

National Racquetball®



Vol. 6 No. 7
July, 1978
\$1.50

- 13 PAGES OF INSTRUCTION
 - Backhand Ceiling Shot
 - Service Return
 - Getting Past Beginner's Stage

- 2nd ANNUAL BALL SPEED CONTEST

- HOW HYPNOSIS CAN IMPROVE YOUR GAME

- PEGGY STEDING PROFILE

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RB

- NATIONAL JUNIORS READY TO ROLL

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FEATURES

Cash & Charge Accountability → Money Management

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Instantaneous information

Separate register totals (dollars & units) are provided for all sales classifications, such as court-time, resold court-time, lessons, Pro Shop sales, bar & lounge. In addition automatic price look-ups eliminate the need of having to remember prices for any services or merchandise purchased. The club has total access to all recap information at any time. Confidentiality is

assured with a security code control employed by the register, preventing unauthorized access to information.

With the new Sweda L-35D Electronic register, data capture has been simplified with the use of the magnetic tape cassette/recorder shown above. Racquetball Charge Systems /PCB is the most automatic, precise, concise, easy to operate, time saving and low cost system in the entire nation and internationally as well. Due to the magnetic tape cassette ability of the L-35D to capture all data, costly and time consuming manual keypunching and verification is totally eliminated. This small 1/4" x 1 1/2" cassette can be mailed quickly to the Louis Zahn Data Service Corporation's processing center, or teleprocessed via telephone or polled automatically by the Louis Zahn Data Service Corporation. All of which are extremely low in cost, from as low as 13¢ to send in your data, to the cost of your phone teleprocessing line. This results in an extremely low cost administrative management computer reporting system needed for your club's present and future growth in an ever-increasing competitive market. The new Sweda L-35D electronic register is offered by the Louis Zahn Data Service Corporation on a direct purchase or low cost lease basis. Leasing permits automatic updates in equipment so that the club can take advantage of new electronic breakthroughs. This can make the system even less expensive and its operation even simpler.

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NOTE: RACQUETBALL CHARGE SYSTEMS/PCB*, TENNISYSTEM/PCB*, and Total Electronic Administrative Management are exclusive registered and trademarked data systems for racquet sports by

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← SEE INSIDE

THERE IS NO BETTER A



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into working cash fast... especially with our guaranteed 72-hour Turnaround Service. The Racquetball Charge Systems/PCB® Total Electronic Administrative Management System provides you with an easy-to-read color-coded aging analysis which tells you instantly who owes *What* and *For How Long*. In addition, the Louis Zahn Data Service Corp. includes The Date Your Member Last Used Your Club's Services and The Date Payment Was Made, as well as your *Member's Year-To-Date Total Charges*.

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Racquetball Charge Systems/PCB® Total Electronic Administrative Management System also provides *Electronic Stuffing and Mailing Services* with optical scanning to insure Accuracy and Instantaneous Cash Flow, as well as providing the ability to STUFF and MAIL Your *Monthly Club's Newsletters* and two additional advertising leaflets.

Racquetball Charge Systems/PCB® also provides *Free In-Club Training By Our Pro*.

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No cancellation fee on Racquetball Charge Systems/PCB® Total Electronic Administrative Management System *Data Processing Service Agreement*.

Racquetball Charge Systems/PCB® Total Electronic Administrative Management System is also designed from market research by the Louis Zahn Data Service Corp., developers of the first and only original Racquetball Charge Systems/PCB® which totally solves the billing problems which your club and other clubs are now experiencing, while providing you with timely and concise information on computerized management report forms needed for your club's present and future growth in an ever increasing competitive market.

Both the Total Electronic Administrative Management Systems/PCB® and Racquetball Charge Systems/PCB® provide your facility with *Totally Descriptive Statements* that will eliminate billing-related questions and problems.

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ALTERNATIVE TO RACQUETBALL CHARGE SYSTEMS // PCB

Service Corp.

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another service offered by
the TENNISYSTEM specialists

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Features and highlights generated by Racquetball Charge Systems/PCB and the new Sweda L-35D electronic magnetic tape cassette register/recorder are as follows:

- Updated optional monthly paper Rolodex cards with member ID, aging and court-time.
- Racquetball Charge Systems/PCB optional automated permanent court-time billing (PCB) for clubs that offer permanent court-time sales, all with descriptive statements.
- Metropolitan billing or circuit billing for members playing in multiple owned clubs.
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- Total business analysis report on all services and sales categories.
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- Automatic membership renewal billing and variable membership expiration report.
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- Exclusively customized imprinted payment cards with your logo with matching member return envelopes.
- Total electronic stuffing, posting and mailing of members' statements with club fliers and newsletters.
- Automatic price look-ups eliminates the need of having to remember prices for any services or merchandise purchased.
- Journal register tape total system back-up.
- Electronic data capture via magnetic cassette tape eliminates costly manual

keypunching and verification, producing appreciable savings to all system users.

- Complete and thorough in-club free training of all your personnel at your location.
- Sales and cash receipts journal.
- Delinquency report: you can choose between a 60 & 90 Days and Over or a 90 Days and Over delinquent report (Hot Sheet), listing only those members who are delinquent in payment. A total summary is provided for each and every member on one line.
- Variable membership expiration report provides your member with renewal reminders prior to expiration date.
- Membership analysis: gives information regarding the amount of individual, family, corporate memberships, etc.
- Collection statistics gives your percentage of collections as compared to hundreds of other clubs in the industry.
- Many other services and reports in addition to the above are offered but are too numerous to mention here.
- **SPECIAL NOTE** For those clubs not requiring an electronic point of sale terminal, we also offer a transaction card batch approach. Please call collect or write for more information.

Complementing all the above, at no additional equipment or labor costs, Racquetball Charge Systems/PCB and the Sweda L-35D can provide you and your club with the following optional services:

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4. Inventory Control
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National Racquetball®

Vol. 6 No. 7
July, 1978
\$1.50

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On The Cover . . .

16-year-old Craig Davidson, 15 and under champion a year ago, will be making a run at the 17 and under division in the 1978 National Juniors Championships. Story on page 16.

-Photo by Arthur Shay

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

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All editorial communications should be addressed to The Editor, National Racquetball Magazine, 4101 Dempster Street, Skokie, Illinois 60076. Manuscripts must be typewritten and double spaced. Color and black and white photographs are welcomed. Please enclose a stamped self-addressed envelope for return of manuscripts and photos.

Subscriptions are \$9.00 of one (1) year. Rates are for U.S., possessions, military and Canada. Foreign subscriptions add \$5.00 per year for postage. Second class postage paid at Skokie, Illinois and at additional mailing office. Postmaster send form 3579 to National Racquetball Magazine, 4101 Dempster Street, Skokie, Illinois 60076. (Please allow 8 to 10 weeks between the time subscription form is mailed and receipt of first issue.)

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The Official Publication Of The U.S. Racquetball Association

We Serve . . .

At the risk of boring you with a well worn phrase, I would like to remind you that we serve in order that you might serve. Everything we do is intended to increase your health, improve your play and expand your pleasure. We are a service organization that is totally devoted to serving you in every possible way.

- We serve the little people with our juniors program and plenty of financial help. That's besides chaperoning the little monsters through a week of fun and frolic — along with many of the parents.
- We serve the amateurs with a whole series of events in state, regional and national play.
- We serve the masters with a wide variety of events that make it possible for them to enjoy the sport through all the days of their lives.
- We serve the pros with a tour that involves every area of the nation and hundreds of thousands of dollars in prize money.
- We serve the ladies with a companion tour that is equally well played, well attended and well run. Fabulous is the word for the fair sex.

- We serve the racquetball masses. Thousands of letters and hundreds of thousands of magazines bear testimony to the dedication of our little staff of unselfish racquetball pioneers.
- We serve the states with chairmen and funds to carry on, the regions with the best in competition and the nation with the true National Championships.
- We serve the fans with interesting human interest stories in *National Racquetball*, the bible of the sport.
- We serve the students with extraordinary instructional articles by the extraordinary players.
- We serve the women players with a special section that the men read, too.
- We serve the thinking people with provocative editorials from administrators and players alike.
- We serve the publishers by making visible the fine new books that provide the beginners with some excellent direction.
- We serve the court clubs with tournaments and exhibitions and seminars as well as promotion to get them off to a splendid start and then stay there.
- We serve the industry by a consumer-oriented check on all products and people rightfully or wrongfully claiming identification with racquetball.



Finally we serve the nation as a whole by providing a sport that has turned millions from less rewarding activities to something that can fill any void at any age of life. If only we could know how many lives have been saved, heart attacks prevented, years extended upon lives, homes restored, juveniles kept from crime because of racquetball.

We take particular pride in the service we render, especially since the vast majority of us are unpaid volunteers. That includes some of our staff right here at headquarters.

And speaking of headquarters because we serve, unselfishly and unequivocally, we ARE the headquarters. Whatever is new in racquetball, whatever is good for racquetball, starts here. That's part of our service.

Let nobody ever forget that we have been the pioneers, the founders and the developers of racquetball. No one else, absolutely nobody else, can claim the fame and satisfaction for taking this game from infancy to its present threshold of international success.

That in itself should be the source of great pride for us, but if you really want to know what makes us proudest, it is serving you, unselfishly and steadfastly.

We serve — in order that you might serve. ●

Evie & Bob Kendler

Evie and Bob Kendler

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

I Thess - 5 - 23

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NUMBER ONE BY DESIGN

There's Nothing Like The National Juniors



When you travel the pro tour all season long as I do, by this time of the year you need a little something extra to pick you up, to get you looking forward to the coming season. Yes even people who work for racquetball can get overracquetballed from time to time.

That's why I love the National Juniors Championships so much. The National Juniors falls in the summer between seasons and the event is so spectacular, so refreshing and so much fun, that it serves to revitalize the racquetball juices that flow within.

The National Juniors represents so many good things of which all of us can be proud. For one it allows America's youth a chance to participate, compete in and enjoy a special tournament all of their own. No pros, no open divisions, no categories beyond the open — all juniors.

The glass court, center stage, is all theirs. The emphasis of the event is on camaraderie and fun, besides winning matches.

Beyond that there is opportunity, for the players who perform well in the juniors can create a future for themselves within our fine sport — a future that from all indications is very bright.

But most of all the National Juniors is for the kids. To see them enjoying the play, the hospitality, the entertainment makes this event so worthwhile.

This year's National Juniors will be no exception. The USRA will continue to provide the nation with the absolute best in a juniors program, culminated with the Nationals.

As you will read in this issue (page 16), the tournament will be held in King of Prussia, PA, just outside Philadelphia, the same club that proved such an able host on the pro tour.

Having the event in Philadelphia is a secondary bonanza for the juniors, for not only does it serve to further promote racquetball in the east, but it allows the juniors a rare privilege of visiting some of our nation's landmarks.

We plan to see such places and things as the Liberty Bell, Museum of Art and many others. It will be an experience that the juniors will never forget.

The National Juniors also gives our sponsors, Seamco Sporting Goods and Leach Industries, the chance to show their generosity in a multitude of ways. Each of those firms have donated over \$25,000 to the support of this tournament, and believe me, all of the funds are necessary and then some.

Added to that Seamco and Leach are providing the balls, souvenir shirts, gym bags, door prizes, key chains and many other items so that each participant goes home with concrete momentos of this great tournament.

There is no doubt that the progress and success of the USRA's National Juniors program over the years comes directly from the unselfish sponsorship of these firms.

And no mention of the National Juniors could be made without taking time to acknowledge the new Robert W. Kendler Scholarship Awards — \$1,500 college scholarships donated by USRA president Bob Kendler to the winning 17 and under boy and girl at the National Juniors.

So there you have it, — the third annual National Juniors, — August 1-5, 1978. I can't wait! ●

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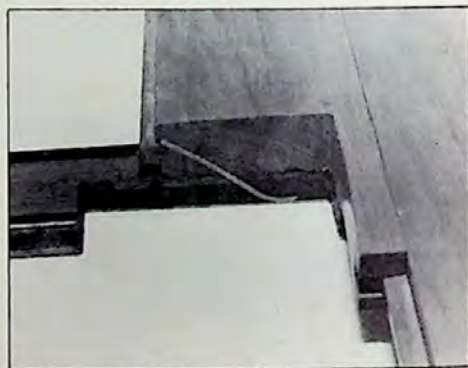
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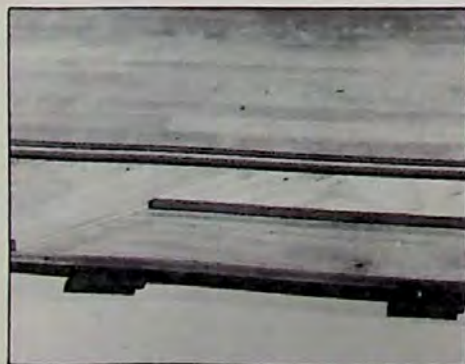
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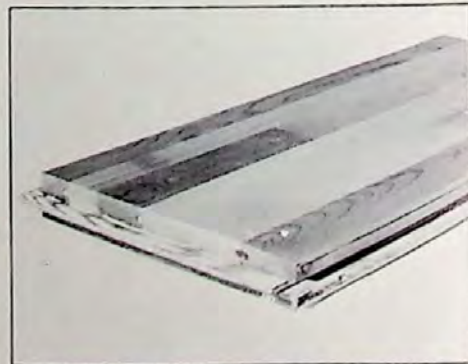
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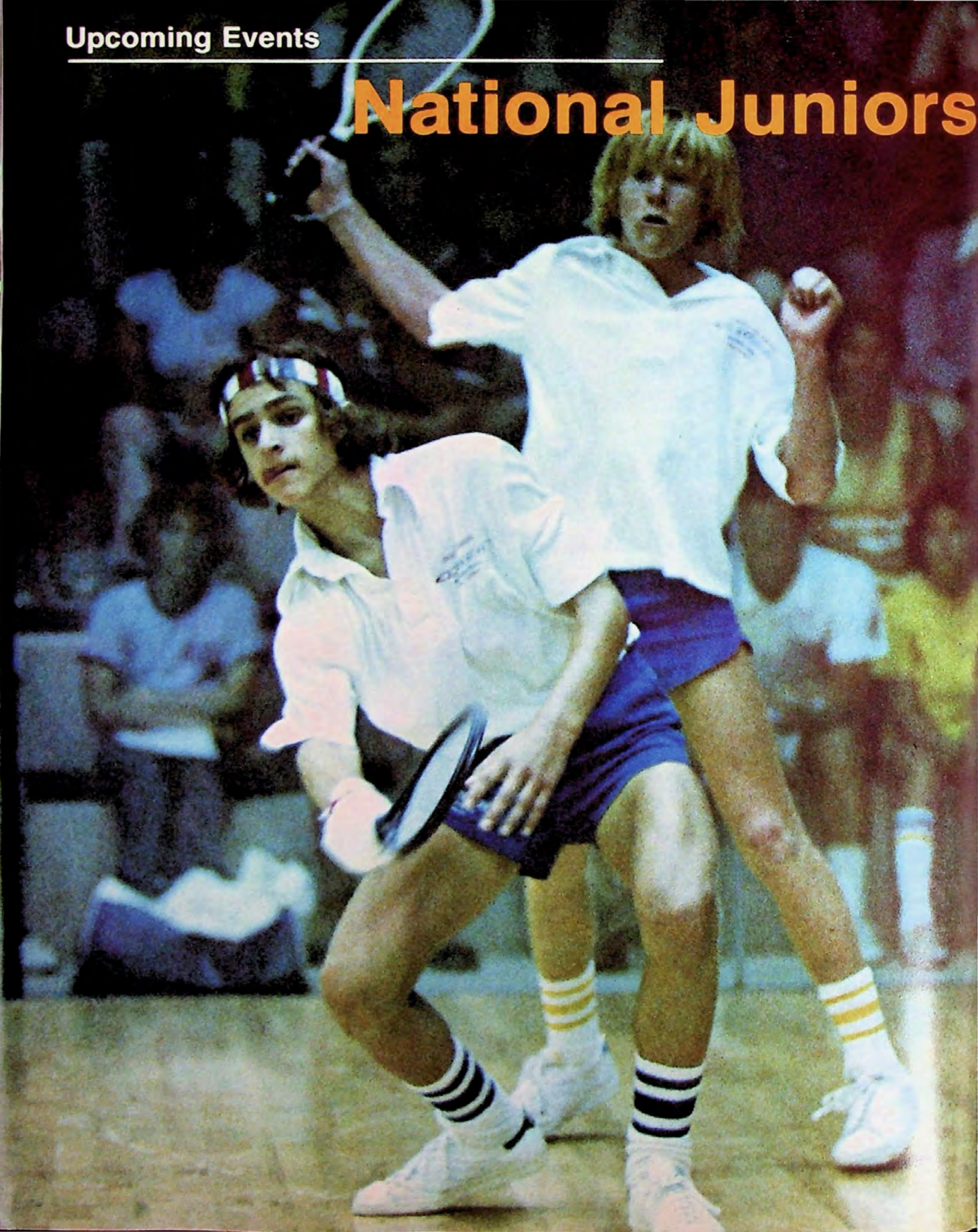
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Upcoming Events

National Juniors



Ready To Roll

Who will be the next Ben Koltun? A future Mike Yellen? The 1985 rival of Marty Hogan? Another Shannon Wright?

Nobody can tell for sure, but odds are he or she will come out of the U.S. Racquetball Association's National Juniors program. And that program will be on its National Championship display August 1-5.

The King of Prussia, (PA.) Racquetball Club, just outside of Philadelphia, will be the site for this, the third annual USRA Juniors Championships. Fifty participants will be on hand, representing each of the USRA's 10 Regional Championships, as well as another 30 at-large berths selected by the USRA.

Competition will be conducted in all five of the USRA's junior divisions, with National Champions declared in the Boys 17 and under, 15 and under and 13 and under, while the Girls will be vying for titles in 17 and under and 14 and under.

"There will be 16 players in each of the five divisions," said USRA National Commissioner Joe Ardito, who has charge of the juniors program. *"We intend to make this tournament, just like the ones before it, an event that the kids will remember for a long, long time."*

The King of Prussia Racquetball Club boasts 12 courts, including four with full glass side and back walls, plus another five with glass back walls. In addition the club has complete spa facilities for men and women, a health bar, laundry service and a quarter-mile Swiss jogging track.

As a highly successful pro tour host King of Prussia Racquetball Club has already earned its spurs as a well organized and efficient racquetball tournament host.

"We're as proud as can be to host the National Juniors Championships," said Bob DiMarco, owner of the club and liaison with the USRA. *"We intend to ensure that every participant enjoys him or herself."*

Consolation brackets will be held in every division, with trophies to the first two finishers in consolation to go along with the first four in the main draws. And the prizes just begin with trophies.

"We're going to be giving away a ton of stuff," said Leach president Charlie Drake. *"Everything from racquetball bags, key chains, racquets and even warm-up suits to the winners."*

Leach along with Seamco Sporting Goods, is sponsoring the event, the highlight of the juniors season. Each company has donated over \$25,000 to help underwrite the costs, which are anticipated to exceed the \$50,000 figure.

Every participant receives full air fare, lodging and meals for the entire tournament. No entry fee is required.

The extra-curricular activities are also well organized and exciting. Plans are to make a trip to nearby Great Adventure amusement park and to tour historic center city Philadelphia, including the Liberty Bell, Betsy Ross' home, and the Philadelphia Museum of Art, made famous in the movie *"Rocky"* as the stairs Rocky Balboa ran up while conditioning for his title fight.

Besides that there will be cookouts and barbeques and a general good time planned for all.

"This tournament will be the pinnacle of the season for the juniors," said Ardito. *"We guarantee a good time for all."* ●



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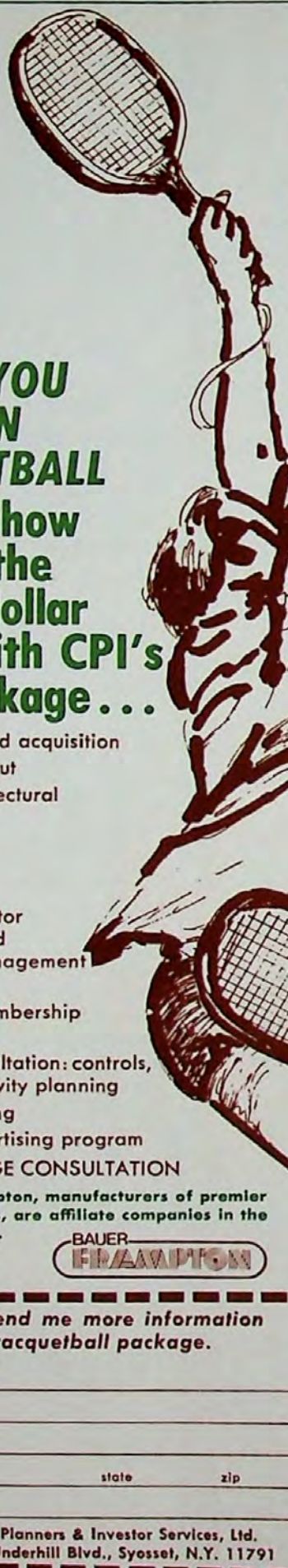
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The Business of Winning

One Step Beyond the Beginning

What you learn in the board room can lead you to better racquetball, says A player and teacher, Richard J. Carpenter. The Spokane, WA, management consultant has written a series of stories on how to apply the basics of business success to your racquetball game. We'll be running Carpenter's stories from time to time.

by Richard J. Carpenter

Every manager in the world hopes his employees will always have a sense of satisfaction with achievement coupled with internal motivation from goals yet to be achieved. In that combination lies the "addiction" of racquetball.

The great attraction of racquetball is that it is easy to learn, start playing and enjoy. The great staying power of racquetball lies in the many levels of skill an individual can seek to achieve. There is always somebody better; there is always a shot to master; there is always a new technique to learn that will move the player up to a higher plateau.

This article is aimed at the player who is striving to get beyond that beginner's stage, the time when you step on the court, learn the basic rules, then start wailing at the ball. I want to take you one step up the ladder . . . one step beyond the beginning. My comments come from being taught the game by an A player back in Pennsylvania and from three years of struggling to move up the ladder of racquetball achievement myself and teaching other players along the way. Come with me; I think we both can learn something.

The first thing I tell my students is "Don't try to win!" This may sound like heresy in today's American culture, but I feel it is essential to get beyond racquetball's beginning stage. Winning is a natural follow-up to learning the physical and mental skills of the game. If you continue to concentrate on whacking the ball as soon as you get your racquet on it, you will never learn the special skills of our sport as your fellow players move higher up the skill ladder. But if you start concentrating on learning and developing the techniques, shots and strategies of the game, you will begin to win without really trying.

Share Techniques the other Guy Hasn't

How does the beginner start to learn these higher level skills? Trial and error? Osmosis? Reading books? Observation? Yes, but I feel the basic responsibility for passing these skills and techniques along belongs to the better player. By "better player" I essentially mean A and B players, but a better player may be any other racqueteer who has developed a skill or technique that the other guy hasn't. Even Charlie Brumfield had to be taught some of the skills of the game! Somebody took an interest and worked with him. I feel that same responsibility lies with all of us who love the sport. It may be the simple guidance of commenting to a player about something you saw him doing as you were waiting to get on the court just as he leaves the court. "You're starting to play hard, Bill, maybe you should try a few more ceiling shots". Or it could be the involved guidance of saying, "You seem to be really interested in the game now, Bill, let's get together Tuesday night and work on your game". There is an entire continuum of

responsibility that the "better players" can accept that will eventually upgrade the entire quality of play in the sport. All it takes is concern and time.

Having said that, it is still your primary responsibility to discipline yourself to develop the skills and techniques of the sport. Self discipline and concentration are essential. It requires self discipline to get in shape and have the physical and mental conditioning required to improve your game. It requires self discipline to use a new technique or shot that someone has taken the time to teach you rather than go right back to your old, bad habits. The ball may not hit the front wall and may be driven into the floor the first 50 times you try the new technique, but as you stay with it through self discipline, your percentage of successes gradually rises . . . 10% . . . 25% . . . 50% . . . 80% of the shots are good. And notice the progression is geometric not arithmetic. That means the rate of successes increases, and at increasingly rapid rates. Therefore the payoff is much greater as you continue to progress and concentrate.

Concentration is an intangible. You must have it to make the shots do what you want them to do. Without concentration you forget to follow the ball. It goes up; it goes into the floor; it hits the edge of your racquet; you miss it completely; it does everything except what you expect it to do. Then you get angry at yourself and start to lose what ever small amount of concentration you had and then it's all over. You lost.



Tiring Your Mind

Concentration takes effort. The moment you stop working, your mind wanders and you lose control of that critical hand-eye coordination. Then you miss something — either the sweet spot on your strings or the ball! After a match you should be tired, not only from the physical work, but also from the mental work of focusing entirely on the ball, the strategy, the opponent, your shots, his shots, the tactics, the score — everything. Even if you are in perfect physical condition, you should be fatigued simply from concentrating. If you're not; you are not concentrating.

Concentrating is the process of conditioning the mind to do what you need it to do. Your body has the same need for conditioning and it also is achieved through work and self discipline. There have been many very good instructional articles on the specific techniques or conditioning including "Conditioning for Players Who Are Serious about Winning" in the April issue of *National Racquetball*.



Almost every book written about racquetball has something to say about physical exercises that will be meaningful to you. To take that . . . one step beyond beginning . . . you must start conditioning your body. Sure, a poorly conditioned body can walk into the courts, bang the ball around for 15-30 minutes, sweat, and have a good time and relax. But you cannot discipline that body to meet the demands of an improving game. The body will give up; your mind will give up; and very shortly thereafter you will stop playing the game out of frustration and no sense of achievement.

You must work to increase the physical stamina of your legs because they are the first part of you to go. I might also add the legs and ankles are the most likely to be injured from lack of conditioning. Equally important to your legs is the stamina of your lungs. You will find that there are techniques for working both of these conditioning problems simultaneously. Finally the conditioning of your grip, wrist, forearm and shoulders must be attended to.



Hand-Eye Is the Link

Before discussing shot making there is one other relationship developed through conditioning that is essential to improving your game. I see it as the link between mental conditioning and physical stamina: hand-eye coordination. If your muscles are not toned enough to allow you to execute your racquet at the exact moment your eye sends that message to your brain, then you will never take that step beyond beginning. And remember . . . you will never reach a point where you have achieved perfect hand-eye coordination. You must work on it all the time as part of your overall conditioning program, especially if you want to learn the "shot of the game" that will take you that one step beyond the beginning.

In my mind "shot making is the name of the game" and I would start that sentence with the word "consistent". You must be able to make the shot that is offered to you *every time* that your opponent is unskilled enough to give it to you. Because if you don't, you are going to leave the ball "up" and give your opponent the opportunity that you just lost; namely putting the ball away for a point or side out.

The middle of the match, of course, is not the time to practice a shot you've never tried. Therefore to move that one step beyond the beginning you should make a list of all the shots that you can have the opportunity to hit during a match and practice each and every one of them — IN PRACTICE! Now how many shots are there in racquetball? 100? 200? 500? That means you've got to practice a lot. I recommend you

Ending Up "Somewhere's Else"

What does this list give you? Without goals you don't know where you are going and as the title of the book says, *If You Don't Know Where You're Going, You Might End Up Somewhere's Else*. You have goals

that you've established that are meaningful to you in your own mind, they have not been imposed on you and they will allow you to increase your self confidence as you take on harder and higher shots. You always have a sense of achievement and you always avoid the feeling of a let-down that occurs when a goal is satisfied, because you have another goal right behind the one you reached.

Be patient and have the courage to discipline yourself to work and work and work on your goal for that practice session.

Once you've got this system going, the true test of your success comes in your matches. When that opponent hits that high lob that bounds off the back wall like a great big plum, you'll feel confident because you have practiced that shot and know you can "put it away". And when it rolls out, you turn on a grin that tells your opponent and the audience you've moved — that one step beyond beginning. ●

start by watching players who are at least at the A or B skill level, and if you are a B player watch A players and the pros and so forth. Carry a pad of paper and a pencil to the match and simply log the shots that you haven't mastered but that you see the players take successfully. If you are a beginner seeking to go that one step beyond, your list is going to be pretty formidable if you try to assimilate them all at the same time.

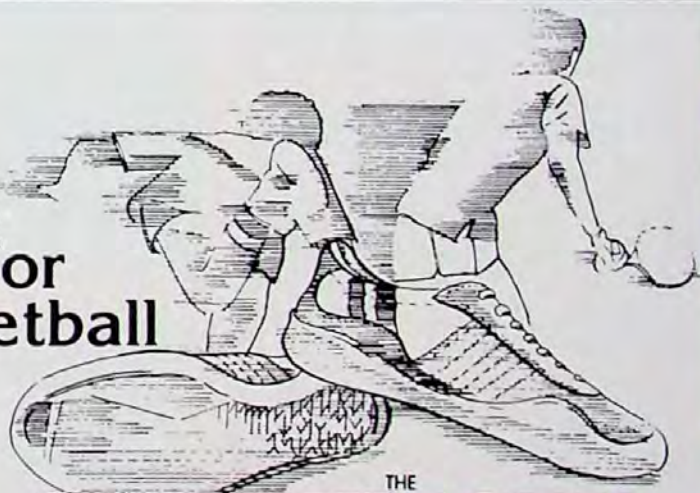
After you have your list (and you'll want to keep adding to it as you increase your skill levels), rewrite it in priority order that is meaningful to you. You know your strengths and weaknesses. I would suggest you build on your strengths. For example let's say your list looks something like this: backhand, cross corner kill, kill off the back wall, forehand ceiling shot into the back left hand corner, forehand drive down the wall, front court dump shot with forehand, overhead smash into right hand corner, backhand drive cross court, forehand Z from middle of court. Now you know that your forehand is better than your backhand. It is stronger. Therefore to build on your strengths you might rewrite your list this way as priority for starting to practice them:

1. Forehand drive down the wall.
2. Forehand kill off the back wall.
3. Forehand Z from the middle of the court.
4. Front court dump shot with forehand.
5. Forehand ceiling shot into back left hand corner.
6. Forehand overhead smash into right hand corner.
7. Backhand drive cross court.
8. Backhand cross corner kill . . .



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The Service Return

by Steve Strandemo

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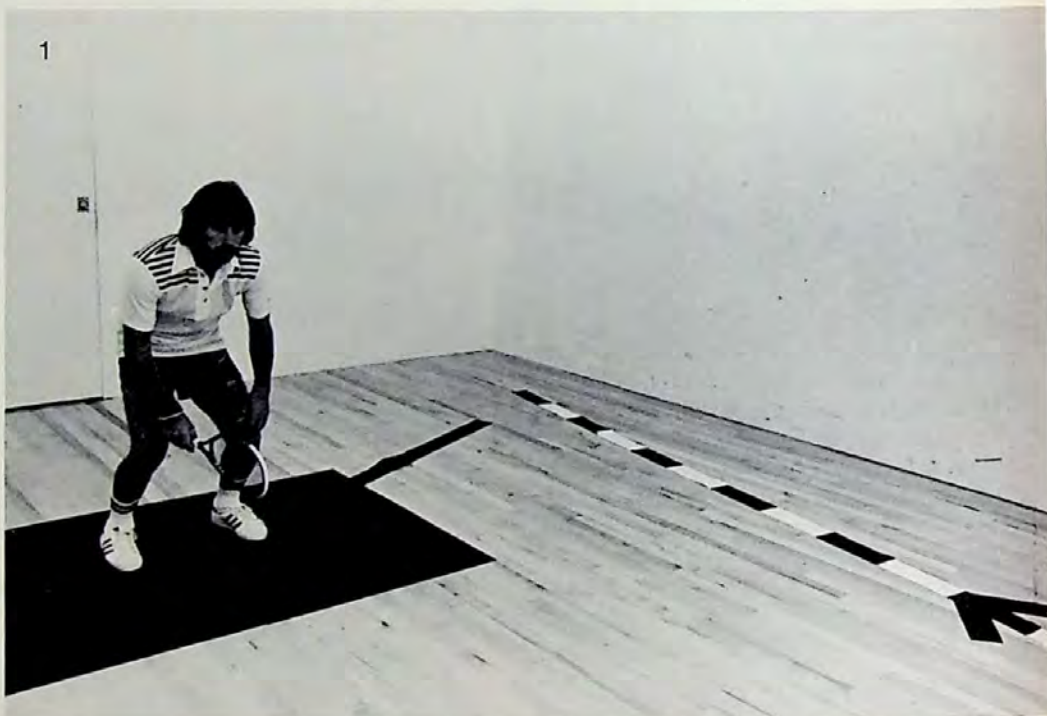
If you can get a good swing into the ball and generate some velocity on your service return, then *go for a kill or a passing shot, down the wall or cross court*. If you don't have this confidence, or the serve has simply put you too much on the defensive, then *go to the ceiling* and try to draw your opponent into the back of the court.

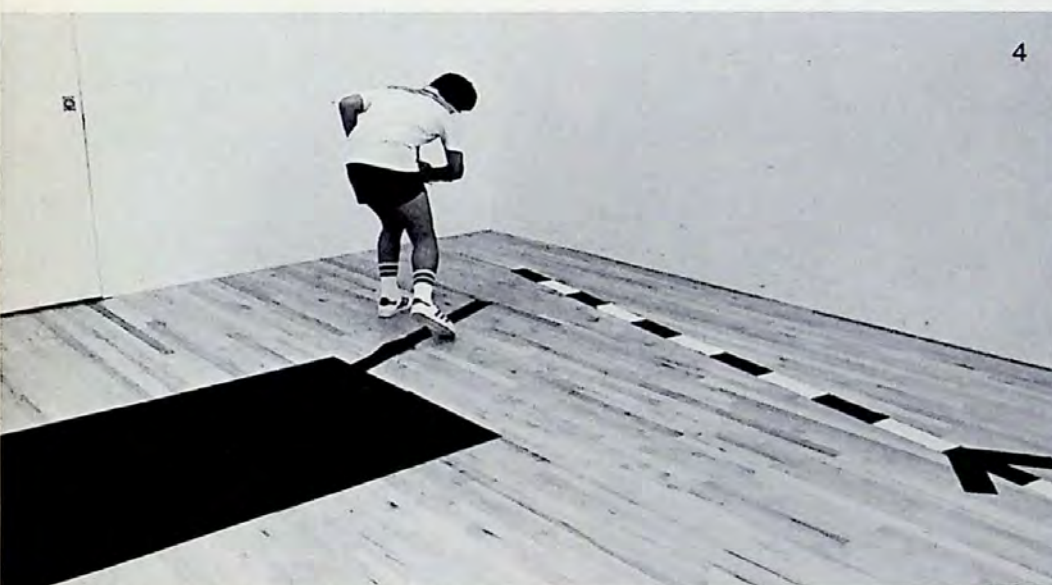
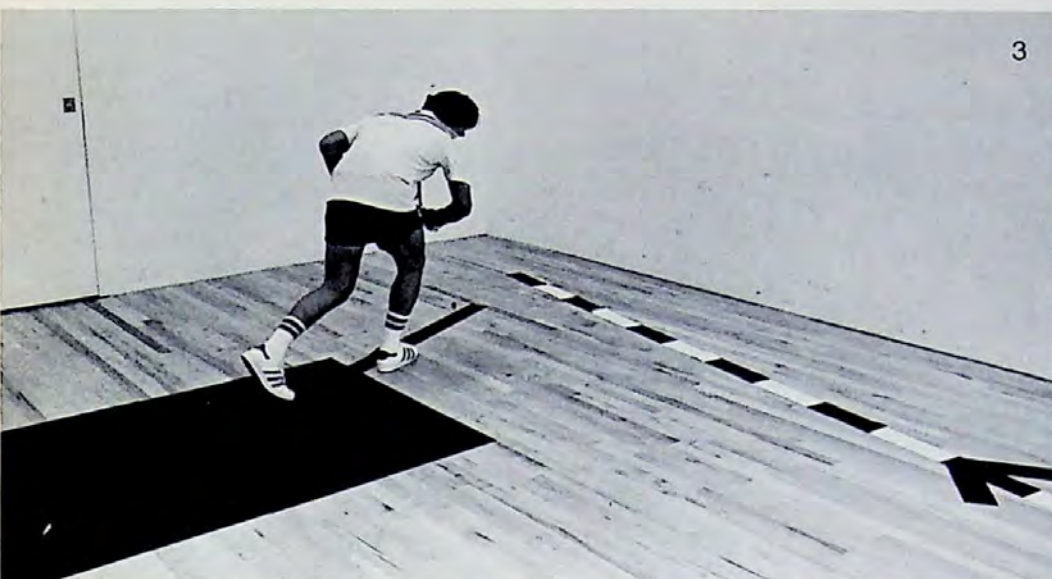
Three or four years ago, when the ball was a little slower and good play was very much dependent on endurance, the ceiling return was automatic unless you were absolutely sure you could kill the ball. But the better players today are much more aggressive; their first instinct is to take the offensive against any serve that isn't perfectly hit. They know that this is their best opportunity to win the service back immediately, and that a ceiling ball only preserves the status quo and can lead into a long, tough rally.

When you impress upon your opponent that you're going to jump on his weak or inaccurate serves — even if you only drive the ball straight at him in center court — then this extra mental pressure can cause him to error even more as he tries to “aim” the ball back into the corners, instead of blasting away naturally.

The Low-Drive Service Return

In this sequence the player awaits the serve with his weight evenly distributed and his racquet held around his knees to facilitate a rapid swing against low-drive serves. He is holding a backhand grip, since most serves will go to the backhand side. As he moves into the back corner to retrieve the ball, he carries his racquet around waist level. The racquet can then be easily drawn up into a cocked position when he gets into a hitting position.





Going for the Ball

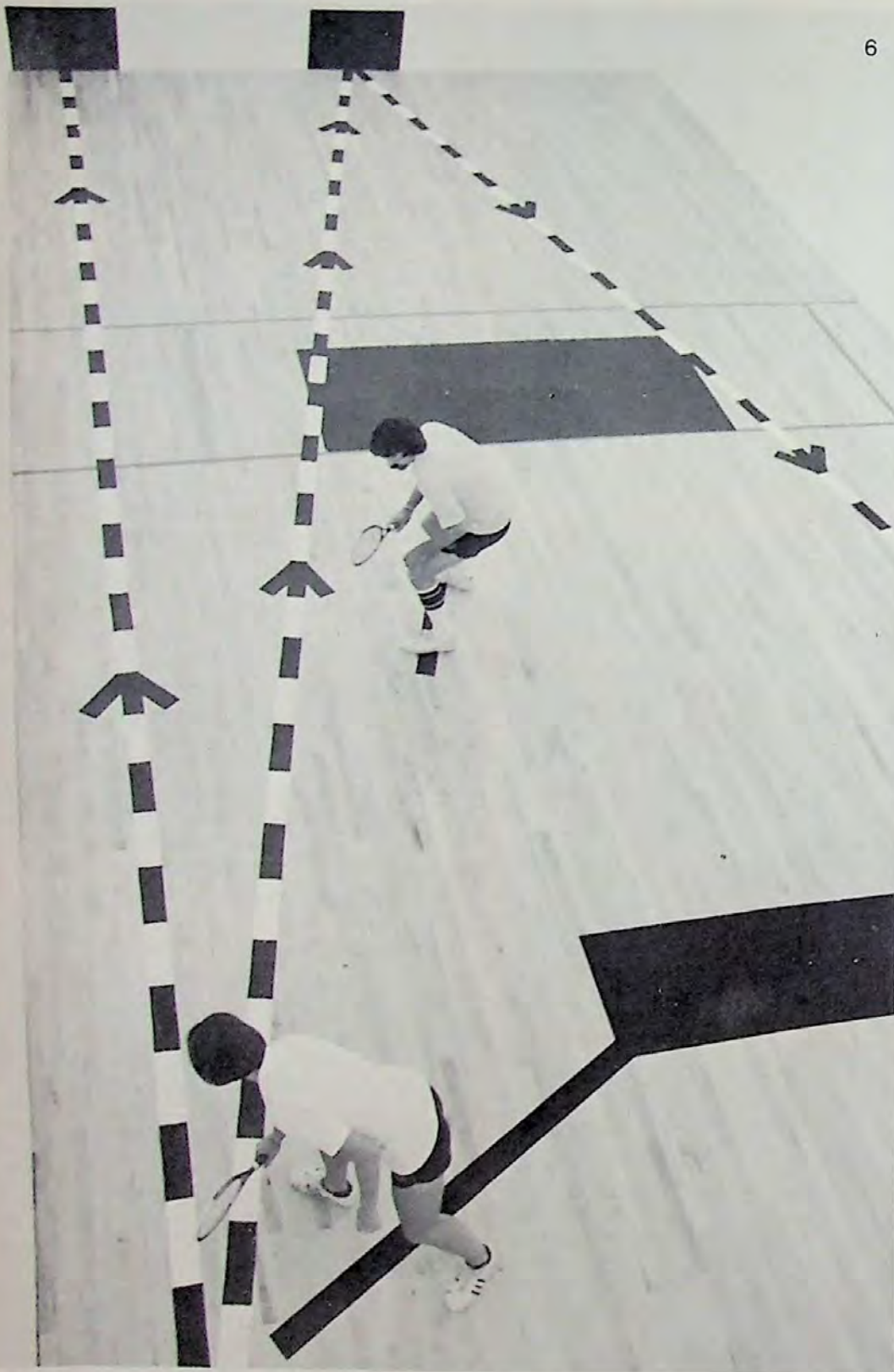
You want to stand behind the server, two steps off the back wall and midway between the side walls, with your knees bent slightly so you're ready to thrust quickly to either corner. Hold a backhand grip, with the racquet face between knee and thigh level. Concentrate completely on the ball as it travels into the front wall, and try to move instinctively to where you feel it will rebound. Don't lose valuable split-seconds by "freezing" in your ready position or debating with yourself; make up your mind and get your feet moving.

As you move toward the ball, bring the racquet up to around chest level so that it can be instantly pulled back into a cocked ready position as you set up for your shot. Then, by also staying low as you approach the ball, you're ready to react with a good swing if the ball suddenly "freaks" off the side wall, or rebounds crazily off both walls in the back corner.

Offensive Returns

When your opponent's serve gives you an offensive opportunity, don't let it slip away by taking a tentative, go-to-the-ceiling approach. Instead, when you reach the ball in time to set up, try one of the following shots:

- Drive the ball into the nearest front corner, either with a *kill attempt* or a *down the wall passing shot*. This is the shortest route to the front wall, and thus the quickest way to force your opponent out of center court. But remember if you can't threaten your opponent with passing shots that stay off the side wall, then he or she will simply "cheat" toward the opposite side of the court in relocating after the serve.



Here are the two sound offensive options on the serve return: the down the wall drive for a kill or a pass, and the cross court pass. The ceiling ball is the best defensive return and would take the same path as the down the wall pass, except that it's hit up to the ceiling.

- Probably the safest offensive return is the *cross court passing shot*, since you have more of the court to hit into after the ball comes off the front wall. Aim this shot directly into the middle of the front wall, with enough force to drive the ball past your opponent, who's in center court. If you miss, try to error on the near side of the front wall (the side of the court from which you are hitting), as low as possible, so the ball will be blasted directly at your opponent without rebounding off a side wall. This gives your opponent less time to react and a tougher shot to deal with.

- When the serve comes into that area *behind* center court, and the server moves off to the side, you have two-thirds of an open court with which to end the point. Don't get fancy: just go for a safe passing shot down the wall, two to three feet high, or a pinch shot into the front corner on the open side of the court.

- Any time your opponent's serve bounces off the back wall and gives you enough room to set up, you've received a gift. So move quickly into position and drive the ball offensively into the front wall.

- When your opponent serves a half lob that you can't cut off in the air, or that doesn't come off the back wall, then your best return is a ceiling. But that gets into a pretty slow pattern of play, and you may have already lost a couple of rallies going that route. So occasionally you may want to drive the ball cross-court or hit a Z shot into the opposite front corner, which should force your opponent into the deep part of the court while you move into center court. This may still give your opponent a good shot, but it will be from deep court, where your opponent should be less effective. Lob serves are difficult to kill on the fly because you're contacting a ball angling down, about 35 feet from the front wall. (The Z serve is traveling too fast and on too sharp an angle to enable you to cut it off in the air before it hits the floor).

The Ceiling Return

Much as you might want to take an offensive approach to this game, certain opponents are simply going to force you onto the defensive with an assortment of accurately placed serves. The ceiling shot is your best option in these situations. It allows you some margin for error and, when properly hit, will drive your opponent back alongside you in deep court — thus evening up the rally. (When you go to the ceiling, remember that your target area is about two to three feet before the front wall, and that you want to direct the ball toward your opponent's backhand corner.)

However if you're hitting ceiling returns during the entire match against a person on your own ability level, then very likely you're taking an overly defensive approach to this game. You're using your return to simply get a foothold in the rally — to start things off even — instead of trying to gain initial control with a more aggressive approach.

Tips For Good Returns

1. Always think in terms of overall center court strategy. You want your offensive returns to push your opponent forward or to the sides, and you want your ceiling balls to force him back.
2. You want to be the aggressor whenever possible, but with the understanding that unreasonable — or poorly executed — offensive shots will give your opponent easy put-aways.
3. However don't be inhibited by thinking that just because you miss an offensive return, your opponent is going to kill it every time. He may not be ready, or able, to capitalize on all of his scoring opportunities.
4. Since your opponent controls center court, it's crucial that your offensive shots *hit the front wall first* (except on tight pinches), and low enough so they don't bounce off the back wall. Even if they come back to him forcefully in the middle of the court, it's better than giving your opponent a slow moving "plum" in front court.
5. If your opponent is serving weakly, keep blasting away and get the match over with (in tournament competition).

But against a competent opponent, try to mix up your returns so that he or she is always in a quandary, not knowing what to anticipate.

6. Good returns boil down to the basics. Quick reactions and the right instincts will be wasted if you lack a full shoulder backhand swing or a wrist snapping forehand motion. When you try to flick at the ball and hope for the best, you do a lot of hoping.

7. Strive to always get your racquet back quickly, in its cocked ready position, as you wait for the ball to come off the side or back wall. Even the pros have trouble with a ball that "freaks" off a wall or suddenly jumps toward them, but they still make the play because their racquet is always ready.

8. If your opponent serves so hard or so well that you can barely dig the ball out in the back corners, don't give up. Do everything you can to flick the ball to the front wall that at least it stays in play. Then you'll always have a chance that your opponent might miss your "plum." If that happens, you're lucky — but it's nice to combine some retrieving skill with some luck. ●

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Backhand Ceiling Shot

by Terry Fancher

This article is from 40 Common Errors in Racquetball, and How to Correct Them by Terry Fancher and Arthur Shay, now on sale at pro shops and bookstores.

One of the more difficult shots to master in racquetball is the backhand ceiling ball. The ceiling ball is a good tactic for getting a little rest or driving your opponent back into deep court.

Failing to utilize the strength of your legs, hips, and shoulders while executing a backhand ceiling shot is a common error for most beginners. (See figures one and two.) In effect the player is only "pushing" the ball to the ceiling and usually relying on the strength of the arm and wrist. As fatigue sets in, the arm weakens and the stroke falters, resulting in weak returns eventually during the course of the match.

Another common problem is to lunge or jump at a backhand ceiling shot which often causes poor returns. (See figures three and four.) Notice how the player in this case is literally leaping at the shot and his feet have left the floor in an effort to return his opponent's shot.

Sometimes this may be absolutely necessary, but in most instances the shot can be made without such extreme effort. Lunging at the ball in any case is not recommended unless there is no other alternative. The result is usually a badly hit stroke.

The real key to an effective backhand ceiling shot, besides proper execution, is to get back into position ahead of the ball. This means you must watch your opponent as he strikes the ball to the ceiling and quickly set up for your return.

In Figures 1 and 2 the player has only "pushed" the ball to the ceiling and there is a distinct lack of help during the swing coming from the legs, hips, and shoulders.



Fig. 1



Fig. 2



Fig. 3



Fig. 4

Sequence Figures 3 and 4 illustrate an incorrect "lunge" at the backhand ceiling attempt with the feet actually leaving the floor.

Fig. 5



Fig. 6



In the actual correct execution of the backhand ceiling shot (see figures five thru eight) take note of several factors. First notice the body position. As Charlie Brumfield says, "you have to almost turn and face the left backwall corner to ensure that your body can rotate fully during the stroke." The eyes stay in contact with the ball and the ball is struck at about arm's length at approximately shoulder height.

The arm and wrist normally stay locked until contact with the ball is made; the follow through is exaggerated with the racquet finishing high in the air. Note how the player utilizes his body rotation to return the ball rather than straining and leaping at the shot.

Don't be afraid of the ceiling shot. Just learn to use it from deep court. It will drive your opponent back and give him

Fig. 7

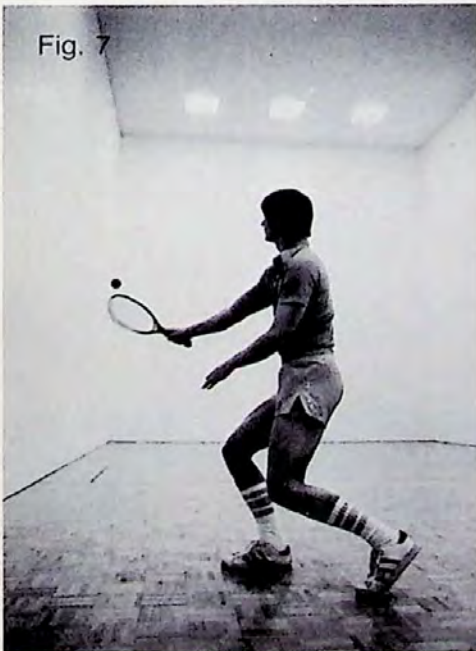


Fig. 8



Figures 5 thru 8 indicate the generally acceptable sequence of events during a correct ceiling ball return. Note how the body is rotated toward the back wall with adequate hip and shoulder turn. The racquet is well back in preparation to stroke the ball about shoulder height and the eyes are focused intently on the ball, keeping it at arm's length from the body.

Fig. 9



nothing much to shoot at. When he makes a mistake, you can move in for a kill, a pass shot or an otherwise sizzling corner return.

Practice ceiling shots by standing at mid-court and throwing the ball high to the back wall. Race back and get behind and to one side of the ball, forehand then backhand, and aim for those lights at the front end of the ceiling.

In figure nine if you get really bottled up in the left corner of the court and have to lunge at the ball to return it, the same fundamentals described previously hold true except you will have less room in which to operate. Remember also to use a backhand grip during this shot. ●

In Figure 9 the player uses the correct technique for a more difficult return deeper in the left corner

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Hilecher Tells How to Teach

by Jerry Hilecher

The quality of racquetball instruction in America is not very good.

In fact it's pretty poor.

I've played racquetball and given lessons in at least 50 cities, maybe more. And I've seen very few people who really know how to teach someone else to play.

What often happens is that the best player in the club becomes the teaching pro. But being able to get to 21 points before anyone else doesn't necessarily mean that a person can give competent instruction.

A good teacher knows how to identify problem areas, knows when to criticize, when to build confidence. He or she knows how to correct errors through use of drills, and realizes that safety and court position are as important as teaching the proper grip.

The biggest problem with most racquetball instructors is that they are too quick to change a minor, specific hitch in the stroke, instead of looking at the student's whole game. And any teacher who begins the very first lesson by working on the grip is doing a disservice to his student. But we'll get back to that.

Racquetball has become a major sport. It needs a universal, uniform method of teaching the basic, accepted techniques.

You can't be trying to teach some oddball stroke you've perfected, and you can't try to imitate some of the pros who've spent years trying to groove an unconventional swing.

A stroke done correctly is more consistent, delivered with more control and power. A player's potential is limited by incorrect form. It's the instructor's job to HELP a student, not just take his money.

Lesson No. 1

You should begin by talking to your new student about his or her background, how often he/she plays, how long they've been playing. And you should find out right away what the student wants to accomplish. The course will be tailored to the student's goals, right?

With any luck the student will be able to afford more than just one lesson. You simply can't get done all the things that need to be done in an hour. I suggest five lessons, about one a week.

Once you know whether the person is a complete novice or an experienced player who wants to sharpen his skills, you begin the actual first lesson by playing a few points with the student. Evaluate his game, looking for strengths and weaknesses, pluses and minuses.

Watch his timing, see how low he gets at the point of contacting the racquetball. Is he transferring his weight?

You'll be able to find out what you need fairly quickly — maybe by playing about five points.

Now comes the subtle part of teaching.

Pick out the one worst thing the player is doing, and start work there. Don't try to change 10 things at once. If you give a student too much information in the first lesson, it works against him. A little knowledge is a dangerous thing. Too much knowledge is downright confusing.

You'll notice we haven't mentioned grip yet. It's still too early.

For the complete novice this is a good time for a briefing on rules and simple safety techniques. But for students who have played some the first thing you'll probably want to attack is timing. You might think of it as footwork.

It boils down to knowing when and where the ball is going to take its second bounce. Nearly every player I've ever seen rushes forward to make contact too quickly — then ends up hitting the ball at shoulder level, instead of making contact down below the knees.



Photo 1.

Hilecher, right, teaches the forehand grip.

Photo 2.

The student's eyes are on the ball and Hilecher's are on the student.

Show How to Wait

You'll want to show how to wait for the ball, sometimes actually dropping back a few steps so you can end up stepping into the ball.

Here's a good drill for the early stages of Lesson Number 1.

Put all racquets on the floor; you won't need them for a few minutes. Throw the ball against the front wall and have your student run to the point that the ball will take its **SECOND** bounce. Just before the ball takes that second bounce, have the student stomp his foot on the floor, about 12 inches from where the ball will hit.

What's the purpose of all this stomping? Timing. The drill is designed to get 'em hitting the ball at knee level or lower, and to stride into the shot.

It's tougher than it sounds. Again throw the ball into the front wall. The student is to run to the spot where the ball will take its second bounce. Stomp that front foot (the left foot for a tight handed player) just before the ball hits the floor.

Show the student how to step into the ball, planting the foot as the ball is falling.

The main concern for most students is getting to the ball and hitting it with the right timing. They're not ready to begin worrying about the grip or stroke or anything else.

Tell the student that this no-racquet drill is something he should practice every time he goes onto a court, until it's second nature. You'll be building the basis for good timing, footwork, weight transfer, hip rotation, body position, knee bend, power — all with one simple drill.

Now have the student pick up the racquet again. You, the instructor, will drop the ball gently in front of the student, having him step into it and hit it. It doesn't matter if the shot is a rollout or a skip. The purpose of this is to have your new friend meeting the ball on the front foot, stepping into the shot, getting down on the ball.

You'll constantly be praising the good, pointing out when something is incorrect.

ASK the student if he's getting low, stepping into the ball. He'll soon know and be able to identify his own problems during practice alone. This is an important point: If the student can pinpoint his own failures, he can work to correct them. You've done your job as teacher.

Time for What You're Dying to Do

But you're still dying to correct that faulty grip, aren't you?

OK, it's finally time.

Show how to hold the racquet as if shaking hands. How to extend the thumb and forefinger to form a "V" on the top part of the handle, with the "V" pointing up the arm. (see Photo 1)

Now, with instruction on timing and forehand grip, the student is ready to hit the ball with some purpose. I want my pupils at this point to get the feel of the racquet and the distance the ball has to be for them to make proper contact.

Drop the ball where the player will have to take a step forward at a 45-degree angle to hit it. Give a little explanation of where power comes from — transferring the weight forward, driving the legs into the ball, snapping the wrist, rotating the hips and shoulders.

Then just keep dropping the ball and letting the student step into it and hit it. (See Photo 2)





Photo 3.

The butt of Hilecher's racquet points to the front wall as Jerry teaches the forehand stroke.

But please, remember this: As instructor, you don't care where the ball goes, you're watching for checkpoints in your student. Eyes on the ball? Timing and footwork? How about that important stride into the ball?

Explain to the student that he should step toward the right front corner, not directly toward the front wall. Why? That 45-degree angle helps to bring your racquet straight when ball contact is made off the front foot.

You'll be tempted to start correcting too many things at this point. But just keep looking for the one or two or three main points with which you began the lesson. As to anything else the student's doing wrong, make mental notes to begin correcting them in the next lesson. (After today's session is finished, you might even want to write down a few notes so you'll be prepared to really help next time.)

Let the student keep on with the drop-and-hit drill, getting low and stepping into the ball. For many this will end the first lesson.

Even if you're out of time, ALWAYS finish with a report on progress. Be as positive as you can. Stress that no one gets any better without practicing. Remind your student of the drills that can be done alone.

Advise Who Opponent Should Be

Stress that the newly learned stroke may feel awkward, so the player should practice it alone for awhile. If he does compete, he should pick an opponent who's not nearly as good — otherwise he'll revert to old, bad habits under pressure.

If your student is a little more advanced, you'll be able to run through all the things I've mentioned so far and still have time in the first lesson.

That time can best be spent on forehand stroke checkpoints.

I'm assuming you can hit a forehand, so I'm not here to teach you that. I'm here to give you, the instructor, some guidelines that you may not have thought about before.

At the ready position is the grip right? Always check the student's grip many times during the lesson. Lots of people hold the racquet differently on every stroke.

On the backswing is the student's racquet point behind his head, with the wrist cocked, elbow and wrist bent properly? Is the downswing fluid, all one coordinated motion? Or have you, the teacher, broken it into too many mechanical segments? Have you forced the student into a choppy stroke?

Watch to see that the student drops the elbow so the shoulder-to-elbow line is pointing directly to the floor. The racquet head should drop to where the

butt of the racquet points to the front wall. (see Photo 3). Why do this? It ensures a full wrist snap.

On the snap and followthrough watch to see that the hips rotate with the shoulders and racquet so the upper body ends facing the front wall.

Have the student look at his wrist after the swing. If it's stiff, a full snap wasn't used.

Repeat these checkpoints over and over as the student goes through the drop-and-hit: *"Drive down, get low, rotate those shoulders, lead with the butt of the racquet, swing through the ball, snap the wrist."*

Don't work too much on any one area, or you'll lose that fluid motion we're working for.

And don't forget to compliment your student: *"Hey, you really got down on that one. Dynamite!"* In more technical terms you'll be reinforcing positive behavior.

Now comes a big point — a point you may want to save for the next lesson. Instead of dropping the ball in front of your student, you're going to hit him some very easy set-ups. He should move to the ball, step into it, making contact low and just before the second bounce — not up at shoulder level.

Watch the footwork, the full forehand stroke. Keep in mind all the checkpoints. Remind the student of any errors. Compliment the successes.

But this is when you'll have to cut it off. The student may begin to feel negative, be hitting the ball badly, making lots of mistakes. You've given lots of information, maybe too much!

It's time to backtrack to drop-and-hit until the student's confidence returns.

And it's time for him to take a few days to practice alone until he returns for Lesson Number 2.

Watch *National Racquetball* for more of Jerry Hilecher's expertise as he gets deeper into the lesson series. ●



Racquetball



Terry Fancher

Quality Versus Quantity

A current dilemma of tournament hosts, especially for large tournaments, is the problem of too many entries. Most tournaments are large these days whether it be an open, state, regional or national event. Even with numerous courts available the problem of enough space and time to get matches started on schedule often becomes evident on Saturday during the tournament. Saturday is usually when the good match-ups occur and these often take a long while to complete.

The best feature of a big tournament is that numerous age and skill categories are offered for contestants. A glance at the draw sheets indicate the single biggest draws are in the men and women's C and B divisions. This means that tournaments now are open to just about anyone of any age or sex; tournaments are not just for the most accomplished players as has been the case in past years. They are for everyone.

This is all well and good and is another indication of the popularity of racquetball contests at the amateur level. But what about all of the complaints that go along with huge tournaments? My contention is that you can't have everything run exactly according to schedule and keep all players reasonably happy with so many players involved.

Anyone who plays in a big tournament must take into account the problems associated with size. Players should realize how much work is involved. Too many players wait until the last minute to enter, and it means that making the draw is delayed, which means sending out the post cards with starting times is delayed, which means panic by the players as to when their starting time is. Then come the phone calls to the host.

Since the shirts had to be ordered well in advance of the tournament there are now not enough to go around and the sizes are wrong. This irritates everyone who doesn't get a shirt. Also, because there are so many late entries, there is not enough hospitality to go around. This causes further aggravation to all concerned.

What is the answer to all of this madness? Despite the fact that it is not popular to limit the number of entries in a tournament, I have a few suggestions which should be considered for future tournaments.

- Limit the draw to a set number of players in each division depending on the number of courts available and make entries on a first come first served basis.
- Allow a large draw for B and C categories.
- Send back any late entries made past the entry deadline.
- Order more shirts than needed especially in the larger sizes; extras should be given to staff or helpers.

- Get entries out well in advance of the event, and send several copies to YMCA's and area clubs.

- Get a list of USRA subscriber/members from your state chairmen.

- Get plenty of manpower to administer your tournament.

- Do not skimp on hospitality.

- Limit consolation rounds to 31-point games and make consolation on a sign up basis.

- If you offer doubles play, anticipate delays of one to three hours from scheduled times.

- Make sure your entry fee covers the cost of all items to be given away or consumed.

Whenever possible do not sacrifice quality for quantity, even though that's easier said than done! Anyone who has ever been involved with the operation of a racquetball tournament will wholeheartedly appreciate the importance of anticipation and advanced planning. Usually a tournament that has been deemed a success or remembered for a long time has received such acclamation because of the tremendous amount of preplanning and dedication on the part of those in charge, namely the tournament committee. The cooperation of the players is the other important ingredient for success.



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Meet Your State Chairman



Jack Fruin — Connecticut

John "Jack" Fruin, Jr., our USRA state chairman from Connecticut, got off to a good start in racquetball by learning the fundamentals the right way from past USRA New England Champion Mike (The Spike, alias Hawkeye) Luciw, in Fruin's hometown of Naugatuck, CT.

Since then the Williamantic YMCA executive director has been most instrumental in coordinating and promoting racquetball in Connecticut. Jack, the father of Kathleen, Kelly and John III, is a graduate of Connecticut State College.

When former Connecticut Co-Chairpersons George and Gerri Rudyzs asked Jack to take over as current chairman, Fruin accepted with enthusiasm. *"I feel it an honor to be associated with USRA,"* he says.

Under the tutelage of George and Gerri Jack has held successful tournaments including the Connecticut Open and the Connecticut Closed championships. Jack has future plans for the big B tournament and a junior tourney.

Commenting on the game Jack says *"Regardless of one's sex, size or ability the game can be played on a social, fitness and competitive level. Having had its origin in the east, gaining prominence out west and becoming reborn back in the east - racquetball is here to stay and you can take that to the bank."*



Tournament Results

Reporters, take note: Help make our typesetter happy by sending us your tournament results typed double or triple (preferred) space with one-inch margins all around. Thank you.

Delaware

The 1978 Delaware State Tournament held March 24-27 at the University of Delaware saw 70 athletes competing in six events. Don Little continued his winning ways by capturing the men's A with relatively easy wins over John Chelucci in the semi-finals and brother Jack in the finals. Jack Chelucci, who gained the finals by a 15-6, 15-9 victory over Willie Wang, placed third in the NRC regionals but could not stop the Big guns of Little, scoring only 6 and 11.

Women's A saw last year's runner-up, Diane Foster, earn the state title with a 15-10, 15-9 win over fast-improving Debbie Walther.

In doubles action brothers Jack and John teamed to defeat Don Little and Bob Drouin in a hard fought finals 5-15, 15-6, 15-12; the Cheluccis boast unbeaten state doubles play since 1969!

An added attraction was the speed ball competition won by John Chelucci, 109 mph; Jeff Foster, second, 99 mph, and Debbie Walther, honorable mention, 86 mph.

From the players: To Russ Ruark, tournament participant and manager of the luxurious 13 court Greenville Club . . . Best of Luck! We've waited a long time.

—John Chelucci

Results

Men's A

Quarters: Don Little d. Orval Foraker 15-4, 15-1; John Chelucci d. Paul Billy 15-5, 15-12; Willie Wang d. Jeff Foster 15-8, 15-11; Jack Chelucci d. Don France 15-5, 15-5.

Semis: Little d. John Chelucci 15-2, 15-3; Jack Chelucci d. Wang 15-6, 15-9.

Finals: Little d. Jack Chelucci 15-6, 15-11.

Men's B

Semis: Don France d. Keith Knauss 15-7, 15-8; Larry Rolles d. Larry Kozubal 15-6, 15-8.

Finals: Don France d. Larry Rolles 15-6, 15-7.

Masters

Semis: Bill Stoebe d. Sylvan Taub (forfeit); Charles Robertson d. John Christensen 15-8, 15-3.

Finals: Stoebe d. Robertson 15-14, 15-7.

B Consolation

Finals: Bob Drouin d. Dave Beatie 15-11, 15-7.

Women's A

Semis: Diane Foster d. D. C. Lance 15-12, 15-12; Debbie Walther d. Carolyn Palo 15-12, 15-13.

Finals: Foster d. Debbie Walther 15-10, 15-9.

Women's B

Semis: Linda Mullen d. Debbie Peischel 15-9, 15-4; Rochelle Davidson d. Sue Herbert 15-9, 15-8.

Finals: Davidson d. Mullen 15-9, 15-6.

Men's Doubles

Quarters: Chelucci/Chelucci d. Chelucci/Aitchens 15-2, 15-7; Billy/Burslem d. Foraker/McNair 15-9, 15-7; Stoebe/Robertson d. Foster/Minio 12-15, 15-13, 15-11; Little/Drouin d. Muoi/Pritchett 15-11, 15-6.

Semis: Chelucci/Chelucci d. Billy/Burslem 9-15, 15-9, 15-8; Little/Drouin d. Robertson/Stoebe 15-11, 15-6.

Finals: Chelucci/Chelucci d. Little/Drouin 5-15, 15-6, 15-12.

Dennis Kirkby pops a ceiling shot in the two-hour long finals match for the Gratiot County Doubles Championship.

—Tim Powers photo



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Michigan

Ithaca Community Education and Alma College, Alma, MI, cooperatively sponsored the first Gratiot County Racquetball Doubles Tournament. The double elimination tourney, for county residents only, drew six men's and three women's teams.

Vic Beard and Dennis Kirkby captured the Men's championship over Jack Mellinger and Lewis Sandel 17-21, 21-15, 11-6, in a three game finals match that consisted of long ceiling rallies. Morris Gluckin and Vic Guajardo took third over John and Gregg Raducha 21-6, 21-5. Larry Beyer and Dave Bailey won consolation 21-1, 21-0 over Rob Penner and Dave Graulau.

Pam Bauer and Kathy Betts took the Women's title 21-3, 21-5 over Connie LeBaron and Terry Veldman. LeBaron and Veldman advanced to the finals with a tight 16-21, 21-15, 11-10 victory over Jane and Linda Kirkby.

Idaho

The Idaho Falls YMCA and Racquet Club held the Second Annual Idaho State Championships March 17-19 with some 80 players from three states participating. Rob Rankin of Utah, outshot players in the B class. For the third time Rob met Robert Boice in the semis, but this time Rob out thought Robert for the Championship. Rob Rankin also played a very smart match against Danny Green, a match which lasted one and a half hours and three very close games. But Rob pulled it out and walked away as Idaho State Champion in the B and the Open class.

This tournament was the best by far this year. Everyone got a lot of racquetball and a lot of food (probably more food than racquetball) but it was a great time for all.

Results

Men's Open

Semis: Green d. Bell 21-10, 21-14, Rankin d. Burgard 16-21, 21-7, 11-7.

Finals: Rankin d. Green 20-21, 21-18, 11-9.

Third: Bell d. Burgard 21-20, 21-17.

Men's B

Semis: Boice d. Boyle 21-16, 21-18, Rankin d. Clausen 21-6, 21-3.

Finals: Rankin d. Boice 12-21, 21-1, 11-0.

Third: Boyle d. Clausen 21-16, 21-12.

Men's C

Semis: Burk d. Morton 21-11, 21-15, Schroeder d. Lothrop 21-19, 21-14.

Finals: Schroeder d. Burk 14-21, 21-18, 11-7.

Third: Lothrop d. Morton 15-21, 21-17, 11-9.

Men's Seniors

Semis: Meeker d. Huggins 21-0, 21-15, Bush d. Roll 21-4, 21-13.

Finals: Meeker d. Bush 21-16, 21-14.

Third: Roll d. Huggins 16-21, 21-5, 11-3.

Open Doubles

Semis: Green/Shipley d. Bell/Bell 21-3, 21-4, Boice/Burgard d. Boyle/Meeker 21-11, 16-21, 11-8.

Finals: Green/Shipley d. Boice/Burgard 21-14, 21-12.

Third: Boyle/Meeker d. Bell/Bell 21-18, 21-15.

Women's Open:

1st, Bitsy Smith, 2nd, Sandy Trainer, 3rd, Elisa Poston.

Pennsylvania

Tom Hutchinson won the Men's Open Singles and Amy Atkinson was the winner of the Women's Open Singles April 14-16 in the first tournament at Kings Court Racquetball Club in Erie, PA.

The tournament raised \$720 for Professional Resources, a private agency that helps young people in trouble in the Erie area.

Among other tournament winners were Andy Neuman, who came out first in the Men's Novice Singles, and Sue Colton, number one in Women's Novice Singles.

Missouri

First place winners of the Spaulding Spring Club Championships, held April 21-23 at the Spaulding Concord Club, St. Louis, were:

Men: A - Mike Winer, B - Gil Klein, Intermediate - Pat Brannon, Novice - Dan Faubion

Women: Open - Genette Heinz, A - Debbie Monfort, B - Mary Nelson, Intermediate - Joann Duran, Novice - Darlene Clark.

Trophies were awarded to first, second, third place and consolation winners.

Alicia Boldt and Bob Hixson were winners of the Sportsmanship awards.

The Spaulding 1978 Spring Club Championships marked the largest participation in any racquetball club championships held in the area.

New York

Topseeds Art Diemar and Bob Lake copped two championships in the New Paltz State Racquetball Tournament held March 16-20 in Elting Gymnasium of the State University of New York College at New Paltz.

Diemar, a 24-year-old Bronx man, won the Men's Open Singles title with a 21-15, 16-21, 11-6 victory over Jim Winterton, USRA New York state co-chairman.

Diemar teamed with Jerry Yee to form the top seeded Men's Open Doubles duo, and they topped Mark McCarthy and Jud Grosshans in the final 21-20, 21-19. Diemar and Yee entered the final with a 21-15, 21-15 victory over Winterton and Mike Levine, and McCarthy and Grosshans beat Barry Russell and Neil Shapiro 21-18, 21-20.

Thirteen-year-old Levine won the Men's B Singles with a 21-11, 21-15 victory over Steve Present. Bob Lake won the Men's Masters crown by beating Vin Gabriel 21-12, 21-9. Lake also won the Men's Seniors in a 21-8, 21-10 victory over Doug Sheppard.

In the Women's Open Donna Lahti emerged champion after beating Roberta Pollack in a tiebreaker 15-21, 21-12, 11-5.

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New York

Carol Malikow defeated Pat Heffern 21-4, 21-3 to win the 1978 Syracuse Jewish Community Center Women's Open Racquetball Tournament April 3-6.

In the quarters Malikow defeated Sally Herre 21-2, 21-2; Marion Crawford beat Nina Mazur 21-4, 21-5; Heffern won over Kathy Bears 21-2, 21-7, and Leslie Archer's victory over Denise Powers was by default.

Malikow beat Crawford 21-3, 21-3 in the semis, and Heffern defeated Archer 21-2, 21-2.

West Virginia

A total of 97 entries participated in the Fourth Annual West Virginia State Racquetball Tournament April 8 and 9 at the Coliseum in Morgantown, WV.

Results

Men's Open

Quarters: Dave Taylor d. Arnie Margolin, Rich Yobbagy d. John Roberts, Andy Muldoon d. Jay Besson, Gib Krovocheck d. Ted Gallagher.

Semis: Yobbagy d. Taylor, Krovocheck d. Muldoon.

Finals: Yobbagy d. Krovocheck.

Third Place: Taylor d. Muldoon.

Consolations: Kevin Becker d. Melvin Fuller.

Men's B

Quarters: Robert Brown d. Alex Wilson, David Allie d. Gary Pfleger, John Alger d. Charles Dunaway, Anthony Melonas d. Jon Block.

Semis: Allie d. Brown, Melonas d. Alger.

Finals: Allie d. Melonas.

Third Place: Brown d. John Alger.

Consolations: Ed Cromley d. Steve Darlington.

Women's Singles

Quarters: Carol Wojcik d. Caroline Horner, Becky Wilson d. Kris King, Molly Vass d. Kathy Van Dyke, Connie Muldoon d. Jill Nau.

Semis: Wojcik d. Wilson, Vass d. Muldoon.

Finals: Vass d. Wojcik.

Third Place: Muldoon d. Wilson.

Consolations: Sandra Lisheski d. Yvonne Headley.

Senior's Singles

Quarters: Rich Yobbagy d. George Klebez, A. W. Sue d. Frank White, George Kent d. Tom Staley, John Loth d. John Stancik.

Semis: Yobbagy d. Sue, Loth d. Kent.

Finals: Yobbagy d. Loth.

Third Place: Kent d. Sue.

Consolations: Staley d. Joe Prentiss.

Open Doubles

Quarters: Besson/Taylor d. Embry/Caplan, Krovocheck/Amendola d. Fuller/Hornick, Muldoon/Margolin d. Otto/Smaltz, Becker/Casto d. Ruzicka/Lewis.

Semis: Krovocheck/Amendola d. Besson/Taylor, Muldoon/Margolin d. Becker/Casto.

Finals: Muldoon/Margolin d. Krovocheck/Amendola.

Colorado

The magnificent U.S. Air Force Academy was the site of the U.S. Rocky Mountain Regional Racquetball Tournament March 31-April 2 hosted by the Executive Park Athletic Club. Spectators watched four days of superior play and tension filled comeback matches.

The matches drawing capacity crowds included Harold Lujan and Colorado State Champion Dave Blackford. Lujan's successful comeback in the tie breaker from 0-7 to an 11-7 win thrilled the crowd. Another outstanding match was between Cathy Callahan and Judy Jacoby in the quarter finals of the Women's Open Singles when at 10-10 in the tie breaker the serve changed hands four times before Jacoby captured the match.

The inspiring surroundings of the Academy added to the excitement of the tournament as well as the caliber and play of all the participants.

—John Mooney

Results:

Men's Open Singles

Semis: Harold Lujan d. Jack Blystone 21-4, 21-15; Dave Blackford d. Jim Owen 21-17, 21-13.

Finals: Lujan d. Blackford 21-17, 18-21, 11-7.

Women's Open Singles

Semis: Jamie Abbott d. Judy Jacoby 21-4, 21-4; Susan Montes d. Brenda Jeffers 21-20, 21-9.

Finals: Abbott d. Montes 21-10, 21-10.

Men's Open Doubles

Semis: Morgan Sayes/Trey Sayes d. Dave Glander/Jim Warner 21-6, 21-17; Blystone/Bob Rossi d. Bill Grieder/Paul Boman 21-10, 21-12.

Finals: Sayes/Sayes d. Blystone/Rossi 21-15, 21-13.

Women's Doubles

Semis: Janice Brown/Ann Lovingood d. Cathy Callahan/Brenda Jeffers 21-14, 21-18; Abbott/Donna Diefenbach d. Vickie Wilson/Vera Germain 21-10, 21-14.

Finals: Abbott/Diefenbach d. Brown/Lovingood 21-18, 21-7.

Senior Singles

Semis: Louis Smario d. Dick Warren 20-21, 21-10, 11-8; Bob Klass d. Dick Dobbin 21-16, 21-14.

Finals: Klass d. Smario 21-11, 21-14.

Senior Doubles

Semis: John Mooney/Ed Creagh d. Roger McEachern/Jim Hershberger 21-3, 21-8; Dobbin/Tarr d. Smith/Koch.

Finals: Mooney/Creagh d. Dobbin/Tarr 21-16 21-8.

Master Singles

Semis: Frank Leydens d. Bill Mims 21-2, 21-14; Red Horton d. Paul Swoboda 21-11, 21-15.

Finals: Leydens d. Horton 21-15, 19-21, 11-3.

Master Doubles

Semis: Horton/Swoboda d. Goddard/Goss 21-17, 21-7; Kerwald/Johnston d. Mims/Thiemann 11-21, 21-17, 11-7.

Finals: Horton/Swoboda d. Kerwald/Johnston 21-12, 21-12.

Golden Masters

Semis: Don Goddard d. John Davidson 21-16, 16-21, 11-7; Art Goss d. Sonny Walker 21-13, 21-7.

Finals: Goddard d. Goss 21-12, 12-21, 11-5.

Juniors 17 under

Semis: Bob Rankin d. John Haselmeir 21-8, 21-5.

Finals: Rankin d. Thomas 21-19, 21-7.

Juniors 15 under

Semis: Greg Thomas d. Tony O'Connor 21-1, 21-9; Peterson d. Mike Mooney 21-15, 21-18.

Finals: Thomas d. Peterson 21-1, 21-4.

Juniors 13 under

Semis: Chris Brown d. Dan Burger 21-15, 21-2; Shad Thayer d. Loretta Peterson 21-16, 8-21, 11-7.

Finals: Brown d. Thayer 21-17, 21-10.

Women's Consolation: Vickie Wilson d. Gaye Powers 21-20, 11-21, 11-4.

Sportsmanship: Donna Diefenbach.

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Georgia

The Second Annual Southeast USRA Regional Tournament, held March 9-12 at Courthouse 1 in Marietta, GA, hosted some exceptional racquetball, good food and good fun.

Over 170 singles entries made it the largest Southeast Regional yet.

The results are as follows:

Tam Kutas defeated Jim Bailey 17 and 8 for the championship in the Men's Open Division. The first game was very exciting and filled with good gets, as both are excellent hustlers. Kutas had the stamina and strength to move Jim out of center court and to maintain the pace of the match, thereby dominating the play. Randy Stafford defeated Emile Catignani for third place.

Men's Open quarter-final play found Catignani over Hennen 11-21, 21-20, 11-7; Kutas defeating Anderson 17-21, 21-12, 11-2; Stafford defeating Fatolitis 20, 19, and Bailey beating Black 20-21, 21-12, 11-7.

Semi play included Kutas defeating Catignani 15-21, 21-2, 11-6, and Bailey over Stafford 14, 8.

Second seeded Fatolitis/Matthews upset top-seeded Hennen/Anderson for the Doubles Championship, in a clear case of youth over experience. Fatolitis/Matthews dived and screamed to retrieve seemingly everything in one of the more exciting open matches 21-20 and 21-11.

Women's Open number two, Cile O'Connell, upset number one, Barbara Faulkenberry, 16, 18 in one of the most perfectly played matches of the tourney. Both girls demonstrated smooth backhands, aggressive styles and excellent craftsmanship. Third place was won by Nancy Hornack.

Quarter-final Women's Open play saw Faulkenberry over Pam Harrison 18-21, 21-4, 11-8; Caroline Brown defeating Lucy Hardison 21-17, 16-21, 11-5; Hornack defeating Linda Gosselin 6, 18, and O'Connell defeating Sheryl Nelson 9, 20.

Semi matches found Faulkenberry over Brown 11, 12, and O'Connell over Hornack 8, 11.

O'Connell/Faulkenberry took first in the Women's Open Doubles also.

In the Golden Masters Alex Guerry beat Bill Wilson 4, 7 in finals action.

Masters Quarter-finals scores were Luther Green over Charles Allen 14, 8; Jack Hogan over Ed Ellett 10, 12; John Webster over Ray Fox 18, 2 and Larry McGee over Bill Roy 9, 18.

In Masters Semi-finals play Hogan beat Green 21-15, 18-21, 11-4, and McGee beat Webster 21-17, 18-21, 11-7.

Hogan came out on top in finals action, defeating McGee 14-21, 21-14, 11-5 to take the Masters Singles crown.

Masters Doubles were won by Green/McGee, who defeated Hogan/Wilson 14, 2.

The Quarter-final Senior play saw Don Clark over Bob Riley 11, 13; Marsh Chamberlain over Garl Wiles 14, 15; Norm Chambers over Jeff Leon 15, 11 and Bill Koenig defeating Jerry O'Neal 21-9, 16-21, 11-6.

Semi Senior play included Clark over Chamberlain 21-13, 16-21, 11-1, and Chambers over Koenig 21-19, 20-21, 11-4.

Third seeded Norm Chambers defeated Don Clark, number one seed, 13, 6 for the Seniors Championship. Koenig won third place.

Men's Juniors displayed much potential, as Bob Phillip defeated John Derdeyn in finals play of the 17 and under Division. Phillip, a top, young southern player, displayed exceptional backhand and forehand power. He should not only do well in the Nationals, but most likely will go pro if the Florida competition challenges his game in future years. (Finals scores—10, 9)

In the 15 and under category Jerry Brody and Mike Ray battled for the crown, with Brody winning 21-3, 18-21, 11-5.

Barry Koran defeated Cliff Ira 19, 8 in the 13 and under division.

Texas

There were 73 entries in six categories in the First Annual Spindletop Open hosted by the downtown Beaumont YMCA Health and Fitness Center March 31 - April 2. The event was sponsored by Estes Sporting Goods which furnished T-shirts and a beer and bar-b-que feast for the participants Saturday night. Men's Open was limited to eight players by invitation only.

Joe Decker, transplanted Hawaiian, defeated Mike Tuminello 21-6, 21-18 for the Championship. John Lee of Lamar University defeated Bill Munro 15-21, 21-17, 11-10, in what proved to be the best match of the tournament. In the Consolations, Ed Snowden defeated Jack French 21-7, 21-13.

In the Men's B Division Jess Stewart defeated Paul George 21-10, 21-15; Mike Raney defeated Lou Cappi 21-20, 21-8 for third place, and Ronnie Cole defeated Roy Peppo 15-21, 21-13, 11-8 in the Consolation Division.

In the Men's Doubles Richard Morrow and Joe Decker won by default over Lou Cappi and Mike Raney; John Malain and Ernie Osborne were awarded third place by default, and in the Consolation Doubles John Hamilton and Roy Peppo defeated Joey Young and Chuck Foreman for first place.

Men's Novice play saw Tony Coyne capture first place in a 20-22 player bracket by defeating Robert Fernandes 21-3, 21-13. Manuel Fernandes placed third by default. Jerry Nathan defeated Mike Hollomon for third place in consolations.

In the Women's Novice division Paula Groberg defeated Donna Lowe 21-7, 21-13 and Becky Barnes lost to Sue Hines in the third place match 21-12, 21-18. Sue Hudson defeated Charissa Christopher in the consolations.

In Women's Doubles Janice Cobble and Janice Hargrove defeated Donna Lowe and Carol Sivillo for first and Judy Cappi and Cindy Scott placed third.

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Kentucky

The Kentucky State Singles Championships the weekend of April 1 at Racquet Time of Lexington saw 206 entrants struggling through eight divisions in by far the biggest and best run state tournament in Kentucky's history.

Chuck Cooper and Holly Rentz breezed through their respective Open categories as if they owned them. They might. Holly won each match pretty much as she pleased and walked off with the Open prize for the third straight year. She defeated Lynn Simon in the finals 21-9, 21-16. Lynn had pretty well worn herself out with two terrific wins over Frankfort team mates "Charlie" Crockett and Bobbi Brennan in the quarters and semis. Both matches went to three games and Lynn, carrying one or two pounds more than last year, might have been a step too slow in the finals. Emily Burke defeated the third of the Frankfort triumvirate, Eileen Ernst, for third place.

Cooper, Kentucky's Open champ in 1976, met Eric Gilbert, last year's winner, in the finals. It was raw power versus control, strength, and court savvy. Control won as Chuck coasted by Eric 21-15, 21-13. Neither Cooper nor Gilbert was at all pushed in the quarters or semis as Chuck

defeated Tom Shivel and Bob Dabney; Eric destroyed Dave Fleischaker and handled Dave Brown fairly easily. No April fools here as each of the top four seeds made it to the last four. Dabney decided Brown in three games for third.

The Seniors had a couple of stunners. Len Wilson, '76 and '77 champ, stumbled in his first encounter, losing to superbly conditioned Nolan Carter 15-21, 21-17, 11-9. Nolan, losing 2-8 in the tiebreaker, stormed from behind to win this match. No sooner had the dust settled, however, than Carter himself left the tourney at the hands of Lexington dentist Bob Adkins, 21-9, 21-10. Bob, whose physical condition and shotmaking ability seem to move in inverse relationship to one another, went on to win the division with an 11-8 tie-breaker heart thumper over Paul Schmitt. Paul's racquet has to be rescued from the trash can after the match.

The Men's B Division had 47 entrants and the C Division had 64 participants. Both had exhausting schedules and both had winners who will be more than representative in higher divisions next year. John Boy Marcum, ex-football player and current beer drinker, scraped through two 11-10 third games in the quarters and semis to win the B's over Lexington newcomer Gerald Belcher who, on his way to the

finals, defeated the second and sixth seeds. Larry Hedgspeth defeated Frank Brohm for third. No contest in the C's. Donnie Harris all the way. The closest anyone could come to Donnie was 14-21. He defeated Dan Finch in the Finals. Tom Mowery placed third.

Beth Mowery and Patty Burden dominated the Womens' B and C Divisions. Beth defeated a much improved Christy Dunham in the B's, and Patty beat "most enthusiastic" Ann Mucio in the C's. Both Beth and Patty's greatest ally is super concentration. We had 47 women participants. Best ever.

The masters Division was taken by Bill Evans, probably the first of a string of titles for Bill. He beat Leigh Jones in the finals. Don Detjen placed third.

Special thanks go to Dave Kiser, floor manager extraordinaire. The tournament went on schedule the entire way, we had no problem with referees, and all questions and complaints were handled with patience, aplomb, and good cheer. Here's to next year, Dave.

—Dave Fleischaker



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Arizona

Over 200 players from Phoenix, Tucson and Flagstaff braved flooded streets and the swollen Salt River to compete in the Center Court/Pepsi Cola Invitational Racquetball Tourney March 3-5. The tournament was conducted and sanctioned by the Arizona Racquetball Association.

Due to an unexpectedly large number of players in the tournament, the finals were held quite late on Sunday night with many novice and C players playing three matches on Saturday and Sunday.

The number one seeds in the Men's and Women's Open divisions won their respective classes. Ken Garrigus, Centre Court Pro, defeated Keith Fleming in the Men's Final while Jan Svendsen defeated Susie Johnson in the Women's Final.

The tournament was a huge success due to the generous cooperation of Jay Caliendo, manager of Centre Court; Chris Georges, tournament director; and Matt Stanger, floor manager.

Results

Men's Open: 1st, Ken Garrigus; 2nd, Keith Fleming; 3rd, Chris Georges; Consolation, Steve Scott.

Men's B: 1st, Rudy Ramirez; 2nd, Mike Haws; 3rd, Hector Ortiz; Consolation, Clifford Fiore.

Men's C: 1st, Jim Mansperger; 2nd, George Powers; 3rd, Sam Henry; Consolation, Carl Wilson.

Men's Novice: 1st, Jerry Tepe; 2nd, Mike Mahoney; 3rd, Roger Lee; Consolation, Kim Rush.

Women's Open: 1st, Jan Svendsen; 2nd, Susie Johnson; 3rd, Becky Rice; Consolation, Kathy Paletos.

Women's B: 1st, Susan Hendricks; 2nd, Julie Bough; 3rd, Chris Munk; Consolation, Liz Anderson.

Women's C: 1st, Wendy Woodford; 2nd, Renee Busklin; 3rd, Naida Axford; Consolation, Linda DeBolt.

Women's Novice: 1st, Sue Cruz; 2nd, Elizabeth Reichert; 3rd, Dianne Brennan; Consolation, Kathy Flynn.

Arizona

More than 300 players pleased the crowd at the 1978 Arizona Racquetball Association's State Singles Championships March 30 through April 2 at the Tucson Athletic Club, where club staff members, Daryl Krugman, Casey Blitt and Carl Porter kept things running smoothly.

Results

Men's Open: 1st, Don Thomas; 2nd, Bobby Bolan; 3rd, Paul Darnell.

Men's B: 1st, Dale Anderson; 2nd, Ron Priestley; 3rd, John Wall.

Men's C: 1st, Larry Pisto; 2nd, Kim Richards; 3rd, Al Almazon.

Masters: 1st, Paul Banales; 2nd, Manuel Statini; 3rd, Ward Kischer.

Women's Open: 1st, Ann Thompson; 2nd, Hope Weisbach; 3rd, Moira Roark.

Women's B: 1st, Kathy Krucker; 2nd, Debra Wall; 3rd, Yvette Digiacinto.

Women's C: 1st, Gail Rubin; 2nd, Leslie McAnally; 3rd, Lynn Wojcik.

Seniors: 1st, John Lankford; 2nd, Mike Aubrey; 3rd, Ron Hastings.

Juniors (15 & under): 1st, Clarke Krugman; 2nd, Chris Taylor; 3rd, Todd Clark.

Juniors (18 & under): 1st, Jack Nolan; 2nd, Rudy Ramirez; 3rd, Mark Colbert.

Montana

The 1978 Montana Racquetball Championships, held in Missoula March 24-26, were co-sponsored by the University of Montana Racquetball Club and the Courthouse Racquetball and Health Club in Missoula. The tournament attracted 215 entries, with some competitors driving over 500 miles from eastern Montana.

In the championship series Greg Pekovich defeated Jim Lind for the men's crown. Pekovich is the defending state champion and won last month's Missoula City Racquetball Tournament by defeating the 1975 state champion, Gary Nygaard. Pekovich again defeated Nygaard in the semi-finals of this year's tournament. Nygaard, who was unseeded by the state association, upset the number three seed Dan West in the quarterfinals and Jim Lind upset the number one seed Zander Blewett in the semi-finals. Pekovich was seeded second and Lind fourth for this year's tournament. Pekovich defeated Lind with a strong power game, mixing hard passing shots with side wall, front wall "pinch shots". Lind played very well and was quite fatigued after his earlier match with number one seeded Zander Blewett.

In the women's championship series two time state champion Jamie Abbott defeated Donna Diefenbach for her third straight women's crown. Abbott, the National Junior Women's Champion,

has never lost a game in state tournament competition since winning her first title two years ago. Diefenbach had Jamie down 19-14 the first game, but Abbott reeled seven straight points to win 21-19. Abbott wore Donna down the second game with controlled passing volley shots. Donna played exceptionally well in losing to Abbott.

In the Men's B Singles competition Mike Gorge upset number one seeded Mark McQuirk for the title. George had upset Steve Bull, the number three seeded, earlier in the semi-finals. George, 16 years old, beat McQuirk by combining ceiling ball shots with quick kills.

In the Women's B competition Erin Henry defeated Terry Denton. Pat Medved defeated Lynne Booth in the Women's C event.

In the Men's C Division Jacques Le Coure, an amateur boxing champion, defeated Tom Anderson. Le Coure dropped the second but rallied in the tie breaker to defeat Anderson with a good front court game.

In doubles competition Mike Di Fronzo-Russ Miller defeated Lind-Mike Dalton in the Men's Open Division. In the Women's Open Doubles top seeded Abbott-Jan Shelton defeated Jeanette Crnich-Diefenbach in four games after a disputed call required the playing of an additional tie breaker. Crnich-Diefenbach had apparently won the competition, but an official protest resulted in Abbott-Shelton winning the additional tie breaker and the match.

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George-Steve Wheeler upset top seeded Pete Waylett-Terry Vanderpan for the Men's B Doubles crown. Jim Heath-Beth Tomita defeated Tom Hoff-Jan Dee May for the Mixed Doubles crown.

The 1978 state tournament committee consisted of Rick Medvec-Steve Bull co-directors; Jim Hamilton, information director; Jim Mayes-Manager/Owner, The Courthouse Racquetball Club, and John Lockridge, Eddie Carr and Jeanette Crinch, tournament co-workers.

—Jim Hamilton

Results

Quarters

Men's Open: Zander Blewett d. Darwin Lunn 21-15, 16-21, 11-4; Jim Lind d. Tom McNeely 21-15, 15-21, 11-8; Gary Nygaard d. Dan West 21-5, 21-13; Greg Pekovich d. Dennis Doherty 21-15, 21-15.

Men's B: Mark McQuirk d. Dave Weber 15-21, 21-10, 11-5; Bill Higgins d. Shelgo Banks 21-7, 21-16; Steve Bull d. Gary Peterson 21-18, 21-20; Mike George d. Phil Bertino 9-21, 21-11, 11-4.

Consolation Singles

Men's Open: Chuck Garten d. Dick Fox 31-28; Tom Schumacher d. Jim Webb 31-14; Tom Crowe d. Matt Dalton; Russ Miller d. Mike Dalton 31-22.

Men's Senior: Dennis Peck d. John March 31-21; Terry Zahn d. Alf Lauritsen Forfeit; Paul Miller d. Carl McAfee 31-12; Marty Mikelson d. Ed Henry Forfeit.

Women's B: Marcia Miller d. Kath Althen 31-28.

Semis

Men's Open: Lind d. Blewett 21-20, 21-13, Pekovich d. Nygaard 21-14, 21-10.

Men's Seniors: Mike Copeland d. Peter McGee, Jim Farrell d. Harry Witt 21-20, 21-10.

Men's Masters: Don Goddard s. Alf Lauritsen 21-8, 21-12; Joe Luckman d. George Cross 21-2, 21-14.

Men's B: McQuirk d. Higgins 18-21, 21-17, 11-1; George d. Bull 21-19, 19-21, 11-6.

Women's B: Erin Henry d. Kathy Fox 21-5, 21-11, Terry Denton d. Judy Harner 21-4, 21-6.

Women's C: Lynne Booth d. Louise Hollar 18-21, 21-18, 11-7; Pat Medved d. Janet Kline 21-11, 21-12.

Consolation

Men's Open: Garten d. Schumacher 31-21; Miller d. Crowe 31-19.

Women's Open: Pat Guth d. Pat Nygaard 31-27, Darlene Minnemeyer d. Dorothy Patent 31-5.

Men's Senior: Peck d. Zahn Forfeit; Mikelson d. Miller 31-14.

Men's Masters: Willis Lamey d. Don Pehlke 31-9.

Men's B: Greg Von Eschen d. Eddie Carr 31-19; Pete Waylett d. Jeff Palister 31-26.

Women's B: Marcia Miller d. Janice Blakeslee.

Women's C: Patti Madsen d. Casey Chilton 31-16.

Men's C: Gene Hansen d. Walt Lewis 31-11; John Boyer d. Sonny Hoskins 31-26.

Doubles

Men's Open: Mike DiFranzo-Russ Miller d. Tom McNeely-Cody Atkinson 21-16, 21-12.

Women's Open: Jamie Abbott-Jan Shelton d. Pat Nygaard-Judy Wahlberg 21-7, 21-11; Jeanette Crinch-Donna Diefenbach d. Milenda Douglas-Jan Dee May 21-7, 21-17.

Men's B: Mike George-Steve Wheeler d. Jeff Palister-Dale Shelton.

Women's B: Fox-Denton d. Marcia Dahlstrom-Karen Lange.

Finals

Men's Open: Pekovich d. Lind 21-11, 21-16.

Women's Open: Jamie Abbott d. Donna Diefenbach 21-19, 21-7.

Men's B: George d. McQuirk 21-12, 21-16.

Men's Seniors: Jim Farrell d. Mike Copeland 21-17, 21-19.

Men's Masters: Goddard d. Luckman 21-10, 20-21, 11-6.

Women's B: Henry d. Denton 21-15, 21-17.

Women's C: Medved d. Booth 21-7, 21-11.

Men's C: Jacques LeCour d. Tom Anderson 21-18, 9-21, 11-6.

Consolation

Men's Open: Miller d. Garten 21-12, 21-20.

Women's Open: Guth d. Minnemeyer 8-21, 21-10, 11-6.

Men's Seniors: Mikelson d. Peck 21-5, 21-10.

Men's B: Waylett d. Von Eschen 21-20, 12-21, 11-2.

Men's Masters: Willis Lamey d. Alf Lauritsen Forfeit.

Women's C: Madsen d. Judy Furan 21-15, 21-10.

Men's C: Boyer d. Hansen 5-21, 21-13, 11-7.

Men's Open Doubles: DiFranzo-Miller d. Lind-Mike Dalton 21-17, 21-14.

Women's Open Doubles: Abbott-Shelton d. Crinch-Diefenbach 14-21, 21-12, 10-11, 11-10.

Men's B Doubles: George-Wheeler d. Pete Waylett-Terry Vanderpan 10-21, 21-19, 11-9.

Women's B Doubles: Kathy Fox-T. Denton d. Penny Sey-Kelly Moore.

Mixed Doubles: Jim Heath-Beth Tomita d. Tom Hoff-Jan Dee May 21-7, 21-9.

Oregon

Frank Morris, assistant track coach at the University of Oregon, won the Masters Division during the Oregon State Singles Championship March 3-5 at the Court House in Salem. Most of the 189 entrants had never played before on the new glass side wall court, where spectators watched one of the most exciting matches — Bob Lund's upset over Tom Ballantyne in the quarter finals.

Results

Men's Open: 1st, Tony Krause; 2nd, Hank Marcus; 3rd, John Rude; Consolation, Phil Perry.

Men's B: 1st, Nick Gantman; 2nd, T. Lieb; 3rd, D. Shedly; Consolation, M. Gemperle.

Men's C: 1st, J. Peters; 2nd, A. Wasilewski; 3rd, M. Sherman; Consolation, C. Ramsdell.

Men's Novice: 1st, John Gattuccio; 2nd, M. Minto; 3rd, J. Hoffman; Consolation, J. Jeffery.

Women's Open: 1st, Linda Prefontaine; 2nd, Vicki Garner; 3rd, Brenda Scrivens; Consolation, F. Chappel.

Women's Intermediate: 1st, Jan Newton; 2nd, V. Shelly; 3rd, E. Smith; Consolation, K. Bryant.

Women's Novice: 1st, G. Kulm; 2nd, R. Sherman; 3rd, T. Grant; Consolation, M. Pliska.

Juniors: 1st, Jeff Israel; 2nd, Brad Popino; 3rd, Mike Martin; Consolation, Mark Fitkin.

Masters: 1st, Morris; 2nd, J. Lamb; 3rd, R. Cummings; Consolation, B. Rogers.

New Mexico

On February 10-14 the New Mexico Racquetball Association in conjunction with the United States Racquetball Association sanctioned an Open Racquetball Tournament at the Supreme Courts Racquet and Health Club in Albuquerque. The event was sponsored by Pickard and Associates of Albuquerque together with numerous other sponsors. Racquetball continues to grow in popularity and participation in New Mexico, this being evidenced by the greatest number of participants ever to compete in 11 divisions. Racquetball in this state is organized by and gaining strength under the New Mexico Racquetball Association. The address of the new association is 8421-C Montgomery Blvd., Albuquerque, 87111. It is interested in promoting racquetball at all levels, including providing instruction, staging tournaments, and disseminating information about racquetball state wide.

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The tournament results in the 11 divisions are as follows:

In the Womens Novice there were 19 participants for this first time ever event. In the semi-finals Diane Sorenson defeated Connie Burch 21-18, 21-0 and Liz Morley out-wielded Mary Oliver 21-11, 21-12. In playing for third place Burch defeated Oliver 21-1, 21-2. The finals of this event showed Sorenson defeating Morley 21-2, 21-9. The Womens C event found 19 lovely ladies participating, with third place being taken by Patricia Quinones. She defeated CC Bardwell 21-18, 21-5. First place in this event was garnered by the always tough Jane Hagen defeating Mary Lou Furaus. Four women played in the Womens B. It was a round robin with second place going to Louise McDonough and first place being captured by Paula Bohling. The Women's Open event also found only four women participating in a round robin with second place being taken by Dorothy Ward and first place being taken by the consistent Janice Corsie.

The Old Fogies event, Mens 35 and Over, was minus its perennial champion, Ernie Nellos. Nellos briefly lost touch with reality and entered the Mens Open event arguing that his unorthodox style would serve to run the youngsters off the court. Third place was captured by reliable Jess Burch. In the finals Louis Lucero drilled the dentist, Robert Sanchez 21-6, 21-19. In the first time held B-C Doubles 32 teams struggled in what seemed like a never-ending succession of sometimes brilliant and always enjoyable racquetball play. Third place in this event went to Rick Bretz and Gregg Peck. Second place went to the local team of Rick Bowman and Bob Stoermer. First place found Eric Sanchez and Tom Frank atop the heap of fatigued B-C participants. The Open Doubles event found 13 teams bouncing each other off the walls. When the dust had cleared, Nellos and Dennis Chavez had captured third place. Second place went to the overweight/underweight team of Jack Blystone and Frank Silva. First place in this championship event went to the New Mexico State Champion, Gary Mazaroff and his oblivious partner, Clay Childs. They defeated Blystone and Silva 21-13, 21-17.

The Mens Novice Division entertained 46 entries. Participants had not participated in any previous tournament, nor had they played racquetball for a period longer than six months. Third place in this event went to Nicholas Hadzellis. In the finals Dan Abeyta defeated Paul Parker. The Mens C event found everyone in the world playing with the total of 73 entries. Craig Elliot defeated Steve Rozal 21-15, 21-8 for third place while Wayne Wolfenbarger defeated Carl Brand of Albuquerque, 21-3, 21-19 for the first place trophy. The Mens B found 33 participants with third place going to Dave Arnold. Second place was taken to Texas by Chris Kinkade. The first place trophy went to tall, blonde Bill Krauser. He defeated Chris Kinkade 21-19, 21-3. In the Mens Open event there were 17 entries with third place going to Joe Wittenbrink defeating Childs 21-7, 21-7. In the finals Mr. Nice Guy Harold Lujan, defeated Mr. Nice Guy Mazaroff 21-16, 21-8, in one of the weekend's most exciting matches.

—Gary Mazaroff

Ohio

The Ohio Valley Regional at Pat Matson's Racquetball World in Cincinnati March 9-12 drew over 250 entrants. Two were from Tennessee. Both were from Memphis. They know each other fairly well. John and Keith Dunlap are brothers. There should be a law, but there isn't. They came in one-two in the Open. John, the first seed, breezed through his half easily, threatened only in one game by Bob Dabney in the quarters. John's combination of power, quickness, a devastating backhand, and his cute mustache proved insurmountable to all. He personally destroyed another fine brother act, the Foxes beating Ronnie in the 16's, and soundly defeating fourth seeded Larry, 1976 National Juniors Champ, in the semis.

Keith, seeded seventh, had a more difficult road to the finals, being extended by second seed Clark Pitman of Ohio in the quarters. In what was probably the premier match of the tournament Keith hung on to win 11-8 in a see-saw tiebreaker. The first game was all Dunlap, as he rolled to a 19-7 lead before Clark regrouped to make it close at 21-15. Keith came out smokin' to begin the second game, but at 11-8 his favor, Pitman started playing to Dunlap's forehand, found a soft spot, and blitzed home with 13 points in a row. Momentum was on Pitman's side, as Dunlap skipped three straight to begin the third. From there it was 4-3 Dunlap, 5-4 Pitman, 7-5 Dunlap, 7-7, 10-8 Dunlap, then out.

Thirty-eight-year-old Gordon Kelly gave K. Dunlap all he wanted in the semis. Gordon forced the match to three games before bowing. In a characteristic move Kelly, who is one of the finest sports in the game, ended the match with a two bounce call against himself. No one else saw the ball bounce twice.

In an anti-climactic final before very few people, John defeated Keith 21-17, 21-15. Larry Fox defeated Kelly in three games for third place.

Petite Gerri Stoffregen and powerful Irene Ackerman rolled through the women's draw, as expected, neither being truly extended even in one game. The final, which seemed to be pregnant with promise, was actually over quite quickly. Gerri was not able to handle Irene's drives and overall power, and succumbed 21-13, 21-17. Several others are worthy of mention in this division. Dana Cornblath defeated third seed Judy Huhta in a hammer and tong nail biter, 21-15, 11-21, 11-7; Donna Henry edged fifth seeded Trish Morphew 21-14, 14-21, 11-7 in a match which quite obviously could have gone either way.

Iron man Don March won two 11-10 tiebreakers in the Seniors. Midnight rang down the curtain in the finals, however, as he couldn't handle second seed Jerry Davis. Jerry, who proclaims winter as his "down" time, is to be feared when summer rolls around; he routinely beat Dave Fleischaker and Marsh in the semis and finals. Fleischaker soundly defeated Fred Lewerenz for third 21-19, 20-21, 11-0. Never in doubt.

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NR

Danny Clifford and Robby Abrams finally won a big doubles tourney, edging Davis and Jack Soble in the finals. The match produced some good shots, much verbal invective and an overwhelming argument for referee certification.

Bill Evans, newly turned 45, swept the Masters effortlessly trouncing last year's champ Fred Wiegand 21-13, 21-15 in the finals.

—Dave Fleischaker

Results

Open

Quarters: J. Dunlap d. Dabney 21-19, 21-5; L. Fox d. Radiation Man 21-13, 21-9; Kelly d. Michels 21-15, 21-13; K. Dunlap d. Pitman 21-15, 11-21, 11-8.

Semis: J. Dunlap d. L. Fox 21-7, 21-11; K. Dunlap d. Kelly 21-8, 20-21, 11-3.

Finals: J. Dunlap d. K. Dunlap 21-17, 21-15.

Third: Fox d. Kelly 17-21, 21-13, 11-4.

Women's Open

Quarters: Stoffregen d. Burke 21-8, 21-4; Henry d. Morphew 21-14, 14-21, 11-7; Cornblath d. Gifford 21-11, 21-6; Ackerman d. Westmark 21-0, 21-1.

Semis: Stoffregen d. Henry 21-10, 21-7; Ackerman d. Cornblath 21-17, 21-11.

Finals: Ackerman d. Stoffregen 21-13, 21-17.

Seniors

Quarters: Lewerenz d. Huff 21-7, 4-21, 11-10; Marsh d. Solomon 9-21, 21-8, 11-10; Fleischaker d. McIntosh 21-7, 21-10; Davis d. Yecies 21-8, 21-3.

Semis: Marsh d. Lewerenz 7-21, 21-11, 11-3; Davis d. Fleischaker 21-14, 21-12.

Finals: Davis d. Marsh 21-13, 21-17.

Third: Fleischaker d. Lewerenz 21-19, 20-21, 11-10.

Open Doubles

Quarters: Davis-Soble d. Aguglia-Stern 21-17, 21-10; Dunlap-Dunlap d. Johnson-Broderon 21-4, 21-17; Abrams-Clifford d. Solomon-Fleischaker 21-14, 21-8; Fox-Sipes d. Reinhardt-Moore 21-13, 21-9.

Semis: Davis-Soble d. Dunlap-Dunlap 19-21, 21-18, 11-9; Abrams-Clifford d. Fox-Sipes 21-15, 21-14.

Finals: Abrams-Clifford d. Davis-Soble 17-21, 21-18, 11-7.

Third: Dunlap-Dunlap d. Fox-Sipes 21-8, 20-21, 11-5.

Masters

Quarters: Wiegand d. del Favero 21-3, 21-1; Mitchell d. Detjen 21-8, 21-12; Altman d. Schinagle 21-15, 21-16; Evans d. Jones 21-6, 21-4.

Semis: Wiegand d. Mitchell, Evans d. Altman 21-8, 21-13.

Finals: Evans d. Wiegand 21-13, 21-15.

Womens Doubles

Semis: Stoffregen-Rentz d. Ingle-Morphew 21-5, 21-1; Simon-Burke d. Gifford-Hamlin 21-12, 21-12.

Finals: Stoffregen-Rentz d. Simon-Burke 21-14, 21-12.

Third: Gifford-Hamlin.

Boys 17

Quarters: Richardson d. Cushing 21-4, 21-4; Goudie d. Nessel 21-18, 21-20; Doeher d. Rogers 21-11, 21-20; Yellon d. Golad 21-15, 21-4.

Semis: Richardson d. Goudie 21-5, 21-7; Doeher d. Yellon 21-6, 21-10.

Finals: Richardson d. Doeher 21-19, 21-12.

Boys 15

Round Robin: 1st - Gamble, 2nd - Mack, 3rd - Linner.

Boys 13

Round Robin: 1st - Gregg, 2nd - Vantrease.

Girls 17

Round Robin: 1st - Ernst, 2nd - Crockett.

Girls 14

Round Robin: 1st - Brennan, 2nd - Fletcher.

Masters Doubles

Semis: Mitchell-Leech d. Detjen-Jones 21-15, 21-15.

Gumer-Simon d. Ray-Teraslinna 16-21, 21-8, 11-5.

Finals: Mitchell-Leech d. Gumer-Simon 14-21, 21-12, 11-8.



Upcoming Events

July 14-16

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Women In Racquetball



Carol Brusslan

Taking on the Men in Tournaments

The first two years that Veteran Pro Peggy Steding played racquetball all her opponents were men. The three-time national women's professional champ — subject of a 5 page feature in this issue — says *"Good women players weren't available at tournaments. I was forced into men's divisions."*

Steding more than held her own. *"In the 200 matches I've played against men in tournaments—in the Men's B and sometimes the Open—there were only three times I finished below third."*

What's more, she says, *"I play better against men. If I don't concentrate, they'll blow me off the court."*

It's that chance to improve — to press themselves, to learn from losses as well as wins — that makes skilled women amateurs enter men's brackets.

Says Pat Guth of Missoula, MT, who ended up playing her husband in a regional Men's Senior division last fall (he won, but the second game was 21-19): *"I've entered men's tournaments to stimulate my game—to make me play harder. Playing against men accelerates my game, and I can go back and give the women a better match."*

And Vicki Penzari, racquetball pro at Seattle's Tennis World, believes *"If you're playing for fun, it's O.K. to stay in women's brackets. But my ambition is to be very good, so I'm looking for the toughest competition I can find."*

Dan Bertolucci, USRA associate coordinator and a top male amateur, says *"A tournament is no place to make your improvement."*

"A woman gets more all-out competition from another good woman player. A man holds back when he plays a woman."

Bertolucci says one male Open player told him *"I play a woman the way I play an 11-year-old child. Playing a woman causes a man to play down. It lowers the level of tournament play."*

Not so, says Guth, whose neuter first name has made her court entrance for the warmup a surprise to some male opponents.

"I don't think a man eases up. When I've played men, they've taken every point they can get. They respect you for playing well... especially if they get the final victory."

Doug Clark, New Jersey state co-chairman, says there's no way a man can win playing a woman in a tournament.

"If a man beats a woman, he feels he hasn't gained anything. If he loses, he feels ridiculous and he's in for unmerciful ribbing from his friends."

All players agree that the issue will fade when enough top notch amateur women give each other

competition. In the meantime men versus women on the court is as big a draw today as it was five years ago in a Texas tournament. That's when hundreds of viewers left the Men's Open finals to watch a newcomer named Steding in the Men's B make it clear that women can be serious racquetball competitors — even against men.

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Reaching to

Recovery with Two Racquets

by Pat Greig

It happens all around us today, to a family member, a friend, a neighbor — a woman losing a breast (medically described as a mastectomy). Therapy is rather limited for those who go through this traumatic experience. It happened to me and I found you have to seek your own means of rehabilitation.

Two years ago, when in my mid-forties, I had to have a double mastectomy. It was not too surprising. Two of my sisters, an aunt and my mother had had mastectomies. After my surgery I realized that I needed to have a plan of physical therapy to regain the level of physical activity to which I'd been accustomed.



Throughout my life I was fortunate to have been involved actively in sports (tennis, bowling, softball, golf) and, in addition, helped raise two sons through Little League and high school athletic activities and a daughter through diving competition. At the time of my surgery I was playing women's doubles in racquetball in Eau Claire, WI. Playing two or three times a week I was afraid that my performance would be drastically altered, or even halted, in a sport I had come to enjoy. I did not realize what racquetball eventually could do for me.

All I wanted was to hurry the rehabilitation process and get back on the court with my friends. Due to having both breasts removed in one operation, it was quite a while before I could resume any strenuous physical activities. When I could, I found that additional therapy was needed over and above that recommended by the "Reach to Recovery" exercises.

Ceiling after Ceiling Shot

A little over six months after my surgery we moved from Wisconsin to Omaha, NE, and through the efforts of some very fine people and the staff at the Omaha Jewish Community Center I was able to obtain the much needed therapeutic assistance. In addition to special exercises, weight-lifting with light weights, and swimming I made racquetball a part of my everyday program.

Having had surgery on both sides I noticed that when playing my normal right handed game my right side was building up at a faster rate than the left side. I am fairly ambidextrous and found practicing with a racquet in each hand forced

me to reach with each side and stretch to make contact with the ball as I hit ceiling after ceiling shot. I'm sure moving around the court with a racquet in each hand looked ridiculous, but I noted that to swing a racquet was one thing and to make contact solidly with the ball quite another thing entirely. None of this was without its problems of physical hurt, of course, but I was beginning to feel a sense of accomplishment as my strength returned.

My husband's interest and involvement in my recovery kept him on the court many hours helping me practice. Our games forced me to play harder. Returning serves hit by many women does not require as much strength to return as those hit by most men. Playing my husband was good for me, and the more I played the better I felt.

Switching to Singles

Women's doubles is not as popular in Omaha as in Wisconsin, so I started playing singles. A completely new game evolved for me, for I had played singles only a few times before surgery. At first covering the entire court, hitting more shots and getting into good physical condition proved very tiring. I had to be very tough with myself — eventually I got my mobility back.

I started playing in singles tournaments to meet new players from other local clubs and to boost my competitive spirit. In early 1977 the Nebraska Racquetball Association held its first state singles tournament. I entered and was very fortunate to win the Women's Open Championship. It

didn't touch me until a few days later what a tremendous reward it was for the many months of hard work.

Now I'm so involved that I assist Pro Mark Hegg at Racquetball of Omaha with the women's program, instructing and helping the women with the "problem points" in their games.

The sport of racquetball has become a stimulus for me. Most players during hard games or in tournaments have asked themselves with gasping breath, "What in the devil am I doing out here?" I know why I'm there — and I've already booked my court for tomorrow and many years beyond.



Pat Greig speeded up her recovery from breast surgery by lifting weights and returning her husband's hard hit racquetball shots.

Racquetball Clothes for Four Different Budgets

Camille McCarthy, a tall blonde from Indianapolis who frequents the pro-am circuit, looks good in most anything she wears. So she seemed the perfect player to demonstrate that women can dress for racquetball in whatever manner their moods or pocketbooks dictate.

Camille modeled these four versions of racquetball clothes at the Men's Only professional stop in Aurora, IL, where she won the Women's Open amateur title.

Splurge

"It always looks neat" is Camille's tribute to this brown and white outfit by Tail. The 65 per cent polyester and 35 per cent cotton fabric needs little or no ironing, and the shorts come with deep side pockets and a belt.

Cost: \$43



Sensible

Camille found this bright blue and green terry cloth warm up suit "very comfortable to play in." The hooded jacket zips up the front and the pants have an elastic waist. The outfit — in small, medium and large sizes — is available at selected Sears Stores around the country.

Cost: \$24



Sew Yourself Bargain

Camille checks in with Tournament Director Jim Stotz wearing a home sewn outfit fashioned from McCall's pattern number 5553. The easy-to-make top and shorts took half a yard of light yellow terry cloth for the shorts and $\frac{7}{8}$ yard of white terry for the top (with some of the yellow fabric used for the trim). There were no zippers or buttons to fuss with.

Cost: \$11.94 (\$2.08 for the pattern, \$9.85 for the terry cloth)



Grub

Camille proves that even racquetball greats like Charlie Brumfield will accept a player for what she is, not what she wears. In this case it's an old T-shirt she borrowed from her husband worn over her own blue sweat pants. ("Very hot to play in," she says.)

Cost: Nothing

Anyone Can Play With a Famous Pro

Whether you live in Ohio, Florida, Oregon or New Jersey — or any state in between — you can expect to find one of the country's big name professionals teaching at your racquetball club.

Jan Sauser, Kathy Williams, Davey Bledsoe, Charlie Brumfield, Shannon Wright, Janell Marriott and Peggy Steding are some of the pros who zig zag across the country running clinics for anyone from children to referees. Women's clinics are common because, one pro reports, *"women are most likely to admit their games need improvement."*

When the pro appears at your club he or she probably will work around one of two basic formats.

First there's the exhibition clinic. Two pros explain what they'll be showing you, play a game (while a referee describes the action and stops the game to analyze shots or strategy) and come back to field your questions. The photo on this page shows Williams and Marriott at one of the exhibition clinics they held before each of the 1977-78 pro tour stops.

The exhibition clinic can accommodate more students and will cost you less (it's sometimes free) than the instructional clinic which emphasizes student participation.

A typical instructional clinic taught by two pros costs around \$15 per student for a three hour session for 30 people. Williams and Sauser, who are holding 10 clinics at Sports Illustrated clubs in Michigan and Indiana from July 6 through July 14, plan their women's clinics around the following schedule: Forty minutes of stroke discussion on court, 40 minutes of back wall play on court, 20 minutes of strategy off court on a blackboard, 35 minutes of serves on court, 20 minutes of ceiling shots on court and 25 minutes of kill shots, also on court.

If a clinic on your home courts sounds good to you, contact your club manager, who can check with the sales representative of any racquetball product manufacturer. Seamco, Leach, Wilson, Vittert and Ektelon are among manufacturers who can send their sponsored players to your club for a clinic with a star.



Scramble and Serve

Preparing the Incredible Edible

Sometimes referred to as "*the incredible edible*" the egg is one of the most versatile foods known to man. For centuries creative cooks from Peking to Peoria have incorporated the egg into imaginative, mouth-watering recipes.

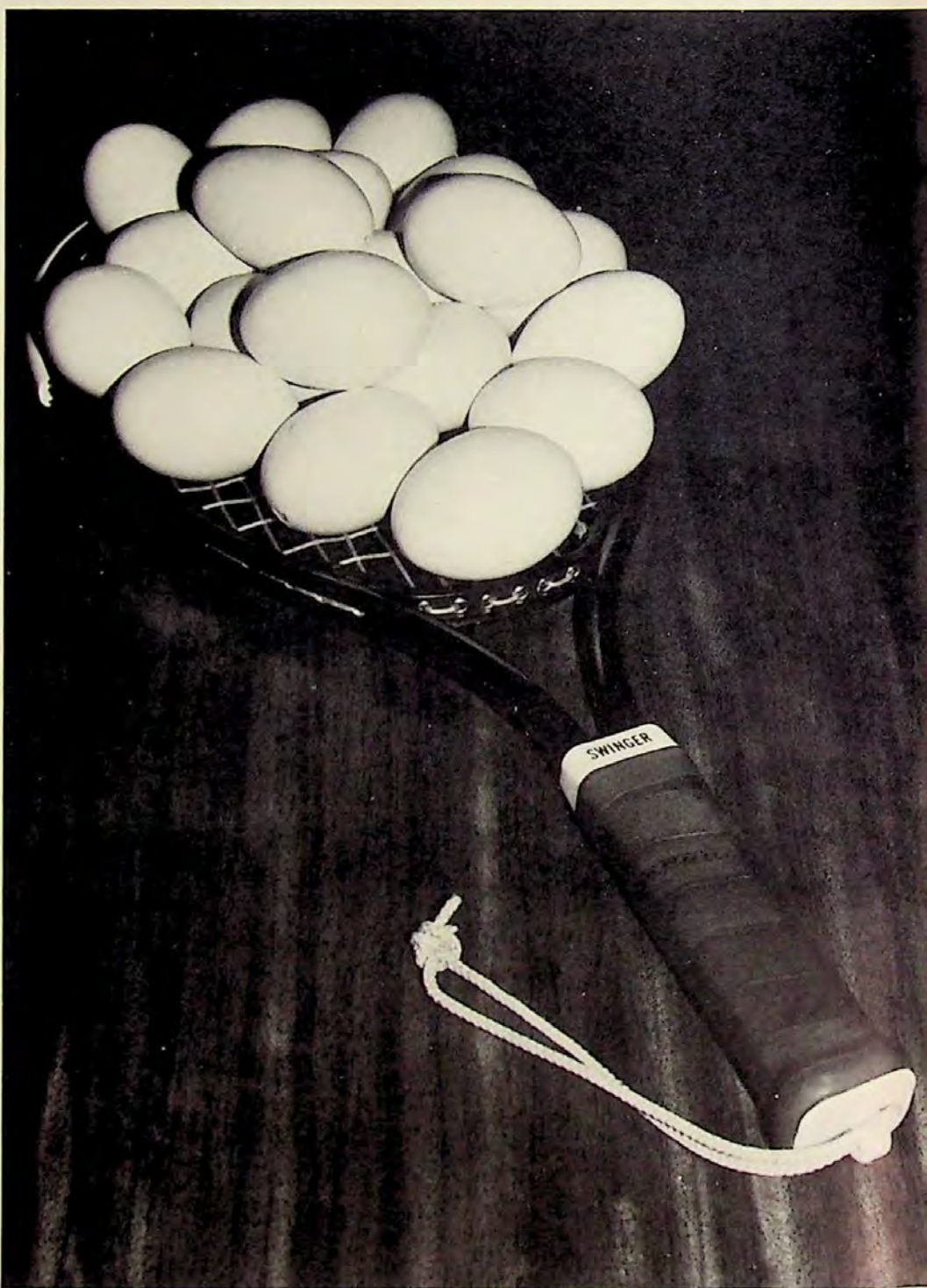
Rich in protein and low in calories, the egg's only shortcoming appears to be its high cholesterol content, but since we recently learned from a *National Racquetball* health article by Clinical Exercise Physiologist Thomas Pipes that "*reduced cholesterol*" is one of "*the physiological changes resulting from racquetball*," we can happily recommend an occasional gustatory journey into eggdom.

The following recipes from four different countries — an appetizer, a soup course, a main course and a dessert — are fine examples of the adaptability of the egg. But for reasons of health and overexposure, we do not advise including these dishes in the same menu.

The stuffed egg appetizer is a delightful overture to any outdoor meal. And for Chinese food buffs egg-flower soup is an ideal warm-up for a dinner of stir-fried beef and vegetables, steamed rice, and Mandarin oranges. The Italian onion-zucchini omelet — a satisfying main course for either lunch or supper — is often accompanied by a green salad with a tart vinaigrette dressing, followed by an icy fruit sherbet. And now the coup de grace. Our dessert, known in this country as Floating Island, is a perfect finale to Coq Au Vin — a traditional French dish consisting of sauteed chicken parts, fresh mushrooms, bits of bacon, and braised onions in an aromatic red wine sauce.

Bon voyage and bon appetit!

—Judith Neisser



Festive Stuffed Eggs

Serves 6 to 8

6 eggs, hard-boiled
10 medium shrimp, finely chopped
1 stalk of celery (tender inner stalk), finely chopped
2 tablespoons mayonnaise
½ teaspoon prepared mustard
¼ teaspoon curry powder
½ teaspoon dried dill weed
Salt to taste.

Shell the eggs and cut in half lengthwise. Remove the yolks, mash them with a fork and combine with the remaining ingredients. Lightly spoon mixture into the egg white halves. Place the eggs on a serving plate, cover with Saran wrap and chill well before serving.

Egg-Flower Soup

Serves 6 to 8

2 quarts chicken broth
4 eggs
1 teaspoon dry sherry
2 tablespoons thinly sliced scallions
Salt and pepper to taste

Bring chicken broth to a vigorous boil. Stir eggs, well beaten with the sherry, into the boiling soup. Remove from the heat immediately. Stir gently until small flowers are formed. Garnish with the scallions. Salt and pepper to taste.

Frittata Di Zucchini

Serves 4 to 6

2 small yellow onions, thinly sliced
¼ cup safflower oil
4 medium zucchini, outer skin removed, and sliced into ¼ inch rounds
½ teaspoon salt
7 extra large eggs
1 scant cup freshly grated Parmesan cheese
Freshly ground pepper, about 12 turns of the pepper mill
1 tablespoon dried basil
3 tablespoons unsalted butter

Cook onions in oil in a skillet over low heat, stirring frequently, until they are limp and beginning to brown. Add the zucchini and salt. Cook over low-medium heat until the zucchini is very lightly browned, tossing frequently. When done, drain vegetables of the oil and remove to a bowl to cool.

Beat the eggs thoroughly in a bowl. Mix in the grated cheese and the zucchini and onions. Gently fold in the basil and freshly ground pepper.

Melt the butter in a 12-inch teflon skillet or one which has been heavily coated with Pam, over medium heat. Add the egg-zucchini mixture, and turn the heat down as low as possible. When the egg mixture has set and thickened and only the top is runny (about 10 to 12 minutes), place the skillet under a preheated broiler for approximately 30 seconds or until the surface has set. Loosen the frittata with a spatula and slide onto a warm round serving platter. Cut into pie shape wedges and serve.

Les Oeufs A La Neige

Variation on a recipe
by James Beard

Serves 6 to 8

6 egg whites
1¾ cups sugar
3 cups milk
1 teaspoon vanilla extract
6 egg yolks
1 teaspoon arrowroot
¼ cup semisweet chocolate, cut into slivers or curls

Beat the egg whites until stiff and add ¾ cup sugar, a little at a time, beating well after each addition.

Heat the milk, 1 cup sugar, and the vanilla until small bubbles begin to appear around the edge of the pan. Lower the heat and keep the milk at a gentle simmer. Spoon up the meringue with a teaspoon and with another spoon inverted over it, shape it gently into the form of an egg and slide it off the first spoon into the milk. Continue adding the meringues until the surface is almost covered. Poach them for about 1½ minutes, then gently turn them over with a fork and poach for about 2 minutes or until the meringues feel fairly firm to the touch. Do not overcook or the meringues will fall apart. Remove the meringues from the milk with a slotted spoon and lay them side by side on a dry cloth to drain. Make another batch of meringues and keep going until all the uncooked meringue is used. Chill cooked and drained meringues until ready to serve.

Strain the milk. Combine well-beaten egg yolks with the arrowroot in a saucepan. Slowly pour the milk into the egg yolk mixture, stirring constantly over very low heat until it coats a wooden spoon. Pour into a large serving bowl. Let the custard come to room temperature, then chill until ready to serve. Just before serving float the meringues in the custard and decorate with the chocolate.

Who's Playing Racquetball?

Maria Amaya-Schott: Belly Dancer

Muscular control, stamina, strong legs, flexible knees. All those assets that Maria Amaya-Schott developed playing racquetball have helped her become a professional belly dancer and teacher of Middle Eastern dance.

Maria learned to play racquetball while she was a student at the University of New Mexico. Six months later, after she watched a belly dancer perform in a night club, Maria decided to learn the 5,000 year old dance that originated as a celebration of femininity.

"Since most belly dance steps are done with flexible knees, I soon was tops in my class," Maria says. "The stamina built up from playing almost every day allowed me to move faster than most other students. Within a few months I was earning my college tuition and living expenses through performing and teaching."

Now Maria dances three shows nightly at the Hilton Inn in Austin, TX, where she lives with her husband, Steve, winner of a 1975 New Mexico state racquetball tournament. Maria says Steve's coaching *"has made me a high B player, steadily working up through the ranks."*

Maria's afternoon racquetball games at the University of Texas or the Royal Court Club leave her free to give lessons at the John Felix

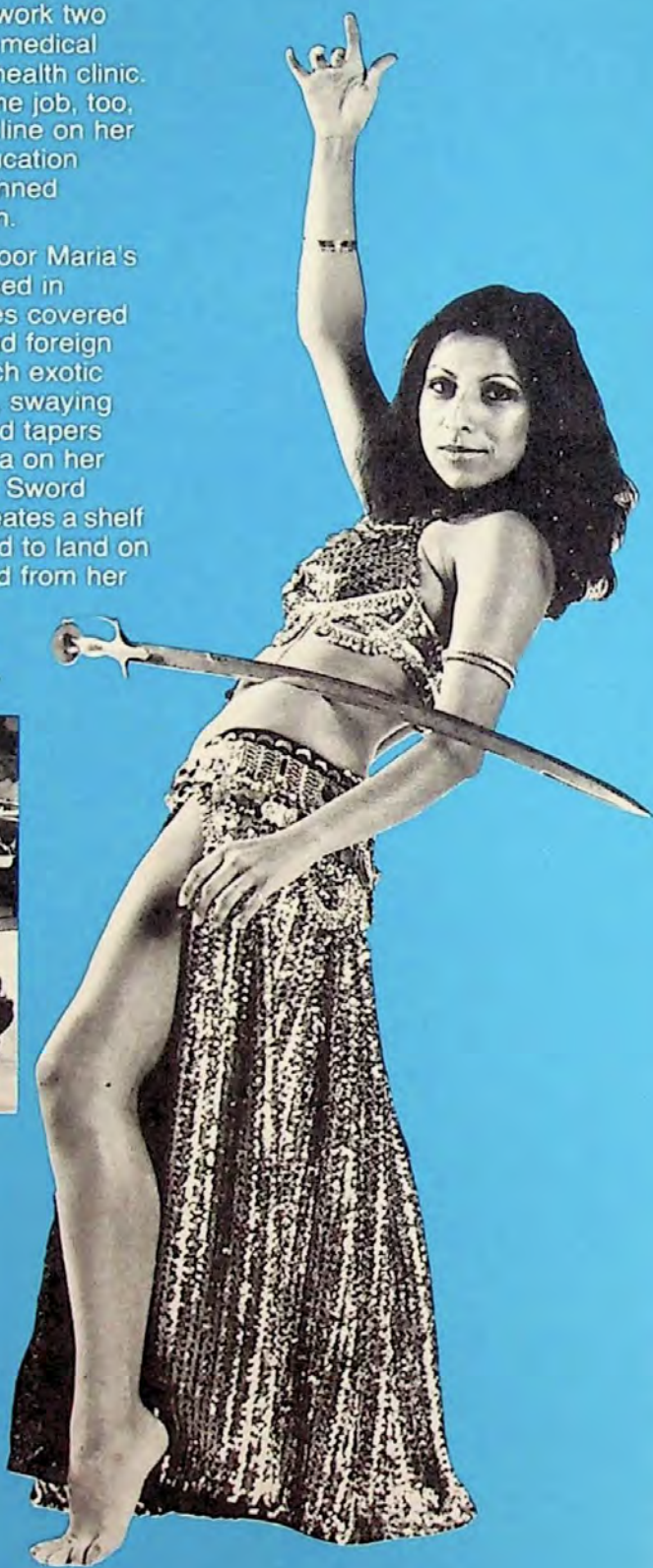
Dance Studios and to work two mornings a week as a medical assistant in an Austin health clinic. Maria likes that part-time job, too, because it gives her a line on her husband's work as education director of Austin's Planned Parenthood Association.

But on the night club floor Maria's pure entertainer. Dressed in made-to-order costumes covered with sequins, beads and foreign coins she performs such exotic numbers as the Taxim, swaying slowly while long lighted tapers balance in a candelabra on her head, or the Moroccan Sword Dance, in which she creates a shelf on her hip for the sword to land on when she flips it around from her back.

Racquetball has taken you a long way, Maria.



Maria Amaya-Schott, a non-athlete until she took up racquetball, finds that on-court lunges and knee bends make her a better belly dancer.



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The Hard Way

Tournament Results

"I decided that I'd been to the finals too many times, that I had worked too hard in this tournament, not to come home a winner."

That was the way Janell Marriott described her feelings when she was down one game in the middle of the championship match of the final women's pro event of the season on the Colgate/Seamco/Leach tour.

"I knew Martha had been lucky all week," said Marriott, "and I just tried to give her as much junk as I could. If she was going to shoot everything, that's what I had to do."

Martha, of course, is Martha McDonald, formerly three wall aficionado Martha Byrd, recently married and recently taking her four wall game seriously. Seriously enough to knock off the likes of Kathy Williams in the first round, Jennifer Harding in the second and Peggy Steding in the semi-finals en route to what seemed like a one-way trip with destiny.

"After she beat Steding in the semi's and took the first game against Marriott, everybody figured it was her tournament," said Dan Bertolucci, the NRC's associate coordinator. "I give Marriott a lot of credit for sticking in there."

The tournament, held at the King of Prussia Racquetball Club March 30-April 2, was the last stop for the gals prior to the Nationals, and with the upset of Wright by Marriott, coupled with the fine play of newcomer McDonald, the women's division going into the Nationals was up in the air.

Actually two tournament stories took place in King of Prussia — one in the upper and one in the lower bracket of play. Marriott was the key factor up top, and McDonald was the story in the bottom.

In the first round Marriott barely beat Jean Sauser, the Northbrook, IL, tour

Janell Marriott survived three tie-breakers, including a thrilling 11-10 win over top seed Shannon Wright, to capture the final regular season tour stop and throw the National women's pro title up for grabs.

All photos of the pro tour stop in King of Prussia by Jerry Roseman.

veteran 14-21, 21-14, 11-7. It was one of Sauser's best performances of the year and Marriott knew she got out with her life.

"I was in trouble in that match," said Janell. "I was not sure I could win it. I didn't seem able to get my game going."

In the next round, the quarter-finals, Marriott met another upset winner, Marci Greer, in her first trip to the quarters all year, and winner of the speed ball contest — the hardest hitting woman player.

Marci had eliminated Sarah Green in the first round, a victory that was surprising more by Marci's domination of the play 21-10, 21-16, than by the win itself.

Marriott, still struggling by her own admission, was unable to dominate the match and Greer came ready to play. In fact Marci had told friends that she truly was looking forward to a shot at Wright, her likely semi-final opponent if a win over Marriott should occur.

Despite not being on her best game Marriott didn't rattle. Her play was



steady, if not spectacular; she took the shots she had, relying on her forehand right corner kill, the staple of most professional arsenals.

Each game was like the other, with early tightness until the pressure finally told on Greer. Marriott was able to mount strong offensive thrusts around the 13-14 point mark and pulled away each game.

Greer didn't go down easy, and the outcome was not final until Janell killed the last forehand into the right corner for the 21-16, 21-18 win.

Meanwhile Wright was making mincemeat of the upper quarter in the top bracket. She destroyed luckless Jan Pasternak 21-4, 21-10 in a nolo contendere, and was even more brutal in stopping Karin Walton 21-3, 21-4 in the quarters.

Walton, who worked to near fatigue in besting qualifier Pat Schmidt in the first round (16-21, 21-15, 11-4), was unable to get into either game against Wright. It was the first meeting between the two

Marriott is all concentration as she takes a backhand against McDonald in the finals.

Wright follows through with a vicious backhand during her semi-final barnburner against Marriott.



McDonald's quickness and center court position are shown here against Steding in the semi-finals.

since their encounter in Milwaukee in the season's first stop, and the match must have seemed aeons ago to Walton (who won the first one).

So the stage was set for the semi-finals pitting Wright against Marriott. No love is lost between Wright and any of her opponents, least of all Marriott, who received a donut from Shannon in a match a few months previous.

"I didn't feel any hatred prior to the match," said Janell. "But when I stepped onto the court, there was an atmosphere of tension like you wouldn't believe."

"You could cut it with a knife," said Bertolucci, who refereed the match and called two avoidable hindes within the first five points, one on each player.

"It could have gotten out of control," he said. "I had to make sure it didn't."

Wright took the early first game lead 4-0, but Marriott came back strong, running 10 straight points over the next few innings for a 10-4 lead. Shannon responded with a string of her own, and the pattern of streaks was set, as Wright tied the game 10-all.

If neither player was able to dominate initially, Wright put together the next big streak, moving from 10-10 to 15-11 and she held the lead through the second half of game one to take home the 21-16 win.

The atmosphere was one of high tension in game two and again the play began with close quarters in center court. This one was unlike the first — no big streaks here, just good, aggressive, and tough one-on-one racquetball, with neither player able to reach a cushion.

When the game reached 19-all, it appeared that Wright tired just a little, and in a match like this, just a little can spell the difference between victory and defeat. Marriott still displayed confidence in a game she had to win. She was playing her best ball of the

week to date, and serving at 19-19 she reached back for that something extra.

The extra something proved to be her forehand, which she shot into the right corner twice in a row and forced a tie-breaker 21-19.

The tie-breaker atmosphere was electric, and the full gallery knew they were seeing a special kind of match, one of those best-of-the-year type that racquetball stalwarts talk about for years.

Point for point the two battled, with the crowd roaring on every Marriott winner and admonishing the successful shots of the unfavorite Wright.

Neither player managed an edge until Wright eked out a 9-6 lead, sizable by tie-breaker standards. But Marriott fought back and finally tied the match at 9-all. Shannon held, and scored once for a 10-9 lead setting up one of the most crucial plays of the tournament.

Serving match point the rally ended after four shots on a double bounce call on Wright, who immediately appealed the call. But both linesmen agreed with the referee, forcing a side out and Marriott still had life.

She was going with her best now, the forehand right corner kill, and forget the rest. It was live or die by her best shot. Boom! She rolled one into that right corner for the 10-10 tie and the drama couldn't be higher.

Marriott's next serve was returned to the ceiling by Wright and Janell mis-hit the ensuing shot, giving Shannon an absolute set up off the back wall with her forehand, a beginner's delight. But the national champ wasn't up to an easy shot, and promptly buried it into the floor, from just behind the short line, ending one of the greatest women's matches on a skipped setup, 11-10 for Marriott, and a trip to the finals.

In the lower bracket things were going pretty much as expected as Steding

dominated Sue Carow 21-4, 21-2 and Rita Hoff bested Alicia Moore 21-14, 21-11 with too much power. And while Harding was taking it to Camille McCarthy 21-6, 21-4, Williams and McDonald began their battle.

Martha, whose quickness and speed has been feared by opponents all season, was using her short hop technique to serve effectively and deceptively all week, and it gave Williams trouble right from go.

In fact Kathy never got into the first game, and McDonald blasted her 21-2, using fly kills, short hop center court kills and superior retrieving ability.

Williams got down in the second, but managed a good comeback late to take the game 21-15, only to have McDonald continue to pressure her in the tie-breaker.

"Martha was able to pick up the pace in the third," said one observer. "Kathy had nothing left."

So Martha McDonald, victor in upset number one, moved on to the quarters with an 11-5 tie-breaker win over Williams.

There, surely, she would have her tournament ended by Harding, the sure-shooting southpaw, who looked to be on her game. But Martha McDonald was not taking no for an answer this week.

Identical games were the treat in store for the capacity crowd this Friday night, and they were given a superior match. Each game was tight throughout, as neither player could manage any kind of domination. It appeared that Harding was surprised by the aggressiveness and consistency of McDonald, whose win over Williams most had attributed to a combination of Williams' poor play and Martha's luck.

But when game one went to 20-20, Harding knew that this was real life and she'd better do something about it. But she couldn't. Four times the serve changed at 20-20 without the winning

NRC's Terry Fancher (l.) and Dan Bertolucci congratulate Marriott on her first tour win of the season.

point being scored. Finally, it was McDonald who tallied the 21st, a forehand pass left for the winner 21-20.

Again in game two the pattern remained, and the two traded points as late as 15-all. By now Harding knew she was in trouble, that it would take maximum effort to even force a tie-breaker, and she made the cardinal tactical error — she began to play safe.

McDonald seemed to freshen as Harding kept the ball on the ceiling, and Martha had no intention of going three. At every first opportunity she pulled the rally down from above and went for bottom board. She was rewarded with a 21-19 second game and match win.

Steding met Hoff in the other quarter-final match of Friday and game one was a shocker, with Rita blasting away for a 21-10 win. Steding, seemingly flat, blamed her lack of concentration. Rita managed to keep Peg bottled up in deep court, limiting her offensive opportunities.

Game two was a different matter, as Steding geared up her vaunted game, fly shooting the corners with reverse pinches, pulling that forehand kill shot out of moth balls. Hoff let it go about midway through 21-4.

Steding captured the tie-breaker 11-6, but she held the lead throughout and the score was closer than the game. Rita hung tough and never let up, but her last few points came late and only served to make the final score more respectable.

So McDonald took her quick wrists, her quick feet and her "lucky" shots to the semi-finals against the ageless Steding, whose fly kills and driving power game should have ended this crazy dream of Martha's which was turning into a nightmare for her every opponent.

The atmosphere in this match was world's apart from the Wright-Marriott war. Here Peggy and Martha played like two long lost cousins out for an



Owner Bob DiMarco shakes the winner's hand at the check presentation along with (l. to r.) Seamco's Don McAuliffe, Art Orloski, Gloria DiMarco, Joe Ardito and Jim Pruitt.

hour's recreation. The competitiveness was still apparent, but not personalized as in the other semi-final.

The McDonald doubters shook their heads smugly when Steding, notoriously a slow starter, actually won the first game 21-17. It wasn't an easy win, and Peggy had to force herself to take the game, reaching back for the big serve to break the late tightness and win 21-17.

McDonald seemed to relax in game two, even though she lost it. Perhaps she began to think about what was happening to her, that she was in the semi-finals of a pro tournament and hey, she's done all right. Whatever caused her to relax worked wonders, however, because the tables turned in game two.

In retrospect the first game probably took its toll on the 42-year-old Steding, and McDonald seized control of the rallies, keeping the pressure on and making Peggy work for every point or side out.

The result was that Steding couldn't keep up the pace, and McDonald, sensing a second game win, poured it on serving well, driving the ball down the lines, and displaying confidence in her shots, the confidence of a winner, which she was 21-11.

Would this unheralded Floridian have her dream ended in the tie-breaker? It was tense early with a 3-3 tie, the result of some good initial rallies. But there was growing weight in Steding's legs and Martha kept the pressure on. As she extended herself to take the lead, all could see that Steding was struggling, and finally she seemed to accept the inevitable — that it sure looked like McDonald's win 11-4, to move on to the finals.

Nobody would venture an absolute opinion on who would do what in the championship match. For three days all had been signalling McDonald's

death and for three days she did the killing. Marriott, who had been laboring under the bad rap of choking in crucial matches, was winning tight tie-breakers all week.

After a few points in the first game of the finals it was clear that McDonald was going for all the marbles, no second place check for her. She took a fast 8-3 lead and was able to jump to 15-7. Marriott couldn't get back more than one, and when Martha added a backhand pinch kill, an error by Janell, a driving ace, and three more backhand kills, it was over 21-8.

As Marriott said at the beginning of this article, *"I had come too far not to go home a winner."*

Off came the warmup pants, up went her psyche, and with determination written all over her face, Marriott went back onto the court ready to fight for the championship of this tournament.

Again McDonald started shooting well, but Marriott hung in and the initial nine innings found a 5-5 tie the result. It was Marriott who captured the first edge, running four points with super Z serves, two near-aces for points sandwiched around an absolute ace to the backhand side and one more McDonald error, 9-5 for Marriott.

Martha responded with three backhand kills to take it to 8-9, whereupon Marriott drove to an 11-8 then 13-8 advantage.

At 15-10 Janell put the game away with three quick points, a backhand kill, forehand cross court pass and backhand cross court kill 18-10. A few minutes later a forehand kill into the right corner — ah yes, that same right corner — made Marriott a 21-12 second game winner. It would all be up to the tie-breaker.

"I want to put that choke business to rest," Janell would say later in commenting on the tournament. *"I want people to know that I can win the big ones."*

She grabbed the first lead 3-0 in the tie-breaker, and then extended it with a crucial three point inning on a backhand pinch kill, forehand kill straight in, and a forehand kill into the right corner for a 6-1 lead.

The magic seemed gone from McDonald's racquet. When she tried to come back at 2-7, nothing was there, and Marriott kept her relentless stalk toward 11, holding at 8-3 and with a backhand kill and backhand cross court pass, made it 10-3.

At 10-4 for the second time Janell loaded the forehand and shot it straight into the front wall — the good kill meant 11-4 and a tour stop victory, her first of the year.

"The only game of the entire tournament I really felt confident in was the tie-breaker of the finals," said the winner. *"I finally got my game going."*

NOTES OF THE TOURNAMENT . . .

Some tough qualifying and first round matches highlighted the first day's play. McCarthy's narrow win over Sally Murphy 15-21, 21-12, 11-6 and Greer's slim margin over Francine Davis 21-9, 19-21, 11-4 were two of the more exciting qualifiers . . . Walton barely bested qualifier Pat Schmidt 16-21, 21-15, 11-4, while both Sauser and Williams, as noted, were barely edged out by the eventual tourney finalists, McDonald and Marriott . . . Nice to see Jim Pruitt, one of the USRA/NRC's oldest friends doing such a good job running the tournament . . . Bob and Gloria DiMarco have put up one of the best club's we've seen in a long time, and will be hosting the National Juniors later in the season . . . ●

Pro Results

(Qualifiers): Schmidt, Greer, Moore, McCarthy

(First Round): Wright d. Pasternak 21-4, 21-10; Walton d. Schmidt 16-21, 21-15, 11-4; Greer d. Green 21-10, 21-16; Marriott d. Sauser 14-21, 21-14, 11-7; Steding d. Carow 21-4, 21-2; Hoff d. Moore 21-14, 21-11; McDonald d. Williams 21-2, 15-21, 11-5; Harding d. McCarthy 21-6, 21-4.

(Quarter-finals): Wright d. Walton 21-3, 21-4; Marriott d. Greer 21-16, 21-18; Steding d. Hoff 10-21, 21-4, 11-6; McDonald d. Harding 21-20, 21-19.

(Semi-finals): Marriott d. Wright 16-21, 21-19, 11-10; McDonald d. Steding 17-21, 21-11, 11-4.

(Finals): Marriott d. McDonald 8-21, 21-10, 11-4.

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Shaky, But Still A Win

The 1977-78 pro racquetball tour regular season came to an end in Aurora, IL, just as it began — with Marty Hogan cashing another \$4,000 first place check, his seventh in eight tries.

The only difference in Aurora was the runner-up, this time Craig McCoy, the 21-year-old lefty, who entered the tournament in the number eight ranked position.

The event was the final pre-Nationals stop on the Colgate/Seamco/Leach tour, and the excitement created this weekend of April 5-9 proved to be a fitting preamble to the Nationals.

Although Hogan won the tournament, the fact that he was forced to two tie-breakers at least gave hope to the

rest of the field, particularly to McCoy and Ben Koltun, the two foes who were able to take a game from the seemingly invincible Hogan.

McCoy did it in the finals, capturing game two 21-20 after dropping the first 21-10. Hogan came back to win the third 11-4. Koltun made his run in the quarter-finals Friday night, barely losing the first game 21-19, winning big in the second 21-12 and finally dropping the tie-breaker 11-7.

It was an unusual tournament in that the final seven matches (quarters, semi's and finals) were either tie-breakers or blow outs — no in betweeners.

Friday night's quarters began at 4 p.m. with Davey Bledsoe, who was having

his problems all week, meeting Jerry Hilecher, whose game was showing marked improvement. The outcome was consistent, going to Hilecher 21-9, 21-5.

The primary reason was the return to effective serving on Hilecher's part. For too many months Jerry's big serve has remained dormant, but in Aurora he hit his stride, including eight aces in the first game.

Gaining the serve at 7-all in game one Hilecher tapped his ace arsenal with a drive right for point eight, and another one for point 10. Bledsoe made one back, but a block of seven straight strung it out, including two crack aces on drives to the left by Hilecher.

Bledsoe, the defending National Champ, had barely reached the



All photos of the pro tour stop in Aurora by Arthur Shay and Dick Shay

Marty Hogan needed two tie-breaker victories to maintain his pro tour winning streak, as he zeroed in on the National Championships.

quarters, having bested Memphian David Fleetwood 21-10, 16-21, 11-10 in the round of 16. It was Fleetwood's fifth loss of the season in the tie-breaker to highly ranked players.

But Bledsoe was extremely tentative throughout his match with Hilecher. The confidence was gone, his serves lacked the zip they once held. And in game two nothing went right.

Hilecher broke an early 4-4 tie to gradually pull away to a 10-5 advantage with a string of one point innings. Serving at 10-5, his ace serves all used up, Hilecher began to shoot the right corner and shoot it well. The added pressure was too much and a 10 point inning was the result with the match ending on a backhand error by Bledsoe on a back wall serve return.

Next up was the 5:30 match pitting third ranked Steve Serot against surprising Mark Morrow, who had knocked off two-in-a-row finalist Richard Wagner in the 16's by the relatively easy scores of 21-19, 21-14.

But Serot was much tougher for Morrow than Wagner. Mark elected to play to Steve's backhand, a tactical mistake that hurt his cause deeply, for Serot's vaunted backhand was red hot this night.

Steve jumped out to an 8-3 lead, extended it to 13-4 and really coasted in 21-5 in game one. The game was one with a tremendous offensive punch, both players went for bottom board often, taking the gamble to each other.



McCoy gets down low to shoot his forehand against Hogan in the finals.

Hogan blasts from deep court in the finals in front of Aurora's full gallery.

So read the script for the first game: backhand kill, forehand skip, forehand kill, backhand skip, etc. Both players shot everything they could reach, making for short and sweet rallies.

Game two was more of the same as Morrow's backhand, so effective against Wagner 24 hours earlier, seemed to abandon him against Serot. Mark jumped to a quick 3-0 lead, but fell behind just as quickly at 9-3 before he regained his touch.

Morrow's only strong offensive push of the match came next as he battled back, riding a variety of winning shots including kills, errors and passes to tie at 9-all. But unable to get over the hump Morrow succumbed to Serot's efforts, as Steve took a slim 10-9 advantage and built it to 15-9, adding points with painstaking slowness.

Brumfield's backhand follow through catches McCoy out of position in their quarter-final match.

Morrow could get no closer, and when at 17-11 he skipped two backhands, the writing was on the wall. Match point came shortly thereafter — a backhand kill down the line right 21-11.

The 7 o'clock match featured number two ranked Brumfield against McCoy, who was pressured hard by Charlie Rish in the 16's before moving on 21-16, 21-18. Brumfield had bested Jay Jones in his 16'er 12 and 14.

What a barnburner of a match the Brum-McCoy battle turned out to be. Craig, who had never defeated Charlie in his career, battled right to the brink.

Early in the match there was no indication that the two would engage in serious combat. After the first two disappointing quarters Brumfield rolled to a 14-5 advantage in the first game, which he boosted to 18-8, largely on McCoy's inconsistent shooting and Charlie's own carefully selected offensive strategy.

But Brumfield got stuck on 18 for a long, long time — only four innings, but numerous rallies and an abundance of points for McCoy. As will often happen with shooters like Craig, he just got hot.

Coming in to serve at 8-18 the inning went like this: forehand V-pass left for 9; forehand kill, straight in right corner 10; forehand kill cross court 11; backhand pinch kill right 12; backhand kill right corner 13; hinder; backhand re-kill right corner 14; forehand fly kill straight in 15; ace on a drive to the right cross court 16 until finally Brumfield regained the serve with a backhand pass down the line left.

Brumfield then held on and McCoy could do no further damage, as his momentum was stopped. The two men traded three scoreless innings until Brum broke ahead on a key McCoy error, a backhand skip from center court, the missed set-up.

The key error bouyed up Brumfield, who stroked a backhand kill into the left



Hinder is the call as Koltun holds his swing against Hogan in the quarters.

corner for 20-16 and an inning later accepted the first game win when McCoy skipped in another setup with his backhand, from just behind the short line 21-16.

If Brumfield almost let a big lead get away from him in the first game, it was McCoy who almost did the same in game two. Early jostling got both players to 7-all, before Craig burst to 12-8, then 15-9 and finally 18-10, whereupon he began thinking about how he would serve in the tie-breaker.

Only Brumfield had no intentions of going three games. He took a McCoy error off the serve to scratch one point and make it 11-18, held McCoy and added two more on an ace (drive left) and another McCoy backhand error.

Craig managed one more, 19-13, then another on an ace (Z left) to seemingly put the game out of reach 20-13. But Brum scored two quick ones on a backhand kill and a McCoy forehand skip off the serve to make it 15-20 held McCoy, and Brumfield tallied four more including a crucial ace (drive right that hit the crack) to make it 19-20.

McCoy then hit one in the "croosh," rolling out Brumfield's next serve with his backhand to regain the serve, knowing that he'd better get that last point or cash in.

Craig did just that, scoring the 21st point on a perfect V pass to the right off the back wall. Brumfield, giving everything he had, managed to barely reach the ball, but was not able to get it back up to the front wall, 21-19 McCoy and onto the tie-breaker.

Tension was the name of the game in the third. McCoy managed the early lead 3-0 and 5-1 as the rhythm of the match seemed to sway, witnessed by four hinders in the first eight rallies, a common occurrence when both players are a little tight.

Brumfield battled back, however, and ties ensued at 6-6 and 8-8 before Brumfield managed two key points (a forehand kill after McCoy's diving save and an ace that caught the crack right)

to take the tough 10-8 lead. Charlie almost took the match on the next serve, with a near ace which McCoy took out of the crack right and hit a perfect V pass with his backhand cross court.

At 8-10 McCoy couldn't score, and on Brumfield's second chance at match point Craig hit a forehand kill shot straight in to his left to regain the serve. This time Craig scored — twice. A forehand pass right was point 9 and after a super rally a forehand kill into the left corner tied the match at 10-10. Brumfield then killed the next serve, a Z to the left, and stepped up for his third shot at the match.

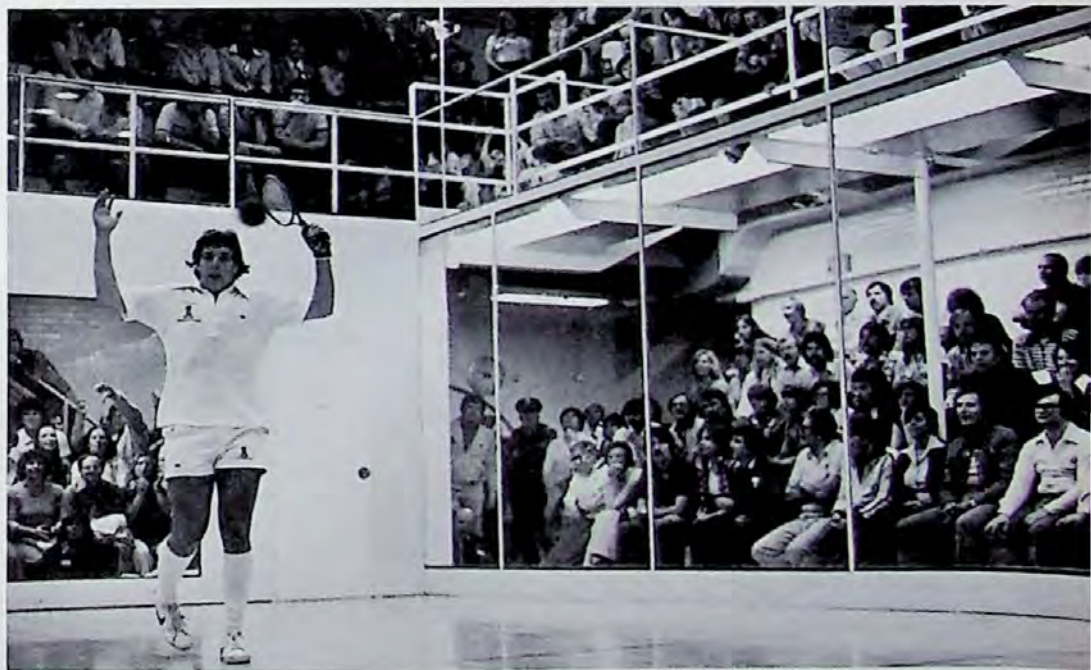
Charlie did everything perfectly on the next rally. He moved the ball and McCoy well, got himself into position, retained an offensive opportunity and went for it shooting a three-quarter court forehand into the right corner — only the ball skipped, the shot missed and side was out.

McCoy, like all good pros, did not let the chance pass. Brumfield left up a back wall kill attempt on the next rally and Craig blasted a pass right by him up the middle to take the match 11-10.

If an encore was called for this night, it came in the shape of the final quarter-final battle — Hogan against Ben Koltun, in a match-up of St. Louis 20-year-olds.

Game one was typical Hogan, as he revved up his big serve and proceeded to make his first four points aces and seven aces out of his first 11 points, making a nice comfy advantage of 11-3. Koltun hung in, though, and crept back into the game with good, offensive play, shooting his forehand and backhand well to eventually close the gap to 12-14.

When Marty extended to 17-13, most thought it was time for game two, but Koltun came roaring back on a Hogan backhand error, his own backhand kill



Serot thanks the heavens after tallying his first and only point of the second game in his semi-final loss to McCoy.

Hilecher gets caught behind Hogan, who follows through on an overhead kill shot in the semi's.

into the left corner twice, and another backhand kill, this one a pinch and the game was tied 17-all.

When Hogan couldn't score, Koltun kept scoring as Marty fired two straight into the floor for a 19-17 Koltun lead, the tables having turned.

But lightning strikes fast when it's in the form of Marty Hogan. An inning later, serving at 18-19, racquetball's number one took the game in the blink of an eye. A backhand wall kill tied it at 19, an ace on a drive to the right (Koltun never touched it) was 20 and the game was a backhand kill into the left corner 21-19 Hogan. Next case.

After a loss such as that in game one you'd think Koltun would be all done in the second. Just the opposite. Riding his own tough serves and inconsistent play on Hogan's part, Koltun took command of the match racing to a 10-5 lead and extending it to 18-8. Hogan helped with errors early, but Koltun found his kill shot late in the game and scored the apparent game winner at 20-10 when Hogan skipped in a backhand. But on appeal the call was reversed and Hogan, bellowing that he would come back, couldn't and Ben put the game away 21-12 moments later with a forehand into the right corner.

Koltun's ability to hold Hogan without any big strings of points was the key to his win in the second game, and as Ben attempted to do the same in the tie-breaker, he met with some initial success.

After four innings it was Koltun nursing a 4-0 lead on two errors by Hogan and two kills of his own. Hogan came back, however, and tied the game at 6 when Ben whiffed a forehand that came out of the full glass right side wall.

That seemed to pick Marty up and he added three more on a backhand kill, a forehand kill and a pass left, making it 9-6 and trouble for the underdog. Moments later Koltun skipped in a backhand and it was insurmountable 10-6.



Ben made a run, stopping Marty four times at 10, but was able to add only one of his own, a crack ace to the right, and the final was 11-7.

The semi-finals by comparison were dismal. Neither Hilecher, who was matched against Hogan, nor Serot who was playing McCoy for the first time in two years, was able to mount any kind of a threat at all.

The closest Serot got in either game with McCoy was 0-0, with final scores being 21-10, 21-1. The second game was almost donut city as McCoy held a 19-0 lead before hitting a forehand off the back wall into the dirt for Serot's lone point. Five aces and only one other error the entire game for McCoy is the answer to why the near-perfect game.

In the second match Hogan was killing everything. Hilecher, who had been playing so well, simply got out played and the best there is. Game one went 4-1, 9-2, 15-4, 19-4 and 21-6. Notes of the game are filled with Hogan kills both sides, both corners. Hilecher didn't serve often enough to get it working.

Game two was similar, although Hilecher managed a respectable 13 points, coming back from 16-6 and 20-10 for the final margin. And, fittingly, Hogan's match point came on a freak three wall pass right 21-13.

So it ended with McCoy and Hogan in the championship match. Aurora's 400 plus gallery was full and the fans were hoping, as they usually do, that McCoy would give Hogan a good match, at least. They got a super match.

You wouldn't have known it from the first game, though, as Hogan continued from where he left off in the semi's shooting and hitting, and helped now and then by McCoy errors, as it was obvious the lefty was tight.

Craig probably let the game go at 15-5 and the 21-10 first game final was standard operating procedure for Hogan.

But if Marty had planned on a routine second game and out, he was greatly mistaken. Each time he made a run McCoy held him off, staying a point or two ahead the entire way. Hogan was never able to unleash that big barrage of points with McCoy holding 8-4, 8-7, 11-7, 11-10, 13-all, 14-all, 17-14, 17-16, until Hogan finally went ahead.

Coming in to serve at 18-19 Marty blasted a perfect V pass to the right to tie at 19, then caught what looked like the break of the match when McCoy took a backhand off the back wall and skipped it in off the serve. But Craig held on, killing with his forehand to regain the serve 19-20.

Marty went to the kill shot immediately, and came up shy, skipping in his forehand and now it was 20-20. McCoy must have been thinking "it's now or never." He hit a drive serve to the right, with Hogan barely returning to the front wall, and as he retreated to deep court, McCoy held up the two finger appeal on the serve return.

When Marty won the rally, McCoy appealed the serve return and was rewarded with the game point, as both linesmen agreed that it was a double bounce pick up by Hogan, giving the second game to Craig 21-20.



Bob Drake, representing Leach Industries, hands Hogan his first place check while McCoy, Seamco's Marv Rose and National Commissioner Joe Ardito look on.

So for the first time since losing to Brumfield in January the finals for Hogan went three games. McCoy, with a reputation as a good tie-breaker player, seemed ready.

Hogan tallied the first two points with his serve, an ace on a drive right for the first and a near ace that resulted in a skipped return for the second, but he skipped a backhand to turn over the serve.

Craig couldn't score and Marty added one more on a pass right and after McCoy notched his first point on a forehand pass, the 3-1 score remained for three innings.

After a McCoy point it was Hogan who burst forward, another ace (a drive left to McCoy's forehand) and a forehand kill for a 5-2 edge. A forehand pass left and a forehand rolled out kill made it 7-2, and McCoy's prospects were looking dim.

Craig managed to get back to 4-7, but Hogan came in at 7-4 and never let go. A forehand pass down the line right was 8-4; a forehand skip by McCoy after a good rally was 9-4; a backhand skip off the serve was 10-4; and 11 was there as McCoy hit a forehand into the dirt attempting a re-kill 11-4.

NOTES OF THE TOURNAMENT . . .

Who can say enough about the Aurora YMCA, the host of the tournament and all the fine people who worked the event . . . Jim Stotz, the best tournament director in the nation in our opinion, again ran his perfect show . . . always nice to see Tim Rusch, executive director of the Y, a good player and super fan . . . full galleries nightly showed the great support r.b. had in the Chicago metro area . . . USRA prez. Bob Kendler and his lovely wife Evie took in much of the action . . . Huge turnout in the amateur divisions found David Peck, traveling all the way from El Paso, TX, taking the Men's Amateur Open title from one of the Chicago area's best, Rick Dern, in a beauty of a match 21-18, 21-20 . . . Camille McCarthy won the Women's Open 21-8, 21-5 over Madison, WI's Connie Peterson . . . Former national champ Bill Schmidtke, back in the amateur ranks, topped Shelly Clar for the Seniors title 21-9, 21-11 . . . Bob Troyer took the Masters over Hank Krause and Manny Nosan bested Art Shay for the Golden Masters title . . . Stotz had his ushers in tuxedos one night during the tourney — most thought they were lost en route to a wedding . . . Hospitality, as always at Aurora, was outstanding, with players feeding themselves daily (and nightly) . . . good wishes to Cathy Stotz, who by this time should have delivered the first of the little Stotz's. ●

Pro Results

(Qualifiers): Larson, Peck, Stepp, Lynch, McDowell, Frick, Meyers, Bertolucci.

(First Round): Hogan d. Larson 21-11, 21-2; Keeley d. Schmidtke 21-6, 21-7; Chase d. Hemphill 21-5, 18-21, 11-10; Koltun d. Peck 19-21, 21-19, 11-7; Hilecher d. Stepp 21-10, 21-17; Yellen d. Thomas 21-19, 21-19; Fleetwood d. Lynch 21-13, 21-15; Bledsoe d. Dern 21-17, 21-13; Serot d. McDowell 21-20, 21-8; Zeitman d. Zuckerman 21-19, 21-20; Morrow d. Frick 21-7, 21-17; Wagner d. Stephens 21-3, 21-17; McCoy d. Meyers 21-5, 21-7; Rish d. Mondry 21-11, 21-17; Jones d. Bertolucci 21-6, 21-5; Brumfield d. Stafford 21-6, 21-10.

(Second Round): Hogan d. Keeley 21-10, 21-10; Koltun d. Chase 14-21, 21-10, 11-1; Hilecher d. Yellen 21-11, 21-11; Bledsoe d. Fleetwood 21-10, 16-21, 11-10; Serot d. Zeitman 21-8, 15-21, 11-8; Morrow d. Wagner 21-19, 21-14; McCoy d. Rish 21-16, 21-18; Brumfield d. Jones 21-12, 21-14.

(Quarter-finals): Hogan d. Koltun 21-19, 12-21, 11-7; Hilecher d. Bledsoe 21-9, 21-5; Serot d. Morrow 21-5, 21-1; McCoy d. Brumfield 16-21, 21-19, 11-10.

(Semi-finals): Hogan d. Hilecher 21-6, 21-13; McCoy d. Serot 21-10, 21-1.

(Finals): Hogan d. McCoy 21-10, 20-21, 11-4.



Ardito accepts a racquetball cake from Tim Rusch, the Y's executive director, on behalf of the USRA.

National Racquetball

EXTRA!

Sports Illustrated Slates Commuter and Live-In Racquetball Camps

Racquetball students will be able to play at the site of the 1978 Nationals at two six-day camps led by Touring Pro Jerry Hilecher.

At Sports Illustrated Court Club — Lemontree in suburban Detroit a commuter camp will offer a total of 21 hours of instruction the last

week in July, with a choice of morning or afternoon sessions, plus a full day on Saturday.

Hotel accommodations are part of the all-day camp at the same club the first week in August. This camp will provide a total of 30 teaching hours and an all-day final tournament. Between teach-

ing sessions tennis, golf, swimming and boating will be available on the adjacent Lemontree complex.

Two other tournament pros — a man and a woman — will assist Hilecher with advanced, beginner and intermediate lessons covering strokes and shots, court

strategy and tournament preparation. Practices will be videotaped and sessions will include agility drills and stretching exercises.

The commuter camp will be limited to 50 registrants and the all-day camp to 35. Players of all ages and skill levels are eligible.

Governor Proclaims Illinois Racquetball Week

Illinois governor James R. Thompson, one of the most enthusiastic racquetball players in the state, inspects the racquets of Vittert pro advisory staff members, Steve Sulli (left) and Ric Dern, just before the two players exhibited their skills during an Illinois State Racquetball Association press party announcing the ISRA singles tourney, May 5-7 at the Glass Court in Lombard. Thompson proclaimed May 1-8 as Racquetball Week in Illinois.



Fleetwood Advises Wilson

David Fleetwood, who just finished his first full year on the professional racquetball tour, has joined the Advisory Staff of Wilson Sporting Goods Company. Twenty-one-year-old Fleetwood, ranked among the top 15 players in the country, is a business major at Memphis State University, where he plans to continue his studies while competing on the professional racquetball tour.



Ektelon's Jerry Hilecher (left) and the Wilson team of Shannon Wright (second from left) and Davey Bledsoe await the return of a shot from Hilecher's teammate Jennifer Harding during recent professional mixed doubles racquetball competition in Westminster, CA. The event, won by Hilecher and Harding, raised \$1,000 for the American Cancer Society.

Squash Instructor Crosses the Atlantic for Racquetball

Ron F. Valkenhoff, a talented squash instructor, conferred with USRA Coordinator Terry Fancher as part of the Dutch athlete's 10-day racquetball indoctrination in Chicago.

Valkenhoff will be pro at Racketcenter Westvliet, which will open this fall in The Hague, The Netherlands. Hans van der Heijden, the club's developer and longtime supporter of amateur sports in Holland,

believes Racketcenter is the first racquetball court club on the continent that is not associated with a U.S. military installation.

Valkenhoff's U.S. trip included a day with Vittert Sports officials in Ashland, OH, and visits to the seven Court House Clubs in Chicago where Shannon Wright and Davey Bledsoe were holding clinics and exhibitions.

After playing in Chicago Valkenhoff noted that European facilities were not even close to offering the amenities provided in the United States.

"In France, for example, many players simply ignore showering after a squash match. Towels are not provided. Most showers don't work. Those that do have only cold water taps. Hygiene in U.S. clubs is far superior to anything in Europe.

"Van Heidjen and I have learned how important women are to the sport and we plan to offer a nursery service during the day for women with young children. It'll be a first in Holland, probably in Europe."

Valkenhoff predicts that the Dutch will react well to racquetball. "The Dutch like action sports, and there's certainly plenty of action in racquetball."



USRA Coordinator Terry Fancher, seated, explains amateur competition to Ron F. Valkenhoff, who will be pro at the new Racketcenter in the Netherlands.

PROS MANAGERS NEEDED

Unique club starting in booming area of the East. 16 courts and health center. **Send resumes to:** Racquetball Club America America's Family Sport & Health Center P.O. Box A — Roxbury Mall Succasunna, New Jersey 07876 201-347-4170

Detailed Operations Manual

For Racquetball Facilities

For more information write: Ken Davidson P.O. Box 5536 South Lake Tahoe, CA 95729.

We Play in a Barn

by Bonnie LeBlanc Olpin

Racquetball hits the hinterland.



Four racquetball players in Skagit Valley, WA, warmed up for a half hour one morning chasing a sow into a trailer. Another day a player took time out to help deliver a calf.

It all happened after Ron Richeson, an emergency physician, and his wife, Karren, decided to convert an old dairy barn into a racquetball court in the farming community of 60,000.

The Richesons opened the barn to friends and friends of friends for a 25 cent per time donation. Regular players include Tom Crowther, a podiatrist who sometimes makes an informal check of another player's foot, and a Washington state trooper (he'll remain anonymous) who told a fellow officer who had just pulled up behind me — "You can't give her a ticket, she plays racquetball with me."

Ron, who learned about racquetball in the Air Force in the early '70's, built a

Jon Brunk photos



Bonnie and Karren view their husbands' match (Richeson serving to Mike Olpin, who's also a doctor) through chicken wire that covers the hayloft gallery. Says Bonnie "If the game is dull, you can play ping pong."

standard size court with 1¼ inch tongue and groove plywood for the floor and main shootin' wall. The rest of the court is half inch plywood. The court was completed in May, 1974, at a cost of \$2,000. Lighting comes from two 500 watt floods recessed and protected by chicken wire, which also covers the observation hayloft area. In the summer Ron ventilates the court by removing the gunny sacks from the hay loft windows. In the winter the temperature can be as low as 19 degrees, so we believe in the layer

Karren Richeson, left, and Bonnie Olpin start their winter game fully layered.

method of dress: T-shirt, sweat shirt, down vest and (have you heard of the latest style?) two gloves, one on each hand so we won't freeze. When you sweat in the barn you know it's from hard work not from heaters!

People don't always put 25¢ in the little donation box. One neighbor gave the Richesons a year's supply of firewood for the privilege of playing in the barn. One friend gave Karren an apron which had the words: "I'd rather be playing racquetball" written on it. Another friend gave the Richesons a year's subscription to *National Racquetball*.

The barn players have no official meetings, but there have been three tournaments in the barn. The last tournament held last spring was, to our knowledge, the first time women played in a barn tournament. The four entrants had to dress in the hayloft.

Recently I went to Seattle to play in the Washington Athletic Club's Women's Open. While I was there they asked me what club I belonged to. I answered "I don't play in a club; I play in a barn." They laughed until the first place novice trophy went home to the barn. ●



New Court Clubs

Moon Racquetball Club
Grant Drive
Coraopolis, PA 15108

North Courts Racquet Club
84 E. Lakewood Blvd.
Holland, MI 49423

Spaulding Racquetball Club
900 Bernadette
Columbia, MO 65201

The Racquet House
4960 93rd Ave.
Edmonton
Alberta T6B 2L6
Canada

The Thirteenth Street Racquet Club
1901 E. Thirteenth St.
Cleveland, OH 44114

Hogan Hits 142; Greer Reaches 106 In Second Speed Ball Contest

Martha McDonald goes for 100 mph (she didn't make it) at King of Prussia, while some of the others get ready for testing.



Jim Stotz, program director of the Aurora (IL) YMCA and tournament director of the pro tour stop there, takes the Seamco speed ball test in his usher's tux. Big Jim managed 96 mph, despite the outfit.



All photos of the speed ball contest by Arthur Shay and Dick Shay

Charlie Brumfield's racquet and arm are barely discernible as Brum goes up against the radar gun (114 mph). In the background are Kip Fancher, wife of USRA National Coordinator Terry Fancher, and Seamco's Bill Birdsong.

Marty Hogan, current holder of the world's record for the fastest hit racquetball, was unable to top his record in the second annual Seamco ball speed contest, held at the Aurora YMCA during the Colgate/Seamco/Leach pro tour stop April 5-9.

Hogan, who tested his muscles against the radar gun prior to his semi-final match, broke 140 twice but could only match his 142, despite numerous attempts.

A week prior at the King of Prussia (PA.) Racquetball Club the radar gun was brought out at the pro women's stop on the Colgate/Seamco/Leach tour and the hardest female hitter on the tour turned out to be Marci Greer, who whacked the sphere 106 mph.

Shannon Wright, the pre-contest favorite, was clocked at 104 and unranked Sally Murphy managed 101 in the only other plus-100 scores.

On the men's side the runner-up was Davey Bledsoe's 129 mph, making him the only other player to break the 125 barrier.

A sample of some other speeds: Charlie Brumfield 114, Jerry Hilecher 111, Steve Keeley 102. Peggy Steding 109, Martha McDonald 93, Janell Marriott 99, Kathy Williams 91 and Rita Hoff 97.

The test was conducted by the staff of Seamco Sporting Goods and the USRA/NRC. Seamco manufactures the 558 and 559 racquetballs, the official balls of the USRA and NRC. ●

Steve Keeley, reputed to be the softest hitting male pro, takes the speed ball test with Seamco's Marv Rose at the controls. Keeley managed 102 mph.

Learning Racquetball with Your Eyes Shut

How Hypnosis Can Improve Your Game

Athletes Who've Had Success with Hypnosis

- Charlie Tickner, Men's National Figure Skating Champion
- Burt Hooton, Los Angeles Dodgers Pitcher
- Nolan Ryan, California Angels Strike-Out King
- Cincinnati Reds Outfielder George Foster, 1977 RBI and Homerun Champion
- The Texas Longhorns (Fred Akers, coach of the country's number one football team, had the team and coaching staff working with hypnosis all season)
- Ken Norton, Heavyweight Challenger
- Charlie Brumfield, Five-time National Racquetball Champion



Hypnosis helps Brumfield cope with glass walls.

Charlie Brumfield is dead tired. Twenty hours on the road on his way to the mid-March pro stop has exhausted the five-time national champ. He dreads his first match, fearful that he's headed for an embarrassing defeat in the round of 32's.

Enters Dr. Richard Garver — HYPNOTHERAPIST. Bruce Hendin, manager of the host San Antonio Handball/Racquetball Club, introduces Brumfield to Garver and soon the men are sitting in a quiet corner with Garver, an A player at the club, asking the Brum about his game.

Brumfield tells Garver how he has trouble keeping his eye on the ball at the moment of contact — how shooting a thousand balls a day for 15 years while watching the *target*, not the ball, has created a problem for him with today's faster ball. Brumfield says he has trouble preparing for his backhand, and that his concentration is shaky against glass.

Garver has the pro close his eyes, breathe deeply, relax and picture himself "walking down a long staircase." A few minutes later Garver tells Brumfield that he's walking toward a racquetball court, opening the door and stepping into a court with glass walls. For the next 20 minutes Garver puts Brumfield in the glass court in Brumfield's mind, telling the pro to bring his racquet way back for his backhand, keep his eyes on the ball at the moment of contact and rehearse other ways to play better racquetball.

Like Taking a Shower

"The next thing I knew I had popped back into a chair across from Rick," Brumfield recalls a few months later. "I wasn't sure what had happened during hypnosis, but I did know I felt as rested as if I'd just gotten up from a good night's sleep and taken a shower. Most important — I felt enthusiastic. I was eager to play, and I was sure I'd win." (He did 21-8, 21-12.)

That change in attitude that replaces anxiety with confidence is one of the ways hypnosis can help athletes, says Garver, who is staff clinical psychologist and director of the hypnotherapy program at Wilford Hall United States Air Force Medical Center in San Antonio. Since Brumfield's personal success with hypnosis the clinical psychologist and the racquetball champ have prepared a one hour tape called "Charlie Brumfield Can Teach You Racquetball with Your Eyes Shut." Garver puts the listener — whether beginner or advanced player — into a mental state that enables the student to get the most out of Brumfield's instruction in grips, strokes, footwork, strategy and other phases of the game.

Forty-two-year-old Garver (who describes a hypnotherapist as a psychiatrist or a clinical psychologist who uses hypnosis as an aid to treating patients) first discovered the power of hypnosis in 1962, four years after the American Medical Association recognized hypnosis as an acceptable adjunct to medicine.

"My dentist told me I could get my teeth drilled without novacaine if I'd put my mind someplace else. He told me to play a round of golf in my head. I did, and I didn't feel any pain. What surprised me is that the round of golf I'd rehearsed in my mind helped me shoot a better round the next time I actually played."

Garver's interest in hypnosis grew during the next 10 years he directed Air Force athletic programs ranging from golf to judo.

He may look as though he's asleep, but Alfie Pena, B player and staff assistant at the San Antonio Racquetball/Handball Club, is rehearsing for his next racquetball game with the help of Hypnotherapist Dr. Richard Garver, who pinches Alfie to make sure he's hypnotized. Alfie says the session improved his concentration. "The next time I played, I was able to block out everything around me."



Hypnosis by Instinct

"I suspected athletes were using hypnosis without realizing it. They would mentally rehearse their games on their own."

Five years ago Garver received a doctorate in psychology from the University of Northern Colorado. In his dissertation, *"Hypnosis: Its Effect on the Learning and Performance of a Fine Motor Skill,"* Garver concluded that *"people who mentally rehearsed their tasks learned faster and more thoroughly."*

Garver says one reason hypnosis works is that *"the person goes through a visual imagery of success. People who are successful envision themselves as successful."* Also on a psychological level hypnosis is effective because *"you control your arousal level. During your mental rehearsal you practice being alert, but not too excited."*

Physically hypnosis *"reinforces pathways starting from the premotor cortex in the brain where printed programs are plugged in, down the spinal cord, to the involved muscles,"* Garver says. This programming allows a player *"to feel like making all the right moves."*

Garver explains that hypnosis is a natural state. *"People daydream – slip into altered states of consciousness – through the day. We teach people how to control that state, how to use it constructively."*

And with caution. *"Don't play the tape while you're driving,"* he says. *"If you're looking for someone to hypnotize you, check his or her experience and training."*

To get the name of a professional hypnotherapist near you write American Society of Clinical Hypnosis, 2400 E. Devon Ave., Suite 218, Des Plaines, IL 60018. To get more information on the Brumfield-Garver tape write Arch Enterprises, 11703 Sandman, San Antonio, TX 78216. ●

Bakken, Vataha Take All-Pro Football Titles

by Nick Longhurst

Three times racquetball pro Richard Wagner ripped his opponent, a hulking player more used to the brutal rough and tumble world of pro football than the fitness of racquetball.

"I couldn't help it," explained Wagner, "he was so wide I couldn't shoot around him all the time."

But Rich, giving a clinic at the start of the All-Pro racquetball tournament held in March in Las Vegas, didn't expect the next move in the match.

"This guy just looked around, fixed me with an icy stare and told me never to put on a football helmet," he added.

"It didn't take much to promise him that I wouldn't."

Racquetball is big in pro football, and many of the country's top players either play it consistently off season to stay in shape or already have been buying up interests in racquetball clubs as business investments.

And when it came time for the pro football round of the All-Pro tournament — where players in all sports get a chance to compete for \$58,000 in prize money — there was a stampede on entry forms.

The two winners in the pro football event in Las Vegas got \$4,000 each and a chance at the big prize. But it wasn't so easy to get to those final first places after three days of tough competition and three nights of Las Vegas style hospitality.

Jim Bakken, the St. Louis Cardinals placekicker, is 37 years old — the oldest of the 42 entrants.

Green Bay Packers receiver Randy Vataha is only five feet nine inches — the shortest man in a gathering of six foot powerhouses.

But they came out the two winners both after matches which went the shortest distance possible.

Bakken defeated fellow St. Louis teammate Roger Wehrli 21-7, 21-19 and Vataha had an easy win over Minnesota Viking Linebacker Matt Blair.

For Bakken the win was a special sort of triumph. He explained after the check presentation *"As a placekicker, I don't get much chance to compete man-on-man. I'm really just competing against myself. But racquetball lets me go up against a single opponent — it's the most competitive thing I do."*

Randy Vataha is a newcomer to racquetball — he only started playing last October. But already he has invested heavily in the sport. He already has one club — called the Playoff, in Braintree, MA, and he plans more.

"There is not much to say about it," he explained. "I started playing and I was hooked. I not only loved the game, I recognized the tremendous potential for investment."

This was his second tournament. The first, a USRA sponsored state tournament, gave him an easy win. This time he wasn't so confident.

On opening night, before play started, he said *"Pro footballers are all tremendous athletes, and they are pretty well at the peak of fitness. They have a few advantages over me strengthwise, but I hope that I can use what skill I have to exploit their weaknesses."*

Randy found the weaknesses on his way up, but one of the best matches of the tournament was his clash with Washington Redskins' Quarterback Smokin' Joe Theismann. Randy won 21-18, 21-17 in what proved to be a close encounter of the top quality kind.

"It was tough and go all the way through, Randy just had an edge on me with his kill shots and that's what decided the final position," explained Joe after the match.

Bakken also had a tough time earning the right to the \$4,000 check. Pittsburgh Steeler Linebacker Jack Ham doesn't ease off when the going gets rough, and he fought Bakken all the way down the line, on through being one game down, to a tie-breaker when he had a four point lead over Bakken at 5-9. But Jack, sweating profusely and replacing his lost liquid with a sip or two of Coors, couldn't sum up the little extra he needed to get home. He went down 11-9.

All but two teams in the NFL were represented in the All-Pro Tournament, and for some of the players it was a great time to sit and talk about their own game while waiting for their games to be called.

Cardinals Player Roger Wehrli beat Denver Broncos Center Mike Montler with a consistent 21-15, 21-17, but he couldn't extend his winning streak against Jim Bakken.

"I ought to have been able to . . . I know his weaknesses. We play together three times a week during the winter," he laughed.

For many of the players racquetball is their only off season conditioning program.

"We get too tired to play it during the season, but off season it's perfect," added Joe Theismann. "It's great fun and it sharpens up the reflexes so much. It is an intensely competitive game which keeps us competitive . . . what more can you ask for."

Al Oliver (Texas) and Don Kessinger (Chicago) won the tournament for pro baseball players. Similar competition will qualify basketball, hockey, golf and soccer players for the All-Pro championship next January.

The series is sponsored by Coors Beer of Golden, CO.

-Photo by Randy Tunnell



Jim Bakken, place kicker for the St. Louis Cardinals, shows the form that got him to the finals of the football division of the Coors All-Pro Racquetball Championships.

The entires:

Thom Darden (Cleveland), Larry Seiple (Miami), Brian Kelley (Giants), Bob Matheson (Miami), Mark Markovich (Detroit), Mike Wagner (Pittsburgh), Tom Rafferty (Dallas), Jack Ham (Pittsburgh), D. D. Lewis (Dallas), Don Woods (San Diego), John Bunting (Philadelphia), Joe Washington (San Diego), Ray White (St. Louis), Marvin Cobb (Cincinnati), Jim Bakken (St. Louis), Willie Shelby (Cincinnati), Roger Wehrli (St. Louis), Bob Nelson (Buffalo), James Osborne (Chicago), Joe DeLamielleure (Buffalo).

Delvin Williams (San Francisco), David Brown (Seattle), Ed Galigher (San Francisco), Mike Rae (Oakland), Steve Odom (Green Bay), Morris Bradshaw (Oakland), Randy Vataha (Green Bay), Dave Dalby (Oakland), Matt Blair (Minnesota), Tim Baylor (Baltimore), Stu Voigt (Minnesota), Andy Maurer (Denver), Greg Horton (Los Angeles), Curley Culp (Houston), Rusty Tillman (Washington), Mike Montler (Denver), Joe Theismann (Washington), Steve Bartkowski (Atlanta), Ric Szaro (New Orleans), Tony Adams (Kansas City).

Results:

Qualifying — Darden d. Seiple, 21-5, 21-12; Matheson d. Kelley, 21-9, 21-6; Markovich d. Wagner, 21-15, 14-21, 11-9; Ham d. Rafferty, 21-3, 21-0; Lewis d. Woods, 21-2, 21-3; Bunting d. Fuller, 21-15, 21-14; Washington d. Horton, 21-1, 21-7; White d. Cobb, 21-18, 21-9; Bakken d. Shelby, 21-2, 21-13; Wehrli d. Nelson, 21-2, 21-8; DeLamielleure d. Osborne, 16-21, 21-13, 11-0; Brown d. Williams, 21-13, 21-11; Galigher d. Rae, 21-6, 8-21, 11-3; Odom d. Bradshaw, 21-1, 21-2; Vataha d. Dalby, 21-4, 21-11; Blair d. Baylor, 21-2, 21-1; Voigt d. Maurer, 21-17, 21-5; Culp d. Horton, 21-12, 18-21, 11-9; Montler d. Tillman, 21-11, 19-21, 11-2; Theismann d. Bartkowski, 21-5, 21-15; Adams d. Szaro, 21-3, 21-0.

Losers Qualifying — Osborne d. Baylor, 21-1, 21-3; Williams d. Horton, 21-5, 21-6; Rae d. Woods, 21-1, 21-7; Dalby d. Seiple, 21-7, 21-6; Wagner d. Kelley, 21-10, 21-6; Nelson d. Rafferty, 12-21, 21-6, 11-6; Maurer d. Shelby, 21-15, 20-21, 11-10; Cobb d. Bartkowski, 21-9, 21-6; Horton d. Bradshaw, 21-2, 21-0; Fuller d. Szaro, 21-4, 21-12.

First Round — Brown d. Osborne, 18-21, 21-5, 11-4; Tillman d. Rae, 21-9, 21-15; DeLamielleure d. Darden, 21-8, 20-21, 11-7; Blair d. Fuller, 21-7, 21-11; Vataha d. Horton, 21-8, 21-16; Galigher d. Bunting, 21-14, 21-15; Markovich d. Washington, 21-9, 21-17; Theismann d. Williams, 21-11, 21-9; Bakken d. Cobb, 21-11, 21-5; Dalby d. Culp, 11-21, 21-19, 11-10; Ham d. Matheson, 21-16, 21-13; Adams d. Wagner, 21-11, 21-18; Wehrli d. Lewis, 21-1, 21-18; Odom d. White, 21-14, 19-21, 11-8; Voigt d. Nelson, 21-9, 21-13; Montler d. Maurer, 21-9, 21-19.

Quarterfinals — Brown d. Tillman, 21-12, 21-19; Blair d. DeLamielleure, 21-16, 21-16; Vataha d. Galigher, 21-5, 21-15; Theismann d. Markovich, 21-16, 21-15; Bakken d. Dalby, 21-11, 21-3; Ham d. Adams, 21-5, 21-13; Wehrli d. Odom, 21-11, 21-6; Montler d. Voigt, 21-15, 21-17.

Semifinals — Blair d. Brown, 17-21, 21-12, 11-9; Vataha d. Theismann, 21-18, 21-17; Bakken d. Ham, 21-9, 18-21, 11-9; Wehrli d. Montler, 21-20, 21-7.

Finals — Vataha d. Blair, 21-2.

21-13; Bakken d. Wehrli, 21-7, 21-19. ●

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Peggy Steding's Lucky Seven

by Len Ziehm

**It's been seven years since she was
a 35-year-old beginner**

Odessa, Texas, isn't a bad place to live.

It's not too small — 110,000 people live there — but it's not too big either. Metropolitan Dallas is a full 335 miles away.

Since 1947 Odessa has been the home of Peggy Steding, the first lady of racquetball. For three full years she dominated the sport; now she's probably . . . perhaps . . . maybe . . . relegated to number two status behind a player half her age.

But whether close to or in the top spot Peggy keeps working on her already proven game in Odessa, which seems a difficult thing to do because Odessa has no indoor court clubs.

"We have a real nice, family-type YMCA," she explains, "and there's four courts there. We have a few good players, though there's nobody I can't beat."

No matter. Odessa is home, not just a place to train for racquetball tournaments. *"I'm just not a big city person,"* Peggy says. *"I don't get tired of racquetball, but I do get tired of travel. After I'm gone a couple of days, I want to go home."*

* * *

Life in Odessa is family and sports for Peggy Steding.

Her husband George is a corporation pilot. They were both 18 when they married 23 years ago, and they have a son Bo, who is 19. Neither George nor Bo is into sports like Peggy is.

Peggy doesn't drink or smoke. She went for the sporty healthy side of life long before she took up racquetball seven years ago.

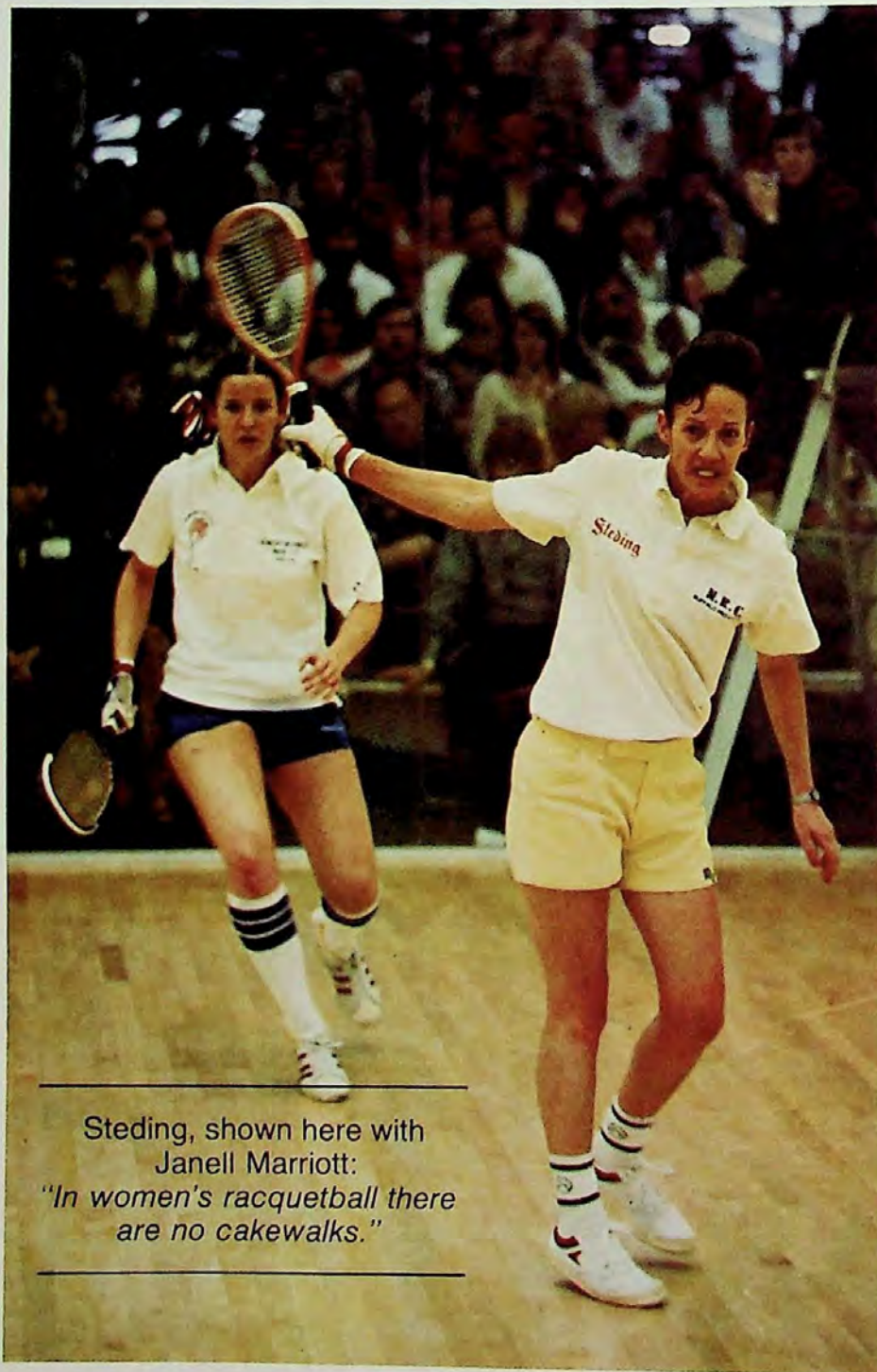
In 1955 and 1956 she was the Texas state singles champion in tennis, and a tennis scholarship helped her through Odessa Junior College. Now a professor at that college, Tom Heiting, is her main competition in daily workouts.

Since college Peggy has played on industrial league teams in basketball, softball and volleyball. She averaged 168 in a weekly bowling league and once shot 87 over a full-length 18 hole golf course.

Racquet sports, though, seem to be her favorite. She doesn't see tennis and racquetball as conflicting sports, as some do. She belongs to a tennis club in nearby Midland that has 475 members.

The real proof that she can combine tennis with racquetball is in her racquet, however. It's made by Vittert, but to very unusual specifications. The bumper is extended and the handle is built up to the size of a tennis racquet handle with adhesive tape.

"Charlie Brumfield (five-time national men's champion) says there's no way he could play with my racquet," Peggy says. *"People can't see how I can hang onto it with my little bitty hands. I'm not a big swinger, but I have very strong wrists."*



The handle measures 4½ to 4⅝, and she keeps the strings at 34 or 35. Hers is an unusually heavy racquet and it's made of metal.

"I don't care for fiberglass, and I don't care for a light racquet. I swing them too soon. You need to pick out a racquet that feels good to you."

Peggy started in racquetball seven years ago at the suggestion of a friend, Lou Girard. She was 35 years old at the time.

After playing in nothing more than a few tournaments at home, she entered the 1973 nationals and emerged with the championship, starting a domination of her sport at the not so youthful age of 37.

In the next few years she built a legend. She won national singles titles in 1974, 1975 and 1976 and now has, counting doubles events, 14 national titles to her credit. In one stretch she went 2½ years and 200 matches without losing, and during that stretch she was forced to a third game in only three matches.

That kind of athletic accomplishment stirs comparisons with another former Texas athlete, the late Babe Didrikson Zaharias, who made her mark in the more visible sports of track and field and golf.

Peggy is mildly flattered by the comparison, but says little to encourage its continuation.

"A guy in Canada told me during a tournament that I was the best woman athlete since Babe Zaharias," she recalls. "I told him he hadn't seen enough women athletes. Actually I only saw her on television, and I did see the movie about her, which was great. My idol was Maureen Connolly. Little Mo was the greatest woman tennis player who ever lived."

* * *

Steding, shown here with
Janell Marriott:

*"In women's racquetball there
are no cakewalks."*

Sooner or later the subject must come up.

Shannon Wright.

Shannon is the very confident, competitive and talented 21-year-old who ended Peggy's reign as national champion last year in Las Vegas.

They've been rivals for four years. Since Shannon won her title her comments about Peggy have been less than flattering.

"One thing I'll always say about Steding," Shannon told Carol Brusslan in a National Racquetball interview last September, "is that she's the most phenomenal woman athlete I've ever seen. For her age she is very good. But, you know, she can't compete against me . . . I've always had the feeling that if she was my age right now I'd beat her because I'm so much smarter than she is. I'm far superior to her. I'm quicker than she is. I'm more powerful. I've got more endurance."

Peggy makes it clear: the two are not friends. She stresses that Shannon's success on the court doesn't affect her feelings, and she doesn't much want to talk about Shannon for publication. It's not her style.

Two of their matches, however, do stick out.

One was for the championship of the 1976 nationals in San Diego. Two days before the tournament Peggy pinched a nerve in her leg, the first time she'd ever been injured.

"I couldn't bend from the waist down," she says, "And then it turned out I had all the tough players in my bracket. I didn't take anything for it. I've got pretty good resistance to pain. But three days later I had such a severe charley horse I could hardly even run."



"People can't see how I can hang onto my big racquet with my little bitty hands."

That was on the eve of the title match.

"Some of my friends suggested I forfeit," Peggy recalls, "but I said I wouldn't forfeit to her if I was on my deathbed. I used an elastic bandage, and that at least enabled me to run."

She hit mostly ceiling balls and the Good Lord must have been putting rings on it for me. I hit nine straight overheads and rolled out each one. I couldn't believe she kept giving me ceiling balls, especially since she knew I was hurt."

"Why did I have to change the shirt right before the match?"



Peggy won that match, but a year later it was a different story.

Peggy and Shannon were finalists again. This match became known as the Great T-Shirt Controversy.

This is Peggy's side of it.

"I had this shirt with 'Oldie but Goodie' written on it. I was planning on wearing it if I reached the finals, no matter who I was playing. Bob Coate of Seamco had seen it. So had Chuck Leve. They thought it was cute. We went out to warm up for the match and we'd been out there 30 minutes. Then Shannon calls me over right before the match and says I have to change shirts. You add two and two together. It wasn't so much that I had to change shirts, but why did it have to be done right before the match?"

Shannon won the championship that time and was the favorite at this year's national event in Detroit in June.

"I'm not like she is. She'll come up before she even plays her semi-final match and say 'See you tomorrow.' I play my matches one at a time," says Peggy. "I did it that way even during my 200 victories. In women's racquetball there are no cakewalks."

And she has one last message for Shannon Wright.

"I will say this, and you can print it. The day she's in better shape and moves faster than me, I'll retire."

* * *

Racquetball has changed a lot since Peggy Steding started playing in the big tournaments, and it could change some more to accommodate the masses now taking it up.

She looks on some of the proposed changes with little enthusiasm, though she shares with Charlie Brumfield the belief that a striped ball would provide better visibility on the glass courts. And, like Brumfield, she doesn't like a "super lively" ball.

Peggy doesn't like the three-wall glass courts either. Until a perfect glass court is built, she suggests the side walls have two feet of non-glass at floor level. "I don't mind the glass front wall," she says. "You might lose the ball for a second, but you can pick it up again before it's too late. When you lose it low on the side walls, though, it's too late to recover."

She also doesn't like the suggestion that the sport go to a one serve format.

As for tournaments she's been pleased with the two women-only events held this year in Philadelphia and Omaha.

"They've been super," she says. "I think the women can stand on their own, and I've said that for some time. It's been packed at both those tournaments, and I think that's because our tournaments aren't like the men's. With them it's bam, bam, bam. With us there's more finesse and, generally, better sportsmanship. For a tournament to be a success, though, it doesn't matter if it's men and women or all women. You have to have publicity. In Omaha we were on all the television stations every night."

She thinks the addition of mixed doubles events might be good for the pro tournaments, too. At least, she says, "they'd be fun."

* * *



"I've met nice people in other sports, but not nearly as many as in racquetball."



The end, Peggy Steding knows, isn't too far off as far as her best racquetball is concerned. She arrived just a little bit too soon for the big money, but she has no regrets.

"Racquetball has been good to me," she says. "I've met gobs of nice people, and I've been to a lot of nice places. It seems like there's something about racquetball. I've met nice people in other sports, but not nearly as many as in racquetball."

Money has not been her main object in racquetball. She hasn't gotten into teaching and other related business opportunities much.

"Oh I have exhibitions," she says, "and it goes over real big when I play matches with the people at the clubs. I've got a couple of other things cooking that I can't talk about now, too. But mainly I enjoy my free time too much. There's things that money can't buy."

While she likes to compete, it isn't the quest for victory that alone keeps her going.

"Being number one was no ego thing," she says. "I feel very fortunate that at my age I'm able to compete. I've always been blessed with good reflexes. I've always been fast. I've always had good stamina. There's girls 19 on tour now, but they're not in better shape than I am."

She does admit, though, that she isn't looking forward to life after pro racquetball.

"I'd like to play another year or two," she says, "I'm just taking things a year at a time. I guess when I'm done playing I could get serious about other sports, like golf. I like it, but it's too slow. I'm afraid I'll be the type, when I'm too old to play anymore, I won't be fit to put out to pasture." ●

It's What's Under the Muscles that Counts

by Nick Longhurst

Endurance Fitness Is Aim of Cooper's Aerobics Center

Ed Boettcher had hardly worked up a sweat. One hour into the racquetball game and he was still swinging just as hard as he could.

Ed is 79 and has a history of heart attacks which culminated seven years ago when his heart stopped beating completely.

Linda Johnson is pretty, young and until she started playing racquetball in a very special place, she lived in fear.

There is nothing wrong with her, but she comes from a family which has had a long, frightening record of heart problems.

Two hours later they are both still playing on the two courts at the Aerobics Center in Dallas, TX.

And it's not so much the racquetball they have to thank, as the man who created aerobics and whose life is dedicated to furthering his healthy philosophy — Dr. Kenneth Cooper.

National Racquetball visited the revolutionary health center, which has a six month to one year waiting list, for an intimate look at just what makes Cooper, his Aerobics philosophy and the hearts of his jogging followers keep ticking with clockwork regularity.

This is the first of a two part series. Here you'll learn what aerobics is all about and get an overall view of the Aerobics Center, which attracts visitors from all over the world. In Part II you'll read more about Dr. Kenneth Cooper and one particular part of the center — his Cooper Clinic, where men and women get medical advice on how they should exercise for health.

There are plenty of people at the Aerobics Center in Dallas. As a health center it doesn't look too different from a handful of health and recreation facilities dotted about the country. But it is different.

First the word "Aerobics." It comes from a Greek base and it means — with air or with oxygen.

The aerobics concept was developed by Dr. Kenneth Cooper while he was serving in the Air Force. Outside of accidents the biggest killer among air force personnel was heart attacks, even though 98 per cent of the people he dealt with were under 50 years of age.

And later studies he performed at his center showed even more strongly the direct link between heart disease risk factors and lack of exercise.

Tests on over 2,000 businessmen with an age average of about 44 years revealed that those in the poorest condition had the highest glucose, resting heart rate, weight, cholesterol and other risk factors.



Dr. Kenneth Cooper's famous Aerobics Center has the stately look of a southern plantation.

That may not come as a shock to many people. Executives always complain of too many martinis and so little exercise, too much stress and too few long walks.

But Ken Cooper, after finding the cause and effect, took the step no one else had plotted. He tried to find the cure.

One of the primary goals of his Aerobics Center, all spread out of a landscaped 11 and a half acre site looking more like a southern estate than a sweat palace, was to quantify exercise. To compute just how much was needed to perform adequate physical policing duties inside the body.

To understand what Cooper has done take a closer look at the establishment — including the Activity Center, where people perform medically prescribed programs; the Institute for Aerobics Research, where scientists relate exercise to disease prevention and rehabilitation, and the Cooper Clinic testing organization.

Health with a Computer

The front of the Activity Center desk is like any health club, with a small pro shop, court reservation cards and a helpful staff. But immediately you notice a computer terminal.

And from time to time sweaty athletes stagger up to punch in information before making a weary trip to the locker rooms.

"That computer terminal holds the key to why the Aerobics Center is different," explained avid racquetball player Bill Grantham.

Bill, director of the Activities Center, explained *"Research here at the center has given us evaluation techniques for all sports. Each participant awards himself the points earned after a period of sport. Dr. Cooper has already determined that 30 points a week is a basic requirement."*

To give you some idea of the value of a point cycling 30 miles a week gets you enough points, and walking 15 miles, running 6 miles, swimming 1.5 miles or

just plain playing 3.5 hours of nonstop racquetball will get your body into Cooper's OK state.

Ken Cooper, a mildly aesthetic man who combines physical fitness with a deeply Christian outlook on life, has the type of crusading character from which legends are made.

And the stories abound. Like the woman who wrote asking for a points evaluation of her customary exercise — riding her horse. She wanted to know how many points to award herself for riding two hours a day.

The story goes that Cooper replied *"Madam you receive none . . . the horse gets two."*

Official bodies in the world of racquetball continually quote Aerobics Research Institute figures for the beneficial aspect of our sport.

Nine Points for Racquetball

Racquetball has the magic nine — but that is for one hour of solid play. And along in the same class are handball and basketball.



After checking the results of Ed Boettcher's medical exam Aerobics Activity Director Bill Grantham maps out an exercise program for the 79-year-old who has played handball for more than 50 years.



Boettcher goes from his game to the computer to record the time he's spent playing racquetball.

But where do the points come from? Ken Cooper breaks down fitness into three categories. First there is the passive fitness of a non exerciser.

In his book, *Aerobics*, Cooper says about this animal. *"There is nothing wrong with the non exerciser – not yet anyway – but there's nothing really right with him either. If he's lucky, he can coast like that for years. But without the activity his body is essentially deteriorating."*

The muscle-bound pumping iron types come next into scrutiny, and Cooper says of them: *"These types have the right motives but the wrong approach ... The muscles that show – the skeletal muscles – are just one system in the body and by no means the most important. If your exercise program is directed only at the skeletal muscles, you'll never achieve real physical fitness."*

Which we can boil down to a simple application. If you are the skinny who gets sand kicked in his face on the beach by the muscle bound oaf, take

heart. You may not be able to outfight him, but you'll sure be able to outrun him if you follow Cooper's third fitness maxim.

Number three — the thing Dr. Cooper calls "endurance fitness."

He says in his book *"We call it endurance fitness, or working capacity, the ability to do prolonged work without undue fatigue."*

Oxygen Tune-up

The endurance fitness does not just involve one set of muscles but many: the heart, the lungs, the entire cardiovascular system and the other organs as well as the muscles.

And the key to getting everything pulling in tune is — OXYGEN.

And the means to getting everything working properly is delivery.

The body cannot store oxygen, but it normally operates in the atmosphere where it gets what it wants when it wants. But under exercise stresses, those things change.

Dr. Cooper explains *"The problem is to get enough oxygen into all areas – all the small, hidden, infinite areas in this wonderful mechanism we call the human body – where the food is stored so that the two can combine to produce to form energy."*

"This is what separates the men from the boys, the fit from the unfit. Because in some bodies the means for delivering the oxygen is weak and limited in its resources, so the energy demands surpass the body's capacity to produce it."

Ever had that feeling that the spirit was willing but the flesh just couldn't come up with enough oomph to carry out the brain's instructions?

That's the starting point, and that's where most of Dr. Cooper's personal Aerobics Center clients start from.

People like Ed and Linda who want to create a health program and improve their bodies' performances. They believe, like Dr. Cooper does, that — *An Ounce of Prevention is Worth a Pound of Cure.* ●



Racquetball is part of Boettcher's prescribed exercise routine.



The printout tells Boettcher how many aerobic points he's earned in a month from activities like racquetball.

Coming Up:

How Dr. Cooper tests visitors' exercise potential.

Take Your Racquet To the Beach

Play Dowd's Sandball

by Melody Hoskins

If you had been sitting on the beach at Cape May last summer, you might have overheard some unusual comments.

"Look at that lady playing that game!"

"What is it with those funny short racquets?"

"It's that new game – paddleracquet!"

Well, everyone was discussing a new game developed by Lois Dowd, the Illinois Doubles racquetball champ. She calls her new game beach racquetball, or sandball, and it was the answer to a summer dilemma.

In the lovely resort town of Cape May, NJ, the only court is in the Cape May court house where cases of all sorts come before the county magistrate.

After a long and futile search for racquetball courts Lois invented a game to keep up her all-important practice and to stay in shape.

Much to the delight of the beach crowd Lois played every day. Much to our delight she developed a set of rules to get the most out of this new sport. These rules are not up to the qualifications of the USRA/NRC rules but they are fun!

To play beach racquetball, you need a court 26 by 16 feet. (This may vary by the size of your feet.) Lois borrowed the size 12D of her nephew, Mark Hoskins, and they paced off the court very carefully each morning.

Once the court was ready they were ready to start. Beach racquetball requires nothing more than the usual racquets and rubber ball, although there are some items that make the play easier. For example fins, a diving mask and a snorkel are useful for those long shots. It also pays to use an old racquet because the salt air and sea water will quickly age any new racquet. You'll be glad to know that

Silhouetted in the court she paced off earlier is Lois Dowd, inventor of sandball, which you might try at your local beach.



racquetball's official rubber ball floats, which makes it easy to find in the pounding surf.

To begin the play since there is no front wall, the server bounces the ball and hits it over an imaginary net as in tennis (you should pardon the expression!). True to the racquetball game only the server can score, which can be disastrous for the receiver who may get quite a sunburn before he ever scores a point!

Once the game is in play the fun begins. The rules are the same as in racquetball except that anything goes: And we do mean *anything*. As there are no walls or corners for those tricky plays that racquetballers love, you must devise your own ways to bedevil your opponent. Here are a few that Lois developed with Mark.

- 1) Chop up the sand on your opponent's side. This makes his ball bounce in every crazy direction like a football.
- 2) Put your opponent facing the sun, which causes him to squint.
- 3) If your opponent is a man, you can coax some shapely girls to parade back and forth in the waves to distract him. (This also works with woman players and muscle men.)
- 4) If worst comes to worst you can shoot the ball out into the waves for him to retrieve at his own risk.



Mark Hoskins winds up for a point (a ceiling shot, perhaps?).

Beach racquetball can be played for hours, although it does get a little tricky at high tide. You may want to play off and on all day. One word of caution though, watch out for court stealers. Frisbee, beach ball and volleyball players can use this court with very few adjustments.

Lois and Mark played and played and played. As the last of the beach crowd left before the tide, they would wave goodbye to our faithful players slamming away as they sank slowly in the west. ●

Put Down that Chocolate Malt

By Edward F. Schwarz

Did you ever notice the signs in the zoo that say "Do not feed the animals junk food because it makes them sick and can be fatal"? This made me look at the chocolate bar in my hand, which was slowly melting and making my fingers stick together, and it suddenly looked like an assassin's gun, ready to do me in. Why would we warn that junk food is harmful to animals and not to people?

Talking to people who think they know about food you'll find everything from milk to cod liver both praised and condemned. It is easy, however, to draw a bead on foods that don't even give you a sporting chance.

Sugar's Bad

One of the all time bummers that should be on everybody's poison food list is sugar. You know the stuff we put into tea, coffee and everything at the rate of over two tons a day in the United States. This high calorie non nutrient fuel is rated by the World Health Organization as the world's most dangerous food. It supplies no nutritional value to the diet, and raises havoc with the mineral levels of the body such as potassium, sodium and calcium and zinc, so crucial to the energy and performance of any athlete, particularly a hard playing racquetball enthusiast. Sugar also taxes reserves of vitamins B and C, because these vitamins help the body utilize sugar.

Sugar is at least implicated in most of the cases of heart disease that kill over eight million each year, sports participants and fans alike. Our unfortunate eating habits laced with too many candy bars and dunkin' donuts are particularly frightening when you consider the words of Bob Hoffman, the Olympic weight lifter and coach: "You can undo a week's worth of training in just five minutes with extra sugar before competing. An increased flow of body insulin is set off which lowers blood sugar below normal, producing fatigue." A great number of athletes and nonathletes already suffer from at least borderline hypoglycemia (low blood sugar). So if you're crying the blues because of the "drags," you might consider the hazards of sweets.

A half hour before game time tournament player Dan Bertolucci considers candy, but wisely settles for a raw carrot.



Edward Schwarz, who holds a masters degree in physiology and nutrition, suggests that you write to Professional Specialties, 1024 Industry Dr., Seattle, WA, 98188, for more information on supplementation and eating for better athletic performance.

So Are Hamburgers

So now at least we've got you settling for a hamburger, which, let me tell you friend, is not much better. Among foods with equal amounts of protein meat is hardest to digest. Dr. J. H. Kellogg in the book, *New Dietetics*, explains that even moderate meat eaters require their kidneys to work three times harder eliminating nitrogenous wastes than they would handling a meat free diet. High meat diets will raise cholesterol more than energy levels, even in the face of strenuous exercise.

Salt Is Slow Poison

Though salt is an essential mineral, it cannot be counted as a clean energy food. We are not talking about natural salts found in food, but that trickling from cans, shakers and packets. Knowledgeable sports nutritionists consider it slow poison.

What's Left?

Now racquetball players — and other athletes — faced with this list of no no's are obviously headed for starvation unless they chuck all of their activities and spend the rest of their days in the garden and kitchen, growing and cooking their food, not to mention chasing the last horse for organic fertilizer. At least that is how it might appear to the reader caught with a candy bar in his or her hand. If you can lick your fingers and throw away the rest of the candy bar, you will find it's not that difficult to come up with alternatives.

You are not born with a taste for sweets. You train yourself by developing taste preferences. Why else would children from Korea put soy sauce on their corn flakes which American kids cover with sugar? The secret to keep you from starving lies in changing your taste to one that desires vitamin and mineral rich foods from natural sources. To give you some starter ideas nuts, sun flower seeds (especially good), dates and honey are superior energy foods that don't taste bad.

If you can bring down the curtain on your dangerous sugar habit, there are some alternatives to increase carbohydrates in your diet and thus increase glycogen, which is a starchy substance stored in your muscles and liver waiting to be converted into glucose (blood sugar) for energy. What you're looking for are natural complex carbohydrates that supply additional nutrients, such as minerals and proteins, in proper balance. These complex carbohydrates are abundant in fresh uncooked vegetables, and that means more than lettuce and tomatoes. Cauliflower, broccoli, carrots and zucchini are superior to refined sugars and carbohydrates.

You also should think about eating foods that supply vitamins you need as an athlete (especially as an energy-consuming racquetball player.) Vitamin C, recognized by many athletes as a powerhouse vitamin, can be found in fresh fruits, particularly citrus fruits and watermelon.

Concentrated Doses of Energy

You might think about supplementing your diet to get concentrated amounts of the elements you — an athlete — need. Powdered vitamin C, found in a product like Nutri-cee, is popular among athletes. And wheat germ, according to the U.S. Department of Agriculture's *Food* handbook "produces two and one-half times the energy of whole grains and all other starches and sugars. One teaspoon of this magnificent potion is equivalent to the oil of the germ of five pounds of wheat." Research Scientist Dr. Szent Gyorgyi, discoverer of vitamin C, believes that wheat germ oil's rich supply of vitamin E helps the body use vitamin C, and thus keeps the capillaries of the heart tissue open and relaxed. One-half cup of wheat germ contains 24 grams of protein, eight times more than you'll consume in a slice of white bread.

Among other supplements recommended for athletes are raw liver concentrates that guard against anemia, which no fast moving racquetball player can afford; some kinds of pollen, and that old standby — Brewer's yeast. Though Brewer's yeast doesn't win any awards for taste, its high protein and vitamin B content promote tremendous "go power." Remember it's just a matter of retraining your taste buds. Well Brewer's yeast will probably be the first real test of your sincerity. ●

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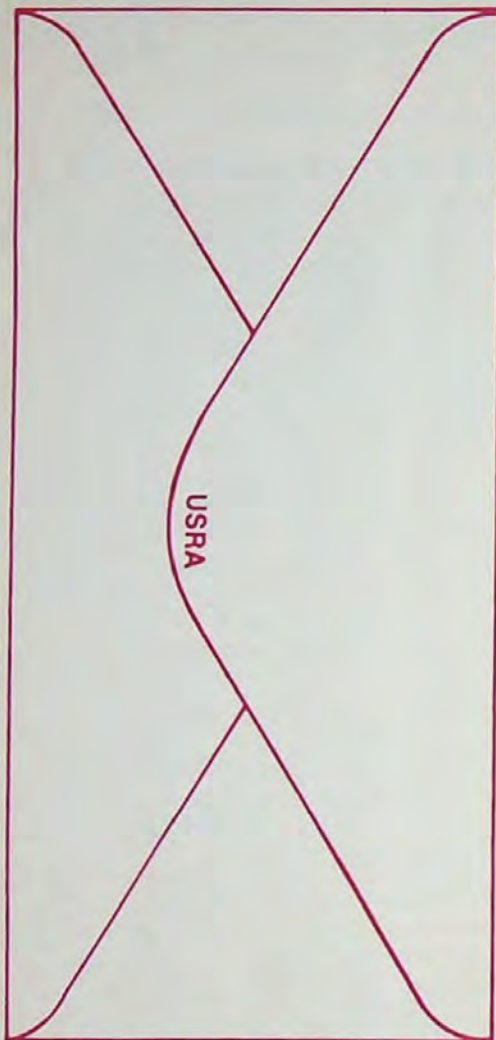
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What Will They Think of Racquetball A Hundred Years from Now?

Dear Evie Kendler:

The box of *National Racquetball* magazines came today. They have been placed in the Illinois State Historical Library where they will be preserved for research use. We look forward to receiving future issues.

With the help of people such as you and Bob, we hope to preserve as much of the history of Illinois as is possible.

Thank you so much for helping us with our important work.

William K. Alderfer
State of Illinois Historian
Springfield, IL

A Fitting Vacation

Dear Mr. Leve:

I was reading an article in the April issue concerning conditioning by Dr. Marcus B. Sorenson. It mentioned that he was the director of the National Institute for Fitness, which offers physical fitness vacations. I was wondering if you could send me an address to write for information about this vacation program.

Christopher J. Bise
State College, PA

You can write to Dr. Sorenson at his National Institute for Fitness in Orem, UT 84057. ED.

Players' Dress Disappointing At Women-Only Pro Stop

Dear Sir:

After all the talk about women's dress this year it was surprising to see how some of the pros dressed at the King of Prussia tournament. Some seemed to be hiding behind men's clothes, and there was even a no-bra look, most inappropriate — I think — for a racquetball tournament.

A women's dress reveals her personality. The women all seem very nice and likable off the court. Why do they try to hide all of this behind unattractive or inappropriate oncourt dress?

Name withheld on request

Tournament Thanks

Dear Joe (Ardito):

Thank you for the wonderful job done by you, Dan, Terry and his lovely wife.

This was a new experience for me and I hope you enjoyed our club and hospitality.

We are looking forward to the National Juniors Tournament coming up in August.

Again thank you for everything you and your staff have done. Keep that good old Italian smile and I am looking forward to seeing you in August.

Robert R. DiMarco
King of Prussia, PA

Likes National Racquetball Coverage

Dear Joe:

Thanks so much for the great coverage in *National Racquetball* of the Pro-Am held in January. The articles and the pictures were excellent.

Tom Schuessler
Omaha, NE

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Fuldauer snapped this photo of Bob Deuster, left, and Steve Sulli during the final match of the Illinois State Racquetball Association Tournament May 4-7 at The Glass Court, Lombard.

Taking Photos from Service Lines

Dear Madame Editor:

I found Art Shay's articles on photography to be most helpful. I have long admired his work in *National Racquetball*, *Sports Illustrated* and other publications.

Knowing how much equipment Shay carries with him on assignments, I would like to suggest that photographers with limited equipment post themselves at the service lines during a tournament instead of at the front wall. Much of the action during a racquetball match takes place in the back court. Using a 55 mm lens, the lens that is standard with most cameras, a photographer can fill up the frame with plenty of action.

In order to ensure a sharp focus at all times, I focus my camera on a specific area of the court. Eventually the players will both be in the same focal plane during the match.

All it really takes is considerable patience, plenty of film (so you discard the unusable shots) and lots of good luck to get printable action photos.

Service articles such as Art Shay's are always helpful. I hope *National Racquetball* will continue to publish others on a variety of subjects.

Ivan Fuldauer
Chicago, IL

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803 Showed Up at This Party

Dear Bob:

We threw a party and 803 people showed up . . . and what a party it was . . . with over 1,200 matches.

Our youngest guest was nine and several were over 60.

To help them enjoy themselves we split them into 15 groups and they played for three and one-half days . . . around the clock on Saturday.

They also partied . . . there were six-foot submarine sandwiches . . . beer and pizza . . . even wine tasting.

You would have been proud. This was the largest party of its kind ever . . . and it ran on time.

Towards the end we asked our remaining guests to put on a little show. With 600 watching they did just that.

We're going to have this party again next year. Who knows. Maybe 1,500 will show up.

Tom Street and Alan M. Shetzer
Elk Grove Village, IL

You Can Have One With the Other

Dear Bob,

On behalf of the National Court Clubs Association I want to congratulate you on the United States Racquetball Association's Nationals — the biggest to date.

As you know NCCA is also sponsoring a National Tournament this summer called the U.S. National Amateur Racquetball Championship. We hope there is no confusion between the two tournaments and want your readers to know that these two tournaments have totally different focuses. Your tournament determines the best players in America — professionals and high skilled amateurs. The NCCA tournament is designed to give the grass roots club players of all skill levels an opportunity to participate in a tournament of national scope. Your tournament attracts the country's better amateur players to the tournament site in Michigan. Our tournament permits club level players to play the preliminary matches in their local club. Only the better club level players will advance to the regionals with only three players in each amateur division moving on to the final round robin matches.

I know we are in agreement about the desirability of promoting amateur racquetball and both of these events should foster the growth of competitive amateur racquetball. We hope you will agree that both tournaments deserve the full support of the entire racquetball community.

John S. Wineman, Jr.
Northfield, IL

Woman Were Ambassadors To Philadelphia

Dear Bob,

Please accept my heartfelt thanks for the tremendous job your staff performed with the recent women's pro stop in King of Prussia.

As you know racquetball is a newcomer to the Philadelphia area. The women performed marvelously on the court, and off the court did a top notch job as ambassadors of this great sport. Their superb sportsmanship, court conduct and ability as professional athletes made a lasting impression upon the spectators.

Bob, I never cease to be amazed at the people-handling skills of Joe Ardito, Terry and Kip Fancher and Dan Bertolucci. Their support during a very trying time for me was highly appreciated. I will never forget all of the things that you and your staff (including Chuck Leve) have done for me and for the sport of racquetball.

Please accept my best wishes to you and your family.

James S. Pruitt
Philadelphia, PA

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winning racquetball

Arthur Shay with Chuck Leve

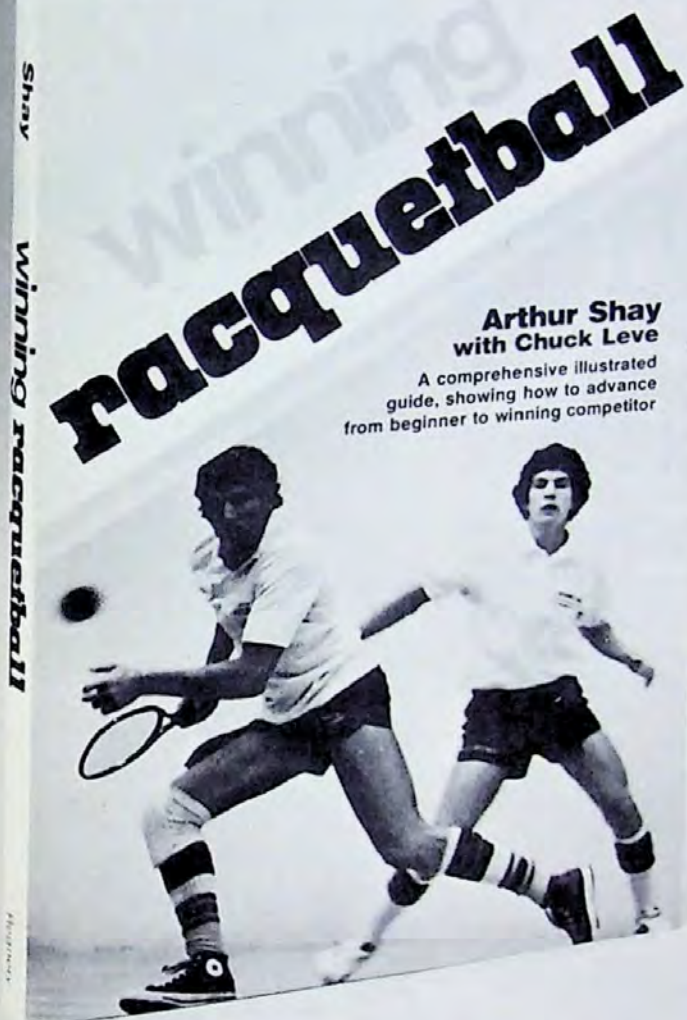
Winning Racquetball is intended for beginning players seeking shortcuts to racquetball competence as well as those who have achieved the competence required to enter local club tournaments and last at least a round or two.

Building on the basics, Shay and Leve cover such areas as the mental attitudes required to win tournaments; how to get into supershape for racquetball; how to use your limitations (fatigue, for example) as advantages; and how to play against someone who is trying to out-psych you. There are winning suggestions for every department of play.

Proven racquetball winners, such as Steve Keeley, Steve Serot, Sue Carow, Kathy Williams, Charlie Brumfield, Bill Schmidke, Ron Rubenstein, and racquetball's 19-year-old superstar Marty Hogan, are photographed in action and quoted throughout to illustrate the points made in the text.

Winning Racquetball will lead the racquetball enthusiast to the level of competence and beyond into tournament excellence.

Arthur Shay is a former *Life* and *Time* writer and *Sports Illustrated* photographer. He is the author-photographer of thirty-one books. Chuck Leve is the author of *Inside Racquetball* and the National Director and editor of *National Racquetball* magazine, the official publication of the United States Racquetball Association and the National Racquetball Club, Inc.



Foreword by Robert W. Kendler, President, United States Racquetball Association

Please send me _____copy(ies) of WINNING RACQUETBALL at \$4.95 each plus 50¢ postage and handling for each book ordered. Illinois residents kindly add 5% sales tax; California residents please add 6% sales tax. NO CASH OR C.O.D.'s accepted—please send check.

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On Being A Professional

Does being a professional athlete mean more than just excelling in one's chosen field? Or more than just accepting a certain amount of money to do a certain job?

I, for one, think so, as I believe most professional racquetball players do. A professional athlete, if he or she expects or desires to be respected in a chosen field, must respect his or her fellow professional.

Most professional racquetball players are not professional in this sense. The lack of respect given each other and each other's ability is abhorrent. It's as if each pro is afraid to show any other that acknowledgement of being an excellent athlete. What could be more absurd?

Nothing, if the few true racquetball pros were wrong. But they are right, that's the wrinkle.

To be a professional anything, I believe, means to be an expert in all phases of your field. A professional racquetball player who does not condition, and therefore runs out of gas in the third game of the quarter-finals all season, cannot be considered a professional.

The players who booze it up and then wonder why they are continually the upset victim in the round of 16's ought to do a bit of self analysis. Things like that don't happen by accident.

When pro players act like children, when they "ride" fellow pros out of hatred instead of good natured ribbing, when they are boisterous and mean in the gallery — that's not professional.

How long will it take racquetball's pros to realize that they are constantly watched, constantly put on display, not just when they are on the court, but whenever they are at a tournament? They are judged as professionals, not just by the size of their prize money check, but by their attitudes and behavior at all times.

Like it or not these players become the image of racquetball. How our sport is perceived in the public mind relates directly to the on and off the court conduct of the pro players.

I am afraid that most professional athletes in other sports would laugh at what we call professional, with a few exceptions of course. I honestly believe that the effort put forth by our "pros" is nowhere near the professional standard set in other sports.



A player "can't get into it" at one tournament and is a major upset victim in the 32's. How revolting! Is it asking too much for maximum mental and physical effort once a month, the current schedule for pro events?

Professional racquetball's degree of professionalism also extends to those who run the events, those who promote the events and those who sponsor the events. For professional racquetball to be taken seriously, it first needs to take itself seriously.

Sponsors reps bellowing in the gallery with beer spilling is not my idea of professional representation. Neither is a childish and upsetting prank just prior to a match the type of behavior that should represent pro racquetball. Referees who can't control a match are also unprofessional.

You see, people, professionalism extends far beyond cashing a check. Those who donate the checks as well as those who cash them, along with those who organize and hold the events — we all have a responsibility to the sport, to represent it with dignity and pride.

Just because there was more prize money this year than last does not assure more next year than this. We all, collectively, must earn that increase.

And we earn it both on and off the court. ●



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