construction indications, the club will build an additional six courts inside its present building.

BLOOMINGDALE, ILLINOIS



Killshot Ltd. announces its eight court racquetball/handball club in Bloomington, Ill. The facility opens in mid-October, with features such as eight climate controlled courts, spacious lounge and viewing gallery, horse shoe shaped cocktail bar with two way fireplace, extra large whirlpool room, men and women massage rooms, saunas in both lockerooms, attended nursery, free towel service, fully equipped pro shop and personal membership cards.

Killshot Ltd. daily operation hours are 6:00 a.m. to midnite. The club has complete leagues and lesson programs for both adults and children. Annual membership fees are \$30.00 for an individual, \$75.00 for a family. Special arrangements on corporation memberships.

Killshot Ltd. owners are Frank Szatkowski, Matt Gryzlo, Paul Nicotra, Mike Green. Club management, Don Jenkins general-manager/Pro, Sue Sulli, manager/Pro. For membership information, contact, Killshot Ltd. 321 Edgewater Drive, Bloomington, Ill. 60108 phone: 312-893-9575.

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Further details, mail to:

Mort Leve, Executive Director,
Court Club Enterprises
360 Park Drive, Northbrook, IL 60062

PLEASANTVILLE, NEW YORK

They said it couldn't be done. Impossibly high real estate values. Skyrocketing construction costs. Scarcity of prime building sites. An impenetrable preoccupation with the "prestige" sports. No, the pundits predicted, the New York Metropolitan area will never sustain a sizeable slice of the racquetball pie.

But to Edward E. Klein, suburban Pleasantville, NY real estate developer and investment pro, one man's reticence is another man's challenge. The Racquetball Courts of Westchester I, at 1919 Central Avenue, Yonkers, in New York's affluent Westchester County, which is slated to open in November of this year, is Ed Klein's response. The Racquetball Courts of Westchester II, in the county's capital city of White Plains, with 17 courts, is on the drawing board for early next year. Ed Klein responds in a big way.

The Racquetball Courts of Westchester I, which will be managed by two top-ranking racquetball pros, is the first full-service facility specifically constructed for racquetball in the New York City area. The new \$2,000,000 membership club will have 18 top-quality courts, two with glass walls to guarantee spectators a maximum share of the thrills of the game, as well as two luxuriously-appointed lounge areas and identical steam, sauna, whirlpool and locker facilities for men and women.

In addition, a bright, well-equipped, professionally-staffed child care center will permit young mothers - a largely untapped sports market, according to a study made by Ed Klein - to take full advantage of the 9 a.m. - 3 p.m. time slots for a reasonable fee.

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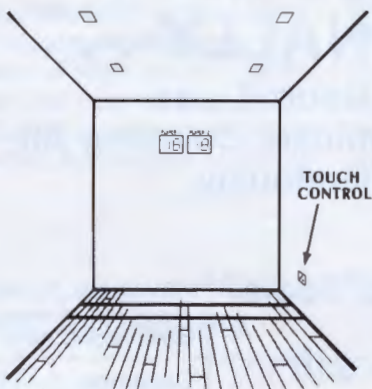
has little familiarity with racquetball, The Racquetball Courts of Westchester will emphasize instruction, including demonstrations, both private and group lessons, clinics and tournament strategy.

Memberships in The Racquetball Courts of Westchester I will be limited to 2,000. The \$50 membership fee will entitle the holder to block book on a priority first-come basis for each of four 13-week seasons. Seasonal use of the courts will cost \$100 for one reserved hour each week, with no rate differential for prime time, and it includes the right to renew the same time slot each succeeding season or, if preferred, priority reservations for an alternate hour.

Charter memberships in The Racquetball Courts of Westchester I can now be obtained by writing Edward E. Klein, 109 Old Farm Road South, Pleasantville NY 10570 or by calling (914) 238-9500.

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RICHTON PARK, ILLINOIS



The ground breaking ceremony of The Court Club II to be located in the River Oaks Business Park in Calumet City, Illinois took place in July.

Pictured left to right: Tom Karas, manager, Pat Norman, owners wife, Herb Hoppe, builder Burnside Construction Co., and Greg Tieder, teaching Pro.

The Court Club II is the sister club to the Court Club in Richton Park, Illinois and will feature eight regulation courts, carpeted locker room and lounge, saunas, whirlpools, racquet rental and pro shop, group and private instruction free attended nursery, tournaments, leagues and will be air conditioned throughout. For information call (312) 481-7055.



Construction began August 1 on the Tampa Bay Court House, the newest facility in the South Florida area, located at 7815 North Dale Mabry, Tampa 33614.

The facility will feature 10 regulation, indoor courts including two with glass viewing areas, encompassing a 21,000 square foot, free standing building.

Tampa Bay's completion is scheduled for January 1, 1978. The club will also feature men and women's locker rooms, sauna and whirlpool for both men and women, a large exercise area including all the latest Universal equipment, as well as a free full-attended nursery.

Additionally, there will be a bar and food service in the club's lounge overlooking the courts.

"Tampa is a wide open, brand new area," said owner Sam Carl, a Chicagoan who plans to move south with his investment. *"We hope to do well and open additional clubs in the Clearwater, Sarasota and St. Petersburg areas."*

"There's room for expansion at Tampa Bay. We're on a two acre site in the heart of Tampa's up and coming north center section."

Carl is no stranger to racquetball, being a part owner of one of Chicago's nicer clubs as well as being a playing veteran for many years. In fact, he is a former Illinois Masters Singles champion (he did it twice), and was involved in the formation of both the International and Illinois Racquetball Associations.

The Tampa Bay Court House will be of Ocala block and cedar with a plush interior and the outside featuring brilliant landscaping. All the large graphics both inside and outside the club will be spectacularly color coordinated.

The locker rooms will be spacious, with all the amenities.

"I don't go in for cutting corners," said Carl. *"When people use the Tampa Bay Court House, I want them to use it comfortably."*

Reasonable membership fees will make such utilization that much easier. Tampa Bay will offer individual, family, and junior memberships.

There will be a court rental charge for regular members and the club will also offer an unlimited non-prime time membership.

Individual and group lessons will be a large part of the club's activities, with Lee Duda, nationally known teaching pro, serving as Tampa Bay Court House's manager/pro.

"We are fortunate to be able to have a manager/pro of Lee's quality," said Carl. *"He has proven to be one of the most successful instructors in the nation."*

Tampa Bay Court House will also feature fully carpeted lounge and locker areas, filled with beautiful furnishings and a full service pro shop complete with all equipment and clothing. Another extra in the club is a 5' x 7' cable television screen to show your favorite sports event or program in near-life size form.

Out of town privileges for northerners coming down to the sunny clime of Tampa Bay will be available, so those of you making winter vacation plans, can grab your racquet and head for the Tampa Bay Court House.

The facility is being built by the Matthews Corporation of Tampa, a well known South Florida firm. Owner Pete Matthews and superintendent Bo Bobanic have been instrumental in the development of the club.

Sonny Marcus who aided tremendously in the pre-planning, helped make the Tampa Bay Court House a reality. John Provenzano did the architecture.

For further information and brochure contact Sonny Marcus, Tampa Bay Court House, P.O. Box 22331, Tampa, Florida 33622 or phone 813-870-3354.

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CHICAGO, ILLINOIS



AT YOUR SERVICE!! Racquetball at Piper's Alley in Chicago, comes one step closer with the laying of the cornerstone for Lincoln Park Court Club. Craig Whitt, the Club's Managing Partner provides the mortar for Lincoln Park area resident Patti Weiss. The facility, at the corner of North and Wells in Chicago, will open in mid-November with 12 tournament courts and a host of luxurious amenities including custom-designed Scandinavian saunas and whirlpools, observation area, full-service bar and lounge, and even an executive conference room. The Club's unique membership plan, which limits membership to 1200 persons, will allow players to use the courts as often as they want, when they want, without court-time charges.

SACRAMENTO, CALIFORNIA

Sacramento racquetball players are watching the progress of Tamarack, the "town club of sports" to be constructed near California State University Sacramento, and scheduled for a summer, 1978 opening.

The local court crowd was further encouraged recently by a visit from Charlie Brumfield, following the national championships in San Diego in June. Brumfield has been named to the Tamarack board of directors.

After reviewing the plans for the 18-court racquetball/handball facility, Brumfield declared Tamarack to be one of the most exciting sport centers he has come across, and announced he is in favor of promoting the club's racquetball courts as the pro clinic for certification of racquetball club pros.

"In this respect," Brumfield said, *"I foresee Tamarack as one of my training schools for racquetball buffs; perhaps farther down the line, a site for certification of club pros."*

Then, with a wink, he added, *"Probably, more significantly, it'll be an ideal spot for a televised challenge match between Marty Hogan and me."*

"In fact," Brumfield continued on a serious vein, *"Tamarack has the potential to host the second televised World Racquets Championships."*

Tamarack co-developers, Ken Gromacki and Jim Vellema, have really done their homework in selecting the town club location — a 7.5 acre site, about 10 minutes, by freeway, from the city center. According to Gromacki, approximately 160,000 cars pass the site adjacent to Highway 50 every day. The location is within seven miles of over 25 million square feet of office space, and within a four-mile radius of over 14,000 homes with families in the upper and upper-middle income bracket.

"The demographics are ideal," Gromacki reported.

Tamarack will have two squash courts in addition to the 18 racquetball/handball courts. Three of the racquetball courts will have glass backwalls, one of which will also have a glass sidewall and TV monitoring for game analysis and broadcasting. One other court will have a glass viewing area.

Tamarack, an exclusive town club of sports, now in the initial development stages for Sacramento, California, has received the enthusiastic support of Charlie Brumfield as a potential site for future televised National Racquet Championships. The 64,000 square foot structure on 7.5 acres is scheduled for a grand opening the summer of 1978.



Rakela and Company, one of California's top design firms, plans to design at least one of the courts with graphic elements that indicate where shots should be placed, from various positions on the floor, to develop game strategy. The innovation is considered an excellent teaching aid, and an ideal practice court for experienced players to sharpen their shot-making technique.

The Tamarack town club concept will place equal emphasis on participation of men and women, says Jim Vellema. There will be two circuit training centers — one for men and one for women — both featuring multistation Universal Gym machines. Both the men's and women's dressing lounges will have

sauna, steambath, whirlpool, Swedish ice plunge, inhalator room, quiet room, sports medicine room, and a TV viewing and card area.

In the outdoor complex, there will be eight tennis courts, two of which will be covered, but unenclosed; two platform tennis courts (at this writing, the first in the Sacramento area), two volleyball courts, a basketball court, and four 3-wall handball/racquetball courts that may also be used as tennis practice stations.

A Swiss jogging course will make a quarter-mile tour around the outdoor court complex and swimming pool-patio area. The course will have 18 exercise stations. To properly use the course, a person must cover a mile

and a half, walking or jogging between stations, depending on the individuals level of fitness.

Social amenities are also a significant part of the Tamarack plan. Owner-members will have exclusive use of their own Town Club Room, plus a 6000 square foot public restaurant and cocktail lounge. In the pool-patio area the Tamarack plan calls for a 25-meter lap pool, a recreation pool, wading pool, and a 20-foot coed whirlpool. The patio is to be accented by an adjacent outdoor garden dining area.

A health snack bar, and 2400 square foot retail sport and pro shop round out the Tamarack facility.

KENTWOOD, MICHIGAN

June 28, 1977 saw the opening of Racquetball Wizard of Kentwood, Michigan. Racquetball Wizard is the newest and largest racquetball facility in the Grand Rapids area.

Racquetball Wizard features the Challenger Court Panel System, installed by TerStep Recreation Co. of Noblesville, Indiana. All 10 courts use the panel system. The tournament court uses a unique glass side wall running the full forty feet along the court and starting fourteen feet off the court floor. According to partners James G. Youness and Gordon Edwards, this allows increased viewing enjoyment for spectators and eliminates the

distracting glass at play level that most liesure players find objectionable.

Racquetball Wizard utilizes a two level T design, which maximizes usable space for both court entry and exit, as well as in the spacious locker rooms and saunas. The two level design also gives each court a full width overhead viewing area.

Executive Director G. Kyle Smith points out that Racquetball Wizard is the first in the area to use the "open time" concept. This means no memberships are required. Players may opt for permanent time at a reduced rate or play on a court available basis.

Racquetball Wizard was designed by Gerald DePersia of Schmidt Cowles & DePersia Architects & Planners, Grand Rapids, Michigan. General Contractor was Parker Bros. Builders & Contractors of Kentwood, Michigan.

Racquetball Wizard is located two blocks south of 44th street at 4620 Kalamazoo SE, Kentwood, Michigan. Kentwood is in the southeast corner of Grand Rapids and is one of the fastest growing communities in the area. Racquetball Wizard is within ten driving minutes of the major residential sections of Grand Rapids.

MODESTO, CALIFORNIA

Game Point Court Sports and Health Club is the first major sports facility to open in the Greater Modesto, California area in over 20 years. The Club was conceived to meet the health and recreational needs of Modesto-area residents, with an emphasis on court sports such as racquetball and handball.

Game Point offers both individual and family memberships. The Club is especially oriented toward family recreation, offering a broad range of sports and facilities for every member of the family. The design of this superb facility clearly indicates the variety of athletic needs and recreational activities in which members can participate.

The location of Game Point was a major consideration. The club is easily accessible to local residents, as well as those in neighboring communities by way of several major thoroughfares. The club is an easy commute from virtually anywhere in the country.

To make the facilities even more available to members, normal operating hours have been extended

from 6:00 a.m. to midnight daily. This is especially convenient for men and women whose work hours would not permit them to join otherwise. Advance reservations are accepted for court play, thus eliminating the inconvenience of waiting. A limited, private membership also provides for an optimum balance between the number of players and courts.

In Game Point, the Modesto area has a new and truly outstanding private sports facility which is both accessible and affordable.

The primary focus of Game Point is on RACQUETBALL and HANDBALL. There are 10 regulation courts, fully air-conditioned, each allowing spectator viewing from a spacious centralized mezzanine.

The facility includes Modesto's first paddle tennis courts. Six outdoor courts will be available for enthusiasts of this exciting, innovative sport.

Family members will also enjoy the swimming pool or the adjacent whirlpool. The surrounding sun deck provides an excellent spot to relax between court games.

A conditioning room is available for weight training and exercise. A personalized program which combines conditioning with court sports is an unsurpassed method for developing and maintaining total physical fitness.

Game Point's Vita-course also provides a challenging and fun way to develop fitness. The course combines a jogging track with several exercise stations. The participant stops and completes a specific set of exercises at each station, then jogs to the next.

The facility also features a pro shop which offers the latest styles in sportswear, as well as a large selection of sports equipment at 10% members' discount. There is also a "resident pro", complete with advice!

The Deli offers sandwiches, snacks and beverages, and includes a liquor bar and juice bar. Relax in our club lounge or take your refreshments to the viewing mezzanine where you can watch other players in action.

For further information call (209) 521-0971.

GREELEY, COLORADO

Greeley Family Sports Center, located at 5701 20th Street, Greeley, Colorado, is northern Colorado's newest and most complete tennis, racquetball and Nautilus athletic complex. This \$800,000, 38,000 square feet facility will open in early December and will offer a wide variety of individual and family oriented recreational and fitness activities not available under one roof in the northern Colorado area.

The Sports Center will have four regulation racquetball - handball courts and four tennis courts with the most advanced, slow, soft, synthetic surface. In addition there will be a swimming pool designed specifically for water polo and water volleyball. The Center was designed with a lounge

which will give an unrestricted view of the tennis, racquetball and swimming areas.

In addition to these activities, an exercise area features the full line of Nautilus weight equipment which gives the club member a personalized fitness program in accordance with his or her personal physical condition.

The Sports Center will be more than just a place to work out. In addition to complete men's and ladies locker facilities, the Center will have:

- A lounge and complete snack bar
- Saunas
- Whirlpools
- Pro Shop with the latest equipment and athletic attire
- To encourage more women's participation in the centers activities, there will be an attended nursery which will be an additional asset to the center.

The Center will also provide professional tennis - racquetball lessons on both a private and group basis. Special events for members as well as in - club tournaments will be a regular part of the centers programming.

Charter memberships are now being accepted according to David James, managing general partner of the center. The membership fees for The Greeley Family Sports Center are suprisingly reasonable. Please call (303) 351-6707, or write to P.O. Box 489, Greeley, Colorado 80631 for complete details.

TRENTON, MICHIGAN

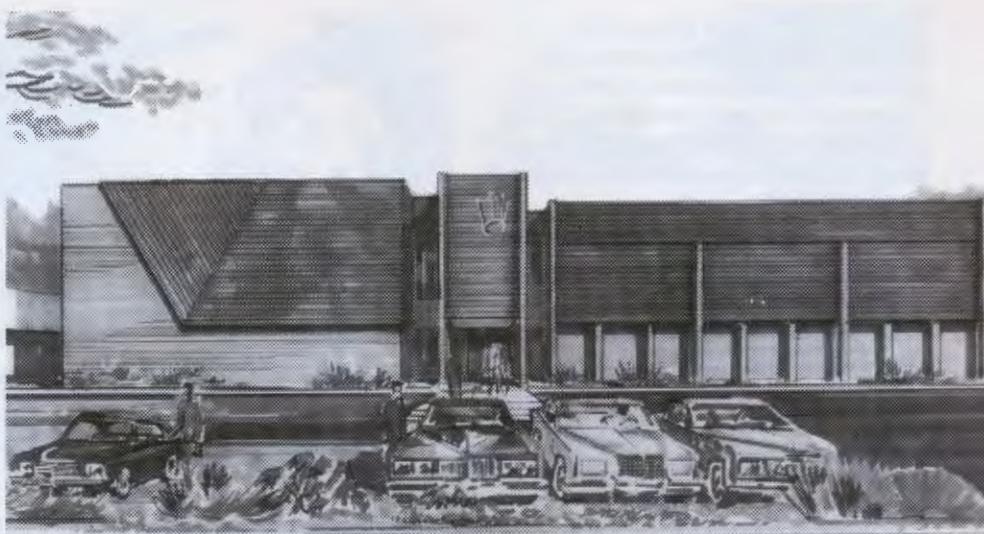
Racquet King Courts, situated on two acres in the southern Detroit suburb of Trenton, will be open for play in November 1977.

This three level facility will house 14 air conditioned courts, 10 of which highlight floor-to-ceiling glassed-in back walls, while one championship court sports floor-to-ceiling glass on two sides. The second floor lounge area will feature floor-to-ceiling viewing glass over all 14 courts. The tournament court has a spectator viewing gallery and will offer a unique electronic scoreboard for championship games.

One of Racquet King's managing partners is John J. Finazzo, owner of the Finazzo Construction Company of Wyandotte, Michigan. As general contractor for the Racquet King project, Finazzo worked with the architectural firm of J. R. Frimodig & Associates in designing the building. Finazzo's attention to fine craftsmanship and construction durability has earned his company the reputation of being one of southeastern Michigan's premier construction firms. Finazzo predicts with confidence that "Racquet King's members will be proud to be associated with a quality club".

Children of Racquet King members will have a fully supervised nursery and play area available between 8:30 a.m. and 3:30 p.m. every day. A spacious, luxuriously-appointed lounge area with food and beverage service will accommodate over 100 persons. The facility will have a pro shop, barber shop and hair styling salon. Separate health spa facilities for both men and women include fully carpeted locker rooms with beautifully-tiled private shower stalls and dressing booths, whirlpool baths and Scandinavian saunas. The club offers separate, as well as common-use, exercise rooms and equipment. A virtually limitless parking area is available in front of the building.

The facility is located on Fort Street approximately 150 feet south of the King Road intersection and less than 30 minutes from downtown Detroit using the expressways and Interstate Highway #75. For additional club and membership information please write to Racquet King Courts, 1630 Fort Street, Trenton, Michigan 48183, or call (313) 676-5850.

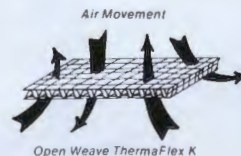


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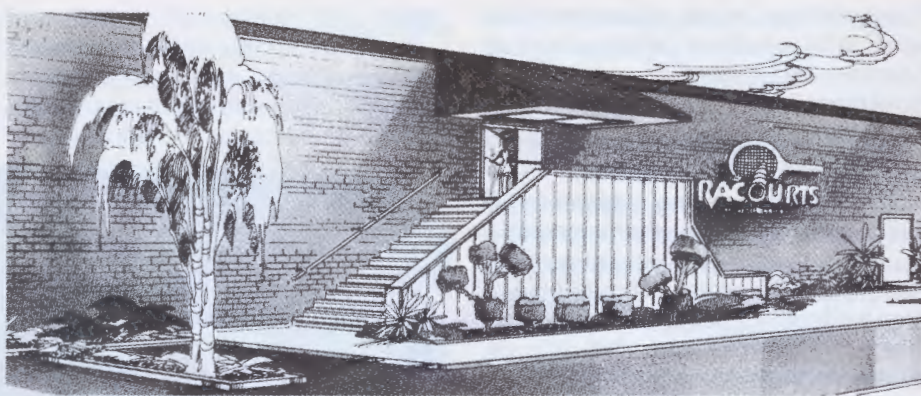
Racourts, a 13,356 square foot racquetball and handball two-level sports complex, opened its doors to Evansville, Ind. enthusiasts on October 1. It is located on Shamrock Drive, just North of Lincoln Avenue off Green River Road.

Racourts was formed by four Evansville residents: James Thomas and Frank Hays of Ohio Valley Securities, Thomas Keating of Whirlpool and physician Jerry Becker.

There are 10 courts on the lower level, which is overlooked by a 4588 square foot upper level lounge.

Members enjoy sauna and whirlpool privileges, men's and women's carpeted locker rooms, showers, sunken jacuzzi bath, kitchen and vending area, pro shop, nursery and parking space.

Membership fees have been set at \$15 per year for individuals and \$25 for families. Members can reserve court



time up to two days in advance and hourly court rental fees are charged.

The facilities are open daily from 6 a.m. to 11 p.m. Permanent court time can be obtained for a three month period.

Free instructional clinics are regularly held for those people just learning the game while individual and group lessons are available.

Racourts plans on building a Northwest

side facility and possibly others in Owensboro and Henderson, Ky.

Keith Mercer, a 1973 graduate of Indiana University, is the manager at Racourts. He formerly managed at the Executive Inn Athletic Club in Evansville.

Nancy Patron is the club's assistant manager and its head pro.

—Jay Stockman

MOLINE, ILLINOIS



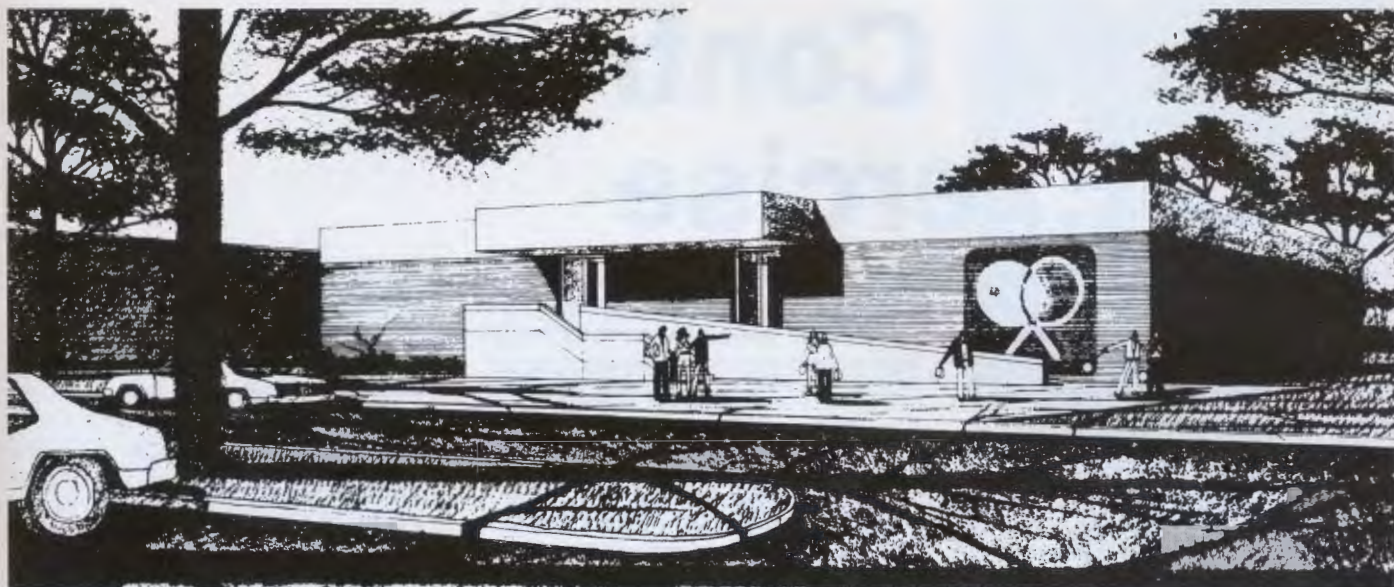
North Courtside Racquetball Club of Bettendorf, Ia., and South Courtside of Moline, Ill. are now located within 10 minutes of each other (members can play at either facility).

The membership response has been excellent with the offering of charter memberships before opening. The Quad City area which includes Rock Island, Moline, East Moline (Illinois) Davenport and Bettendorf (Iowa) appears ready for our game.

Each facility is completely appointed with the comfort and convenience of the member in mind. Eight regulation air conditioned courts are the focal point. Women's and men's carpeted

locker-rooms are fully equipped and have Finnish saunas in each. Members have access to the famous Universal exercise machine. An attended nursery, well stocked pro shop, and inviting T.V. lounge are found on the upper level of the club. Courtside is designed with bright colors and graphics, providing an ideal setting for members to play, unwind, and meet new friends.

Many programs are aimed at the women and active player. A full slate of leagues, ladders, tournaments, and special women's programs are scheduled. Judy Thompson, pictured above with Gary Whitaker, local and regional racquetball standout, has been named Head Pro and Director of Women's Activities. She has lessons, free clinics, group instruction, and exhibitions lined up for the coming season.



Architect's design for the \$900,000 Racquetball International complex to be completed later this year at 342 Paterson-Hamburg Turnpike, Wayne, N.J.

Racquetball International Inc. has announced construction has begun on a \$900,000 racquetball complex in Wayne, N. J., to be ready for play by the end of this year.

According to Jeffrey Riedl, a general partner in the company with offices in the Continental Plaza, Hackensack, Racquetball International plans to open a similar complex in Bergen County this fall, and has a number of sites here under close consideration for this and other complexes. He said the company plans "three to four" court complexes within the next year.

The Wayne Club will be located at 342 Paterson-Hamburg Turnpike, on a 280-foot frontage adjacent to the grounds of Paterson General Hospital. It will contain 10 courts initially, but its final configuration will have double that number, the company said.

Only recently formed, Racquetball International has already penetrated the New England market with a 10-court complex now under construction in Burlington, Mass.

The building, designed by Racquetball International after months of study of successful clubs cross-country, will include such "extras" as a Tournament Court for spectator events, shower rooms, sauna, locker rooms, "pro shop" for equipment sales, a nursery, exercise rooms, a control center, and a lounge.

The Paramus, N. J. firm of Genovese & Maddalene will serve as architects for the Wayne building. Racquetball International said bids for construction and orders for the specially-built, high-resiliency walls of the playing courts have been placed.

The club will be operated on a membership basis "to ensure the smoothest possible scheduling of play and to make available to members reciprocal playing courtesies with other Racquetball International clubs throughout the country," the announcement said.

James H. McConchie, President and a general partner of Racquetball International, is also Massachusetts State Chairman of the U.S. Racquetball Association.

Riedl Associates of Clifton, one of the largest advertising agencies in the state, has been appointed to plan and carry out a full-scale advertising and promotion campaign for Racquetball International.

More We Forgot

The Back Wall
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798 Twin Falls Ave.
Twin Falls, ID 83338

Ventura Courthouse
3760 Telegraph Rd.
Ventura, CA 93003

Babylon Racquet Club
400 Babylon Rd.
Horsham, PA 19044

Super's Health Hideout
Delsea Drive
Westville, NJ 08093

Supreme Court Sport Center
5065 N.E. 13th Ave.
Ft. Lauderdale, FL 33334

Redwood Health Club
401 Cyress Ave.
Fort Bragg, CA 95437

Court Jester
Highway 9
Lakewood, NJ 08701

Towson Court Club
8757 Mylander Lane
Towson, MD 21204

Weight Control and Exercise

Fat. The very word causes uneasiness. Pudgy, chunky, plump, rotund . . . there is just no way to glamorize it. Lithe, however, or trim, slender, sensuous-now these are the words of which dreams are made. Before I reveal the mystical path from suet to svelte, an examination of the mushy substance is warranted.

Fat, the body's insulating adipose tissue, comprises 10 to 30 per cent of the average adult's body weight. The total number of fat cells is determined during the first year of life, sufficient reason to discourage roly-poly toddlers; thereafter, these cells act as storage depots, enlarging during times of caloric excess, and releasing their contents as the blood sugar drops. When used by the body as fuel, a pound of fat supplies more energy than that required for an active day. Each pound of adipose tissue requires more than a thousand miles of life-supporting capillaries, and in excess places great demands upon the cardiovascular, muscular, and respiratory systems.

We are all too familiar with the hardships and perils of dieting. Limit the caloric intake, and water quickly replaces fat loss from the cells, a discouraging phenomenon encountered during the first stage of reducing. Starve the body, and twice as much protein as fat will be burned for energy, resulting in wasted muscles and sagging skin. Switch to a high protein - low carbohydrate diet, and pray for unwavering dedication; one gentleman following this regimen successfully, enjoyed a weekend relapse (800 g. of carbohydrates, 4000 calories) and gained 19 pounds! It appears that the body, so long deprived of excess glucose, avidly stores the sugar as the water-linked polymer glycogen. All is not lost, however; there is a magic formula for dramatic, permanent weight loss, a catalyst by which sensible dieting achieves real power . . . exercise.

When the emphasis of dieting is expanded to include regular exercise, the familiar yo-yo syndrome of weight loss-weight gain magically disappears. Two distinct parameters of exercise aid the dieter-energy cost, and metabolic after-effects.

The first, energy expended by the exercise itself varies from 5 calories per minute playing golf to 19 calories per minute skiing uphill. A typical session of racquetball will burn 700+ calories per hour. A one hour match three times a week will therefore burn over 100,000 calories a year, or thirty-one pounds of fat!

Before launching your body onto the court, some guidelines may be warranted. If this newly generated enthusiasm has outpaced your physical activity by more than a few months, or the volume of candles placed atop your birthday cake hid the icing - see your physician for a complete physical. With his green-light approval the next step is to proceed gently.

The intensity of those first workouts should be inversely proportional to the duration of inactivity, the longer the layoff, the shorter the initial workouts. The first strides may therefore be only steps, perhaps a 15 minute walk. If your health and condition permit a more vigorous program, two questions arise, a) how hard, b) how much?

Although the body is capable of explosive action, there is a considerable time lag before the metabolic responses catch up. The heart must quickly increase both its rate of pumping and strength of contraction to meet the new circulatory demands; hard-working muscle cells must be supplied with additional oxygen; carbon dioxide and other wastes must be removed from the blood stream; and, hundreds of accelerated cellular functions must be

supplied with raw materials and kept free from toxic buildup. For these reasons physical activity must continue for at least 12 minutes to insure any progressive cardiovascular improvement.

The ideal exercise intensity must therefore be such that at least 12 minutes of activity can be performed. Too intense an effort may result in exhaustion after a few minutes, and has also been shown to result in the unproductive mobilization of the body's defense mechanisms as in response to any stress. In addition, too vigorous activity utilizes the body's glycogen stores rather than fat catabolism. The ideal intensity to produce both a training effect and mobilize the body's fat stores lies between 65 and 75 percent of maximum effort. A practical means of accomplishing this is to take a 15 second pulse (multiply by four) immediately after exercising. A rate twice the resting rate is indicative of sufficient effort (150 beats-min. for most adults). Such activities as racquetball, jogging, and squash easily satisfy this requirement, whereas tennis, hiking, and skiing may depend on the manner performed.

The number of days a week to exercise is not so easily determined. Whereas the benefits gained in going from five days a week to six are minimal, those from one to two may be lifesaving. The ideal is based on one's occupation, age, and general health, and varies from three to five days a week. Not to be ignored are the body's own signals. When an exercise program exceeds the body's ability to repair itself, fatigue begins to replace vitality.

The metabolic after-effects of exercise refer to the body's energy expenditure following exercise above that of resting. These efforts to repay the

oxygen debt result in not only greater heart and respiratory rates, but also increased cellular activity. The waste products of catabolism must be removed, and lactic acid converted back into muscle glycogen. These activities result in a 10 to 20 per cent increase in metabolism for six hours following cessation of exercise. Following a moderately intense racquetball outing, additional poundage would thus be lost while

curled up in a favorite chair at home. Can there be a more luxurious way to lose weight!

When combined with sensible eating habits, these losses can quickly mount. I personally know of yearly losses in excess of 60 pounds with no periods of depression, fatigue, or unsightly sagging. Equally important, the weight lost when diet and exercise are combined stays lost. There is no easy way to lose weight . . . only a sure one. ●

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TOURNAMENT RESULTS

California

In its' debut as a tournament host, King's Racquetball Court in Westminster, CA, saw more than 500 entrants play in the various levels of the 1st Annual Joust Tournament, sponsored by the Bank of Newport Beach. During the four days of play, the Joust hosted some of the top names in racquetball, and saw them turn in terrific and often surprising play.

In a special match televised live from the three glass walls of the Royal Court at King's, Steve Strandemo and Davey Bledsoe played with the concentration and skill that at times brought the 400+ spectators to their feet. Strandemo, ranked ninth on the National Tour, put the pressure on Bledsoe who is the 1977 National Racquetball Champion. When the glass stopped moving, Strandemo had aced Bledsoe two consecutively, 21-15 and 21-13.

Other action during the finals at King's Court were Strandemo and Mark Morrow who met at the top of the Men's Open, and played to a Strandemo win 21-10 and 21-15. Diane Heims and Karin Walton met in the finals of the Women's Open with Heims putting it all together in the second game and going on to beat Walton 18-21, 21-16 and a tie breaking 11-8.

The "Royal Court" at King's has been specially designed and built with three glass walls (sides and rear), and a front wall with television port. This construction permitted extensive television coverage of the 1st Annual Joust Tournament, and proved both from a technical as well as practical standpoint, that championship racquetball can be televised with tremendous coverage. King's Racquetball Court is also scheduled to be the third stop of the N.R.C.'s Pro-Am Tour in November.

Among other winners of the Joust were:

Men's A Singles, Stevens over Gibbs, 21-19, 21-11

Men's A Doubles, Pool/Lusk over Miller/Lilly, 21-10, 21-7

Women's B Singles, Villa over Bishop, 7-21, 21-14, 11-3

Strandemo shows the determination and concentration which are making his play this year much more consistent. Action was during the 1st Annual Joust, held at King's Racquetball Court, Westminster, CA.

Photo by Robert Henderson Design



Tournament: Aloha Open

Host: Santana Courts

Men's Open (Quarter-finals): Thurman d. Mondry 21-19, 21-12; Davidson d. Ehren 21-17, 15-21, 11-9; Cloud d. Carson 21-17, 21-13; Alderson d. Maddocks 15-21, 21-8, 11-7.

(Semi-finals): Thurman d. Davidson 21-14, 21-9; Cloud d. Alderson 17-21, 21-17, 11-8.

(Final): Thurman d. Cloud 21-8, 21-10.

Women's Open (Semi-finals): Walton d. Morguelan 21-13, 21-14; Clemens d. Seavello 21-11, 21-10.

(Final): Walton d. Clemens 21-10, 21-17.

Seniors (Quarter-finals): Moore d. Beebe 21-5, 21-4; Castle d. Bible 21-16, 21-16; Cranston d. Northwood 21-9, 21-9; Weckerly d. Watt 21-13, 21-16.

(Semi-finals): Moore d. Castle 21-7, 21-6; Weckerly d. Cranston 21-8, 9-21, 11-9.

(Final): Moore d. Weckerly 21-19, 21-11.

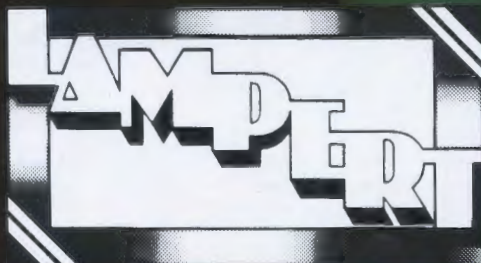
Brian Cloud (r.) follows through on a shot against eventual winner Bill Thurman in the finals of the Aloha Open.

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Minnesota

The 1977 edition of the Kings Court Aquatennial was the largest ever held. There were 16 different divisions from which to choose with some exciting racquetball coming from each division.

The Pro-Am division offered some exciting matches throughout the six man round robin. A special thanks to the sponsor of the pro-am, the First Street Station, a new restaurant in the Twin Cities offering fresh food and distilled beverages. Joe Wirkus, Madison, Wis. was on top of his game for a mid-summer outing and bested Paul Iklar of Minneapolis for the \$200 first place check in a tie breaker. Bob Adam, Jr. held on to capture the third place prize.

In the open division Steve Singer of Minneapolis battled through the 32 man field and beat Mike Sladky of Edina in two close and exciting games 21-20, 21-18. In the semi's Singer beat Jim Wirkus in the tie breaker and Sladky beat Haskvitz in two games.

Steve Singer and his partner Barry Gerr came out on top in the open doubles making Steve a double winner for the weekend. As always, the doubles had strong teams and good matches but the big surprise came when Rod Orduna and his partner, Mark Domangue knocked off the number one seeded team of Pat Page and Bob Adam, Jr. Singer and Gerr however kept their cool and held off the charges of Domangue and Orduna for the championship.

Probably the most bewildering of all divisions for the weekend was the Senior Mens. To lead off Friday afternoon, Dick Uphoff was a late entry on a scratch. Saturday morning found Ev Eiken knocking off national Masters champion Bob McNamara, the number one seed. The finish to the senior division found Dick Uphoff of Minneapolis defeating Bernie Nielsen of Marshalltown, Iowa.

There were no surprises in the senior doubles as Bob McNamara and Ron Haskvitz defeated Charlie Schaffer and Bernie Nielsen in two straight games.

In the masters division, Ralph Stillman of Minneapolis, a runner-up a year ago, came back to win this year by defeating Bill Colclough in a well played final.

The womens Open Singles found no surprises with Ev Dillin and Barb Tennessen battling each other for the crown for the (who knows) time and Ev came out on top in this one in a typical Dillin-Tennessen match.

The two singles finalists also found some doubles partners, Ev playing with Nancy Cato and Barb playing with Karen Finklinbury and met each other in the finals, only to make Ev the second double winner of the Tournament.

Special thanks to all participants and our sponsors for their contributions to make the tournament as successful as it always is. With the help from all concerned the tournament went off like clockwork from the 11 am start on Friday, through to the backyard bar-b-que on Saturday night right through til the last match was completed.

Thanks to all and see you next Huly. Plan your schedules now!

Greenland

Because of popular demand, Captain Tom Koch, Tournament Director, scheduled and hosted Thule's first base-wide "Top of the World" Racquetball Tournament—the second tournament within eight weeks—in which more than 80 American and Danish men and women competed from July 12-17 at Thule Air Base in Greenland.

During the six-day tournament more than 300 specators watched as 96 matches were played to determine the winners of the eight brackets. In addition to the Men's A, B, C and Ladies' Championship brackets, each category also included a consolation winner from among the first round losers.

Box Score Championship

A - Capt. Dennis Lundquist def. Captain Tom Koch

B - Boyd Reyburn def. Preben Andersen

C - Fleming Camman def. Knud Rasmussen

Ladies - Senior Airman Dandy Priest def. Bente Nielsen

Consolation

a - Erick Arenholz def. Gert Jensen

B - Lau Frills def. Ken Bachman

C - Danish Navy Commander Hans Sorensen def. Staff Sergeant Pat Lee

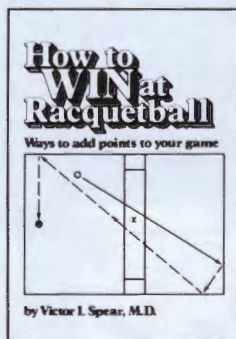
Ladies - Senior Airman Brandy Mireles def. Inger Hansen

Using a single elimination one 31-point handicap game format, Captain Dennis Lundquist was the winner of a special "Tournament of Champions." He received a four foot high trophy with an engraved plate that will remain in his possession until it is passed on to the next Thule Racquetball Tournament Champion.

OVERALL CHAMPION - Captain Tom Koch, tournament director, (right) awards Captain Dennis Lundquist a four foot high trophy for winning a special "Tournament of Champions" which pitted the winners of the Men's A, B, C and Ladies' Championship and Consolation brackets against each other in a one 31-point handicap game, single elimination tournament.



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Kentucky

To be favored is normally to be fated failure. The remains of first seeds lie strewn, unmourned, over the tournament trail like so many high hopes — unfulfilled. Thus, it is unusual that we report no fewer than four first seeds actually winning their divisions in the first annual Lexington.

David Brown bested Eric Gilbert in the finals of the Open 21-14, 21-14 in a match that had as its turning point Eric's two previous matches. Eric had defeated Dan Alder, Milwaukee, in a tough Saturday evening bout, 9-21, 21-20, 11-4 in a match marked by verbal assaults and super shots. He then came back Saturday morning to defeat Mike Sipes, Cincinnati, in another exhausting three game affair. By Sunday afternoon Eric had nothing left but serval teenage idolators. They weren't enough.

Dave had soundly defeated a hobbling Bob Dabney in the quarters and had come back from a 16-21 first game defeat to eke out an 11-6 third game victory over David Fleischaker, himself weary from a narrow three game victory over Tom Shivel, Ashland, in the quarters. Brown is in tremendous condition, and the final was really not very close in this 28 man division.

Holly Rentz and Lynn Simon, both of Kentucky, staged a slug fest in the Women's Division with Rentz prevailing 13-21, 21-11, 11-5, as much due to consistency as power. Two new players in this field will definitely be heard from later. LuAnn Gifford, of Cincinnati, and Emily Burke, of Louisville, both of whom lost to Simon at various stages, are strong. Experience will provide some leavening. Watch out for them.

Tex Boggs, of Frankfort, becomes an Open player (we wave magic wands in Kentucky and it just automatically occurs) after his victory in "B" Division over Mike Lykins of Lexington, 21-15, 6-21, 11-4. It's just a matter of time for Lykins who suffers from that dread disease. "High Potential". Boggs, 39-years-old, has played for just one year. He will get better. Dr. Bob Adkins, of Lexington, just coming off shoulder surgery, won his first tournament, besting Don Detjen of Ashland 21-13, 21-15. Was it plastic surgery?

Over 120 entrants participated, including 40 in the two C-Novice categories, won by Jeff Boyd and Beth Mowery, of Lexington. There is a market for summertime competition after all, Virginia.

New Jersey

Tournament: Courttime Open

Host: Courttime Meadowlands Racquetball Club

Men's A (Quarter-finals): Diemar d. Farrell 21-10, 21-4; Letter d. Fox 21-6, 21-11; Clark D. Vrola 21-8, 21-17; McAuliffe d. Luft 21-15, 21-13.

(Semi-finals): Diemar d. Letter 21-9, 21-2; McAuliffe d. Clark 21-17, 21-9.

(FINAL): Diemar d. McAuliffe 21-9, 21-2. (Third): Clark d. Letter 21-9, 21-14.

Missouri

Tournament: Kansas City Open

Host: Johnson County YMCA

Men's Open (Quarter-finals): Stepp d. Kay 13-21, 21-16, 11-2; Kottkamp d. Frye 21-11, 21-4; Zuckerman d. Champagne 13-21, 21-12, 11-5; York d. Kathrein 21-19, 13-21, 11-8.

(Semi-finals): Kottkamp d. Stepp 21-18, 21-19; York d. Zuckerman 12-21, 21-13, 11-8.

(Finals): York d. Kottkamp 21-17, 21-9; **(Third):** Zuckerman d. Stepp 21-17, 18-21, 11-7.

(Women's Open (Quarter-finals): Greer d. MacKenzie, forfeit; Stepp d. Shippy 21-15, 21-15; Cox d. Wilson, forfeit; Hoff d. Haller 21-15, 21-0.

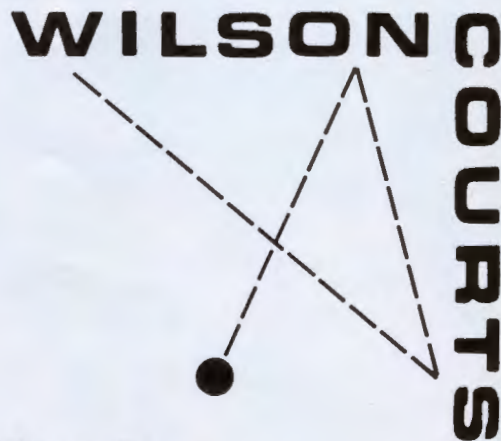
(Semi-finals): Greer d. Stepp 21-12, 21-5; Hoff d. Cox 21-5, 21-8.

(Finals): Hoff d. Greer 19-21, 21-17, 11-0; **(Third):** Cos d. Stepp 15-21, 21-14, 11-2.

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Right Back On Top

It didn't take Marty Hogan long to re-establish himself at the top of the racquetball ladder, - taking the first pro stop of the year without losing a game.



Brumfield races to deep court to retrieve another Hogan drive down the right wall in their championship match.

Make no mistake about it, Marty Hogan is the best racquetball player in the world today. Despite his shocking loss in the National Championships this past June, Hogan began the 1977-78 season in perfect form, stopping all pretenders en route to his \$4,000 first place victory.

The tournament, held September 7-11 at the Racquet Ball Club in West Allis, Wisconsin, was the first of the Colgate Men and Women's Pro/Am Tour for the year.

Davey Bledsoe, the man who upset Hogan for the National title last summer, was defeated in the quarter-finals by Steve Serot, who then fell to former National Champ Charlie Brumfield in the semi-finals.

That made a Hogan-Brumfield championship match, — and the two arch enemies seemed ready for each other.

"I've worked on my stroke over the summer," said Brumfield. "I know I've got to get more power into my game.

I've changed my forehand, which still needs work, but my backhand is right there."

Hogan, who hasn't changed anything in his super-power game, was ready for anything Brumfield could give him. In fact, it was Hogan who controlled the pace and shots in the match taking a 21-16, 21-17 first stop win, on the tour co-sponsored by Seamco and Leach.

Although the scores indicate two close games, they were deceiving, especially game one. There Hogan



Hilecher finds himself in the same boat against Hogan in the semi's as Hogan's blistering shots constantly kept Jerry off balance.

almost made a mockery of the former champ, racing to an overwhelming 13-0 lead after nine innings.

It was the usual Hogan doing his thing, — ace serves, power drives, forced kills and few errors. With a full gallery squirming slightly in their seats, Hogan made the match look like no contest.

But you can never count Brumfield out, and Hogan, already counting the 4,000 big ones as cash in the bank began to coast. As he did, Brumfield crept closer.

From 1-14 it became 5-14, then 6-15, 8-18 and a good run of an ace, three kills and an error made it 13-18 and the only one squirming was Hogan.

As Brumfield crept closer, Hogan began to bear down harder, but Charlie kept coming. Charlie picked up point 14 on a forehand right corner kill and the 15th came when Hogan tried to kill a forehand from deep court and skipped it.

Marty regained service knowing that he must have a point or else Brum's

momentum could easily bring him home. Hogan tallied that point on an ace serve, a booming drive to the right.

The ace seemed to take the wind out of Brumfield who could only add one more to his total next time in, while Hogan tallied the necessary two, one a Brumfield backhand error and finally a Hogan front court, forehand kill into the right corner for the 21-16 win.

Game two was even closer in final score, 21-17 for Hogan, but far closer in trading of points. There were ties at 6,



Serot gamely attempts to send the ball to the front wall via the back wall, as a desperation measure against Brum in their semi-final battle.

11, 12 and 15 before Marty was able to finally gain control at 18-17.

There the two superstars of racquetball stood, trading side outs, unable to tally points. Each man served three times and each man came up dry. Finally on his fourth attempt Hogan notched one on the board a backhand pinch kill in the left corner. He followed that with a forehand roll out in the right corner, one of those perfect, unreturnable blasts. Game and match Marty Hogan.

Hogan and Jerry Hilecher met in the upper bracket semi-final, a vocal battle between two long time friends. In this one neither player was able to dominate the first game and they had a monumental early match battle for supremacy.

With Hogan leading 5-4, each player tried five times to add to his total but neither could. Finally it was Hilecher, through a series of outstanding plays who bolted to a 9-6 advantage.

But Hogan came right back and the two see-sawed right down to the wire. Hogan killed twice to break a 16-all tie, but Hilecher tallied on a forehand kill and Hogan error to tie.

Marty ran to 20 with an Hilecher backhand error off the serve and a forehand right corner kill to make it 20-18. But showing the guts that makes him one of the top four, Hilecher held his ground and put one more on the board for himself, another forehand, deep court kill into the right corner.

Finally Hogan took the game with a backhand, pinch kill off a back wall set up for the final 21-19 score.

Jerry couldn't continue the pressure in game two as Hogan broke an 8-all tie to take an 11-8 lead, an advantage he nursed throughout the game, until he made three straight to take a 15-12 lead to 18-12.

Hilecher couldn't come back and Marty coasted in, tallying the last point of the match on a perfect ace to the right, 21-14.

In the bottom bracket Brumfield and surprising Steve Serot renewed their old rivalry, for the right to meet Hogan in the finals.

Serot, who had upset Bledsoe in the quarters, was showing a new style, with less emphasis on spectacular diving gets, and more concentration on shotmaking. The difference was apparent as the 21-year-old, four year pro moved to the semi's.

But Brumfield still has Serot's number, as the St. Louis lefty was continually coming from behind throughout the match. In fact, despite the close first game score, the match was never seriously out of hand for Brumfield.

Charlie took an early lead in the first game and built it to 14-5 at one point. When it reached 16-8, then 17-9 it looked to be over. But Serot hung in there, and while Brumfield was stuck on 17 (he served six times there), Serot began adding a point here and a point there to gain.

At 17-3 Brumfield relieved some pressure by scoring twice, but Serot came back with three making it 19-16. When Charlie couldn't score, Serot added one more, but that was as close as he got, with Brumfield going out on an ace and a pass left 21-17.

Steve never got in game two as Brumfield built a 12-4 advantage to 20-9 and then out.

But Serot should feel no shame. It's been a long, hard upward battle for the youngster, who three years ago was



Bledsoe races into the back corner to retrieve a Serot pass in their quarter-final encounter.

Brumfield sets up against Morrow in a bottom bracket quarter. Notice the eye contact by both players on the ball.

the second ranked player in the nation. His game plunged the last few years, and probably reached a low ebb with a round of 32 loss in the Nationals this June.

Obviously thinking and working on his game during the off season, he came into Milwaukee with a definite game plan and concentration. It was that plan and concentration that lifted him to his big win over Bledsoe.

It was Bledsoe's first real experience at negative crowd reaction, as he, the National Champ, attempted his first defense of the new title. Some definite hassling from the crowd surely upset Davey, and he was unable to put his mind on the first game.

On the other hand, Serot was red hot, hitting his shots precisely and keeping his head in the game, not the gallery. The result was a devastating first game mis-match, 21-7 for Serot.

Bledsoe regained much of his National title form in game two, keeping the game close with ties at 6, 8 and 14. But Serot had too much this day, and bolted to 19-16 before running out with a fine forehand kill at 20, and match point coming on a Bledsoe error (backhand skip) of the ensuing serve.

The other bottom bracket quarter found Brumfield against surprising Mark Morrow, who had upset Steve Strandemo in the round of 16 with some extenuating circumstances.

Brumfield seems to have Morrow's number when it comes tournament time, and this was no exception. The hard-hitting Los Angeles native couldn't cope with Brum's control, as Charlie grabbed an initial 10-0 lead in game one.

And although Morrow was able to get back close (13-8, 14-9) Brumfield actually coasted with at least a five point margin throughout for a 21-14 win.



Koltun scrambles back to deep court to cover an Hilecher pass in their good quarter-final match.

The second game was much of the same, with Morrow making another late run, but Brumfield hanging on without much difficulty 21-17.

Hilecher faced old nemesis Ben Koltun in an upper bracket quarter-final encounter and Ben, as usual gave Jerry as much as he wanted to handle.

The scores were in Hilecher's favor 21-18, 21-16, but the styles of each player always make for an interesting match. The quickness of Koltun almost neutralizes the power of Hilecher and the match was a typical one between these two St. Louis natives.

Grinding it out with shotmaking, Hilecher prevailed, but each game was in doubt until a late rush by Hilecher put them away.

The last quarter-final match found Craig McCoy facing Hogan and the first game was a rerun of many of their matches, i.e., Hogan dominating the court.

McCoy played the "there's no way I can beat Hogan" game and his lackadaisical first game effort showed it, 21-9.

But Craig got his act together, perhaps intentionally, and the second game was a real battle. Neither man could gain any momentum and finally it was Hogan, tallying the needed final point for a 21-20 match victory.

Morrow's round of 16 win over Strandemo was interesting in retrospect, as Strandemo, ill prior to game time with what he thought was the flu, still gave a valiant effort before being downed 21-12, 16-21, 11-7.

Two hours later Steve was in County General Hospital in Milwaukee and a week later the Mayo Clinic in Rochester, Minnesota with a severe kidney ailment.

Apparently a strep throat was the cause of his pre-match discomfort and the additional burden of a tough, three-game match affected his kidneys. It will be the end of November before Strandy will be on the court again, at the best.

A few surprises early in this event included young David Fleetwood's triumph over fifth ranked Richard Wagner in the round of 32, 21-14, 21-19, - a real shocker.

Jeff Bowman knocked off old buddy John Lynch, also in the 32's, 21-15, 21-8, as these former fraternity house roommates evened up their pro tally sheet.



Jay Jones is all determination as he sets to powder a backwall set up against Hogan in the 16's.

Men's Pro (Qualifiers): Sayes, Hemphill, Bowman, Fleetwood, Kelly, Mondry, McDowell, and Stephens.

(First Round): Hogan d. Sayes 21-11, 21-16; Jones d. Hemphill 21-4, 21-16; Bowman d. Lynch 21-15, 21-8; McCoy d. Zeitman 21-10, 21-10; Fleetwood d. Wagner 21-14, 21-19; Koltun d. Rish 21-9, 17-21, 11-0; Ikier d. Stafford 21-8, 21-7; Hilecher d. Fancher 17-21, 21-3, 11-5; Brumfield d. Kelly 21-4, 21-6; Chase d. Schmidtke 10-21, 21-16, 11-9; Morrow d. Drake 21-16, 21-15; Strandemo d. Mondry 21-20, 21-8; Serot d. McDowell 21-12, 21-7; Yellen d. Stephens 21-12, 20-21, 11-0; Keeley d. Wirkus 21-12, 21-11; Bledsoe d. Zuckerman 21-20, 21-17.

(Second Round): Hogan d. Jones 21-8, 21-15; McCoy d. Bowman 21-11, 21-18; Koltun d. Fleetwood 21-6, 21-9; Hilecher d. Ikier 21-19, 21-10; Brumfield d. Chase 21-14, 21-8; Morrow d. Strandemo 21-12, 16-21, 11-7; Serot d. Yellen 21-8, 21-14; Bledsoe d. Keeley 21-20, 21-14.

(Quarter-finals): Hogan d. McCoy 21-9, 21-20; Hilecher d. Koltun 21-18, 21-16; Brumfield d. Morrow 21-14, 21-17; Serot d. Bledsoe 21-7, 21-16.

(Semi-finals): Hogan d. Hilecher 21-19, 21-14; Brumfield d. Serot 21-17, 21-9.

(Finals): Hogan d. Brumfield 21-16, 21-17.



To the victors belong the spoils: Hogan and friend.



Nor did it take Peggy Steding any longer to take the first women's stop of the season, — in a tournament of surprises!

Green, making her first trip ever to the finals, shoots a backhand against Steding.

*Worry is written all over Wright's face . . .
... as Walton looks to the referee in their superb
first round match.*

The surprises in the women's division made the men look routine.

In a topsy-turvy tournament that saw many unusual things, only the emergence in the victory circle of Peggy Steding returned this bracket to some semblance of normalcy.

Number one ranked and National Champ Shannon Wright, the gal who "can play a whole tournament in one day," did just that, losing her first match in the round of 16, 21-13, 19-21, 11-2 to rookie Karin Walton.

Walton, like Fleetwood in the men's division, came up through the qualifying ranks to pull the major upset. But Karin did not stop there, topping another tour veteran, Jean Sauser in the quarters 21-6, 12-21, 11-1.

The win over Sauser looked like two different matches as Walton had no problems in game one, Sauser few in game two, and Walton barely any in the tie-breaker.

Finally the Walton wonder ended in the semi-finals where lithe Sarah Green proved to be too much for the sunny Californian and stopped her express 21-20, 21-11.

The first game was a beauty, probably the best single game of the tournament. Each lady had a lead at some point and the styles of both gals complemented the match. Each did more passing than shooting, hitting the big serves and driving the ball cross court or to the ceiling.

Walton carried an 18-16 lead into the final stages of the game, but Green was able to scramble back into it on an ace, a V-pass to the left, and an error by Walton.

Karin came back and a backhand, back wall kill for a 20-all tie.

But Sarah was up to the task, and regaining the serve she promptly hit a



Walton does everything she can to track down a Green pass in the semi's, but Sarah had too much and withstood a potential upset.

drive serve to the left, catching the crack at the left wall just behind the short line for a service ace and game point.

Walton seemed to run out of steam in game two, perhaps the long road of upset victims was finally taking its toll. In any event game two was all Green, as Sarah made her run for her first trip to the finals of a pro tournament.

From a 6-7 early deficit, Green jumped to 12-8 and 18-9 leads finally coasting in on a Walton forehand error for a 21-11 second game and match win.

The finals found Green up against Steding, racquetball's living legend. The road was not all that easy for Peg, but she still managed to get the job done, including a sensational 21-20, 15-21, 11-4 semi-final win over Jennifer Harding.

Harding, following up on her impressive semi-final finish in the Nationals, continues to play superb racquetball and has shown that she intends to remain in the top four. The lithe Portland, Oregonian literally had Steding on the ropes in their battle.

Jenny was able to erase a 17-13 Steding first game lead, and take a 19-18 advantage, only to find that the elusive 21st point was just not there this afternoon. As Harding served game point 20-18, Steding amazed all by shooting the serve with her backhand and rolling it out to regain that all-important service.

After a single point made it 19-20, Peg hit an amazing forehand left corner, reverse pinch for 20-20, and then lowered the boom with a forehand right corner kill for the 21-20 first game win.

Harding was not going to leave her second game in the locker room, however, and she came out ready to play ball in game two, taking a quick 4-0 lead, holding it to 13-9 and 15-10.

Steding gallops toward deep court as Harding moves in to cover center court in their excellent semi-final encounter.



Steding made her move closing to within 16-14, then 16-15 before Harding pulled away, tallying 20 on a pass left and 21 on a Steding backhand error, as Peg again attempted to shoot the serve.

So into the tie-breaker they went, but it was Harding who fell behind early, 1-4, 2-6 and 4-8. When Steding hit another ace, this one a hard Z to the left it was 9-4 and Jenny was in trouble.

A time out was the best she could do, but nothing worked as Steding came in and took the final two points, the 10th on a V pass to the right and the 11th on a skipped forehand serve return.

So the finals produced a Steding-Green match and the question was really whether or not Sarah, under extreme pressure, could mount a serious threat to veteran Steding who has been here so many times before.

Sarah could not mount the threat, in fact the match was not close in either game. Peggy went right on top in the first game, 4-1, 8-3, 13-4 putting on a display of shotmaking that many felt she left behind a few years ago.

Kills and passes, backhand and forehand, anything you wanted to see in shotmaking was there from Steding. From 17-7, Peg never let up, she wanted this one and she was going to go take it.

An ace to the crack on the left wall behind the short line was 18, a forehand, back wall kill into the right corner was 19, a backhand reverse pinch from shoulder high into the right corner was 20, and a forehand left corner kill from center court was the game, 21-9.

Game two was more of the same. Steding built a 14-9 lead from a 7-all tie and then after one stall at 14, added six

unanswered points, a combination of kills and passes for a 20-9 cushion.

Two wide outs later, Peg was back wrapping up the first tour title of the season on a forehand, left corner kill.

The most amazing performance in the quarters, above and beyond Walton's win over Sauser was Green's denastation of Kathy Williams, 21-6, 21-8.

Williams, a perennial top four, has had her troubles getting out of the eights recently and Sarah was all over her in this one. Kathy could hit nothing right, Sarah was virtuall perfect on the other side, and the result was what happens in those situations.

Harding topped Janell Marriott, another usuall top four performer finding the road more and more difficult in this increasingly difficult qomen's pro division. Jennifer had this match well in hand, taking it 21-17, 21-11.

Steding stopped Martha Byrd, who blasted Jan Campbell in the 16's, in the last quarter-final battle, with Peggy using her superior shotmaking to take 21-15, 21-9 games.

Other surprises along the way included National Juniors champ Jamie Abbott making her first for attempt and going three with Marriott in the 16's before succumbing 14-12, 21-19, 11-3. Byrd's 21-8, 21-13 boomer over Campbell was even more of a surprise, not only the victory, but the margin as well.

Green's only loss prior to Steding was against Sue Carow, who always seems to draw somebody at the top of her game. Green survived, 14-21, 21-13, 11-5.

Women's Pro (Qualifiers): Walton, Noguchi, Abbott, Peterson.

(First Round): Walton d. Wright 21-13, 19-21, 11-2; Sauser d. Noguchi 21-16, 21-7; Green d. Carow 14-21, 21-13, 11-5; Williams d. Schmidt 21-9, 21-10; Marriott d. Abbott 14-21, 21-19, 11-3; Harding d. Peterson 21-1, 21-4; Byrd d. Campbell 21-8, 21-13; Steding d. Hoff 21-15, 21-11.

(Quarter-finals): Walton d. Sauser 21-6, 12-21, 11-1; Green d. Williams 21-6, 21-8; Harding d. Marriott 21-17, 21-11; Steding d. Byrd 21-15, 21-9.

(Semi-finals): Green d. Walton 21-20, 21-11; Steding d. Harding 21-20, 15-21, 11-4.

(Finals): Steding d. Green 21-9, 21-9.

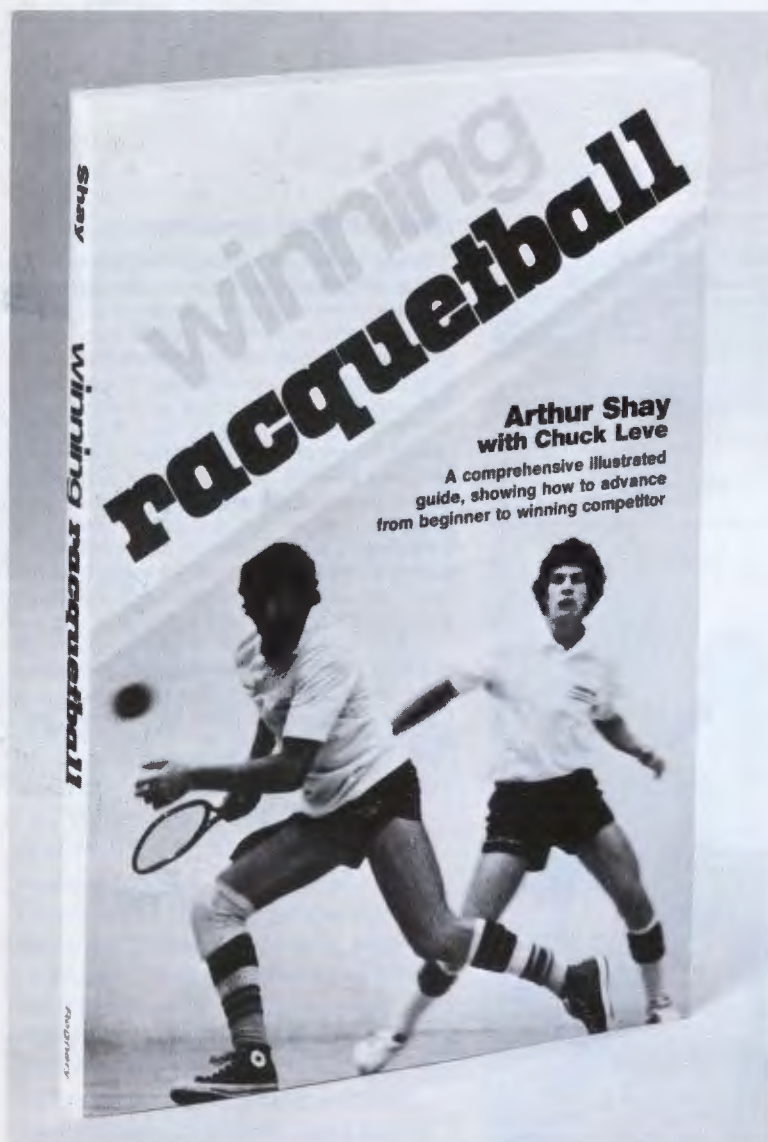
NOTES OF THE TOURNAMENT . . .

This was the first tournament to use the N.R.C.'s new qualification system, where the top 24 pros are placed directly into the round of 32, and all other entrants play the day before the tournament for the final eight spots. Some qualifiers did very well, including Fleetwood, Bowman and Gary Stephens who went three with Mike Yellen in the 32's. Both Walton and Abbott came through the qualifying round in the women's division . . . Many thanks to Keith Nygren, Sandy Coffman and all the hard workers at the Racquetball Club, just outside Milwaukee. It was a difficult tournament to plan for being the first of the new season, and all involved did a super job . . . Thanks to Dan Bertolucci, Ron York, Bo Champagne and all the pros and amateurs alike who aided in refereeing and line judging . . . Amateur winners included Rick Dern in the Men's Open, Marci Greer in the Women's Open, Roger Siegrist in the Seniors, and Joe Bechard in the Masters. ●



Sauser readies a forehand against Walton in one of the women's quarters.

winning racquetball



Foreword by Robert W. Kendler, President, United States Racquetball Association

Arthur Shay with Chuck Leve

Winning Racquetball is intended for beginning players seeking shortcuts to racquetball competence as well as those who have achieved the competence required to enter local club tournaments and last at least a round or two.

Building on the basics, Shay and Leve cover such areas as the mental attitudes required to win tournaments; how to get into supershape for racquetball; how to use your limitations (fatigue, for example) as advantages; and how to play against someone who is trying to out-psych you. There are winning suggestions for every department of play.

Proven racquetball winners, such as Steve Keeley, Steve Serot, Sue Carow, Kathy Williams, Charlie Brumfield, Bill Schmidtke, Ron Rubenstein, and racquetball's 19-year-old superstar Marty Hogan, are photographed in action and quoted throughout to illustrate the points made in the text.

Winning Racquetball will lead the racquetball enthusiast to the level of competence and beyond into tournament excellence.

Arthur Shay is a former *Life* and *Time* writer and *Sports Illustrated* photographer. He is the author-photographer of thirty-one books. Chuck Leve is the author of *Inside Racquetball* and the National Director and editor of *National Racquetball* magazine, the official publication of the United States Racquetball Association and the National Racquetball Club, Inc.

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And no one needs to tell you what graphite can do for a sport. Or sales.

And in the hottest, fastest-growing sport in the world, graphite is bound to be dynamite.

It's priced and designed to move, both off your shelves and on the court.

For starters, the Graphite-Performer is an incredible 250 grams light. Yet still packs the power of a heavier racquet.

It's rigid enough to virtually eliminate vibration and excess

flexing. Yet still keeps the control of glass-filled. Its unique narrow throat, one-piece construction (you won't find anything like it anywhere else) actually turns the entire string area into the sport's biggest "sweet spot."

And it feels great.

All for a suggested retail price tag under \$35.

That's right. Graphite for under \$35.

You can't miss.

The sport's most innovative racquet from the sport's most innovative name.

The competitively priced and designed Leach Graphite-Performer.

The future couldn't look brighter.



NUMBER ONE BY DESIGN