

National Racquetball®

Vol. 10 No. 3
March, 1981
\$1.50

• THROUGH THE
LOOKING GLASS

• Marty Hogan's Pinch

• Charlie Brumfield's
Practice Pointers

• Entry for April Regionals

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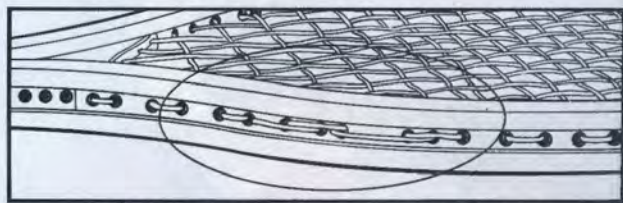
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On the Cover . . .

With the kind of magic that author Lewis Carroll gave to Alice's mirror glass has been changing the world of racquetball. To learn when and where the see-through substance first replaced a solid court wall and to read about its newest variation, turn to page 14.

— Murray Warren photo

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Opinions

From Bob Kendler



Stories that Are Made to Be Told . . .

Three Ways of Looking at College Racquetball.

If you don't believe the first story, try the second and the third. I am going to tell all three just as I heard them.

Bob Troyer is the math professor at Lake Forest College. He is also a heck of a racquetball player. I might add he's a heck of a tournament player. We are also happy to report that Bob Troyer is a heck of a math professor. Apparently his devotion to mathematics knows no bounds, even to the extent of using racquetball as a weapon. Believe it or not, good ole honest Bob Troyer insists, with a straight face, that there is a tie-in between learning racquetball and learning math. Not having had any formal education, it's not for me to dispute his claim. I know for sure that he wins a lot of tournaments around Lake Forest College, and he always has a dullard at his side. Strange as it may seem he is always able to turn them around and I can point with pride to the success Troyer Trainees have in business. Some even in racquetball. Some in handball. Some as national champions. Weapon? Racquetball!

Now don't start telling your friends that I said to be a winner, I recommend math and Bob Troyer. I wouldn't even recommend Bob Kendler. But I must confess, racquetball is having a profound influence in education. Students find it brings them closer to the faculty members, and the reverse is equally true. Both of them find it's a remarkable social outlet for faculty members, their peers and their pals. It's a brand new boiling pot, a homemade stew that finds us all in the same kettle, surprised at how well we improve each other's flavor!

Now for the second story. I just told you that racquetball "builds" intelligence; now I would like you to know it also builds schools at places like Lake Forest College, where Athletic Director Mike Dau has encouraged the institution to expand and improve sports facilities like handball/racquetball courts.

You know why racquetball and handball are now so prominent in the recreational budgets of our universities? They are the least expensive of any sport to play and the most persuasive in promoting lifetime associations with friend, faculty and facility. Have you ever forgotten the first place you played racquetball or handball? I haven't! It was in the hayloft of a fire barn. Have you ever forgotten the first people who taught you? I haven't. I count my handball days and handball friends as the dearest of all. I have never doubted the court sports helped to keep me alive. Along with my friend, God. And college coaches like Mike Dau, the University of Texas at Austin's Pete Tyson, the University of California at Berkeley's Jim Turman and the University of Cincinnati's Vern Roberts, Sr.

I don't want to get away from the second story. It's real simple. The way schools are installing racquetball and handball courts, it's clear that they realize the students find "higher recreation" an easier way to "higher education." Even the confirmed athletes find it puts a polish on their abilities. If great football or great basketball is important to them, handball and racquetball will condition their team like no other sport. It's fun exercise, not work-exercise. It's just as simple as that. Anyone can easily afford it, can easily mix, and the sports require no special skill to enjoy.

In March the University of Illinois will host the USRA Intercollegiate. Last year players from 37 colleges and universities from coast to coast took part. Memphis State University has stolen the front page in racquetball with the country's best program, and it attracts students because of its program. (The Universities of Illinois and Colorado have excellent racquetball facilities, and even though they don't have organized competitive programs like Memphis State, students choose those schools because they have free access to racquetball.) We can thank people like Jack Gillespie who is a legend in handball, and Bill Tanner who is equally famous in racquetball. To them belongs the success story of Memphis State.

Let me just add a third dimension, and I thank Howard Kessler for this message. He speaks with authority as he heads the architectural firm of Kessler, Mercil & Associates, leaders in the recreational design field.

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"Due to the concerted efforts of some specially interested groups throughout the Chicagoland area, a new lifestyle philosophy has begun to emerge among young people. It has to do with their introduction to innovative athletic activities through parental example. Fifteen or 20 years ago Chicagoans (as well as other winter belt residents) began to search for relief from the confinement traditionally dictated by the snow and cold. The YMCAs and school gyms were the first to offer relief, but the facilities were limited. At this point several enthusiasts of the good life through physical conditioning (Bob Kendler, for one) began a PR campaign aimed at producing major indoor facilities capable of inspiring participation. The result was a mass orientation toward conditioning. It developed into an interesting situation . . . young people liking the sports their parents were playing, and parents thrilled that their children were enthusiastic about participating. Both discovered immense benefits. (In my case three sons play handball, and my grandson, Jon, won this year's National Juniors Handball Championship at Memphis State University.)

"We are referring to the Park District, YMCA, municipality, school and private club facilities that have presented innovative recreationally oriented games to the public for the last 15 to 30 years. Considerable support comes from allied associations, recreational consultants and interested independent volunteers.

"The innovative athletic activities are basically those that take place in an enclosed court, 20 by 40 feet. Handball, still a vital growing sport, started it all, but the creation of the game of racquetball has added a dimension that has nurtured a love for physical conditioning in young and old alike.

"Racquetball really threw out the age barriers that sometimes discourage and inhibit. It is not necessary to practice two to three years before one can play a creditable game and have fun doing it. As a result a feeling of accomplishment encourages six to eight-year-olds, as well as 60 to 70 year-olds, to become involved. Once they are into exercise, they develop the feeling of well being that is the general result of body conditioning. Inevitably a goodly number will play a handball game now and then, or join an exercise class sponsored by the club or group and will generally strive to upgrade their overall physical makeup because they are now aware of the benefits. Truly the relationship of increased mental capacity through physical conditioning is instinctively an awareness.

"Those with inherent high mental capacity find that exercise and fitness stimulate mental activity. Obviously blood circulation is improved, but this feeling of well being dissipates stress and anxiety that have been known to stifle mental effectiveness and accelerate the aging process. This explains why the sports enthusiasts discipline themselves to keep in condition . . . Average and lower mental capacities have been shown to improve in efficiency with greater cardiovascular activity, nerve and muscular conditioning brought on through exercise. Observation and experience constantly demonstrate to all age groups that mental ability is the key to increased earning power.

Now I agree with Howard Kessler. It is certainly reassuring to feel sharp at exam time!

And I concur with Kessler that people who learn to play racquetball in college will pass that active athletic lifestyle onto their children, who will "place such importance on stimulating athletic involvement that they will choose a college and their place of employment or residence only if athletic recreational facilities are nearby."

Kessler, Mercer & Associates have been commissioned to perform the architectural engineering services for new student recreation buildings at Loyola University in Chicago, Northern Illinois University at DeKalb and a physical education and recreation building for Northeastern Illinois University in Chicago. In the competition for new undergraduates colleges and universities feel the necessity to have these facilities.

Though we still have a long way to go, we believe that the athletic conditioning philosophy has been an important factor in helping stabilize the younger generation. It is our belief that self pride derived from physical conditioning and the stress eliminated through active fun competition can keep young people in college and lead them into productive lives.

For your stories Thanks Troyer! Thanks Dau! Thanks Kessler.

Ernie & Bob Kendler

Ernie and Bob Kendler

Do not err, my beloved brethren. Every good and every perfect gift is from above, and comes down from the Father of lights with whom there are no variables nor shadows of turning.

James 1: 16,17.

From the National Commissioner



Thirst Quencher—Official for 1981

We are happy to announce that the United States Racquetball Association again has selected Wagner Thirst Quencher as the official drink for its sanctioned tournaments.

This is the second year the USRA has endorsed this product that has a fresh tangy taste for an extra lift for an active athlete. Pro and amateur players have been enormously enthusiastic about Wagner's. They've agreed that Thirst Quencher gives them high levels of energy.

Wagner Thirst Quencher, found nationally in supermarkets and grocery stores, replaces more than twice the body minerals in total than any other liquid previously marketed.

Dr. Barry Homler, technical director of the Consumer Products Group of A.E. Staley Manufacturing Company, developers of the product, says Thirst Quencher has twice the amount of potassium and more sodium than its leading competitor and that it's made to be easily absorbed into the body.

Wagner Thirst Quencher also contains high amounts of glucose and high fructose corn syrup. Glucose, found in other thirst quenchers, allows for the rapid absorption of the liquid, giving a player a quick shot of energy. However Wagner Thirst Quencher is unique in that it contains high fructose corn syrup, which has a slower rate of absorption—a "time release"—to sustain energy. Homler has explained that "during a strenuous racquetball match, the ingredients—including a high level of potassium—in Wagner Thirst Quencher not only stimulate muscular activity for quick energy, but also make it easier to maintain a plateau of energy for the duration of the match."

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ΩMEGA'S GALAXY 21.

One look says Omega isn't offering you "just another pretty racquet." This one is different. Dramatically! In fact, the Galaxy 21 is the most technologically advanced racquet in the game. From bumper strip to butt cap, the Galaxy 21 boasts more performance-enhancing properties than any other racquet on the market today.

The most remarkable difference is in the stringing pattern. It's unlike anything you've ever seen. So distinctive it's patented (U.S. Patent #4184679). The exclusive MadRaq™ stringing damps vibration better than conventional stringing methods.

Traditional right angle stringing disperses ball impact in only four directions. Galaxy's stringing distributes shock in six directions, four ways diagonally and two ways vertically. Thus, you can play "all out" racquetball with substantially less shock transmission to arm, elbow and wrist.



Strings give better "bite" on ball.

But the secret to a better racquetball game is to mix kill shots with finesse to catch your opponent off guard. And finesse is yours with the



Galaxy 21. Why? Because the unique stringing pattern gives you a better bite on the ball. You get better ball control, more topspin or slice when you need it. Sound good? Hold on. There's more!

Galaxy 21 has no throatpiece; another engineering design plus to create a lighter, "quicker" racquet. Only 240 grams. You'll swing through the ball faster. (And you won't tire as rapidly.)

Ah, and now the frame. Shiny black metal; quadrangular shape. Pin striped in red and technologically advanced by virtue of its "solid state" construction. The frame extends all the way to the butt cap (which is an integral part of the frame under another patent). The result is further shock absorption and vibration dampening. Beneath a rich silver embossed

leather grip, the handle is permanently bonded around the frame to form a total unit. The result? A super strong racquet—so strong it carries a 5-year warranty.



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USRA/NRC President Bob Kendler, seated, puts the association's official endorsement on Wagner's Thirst Quencher for Ben Bartolini, left, brand manager of A.E. Staley Manufacturing Company, Consumer Products Group, and Mike Barnett, right, the group's manager of sales-administration. Joe Ardito is also on hand.

Wagner Thirst Quencher was developed with the consultation of Dr. Theodore Sherrod of the University of Illinois Medical Center Department of Pharmacology.

Wagner Thirst Quencher will be dispensed at USRA sanctioned state and regional championships as well as at all the stops on the National Racquetball Club pro tour.

Joe Ardito
Joe Ardito

From the NRC National Director

Tempe for the 1981 Nationals

Back by popular demand the Phoenix Sunshine and the Arizona Athletic Club, called the racquetball's finest Nationals site by many, will serve as hosts June 6-13 for the Leach Pro/Am National Championships, co-sponsored by Seamco, Inc. and sanctioned by NRC/USRA.

The shouts of "Remember Tempe!" could no longer go unanswered. Everyone who remembered 1979's Nationals thought about the swimming pool, lounge/disco and large gallery area as well as the outstanding hospitality. And in response to most player opinion the NRC/USRA has decided to combine the event with the pros once again to allow everyone a chance to share all the excitement.

"We're taking the responsibility of hosting the Nationals very seriously," says Carl Porter owner of the Arizona Athletic Club, located in Tempe, just outside of Phoenix. "We intend to have every participant leave the tournament feeling that he or she had a great time and that their money was well spent." Nobody will get short changed.

Porter is a veteran when it comes to hosting National Racquetball Club and United States Racquetball Association major tournaments. He is a master at providing an atmosphere in which players and spectators enjoy themselves.

Porter stated in 1979 that "we hope to be selected as host of the Nationals again in the future and the only way we can guarantee that is if the players want to come back." Well the future is now and the players do want to go back to Tempe.

With the great fan support and the superb cooperation of the Arizona Racquetball Association (ARA) we expect even greater things to happen at the 1981 Nationals.

Entry forms and information on prizes, awards, souvenirs, hotels and tickets will appear in the April and May issues of *National Racquetball*. Remember Super-Savers air fare tickets are available now, and you can enjoy tremendous savings if you plan in advance with your travel agent or airlines.

If you were in Tempe in '79 you'll be glad to be back. If you weren't, you have a treat in store. Make your plans now so you, too, can experience the Nationals—Tempe Style.

See page 42 to learn how an Open division USRA Regional win can pay off in travel money to the Nationals. ED

Dan Bertolucci

Dan Bertolucci

From our Readers



Beautiful Sport

Dear Editor:

I would personally like to thank Mr. Kendler for his article "A New Thought for the New Year." In today's world so often our God is someone to turn to just in times of trouble. Your message was that He is always with us and we should give Him the honor and glory He deserves.

Thank you for expressing your faith openly through the beautiful sport of racquetball.

Bob George
Dodge City, KS

Halas' Bear

Dear Evie and Bob:

Your January editorial is magnificent. This is a message that must be brought to the attention of all, young and old.

Society's disregard of belief in and respect for a Spiritual Being and one's fellow man alarms me. If you do not have one, it is impossible to have the other. If our entire judicial system used just the two quotes from the Old Testament, which you included in your article, the law books would be the slimmest books published and the wisdom of the universe would be contained between its covers.

I was very moved when Vince Evans dropped to his knees on the playing field, but I was not surprised. I became well acquainted with this remarkable young man and his family when he was ill. At the time I met his mother I knew all I needed to know about Vince. He is his mother's son. Though I have not had the pleasure of meeting his father, I understand the teaching Vince received from his parents is equal.

I have great respect for Vince Evans. He is a man of stature and he is a splendid athlete. My faith in him as a creature of God and an athlete is total. I am so proud and pleased that the Good Lord saw to it that our life's paths crossed. He is my Bear in every sense of the word.

Thank you for writing this article. I am going to send a copy to Vince and to his parents. This article must be shared with them. Also I intend to see that your article reaches many hands.

George S. Halas
Chicago, IL

Setting Eyeguard Standards

Dear Carol:

National Racquetball is to be commended for many of its articles over the years and the magazine's stress on eye protection in racquet sports. It is my opinion, at this point, that anyone not wearing eyeguards is ill advised. With experience, as one becomes more competitive, one follows the ball more closely and consequently the risk of eye injuries appears to be just as high after 10 years of experience as after a year of play.

Being a squash player myself, although playing some racquetball, I can see why Heather McKay wears eyeguards in racquetball and not in squash. Although she's much more familiar with squash, it is my opinion that the main factor she considers is the recoil effect of the ball off the wall, an incredible sight in racquetball.

The Canadian Standards Association has formed a committee, of which I am task



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force chairman, to set standards for eyeguards. We have agreed unanimously that any guard must prevent the eye from touching the racquet or ball, but there are many other factors we are considering.

We welcome input from players—both squash and racquetball—from both sides of the border.

Michael Easterbrook, M.D. F.R.C.S.(C)
Toronto, Canada

You can write about your experiences with eyeguards and send suggestions to the eye physician and surgeon at 1849 Younge St., Suite 303, Toronto M4S 1Y2. ED

Impressing a Magazine Lover

Dear Mr. Squires, East Coast Editor:

I'm writing to tell you how impressed I am with *National Racquetball*. I have seen two recent issues and the excitement of the sport really comes through—to this beginning player and magazine lover.

Judy Gould
Brooklyn, NY

Sullivan and Travis "Outstanding"

Dear Mr. Kendler:

I wish to compliment you and your staff for selecting Dan Sullivan and Dave Travis as the USRA Chairmen for the State of Maine. They did an outstanding job as directors of the Natural Light Pro/Am tournament at our Holiday Health and Racquet Club.

Keith Mahaney
Bangor, ME

Results and a photo are included in this month's USRA Amateur section. ED

More Soccer in the Court

Dear Carol:

Thank you for including Court Soccer in your court games article. More than 30 clubs—mostly in the midwest and east—wrote us after reading about the game in *National Racquetball* last October. You might be interested in knowing that Harry Bald, head coach of the North Torrance High School team, is adding variety to his team's practice by having members play Court soccer one day a week at a local club.

Lee S. Jones
Santa Ana, CA

Shooting down the Stars

Dear Sirs:

Regarding the December cover—okay, I think this is enough trying to glorify the cover with movie stars. In the beginning we may have needed this method of calling attention to our sport. Now I think we can make it on our own merits. Let's show racquetball players on the cover and write articles about racquetball for racquetball players. If we want to know about Judy Norton-Taylor, we can pick up a movie magazine.

Mike Palmer,
Carmichael, CA

Racquetball Poet

Dear Sirs:

Enclosed is my poem, "The Shootist," a takeoff on Kenny Rogers' "The Gambler." If you feel other racquetball players would enjoy reading it, please feel free to use it in *National Racquetball*.

Kathy Baker
North Manchester, IN

Readers will find "The Shootist" on page 42 in our USRA amateur section. ED

Missing Shot

Dear Ivan Fuldauer:

I really enjoyed your article in the October issue of *National Racquetball* "Shots that Stick to the Wall." I am thinking of getting a few posters to decorate my room in the dorm. I really liked the color poster of Marty Hogan that appears on pages 16 and 17. The lettering on the bottom of the poster reads: Japan Racquetball Association 1980. Could you please tell me where I can obtain this poster?

Craig Nishizaki
Sacramento, CA

Our sources tell us that particular poster is not available. ED

Thanks from Durango

Dear Carol:

Just a note of thanks for your recent article about the Court Club of Durango in the December issue of *National Racquetball*.

Roy H. Solomon
Durango, CO

Kangaroo Second

Dear Carol:

In Dick Squires feature of racquetball in New Jersey he erroneously talks of the Kangaroo Courts as the first facility. Bob Leckie, a noted author of religious books and also some sports books, put together the first club a decade ago at Tierney Rd., Lake Hopatcong. Bob had tired of the heavy turnpike traffic when going to and from his handball play in Manhattan and decided to alleviate the situation by building his own club. His initial effort included three racquetball/handball courts and two squash courts. Later he added three outdoor rb/hb courts. Then after such experimentation with participation he remodeled and now has seven indoor rb/hb courts.

His club has the homespun club atmosphere with congenial food/beverage service.

Mort Leve
Scottsdale, AZ

Selective Sharing

Dear Kendlers:

I was skeptical when I won a subscription to *National Racquetball* last April because I doubted that there would be anything of interest in it for a very new player.

I've been pleasantly surprised. The instructional section especially holds my interest and has expanded my vocabulary (drive, pass, Z serve, dink) if not my racquetball prowess.

I have been passing on old *National Racquetball* copies to my racquetball partner, but as I lose more and more games to her, I can see that has to end, or else I'll remove the instructional section before letting her read all about ceiling shots (puff, puff) and such.

Thanks from a converted skeptic.

Judi Myers
Pinedale, WY



"If you want the best in Racquetball... Head has it all!"

Steve Strandemo



Steve Strandemo, Head Racquetball Touring Professional/Instructor, says, "Pick the racquet that suits your game and let Head quality engineering do the rest."



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The Thrill of the Crowd

With No Distractions

King's Court Unveils Three Walls of Two Way Glass That's Both Opaque and Transparent

by Ivan Fuldauer

Jerry Turco, a New Jersey builder and road contractor, threw away the checkbook when he got three-quarters of the way through the construction of his newest venture, the King's Court, in Lyndhurst, NJ, the first racquetball club anywhere with a Twin-Vue three-wall glass exhibition court.



Jerry Turco

"We were just interested in making this a first class club," Turco says of what has become a family business. "We didn't want to cut any corners. We wanted it to be the best, or at least one of the best."

With 26 racquetball courts, down two from the original plans because of the change in design to include the Twin-Vue glass exhibition court and tournament seating; a squash court; an indoor track; heated swimming pool, steam room and sauna; whirlpool; sun room; nursery; lounge and electronic game room; facial, massage and hair salon services; and a restaurant and bar/lounge that should "help pay the mortgage," Turco says, the club is indeed one of the fanciest anywhere.

The gleaming highlight of this jewel of a club is the Twin-Vue three wall glass exhibition court. It's the centerpiece of the Turco family's facility.

Mimi Turco, 22, who manages the daily operation of the King's Court, says "we expected it to be nice. But, it's more than just nice. It's beautiful."

"Everyone wants to test it. I think all the top names in New Jersey, New York and Pennsylvania have been here. We're expecting Marty Hogan to stop by the next time he's in the New York area. We've even had people from Canada, England and other European countries visit us just to see the exhibition court."

What's the player's reaction to the Twin-Vue glass walls?

Glenn Sorrentino, King's Court's head pro, says "it's much better than clear glass. I can see the ball better. There are fewer distractions along the side walls. The ball stays in play much longer. Though the ball sticks to the glass a bit more, slowing down the game, there's more action because of the longer rallies."

Like a Hard Wall

Melanie Taylor, formerly of Chicago and now of Upper Montclair, NJ was impressed with the Twin-Vue glass because "it plays like a regular hard wall surface." Taylor, who has competed on the women's pro circuit, noted she got "great Z serves. And I had no problems with the ball in the deep corners where you normally have problems."

"Twin-Vue helps both the spectators and

the players. Spectators appreciate the longer rallies and the gets. For players it's fairer. There's better depth perception. You don't lose the ball for a split second, the way you do with clear glass."

Though strategy and shot selection will remain fundamentally the same, Taylor says, "Twin-Vue glass will definitely be to the advantage of the control player. It may even change the game. There'll be longer rallies."

Fran Davis, also of Upper Montclair, one of the most talented players along the eastern seaboard, found the Twin-Vue court to be "a hundred times better than three wall clear glass courts I've played on, because of the better visibility. There aren't any distractions. Twin-Vue is easier to adjust to than going from a white, solid side wall to clear glass. No adjustment whatsoever. Oh maybe 30 seconds."

What makes Twin-Vue glass so unique? Players see opaque walls, even though they're surrounded by spectators viewing the action through what seems to be conventional clear glass. About the only visual feature that differs for spectators is Twin-Vue's grayish patina instead of the sickly green that is the trademark associated with clear glass.

Barking Twice

Charlie Brumfield, the longtime champion who preceded Marty Hogan's reign, gets a laugh at his clinics with this line about three walls of clear glass:

"You need a seeing eye dog that barks twice for a pinch shot and once if it's down-the-line."

Brumfield says his first encounters with glass were "disquieting" because "I couldn't follow the flight of the ball... Virtually everyone who grew up without the glass didn't learn to follow the ball out of the racquet... We looked at the target area." When that target area affords clear view of moving spectators or a darkened bar area and you're hitting a ceiling shot, "the ball disappears," Brumfield explains.

He puts clear glass in the same category as the faster ball as an influence on today's style of racquetball play. "It gives a big advantage to the player shooting



hard and accurately from the back court. It keeps a player like me, who has good front court coverage, from flowing in and cutting off the ball at the last instant."

But Brumfield recognizes the need for glass. "It changed racquetball from a participant to a spectator sport. And the new glass sounds like another stride. I look forward to playing on it."



—Ivan Fuldauer photo

Close up Twin-Vue blocks out the background, behind the glass, but as the players move to the other side of the court, the wall appears translucent, revealing more of the crowd. That's Fran Davis with Mark Pickering, above, and playing against Melanie Taylor.



—Murray Warren photo

How is this accomplished? Falconer Glass Industries uses Twin-Vue's patented process to apply millions of black and white dots to the clear glass during manufacture. The players see the white dots, which gives the effect of a white wall, while the spectators see black dots. They see the action clearly. The dots are indistinguishable except close up. In short you have to look for them to be aware they're there at all.

Distributed, installed and manufactured in the United States by W&W Products International, Inc., Spring Valley, NY Twin-Vue is endorsed by the United States Racquetball Association.

Better Depth Perception

Ron Haber, W&W International's president, believes that some court club owners will eventually convert their clear glass side wall courts to Twin-Vue to overcome player's objections to the depth perception problem associated with courts walled with clear glass.

"Players tell me they have trouble telling where they are in relation to the wall when playing on clear glass courts. Sometimes they think they're a foot away from the wall when they're right on top of it. On the other hand they could be two feet away.

"More important perhaps," says Haber, "is what Twin-Vue will do for television.

"First of all Twin-Vue makes it easier to focus on the players. A camera shooting through clear glass on a multiple glass wall picks up the crowd through the other wall. Then, too, clear glass often produces ghosting—a second greenish image next to the player. Twin-Vue eliminates that.

"Another important advantage of Twin-Vue is that it makes shooting through the front wall practical. A clear glass front wall is just not playable. A fourth benefit of Twin-Vue is that it requires less light. Less light escapes through the glass—the white dots recycle the light back into the court."

Mark Pickering, an executive with Ellis Pearson Glasswalls, Sheffield, England,

International Viewers

agents for the Twin-Vue system, flew over to New York from London to view the world's first installation of the company's product on a three wall court.

He believes that the potential for installation of Twin-Vue overseas is "every bit as exciting as in the U.S. In Europe squash is already very popular and racquetball is just now starting up. The clubs to be built overseas will be very much like the successful 'open plan' [see side bar with this story] full service clubs you have in America. We expect to install our first Twin-Vue court in Canada later this year and Twin-Vue squash courts are already on order for Germany and France.

"I believe, though, that racquetball will become very popular in Europe within a few years and that Twin-Vue glass will be one of the reasons for the game's success. Racquetball has to be sold to the European public. And there's no better way to do this than to expose them to top quality tournament play on a full view court."



Roland Hill, standing on the far right, is the designer from England's Campbell, Reith & Partners who created the concept for the portable glass court to be made with Twin-Vue glass.

Twin-Vue Vice Presidents Jerry Haber, standing far left, and Ron Haber, standing fifth from the right, welcomed Hill and others who flew to Lyndhurst, NJ from Europe for the unveiling of the world's first installation of three Twin-Vue court walls. Left to right, standing: J. Haber, Brian Winterburn, Phillip Wise, David Pearson, David Lock, Bob Morris, Jeff Poole, R. Haber, Ian Wright, Jean Reynolds, Lou Zandvliet and Hill. Kneeling, left to right, John Easter and Rob Pope. Pearson who lives in England, is president of Twin-Vue. The others are associated with squash organizations.

Playing in the Open

Chances are you'll play on Twin-Vue even if you never step into the portable court for which the new opaque-transparent glass was invented.

That's because racquetball facilities are turning to the "open plan" club, with courts of Twin-Vue glass on the same level as the lounge and seating areas.

"The open club design makes the club an attractive gathering place," says Ron Haber, president of W & W International, which produces Twin-Vue in the United States. "The concept replaces long, low halls between courts and the necessity of hanging over a railing to watch a game.



"People like to relax around the courts—in a lounge or a restaurant—while they watch their friends play. In some cases clear glass is workable for the open plan. In other cases, especially where side walls are open to lounge areas, Twin-Vue is the answer."

The open plan of San Francisco's Bay Club gives members two different levels of racquetball viewing through back walls of glass.

Glass Roots

Here are some landmark years in the development of glass for racquetball:



1943

Handball Champ Bob Kendler leases the former Medinah Club on the first 14 floors of what is now the Sheraton Hotel on Chicago's Michigan Avenue. He changes the name of the four handball-one squash court operation to the Town Club. "When I took over," the 77-year-old NRC/USRA president recalls, "the fellows would go on the handball court with a jock strap, a pint of gin and a cigar... I played handball there after work and brought my wife, Evie, with me. She'd have to lean over the railing to watch me play. I wanted to make it comfortable for her to watch. Her comfort made me look for a way to install enough glass so she could sit and watch the game... and that glass, bringing the game out in the open, changed the whole complexion of handball—and eventually influenced the course of racquetball."

Kendler contacts a glass company about making a sheet of glass tough enough to withstand the hammering from a handball. At the same time he asks Clare Hinckley, architect and engineer with Kendler's Skokie (IL) building company, to invent a way to secure the glass while accounting for its expansion and contraction. Kendler and Hinckley come up with a screwclip system and the manufacturer creates a plate glass skin that a hard hit handball can't crack.

1958

A group of handball players at the Aurora (IL) YMCA raise funds for a new addition that includes an exhibition court with two side walls and a back wall ceiling to floor of tempered glass, made up of five by 10 foot panels—one on the other—that fit into a framework at the top and bottom. Art Linkletter, one of the day's big name TV personalities and a handball playing friend of Kendler's, arranges for a live coast to coast hour and a half broadcast of the United States Handball Association Nationals. Joe Ardito, who later took his present post of USRA national commissioner, is among the players televised through one stationary camera placed in the center of the balcony and focused on the court.

Charlie Brumfield, left, and Dave Bledsoe in Aurora, IL.

1969

The first racquetball Nationals, played at the Jewish Community Center in St. Louis, give many competitors their first experience with glass. Recalling that encounter Charlie Brumfield says "It was disquieting to lose the balls against the glass."

1975

National Racquetball Photographer Arthur Shay takes his first racquetball pictures through glass at the NRC pro stop at the Court Club of Burlington, VT. (Another first for

—Arthur Shay photo



Marty Hogan, left, and Brumfield in Burlington, VT.

that December event: A 17-year-old named Marty Hogan wins his first professional tournament.) Shay acknowledges that he catches the action better through the side wall of glass than he does shooting through the safety window in the court door, but he remembers "The standard green-blue half inch glass of that wall—coupled with arc lights—added an unwanted color to the pictures."

1977

David Pearson, partner in a family glass business in England, flies to Australia to work with an architect on a product that is equally advantageous to players and spectators, with a surface opaque from the inside of the court and clear to the gallery surrounding the court. The resulting product is a patented ceramic mixture that looks like printed white dots fused into the surface of tempered glass.

1978

The first panels of dotted glass, now known as Twin-Vue, pass the playing-viewing test in a partial court erected in a British TV studio. After playing on the sample court the USRA's Dan Bertolucci, now NRC director, observes that he can follow the ball the way he can against a solid white wall.

1979

Alex Guerry pioneers Twin-Vue with one wall in a court at the Sports Barn in Chatanooga, TN. Club members praise the playability of the court and Guerry makes suggestions for further improvements. W & W decides to make Twin-Vue whiter from the inside by changing the dot formula.

1980

King's Court in Lyndhurst, NJ becomes the first facility with a court that has three walls opaque to players and transparent to the audience. (Other clubs install one and two courts with similar walls.) For reactions of players and others at hand at the December unveiling in Lyndhurst, see the story on these pages. ●



—Arthur Shay photo

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South Vineland Tri-City Health and Racquet Club	Ashtabula Sportstown	Coraopolis Airport Racquet Club	TENNESSEE	Missouri City Athletic Attic	River Falls River Falls Racquet and Health Club
Wayne Athletic Attic	Bath Bath Back Wall	Doylestown Cross Keys Racquetball Club	Goodlettsville Racquet South	Pasadena Oshman's Sporting Goods	Waukesha Racquetball Clubs
Westwood Westwood Racquetball Club	Beachwood Beachwood Back Wall	Feasterville B & R Racquetball Club	Jackson Don Kessinger Court Club	Ruston Racquet Run Health Club	Wes Allis Racquetball Clubs
NEW MEXICO	Bedford Heights Rockside Back Wall	Fort Washington Fort Washington Racquetball Club	Knoxville Court South	San Antonio The Athlete's Foot (2)*	
Albuquerque Sun Sports	Centerville Congress Park Circuit Courts	Gigsonia Lake Vue Sports World	Memphis Don Kessinger Court Club (2)*	Oshman's Sporting Goods	
Tom Young's Spa and Court Club	Cincinnati Court Jesters	Glenshaw Shaler Racquetball Courts	Murphreesboro Court South	Waco Spenco Sports	
NEW YORK	Mid-Town Court Club	Horsham Babylon Racquet Club	TEXAS	VERMONT	
Albany Twenty First Point Club	The Athlete's Foot (3)*	Indiana Chatham Sports Center	Addison The Back Wall	South Burlington The Athlete's Foot	
Blauvelt Rockland Racquetball Club	Cleveland Hermes (2)*	King of Prussia King of Prussia Racquetball Club	Arlington Larry's	VIRGINIA	
Buffalo Orchard Hills Racquet Club	Columbus Agler-Davidson Sporting Goods (2)*	Langhorne Middletown Racquet Club	Austin Oshman's Sporting Goods	Alexandria Bob Grissett Golf Shoppes	
Carmel Tiny Sports Center	Huber Heights Huber Heights Circuit Courts	Landsdale North Penn Racquetball Club	South Austin Sports Center (2)*	Fairfax Fairfax Racquet Club	
	Kettering Dayton Circuit Courts South	Monaca Chatham Sports Center	Sporting Feet of Texas (2)*	Quinton Brookwood Golf Club	
	Mentor Mentor Back Wall	Monroeville The Athlete's Foot	University Co-Operative Society	Richmond C.P. Dean Co. (3)*	
	New Philadelphia Sportstown	The Pittsburgh Racquet Club	Baytown Nelsons Sporting Goods		
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Energy to Win

How to Avoid Fatigue on the Court

by Frances Sheridan Goulart

In 500 B.C. the seer, Suttapitaka, said "... better to live one day of steadfast energy than a hundred years idle, without it..." Centuries later Sir Thomas Powell Buxton, the English social reformer, remarked "The longer I live the more deeply I am convinced that that which makes the difference between one man and another—between the weak and the powerful, the great and the insignificant—is Energy."

Certainly energy is what makes the difference between great and insignificant racquetball players. And no wonder.

"Racquetball's chief benefit is a vigorous workout in a short period of time," says L.G. Van Bellingham, owner of New York's Manhattan Squash and Racquetball Club. "It is more physically demanding than tennis... you take more swings, run more steps and circulate more oxygen through your bloodstream in half an hour than in an hour and a half of tennis singles."

As an athlete on the muscle your energy needs differ from your bench warming brethren.

Explains Covert Bailey in *Fit Or Fat* "Muscle (which accounts for 30 percent to 50 percent of the athletic body) is unique in its ability to produce sudden bursts of energy. All cells require energy, but cells other than muscle undergo relatively small changes in their energy requirement. For example brain cells use only two times as many calories during intense thinking as during sleep. Muscle cells, on the other hand, going from a resting condition to a sudden burst of energy, may increase their energy demand by fiftyfold in a split second... Muscles contain the only tissue with enzymes that are specialized for sudden increases in calorie burning."

But what if you're suffering an energy eclipse; what if your muscle hustle isn't what it used to be? Here are a few of the reasons you may feel like you're running on empty.

Eighty percent of tired people we treat," say *How to Triple Your Energy* authors, Doctors Leonard Haimes and Richard Tyson "are suffering from a combination of bad habits, inferior menus and poor mental attitudes."

Certain times of the day may be your "buzz periods" when you tire most easily.



Indeed negative emotions and a non-positive attitude on court can literally drain you of energy. But even bigger bad news bad habits are:

1. Over-Training. You may be playing without proper recovery periods. Physical fatigue involves a slow but progressive decrease in oxygen molecules

delivered by the blood supply's hemoglobin to the muscles. The oxygen and the glucose in the blood combine into glycogen that provides energy to activate the muscles.

A good oxygen supply means good muscle operation (barring other defects). Furthermore the residue of the oxidation of glucose—the waste product called lactic acid—must leave the body quickly.

*Persistent fatigue can be caused by hormonal imbalances, chronic infections, allergies and a variety of serious illness as well. See your physician to rule these out.

Your body needs time to recover between playing periods.



Riding a bike—mobile or stationary—is a low level activity that builds endurance for the greater energy demands of racquetball.

"When an athlete accumulates an 'oxygen debt,' (measured by determining the amount of lactic acid . . . in the muscles . . .) recovery may take an hour or more, depending on the degree of conditioning, according to a 1972 article in the Journal of the American Medical Association." "You will feel fatigued after a hard match if you don't allow enough time for your body to recover its reserves," the article warns.

You might consider the energizing end results of what Clarence Agress calls "dash training," in his book, *Energetics*. "Running at full speed uphill for 30 to 60 seconds, repeated five to 10 times a day and allowing low-level exercise between dashes, will improve performance. In independent studies subjects made to perform interrupted and continuous exercises exhibited greatly improved performances . . . Dash Training increases the capacity for hard exercise with less fatigue say experts, training the large muscles . . . in the arms and legs without overloading the lungs or the heart."

On the other hand your fatigue may be caused by

2. Under-Training. If you haven't been extending the limits of your endurance, you may think you haven't got as much energy as the next person. You may, in fact, be under-trained.

Actually energy begets energy.

As Exercise Expert Herbert DeVries observes in his book, *Vigor Regained*, "When muscle glycogen is depleted by vigorous exercise, the level stored increases to approximately double its previous quantity within about three days (when accompanied by a balanced diet, including plenty of carbohydrates). DeVries says the right amount of exercise increases fuel stored in muscles and makes the oxygen supply readily available to the active muscles. This availability of oxygen determines the upper limits of intensity of exercise we can sustain.

Other experts agree that much fatigue is due to improper habits of exercise.

"Under-trained athletes often show up at racquetball courts," says Hal Higdon in *Fitness over Forty*, "determined to make full use of court time in a sport that will put more sudden stress on the body than running a mile or a marathon."



The best way to remedy this, says Higdon, is to train yourself into better racquetball readiness by running, jogging, cycling or swimming—so called low level activities that build strength and endurance.

According to H.G. Knuttgen M.D. and associates at the Department of Physiology at Karolinska Hospital, Stockholm, and the University Hospital, Uppsala (Sweden), if you run by using short-distance fast sprints or long distance slow runs, your ability to burn oxygen will improve because your muscles, making up 40 percent of your body weight, develop a better capacity to use oxygen and gain greater strength.

Other studies also conclude such extra training pays energy dividends.

"Highly trained athletes need less energy for a given performance than do less well trained athletes, according to a 1970 article in condition. This is a consequence of improved efficiency in the working muscle, better metabolic economy, greater heart-lung efficiency, better coordination and more economic technique."

Stretching before a game can double your energy while you play.



3. Food, Drink and Vitamins. Another reason you can't get that second wind is that you may be out of gas or out of Thirst Quencher, or you may need further athletic support in the form of nutritional supplements.

Dehydration during tournament play, for instance, often goes unnoticed and unchecked. Yet when more than two to three percent of the body's water is lost, performance declines.

There is tremendous individual variation in fluid loss under the same basal conditions, even for people of the same general body build, say experts. Heat fatigue can happen to anyone because it is related not to physical conditioning, but to acclimatization to hot humid weather. High humidity decreases the effectiveness of sweating and *increases* heat stroke possibilities.

Once the temperature goes above 80 degrees, sweating is the only mechanism by which the body can cool itself. Loss of water through sweating is greater than the salt loss and is always accompanied by fatigue.

Taking a drink during a time out helps fight fatigue.



You can protect yourself by becoming a faithful water drinker, or replacing liquid losses with foods that are specially juicy such as tomatoes, oranges, and watermelon and tangerines.

Likewise a reducing diet low in calories or providing unbalanced amounts of nutrients can be an energy defuser. Covert Bailey cautions that on a high protein, low calorie diet "It is possible to lose as much as one pound of muscle for every pound of fat." Just as exercise affects the level of the glycogen stores, so can diet alter the amount of glycogen in the muscle.

One way is to up the carbohydrate content of your diet (fresh fruits, vegetables and whole grains) to 75 percent prior to and during any competition heavy period.

"This means relatively light meals that are high in carbohydrates . . . avoiding foods like steak which are high in fats and protein and hard to digest," says Tom Fahey, Ph.D., who heads the physiology lab at DeAnzo College in Cupertino, CA. (Fahey also recommends that pregame meals should be eaten four to five hours prior to competition.)

Vitamins and minerals? You need them at all times, but doctors and exercise physiologists say you can combat unusual sports fatigue by taking extra amounts of some nutrients temporarily.

"Magnesium and potassium are the two most important minerals in combating fatigue," says Howard Lutz, M.D., nutritionist and director of the Institute of Preventive Medicine, Houston, TX. "If you have a deficiency in these two minerals, you'll experience tremendous fatigue. You may wake up in the morning and feel so tired that you want to go back to bed. At the end of the day you feel washed up. Your muscles feel soft, flabby and drained of energy. Sometimes you experience muscle pain and your reactions are poor," Lutz adds. Good sources of these minerals include seafood, sea vegetables, dark green leafy vegetables and raw nuts.

Edmund Flink, M.D., of West Virginia University Medical Center, suggests that supplements of magnesium and potassium to the diet result in new energy within five to 10 days.

4. Stretch.

According to Rene Cailliet, M.D. of the Department of Rehabilitation Medicine of University of Southern California, "If your muscles are tight, they are restricted and burn up energy causing pain. By stretching muscles you increase your energy potential and neutralize the symptoms caused by tension. You can double your energy and cut your pre- and post-game tension in half with these stretching exercises."

Lower back stretch - Lie on your back with your knees pulled tightly to your chest. Wrap your arms around your legs so you're in a tight ball. Then push your knees against your arms for five seconds. Release and relax. Repeat eight to 10 times.

Spine limbering - Sitting with both legs bent, knees facing outward and feet together, gently try to bring your nose to your feet. Hold for five to seven seconds and then come to an upright sitting position for three to five seconds. Repeat eight to 10 times.

Lateral muscle stretch - In a standing position lean to one side, reaching down with your right arm to the lower part of your right leg. Your left arm should arch over your head toward the right side. Hold for five seconds. Return to a standing position. Repeat 10 times. Then do the same exercise on your left side 10 times.

Head twisters - Stand with your arms at your side and touch your left ear with your left shoulder and hold for three seconds. Repeat 10 times on each side.

Neck twist - Stand with your arms at your side and bring your chin to your right shoulder and hold for three seconds. Repeat eight to 10 times on each side.

5. Consider Special "Energizers"

•Brewers yeast and nutritional yeast ward off energy-robbing low blood sugar levels.

•Kelp, a tasty high mineral powder from seaweed, is also a natural energizer, and so are wheat germ, wheat germ oil and calcium pangamate (B15).

1. **Forget about last minute munching.** The energy athletes expend in performing in any competition comes from food consumed anywhere from several days to two weeks before the event.

2. **Time your meals to maximize energy.** Catherine Cowell, director of the Bureau of Nutrition of the New York City health department, says a lag of two to three hours between the meal and the competition permits proper digestion.

3. **Be aware that certain time periods in the day are "buzz periods," bad times for giving a game all you've got.**

Glycogen levels, for instance, begin to decline in the late afternoon. And by early morning (3 a.m. to 6 a.m.) your liver has used up much of its glycogen. Steroid hormone levels are on the decline around 5 to 7 p.m. and this decline in hormones is experienced as fatigue.

•Bee pollen might be worth a try.

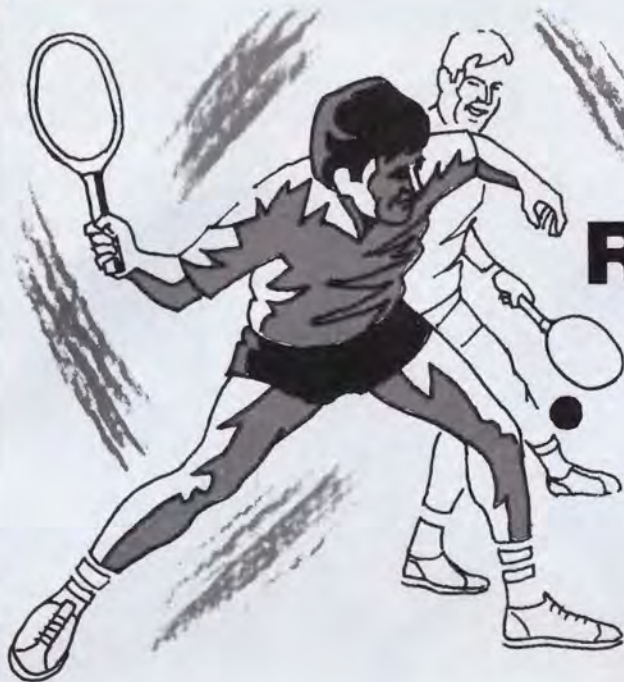
"Taken daily and specifically between exercises of high intensity, pollen . . . is a boon to athletes during the days, weeks and years of grueling work preparatory to major competition," says Former Russian Olympic Coach Remi Korchemny. He recently concluded a two year research program on the effects of bee pollen on athletic performance at Brooklyn's Pratt Institute, where he's now coach.

Another bee believer is Irving Glick, M.D., who was team physician to the New York Apples, the World Team tennis champions.

Glick actually put the New York Apples on English bee pollen during their championship years, with Billie Jean King, Virginia Wade and Sandy Mayer getting good results from this natural food.

•**Energy ades** are potassium-depletion solutions, also rich in magnesium and vitamins A, B and C, and recommended for mid-game or mid-tournament energy crises. ●

Frances Goulart is author of *Eating to Win: Food Psychology for the Athlete*, a Stein and Day book now in its second printing, available in hardcover or paperback.



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Who's Playing Racquetball

Harvey Ruvin:

Policy Making for Millions



In the little over two years since Dade County Commissioner Harvey Ruvin discovered racquetball, he has become one of its most vocal supporters in south Florida.

"Playing racquetball is not only fun, but it's a challenge as well. It offers enormous stress relief and super physical conditioning," Harvey says. "I try to play three to four times a week, if I can. I know that it helps me function better in all the other areas of my life."

Ruvin, 42, conducts an active law practice in Miami and serves on the Dade County Board of County Commissioners. As one of nine elected members of the Board he shares the legislative and policy making responsibilities of one of the most progressive local governments in the nation. Dade County covers 2,300 square miles and has a population of 1.6 million people with the full range of both urban and rural problems. Ruvin calls Dade County "the international center of the future"—a mixture of tourists from around the world, retirees, businesspeople and new American citizens.

Aided by some 23,000 employees the Board's jurisdiction involves the provision of police, fire, sanitation, parks, sewage, zoning, water pollution control and public transportation services, as well as the operation of a major airport, seaport and medical complex.



Rita Hoff wears the key to Dade County which Harvey Ruvin presented to the women's touring pro after her exhibition match at the Sportrooms in Coral Gables, FL.



Harvey Ruvin won the 40 and Over division in January at the Sportrooms' second annual March of Dimes tournament.

Ruvin, who was the mayor of North Bay Village before coming to the County Commission, recommends the rewards of serving at the local level of government. *"It's a great opportunity. At no other level is the challenge as intense and the feedback as quick and direct."*

In addition to his local duties Ruvin is national chairman of the National Association of Counties (NACo) Environment and Energy Steering Committee. Ruvin, who holds an engineering as well as a law degree, is considered an expert in the role local government plays in the energy picture.

The NACo appointment and others with a Presidential Panel on Science and Technology and with the Local Government Advisory Committee to the Secretary of Energy have required some travel.

"I always take my gear, just in case there's some free time to explore court clubs wherever I may be. I played in the Pentagon with Charles Duncan, who was secretary of energy at the time, after I'd read in National Racquetball that he was a player."

Ruvin usually plays at the Sportrooms in Coral Gables, FL, where teacher/pro Bob Bos says his student is already a B player *"who is always willing to learn and work at improving."* The commissioner says *"It's nice to keep getting better—it was satisfying to win a tournament at the club in January—but most of all I just want to stay healthy and keep on having fun."* ●

Ask the Champ

by Marty Hogan

Three Time and Current Champion Marty Hogan, a Leach player who won the \$30,000 first prize in the June Nationals in Las Vegas, answers questions about improving your game in this exclusive *National Racquetball* series. Send your questions to Marty Hogan, c/o Ask the Champ, Managing Editor, *National Racquetball*, 4101 Dempster, Skokie, IL 60076.

Hogan Explains His Pinch

Question: I would appreciate it if you would share with your readers your uncanny ability to hit the side wall-floor crotch shots. I would be interested in knowing how hard the shot should be hit and what the best angles are for hitting a crotch shot from up front, at mid court and back court. Also at what heights should the ball hit off the front wall for a crotch that "nicks" up front, mid court and deep along the side wall.

Mark S. Wilson
Soquel, CA

Hogan: The ability to hit the pinch shot is what separates the average from the above average player. Without the effects of this shot in your arsenal your opponent possesses the advantage of being able to lag in deep court and cover most of your passing shots easily.

In order to hit the side wall crotch shot you should first hit the ball much deeper in your stance. Never try to force a ball out in front of you to the side. This will only result in a weak return. After the ball has positioned itself deep in comparison to your stance, then position your body slightly toward the side wall that you desire the pinch to go. Then just go ahead and take your normal swing.

The pinch should not be hit harder than any other ball in the rally. Do not try to overhit the pinch. This will just cause the ball to pop up, making it easier for your opponent to retrieve.

As far as your positioning on the court is concerned the closer you are to the front wall, the closer you should also be to the given side wall that you are hitting the pinch to. Therefore if you're in the front court, you should be near the side wall to execute the shot. When it's center court,

the angles are near perfect for both the forehand and backhand pinches. Then—when you are in deep court, you should position yourself away from the side wall when hitting a shot to that side.

Do not be too fine with this shot, trying to overkill it. The pinch is most effectively hit between six inches and a foot high, no matter where you want it to "nick".

Question: Do you feel racquets will continue to be lighter in the future?

Merriline Floyd
San Bernadino, CA

Hogan: It is a delicate subject—talking about how light racquets can get. I believe there is the mechanical know-how to produce playable racquets much lighter than those on the market today. However then you arrive at the problem of the racquet being overly light and causing a player to overswing, thus producing stress on the elbow and shoulder joints.

I believe the very lightest a racquet should weigh is 230 grams. Anything lighter than that could cause severe arm damage. With the way the game is developing—that being power first and control second—you would be putting yourself at a great disadvantage by using a racquet weighing more than 295-300 grams. I believe the mean weight of the racquets on the market today is in the vicinity of 260 grams.

However in the near future because of the projected slowing down of the ball on the pro tour, which makes for longer rallies, and a need for more control, I believe you will see a trend toward people starting to use slightly heavier racquets than they are today.

Formula Corrections

Marty,

I quote you in the December 1980 issue of *National Racquetball*: "For those of you who regard me as all brawn and no brains—here's an equation I worked up: reaction time of play = velocity of ball x distance ball has traveled." If this is an indication of your mathematical ability, stick to racquetball. The equation you have cited does not measure reaction time. It should read: reaction time = distance ball has traveled/velocity of ball. For example, velocity of ball = 135 mph. = 198 feet/second. Distance traveled = 60 feet. Reaction time = 60 feet/198 feet/second = 0.303 seconds.

Cecil Smith
Chapel Hill, NC

Dear Marty:

I am greatly impressed by your racquetball talents and your court knowledge. However your December, 1980 "Ask the Champ" equation of

Reaction time of play = velocity of ball x distance traveled

is wrong. The correct formulation is

Reaction time = distance/velocity.

A check of the units—i.e. time, distance/time and distance—will show your error. Your conclusion is correct, but the justification was like a dink from the deep backhand corner, i.e. wrong! Keep up the good work and play and stay healthy. You are an inspiration to all racquetballers.

David Marshall, Ph.D.
Huntsville, AL ●

Inside the Master's Mind

by Charlie Brumfield

Practice Sets You Free to Win

The four time National Champion, one of the game's most articulate veterans, writes this exclusive series for *National Racquetball Magazine*.

Most racquetball players believe the old slogan "*practice makes perfect*." But few know exactly how, what, where, when and with whom they should practice in order to perfect their game. Practicing involves a lot more than just hitting the ball around by yourself while you're waiting for your partner to suit up.

In all aspects of life, including racquetball, I feel it is essential to work toward a goal. This is what makes the game (of life or racquetball) fun, challenging and, in the end, rewarding. If you don't practice you will never reach your full potential. Repetition, coupled with success, breeds confidence. If you can achieve success in practice, you'll have the confidence which allows you to achieve success in a game situation . . . and that's what practice is all about.

Choose Your Style

But in order to work toward a goal, you have to define what that goal is. This can be done with the aid of your local teaching pro. He or she should be able to work with you on the basic strokes and help you decide what style of play fits your personality.

Another excellent way to decide what kind of player you want to become is by watching the pros or the top level amateurs in your area. If you have a fiery, temperamental personality, you are probably more comfortable playing an aggressive,

banging style of play. At the other extreme is the laid back, analytical person who spends more time philosophizing about the game, but rarely puts his or her theories into practice. If the analytical person ever does step on the court, you can bet she or he will play defensive, percentage ratio style of play.

The majority of players fit somewhere in between the extreme doer and the extreme thinker. The ideal would be a balance between the two. But first we need to examine the extremes to understand which elements of each you want to incorporate into your own style.

We might call this the art/science dichotomy as it is labeled in the book, *Zen and the Art of Motorcycle Maintenance*. In racquetball these polar extremes could be represented by pros Marty Hogan, representing the artistic approach, and Steve Mondry, representing the analytical or scientific approach.

When asked "*what do you think about when you practice?*", Hogan responds, "*The only thing I think about on the court when I'm practicing is when is it going to be done.*" Now he's being a little "*sofiscious*," but what it amounts to is he has to play games when he's out on the court by himself or else it becomes boring. Marty is extremely imaginative when he practices because if he has to hit the same shot more than three times in a

row, it isn't a challenge for him. But it's this creativity that puts Marty, and other athletes like him, at the top of his profession. They say that greatness is that which does not remind you of anything else. And that's certainly true of Marty and some of the younger players on the tour who have their own distinct style.

Another name for the artistic approach is the "*feel method*." You ask Marty where his elbow is at a certain point in the swing and he gets a blank stare on his face. That doesn't mean that he isn't aware of where it is. He can feel that it's right, rather than analyzing it. Marty can show you physically how he hits the ball, but he can't verbally describe the arc of the swing in degrees or measure.

So while a player like Mondry might be trying to think of 44 different things while he hits the ball in practice, Hogan says he thinks of absolutely nothing. "*I practice certain shots*," explains Marty, "*but nothing technically. It's difficult enough to hit the ball, let alone worry about whether my wrist is right, my elbow is bent at the right angle, my grip is right or my toes are pointing in the right direction. You don't need all those distractions.*"

At the exact opposite end of the spectrum is Steve Mondry, the analytical or accountant type of player. He likes to deal in numbers, and big ones at that. I believe Mondry is *too* analytical, and that his



"Practicing for anything more than an hour causes most people to lose the advantage of the practice . . . Practice as long as you can keep intensity."

ranking dropped by practicing 1,000 balls every day. The danger in this approach is that you become too concerned about quantity of shots hit, rather than quality. Also the mind ceases to function after a certain period of time when you're practicing and after that point your practice sessions become counter-productive and you just burn yourself out. You run the risk of suffering from what we call "Paralysis by Analysis."

Of course these players represent two extremes. There are advantages and disadvantages to each approach, but fortunately most players fall somewhere in between the two dichotomies. So ideally you should pick the assets of each approach and strive toward your goal using the combination of methods that feels most comfortable to you.

Chart Your Goals

The analytical player goes one step beyond and uses paper and pencil to chart improvement and projected goals. This is something that would be wise for all players to do, even if their tendency is more toward the "feel" method. I believe that Marty tallies up his percentage of success on each shot, but he does it mentally, perhaps even unconsciously.

When I go out on the court, I identify six major areas of the court, which we have identified in the sample chart composed by Ernie Charfauros, a top level amateur

Ernie's Practice Chart

(Use this as a sample to help you formulate your own, but keep in mind that Ernie is an advanced player, so you might want to simplify the shots)

Front Wall	
Zone 1 straight kill pinch to left corner wide-angle V kill/pass	Zone 2 straight kill pinch to right corner wide-angle V kill/pass
Zone 3 pinch/splat wide-angle V pass shoulder high drive down the wall	Zone 4 straight kill pinch/splat wide angle V pass
Zone 5 straight kill ceiling ball splat	Zone 6 cross court ceiling ball pinch/splat overhead drive down the wall

from San Diego. Ernie leans more toward the analytical approach, so he may actually practice 18 different options from each major area on the court, plus numerous minor areas also. But again, for the sake of simplicity, and so those of you who do not revolve your lives around racquetball can apply these techniques, I've requested that Ernie choose only three shots that he would work on from each particular area.

By practicing three shots from each area you have a complete repertoire of alternative coverage patterns. Once you practice your 18 different shots (three times the six areas you hit from) to the point that they become repetitive and natural, you will be able to keep your opponent guessing during a match, without demanding any improvising on your part during the rally. By limiting yourself you allow yourself to become proficient at a number of shots that become automatic during the match.

Ernie's Progress Report

DATE:	12/1	12/2	12/3	12/4	12/5	12/6	12/7	12/8	12/9	12/10	12/11	12/12	12/13	12/14	12/15	12/16	12/17	12/18	12/19	12/20	12/21	12/22	12/23	12/24	12/25	12/26	12/27	12/28	12/29	12/30	TOTAL
Zone 1	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Zone 2	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Zone 3	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Zone 4	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Zone 5	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Zone 6	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

According to this chart on Dec. 1 Ernie hit 85 successful straight kills to Zone 1 out of 100 tries.

When I used to practice ceiling balls, I'd hit 1,000 ceiling balls a day. I'd keep hitting them until I hit 10 perfect wallpaper ceiling balls in a row. Gary Player is one of the greatest sand trap golfers of our time. What he did was throw balls into the sand trap and keep hitting them until he'd holed five balls. Now that's when you know you've hit some successfully. I feel that you should come up with a number to practice as a reference point, but you should only continue until you've achieved your goal. It's not how many shots you've hit, but how many successful shots you've hit that counts.

Your chart is always going to be changing as you advance. After you've mastered the shots you've selected in practice, then you'll only need to practice them enough to tune them up. So after ceiling balls become second nature, you might try hitting five good ceiling balls and then—let's say—an overhead drive cross court.

But most of you reading this article are not going to put in that much effort because racquetball is not your profession. It's your recreation, so you want to keep it fun and keep it in the right perspective in your life. You don't have all day to think about creativity on the racquetball court. So instead if you learn just three effective weapons from each of the six zones on the court, you're going to find that you're much more successful than if you try to hit something new every time.

As an analytical player you'll also chart your success percentages for each shot practiced. This can be invaluable as an

ego boost to see how far you've come. It's also handy as a reference before tournament play. If you think you have the luxury to wait for a shot that you know you can make 90 percent of the time, then do so. But if you find that your opponent is too good to give you that luxury, then you might have to use your backup shots even though your percentages may be only 70 to 75 percent.

In my heyday I hardly ever attempted a killshot that I could not execute 80 percent of the time. The rest of the stuff I hit consisted of controlled passes and ceiling balls, patiently waiting for an opportunity to hit the ball from a zone where I had been more successful in practice.

Keep It Intense

Next you might ask how long should you practice? That all depends on your personality and concentration. Practicing for anything more than an hour causes most people to lose the advantage of the practice. But you should try to practice for as long as you can keep intensity. Racquetball players, even professionals, do not practice as much as they should. But as the money continues to grow in our sport and even local competition becomes keener, we will begin to see more players putting in the extra time by themselves.

This again brings up the question of quantity vs. quality. Almost every sport nowadays is going to quality rather than quantity. This can even be evidenced in swimming. Coaches used to make their swimmers do 500 laps a day and just plod through the water. Now they're more interested in intensity, concentration and quality.

When I was younger I could keep my intensity longer, but over the years my concentration and desire have gotten worse. I don't know if it's an aging process or hormonal or getting burned out or what. But after talking to many other older athletes from other sports, I've found out what goes first is not the legs, but rather the intensity and desire.

So my practice sessions have been cut back drastically. I only practice three times a week for an hour maybe, when before I was hitting 1,000 to 2,000 shots per day, every day, and playing more in a practice fashion. Now I hit only 200 or 300, but I still chart the percentage that I hit well, so I can see trends. I also use my chart book to record how well each shot held up in a game situation as compared to the week before. So I can see improvement, and that's what's fun in the sport.

First things first. Before you work out strategies in your mind, you have to master basic stroking techniques. Unless you can control the ball, there's no point charting out where you're going to hit the ball under various circumstances.



Study the strokes of professional or advanced players so that you can get a mental image of how the strokes should feel.



Let your local teaching pro help you decide whose particular style you want to imitate, based on your natural tendencies, physical build and athletic background.



But just as important is the time I spend practicing off the court. If you follow any pro athlete around downtown, it won't be long before a basketball player will shoot an imaginary basket, a wrestler will go for any imaginary take, a quarterback will throw an imaginary touchdown pass. If you follow me around for a while, you'll probably see me shoot an imaginary backhand pop shot. What that is is playing a mental game, taking shots in your mind: Visualization.

Visualize

Visualization is important in all aspects of our lives. It goes along with positive thinking. If you can imagine yourself thin or rich or outgoing or quick or powerful or anything else, it's much more likely that you will achieve your goal.

A study was done a few years ago involving two equally matched basketball teams. One team went through the usual conditioning and practice on the court and played through real scrimmages among themselves. The other team also worked on off court conditioning, but they never picked up a basketball. Instead they went through all the particular plays and techniques mentally. They sat down with their coach and thought through where they were going to move on the court and how they were going to defend and score. When the teams played each other it was evident that the mental method was every bit as effective for preparing the team as the physical method. I believe in a combination of both.

I've heard a lot of players remark on how much better they're playing after a long break caused by traveling, injury, catching up at school or at work. They always seem amazed that without spending any time on the court in months their backhand is much stronger or something similar. But this doesn't surprise me at all, because what they probably have been doing in that time spent away from the court is *thinking* about their game a lot more.

Another example of this is when someone asks you a question that you know you know the answer to, perhaps "Who starred in 'An Unmarried Woman'?" You know you know it, but it drives you crazy because her name has slipped your mind temporarily. Then—hours later—when you're involved in something totally different—all of a sudden you yell out "Jill Clayburgh!" and everyone looks at you a little strangely because your revelation is so out of context. But what had happened was your mind was working on the problem subconsciously and it does the same thing for your problems on the racquetball court.

Look in the mirror while trying to duplicate the stroke of your model player.



So let's assume that you've watched enough players to decide how analytical and/or artistic you are. In fact it's a good idea to have a particular player in mind as a model. Generally women and girls should choose a woman as a model and men and boys should pattern their game after one of the men on tour. All of the professional racquetball players on tour have excellent styles and are worthy of imitation, but you must decide, perhaps with the help of your local instructor, which person is best for you. The reason every pro hits the ball a little bit differently is a reflection of their varying builds, personalities and types of stroking background. So keep these things in mind while making your selection.

Once you know who you want to use as a style pattern, watch her or him enough—via live play, clinic demonstration, video tape or televised tournaments—until you have a visual image of the stroke. (Another thing that will help is a series of picture analyses—"picture perfect racquetball"—which I'm planning with *National Racquetball* Photographer Art Shay.) You might want to learn Steve Serot's backhand, Marci Greer's serve and Davey Bledsoe's forehand. You don't need to clone yourself to everything about a certain player. You only want to let the pros give you the fundamentals and then add your own idiosyncrasies to make it comfortable for yourself. Even the most

analytical player needs to be somewhat creative. The important thing is that you have a mental picture of the stroke you want to learn.

Once you can visualize your stroke the next thing is *not* to go down to the court and play a game, hoping to incorporate your image immediately. First you need to get yourself in front of a mirror so that you can project your mental image onto the image you see reflected in the mirror. Work it through patiently in front of the mirror until you can see yourself, more or less corresponding to that picture image you have of the player you want to emulate.

Swing before the Mirror

Next apply the Marty Hogan "feel method." Once you can swing your racquet in front of the mirror, memorize that feeling and try it with your eyes closed. Spend enough time in front of the mirror or off the court, having your body go through the stroke, until your muscle memory takes over. Even if the new stroke feels funny or different at first, it will begin to feel normal to you after visualizing and practicing in front of the mirror. Pretty soon you won't be able to remember how you once hit the ball.

In a way this is a form of self hypnosis. But you don't need to go to Dr. Michael Dean or purchase self-hypnosis tapes. All you need to do is work it through in your mind until that image is ingrained in your brain. Then work with your body to fit that image. Eventually it becomes as natural as putting one foot in front of the other when you walk. Since you don't consciously need to tell yourself to do that, you leave your mind free to think of something else—like chewing gum. On the racquetball court having your stroke be automatic frees your mind to analyze the particular situation you're in at that moment. And practicing frees you from worrying whether the shot is going to go in or not. You've already seen yourself anticipating a cross court shot, stepping over to cut off the angle, and punching it down the line 10 times while you were driving home from the courts. So the next day when that situation comes up in your game, you feel like you've done it a thousand times before.

Now your homework assignment for this month is to *think* about what you read in this article. You might be surprised how powerful the subconscious mind is at incorporating your thoughts into action. In Part II of my Practice articles I will take you down on the court and show you how to practice—by yourself, with a partner and against an opponent. ●

That Difficult Backhand Down-the-Line

by Mike Yellen

In this exclusive *National Racquetball* series Mike Yellen, second place winner at the 1980 Nationals, discusses topics that come up in clinics he runs for his sponsor, Ektelon.



—Mike Hogan photos

One of the most difficult shots in racquetball is the backhand down-the-line.

You have to worry about skipping the ball or putting it too high on the front wall, and your target isn't that wide either. In order for the ball to come off the front wall hugging the side wall, it has to be hit more or less straight down the side wall in the first place.

That's no easy task on the forehand side and, for most of us, a wallpaper shot is even harder to achieve off the backhand.

The rewards are great, though, and well worth the trouble it takes to master the shot.

Assuming that we are discussing the typical situation in which both you and your opponent are right handed, he will

have far more trouble returning your backhand down the line than you did executing it. He will have to give up the coveted center court position in order to play your shot and, because of the difficulty in scooping a ball off the side wall, will be forced into a weak return.

Your down-the-line shot can be a kill, pass or ceiling ball, depending on your opponent's position and the time you have to get your shot off. Your body mechanics will not differ appreciably among any of these, again making it difficult for your opponent to anticipate your choice.

You line up the same way for each of these shots with your feet pointing directly into the side wall. I'm right handed, so I face the left side wall and make contact with the ball off my front foot as I step toward the side wall.

Figure 1. Set up for the down-the-line shot facing the side wall. Step toward the wall, striking the ball when it drops even with your front foot. Here I let the ball drop for a low kill. For a pass or ceiling ball I would have used the same form but connected above my knees for the first and about at shoulder height for the second.

Not Too Far Forward

The most common error players make on backhand shots is that they line up facing too far forward or step too far forward when shooting.

We are all used to stepping in the direction of our shots on the forehand side. But, with the forehand, you are shooting with an "open" body, while you must reach across your body to execute a backhand.

Just as you have to adjust your grip on the racquet when changing from forehand to backhand, you have to adjust your body angle in order to correct the lateral direction of the ball. Unless you get your left side behind you and out of the way, you will have a tendency to use all arm in order to get the ball forward instead of a sharp wrist snap where true power is generated.

(Just as an aside many advanced players are able to change the direction of the ball just by changing the angle of the racquet face when they don't have a chance to set up properly and are lined up too far forward.)

Figure 2. This photo illustrates the difficulty of defending yourself against a backhand down-the-line. I had been playing up anticipating one of Jerry Hilecher's kills and, instead, he put a picture-perfect pass right by me.



Also you'll find that you do step a couple of degrees toward the front wall when executing a good backhand, depending on how far from the side wall you begin your shot.

Since the overwhelming tendency is to step too far forward, though, it won't hurt to over-correct a little by consciously forcing yourself to step toward the side.

From there you simply contact the ball cleanly at the correct height. That would be up around your chest for a ceiling ball, from there down to your knees for a pass and knee level or below for a good kill.

Head Down

As with all shots you also must force yourself to keep your head down and your eyes on the ball while shooting, instead of looking in the direction you want the ball to go.

Go for the kill whenever possible. If you aren't low enough, you will still have a good down-the-line pass.

Be sure to contact the ball off your front foot. If you strike it behind the foot, the ball will go into the side wall, to the front

wall and out into center court. That may be okay if your shot is low enough to die off the front wall. But if you leave it up, your opponent has a plum in most instances.

The farther you contact the ball out in front of your foot or the more you step toward the front wall, the greater chance of the ball going cross court instead of down-the-line. It might not be a bad idea to alternate your down-the-line shots with occasional cross courts when your opponent is playing close to the backhand side of the court anticipating a down-the-line. Don't give him a forehand kill, though, when he is positioned on the right hand side.

Whether you go for a down-the-line kill, pass or ceiling ball should depend on whether your opponent is playing up or back. You might want to pinch it in the corner if she is in the back court and hit a pass or ceiling ball if she is too far forward.

As always the rule is to hit it wherever your opponent isn't. Keep that in mind and your down-the-lines will be sure point winners. ●



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This space contributed as a public service.

Four Can Pickup Drill

by Steve Mondry

The drill I describe here is the Four Can Pickup. This drill is one of my favorite for increasing foot speed and developing proper movement on a racquetball court. The drill only involves about 10 minutes of time, which would allow you to do it after 45 to 50 minutes of racquetball, in the remaining time on a one hour court reservation.

I discovered Four Can Pickups when I met the tennis-playing Alex Guerry family at a racquetball tournament in Chattanooga two years ago. Alex is owner of Chattanooga's Sports Barn. The older son, Zan, who was playing in the tennis circuit, was getting ready for the U.S. Open in about two weeks. One afternoon out on their court on the mountain we were discussing the importance of movement in both racquetball and tennis and various drills one could use in order to improve both speed and endurance. He mentioned that most top players feel that movement accounts for at least one-third of the reason of a player's success. Indeed as one looks at some of the great tennis and racquetball players such as Bjorn Borg, John McEnroe and Marty Hogan, you have to be tremendously impressed with their ability to cover a court as compared with all other players.

Zan showed me several drills which he ran on the tennis court in order to improve his speed. My favorite of those drills was the Four Ball Pickup. I borrowed the basic idea of the tennis drill and adjusted it for racquetball, and the result is the series of drills which follows.

- **Basic Four Can Pickup**—Place four cans in a straight line at five foot intervals along the length of the court. From an imaginary starting line at the back of the court sprint to the first can, pick it up, sprint back and place the can on the starting line. Do this to all four cans, and when all the cans are on the starting line, take them back in the reverse order from which you picked them up. Do this drill five times taking a 60 second rest period each time you've done the four can sequence. Try to do the sequence in 30 seconds. The drill helps you develop quick back and forward movements.

- **Four Can Sideways**—Place four cans in the right side doubles service box. Starting position is the left side doubles service box. Sprint to one of the cans, pick



Bonnie Stoll, a regular on the women's pro tour, joins Steve Mondry to demonstrate two versions of the Four Can Pickup drill that develop speed on the racquetball court.



it up, spring back and place the can at the starting position. Do this to all four cans and when all the cans are at the starting position, take them back in the reverse order from which you picked them up. The drill is completed when you cross the starting line, after replacing the last can. This drill should be done five times, taking a 30 second rest period between each sequence. Optimal time for the execution of the complete drill is 29 seconds. This drill is excellent for lateral mobility.

The keys to these drills are (1) Always run close to the ground so you can get under the ball, reach farther and stop quickly and change direction more rapidly; (2) Always give 100 percent to get in the habit of putting forth maximum effort and (3) Bend from the knee to build up your muscle endurance.

Running these drills will improve your overall balance when moving to the ball on the racquetball court as well as developing your quickness and mobility. ●

Ready for Combat

A Veteran Women's Coach Tells How to Take Racquetball Competition Seriously

by Pete Wright

Pete Wright coached his ex-wife, Veteran Champ Shannon Wright, and now he's helping Susie Dugan in the pro tournament competition. Wright teaches at the Bent Tree Country Club in Dallas, TX.

Among Pete Wright's proteges: Shannon Wright, left, and Susie Dugan.



—Arthur Shay photo



—Carole C. George photo

Pro racquetball is obviously not for everyone. But the factors you should consider before becoming a pro can apply if you're a player bent on beating the best amateurs on state, regional and national levels.

Before accepting the challenge, find out what you are up against by attending an exhibition or big league tournament. Take along a notebook, pick out three or four of the better players and jot down your observations. Watch entire matches rather than isolated games and be sure to include remarks concerning concentration, stroking techniques, conditioning, favorite shots and strategy. Retain this information, adding to it whenever possible. The time will arrive when you will need to refer to these notes in devising a game plan.

Once you've gone on your field trips, you need an expert to analyze your game. That doesn't mean the local club champion or somebody's friend who claims to know the ins and outs of racquetball. Locate a respected instructor with national recognition and ask for references. The knowledgeable people will be busy and expensive, but anyone else is not worth the time, unless your cousin happens to be Brumfield. Unfortunately there is a lack of qualified racquetball instruction, so if second thoughts exist get a second opinion. An experienced instructor should be able to accurately assess your game in one or two hour lessons. Ask for a written evaluation covering major areas such as stroke production, court coverage, visual awareness and general physical characteristics. Clinics and camps are fine, but right now you want the individual attention only private tutoring offers. Outside of

sheer lack of talent, the major roadblock for players is incorrect technique. Take the time to learn the proper methods from the beginning.

Now let's review the pro's observations and see where we stand. Seek out comments concerning your visual awareness. If any weaknesses exist, make sure your lessons touch on those problems because all facets of your game depend on how you use your eyes.

Hours of Drill

Consider stroke production next and be prepared for countless hours of independent drilling. Since it is vital to isolate stroke development, I suggest you concentrate on the backhand first because learning to hit the ball from the opposite side of the body is a demanding task. If necessary spend an entire month working on the backhand or other difficult areas,

Susie Dugan prepares for the competition by conditioning, by having her game analyzed and by facing an opponent who's a better player.



and don't be hesitant about additional lessons. After 15 years of racquetball I still find it necessary and beneficial to drill on particular aspects of the stroke, and whenever possible I ask respected colleagues to evaluate my swing.

For now it's best to forego competitive play, so this is a good period to start a conditioning program. Turn again to an expert, preferably an athletic trainer associated with a school or sports medicine clinic. This person will be able to design a program specifically for racquetball and you. His or her worksheet should include stair runs, rope jumping and agility drills, as racquetball requires primarily fast twitch muscle response that simple jogging won't aid. Expect to be

introduced to weight training to achieve the body strength top flight racquetball demands.

Combining conditioning with stroke drills requires an organized schedule emphasizing intense, limited duration training, instead of half-hearted marathon workouts. Try for two hour periods twice a day with conditioning exercises following the drills. Don't forget to include at least 10 minutes before and after for stretching. If you are in school or working, arrange to use the lunch break for your first session followed by a final evening workout. Although often faced with early hour tournament matches, many accomplished players refuse to train in the morning. Prevent this common pitfall by adjusting your schedule on the weekends and make sure to take one day off a week.

Surely there are those with the talent who desire a pro career but cannot devote the amount of time recommended. If this scenario describes your situation, do yourself a favor and adjust either the other priorities or your racquetball goals. The competition is simply too fierce for the three day a week player.

More Shots

Once you gain stroke confidence, you should expand your shot repertoire, relying on your pro for tips. You won't beat anyone with a limited arsenal, as savvy competitors will isolate and destroy the effectiveness of "pet shot" offenses. Minimum requirements include full range kills, passes both down the line and cross court and accurate ceiling and around-the-wall balls. Shannon Wright is the only woman player who wins by simply powering the ball towards the bottom board from anywhere on the court. She employs this strategy for two reasons. One she is considerably stronger than the other top women. Two she lacks speed and endurance and consequently must prevent long rallies. Most players should avoid this inconsistent approach and learn to play the percentage or control game first. Defense is still important in high pressure tournaments.

I suggest you continue to refrain from competitive play, although you definitely want to engage other advanced players for serve, ceiling and pass drills. As your proficiency increases, allocate additional time to serve practice with variety being the key. Seasoned pros frequently hit several hundred serves per day. Enhance consistency by using tape to mark your position in the service zone along with the necessary rebound point on the front wall.

Schedule pick up games once your shot selection patterns are developed. A play-a-day, drill-a-day format seems to be the most productive arrangement with one day off per week. Choose your playing partners with care—especially if your goal is the professional circuit. Dismiss those individuals with insufficient knowledge of the rules or anyone not expressing a sincere desire to excel. If you're a woman, try to secure games with men's A and high B players. The average A male is comparable to a ranked female pro, so this will afford you an excellent opportunity to measure your progress. Encourage 100 per cent performance from these players as you don't want a padded score courtesy of half speed rallies. Even though the score may be occasionally lopsided, always provide maximum effort; otherwise you might lose a workout partner. For our practice games I spot Susie Dugan a specific number of points to maintain game intensity.

Now—the Tournaments

When you start competing in tournaments, enter the top open events first and set specific goals such as a regional or state championship. But prevent disillusionment by giving yourself some short term goals, such as scoring a specific number of points against a tough opponent.

Discussion of tournament play invariably leads to the subject of coaching, which is a misunderstood art. Having made numerous mistakes in this field I now realize that too little is an improvement over too much coaching. The majority of racquetball coaching is useless at best and downright detrimental in some cases. I see people yelling instructions and using hand signals between serves. A few individuals actually resort to intimidating the officials. These type of distractions only inhibit the concentration of the player. A mentor, besides being familiar with your game, must be able to evaluate opponents and formulate game plans along with keeping track of racquets and other equipment. I enjoy having someone knowledgeable evaluate my matches. Frequently fatigue and lack of awareness prevent me from noticing patterns in my opponent's play. Coaching should be inversely proportional to experience, with the better player needing only minimal assistance.

We have been discussing the major aspects of development. Now let's turn to a few minor subjects that can also have a significant effect on performances.

Be tactful about your appearance and court etiquette. Unless you are independently wealthy, sponsorship will be a prime goal that will remain out of reach if sloppy clothes and boisterous behavior are your calling cards. Equipment manufacturers are reducing their promotional budgets so you may have to solicit local firms such as apparel stores and restaurants. Have a portfolio available for their inspection and be certain to include action photographs.

Finally if you want to make a living playing racquetball, develop other hobbies. The 12 hour a day "racquetball bum" is seldom a successful tournament player. When you're a professional, you must view the game as a business, rather than as an escape from the realities of the everyday world. ●

Four Point Scoring System to Improve Your Game

by Tom Dougherty

Dougherty, who is a teaching pro, worked out these ideas with Jim Winterton, teaching pro and manager of All Sports Fitness Center in Poughkeepsie, NY.

What Vince Lombardi really meant was "Winning isn't everything, but wanting to win is." Now I'd like to substitute the desire to win with a desire to learn, which brings about the improvement that leads to winning.

Let me explain what this means to you if you're a beginning racquetball player. By eliminating the standard idea of what winning is—the first person to score 21 points—and by substituting this system of scoring, you become more open to learning and improving.

This is an honor system. After each game you analyze performance and answer each of the four questions shown on the chart. If the answer to all four questions is YES then the game is considered a win, if any one of the questions are answered with a NO the game is recorded as a loss. These wins and losses are based solely on the answers to the game analysis questions and not on the numerical score.

Personal Win-Loss Chart

1. Did I give a 100% effort?
2. Did I concentrate on each point individually?
3. Did I maintain my composure?
4. Did I try something new or different?

WINS: 4 YES ANSWERS
LOSSES: ANY NO ANSWER

Here's how answering these questions can improve your game:

(1) Did I give a 100 percent effort? Giving your all doesn't happen automatically. You can train yourself to maintain a high level of effort. The first step is to realize that you're letting up.

(2) Did I concentrate on each point individually? Point by point concentration

is so important, you should get in the habit of treating each rally as a separate "little game." By doing this you can keep yourself from allowing one error to distract and unnerve you for four or five points. According to the rules the receiver, as well as the server, has 10 seconds with which to get ready. When you fill out your chart, you'll recall whether or not you used this time to take a couple of deep breaths, to get ready for a new "little game" and to put all past points, good or bad, out of your mind.

(3) Did I maintain my composure? When you lose your self-control and begin to direct your unhappiness at the ref, your opponent or yourself, the natural reaction for your body is to tighten the muscles. With the muscles in a tense state, you can't move effectively and you are greatly increasing the chance of injury. Loss of self-control also reflects directly on that essential point by point concentration. Filling out your win-loss chart forces you to analyze your on-court behavior while it's fresh in your mind.

(4) Did I try something new or different? Though the first three questions apply as long as you play racquetball, this is a question you'll ask most often as a beginning player. Like the runner who tries for that one extra lap or the weightlifter for that one extra pound, beginning racquetballers should reach into the unknown. Try anything new—a serve, a rally shot, a part of your footwork, a serve return—anything that you have not done while playing before. You might keep a list of what you've tried so you're sure to keep reaching.

The purpose of this system of determining wins and losses is to develop a positive mental attitude toward the game. If you're heading for your personal win-loss chart, you'll never walk off the court on the short side of a 21-4 score telling yourself that you can't improve. ●

APRO Teaches . . . Racquetball for Wheelchair Players

by Sam DeCrispino

Sam DeCrispino organized the wheelchair racquetball program in Maryland, has presented racquetball clinics at the International and the Maryland Special Olympics and works with limited-mobility players. He teaches at Towson Court Club in Baltimore, MD.

The nicest thing about being a teaching pro is that it gives you the opportunity to be Jonathan Livingston Seagull—to share your knowledge of racquetball with others, to help them fly a little higher. And one of the special joys and privileges of being an instructor is working with the physically and mentally handicapped racquetball player. Wheelchair racquetball has been mentioned in previous issues of *National Racquetball*, but this article addresses itself to the organization and instruction of this exciting and rewarding program in your club.

Starting the Program

The key to establishing the program in your club is *accessibility*. Obtain a wheelchair, get in it on the parking lot and test how much access the club has to wheelchairs from entrance to exit. Go through your entire club in the chair, and test access to courts, bathroom, shower, sauna, pro shop, bar, etc. Accessibility is of prime concern to wheelchair athletes, and, as few clubs have total accessibility, some alterations may be necessary. For example our club's owner, Leroy Merritt, has installed a buzzer on our back door, so wheelchair players can have a desk person open the door (our front entrance is inaccessible), and has put metal plates on the bottom of the court doors to protect them from the chair footrests as the door is pushed open.

Now where do you get players? Contact your local League for the Handicapped, since they are usually involved with wheelchair athletics, especially wheelchair basketball. Most of our players now use wheelchair racquetball as a conditioner for basketball, in addition to the social and physical benefits of racquetball. Other player sources are VA hospitals, rehabilitation centers and word of mouth, once the program commences.

Instruction—Rules and Skills

Learning is a two-way street, and one of the lessons we learned from the men and women in chairs is they want wheelchair racquetball to be as close as possible to "stand up", or AB (able bodied) racquetball. Therefore we eliminated the previously published rules of a squash-type line across the front wall that the ball must hit above and of alternating serves to different sides of the back court, ala tennis. Reason—they want to hit pinches, low drives, and rollouts and they want to vary serves like an AB. Thus there are only two rule differences: One—you are allowed two bounces instead of one. Two—if the ball, coming off the front wall, strikes the chair anywhere outside the perimeter of wheels, it is a dead ball takeover. If it hits inside the wheel, or hits the upper body, it's a loss of serve of point for the opponent. Also a wheelchair player can play a stand up player; each plays by his or her own rules.

Before you even think of instructing wheelchair racquetball, you must play in a chair. Only then will you realize how vital court position and wrist snap skills are to this activity. Obviously the key is getting to the ball, which is not as difficult as it appears, given two bounces. As in "stand up" racquetball emphasize the following sequence: anticipate shot direction, move to the ball, then strike. Center court positioning remains the same. Really stress the wrist snap, to compensate for the loss of leg thrust power. Here is where the "shaking hand" or bicycle handle grip helps nicely to achieve snap power and extension. One exercise to spotlight this wrist action—have your student *throw* the ball to the front wall, sidearm and overhand, then hit with the racquet.

We've experienced so many highs (a wheelchair division in the 1980 Maryland State Racquetball Championship, live TV coverage of state wheelchair champ Jim Leatherman playing a local sportscaster,



The first step to setting up a wheelchair program, Sam DeCrispino says, is to get in a chair for a personal test of the club's accessibility. The Towson Club installed a buzzer at the back door as an alternate entrance up the front stairs.





DeCrispino enters the court (note the metal plate across the bottom of the door as protection against the chair footrests) and demonstrates the ball throwing exercise that spotlights wrist action.



double amputee Tony Dean playing racquetball again—he played stand up before his tragic accident in 1979) and some lows (we need publicity so more people in chairs can play, and we need some \$800 sports wheelchairs to make the game even more fun). But, of prime importance, we need racquetball teaching pros like you to spread this program around the country.

If I can be of any assistance, write me at the Towson Court Club, 8757 Mylander Lane, Baltimore, MD 21204, or call 301-821-0160.

The American Professional Racquetball Organization, which supplies material for this *National Racquetball* series of tips for teachers, will be testing and certifying racquetball pros at the following locations in coming months:

March 7 and 8

Oregon
Court Sports II
4242 Commerce
Eugene, OR 97402
Director: Connie Peterson
503-687-2255

March 14 and 15

Arizona
Tucson Athletic Club
4220 E. Bellevue
Tucson, AZ 85710
Director: Linda Siau
602-881-0140

March 28 and 29

Illinois
Forest Grove Swim & Racquet Club
1760 N. Hicks Road
Palatine, IL 60067
Director: Chuck Sheftel
312-991-4646

April 4 and 5

Michigan
Franklin Racquet Club
29350 Northwestern Highway
Southfield, MI 48034
Director: Jim Easterling
313-352-8004

For more information contact APRO, 730 Pine, Deerfield, IL 60015. ●

What's the Call? Referee's Technical

by Dan Bertolucci



Next to a match forfeiture the Referee's Technical is the strongest method by which a referee can maintain control of a game or a match. Several questions have arisen as to what evokes a referees technical and just what penalty it carries.

First of all as defined in section 3.5 Referee's 5(f) Referee's Technical. *"The referee is empowered to deduct one point from a contestant's or his team's score when in the referee's sole judgement, the contestant during the course of the match is being overtly and deliberately abusive. The actual invoking of this penalty is called a "Referee's Technical". If after the technical is called against the abusing contestant the play is not immediately continued within the allotted time provided for under the existing rules, the referee is empowered to forfeit the match in favor of the abusing contestant's opponent or opponents as the case may be.*

- (1) Profanity. Profanity is an automatic technical and should be invoked by the referee whenever it occurs
- (2) Excessive arguing
- (3) Threats of any nature to opponents or referee
- (4) Excessive or hard striking of the ball between rallies
- (5) Excessive slamming of the racquet against walls or floor, slamming the floor or any action that might cause injury to the court or other players on the court
- (6) Excessive delay."

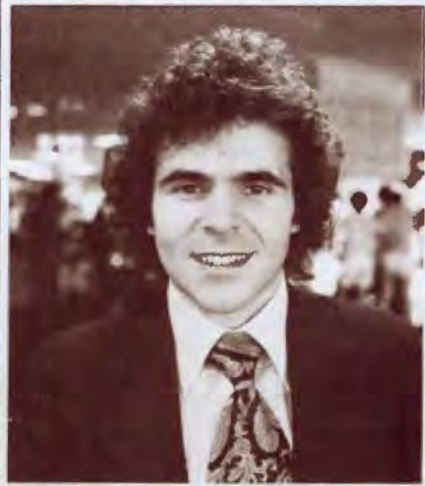
Therefore rule 3.5 (f) (5) and (6) applies to the question raised by Louis H. Meyers of Madison, WI. He asks *"What rule applies when an opponent, after missing a shot, pounds his racquet onto the floor or wall; then acting as though the ball was untouchable, and the cause of his miss, proceeds to kick the ball in various directions, instead of returning it directly to the server."*

One other question was raised by Jean Scensny of Chicago, after she watched several pro matches using linesmen. *"May the referee invoke a technical to an abusing player if the player berates or abuses a linesman whether verbally or by gesture during a game?"* The answer is *"absolutely."*

Maxine D. Michael of Winslow, ME recently played in her first USRA tournament and won her division. She's wondering, as many of you might very well be wondering, if she is now obligated to move up to the next higher division of play. Though this is not specified by the USRA rule book, we encourage our state affiliates to follow this practice. Some states go as far as stating that all finalists are required to move up, i.e.: first and second place finalists, and those who make it to the semis twice in a row must also move up.

The question comes up at an appropriate point in time because soon the USRA, through its 50 state affiliates, will be offering a National Amateur Ranking System based on points, thereby providing perimeters by which tournament players may gauge their talents against other tournament players across the country within their respective divisions of play. ●

Dan Bertolucci is director of the NRC, governing body for professional racquetball, and is a longtime racquetball referee. Send him your questions about rules c/o *National Racquetball*, 4101 Dempster, Skokie 60076.





Meet Your State Chairman

Chuck Miner, Mississippi

It was during the Great Easter Flood of 1979 that Chuck Miner learned how devoted Mississippi racquetball players are to their game.

He and his partners had opened the Courthouse Racquetball Club in Jackson just three months before *"the rains came and the Pearl River started rising."*

For two and a half days the members of the new club—both men and women—joined owners and employees building a levee.

"About half our members volunteered. While we were out there working, the sun was shining—it was 65 or 70 degrees—and the water kept rising. Finally on Easter morning the water broke through and left us with a four foot flood over 12 courts, all our dressing areas, our exercise equipment—everything."

But the members helped with the cleanup, too. Within 30 days the Courthouse was back in business.

Miner, who lived in Elgin, IL until he was 15 and then in Brookhaven, MS, is a chartered life underwriter for Northwestern Mutual Life Insurance Company.

"I went to Chicago in 1965 to work, and I met Dennis Gierz, who introduced me to Northwestern and to racquetball. At our annual million dollar roundtable meetings the two of us always play racquetball."

Like the Great Easter Flood of 1979 Chicago's Big Snow of the 60s gave Miner a message. Battling the white stuff convinced him to move back to a warmer climate. He picked Jackson after a few years in Memphis because *"this area was wide open from an insurance standpoint."*

The 38-year-old Miner, an A level player, competes nationally as a Senior. At one time he found himself playing against every racquetball fan coming through Jackson.

"In 1970 there were two courts and only one racquetball player. I was the guy anyone from out of town played."



Club members joined in to build a levee around the Courthouse shortly after it opened, but the Great Easter Flood broke through, leaving USRA Mississippi Chairman in four feet of water.



"Racquetball is still limited in Mississippi," Miner says, though it's grown during the three years he's served as USRA state chairman. *"What it will take in this state is a lot of two or three court facilities in small towns. Some are going up now in conjunction with existing health spas or as member-run operations in towns of 25,000 and under populations."*

Besides giving racquetball broader exposure geographically Miner hopes to bring the game to younger age groups. *"We haven't touched the 14 and 15-year-olds yet,"* he says.

Miner's own children—Christopher seven, and Lee Ann, 10—already play. And last spring Lee Ann proved that at least one Mississippi youngster is thriving on the sport. She won the 10 and Under division at the USRA regionals.



USRA State Affiliates

Alabama

Jerry O'Neal
2704 Mount Royal Cir.
Birmingham 35205
205-870-7922

Alaska

Dino Paolini
630 East Tudor Rd.
Anchorage 99503

Arizona

Woody Woodman
Route 8, Box 574
Tucson 85710
602-298-7083

Arkansas

James Bixler
2601 Ridgeway Rd.
Pine Bluff 71603
501-879-4656

California

Scott Deeds
5920 Apian Way
Long Beach 90803
213-439-5838

Colorado

Paul Swoboda
c/o City Hall
1777 Broadway
Boulder 80307
303-441-3400

Connecticut

Jack Fruin
167 High St.
Naugatuck 06770
203-729-9546

Delaware

Eric Faddis
75 East Main St.
Box 174
Newark 19711
302-366-1868

Florida

Carl Dean
8515 S.W. 121st St.
Miami 33156
305-235-6205

Georgia

Wayne Vincent
3288 Cochise Dr.
Atlanta 30329
404-432-2120
(Allstate)
404-261-6065

Hawaii

Jane Goodsill
The Courthouse
45608 Kam Hwy.
Kaneohe 96744
808-235-5839

Idaho

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

Illinois

Jim Stotz
c/o Aurora YMCA
460 Garfield
Aurora 60506
312-896-9782

Indiana

Bill Linder
P.O. Box 26055
Indianapolis 46226
317-251-6826 (Res.)
317-253-8222 (Off.)

Iowa

Greg Sieger
(Co-Chairman)
2526 Nevada
Davenport 52804
319-386-6310

Nick Palen

(Co-Chairman)
1622 Park Town
Lane N.E. Apr. 1
Cedar Rapids 52402

Kansas

Rick Newcomer
11301 W. 88th St.
Overland Park 66214
913-888-9247

Kentucky

Ray Sabbatine Jr.
500 Lake Tower Dr.
Unit #110
Lexington 40502
606-269-4280

Louisiana

Ron Jeter
6343 Renair Ave.
Baton Rouge 70806
504-923-0271

Maine

Danny Sullivan
7 Arlington Ave.
Westbrook 04902
207-854-8623

Dave Travis

Co-Chairman
27 Rocky Hill Rd
Cape Elizabeth 04107

Maryland

Susan Thomas
Racquetball International
Endicott Plaza
Danvers 01923
617-774-2944

Massachusetts

Jim McConchie
RB International
12 "A" Street
Burlington 01803

Joanne Johnson

Co-Chairman
RB International
12 "A" Street
Burlington 01803

Michigan

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

Minnesota

Robert M. Adam
MN RB Assoc.
6817 Brook Drive
Edina 55436
612-835-6515

Mississippi

Chuck Miner
2625 Courthouse Circle
Jackson 39208
601-932-4800

Missouri

Bruce Greenbaum
408 W. 104th, Suite B
Kansas City 64114
816-942-6699

Thaddeus (Ted) Podgorny

Co-Chairman
16713 Larkspur Lane #4
Independence 64055
816-373-0672

Montana

Dale Shelton
409 23rd Avenue N.E.
Great Falls 59404
406-453-5504

Nebraska

Tom Schuessler
4812 S. 114th Street
Omaha 68137

Nevada

Phil Waldman
5248 Caspian Dr.
Las Vegas 89118
702-873-7349

New Hampshire

Bill LeFrancis
44 Hillcrest Ave.
Manchester 03103
603-669-4321

New Jersey
Doug Clark
23 Holmes Lane
Marlton 08053
609-983-3600

New Mexico
Gary Mazaroff
8904 Snowheights N.E.
Albuquerque 87112
505-266-7781

New York (Mid-Hudson)
Tom Flannery
34 Alpine Dr.
Wappingers Falls 12590
914-297-5010

New York (Upstate Assn.)
Jim Rougeux
Westvale Clubhouse
3328 W. Tennessee St.
Syracuse 13219
315-488-3126 (Off.)
315-446-9159 (Res.)

North Carolina
Jim Adams
Carolina Court Inc.
1207 Front Street
Raleigh 27609
919-032-5513 (Off.)
919-556-1256 (Res.)

North Dakota
Ardeen Langness
1612 E. Gateway Cir.
Fargo 58103
701-237-4805

Ohio
Ron Atkins
2500 Hollyview, N.E.
North Canton 44721
216-492-7210

Oklahoma
Bill Stewart
1618 S. Beech St.
Broken Arrow 74012
918-832-2198 (Off.)
918-258-2062 (Res.)

Oregon
Mollie Mankertz
Lloyd Center Court
815 N. Halsey
Portland 97232
503-287-4594

Pennsylvania
Jim Pruitt
Center City Sports Club
1818 Market Street
Philadelphia 19103
215-963-0963

Rhode Island
Jerry Melaragno
15 Rena Street
N. Providence 02911
401-274-4900 #569

South Carolina
Hayward Thompson
121 Doyle Drive
Greenville 29615
803-242-6920 (Off.)
803-244-9266 (Res.)

South Dakota
Harvey Magee
Supreme Cts. RB & Fitness
4020 Jackson Blvd.
Rapid City 57701
Doug Schneider
(Co-Chairman)
Box 702
Sioux Falls 57101
605-338-3233

Tennessee
Lyle Adams
5050 Poplar, Suite #303
Memphis 38157
901-761-2214

Texas
Dewey Strickland
2505 Inwood
Houston 77019
713-528-7202

Utah
Vincent Brown
4300 South 300 West
Murray 84107
801-262-9414

Vermont
Bob Beauchemin
29 Church Rd.
Colchester 05446
802-863-5946

Virginia
Ed Remen
P.O. Box 218
Sterling 22170
703-430-0666

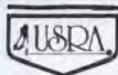
Washington
Douglas A. Wilson
5817 - 57 Ave., N.E.
Seattle 98105
206-524-3037

West Virginia
Dave Taylor
Rec. —
Intramural Sports Off.
Stansbury Hall, —
W.V.U.
Morgantown 26501
304-293-5221

Wisconsin
Joe Wirkus
4912 Hammersley Rd.
Madison 53711
608-237-8746

Wyoming
Dan Sell
Teton Courts
911 Flag Drive
Riverton 82501
307-856-5424

Canada
Canadian
Racquet Assoc.
333 River Road
Valley City, Ontario
K1L 8B9
613-745-1247



The Shootist

by Kathy Baker

(a parody on Kenny Rogers' "The Gambler")

On a warm summer's evenin', in the finals of a tourney,
I met up with a shootist—just his presence made me weak.

As we warmed up he took notice of the shots that I was makin',
then pity overtook him and he began to speak.

He said, "Son, I've made a life out of guessin' people's choices,
and knowin' what their shots would be by the way they held their eyes.

And if you don't mind my sayin', I can see you're out of aces,
and because I'm gonna clobber you, I'll give you some advice."

So I stood there with my racquet, and I stared at him with wonder
as he went through all the motions of preparing for the fight.

Then the court got deathly quiet and his face lost all expression;
said, "If you're gonna play the game, boy, you gotta learn to play it right.

You've gotta know how to kill 'em, know when to pinch 'em,
know when to use the ceiling and know when to pass.

Never count your point 'til you see that Seamco roll out.

Let your opponent run you, you'll soon run out of gas.

Every shootist knows that the formula for winnin',
is in knowin' shots to throw away and knowin' shots to keep,
'Cause every shot's a winner and every shot's a loser,
and when you're as good as I am you can kill 'em in your sleep."

And when he finished speakin', he set his mind to playin'.

He crushed all my defenses as he practiced what he preached.

And somewhere in that hour, the shootist won the tourney
as he ran my body ragged with shots I couldn't reach.

But though I lost the final, I walked away a winner.

I didn't have the laurels but a new philosophy.
The shootist fanned my passion; he fueled my one desire.

I'd meet him in a future match. The outcome? Wait and see!

You've gotta know how to call 'em, know when to question,
keep a good humor, have patience and grin.
You'll never have a good time if you're always throwin' tantrums.

There's more pleasure in the playin' if you don't always have to win.



Upcoming Events

March 28

Bob Belden Racquetball/Handball Doubles Marathon from noon until midnight; Killshot Ltd., Bloomingdale, IL 60108; 60 doubles teams expected to raise money through pledges for the American Cancer Society; Director Sue Sulli 312-893-9575.



Killshot Ltd. Manager Sue Sulli practices for the March 28 doubles marathon that will raise money for the American Cancer Society. The top team receives a resort weekend for four.

April 11

Cystic Fibrosis Foundation Play-A-Thon; Players with five sponsors eligible to compete for prizes; Knoll Racquetball Club, 1130 Knoll Road, Lake Hiawatha, NJ 07034; 201-335-9800



Test the Nationals Close to Home

The entry on the opposite page is your invitation to the most complete racquetball event in which you can participate.

In addition to every division you'll find in the 1981 Nationals at Tempe you'll be able to consider Regional-only categories for B and C level players.

You'll be meeting and competing against the best amateurs in your area and if you win the Women's or Men's Open, there's a bonus. Twenty-eight amateurs around the country will receive \$300 each toward their travel expenses to the Tempe Nationals.

United States Racquetball Association

1981 Regional Championships

Co-sponsored by Leach/Seamco

ENTRY DEADLINE: All entry blanks and corresponding entry fees must be in the possession of tournament director by Friday, March 20, 1981.

ENTRY FEE: \$20 for one event, \$27 per Doubles Team, \$12 for second Singles event. Limit two events per player.

OFFICIAL BALL: Seamco 600 (blue) in all events.

RULES OF SANCTION PLAY: All current USRA rules will govern play. No player having accepted \$1000 or more in prize money on NRC Pro/Am Tour within last 12 months may enter amateur events.

ELIGIBILITY: All participants must be current USRA members. New membership applications and renewals will be available at host facility for an additional \$3 for 6 months and \$8 for 1 year.

AWARDS: Trophies to first 4 places in all events. 1st place consolation. \$300.00 per diem travel allowance for the winners of the men's and women's open divisions to the 1981 USRA National Championships June 6-13, 1981. Allowances will only be awarded to those winners who play in the same event in the Nationals as they won in the regionals. Players crossing Regional boundaries forfeit the trip per diem allowance award should they win men's or women's open division. In event of such occurrence the runner up will receive award.

MAKE CHECKS PAYABLE AND MAIL ENTRIES TO: See reverse side of this form. Starting times may be obtained by contacting host facility. See regional tournament information page.

NOTE: All entrants must play in the regional in which they reside as depicted by the boundaries set forth on the accompanying map. Players wishing to cross regional boundaries must obtain approval in writing from USRA headquarters.

Region 1 - New England: Maine, New Hampshire, Vermont, Massachusetts, Connecticut, Rhode Island, Quebec, New Brunswick, Nova Scotia, Upstate New York

Region 2 - Northeast: Pennsylvania, Ontario, New Jersey, Delaware, Maryland, Northern Virginia, New York City

Region* 3 - Atlantic Coast: North Carolina, South Carolina, Southern Virginia, West Virginia

Region 4 - Southeast: Georgia, Alabama, Florida

Region 5 - Ohio Valley: Ohio, Indiana, Kentucky, Tennessee

Region 6 - Central: Illinois, Wisconsin, Michigan

Region 7 - Southern: Arkansas, Louisiana, Mississippi

Region 8 - Northern: Minnesota, North & South Dakota

Region 9 - Midwest: Nebraska, Kansas, Iowa, Missouri

Region 10 - South Central: Texas, Oklahoma

Region 11 - Northwest: Oregon, Washington, Idaho, Montana, Alaska

Region 12 - Rocky Mountain: Utah, Colorado, Wyoming

Region 13 - Southwest: Arizona, New Mexico

Region 14 - Western: California, Nevada, Hawaii

* April 9-12, 1981
Dates for Atlantic Coast -
#3 Region

PLEASE ENTER ME IN:

- | | | |
|---|---|---|
| ☐ Men Amateur Singles Open | ☐ Men Amateur Doubles Open | ☐ Women Veteran Senior Singles (40+) |
| ☐ Men B | ☐ Men Veteran Doubles (30+) | ☐ Women Masters Singles (45+) |
| ☐ Men C | ☐ Men Senior Doubles (35+) | ☐ Women Veteran Masters Singles (50+) |
| ☐ Men Veteran Singles (30+) | ☐ Men Masters Doubles (45+) | ☐ Women Golden Masters Singles (55+) |
| ☐ Men Senior Singles (35+) | ☐ Men Golden Masters Doubles (55+) | ☐ Women Veteran Golden Masters Singles (60+) |
| ☐ Men Veteran Senior Singles (40+) | ☐ Women Amateur Singles Open | ☐ Women Amateur Doubles Open |
| ☐ Men Masters Singles (45+) | ☐ Women B | ☐ Women Veteran Doubles (30+) |
| ☐ Men Veteran Masters Singles (50+) | ☐ Women C | ☐ Women Senior Doubles (35+) |
| ☐ Men Golden Masters Singles (55+) | ☐ Women Veteran Singles (30+) | ☐ Women Masters Doubles (45+) |
| ☐ Men Veteran Golden Masters Singles (60+) | ☐ Women Senior Singles (35+) | |

SHIRT SIZE: _____ Small _____ Medium _____ Large _____ X-Large

Name _____ Region Number _____

State representing _____ Please print

Address _____

City _____ State _____ Zip _____

USRA Membership card Exp. Date _____

Business phone _____ Home phone _____

Doubles Partner _____

Please print

WAIVER

I hereby for myself, my heirs, executors, agents and administrator, waive and release any and all rights and claims for damages I may have against the USRA, its affiliated clubs, and their respective agents, representatives, successors and assigners for any and all injuries which may be suffered by me in connection with my participation in the Regional tournaments.

Date _____

Signature _____

USRA Regional Championships

April 2-5, 1981

Region #1 - New England
Lakewood Racquetball Club
666 Lakewood Rd.
Waterbury, CT 06704 • 203-755-6699
Tournament Director: Charlie Lanza
Tournament Headquarters: Holiday Inn, 88 Union St.
Waterbury, CT 06702 • 203-575-1500
Makes checks payable to: Lakewood Racquetball Club, Attn: Charlie Lanza

Region #2 - Northeast
Highpoint Racquet Club
1 Highpoint Dr.
Chalfont, PA 18914 • 215-822-2953
Tournament Director: Mollie O'Brian
Tournament Headquarters: Warrington Motor Lodge Warrington, PA 215-343-0373 or Holiday Inn Ft. Washington, Ft. Washington, PA • 215-643-3000
Makes checks payable to: Highpoint Racquetball Club Attn: Mollie O'Brian

Region #3 - Atlantic Coast
(April 9-12, 1981)
Carolina Courts of Raleigh
1207 Front St.
Raleigh, N.C. 27609 • 919-832-5513
Tournament Director: Jim Adams
Tournament Headquarters: Holiday Inn North, US Hwy 1 N, Raleigh, N.C. 27609 919-872-7666 (Discount offered players in tournament)
Makes checks payable to: Carolina Courts of Raleigh, Attn: Jim Adams

Region #4 - Southeast
Racquet Power Racquetball Club
3390 Kori Road
Jacksonville, FL 32217 • 904-268-8888
Tournament Director: Jim Adkins
Tournament Headquarters: Holiday Inn, 1-95 & Baymeadows Rd., Jacksonville, FL 32217 • 904-731-0610
Makes checks payable to: Racquetball Power Racquetball Club, Attn: Jim Adkins

Region #5 - Ohio Valley
The Court Club
3455 Harper (96th & Keystone)
Indianapolis, IN 46240 • 317-846-1111
Tournament Director: Camille McCarthy
Tournament Headquarters: Holiday Inn, 3850 DePauw Blvd., Indianapolis, IN 46240 • 800-238-5510 or 317-872-9790

Makes checks payable to: The Court Club, Attn: Camille McCarthy

Region #6 - Central
Killshot Ltd
321 Edgewater Dr.
Bloomington, IL 60108 • 312-893-9575
Tournament Director: Sue Sulli
Tournament Headquarters: Holiday Inn Itasca, 860 Irving Park Rd., Itasca, IL 60143 • 312-773-2340
Makes checks payable to: Killshot Ltd., Attn: Sue Sulli

Region #7 - Southern
The Court House Racquetball Club
2625 Courthouse Circle
Jackson, MS 39208 • 601-932-4800
Tournament Director: Chuck Miner
Tournament Headquarters: Rodeway Inn, Hwy 55 N., Jackson, MS 39208 • 601-982-1122

Region #8 - Northern
The Supreme Courts Racquetball & Fitness Club
4020 Jackson Blvd.
Rapid City, S.D. 57701 • 605-348-5858
Tournament Director: Harvey McGee
Tournament Headquarters: Best Western/Gil's Sun Inn, P.O. Box 9030, Rapid City, SD 57701 • 605-343-6040 or Toll Free 800-528-1234 (Indicate you are player in Regionals and receive a reduced rate)
Makes checks payable to: The Supreme Courts Racquetball & Fitness Club, Attn: Harvey McGee

Region #9 - Midwest
Sports Courts of Bellevue
1308 Fort Crook Road South
Bellevue, NE 68005 • 402-291-2115
Tournament Director: Bob Downey
Tournament Headquarters: Crown Court, Hwy 370 & Hillcrest Dr., Bellevue, NE 68005 • 402-292-3800. (Indicate you are with the Regionals and receive a discount.)
Makes checks payable to: Sports Courts of Bellevue, Attn: Bob Downey

Region #10 - South Central
Fort Worth Athletic Club
3900 Benbrook Hwy
Ft. Worth, TX 76116 • 817-244-0076
Tournament Director: Rick Coyne

Tournament Headquarters: Holiday Inn Midtown, 180 University Dr., Ft. Worth, TX 76116 817-336-9311, Attn: Steve Fleming
Makes checks payable to: Fort Worth Athletic Club, Attn: Rick Coyne

Region #11 - Northwest
Lloyd Center Courts
815 N.E. Halsey
Portland, OR 97232 • 503-287-4594
Tournament Director: Brad Duren
Tournament Headquarters: Red Lion Lloyd Center, 1000 N.E. Multnomah, Portland, OR 97232, 503-288-6111, Cosmopolitan, 1030 N.E. Union, Portland, OR 97232 • 503-235-8433
Makes checks payable to: Lloyd Center Courts, Attn: Brad Duren

Region #12 - Rocky Mountain
Aurora Athletic Club
2953 S. Peoria
Aurora, CO 80014 • 303-750-3210
Tournament Director: Bronko Lemke
Tournament Headquarters: Marriott, I-25 & Hampden, Aurora, CO 80014 303-758-7000, Howard Johnson, I-25 & Hampden, Aurora, CO 80014 • 303-758-2211
Makes checks payable to: Aurora Athletic Club, Attn: Bronko Lemke

Region #13 - Southwest
Tucson Athletic Club
4220 E. Bellevue
Tucson, AZ 85712 • 602-881-0140
Tournament Director: Carl Porter III
Tournament Headquarters: Doubletree Inn, 445 S. Alvernon Way, Tucson, AZ 85712 • 602-881-4200
Makes checks payable to: Tucson Athletic Club, Attn: Carl Porter III

Region #14 - Western
El Cajon Racquetball & Fitness Center
526 Jamacha
El Cajon, CA 92021 • 714-579-8004
Tournament Director: Ward Leber, Joe Quartuccio
Tournament Headquarters: Contact host for information on Hotels.



Tournament Results

*Please send tournament results and clear black and white action photos to Renee Coplan, USRA, 4101 Dempster, Skokie, IL 60076. Type your results double spaced, including name of tournament, dates and place with scores listed in style you see on these pages. Use first and last names the first time you mention a player (in doubles matches, too) and last names only after that.

Allow two months or more for your tournament writeup to appear here.

South Carolina

The Greenville Racquet Club hosted the First citizens Invitational Dec. 5-7.

Results

Men's Open

Semis: Thomas d. Tillery 21-11, 21-13; Gammons d. Chandler 21-12, 21-16

Finals: Gammons d. Thomas 21-9, 21-15

Men's B

Semis: Stocks d. Salvatore 21-3, 21-9; Stewart d. Sutton 21-18, 21-18

Finals: Stocks d. Stewart 21-10, 21-11

Men's C

Semis: Hansbrough d. Salvatore 21-17, 21-10; Couture d. Babb 21-12, 21-11

Finals: Hansbrough d. Couture 21-10, 13-21, 11-6

Men's Novice

Semis: Wood d. Lyles 21-6, 21-4; Mangi d. Culbertson 21-7, 21-7

Finals: Mangi d. Wood 12-21, 21-16, 11-5

Men's 30 plus

Semis: White d. Diaz 21-14, 21-1; Thompson d. Hamilton 21-11, 21-6

Finals: Thomas d. White, forfeit

Men's 40 plus

Semis: Simon d. Maney 21-12, 21-19; Jones d. Webster 18-21, 21-13, 11-5

Finals: Simon d. Jones 21-7, 21-8

Men's Doubles

Semis: Chandler/Gammons d. Thompson/Watson 21-11, 21-9; Sexton/Anderson d. Thomas/Janovetz 21-18, 9-21, 11-2

Finals: Chandler/Gammons d. Anderson/Sexton 19-21, 12-5, 11-5

Women's Open

Semis: Taylor d. Mahoney 17-21, 21-20, 11-9; Cameron d. Clausen 21-12, 21-20

Finals: Taylor d. Cameron 21-2, 21-11

Women's B

Semis: Taylor d. Head 21-9, 21-16; Norwood d. McClure 21-7, 21-16

Finals: Taylor d. Norwood 21-12, 21-12

Women's C

Semis: McClure d. Olsen 21-16, 21-5; Thornton d. Kamada 15-21, 21-11, 11-10

Finals: Thornton d. McClure 21-18, 21-14

Women's Novice

Semis: Barnes d. Smock 21-14, 21-4; Hammond d. Roland, 21-14, 21-20

Finals: Barnes d. Hammond 21-4, 21-2

Michigan

The Parkwood YMCA in East Lansing hosted its annual statewide racquetball tournament Dec. 5-7.

Results

Men's A

Quarters: Pfeffer d. Harr 21-13, 21-3; Glosser d. Seymour 21-16, 21-11; Schwartz d. Hass 21-11, 21-17; Lockett d. Wood 17-21, 21-12, 11-2

Semis: Glosser d. Pfeffer 21-14, 21-11; Lockett d. Schwartz 21-13, 21-1

Finals: Glosser d. Lockett 21-19, 21-13

Men's B

Quarters: Stevenson d. Harris 21-16, 21-11; King d. Soave 21-19, 10-21, 11-10; Garrison d. Hays 17-21, 21-6, 11-1; Tranberg d. Archer 19-21, 21-2, 11-10

Semis: Stevenson d. King 21-12, 21-8; Garrison d. Tranberg 21-14, 21-11

Finals: Stevenson d. Garrison 14-21, 21-17, 11-9

Men's C

Quarters: Matties d. Rosenberg 21-15, 16-21, 11-10; Johnson d. Kelsey 21-6, 21-17; Sharp d. Grescowle 21-9, 21-7; Weeks d. Murphy 21-18, 21-17

Semis: Johnson d. Matties 21-14, 21-12; Sharp d. Weeks 21-8, Forfeit (Injury)

Finals: Sharp d. Johnson 21-12, 17-21, 11-5

Men's D

Quarters: Hasting d. Tadjerson 21-15, 6-21, 11-0; Hynes d. Coll 21-10, 21-11; Jackson d. Mitchner 21-16, 13-21, 11-6; Olsen d. Miller 21-2, 21-14

Semis: Hasting d. Hynes 21-5, 21-12; Jackson d. Olsen 21-19, 11-21, 11-10

Finals: Hasting d. Jackson 21-13, 21-19

Men's Seniors

Quarters: Erickson (bye); Lund d. Scramlin 21-12, 21-9; Chouinard d. Marzolo 21-4, 21-18; Byrum d. Cole 21-16, 21-19

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Semis: Erickson d. Lund 21-15, 21-8; Byrum d. Chouinard 21-11, 21-15

Finals: Erickson d. Byrum 21-2, 21-10

Women's B

Quarters: Lincoln d. Hathorne 21-7, 21-10; Sheridan d. Sieders Forfeit; Trosko d. Pruitt 21-2, 21-17; Wallace d. Kishigan 21-19, 21-14

Semis: Lincoln d. Sheridan 21-1, 21-8; Wallace d. Trosko 21-13, 21-3

Finals: Lincoln d. Wallace 21-12, 21-14

Women's C (Double Elimination)

Quarters: Hasfurther d. Agren 21-0, 21-1; Chouinard d. Henlotter 21-5, 21-9; Handley d. Henlotter 21-0, 21-4; Hasfurther d. Agren 21-1, 21-1

Semis: Handley d. Hasfurther 16-21, 21-13, 11-8; Chouinard d. Hasfurther 21-19, 15-21, 11-3

Finals: Chouinard d. Handley 16-21, 21-5, 11-8

Women's D

Quarters: Kurth d. Gervin 21-5, 21-17; Ballard d. Beaman 21-5, 21-14; May d. Redman 21-20, 21-11; Doherty d. Braddock 21-6, 21-12

Semis: Ballard d. Kurth 21-10, 21-8; May d. Doherty 18-21, 21-16, 11-3

Finals: Ballard d. May 21-9, 21-8

Consolation Men's A - Schaner d. Seymour 21-20, 21-9
Men's B - Cole d. Ruhala 21-8, 21-19 **Men's C -** Morton d. Culver 16-21, 21-10, 11-1 **Men's D -** Buys d. Dudzinski 20-21, 21-18, 11-0 **Men's Seniors -** Cole d. Marzolo 16-21, 21-5, 11-6 **Women's B -** Kishigan d. Pruitt 31-19 (31 point game) **Women's D -** Berlin d. Heitenen 21-18, 21-15

Maine

The Holiday Health and Racquet Club was the site of the 1980 Natural Light Pro-Am Dec. 5-7.

Pro Results

Round of 16: Ross Harvey d. Gene Fitzpatrick; Bruce Christensen d. Mike Levine; Steve Strandemo d. Al Lavallee; Don Thomas d. Steve Larrabee; Ben Kolton d. George Vierra; Marty Hogan d. Randy Olson; Mike Yellen d. Norm Bernier

Quarters: Harvey d. Yellen; Strandemo d. Thomas; Hogan d. Christensen; Hilecher d. Kolton

Semi-Finals: Strandemo d. Harvey; Hogan d. Hilecher

Finals: Hogan d. Strandemo



More than 300 amateurs at the December Natural Light Pro-Am at Holiday Health & Racquet Club in Bangor, ME watched Marty Hogan, right, beat Steve Strandemo in the pro finals.

Amateur Results

Men's Open: 1st P. Nogler, 2nd A. Hess, Cons J. Bouchard

Men's Novice: 1st K. Griffen, 2nd C. Young, Cons T. Saunders

Women's Open: 1st E. Ehrlich, 2nd B. Olson, Cons S. Thomas

Women's Novice: 1st M. Michaud, 2nd C. Francis, Cons J. White

Men's B: 1st Geo. Collard, 2nd S. Cox, Cons R. Liller

Men's Juniors: 1st Glenn Collard, 2nd G. Walters, Cons D. Marden

Women's B: 1st S. Drillen, 2nd M. Glen, Cons L. Olson

Women's Juniors: 1st L. Devine, 2nd H. Spaulding, Cons L. Fitzpatrick

Men's C: 1st B. Howe, 2nd J. Constantine, Cons B. Luce

Men's Seniors: 1st G. Pavlidis, 2nd M. Donoghue, Cons R. Snow

Women's C: 1st T. Karkos, 2nd R. DuFour, Cons M. Guerin

Women's Seniors: 1st K. Mahaney, 2nd G. Bundy, Cons B. Merrill

Men's Open Doubles: 1st S. Dubord/S. Larrabee, 2nd S. Trenholm/R. Olson

Women's Open Doubles: 1st B. Olson/E. Ehrlich, 2nd S. Thomas/J. Kelleher

Mixed Doubles: 1st L. Devine/P. Nogler, 2nd H. Spaulding/S. Larrabee

Men's B Doubles: 1st Geo. Collard/Glen Collard, 2nd B. Cannan/M. Lowe

Women's B Doubles: 1st M. Guerin/C. Gerrier, 2nd L. Nelson/T. Graham

Arkansas

Pleasure Park Racquetball & Health Club in Hot Springs played host to the second annual Holiday Festival Open Racquetball Tournament Dec. 5-7, with all entrants receiving designer shirts from Pleasure Park and Arkansas Bank & Trust (ABT), plus refreshments from Pepsi-Cola.

Results

Men's Senior

Quarters: Chester Phillips d. Otto Beck 21-11, 21-14; Hugh Groover d. Joe Smelser 21-9, 21-14; Seaborn Bell d. Wade Fowler, Sr. 21-3, 21-1; Daniel Ferritor d. Bill Felix 21-13, 21-11

Semis: Groover d. Phillips 21-14, 21-5; Ferritor d. Bell 21-8, 21-8

Finals: Groover d. Ferritor 21-11, 21-19; **Cons Final:** Joe Smelser d. Bill Felix 21-14, 21-11

Men's Open

Quarters: Bob Daniel, bye; Bing Priest d. Gary Hinkle, forfeit; Bob Hearnreich d. Tom Wilkins 21-11, 21-9; Fred Aylett d. Ray Schult 21-10, 21-15

Semis: Daniel d. Priest 21-9, 21-12; Aylett d. Hearnreich 21-10, 21-10

Finals: Aylett d. Daniel 21-19, 21-20 **Cons Final:** Tom Wilkins d. Ray Schult 21-5, 21-6

Men's B

Quarters: Sammy White d. Bill Mathews 21-2, 21-12; Buzz Sawyer d. James Bixler 21-13, 12-21, 11-5; Seaborn Bell d. Bill Taylor 21-8, 21-9; Mark Bullock d. Tom Sexton 21-9, 21-15

Semis: White d. Sawyer 16-21, 21-19, 11-6; Bell d. Bullock 21-14, 21-12

Finals: White d. Bell 21-7, 8-21, 11-4 **Cons Finals:** Sandy Phillips d. Tom Sexton 21-16, 12-21, 11-6

Men's C

Quarters: Gary Roberts d. Vern Hartz 21-7, 21-4; Randall Woods d. Duke Heath 21-1, 21-14; Brad Morgans d. Dave Smedley; Buzz Sawyer d. Eddie Barker 21-12, 21-13

Semis: Woods d. Roberts 21-10, 21-17; Morgans d. Sawyer 21-19, 11-21, 11-10

Finals: Woods d. Morgans 21-4, 21-12 **Cons Finals:** Don Blakey d. James Slater 21-15, 21-4

Men's D

Quarters: G.R. Akin d. Vern Hartz 21-16, 19-21, 11-2; Jim Hodge d. Wade Fowler, Jr. 21-15, 21-11; Bruce Gaston d. John Layman 21-11, 21-18; Duke Heath d. Hassan Bashiri 21-14, 21-20

Semis: Akin d. Hodge 21-10, 15-21, 11-3; Heath d. Gaston 21-19, 21-11

Finals: Heath d. Akin 21-15, 20-21, 11-7 **Cons Finals:** Rick Hargrove d. Hassan Bashiri 18-21, 21-3, 11-5

Men's Novice

Quarters: Allan Aunspaugh d. Mike Webb 21-7, 19-21, 11-6; Dennis Schuett d. Villard Hunter 15-21, 21-16, 11-7; Larry Hicks d. George Bazinet 21-4, 21-9; Greg Roberts d. Charlie White 21-1, 21-11

Semis: Aunspaugh d. Schuett 21-13, 9-21, 11-9; Roberts d. Hicks 21-18, 21-18

Finals: Roberts d. Aunspaugh 21-7, 5-21, 11-5 **Cons Finals:** Mike Webb d. Butch Wilson 21-6, 21-14

Women's Open

Quarters: Lisa Collins, bye; Shala Schult d. Karen Bullock 21-8, 14-21, 11-5; Gwen Young d. Jan Johnson 21-4, 20-21, 11-6; Connie Aydt d. Tammy Waid 21-9, 21-4

Semis: Collins d. Schult 21-11, 21-8; Young d. Aydt 21-4, 13-21, 11-9

Finals: Collins d. Young 21-20, 21-16 **Cons Finals:** Jan Johnson d. Tammy Waid 21-13, 21-3

Women's C

Quarters: Sandra Carlisle d. Debbie Wellington 19-21, 21-10, 11-2; Debbie Thomas d. Candy Heard 21-13, 21-13; Alison Borland d. Gloria Venable 21-3, 21-10; Wendy Johnson d. Kathy Sawyer 21-0, 21-2

Semis: Carlisle d. Thomas 14-21, 21-16, 11-2; Johnson d. Borland 21-20, 15-21, 11-6

Finals: Carlisle d. Johnson 21-17, 21-13 **Cons Finals:** Debbie Wellington d. Candy Heard 21-16, 21-9

Women's Novice

Quarters: Debra Heath, bye; Michele White d. Cynthia Lowry 21-19, 21-11; Leigh Johnson d. Kandil Kilgore 21-3, 21-9; Kathy Hoffmann, bye

Semis: White d. Heath 21-9, 21-0; Johnson d. Hoffmann 21-3, 21-9

Finals: Johnson d. White 15-21, 21-14, 11-1 **Cons Finals:** Cynthia Lowry d. Kandil Kilgore

Florida

The Courtrooms held their third annual American Heart Association Racquetball Classic Dec. 5-7.

Results

Men's Open: 1st-Fred Calabrese, 2nd-Tico Fernandez, 3rd-Dan Chandler

Men's B: 1st-Tony Gruszaka, 2nd-Gary Limper, 3rd-Dan Shortley

Juniors 17 and Under: 1st-Jeff Weinstein, 2nd-Ed Blaess, 3rd-Scott Hirsch

Men's C: 1st-Ray Bardales, 2nd-Dennis Handlin, 3rd-Ken Grandy

Men's Seniors and Masters: 1st-Fred Blaess, 2nd-Orrie Cherasia, 3rd-Gene MacDonald

Men's Novice: 1st-Scott Dingess, 2nd-Fred Rogacki, 3rd-Broderick Stoner

Women's Novice: 1st-Kathy Dillon, 2nd-Corey Gowing, 3rd-Janet Sedacca

Women's C: 1st-Nell Sapp, 2nd-Donna Willerth, 3rd-Rhonda Elias

Consolation: Men's open-Willie Freeman Men's B-Greg Diaz Men's C-Mark Caulfield Men's Novice-Juan Echavarria Men's Seniors-Chuck Prince Women's Novice-Cindy Bar Women's C-Theo Petro

California

Dec. 12-14 were the dates for a San Bernardino tournament at the Arrowhead Athletic Club.

Results

Men's Open Singles: J. Mack d. G. Sheffield 21-18, 21-17

Men's B Singles: M. Troxel d. B. McClinton 21-16, 20-21, 11-3

Men's C Singles: T. Burnett d. W. Jue 21-17, 21-19

Men's Novice Singles: M. Beasley d. D. Moss 21-12, 21-10

Men's Beg. Novice Singles: B. Adams d. D. Davis 21-10, 21-12

Seniors: J. Flores d. V. Lerner 13-21, 21-12, 11-3

Men's B Doubles: Savarese/Troxel d. Favorite/Carlone 21-17, 21-19

Men's C Doubles: Bordato/Johnson d. Love/Robles 21-16, 18-21, 11-6

Women's B Singles: M. Frigone d. Adame 21-11, 21-20

Women's C Singles: Y. Allen d. D. Dunwoody (Round Robin)

Women's Novice Singles: M. Fee d. P. Franitti 21-16, 17-21, 11-2

Oklahoma

The Turkey Shoot took place Nov. 28-30 at the Tulsa Racquetball Aerobics Center.

Results

Men's A

Quarters: Mark Miller d. Frank Rhoades, Ed Burke d. Tom Norris, Joyce Jackson d. Mark Cameron, Mark Fairbairn d. Don Pike

Semis: Miller d. Burke, Fairbairn d. Jackson

Finals: Miller d. Fairbairn

30 + A

Quarters: Red Murrell d. Matt Powers, Glenn Smith d. Rusty Loeffler

Semis: Bob Fleetwood d. Murrell, John Trickett d. Smith

Finals: Fleetwood d. Trickett

Men's B

Quarters: Russ Joiner d. Mike Robison, Lan Haverfield d. James Pascale, Jay Farris d. Roy Wolf, Alan Murrell d. Chris Williford

Semis: Joiner d. Haverfield, Farris d. Murrell

Finals: Joiner d. Farris

30 + B

Quarters: Jerry Porras d. Ken Sone, Ray Trimble d. Buddy Ableson, James Pascale d. Bruce DeVault

Semis: Edward Tarr d. Porras, Pascale d. Trimble

Finals: Tarr d. Pascale

Men's C

Quarters: Andy Marcum d. Ron Jay, Terry Gibson d. Jeff Easley, Pat Joiner d. Joe Beam, Bob Vaught d. Trey Hershaw

Semis: Marcum d. Gibson, Vaught d. Joiner, forfeit

Finals: Marcum d. Vaught

Men's D

Quarters: Lido Dobrich d. Gary Robinson, Don Beach d. Jay Hendricks, Gerald Frye d. Joe Beam, Ron Daley d. Rick Smith

Semis: Beach d. Dobrich, Daley d. Frye

Finals: Beach d. Daley

Men's Beginner

Semis: David Sone d. John Meyers, Bret Frye d. Duncan Fuller

Finals: Frye d. Sone

Men's Doubles

Quarters: Jim Waller/Andy Marcum d. Greg Davis/Buddy Ableson, Glenn Smith/Edward Tarr d. Bob Fleetwood/Clayton Rahlfs, Mark Fairbairn/John Trickett d. Russ Joiner/Jerry Porras

Semis: Mark Miller/Joyce Jackson d. Waller/Marcum, Fairbairn/Trickett d. Smith/Tarr

Finals: Fairbairn/Trickett d. Miller/Jackson

Women's A

Quarters: Beverly Branch d. Claudia Kovar, Carol Goddard d. Mary Bean, Merideth Frailey d. Sherrie Smith, Melinda Shaver d. Pat Joiner

Semis: Goddard d. Branch, Frailey d. Shaver

Finals: Goddard d. Frailey

Women's B

Quarters: Sharrie Doshier d. Peggy Baker, Karen Jones d. Anita Greiner

Semis: Melinda Shaver d. Doshier, Annie Shurtleff d. Jones

Finals: Shaver d. Shurtleff

Women's C

Quarters: Lynn Burba d. Lorna Shepherd, Elaine Reusser d. Maureen Johnson, Brenda Rich d. Branda Wilson, Lynne Rahlfs d. Ann Eichenberger

Semis: Reusser d. Burba, forfeit, Rich d. Rahlfs

Finals: Rich d. Reusser

Women's D

Quarters: Kristin Leonard d. Teresa Pax

Semis: Liz Crewson d. Leonard, Lee Giordano d. Fay Jabor

Finals: Giordano d. Crewson

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Play it again, Sam

by James King

Jane Goodwill, Hawaii's USRA state chairman, glowed with admiration: "He personifies racquetball in Hawaii. He's absolutely unique. Nobody has done so much for the game, or helped both pros and beginners alike, as Sam."

These superlatives were echoed by several of Hawaii's racquetball players at the January Catalina Classic in Honolulu.



They were praising Sam Koanui, 51, known to many as Hawaii's Mr. Racquetball.

Born at Oahu's Sand Island in 1929 he started as a handball player, but in the early 70s his passion became racquetball, fanned by Ralph Yempuru, an older player, then number one in the State. They played at the Nuuanu and Central Y.M.C.A.s, the only courts around at that time.

"At first I could barely take a point or two from Ralph," Sam muses, "But gradually, with practice and observation, I developed my defensive game, my pinch and side wall shots, to the point where I began to win some games."

By 1972 he had become Hawaii's leading player, and traveling to Oakland, CA to play in a doubles tournament with Norman Lau, he made his first impact on the world of racquetball by pushing the formidable team of Steve Keeley and Charlie Drake to a hard fought tie-breaker.

Koanui—at that time a volleyball player as well—started stacking up a string of racquetball accomplishments, including the 1975 USRA National Masters title.

Ranked third in his division in Detroit's 1978 Nationals Sam reached the semi-finals, and in 1979, ranked first, he lost in the finals to Bob Troyer at Tempe, AZ.

Every day Sam holds open classes for newcomers and advanced players at the Central Y.M.C.A. next to the popular Ala Moana Shopping Center.

All the clubs turn to Sam for his expertise in refereeing and officiating tournaments. His gentle yet firm Aloha brand of diplomacy calms the most aggrieved player, and his smile encourages his pupils to play to their potential.

In Hawaiian Sam Koanui's name comes from "Ko," meaning "soldier," and "nui," meaning "big." All Hawaii agrees—Sam Koanui is a solder for racquetball with a big heart for the people.

Hawaiian Family Racquetball

When Lt. Col. Peter Britos, Sr. retires from the Air Force next June, he plans to stay in Hawaii to teach racquetball. He knows of at least seven students who will sign up for lessons.

Lani, 21; Peter Jr., 20; Louis, 18; John, 16; Anthony, 14; Christopher, 10, and Kari Ann Britos, seven, all want to improve their games. During the January Catalina Classic in their state Peter Jr. tried to qualify in the pro division, but lost to one of Hawaii's top players in the second round.

Peter Sr. learned to play racquetball on military courts in the Canal Zone, Turkey and Germany. But it wasn't until 1979, when the family moved from Heidelberg to Hawaii, that the three oldest boys had enough access to courts and teachers to take the game seriously.

The only family member who doesn't play is Miriam Britos, mother of the seven and a former Miss Virgin Islands.

Peter Britos, Jr.



"I'm ready to take up the game," she says, "as soon as I can stop preparing gym bags, monitoring matches and driving players between home and the Central Y.M.C.A., the Oahu Athletic Club or the Kaneohe Courthouse."

Catalina Classic Amateur Winners

Men's Open Catalina Classic Winner Ed Andrews, left, celebrated his third victory in the amateur division of the NRC pro tour this 1980-81 season. He and Gerry Price, who came in second, are wearing the leis that Lisa Barrett presented to them at the Hawaiian tournament.



Lydia Emerick, 23, left, winner of the Women's Open at the January Catalina Classic in Hawaii, started playing at the University of Maine at Orno, but left college to make a career of racquetball. Now on the staff of the Denver Sporting Club Emerick won the Women's Open at the Coors Grand Prix NRC stop in Omaha last October and last year's Rocky Mountain USRA Regional. Second place Lorna Nalua, 18, has a number one racquetball rank in Hawaii, where she's been playing at the Y.M.C.A. for three and a half years.



Into the Fire

by Kent Patterson

It's a hot, dry afternoon on a heavily wooded mountainside in Central Idaho. At a distance the dark green of the pines, the blue of the sky and the dazzling white of distant snow capped peaks have a picture postcard beauty. Closer, though, the trees are grey and dusty. After weeks without rain their needles are so dry they snap at the touch.

The air is still, no sound but the humming insects. Then a sudden puff of wind stirs through the tree tops. Another, and another. Thunder rumbles in the distance.

In minutes the sky darkens, the wind whips through the trees, crackling the needles like cellophane. Rain splatters down, raising tiny puffs of dust where each drop hits. Lightening flashes. An ear-shattering blast, and a massive pine splits in half, showering limbs and splinters in all directions.

Suddenly as it came, the storm rumbles off. The sky is blue again, except now a thin streak of smoke curls up from the lightning blasted pine.

Two hundred miles away a phone rings. There's little apparent hurry, and less emotion, but in minutes a DC-3 roars down the runway. Inside Michael House sits quietly until the curl of smoke is sighted. Clumsy with two parachutes and a heavy pack, House steps to the open hatch. With its engines throttled back the plane sinks to just 1,200 feet over the forest floor. Looking out the hatch House notes the wind direction, then carefully selects a tiny clearing near the fire. A last second equipment check, then House leaps through the hatch.

During the summer House is a smoke jumper, an airborne fireman. Armed with little more than a parachute, four days' rations, empty burlap bags, and a Pulaski (a cross between a hoe and an ax), House has fought fires in some of the roughest and most inaccessible country on the North American continent.

In the winter House works as an adoption counselor in the Albertina Kerr House, in Portland, OR, and plays racquetball at the Portland Metro YMCA to keep in shape.

Mike House says the short stops of racquetball have kept him in shape for his dangerous summer job.

—James Von Rummelhoff photo



A Lazy Hero

A solidly built man House smokes a pipe and wears a reddish beard which circles his face Irish fisherman style. His office is little larger than a closet and almost as bleak—four walls, two chairs, two filing cabinets, one desk. He claims it was laziness rather than heroics which first drew him to smoke jumping.

"I first starting fighting fires for the state of Oregon in 1964," House says. "One fire I was on we hiked in for about five hours! We were just exhausted by the time we even got there, and still we're out fighting the fire. Then some smoke jumpers from Bend flew over and just jumped in. I thought, 'Hey, now, that looks pretty good!'"

Raised in Baker, OR fighting fires comes as naturally to House as ranching would to a Texan. There's little else to do. Squarely in the desert country of Central Oregon Baker is so dry the locals say even Bigfoot has to carry a canteen. House liked the excitement of fire fighting, and the high pay even more. Best of all he could be free to attend college every fall.

—James Von Rummelhoff photo



Marriage and a full time job might cause House to trade in his smoke jumping gear for a racquetball gym bag.

House uses a Pulaski, a cross between a hoe and an ax, to battle an Oregon forest fire.



Studying sociology House attended the College of Idaho and went for his master's at the University of Washington. But the long winters of sedentary life tended to get him out of condition. "I started playing racquetball in about 1970," he says. "I had been playing handball for quite a while, but it got too hard on the hands. It just bruised them. Then I discovered racquetball. Let the racquet take the punishment."

Racquetball, House believes, is ideal for keeping fit. "I'd play especially in the spring, to train, and to be ready for my job," he says. "It's one of the better sports for conditioning. You're using so many different muscles. The short stops, the kind of quick spurts, are very good conditioning."

The quick starts learned playing racquetball can help save a smoke jumper's life. "You watch for falling trees," House says. "If a fire's burning inside a tree, or on top, you use a chainsaw. Sometimes when you start sawing, the top of the tree will fall off. That can kill you."

Worse, the smoke jumper must keep alert when planes are about. With engines screaming and wings trembling with the strain, heavily laden aircraft swoop down to drop flame retardant. "They drop a kind of reddish clay liquid which actually smothers the fire," House says. "The planes will do a couple hundred, or maybe one hundred, miles per hour. Then these gates in the belly of the airplane open and drop out maybe a thousand gallons at a time. If you were under that, the sheer force would kill you."

Racquetball Starts

It's like being dive bombed, except the planes are supposed to miss. "As a rule, they're pretty accurate," House says. Then he grins. "Sometimes, though, they're way off." Then it's time for the smoke jumper to make one of these fast starts he learned in the racquetball court. Only faster.

Ironically House's own closest call came during a jump which looked like a cinch. It was a small grass fire in the tundra region near Nome, AK. No problem finding a clear space, with miles of open territory on one side and the Bering Sea on the other.

"We were jumping right on to the beach," House says. "We just didn't realize the wind was so strong. When we hit, it just picked us right up. I had the chute still on. The wind just dragged me across country, right up to the edge of the ocean." House knew a man could survive only a few minutes in the freezing cold of the Bering Sea. Dragged helplessly across the beach, with those frigid waves coming closer each second, he finally managed to get to his emergency lines and cut himself loose.

His jump partner was less lucky. "He was lying pretty badly injured on the beach," House remembers. "We had to call for some paramedics quick."

Knocking his pipe against his shoe House stoutly denies smoke jumping is especially dangerous. Still he questions whether he will try for a smoke jumping job next summer. For one thing he's working full time, and leaves of absence are hard to get. For another he was recently married. "My wife isn't excited about me smoke jumping," he admits. "I may do it again, I may not. It's outstanding money, but it's hard work. Hard! A real fatiguing job."

In any case during the Oregon rain season House is down on the racquetball courts practicing those quick starts and stops. Probably he won't be needing to dodge anything more than ceiling shots, or an occasional misguided racquet.

It's a lot safer than dodging falling trees. ●

No word so far of Nancy and Ron on the racquetball courts, but in Illinois Governor Jim Thompson continues to talk up the game. In a recent issue of *The Illinois Governor's Council on Health and Fitness Newsletter* Thompson urged his staff to make time during the day for physical activity, "whether it's racquetball or a simple walk around the Capitol" . . . The former Patricia A. Reid is now wife of Charles A. Drake, Jr., vice president and general manager of Leach Industries . . . William B. Tanner received the title "Amateur Athlete of the Year" from the Tennessee Sports Hall of Fame in Memphis on Feb. 13 . . . Twelve club owners in southern California have formed the Racquetball Advisory Board to run cooperative promotions and other joint ventures. Steve Grosslight of Reseda's MidValley Racquetball Athletic Club is in charge . . . AMF Head's Boulder, CO facility has joined AMF Maark at the company's headquarters in Plainsboro, NJ. Robert Carpenter will manage Head's Boulder facility, where the company continues to make composite racquet frames . . . A nylon mesh racquetball shoe is a new model in Tennis Togs' expanded line . . . Lynn Adams, number three in the women's pro



Lynn Adams

rankings, has signed a two year contract with Ektelon . . . David Micheal is executive director of the Greenway Athletic Club that will open soon in Minneapolis . . . United Airline's San Francisco racquetball team, the Bay Area Bangers, was victorious in the airlines' first racquetball city Challenge Meet. In its January employee newspaper, *Friendly Times*, United listed upcoming tournaments in Detroit, Chicago, West Orange, NJ and Dayton . . . A story on staying young after 40 in the Jan. '18 "Living" section of the *Chicago Sun-Times* suggested that one route to the Fountain of Youth was to "play racquetball three times a week." ●



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SITE: Playoff Racquetball Club, Beverly, MA 01915, Phone: 617-927-0920. An 18 court facility with steam room, sauna, whirlpool, exercise room and lounge.

ELIGIBILITY: All participants must be USRA members in good standing. Proof of membership will be required at registration desk or may be purchased at tournament.

ENTRY FEES: \$30 in professional event, \$25 in amateur event. Second amateur event is \$15. Players may enter both pro and amateur event. No refunds after April 3, 1981.

ENTRY DEADLINE: Friday, April 3, 1981. Entry fee must accompany entry form. No entries accepted without payment or by phone.

SANCTION: By United States Racquetball Association and National Racquetball Club as part of the NRC Pro/Am Tour Co-sponsored by Leach/Seamco

OFFICIAL BALL: Seamco 600 (blue) in all amateur events and Seamco 559 in professional event.

AWARDS: \$15,000 in prize money in professional event. Amateur awards to 1st, 2nd, semi-finalist. Consolation awards.

Amateurs will also compete for Color TV's, Stereos, 10-Speed Racers and Cameras compliments of participating sponsors, Herman's Sporting Goods, Sears Roebucks, F.W. Woolworth/Woolco and K-Mart.

STARTING TIMES: Players should check in 1 hour before scheduled match play. Amateur events may start as early as 12:00 noon on Friday, April 10, 1981. For starting times call 617-927-0920 on Wednesday, April 8, 1981.

MAKE CHECKS PAYABLE TO: Playoff Racquetball Club.

ACCOMMODATIONS: Available at: official tournament lodging KINGS GRANT INN, 617-774-6800, and also at, Lakeview Motor Lodge, 617-922-7535, Raddison Ferncoft, 617-777-2500, Chalet, 617-777-1030 and Howard Johnson's, 617-774-8054.

GENERAL INFORMATION: USRA rules on bracket eligibility apply. Tournament Director reserves the right to change players brackets in accordance with these rules. The director reserves the right to reclassify or deny any amateur entrant. Participants will be expected to observe good sportsmanlike conduct. All players should be prepared to play Wednesday, April 8, 1981, in the pro qualifying rounds and Friday, April 10, 1981, in amateur events. Eight players are necessary to complete a bracket and each bracket is limited to the first 64 entrants. In the event of an incomplete bracket the Tournament Director reserves the right to move players into next youngest applicable bracket. In all amateur events, winner must referee the next match, or provide a substitute, or be subject to disqualification.

PLEASE ENTER ME IN THE FOLLOWING EVENT/S: \$30 for pro event—\$25 for amateur and \$15 for second amateur event.

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☐ Open
☐ A
☐ B
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☐ Novice
☐ Seniors

WOMENS:
☐ Open
☐ B
☐ C
☐ Novice

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WAIVER: I understand that it is your intention to have my participation hereunder recorded on videotape for presentation on television and elsewhere, and I expressly agree that you shall have the unlimited right and authority to use and exploit your coverage of the series, the videotape and any and all forms of reproduction thereof in any and all media in perpetuity in whatever manner and by whatever means and wherever you may desire without any obligation to pay any monies to me except as hereinabove expressly provided. Such recordings shall without limitation be the sole property of NRC/USRA to deal with, broadcast, sell, exhibit and otherwise use or reuse in whole or in part as the NRC/USRA sees fit.

I also hereby for myself and my agents waive and release any and all rights and claims for damages I may have against the U.S. Racquetball Association, the National Racquetball Club, the Playoff Racquetball Club, Hermans Sporting Goods, Sears Roebuck Co., F.W. Woolworth/Woolco, K-Mart, Seamco, Inc., Leach Industries and any of their agents, for any and all injuries received by me in connection with this tournament.

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TICKET INFORMATION: Ticket information available by calling the Playoff Club at 617-890-0061

DIRECTIONS TO THE CLUB: Rt. 128 to Exit 19. First right is Reservoir Road. Club is straight ahead.

TOURNAMENT DIRECTOR: Jim MacElvenny

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Tournament Results

—James King photos

Hogan's

**Marty Takes
Easy Win
over Hilecher
after Tough
Semis against
Dave Peck in
Premier
Hawaiian
NRC Pro Stop**

**by Thomas
J. Morrow**

Marty Hogan, right, controls the finals against Jerry Hilecher, whose under par performance may have been due to gruelling earlier matches against Steve Strandemo and Larry Myers.

Paradise Island

The aloha spirit was especially sweet to racquetball's top seed, Marty Hogan, as he took his second tournament victory in as many tries after suffering through the first three NRC tour stops as an also-ran. Hogan handily defeated Jerry Hilecher 21-15, 21-6 in the final round of the \$15,000 Catalina Classic in Honolulu (Jan. 14-18) and, as it was in Memphis for the Tanner-Coca Cola Classic a month earlier, the best match of the tournament wasn't in the final round, rather in the semi-finals between Hogan and fourth seed, Dave Peck of El Paso.

The fifth tournament of the 1980-81 NRC season has to be termed a huge success—most of the top professionals were on hand, the house was sold out daily and the media turned out en masse to chronicle this first professional racquetball tour visit to the islands.

For racquetball pros like Charlie Brumfield, Don Thomas, Gary Berberet and Mark Morrow their grand entrance to paradise was short lived glory, as all were eliminated in the opening round. For promising youngsters like 16-year-old Mike Levine, Beaver Wickham, Dan Factor and Gary Merritt the scent of the orchids soured somewhat as they also fell by the wayside in the round of 32.

But Larry Meyers, of San Marcos, CA, seeded 24th going into Honolulu, found the fragrant air good for his game as he ousted fifth ranked Thomas and second seeded Mike Yellen before being narrowly defeated in the semi-final round by third ranked Jerry Hilecher 21-18, 21-18.

The husky Meyers played almost flawless racquetball throughout the tournament, and it was a persistent Hilecher overcoming 18-15 deficits in both games who outlasted the blond bomb from San Diego's North County.

The Hawaii tournament proved that low seeds like Meyers can compete with anyone in the league, but it also firmly reestablished what Marty Hogan has been telling reporters all season—"I'm the most dominant and formidable player in the world!"

Before the tournament opened, Hogan told *Honolulu Star Bulletin* Sportswriter Jack Wyatt that his poor showing earlier in the season could be explained by the growing competition and his lack of concentration.

The Catalina Classic standout battle finds Hogan and Dave Peck jockeying for position during a ceiling ball rally. That's the ball just to the right of the door.



"My game is better than ever, it's just that the competition is getting tougher and the players are under more pressure to win and to improve their national standings," said the three time defending national champ and current top seeded player. "When I go into a match against an opponent that I've beaten 30 times before and he has never won against me, it's often difficult to get up mentally for the game. All it takes to beat me when I'm

down is a couple of lucky shots by my opponent, or a mistake or two by me. When you've won as many tournaments as I have over the years, sometimes you slack off and coast."

Hogan's words were close to being affirmed when he met 18-year-old John Egeman of Boise, ID in the round of 16. Egeman, a rising star on the NRC tour, played the champ right down to the wire to turn in one of the year's top matches.

Inspired by a Hawaiian resident in the gallery—his father—Larry Myers finds the determination and skill to get to the semis for the first time in his pro racquetball career, but he loses the tie-breaker to Hilecher.



Egerman, who is on his second tour, matched Hogan shot for shot, taking the second game 21-15, to force the match into a tie-breaker. When you're the underdog, the crowd tends to pull for you and Egerman had quite a following on that Thursday night.

Although the lack of support in the audience was noticable to Hogan, who had his 23rd birthday while in Hawaii, it never seemed to bother him. After Egerman soundly outplayed him in that second game, Hogan said during the break before going into the tie-breaker "That kid's very smart and is going a long way in this game." Then the champ smiled coyly, adding "But not tonight!"

The words turned out to be prophetic as Hogan stepped back onto the court to handily defeat the Idaho youth 11-6.

Although he lost the match, Egerman beamed afterward with the satisfaction that he firmly entrenched himself in the pro ranks—he had challenged the best in the world with a highly respectable game and, maybe, just maybe, their next meeting would be the one where the challenge would be successful rather than merely respectable.

The size of the Hawaii draw forced strong contenders like Ben Koltun and Lindsay Myers to face each other in the round of 16. The same situation occurred with Rich Wagner and Davey Bledsoe. Myers and Bledsoe prevailed. In the second round when Dave Fleetwood had to play fourth ranked Dave Peck, the older Peck was successful, but his 17-year-old brother, number 12 ranked Gregg, had to play Hilecher in the round of 16 and soon found himself working on a tan in Waikiki.

Doug Cohen ran into the Larry Meyers' buzzsaw and got chewed up 21-8, 21-11 in the second stanza and Craig McCoy, who was sure he had remedied his early round loss blues, met with the stoic Steve Strandemo and was thoroughly tromped 21-6, 21-1. McCoy drew the biggest cheer of the tournament when he slammed an ace against Strandemo with the score 20-0, in the closing moments of their last game.

The record for the longest match of the 1980-81 season was broken during the quarter-finals of the Hawaii stop, with the careful foot placement of Strandemo against the floor mopping and stalling tactics of Hilecher.

As they have done when playing each other in the past, Hilecher and Strandemo stretched the patience of the officials, tried the posterior longevity of the audience and worked on the nerves of each other to do battle for three hours in a tie-breaking marathon in which Hilecher emerged the victor 21-13, 19-21, 11-8.

Reporter Ann Miller of the Honolulu *Advertiser* was not amused or impressed with Hilecher's style of play when he went on to outlast Larry Meyers the next day in the semi-final round.

"Meyers may be the most patient man in the Islands. For over two hours he put up with Hilecher's complaints, excuses and sit-downs, and all he got for it was a loss," wrote Miller in her paper's Sunday edition. But the Honolulu sportswriter admitted Hilecher's style obviously worked, although he made "a mockery of one of the fastest sports ever played."

To be sure the Meyers-Hilecher match was long and drawn out, but it had some very exciting moments that pushed both players to the ultimate in their ability. Make no mistake about it—Jerry Hilecher, despite his style, can play racquetball successfully against the best of them.

To get to that semi-final match with Hilecher Meyers had completely caught Mike Yellen off guard. Yellen attempted to control the game and wear Meyers down, but Meyers would have none of it and won the match in two games, 21-9, 21-14, while Yellen was trying to get control. Yellen was still trying to figure out what happened to him in Memphis, the stop which cost him both the semi-final match (to Hilecher) and his short lived top seed honors. Nearly everyone took Meyers' play in Hawaii lightly, including Yellen, who quickly joined the ranks of his victims.

Dave Peck played Davey Bledsoe in the quarters and routinely put the Tennessean away 21-15, 21-2. Reporters were talking about the powerful play that Peck had been turning in—and it was also being keenly observed by the champ.

"Peck and I will have a real semi-finals battle and then I'll go on to win the tournament," Hogan said rather matter-of-factly to KITV Sportscaster Paul Guanzon. Afterward Hogan quietly admitted that it was Dave Peck he worries about the most on the tour, for it is Peck who has been the most consistent in play against racquetball's most dominant player. Hogan holds the edge two to one in their 1980-81 match-ups against each other.

"I think it will be Dave and I in the Nationals finals this year," said Hogan, after their semi-final battle which he won for the second straight meeting.

But as confident as Hogan is about his play, he and his fans were worried Saturday evening in what turned out to be the most exciting and best played match of the Hawaii tournament.

Hogan had easily beaten Lindsay Myers of Vancouver, BC, the defending Canadian national champion 21-12, 21-15, and that's about as much that can be said for that match. With Peck putting Bledsoe away and Hogan dispensing with Myers, the two men prepared for what everyone knew would be THE match.

Any fan who has watched the style, habits and play of Hogan knows that he is a slow starter and never really dominates early in that first game. Peck took advantage of this and quickly had an 11-4 advantage before Hogan found the scoring mark.

Peck was able only to score once more before Hogan pulled his own side of the scoreboard to an even 12-12. Then it was 13-13, and all of a sudden Hogan led 17-13. With the score 18-14 Peck began to make a concerted effort to regain lost ground. There were many of the long rallies these two players have become noted for when they meet, but it was a rally of more than 12 exchanges late in the first game that had the crowd on its feet, cheering both players warmly for their tremendous efforts.

In the quarters, lower right, Myers repeats the upset of the 1977 USRA Junior Nationals when he beat Mike Yellen, the favorite. Other quarter-finals pitted Steve Strandemo against Winner Hilecher, upper right; Dave Bledsoe against Victorious Dave Peck, lower left, and upper left, Lindsay Myers against Hogan, who later took the tournament title.



Diving, leaping, slamming and falling both Peck and Hogan kept the ball alive in seemingly impossible gets and saves. It was a forehand kill strong pass shot from Hogan that finally saw Peck fanning for the side out.

Hogan quickly got two more points with a forehand left corner pinch and a skip from Peck to make the score 20-14. But Peck refused to roll over and play dead—no one expected him to, especially not Hogan.

Keeping true to his reputation of being able to come back Peck worked hard to score five points in a row with two backhand kill shots from the back court, a forehand killshot from center court and two skips from Hogan.



With the crowd wildly cheering for the Texan he allowed Hogan to slam a pinch shot on a return for the side out and then the champ proceeded to take the game with a forehand front wall slam that flew past Peck.

In the second game Peck was the one who got off to a slow start. Hogan jumped to a quick 3-0 lead and held it for a few minutes before Peck began running the score. It was 4-3 in no time, then the score began seesawing between these two great players. It was 4-4, then Hogan jumped to 5-4 advantage, only to have Peck come right back 6-5. Hogan led 8-6, then Peck was out in front 10-8. Then another tie at 10-10.

Hogan must have left the game mentally, because Peck seemed to have the court to himself as he ran seven straight points on a series of killshots with a pass and a pinch thrown in for good measure.

At 18-11 Hogan began to come back to life, but only momentarily. He scored three more points to make it 18-14; then Peck made his move, causing Hogan to lapse back into a fog which resulted in three straight skips, giving Peck the game 21-14.

The audience loved every minute of this outstanding play. And despite an obvious majority favoring Peck, both he and Hogan had the admiration of those Honolulu racquetball lovers.

For the first half of the tie-breaker both players continued to play evenly—3-3, then Peck leading 4-3, another tie at 4-4, then—5-4, with Hogan making one of the greatest leaping dive efforts in the match, only to skip another point to his opponent to tie it up again at 5-5.

Hogan regained the offensive and scored with a lightning fast pass and a backhand left corner pinch. It was the turning point in the game and match as Peck visibly appeared to just give up. Peck would make no more serious threats to stand in the way of Hogan and his destiny to be the tournament champion and keep alive his self proclaimed declaration of being the world's most dominant racquetball player.

It's no empty bragging when you can back it up with deeds and prize money. Hogan ran four more points to make sure that he would have a clear shot at the \$4,500 first place prize money.

As nearly everyone expected the final round match Sunday between Hilecher and Hogan was anti climatic after the Peck-Hogan war on Saturday evening.

Compared to his previous play in the tournament Hilecher seemed slower and less consistent, but he kept fairly close to the champ in the first game. In the second game Hilecher apparently went to the beach, because Hogan clobbered the 26-year-old former fellow St. Louis resident 21-15, 21-6.

Hilecher may have been smarting from the critique handed in by the *Advertiser's* Miller on that semi-final match with Meyers, and he was no doubt thinking about Hogan's boast that he would retire if he didn't beat his long time rival, Hilecher. In any event Hilecher seemed unusually subdued, not playing his usual strong game.

"Against Jerry, I'm always very confident," explained Hogan to reporters after winning the tournament. "My particular style contrasts his totally. I give him a lot of trouble. At the end he was desperate, trying to do anything because he knew I was playing well."

About his match with Peck the evening before, Hogan said, "Dave tries to play me slow. I wanted to keep him moving. He's 200 pounds and every time he falls, it saps his energy. I know, because I know what it does to me."

Peck said of Hogan "He is a true champ. I love to play Marty. It's always fun and never an easy match. He executed a little better than I did... I had scoring opportunities, but let them get away. I got a little conservative and when you have an opponent like Marty Hogan, you don't get another chance." ●



Marty Hogan thanks the Hawaiians for their spirited support.

Pysched by the Pros

Tim Geary, Hawaiian teaching professional, says that "watching the pros adds five points to my game. I just get it all back again, I get so psyched up. Hogan—he's awesome. I went to Strandemo's clinic for teaching professionals, and it's fabulous to see him practicing his theories so effectively."



The pros hit consistently harder, and they get shots the rest of us wouldn't even reach. They have superb anticipation, positioning and efficiency of movement." ●

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Round of 32

Marty Hogan d. Mark Morrow 21-8, 21-5; John Egerman d. Beaver Wickham 21-1, 21-13; Ben Koltun d. Mike Levine 21-20, 17-21, 11-4; Lindsay Myers d. Gary Merritt 21-10, 4-21, 11-8; Rich Wagner d. Gerry Price 21-6, 21-9; Davey Bledsoe d. Gary Berberet 21-13, 21-13; Dave Fleetwood d. Scott Hawkins 21-14, 17-21, 11-3; Dave Peck d. Ken Kaihlanen 21-6, 21-13; Jerry Hilecher d. Steve Serot (F); Gregg Peck d. Bret Harnett 21-16, 21-6; Craig McCoy d. Dan Factor 14-21, 21-17, 11-5; Steve Strandemo d. Dennis McDowell 21-12, 21-8; Larry Meyers d. Don Thomas 4-21, 21-17, 11-9; Doug Cohen d. Mike Romo 21-11, 21-8; Keith Dunlap d. Charlie Brumfield 20-21, 21-18, 11-5; Mike Yellen d. Ross Harvey 21-10, 21-8

Round of 16

Hogan d. Egerman 21-8, 21-5; Myers d. Koltun 21-17, 21-11; Bledsoe d. Wagner 21-14, 21-18; D. Peck d. Fleetwood 21-17, 21-7; Hilecher d. G. Peck 21-14, 21-20, Strandemo d. McCoy 21-6, 21-1; Meyers d. Cohen 21-8, 21-11; Yellen d. Dunlap 21-9, 21-14

Quarters

Hogan d. Myers 21-12, 21-15; Peck d. Bledsoe 21-15, 21-2; Hilecher d. Strandemo 21-13, 19-21, 11-8; Meyers d. Yellen 20-21, 21-13, 11-7

Semi-Finals

Hogan d. D. Peck 21-19, 14-21, 11-5; Hilecher d. Meyers 21-18, 21-18

Finals

Hogan d. Hilecher 21-15, 21-6

Tournament Notes . . .

For the last few years it's been the dream of the NRC, Leach and Seamco to put a pro stop in an exotic place like Hawaii. Catalina made that dream come true. The result was beyond all expectations, as the aloha spirit prevailed. Between matches pros and amateurs enjoyed the island beauty and sunny 80 degree weather. Don Thomas and Larry Myers went snorkeling in Hanuuma Bay; other pros took in sights including Waiaimea Bay, the Bonsai Pipeline, Pearl Harbor, the Dole pineapple fields, the Pali Lookout and the Waikiki Beach bikinis . . . USRA Hawaii State Chairperson Jane Goodsill discussed her state's racquetball picture with the NRC director over lunch at the Outrigger Canoe Club . . . Catalina representatives at the tournament included Connie Hereford, sales rep; Publicity Director June Wylie, Vice President and National Sales Manager Carlo Blandenbergo and Ed Murphy, president, men's sportswear division . . . Among celebrities watching the matches were Jim Nabors, who appears nightly at the



Hawaiian Village Hilton and Danny Kaleikini, the night club entertainer who extended invitations to his show at the Kahala Hilton to Pro Steve Strandemo and his wife, Terry; NRC Director Dan Bertolucci; California USRA State Chairman Scotty Deeds and USRA Staff Assistants Dave Negrete and Dennis McDowell from Illinois . . . Besides crossing an ocean to play in the pro division Negrete and McDowell served as linesmen and refs . . . Other referees were California's Gary Berberet and Gary Merritt and Arizona's Larry Lee and Paul Darnell, along with Islanders Peter Britos, Jr., Woody Cox, Norman Akau, Sam Koanui, Manny Rezentes, Randy Lau, Chuck Williams and Lloyd Waialae. Eric Schmidt, of California,

was a linesman . . . Outstanding hospitality included a buffet of prime ribs and turkey available to players and spectators each day of the tournament. Responsible for the Royal Hawaiian welcome were Honolulu Club



Owner Gene Axlerod's 16-year-old twins, Karen, left, and Lisa.

President Gene Axlerod, General Manager Ron Bianco, Staff Member Pat Doss and Co-Tournament Directors Joe Decker and Dave Glander, Honolulu Club's pro and athletic director, respectively . . . Joe Decker even arranged to have the visiting pros stay in the homes of local residents . . . Rumor has it that Joe and Dave were the idea men behind the latest NRC innovation which spectators and players hope will become standard procedure. Wielding towels to keep the court floor safe and dry were a group of female racquetball players. Two of them—Lisa Barrett and Kalena Anos—also presented leis to every player in the quarters, semis and finals. ●



Woody Cox

National Racquetball Club Rankings

(As of Catalina Classic Jan. 18)

1. Marty Hogan
2. Jerry Hillecher
3. Mike Yellen
4. Dave Peck
5. Rich Wagner
6. Lindsay Meyers
7. Don Thomas
8. Steve Strandemo
9. Craig McCoy
10. Gregg Peck
11. Bob Bolan
12. Dave Bledsoe
13. John Egerman
14. Doug Cohen
15. Ben Koltun
16. Larry Myers
17. Dave Fleetwood
- Keith Dunlap
19. Bruce Christensen
20. Mike Levine
21. Scott Hawkins
- Charlie Brumfield
23. Mark Morrow
- Dennis McDowell
- Gary Merritt



Joe Decker



Dave Glander

James King photos



Catalina's Quick Picks

When a pro prepares for a match, he wants to think about his game—not his clothes. So Catalina, co-sponsor of the Honolulu tournament, has assembled color coordinated shirts, shorts and warmups that make a player look good even if he's dressing on the run. Catalina's racquetball apparel comes in blue, gray, black, green and burgundy accented with gray and white.

Shown in the clothes they wore on the Hawaiian courts are, left to right: Don Thomas in a terry shirt, Marty Hogan and Ben Koltun in hooded zip-front jackets, Craig McCoy in a terry shirt and athletic sweat pants and Gregg Peck in a crew neck jersey shirt. The shorts are reversible from heather gray to a contrasting color.

Under his jacket Hogan wears one of Catalina's best sellers—an open collar shirt with a contrasting raglan sleeve and double stripes across the shoulder. That's the shirt you see on Marty—and no other pro—on the NRC tour. ●



—James King photos

**PRESENTING THE ONLY
RACQUET THAT CAN GIVE
MARTY HOGAN 100%.**



Leave it to Leach to deliver 100%. And more.

Back in the fall of 1978, we gave Marty Hogan something he couldn't get from anyone else in the industry.

A Leach Graphite 100. The world's first 100% graphite racquetball racquet.

Since then, Marty and his Graphite 100 have teamed up to turn the pro tour upside down. With wins in every major tournament—including the 1978 Pro Championship.

And with back-to-back wins to kick off this year's tour.

Why Marty won't go to court without graphite.

Graphite is probably the perfect racquet frame material. Ounce for ounce, it's several times lighter than aluminum. Yet, even stronger and stiffer.

And that translates into extra power and speed for any player's game. Including Marty Hogan's.

What's more, no one's been able to copy Leach's innovative technology. So the Leach Graphite 100 is still the world's first and only 100% graphite racquet.

There's more than one way to win with graphite.

Obviously, not everyone needs the awesome power of 100% graphite. So Leach created three other racquets that harness graphite's winning ways.

Like the Leach Graphite Competitor. An ingenious

combination of maple, ash, bamboo and graphite laminates make it Leach's lightest racquet. Strong and stiff, it's a hybrid that packs tremendous power.

A brand-new breed of Bandido.

Then there's the new Leach Graphite Bandido. We took one of the winningest designs and—without altering its shape a single millimeter—beefed up its glass-filled frame with graphite.

The result is, quite possibly, our most dangerous glass-filled design.

The Performer still is.

The Leach Graphite Performer was

one of the sport's first composites to successfully marry the awesome power of graphite and the flex of glass. Dark and deadly, it features a modified head, narrow throat and one of the biggest sweet spots in the sport.

There's not a single imitator that's its equal anywhere.

Number One by process of elimination.

Collectively, our Leach racquets are the winningest graphites on the pro tour. Bar none. With the largest selection of graphite racquets available from any single source.

But then, when it comes to graphite, only Leach can give you 100%. And more.

Because only Leach can give you a choice.



Leach Graphites: The Competitor, Bandido and Performer.



NUMBER ONE BY DESIGN™

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National Racquetball Club

Pro/Am Tour • 1980-81

Co-sponsored by Seamco/Leach

Kunnan/Leach Tournament of Champions

March 18-22

Sportrooms, Miami, FL

Seamco RB Classic

April 8-12

Playoff Four RB Club, Beverly, MA

Open

Coors Grand Prix Final

May 6-10

Town & Country Racquet Club, St. Louis, MO

Open

USRA National Amateur Championships

June 6-13

To be announced

Open

NRC Professional Championships

Late June or early July

To be announced

Top 32

*Format for T.O.C. will include top eight based on year ending '79-80 results along with '80 USRA Men Open Winner, '80 Canadian Open Winner and two at-large sponsor choices.

USRA Regionals

April 2-5

USRA Junior Regionals

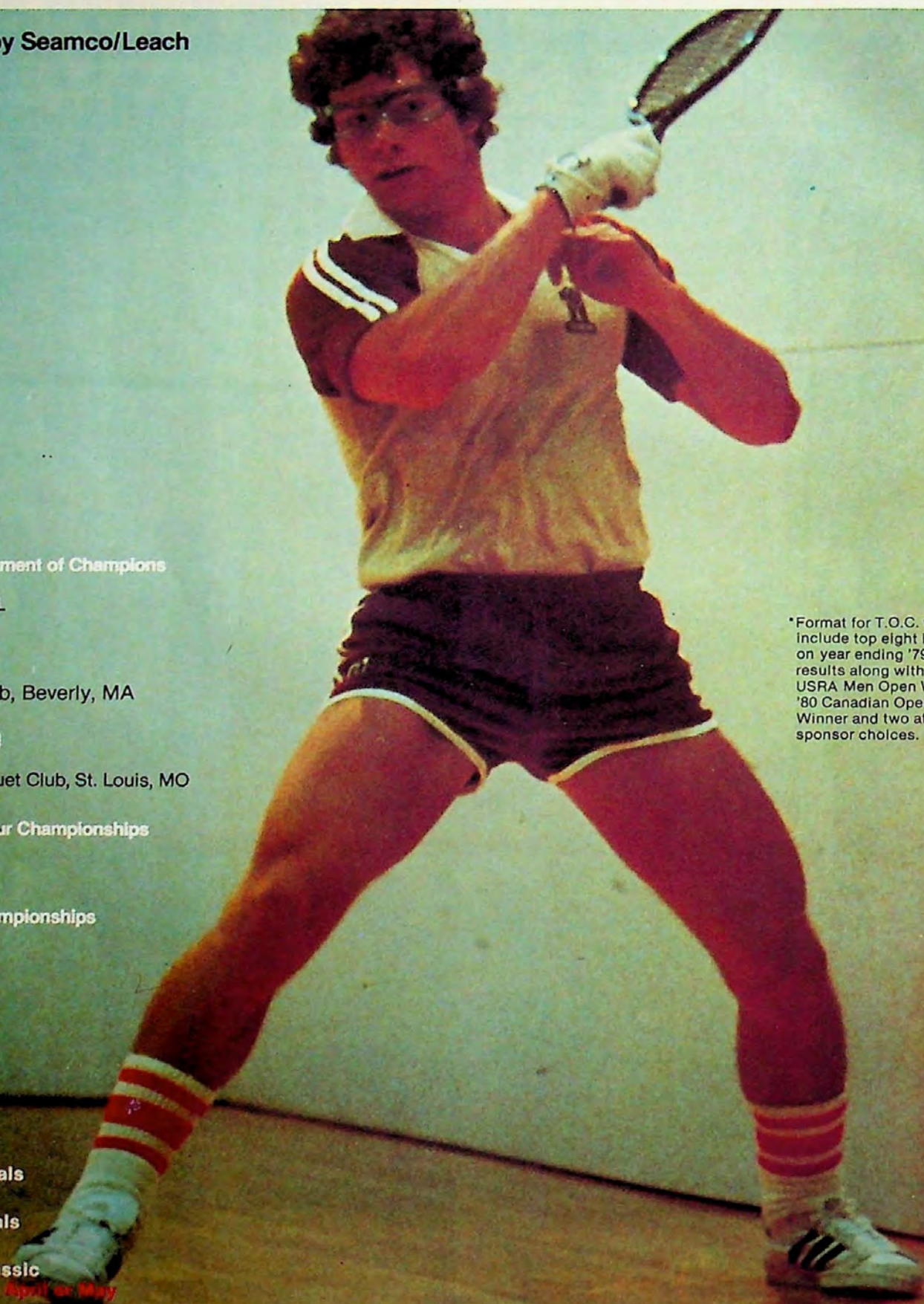
July 9-12/July 19-22

USRA Junior Nationals

Aug. 10-15

CBC Racquetball Classic

To be scheduled late April or May



Gives You The Professional Feel

It's the official glove of the National Racquetball Club. Yes, the Champion Model 610 was selected by the NRC because of its unique features and design. The popular wrap-around Velcro strap; soft, thin deerskin palm; foam-backed terry cloth; comfortable Helanca stretch design . . . all combine to make the Model 610 preferred by many professionals and amateurs. Available in men's and ladies' sizes. At your YMCA, Racquetball Club, or Sporting Goods Dealer.

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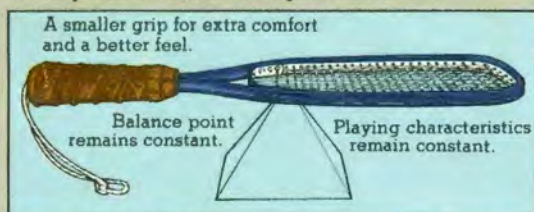


Lady Swinger

Lady's AC-250

LADY'S CHOICE.

Introducing the Lady AC-250. Light, lovely and patently offensive. Leach believes a woman takes her racquetball every bit as seriously as a man.



Hence, Patent Number 4066260, the Lady AC-250. With a design as unique as its patent reflects.

It begins with a solid core of shock-absorbing ABS plastic, wrapped with a special thin-wall aluminum extrusion. Plastic for control, aluminum for power.



Special ABS plastic core reinforces the Lady AC-250's unique frame.

It continues with a modified throat and elongated head for one of the biggest sweet spots in the game.

And it finishes with a radically tapered handle and striking leather grip, for extra comfort and a better feel for smaller hands.

All in all, a slender little package weighing in at a tidy 250 grams.

And re-introducing the Lady Swinger. A perennial favorite.

Looking for a little something in glass, ladies? Look no further. The Lady Swinger offers a modified teardrop head for one big sweet spot.

A powerfully sleek throat configuration that minimizes torquing on occasional miss-hits around the edge.

A scaled-down handle that fits a lady's hand cleanly, comfortably.

And a genuine leather grip with raised blue beading that breathes easier and grips longer.

Unusually trim, the whole racquet

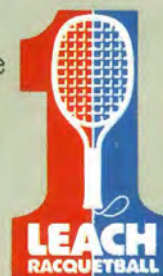
Our Lady Swinger took last year's Women's National Championship.

weighs in at under 250 grams.

So there you have it. An old favorite, a new favorite.

Both giving evidence, once again, to the fact that pleasing the ladies really isn't tough at all.

When you're **Number One By Design.**



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