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Hogan Wins
Fourth
Straight
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Relax You Or
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Marty Hogan
By Marty Hogan**

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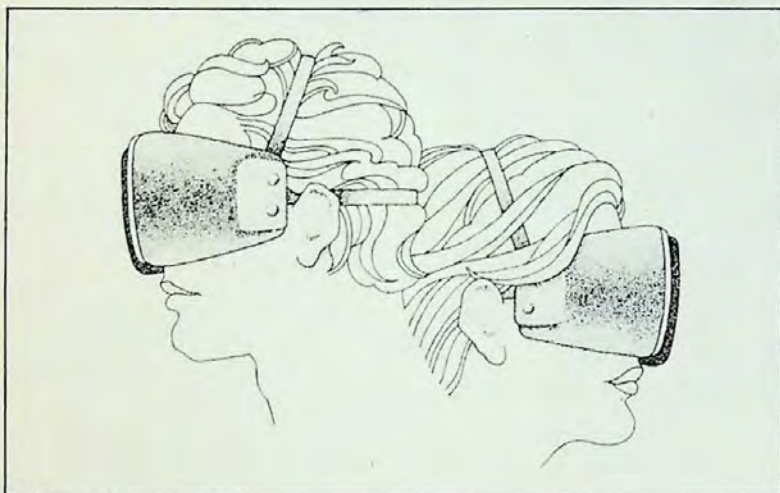
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UP FRONT



A Worthy Cause

In November 1980, 15-year-old Bo David Bergstrom was on his way to play racquetball with his father and brother when the car they were riding in collided head-on with another. Bo never regained consciousness and he died five days later.

Racquetball was important to Bo. He had taken up the game competitively only nine months or so before his death and he had developed into a tournament A player. Racquetball clubs were his home away from home.

Some say Bo had a shot at making it to the pros. Maybe. Maybe not. The unfortunate thing is that he never got the chance to find out.

But people have not forgotten Bo. They were impressed by his desire and dedication and they are hoping there will be other 15-year-old players who can follow in his footsteps.

Bo's friends and family have set up a Bo Bergstrom Memorial Tournament and a Bo Bergstrom Scholarship Fund—the purpose of which is to provide junior racquetball players with the opportunity to earn scholarships for college.

The tournament will be held November 6-8 at Killshot Ltd. in Bloomingdale, Ill. Although the tournament will be open to all divisions, the top prize—a \$500 scholarship—will be given in the juniors division, the same division in which Bo played.

The tournament committee is now seeking prizes to give away in the other divisions. They are also seeking more donations to the scholarship fund.

If you are interested, you can write to P.O. Box 155, Palatine, Ill. 60067. It would be a nice way to remember somebody who had the ambition and desire to do something for racquetball and never got the chance.

This issue we start an extended instruction series by racquetball's king, Marty Hogan. Some of the articles will be more instruction-oriented, others will be oriented more toward an analysis of a certain subject. This month we start the series with an article on "How To Beat Marty Hogan (And Other Power Players)."

Another interesting feature deals with "Is There Sex Before Racquetball?" Two years ago we had an article titled "Is There Sex After Racquetball?" which despite the sensationalized headline dealt only with how racquetball clubs were turning into today's disco; that they were the social gathering spots of today's young, professional people. The "Sex Before Racquetball" piece is geared more along psychological lines. The story covers two theories—the "Joe Namath" theory that sex prior to competition puts one in the necessary relaxed mood, or the "Muhammad Ali" theory that sex will eliminate the so-called killer instinct. The writer interviewed several racquetball players and medical sources.

Beginning with this issue, we have eliminated the club directory. We felt we couldn't do it justice. There are probably over 1,500 racquetball facilities in the country, with more being built all the time. With only 300 or so clubs listed, obviously we didn't make mention of everybody. On the other hand, we were getting so many clubs asking for a listing that it became too big for us to handle in the allotted two pages.

Ben Kalb



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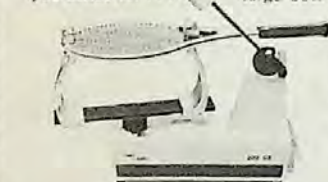
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SIDE OUT

Money Madness

I noticed with great interest the price tags on the racquets in your 1981 Racquet Guide (July 1981). I also noticed in the introduction how average racquet prices went up from \$37 to \$58 to \$61.

I think people are crazy for spending \$100 for a racquet. Is a \$100 racquet that much better than a \$30 one? I wouldn't spend over \$40 for a racquet and I think the racquet companies are trying to rip off the public by telling players they can't be good unless they buy expensive racquets.

June Thompson
Richmond, Va

Racquet Guide

In the introduction to your Racquet Guide (July 1981), an industry source was quoted as saying that some of the smaller companies folded because they didn't put a lot of "time and effort" into their product.

The phrase "time and effort" can be translated into one word: money. The companies that don't survive are usually the ones who are cheap, and figure they can get away on a shoestring budget.

I used to play with a racquet made by a company that is not in the racquetball line any longer. I always wondered how well it would do if they stuck it out and put more money into their promotion.

Jack Davies
San Diego, Calif.

Needs Of The Pro

The article "What Pros Want In A Racquet" was the best thing that has ever been in your publication.

If you want to know the good and bad qualities of a racquet, you should get it from the horse's mouth, not a pro shop salesman.

That story was very informative and should be mandatory reading to all players before buying a racquet.

Fred Pappas
St. Paul, Minn.

Concerned Parent

As a concerned parent, I would like to thank you for the article on "Children in Racquetball" and the feature on 12-year-old David Simonette.

I have seen so many parents get caught up in the "Little League Syndrome." They push their children into competition and then punish them when they don't meet their standards.

I have cut out those articles and I am planning to copy them and send them to a few elementary schools.

Mrs. P. Painter
Kansas City, Mo.

Youngsters

Your July issue was a welcome addition to this household. I have been waiting for a long time to read about youngsters in the game. In fact, I think you have neglected the subject until this issue.

It was also appropriate to have a child on your cover. Danielle Brisebois is a fine actress and perhaps she could be an encouragement for my daughter to take up the game when she gets older.

Sandra White
Raleigh, N.C.

Instruction Guide

Your May issue was exactly what I needed for my game. I took up racquetball about six months ago and have made it to a high C tournament level.

The tips in your instruction guide covered all aspects of the game, which I think is what I needed to improve. I have saved that issue and every once in a while I re-read it.

I hope you are planning another one soon.

Richard Marvin
Los Angeles, Ca.

Editor's note: Our November issue will feature an advanced instruction guide.

Interclub Leagues

Racquetball Illustrated has an extremely large following throughout this area. That is because racquetball is so popular in the Vancouver area.

One thing which has proven to be extremely successful are the interclub leagues. Not only does this promote competition, it also promotes friendship.

The host club usually springs for beer for the rest of the clubs and you can set up events such as mixed doubles tournaments or dances.

I think every city should have interclub leagues. There is no question that it has been beneficial to our area.

D. Lytton
Richmond, British Columbia

Pinch Shots

Thank you for the article "Pinch Shots" by John Egerman in the June issue of your outstanding magazine.

I have been playing racquetball for about one year now at Courts Plus in New Bern, N.C. I am now totally hooked, partially due to informing articles such as this.

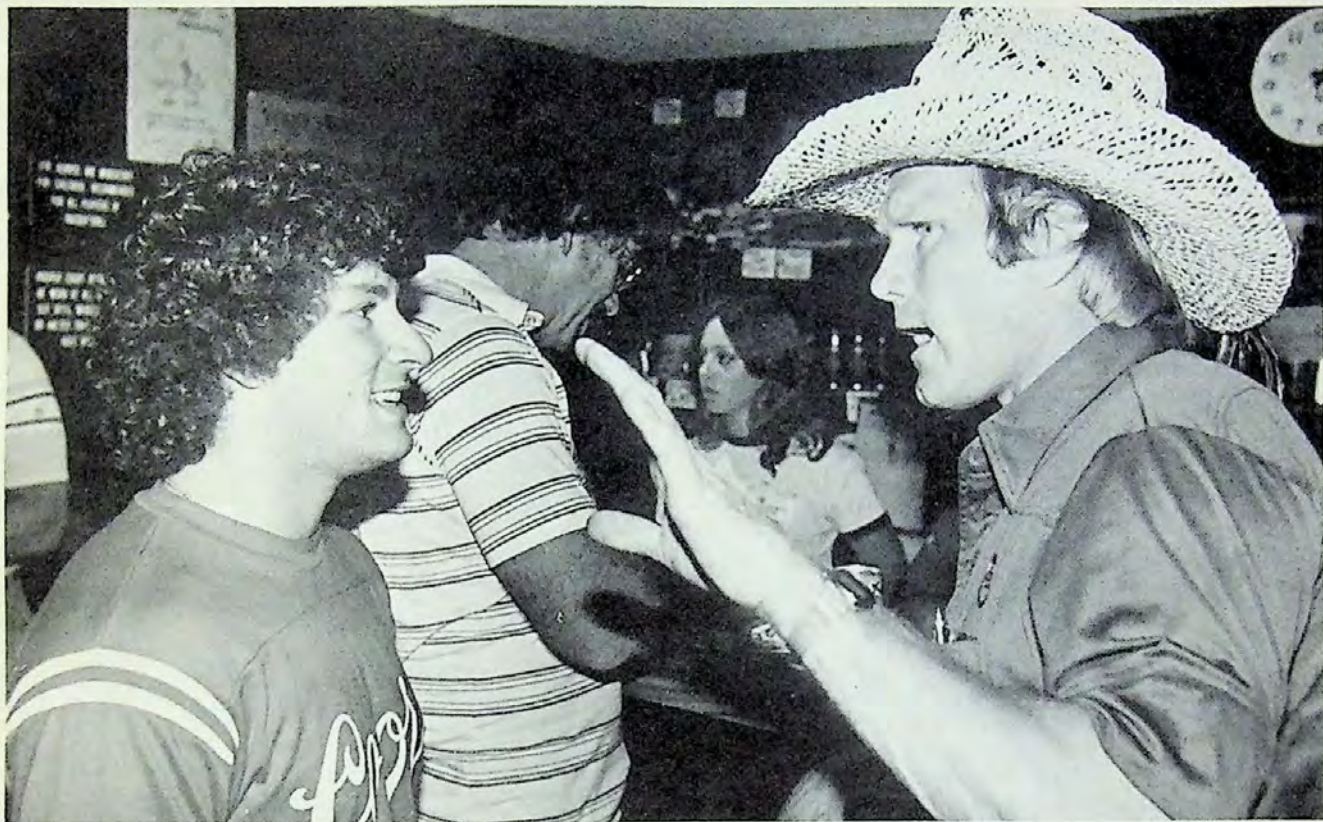
With no formal instruction, I found it difficult to know just where to hit the pinch shot. Now, thanks to you, it is very simple. Hit to the side wall your opponent is closest. Keep up the good work.

Scott Davenport
New Bern, N.C.

PLAYERS

Passing Time

Photo by Cynthia Farah



Two players known for their passes—control-oriented racquetball pro Mike Yellen and Pittsburgh Steeler quarterback Terry Bradshaw—pass the time between matches at a pro tournament Bradshaw helped put on at the Supreme Courts in El Paso, Tex.

Bears No Grudges

Photo by Arthur Shay



Chicago Bears running back Walter Payton says hello to women's racquetball pro Rita Hoff during WPR Nationals tournament put on by Prime Time Promotions at the Charlie Club in Palatine, Ill. This was the first meeting between the two since Hoff defeated Payton in a racquetball exhibition last year.

Pro/Con

Photo by Mark Peters

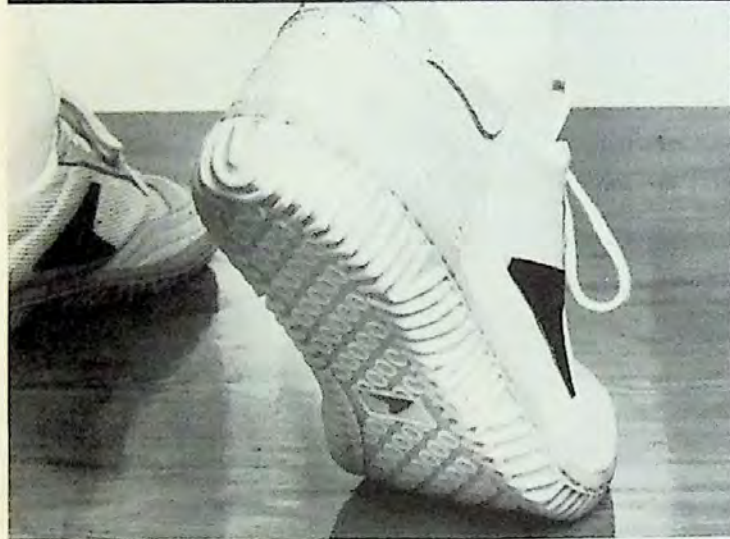
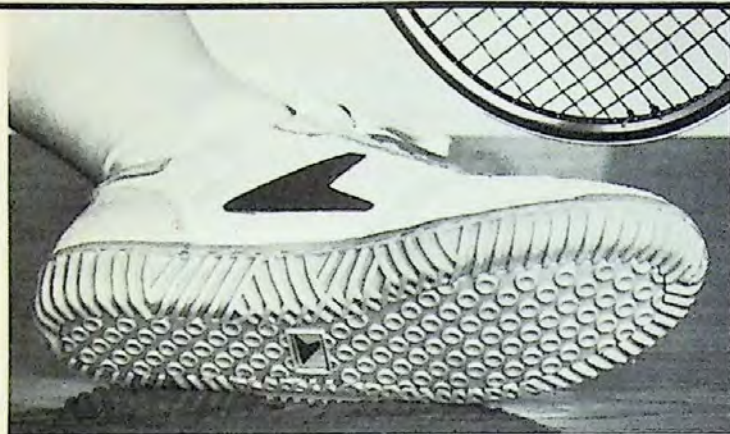


Touring racquetball pro Dave Peck poses with actress Connie Stevens at grand opening of Racquetball World and Aerobic Health Center in Canoga Park, Calif. Peck played an exhibition and gave a clinic. Stevens, an avid tennis player, watched the exhibition and said it convinced her to take up racquetball.

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It's Hogan Again . . . For The Fourth Straight Time



Photos by David M. King

Marty Hogan was surprised to find Craig McCoy as his opponent in the finals of the DP Leach Nationals at the Arizona Athletic Club but the outcome was no surprise as Hogan took the title in less than an hour.

Fights, ripped shirts, broken mirrors and some damn good racquetball highlight 1981 Nationals

By Ben Kalb

The sport of racquetball has never been known to let professional tournaments get in the way of controversy, and controversy certainly dominated at the 1981 DP Leach Nationals in Tempe, Ariz. The tournament featured one player knocking out another, a racquet company executive ripping a referee's shirt and another player scoring a first-round knockout over a locker room mirror. In between, the participants played a little racquetball, and sometimes they even played some damn good racquetball, especially

Marty Hogan who (ho hum) won his fourth consecutive championship.

Besides the tournament's extracurricular fisticuffs, there was another series of surprises, as most of the seeded players who were expected to meet Hogan in the finals were upset. Consequently, the finals paired Hogan with Craig McCoy, heretofore the 11th seeded player and usually a threat to no one except those low lifes who lose in the first round.

Hogan beat McCoy, 21-9, 21-12 in a boring finale that was so one-sided it lasted less than an hour. Good thing. A lot of people had to catch early flights home out of Phoenix. For his efforts, Hogan picked up the winner's share of \$25,000 plus a \$10,000 bonus from one of his sponsors, Catalina, for winning four National titles in a row. McCoy, who has won pro tournaments but never on the NRC tour, picked up a \$10,000 payday.

Hogan's victory was not unexpected. He is

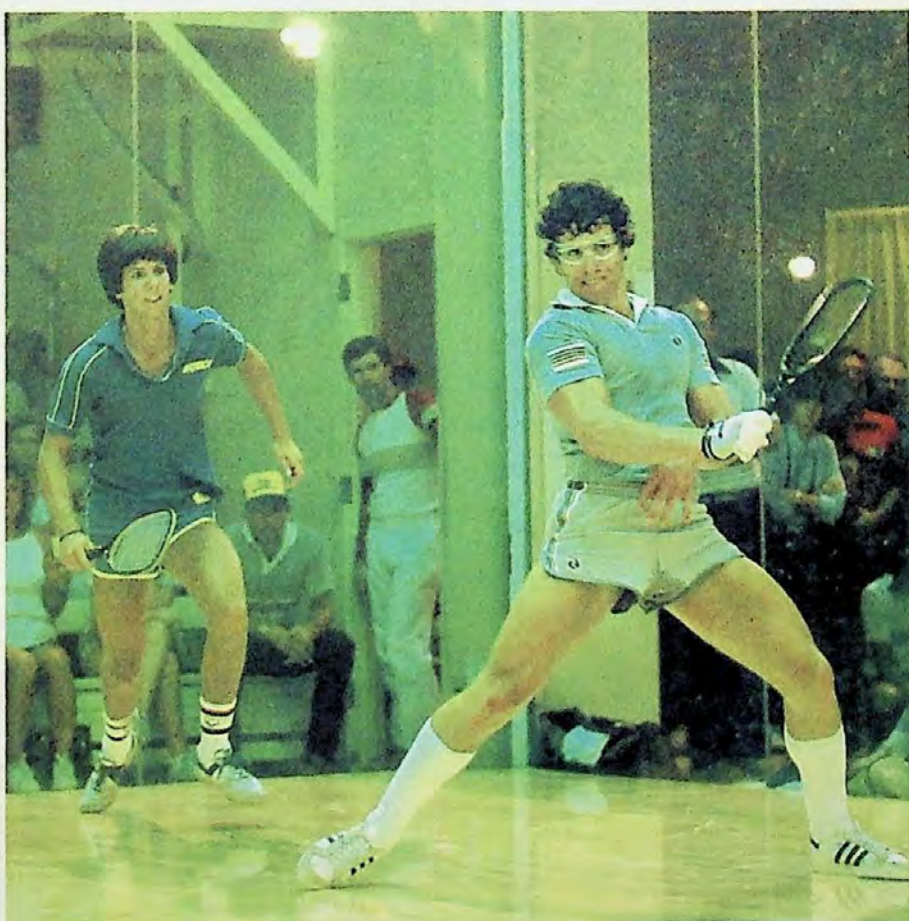




Hogan reaches for a shot against Mike Yellen in action-packed semifinal match. Hogan won his fourth straight Nationals title and a total of \$35,000.



McCoy kept Bret Hartnett in back court during their semifinal matchup (above) and Hogan kept Scott Hawkins on the run in quarterfinal play.





still a half-level better than the competition. His millionaire status has not made him complacent. . . yet. What was unexpected was McCoy's emerging as a real player (the Real McCoy?) and the downfall of most of the other players who had expected to give Hogan some competition.

The big names who bit the dust in the first round were former national champs Charlie Brumfield and Davey Bledsoe and top-ranked players Ben Koltun, Larry Meyers and Mark Morrow. In the second round, teenager Bret Harnett upset third-ranked Jerry Hilecher, teenager Gregg Peck upset sixth-ranked Lindsay Myers, Don Thomas defeated fifth-ranked Rich Wagner and McCoy upset second-seeded Dave Peck, who was expected to face Hogan in the finals.

McCoy defeated Peck, 21-13, 17-21, 11-8,

in the most exciting match of the week-long event at the Arizona Athletic Club. McCoy had an 8-4 lead in the tiebreaker and that was changed to 8-3 when a technical was called on Peck. McCoy then upped it to 10-4 before Peck made a run of four points.

Following the match, Peck, with uncharacteristic aggression, knocked out Lindsay Myers with a backhand punch to the jaw after the two exchanged words while Peck was coming off the court. There has been some bad blood between the two for the past several months.

"I was cheering my head off for McCoy," said Myers afterwards. "But I never said a word to him (Peck). When he came out (of the court) he pushed me. I touched him back—not even a push—and I turned around. The next thing I knew I was on the ground."

"I regret I embarrassed the NRC (National Racquetball Club) with my actions but I don't regret hitting Lindsay," said Peck later. "I did what I had to do. He provoked me. All I was doing was defending myself against his offensive actions."

Peck was not fined by the NRC for the incident.

With Peck, Hilecher and Wagner eliminated, the bottom half of the draw seemed wide open with the winner getting a shot at Hogan and at least \$10,000. One quarterfinal match pitted 33-year-old Steve Strandemo, a loser in the finals to Brumfield in 1975 and a year or two short of tour retirement, against Harnett, who won the National amateur title last year and who is some 15 years younger than Strandemo. The other quarterfinal match in that half of the draw found McCoy against



Photos by Shella Cunningham

Hogan had to climb the walls (above) only a few times in his relatively easy victory over Craig McCoy in the finals of the DP Leach Nationals. The real story of the match was Hogan's ability to control center court (right) and keep McCoy in back court.



It's Hogan Again . . . For the Fourth Straight Time



McCoy did a little wall climbing himself (top) in his easy semifinal win over teenager Bret Harnett and Hogan (below) had a tough, free-swinging battle over Mike Yellen in the semis.



local favorite Thomas.

The Strandemo-Harnett match was also controversial. Harnett took the first game, 21-11, and Strandemo won the second, 21-10. Strandemo was leading 9-4 in the tiebreaker before Harnett came back to win it 11-9. With the score 10-9, referee Terry Fancher called two bounces on a Harnett get, giving a side out to Strandemo. Harnett appealed and the call was reversed, allowing him to keep the serve. One rally later it was all over.

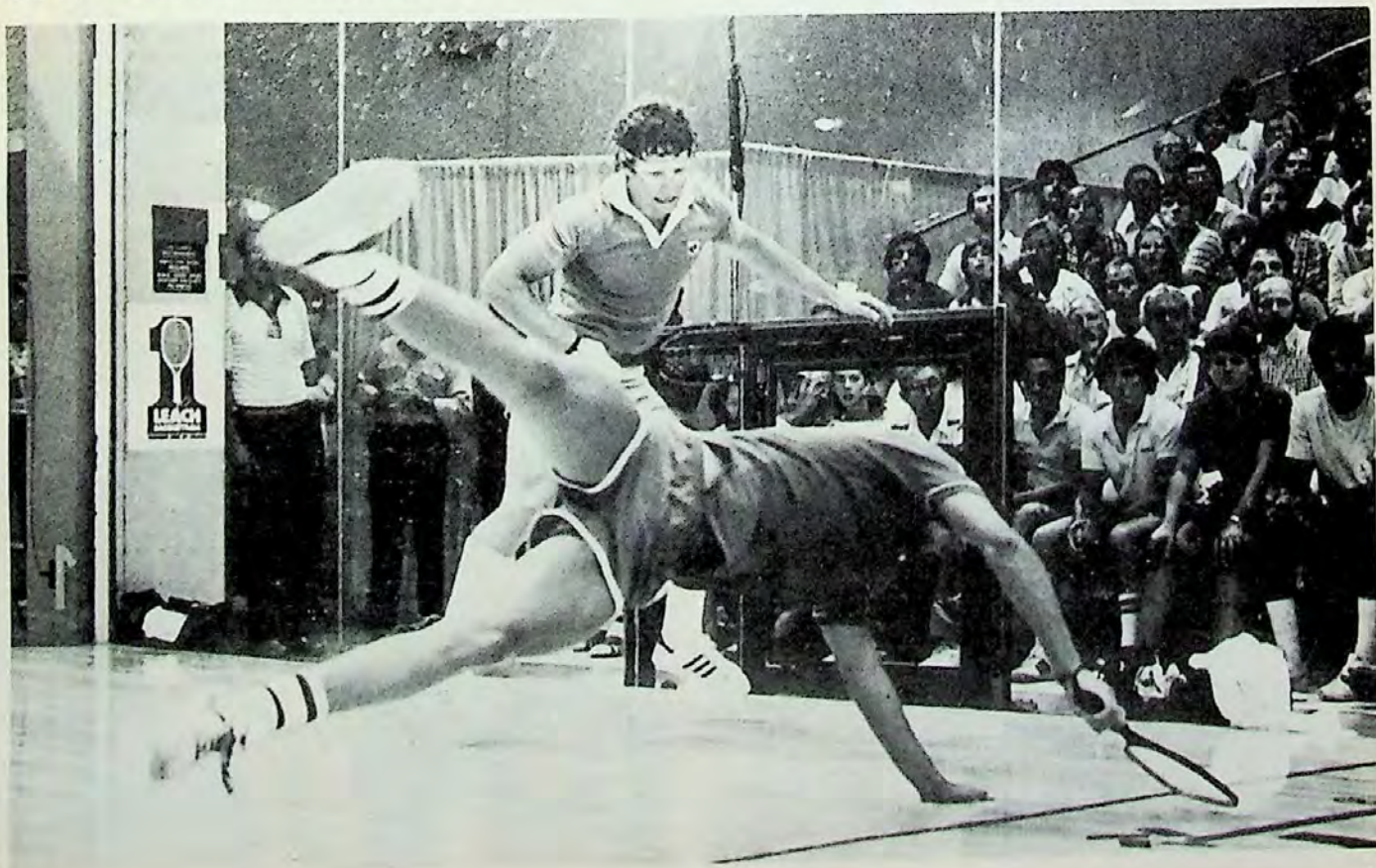
Following the match, DP Leach vice president and general manager Charlie Drake, who also serves as the personal manager to Strandemo, had words with Fancher about the call. Fancher did not want to talk about it and Drake, before an astonished crowd, ripped Fancher's shirt as he was trying to pull him back to talk. The two then started to exchange shoves before spectators broke it up. Drake later apologized to Fancher and offered to buy him a new shirt.

McCoy defeated Thomas in the other quarterfinal, 17-21, 21-15, 11-1. McCoy, making some incredible gets, drove out to an 8-0 lead in the tiebreaker and coasted home. Following the match, Thomas went into the men's locker room and put his fist into a mirror. His hand escaped without any bruises. The mirror was shattered. Again, the NRC did not levy a fine.



Photos by Sheila Cunningham

Scott Hawkins was kept off-balance often by Hogan in their quarterfinal match won by Hogan in a tiebreaker. Hawkins is the only person to take a game off Hogan in the last three Nationals.



It's Hogan Again . . . For the Fourth Straight Time



Photos by David M. King and Sheila Cunningham

Don Thomas goes to the ground to get shot in his quarterfinal loss to McCoy (top) while Hogan (bottom left) leans in for a shot against Hawkins and Gregg Peck goes off the ground for his point against Yellen (right) in other quarterfinal play.





In the other half of the draw, Hogan defeated Scott Hawkins, 21-8, 18-21, 11-2. It was the only time Hogan had lost a game in the past three Nationals. On his way to a spot in the semis, Hogan also defeated Dan Factor and David Fleetwood. Hogan's semifinal opponent was Mike Yellen, who defeated Gregg Peck, 21-8, 21-8, in the quarters.

Hogan had defeated Yellen in the finals of the 1979 and 1980 Nationals and would have probably faced him in the '81 event had they been on opposite sides of the draw. But Yellen was seeded fourth (behind Dave Peck and Hilecher) and played into Hogan.

Yellen, known primarily as a control player, decided to try and beat Hogan at his own game—power, and he came out shooting. He led 14-7 before Hogan knotted things at 16. The two were also tied at 17 before Hogan scored the next four points to win the first

McCoy ended it at 21-6.

Harnett, who had played well in defeating Hilecher and Strandemo, was leaving his shots up, and McCoy, who covers center court like a blanket, was right there to put those shots away.

"Coming in to this tournament I wasn't playing that well," said McCoy. "I wasn't sure if my shots were on. But when I play somebody who's good, I get pushed to play better. The win over Peck gave me momentum but it took it away also because it was such a draining match. If I hadn't kept my concentration against Thomas I would have lost."

"I was up for this one (Harnett). I'm one of those guys who plays better once he gets further into a tournament," said McCoy.

Going into his match with Hogan, McCoy said, "I will be more nervous than I have ever been before. I've never won an NRC tournament. But I'm glad I am playing Hogan. If I win this tournament, I'd like to take it away from Marty."

Hogan was the first to admit that McCoy was the star of the show. "He's the story here," said Marty. "Everybody knows he had the potential. He finally showed people what he could do."

"I'm not taking this match lightly. It will be just like playing Yellen or Peck in the finals. I'm playing the week's best player. But I'll tell you this. He'll have to play well above his head to beat me."

And he didn't. The Craig McCoy that surprised everybody the entire week was not the Craig McCoy people watched in the finals. Hogan was never in any serious trouble.

The score was tied at 3-3 early in the first game before Hogan drove out to a 15-5 lead. At 20-9 he scored an ace on a Z serve to the backhand to take the first game. Time: 20 minutes.

McCoy led 6-3 in the second game but Hogan scored the next six points to lead 9-6.



Steve Strandemo and Bret Harnett (with headband) played one of the most exciting matches of the week-long tournament and even though Strandemo had something to cheer about (below) by winning the second game, it was Harnett who won the deciding quarterfinal tiebreaker, 11-9.

But despite the shenanigans of Peck, Drake and Thomas, McCoy was clearly the story of the tournament. He had not made it past the quarterfinals of any pro stop of the season and now here he was beating higher-ranked players.

"Two weeks before the Nationals I played somebody in a small tournament whom I was really mad at," said McCoy. "I went in the court mad and I beat him and won the tournament. I just figured to myself that this is the way I can play if I want to."

McCoy has never been one to express his emotions on the court. He never argues with the refs. He rarely even tries to psych himself up. He's the Tom Landry of racquetball. This tournament was different. He motivated himself. When he missed a shot, he would shake his fist and yell at himself to psych up for the next rally.

"Instead of being lazy like in the past, I knew I could go three games hard if I had to," said McCoy. "In the past I wasn't psyched up to play."

game. Hogan had a 12-7 lead in the second game before Yellen went ahead 14-13. Hogan then went ahead 18-14 and won 21-16.

"He (Yellen) surprised me by playing my game at such a high intensity level," said Hogan afterwards. "It was the best I've seen him play in a long time. But I knew to expect a tough match. Mike always gets up for this tournament. He was beating me in the ground for a while there. I had to put the pressure on him, play a level above him, in order to tell him he can't beat me at my own game."

McCoy, an underdog to the fired-up Harnett, again showed superb play. His front-court game, thanks to his size and reach, was exceptional. He covered everything around the short-line area and scored many of his points on rekills.

McCoy never trailed in the first game, driving out to a 12-7 lead. Harnett closed the gap at 15-14 but McCoy scored the next six points to win. Harnett led 2-0 in the second game but McCoy scored nine straight to lead 9-2. At 18-4, it was only a matter of time, and





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McCoy cut it to 10-9 but it was all Hogan after that. He led 17-11 and 20-12 and again won on a Z serve ace to the backhand. Time: 35 minutes.

It had been Hogan's plan to keep McCoy deep, knowing that Craig is at his best in front court. Hogan was effective at this, although at times McCoy made some fantastic gets and let loose with some rekill shots that had the crowds stunned.

McCoy was having trouble with Z serves and his timing in general seemed off on cutoff shots and rekills, something that didn't

happen in matches against Peck, Thomas and Harnett.

"I really didn't get going," said McCoy. "I missed a lot of shots against him that I didn't miss against the others. But he hits the ball so damn hard. Overall I can't complain. I had a great tournament."

"I was in full control," said Hogan. "The game was played at a pace which never let him get hot. I was handcuffing him back there (off the Z serves). He wanted to go for winners all the time. On a couple of rallies he hit tough shots. I don't know where he got them from.

It's Hogan Again...

But if he got to three of them, I knew I could always put the fourth one away."

Hogan also credits his victory to the fact he

 **arizona athletic club**



(Top) Back court action from Yellen-Peck quarterfinal match. (Bottom) Dave Peck appeals shot against McCoy in second round match won surprisingly by McCoy.



Photos by David M. King, Sheila Cunningham and Milo Muslin

didn't play in the El Paso pro stop a few weeks prior to the Nationals. He decided to skip it in favor of practice in San Diego.

"I beat Yellen in the finals of the Ektelon-Perrier and Peck in the finals of the Coors. It established my dominance over them," said Hogan. "If I had played in El Paso, it would have given them another chance to redeem their game against me."

Hogan did not lose a match in the calendar year 1981.

The men's amateur finals was won by Ed Andrews over Gregg Peck, 21-19, 13-21, 11-

For the Fourth Straight Time

6. Peck had a 5-3 lead in the tiebreaker before Andrews came back to win it. To advance in the finals, Andrews defeated Jeff Kwartler, 21-9, 21-9, and Peck topped Ruben Gonzales, 21-12, 21-14.

There was some controversy as to whether

Andrews and Peck should even have been playing in the "amateur" finals. Andrews has won a car, motorcycle and well over \$1,000 in amateur tournaments this past year. Peck's case is even more alarming. He has played on the pro tour the entire season, even beating

Hogan once while maintaining a ranking of 20th. But he did not "accept" any prize money, choosing instead to have it placed in a trust fund for college. Peck's trust fund has over \$2,000 in it.

The women's amateur title was won by Liz Alvarado of Odessa, Tex. who defeated former United States squash champion Barbara Maltby, 21-16, 21-17. Maltby, who calls Philadelphia home, also lost in the finals of the WPR Nationals.

AND WHAT'S MORE: Bret Harnett and Gregg Peck were given awards by the NRC as rookies of the year. John Eggerman won the sportsmanship award and Rich Wagner was named comeback player of the year. The Arizona Athletic Club was given a special award by the United States Racquetball Association. ... Catalina will be sponsoring a seven-stop pro tour beginning in the fall that will have invitational pro events in Los Angeles, Detroit, Chicago, Memphis, Honolulu, Boston and the finals in New Jersey. *Racquetball Illustrated* will carry a story next month on the new tour—a controversial issue to some players. The Leach Nationals will probably be held in New York City next June. ... Peck on his loss to McCoy: "It was a surprise to me that I lost. I played okay. But in this type of tournament, if you only play okay, you lose." Hogan on McCoy: "Nobody knew his name last week. This is definitely the turning point in his career."



Ed Andrews (right) asks the ref to call two bounces on a Gregg Peck shot in finals of amateur competition. Andrews won in a tiebreaker.

PRO RESULTS:

First Round

Hogan def. Factor, 21-7, 21-15; Fleetwood def. Bolan, 21-9, 21-11; Cohen def. Morrow, 21-11, 21-6; Hawkins def. Brumfield, 21-6, 17-21, 11-4; Myers def. Mondry, 21-13, 21-11; G. Peck def. Meyers, 21-18, 21-13; Dunlap def. Koltun, 14-21, 21-19, 11-7; Yellen def. Mathews, 21-15, 21-16; Hilecher def. Kamalu, 21-16, 21-8; Harnett def. Bledsoe, 21-13, 21-18; Strandemo def. Levine, 21-12, 21-17; Eggerman def. McDowell, 21-3, 21-12; Wagner def. Price, 21-9, 21-15; Thomas def. Wickham, 21-19, 21-13; McCoy def. Merritt, 21-5, 21-13; D. Peck def. Berberet, 21-11, 21-12.

Second Round

(losers receive \$1,500)

Hogan def. Fleetwood, 21-5, 21-11; Hawkins def. Cohen, 9-21, 21-18, 11-7; G. Peck def. Myers, 21-16, 11-21, 11-9; Yellen def. Dunlap, 21-8, 21-8; Harnett def. Hilecher, 11-21, 21-14, 11-3; Strandemo def. Eggerman, 21-5, 21-11; Thomas def. Wagner, 14-21, 21-15, 11-6; McCoy def. D. Peck, 21-13, 17-21, 11-8.

Quarterfinals

(losers receive \$3,000)

McCoy def. Thomas, 17-21, 21-15, 11-1; Yellen def. G. Peck, 21-8, 21-8; Hogan def. Hawkins, 21-8, 18-21, 11-2; Harnett def. Strandemo, 21-11, 10-21, 11-9.

Semifinals

(losers receive \$5,000)

Hogan def. Yellen, 21-17, 21-16; McCoy def. Harnett, 21-14, 21-6.

Finals

Hogan (\$25,000) def. McCoy (\$10,000), 21-9, 21-12.

AMATEUR RESULTS:

MEN

Open Singles

Ed Andrews def. Gregg Peck, 21-19, 13-21, 11-6.

Open Doubles

Garrigus-Fleming def. Factor-Merritt, 21-14, 13-21, 11-9.

30+ Singles

Paul Darnell def. Gary Lusk, 21-17, 21-9.

35+ Singles

Jay Schwartz def. Ed Remen, 21-18, 21-16.

40+ Singles

Charles Garfinkel def. Frank Lowe, 21-9, 21-8.

45+ Singles

Myron Rodrick def. Don Clark, 21-10, 21-4.

50+ Singles

Frank Leydens def. Bob Troyer, 21-19, 21-14.

55+ Singles

Fred Zitzer def. Robert Fraser, 21-14, 21-16.

60+ Singles

Luzell Wilde def. Bruce Kelly, 21-2, 21-9.

Veteran Doubles

Romano-Lusk def. Withrow-Lowe, 21-18, 21-8.

Senior Doubles

Starkman-Carson def. Remen-Saperstein, 21-5, 17-21, 11-7.

Masters Doubles

Rodrick-Muehleisen def. Mooney-Leydens, 21-4, 21-4.

Golden Masters Doubles

Skelton-Morrow def. Deeds-Loveday, 19-21, 21-18, 11-7.

WOMEN

Open Singles

Liz Alvarado def. Barbara Maltby, 21-16, 21-17.

Open Doubles

Alvarado-Young def. Faulkenberry-Ferguson, 21-11, 21-8.

Veteran Singles (Round Robin)

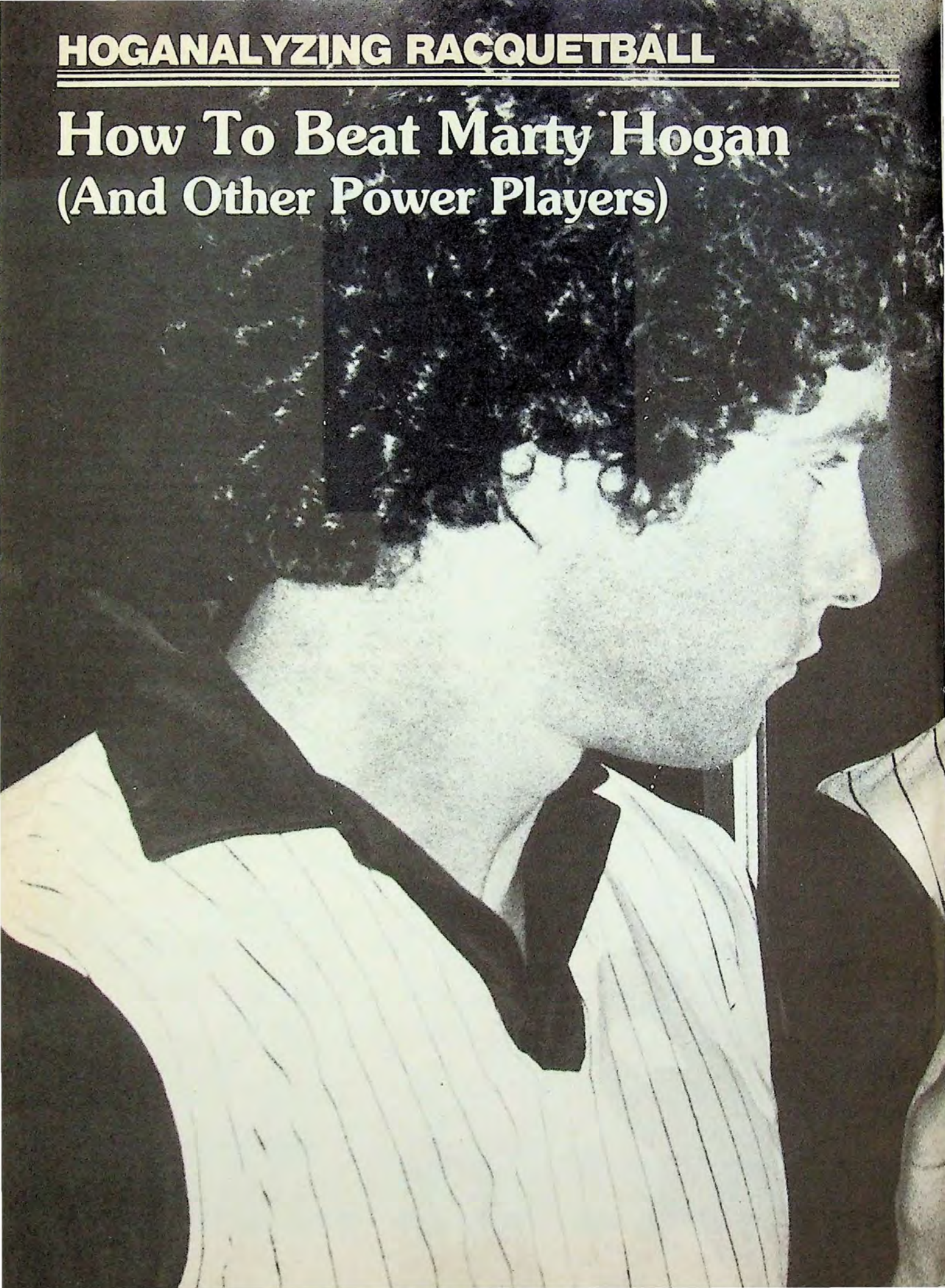
Gerri McDonald (1st), Sue Graham (second)

Senior Singles

Linda Siau def. Donna Meger, 21-19, 21-20.

HOGANALYZING RACQUETBALL

How To Beat Marty Hogan (And Other Power Players)





How To Beat Marty Hogan

By Marty Hogan

It's clear that the ranks of power game zealots are swelling. Look at the top tournament finishers, and you'll see more and more power game followers. So how are you going to stay in the race? How are you going to beat the power player? How are you going to beat me?

What is the Power Game?

In order to win, you'll have to know what you're up against. What is the power game? As the founder and head disciple of the serve and shoot style of play, the name Marty Hogan has become synonymous with the phrase "power game." But in truth, the words "power game" are misleading because the image that these words project is undisciplined, unthinking ball blasting. Nothing can be further from the truth. A better term for my style is "power based" racquetball. But since very few people use that phrase, I'll drop the word "based."

One of my friends said that creativity is the ability to recognize new relationships between old ideas. I created power racquetball at the St. Louis J.C.C.A. (Jewish Community Centers Association) during a time when the rest of the world was following the pied piper of the "control game." But this is the first point I want to make: The world is always changing, everything's relative, and you have to keep adapting and look for new relationships, new ideas. That's the thrill of racquetball. Maybe you'll even find the next new game style.

But make no mistake, when I first started playing, I didn't go up into the mountains, meditate for 10 days, and come back with power racquetball. I didn't start with a grand plan. I discovered it through long hours of experimentation. I started as a ball blaster, but my game has evolved and matured. Those opponents who don't understand how far my game has progressed will never beat me.

Power racquetball in simple terms is a strategy which uses power as the primary element in winning points, games and matches. This is in contrast to a control strategy in which power is secondary to accuracy and shot selection. The difference is one of emphasis and not one of elements. Your chances of winning diminishes if you don't understand the relationship of the elements and instead over-emphasize one element at the expense of the other elements.

The elements of winning racquetball fall into two classes: tangible and intangible. Intangible elements are desire, heart, organization, perception, creativity, inner strength, etc. That's all I'll say about intangible elements because you can't teach those elements. You either have them or you don't. The tangible elements are power, accuracy (control), endurance, court coverage, and shot selection. The power strategy emphasizes

these elements in the order shown in Figure 1. Control strategy is based on the ranking shown in Figure 2.



Figure 1—The Power Game



Figure 2—The Control Game

The premises of power racquetball: 1. Each shot can be less accurate because a mishit can still be missed by the opposition. 2. Shot selection is less critical because the opposition can't effectively counter a ball moving at high speed. 3. Less court space needs to be covered because the ball speed limits most contact points to the back court. 4. Rallies are short. In oversimplified terms, "hit the ball hard enough and you'll have to worry less about everything else." So the central question that the power player has to answer is "How hard is hard enough?"

That's power racquetball in a nut shell. But let me emphasize that the central question is relative to the opposition. And that's why no one can continually over-emphasize one element and still win.

Classical Methods

There is no debate on how to win a point: Kill the ball before the opposition does. Even the control player adheres to this rule. For example, Steve Keeley used to always say, "Shoot, then pass, and if you really have to, go to the ceiling." The ongoing debate is over how to get into a situation where the risk of shooting the ball makes the choice worthwhile.

When a control player plays a power player, he's hoping that the power player will: 1. Get arm fatigue before the end of the match, 2. get frustrated by a slow pace and high balls, 3. have a long cold spell, or 4. take bad shots. That's why a control player goes to the ceiling, moves the ball side to side, uses slow high serves, and likes to play with a dead ball.

This archaic strategy still works at the local level. It's a work of art to see a control player slowly pick apart a power player and reduce him to a beaten, frustrated ball blaster. The control player uses time outs, the wet floor

ploy, and the "would you say the score again" trick along with pinpoint passing shots to reduce the effectiveness of the power player. Then, when the time is right, he turns up the knob on his shooting machine and the points start rolling in.

At first glance, the control strategy looks foolproof because there's no pressure to be always "on." Just do your road work and wait for the opposition to give you the game. If your execution is off, win by attrition.

But the game has changed. The basic assumptions of the classic control game are weak at the local level of play and flat out wrong at the top levels of play. The power player at the top is so accurate, quick, and strong now that the classic control game has evolved into control with power in reserve. Everyone at the top has to be able to blow the ball by the opposition when the situation dictates. It may be a work of art when a control player picks apart a power player, but it's awesome when a power player blows out a control player.

So in order to beat the power player, the control player has to predict how successful his classic control strategy will be. The prediction depends in part on the degree to which the power player has developed the five tangible elements of winning racquetball relative to those of the control player. It also depends on the situation (e.g. is the ball slow or fast?). If the control player's prediction comes out negative, there's only one answer left for him: serve and shoot, and pray for a lucky day.

Beating Marty Hogan

The preceding discussion is just a framework for beating the power game. To beat me, you have to beat a person who hits the ball at least 20 percent harder, is more accurate, can hit an offensive shot from anywhere on the court on a dead run, and is stronger than any other player. In short, I have the most awesome arsenal of shots anyone has ever seen and I will scratch and claw for every point if I have to.

And beating me once doesn't mean you've found the long, sought after secret. It's been said that the test of a person is how he handles a loss. I'm going to lose some matches, but each time, I'll come back stronger and more determined to win. I'll adapt. I'll do what it takes to win.

Look at the record and you'll see that there's only one type of player who has even come close to consistently threatening me. He's the player who can stand toe-to-toe with me, slug it out, and get up again when he gets knocked down.

Right now there's only one way to beat the power game at the top levels of play and only one way to beat Marty Hogan: light fire with fire. I'll give you a bit of advice. Learn the power game. It's going to be around for a long time. It's going to be around long after Marty Hogan.

How The Others Beat Marty Hogan...Once In A While

DAVE PECK



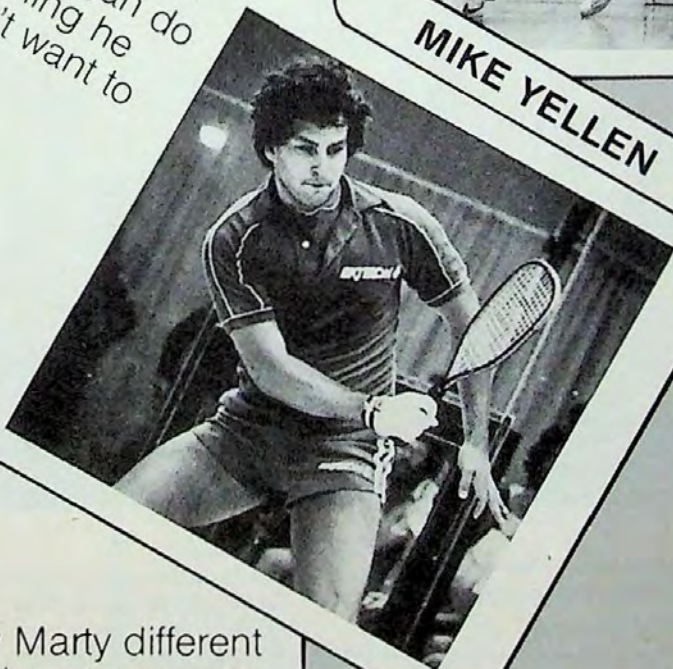
"Hogan makes a ton of mistakes. The secret is to capitalize on every chance you get."

JERRY HILECHER



"You have to make Hogan do something he doesn't want to do."

MIKE YELLEN

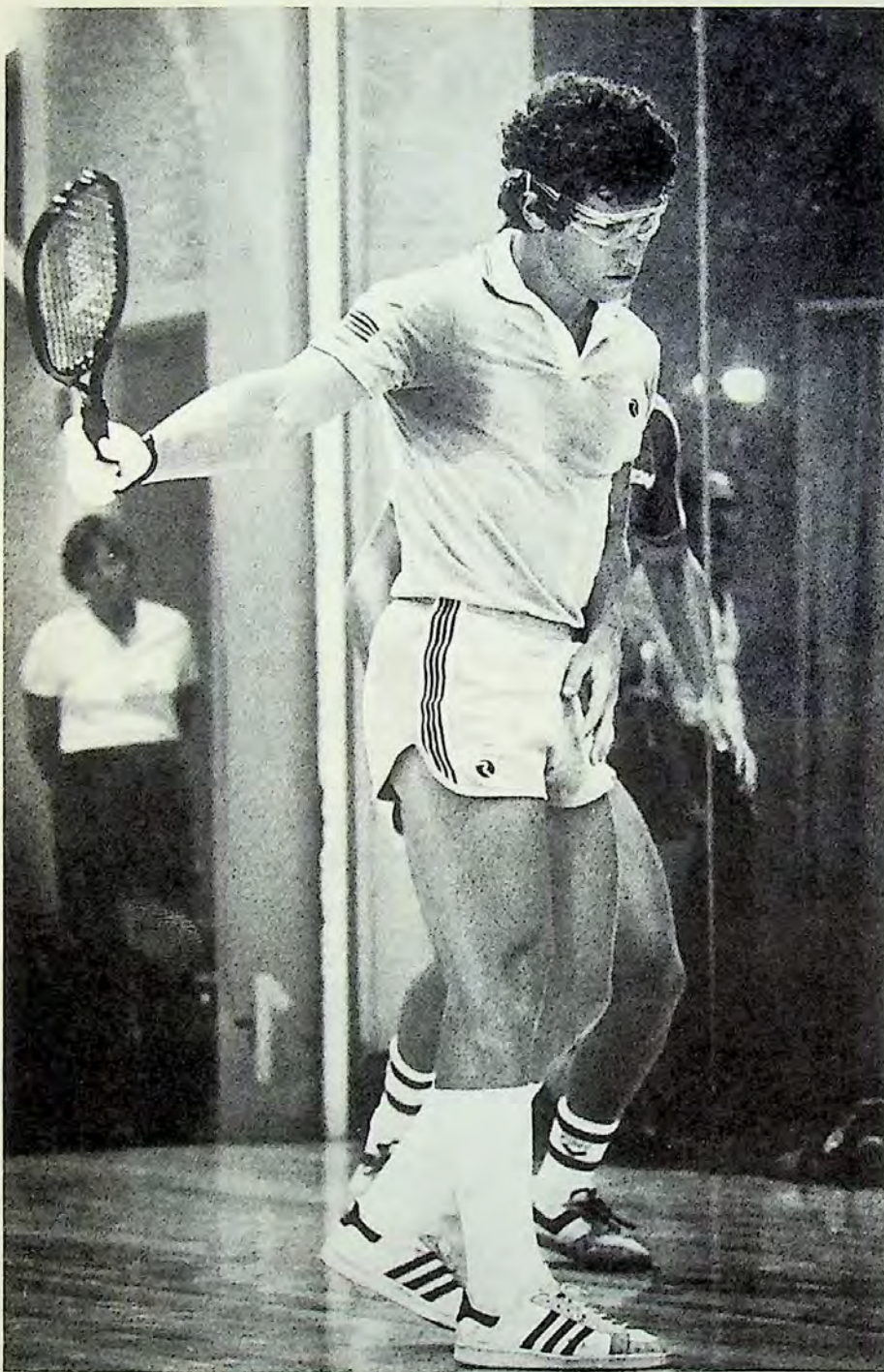


DAVEY BLEDSOE



"I play Marty different from almost everyone else."

How The Others Beat Marty Hogan



**By Armen Keteyian
and Jay Rocky**

One top player suggested taking this story idea and filling a balloon with it. Hot air was all it was.

He's probably right.

Researching a story on how to defeat Marty Hogan in racquetball qualifies as an infinite exercise in futility. Planning an escape from Devil's Island? Trying to outdo an IRS tax audit? Beating Hogan is pretty much the same. Most times you lose.

As anyone worth his weight in racquets knows, Hogan is the King of Swing in racquetball. In 52 pro tournaments spanning five years, Hogan has captured, get this, 42 for an eye-popping .823 percentage. That includes four straight national titles.

Dominating is the word most often used to describe Hogan. It's a good word. So are master, ruler, superior and any other adjectives that describe his scintillating style.

You've also heard how he barely breaks a sweat until the semis in most pro stops. You've heard how when he's on, really on, nobody in the world can touch him. True, all of

it true.

Yet fortunately, for the good of the game (fan interest and all that) and other players' pocketbooks, Hogan, alas, has proved himself human... on occasion. Sometimes, he loses, and a Dave Peck or a Mike Yellen slips in as champion.

But it hasn't happened often.

Since turning pro, Hogan has lost to the likes of Davey Bledsoe and Charlie Brumfield early in his career, and to Dave and Gregg Peck, Mike Yellen and Jerry Hilecher more recently. The only two who have shown the consistent strength to challenge Hogan have been Dave Peck and Yellen, and neither says he can turn the trick today on a moment's notice. Maybe once a month. Or two.

This season, primarily thanks to the work of Peck and Yellen, there were whispers that Hogan was slipping. Hilecher had scored a semifinal upset to open the season in Los Angeles. Gregg Peck followed the next month with a once-in-a-season (lifetime?) surprise in the quarters in Omaha. Then brother Dave ousted Marty in the finals in Chicago. Some figured Hogan's hour was near. Figure again.

Hogan won every event he played in since the Memphis pro stop in December 1980. Seven in a row, counting the Nationals.

All this talk does is take us back to the burning question, one answered honestly and with thought by Dave Peck, Yellen, Hilecher, Bledsoe and up-and-coming John Eggerman: "How in the heck do you beat Hogan, anyway?"

"It's not reality, it's just talk," says Yellen. "Most players have never beaten Marty and they never will. They might tell you how to beat him, how ideally it might be done. But when he's controlling the game, when he's on, there's nobody in the world who can beat him."

Is there any hope at all?

"By no means is Marty Hogan invincible," assures Peck. "He makes a ton of mistakes. The secret is to capitalize on every chance you get. He won't give you any second chances."

The consensus seems to be that Hogan is quick, powerful and can be very intimidating. To control the above, an opponent must either play with power or, more rationally, try to keep him off balance.

Bledsoe, who says he has beaten Hogan five times including the finals of the 1977 Nationals, is enrolled in the power-beats-power school. He's the only student.

"I play Marty different from almost everyone else," says Bledsoe. "I use a one-two punch with my serve, meaning I try to give him two-wall serves that angle into his body and jam him." Bledsoe believes Hogan is vulnerable to the forehand side. "His movement to the right is incorrect," says Davey. "He takes steps in a way that leaves his body open." Therefore, Bledsoe suggests use of high lobs or Zs to the forehand or power Zs that pop

into him, forcing him to take ceiling shots.

So much for power. The rest of the players seem to favor slowing down Hogan's vaunted serve-and-shoot game, avoiding those famous Hogan runs,—the you're-ahead-7-1-then-suddenly-behind-15-7 sequences that appear connected to Hogan's hair-trigger emotional changes.

Acutely aware of this ability to blast him out of the park, Hilecher says he's "much more successful against Marty when we play at a slower pace—ceiling balls, soft kills and passes.

"The only problem with that," added Jerry, "is that you can't play that way all the time. It's harder to hit soft kills, to take something off your shots."

Egerman is of the same slow-the-game-down disposition. His only match against Hogan was a thrilling three-game loss in Hawaii this year. His strategy is to keep the game going.

"To keep him rallying makes him a bit less effective," says the 18-year-old native of Boise, Ida. "Instead of his serve, my return, and his kill, I try to go for eight and 12-shot rallies. I figure the more shots he hits, the better the chance for error, hopefully his."

Peck is of the posture that to beat Hogan you have to keep him off balance and moving, a la Egerman. "Shoot high and keep the ball out of his power zone," explains Peck. "Marty can execute a kill shot from anywhere on the court, but if the ball is high he has less of a chance of executing it correctly..."

Still, Hogan is Hogan. As Peck laments: you have to capitalize on every chance you get. He won't give you too many chances to kill the ball, so it is vital that you execute the proper shot in that particular situation."

But what shot? In what situation? Hogan's pressure-power game leaves little time for mind over matter. When Hogan starts snarling and the veins begin bulging out of his neck, the temptation is to blast right back at him. That's usually when the tide begins to turn in Marty's favor.

"In critical situations," says Peck, in something of an understatement, "Marty's intensity, concentration and execution are better than most (read all) other players. You must not miss a chance to score on him in these situations and you can't make mistakes of your own. If you do, you're buried."

Having risen from these ashes only once in five years, Hilecher thinks Hogan's power and quickness forces players out of their pattern of play.

"He doesn't have to set up like most players to blast the ball," says Hilecher. "He has that ability to get to the shot quick and hit it hard."

"As soon as you stray away from playing him in a slower game and go with power, you increase your chances of losing. You just can't slug it out with him. You don't have the time to set up and he doesn't need the time. That's his biggest advantage."

Advantage number two, the one only Yellen described in detail, is psychological. Hogan's unmistakable mystique, his ability to turn on

his game—and a crowd—with the flick of one well placed shot. Yet Yellen, Mr. Cool on the court, said his success stems from his ability to black everything out and concentrate on the game, not the fact that Hogan is king.

"I never play the man," insists Yellen. "I change my pace only in relation to what my opponent is doing. It's irrelevant to me that I'm playing Marty Hogan. I concentrate on what's going on in the court, not with the man."

Yellen stresses that the top players are rated where they are because they can function in almost any situation. They are adaptable, a simple yet elusive quality in racquetball.

"It's not that players can't beat me or Marty," says Yellen, "but sometimes I watch matches and can't believe what I see: two players slugging it out, neither changing a thing. You can only go so far with that type of strategy."

"My feeling with Marty—as it is with everyone else—is to make him do something he doesn't want to do. If a guy is doing a foxtrot, I do the two-step. Because when you get into his rhythm, you better believe he'll dance you right out of the studio."

Since turning pro at 18, Marty Hogan has rarely missed that last dance. Oh, his partners have changed over the years from Brumfield, to Steve Strandemo, to Bledsoe, and now to Yellen and Peck. One day, Hogan himself will ignore the music and walk away from it all. Until then, however, he'll continue to lead. His followers can only wait. And practice.



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SAM HUNNICUTT

Cartoon by Sam Hunnicutt

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THE DROP DEAD SHOT AND FRONT WALL TRAP

By Victor I. Spear

Editor's note: This is reprinted from How To Win At Racquetball by Victor I. Spear, M.D., Camelot Towers, Rockford, Ill. 1976.

The drop shot is designed to "drop dead" very quickly after a soft tap to a low point on the front wall. It is an offensive shot that once enjoyed prominence in the "old dead ball days."

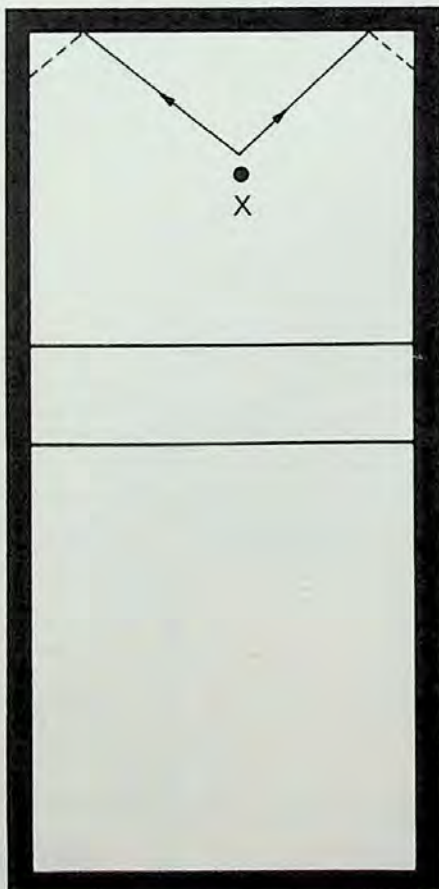
Since the live ball became prevalent, this shot has been rendered almost obsolete. It is virtually impossible to hit a winner with this shot from the back court, or even mid-court unless the other player has fallen into a coma, so don't try it.

There are only two situations in which the drop shot is not only useful, but may be the shot of choice:

1. When you are charging forward, and are barely able to retrieve a kill shot attempt just before it hits the floor for the second time, a quick-flick drop shot to the near corner is preferred. You are almost forced to go for a front court winner in a position like this, because you are so far out of the play. Anything your opponent is able to get his racquet on would probably beat you on the next shot.
2. On a shot rebounding off the back wall (usually a ceiling shot that missed the ceiling) far into the front court, run with the ball as it goes forward. Wait until the ball drops to knee level or below, and then take your choice. If the opponent follows you up there, pass him. If he hangs back for the passing shot, hit the drop shot. But never attempt the drop shot from above the knee. It is much too difficult to execute properly from that height. If the ball stays above the knee as you near the front wall, you have entered a new situation, the front

wall trap. Instead of having a setup, you become the victim of a setup. Never hit the drop shot from that position. Instead, go to the ceiling, and pray a lot.

Notice the similarities in the above situations. In both, you are being forced to make a shot in the front court, at least half way to the front wall. In both, you are moving forward as you hit the ball. The most common error in executing this shot is to hit it too hard and too high. This results from a failure to take into account the forward momentum of your charge, which adds force to the shot not being supplied by the stroke. It should be no more than a tap, with little or no wrist action.



On a drop shot on the run, you will want to flick the ball toward the corners. Make sure the ball is below your knees when you hit it.

Front Wall Trap

When your opponent misses the ceiling on an attempted ceiling shot, the usual result is an easy setup near the service area after the ball rebounds off the back wall. You will have several options to hit as winners, but don't be overconfident.

Be on the alert for a trap.

If the rebound carries too strongly so as to drive you all the way up to the front wall, the entire situation may be reversed, and your opponent will end up with the setup.

The critical difference is the height of the ball as you follow it forward. If it drops low enough to allow you the options of a drop shot, kill shot or passing shot, your opponent has no chance. He must commit himself, and you can hit any of the three for a winner. But if the ball is still coming in high (above the knee) by the time you get near the front wall, the drop shot and kill shot have been nullified, and he knows it. All he has to do is to protect himself against the passing shot, and burn you on the next one. You are hopelessly out of position.

There is only one answer to the front wall trap. That is to recognize that your potentially offensive opportunity has been transformed to a defensive struggle for survival. Forget about your offensive options and go to the ceiling, and then run for your life to get back to center court. Sound familiar? It's a throwback to the basic strategy: If you can't hit a dead winner, hit a good defensive shot. Never attempt a drop shot on a ball you have to strike above the knee. Never hit a passing shot when you are out of position, and it is clear to your opponent that it can't be anything else. You simply have no good offensive choices in this dilemma. Incidentally, this ceiling shot must be hit in reverse order. The ball should hit the front wall first and then the ceiling, which will become painfully obvious the first time you try to do it the other way from that position.



THE OUTDOOR-INDOOR SERVE

By Lynn Adams
With Carole C. George

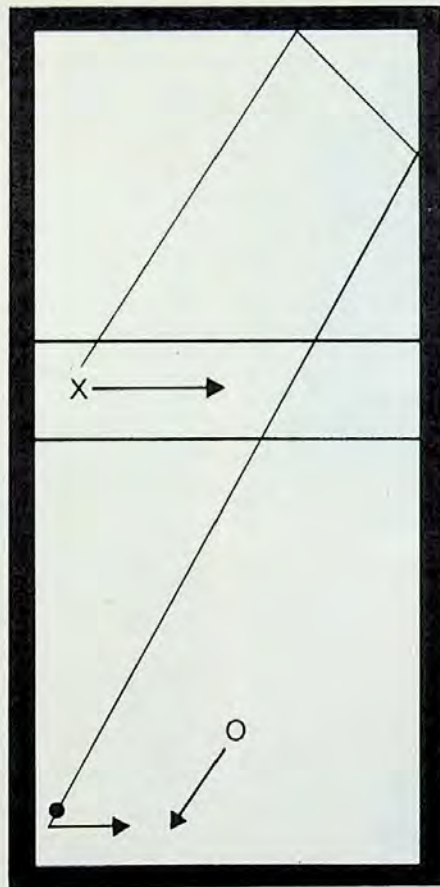
Because racquetball is still relatively young, most of the racquetball pros started out in other sports. Each of us has brought our own background to racquetball and helped add variety to the strokes and strategy of the game. For example, Heather McKay's background in squash is evident in her excellent court savvy and precision passing. Peggy Steding's previous experience in tennis helped introduce the overhead smash to racquetball.

Originally I started in outdoor racquetball. The equipment is the same and the rules are similar, but in many ways it's quite different from four-wall racquetball and your strategy must change accordingly. The concrete three-wall courts have dimensions measuring 23 by 46 feet, and you can actually run even farther to return a shot because the ball can travel outside those limits. In outdoor courts the majority of balls are hit above the waist, a factor which further affects your game plan.

When I made the transition to indoor racquetball, I had to make major changes in my game, even in basics like the grip. This initially was a disadvantage. Overall, however, my three-wall background is an advantage because I can combine outdoor shots such as fly kills, cutting the ball off, short hopping the ball, and overheads with the standard indoor shots. Although this gave me the reputation of being an aggressive player, my style is actually a result of playing on three-wall courts where, because there is no back wall, you don't get a second chance to hit the ball.

One of the most effective serves in outdoor racquetball is the overhead, out-the-door serve. The first part of the name is self-explanatory: you bounce the ball high enough so that you can contact it above your head. The second part, "out-the-door," is a three-wall expression meaning the ball bounces within the boundaries, but angles outside in order to force your opponent to really move for the ball.

In indoor racquetball this serve is not one of the most effective. Once the receiver becomes familiar with this serve it loses its effectiveness. But because very few indoor players have experience hitting the ball above



In indoor racquetball, the overhead "Z" is hit about four to five feet from the side wall, so that it will end up in deep court. The server then moves to center court to avoid getting hit by the return.

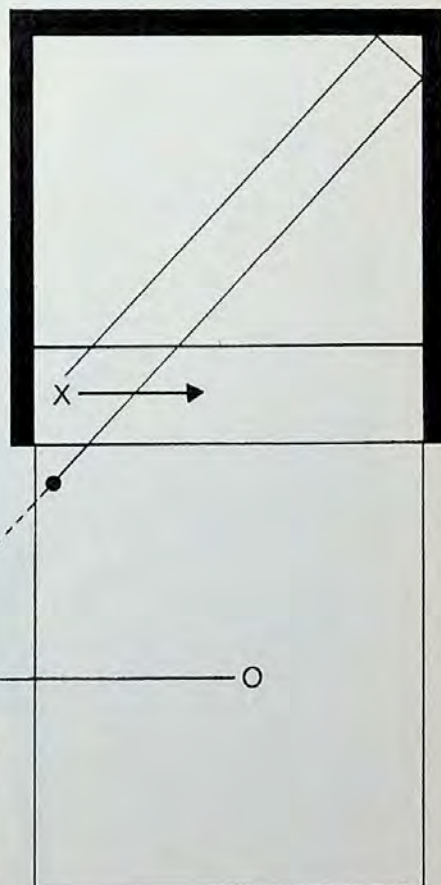
the shoulders, except to go to the ceiling, it's a difficult serve for them to execute. Therefore, it's extremely obscure and becomes a great off-pace or surprise serve.

The overhead serve is hit like a tennis serve, except that you want to hit the ball with a flat racquet face for maximum power, rather than slicing it. In racquetball, of course, the rules don't allow you to toss the ball in the air and hit it before it bounces. However, you wouldn't

want to do that anyway, as the ball would be too hard to control and there is not really enough time to step into the serve.

The overhead "Z" also differs mechanically from the conventional "Z." In the overhead style, you bounce the ball higher and hit with the racquet head perpendicular to the floor, rather than parallel. This puts more speed and spin on the ball, making it extremely difficult for the receiver to do anything offensive with it.

Because of the angle of the shot, it must be hit from the far left side of the service area by right-handers and the far right side by left-handers. The ball is bounced an arm's length



In outdoor racquetball, the overhead "Z" is hit more sharply so that it goes "out the door" (outside the court). The receiver has to make a run for it.

INSTRUCTION



Photos by Carole C. George

Adams demonstrates her outdoor-indoor serve. The ball is dropped high and out in front so that it rebounds over her head. The racquet head is dropped behind the back to develop more power. As the ball drops, she begins her swing, leading with her elbow. The ball is hit in front of the body as you step into it.

in front of you so that you step towards the front wall as you would for a conventional serve. Getting the proper height on the ball takes practice. You want to contact it above the head just as the ball begins to descend.

The stroke resembles a hammering motion. Be sure to hit that imaginary nail squarely on the head. The point on the front wall for which you aim will vary depending on how much power you have, but I usually hit about a third of the way up from the floor and approximately four feet in from the side wall.

The closer the "Z" ball bounces to the back wall, the harder it is to return. This is even more true of the overhead "Z." With the added spin and speed the ball jumps high and hard off the side wall and angles right into the receiver's chest. As I said before, most indoor players have a hard time hitting anything at that height, which is somewhere between a ceiling ball and a drive.

Even though the serve is hit and returned from the same side, you should not get hit by the return. As the ball is too high for the receiver to rush up and cut it off, by the time the ball reaches the back court you should

have repositioned yourself in center court.

I use the overhead "Z" serve only in certain situations. For example, in a local California tournament this year I was playing an uncomfortably close match. The score was tied at 16 when I decided to throw in the overhead out-the-door "Z" serve. It worked so well on this particular player that I kept with it for five straight serves and won the match.

Even though I wouldn't recommend using it all the time, the overhead "Z" is most effective against a slow player. Since indoor players aren't familiar with this technique, they'll probably get faked out by the bounce. Unless they move their feet quickly they'll be lucky to hit a weak return. Because the ball is moving with such speed, the receiver must move quickly also.

When I use this serve, I always hope that my opponent will try an offensive shot for the return. This tactic rarely works, and usually results in giving me a set-up instead. When the spinning ball hits the side wall it practically comes straight down. This makes it very difficult for the receiver to get a full swing on the ball before it bounces twice or cramps

the player into the back wall.

As the receiver I very rarely see this serve. Vicki Panzeri is probably the only other pro tour regular who uses it. When Panzeri does try this one against me it's not very effective. As I already know what the ball's going to do, I'm ready to get behind it, step in, and hit it flat to prevent the spin from misguiding my shot. Ceiling balls and around-the-wall balls are usually the only serve returns that work against the overhead "Z."

If your opponent does start catching on and is successful in returning to the ceiling, it's time to be deceptive. Just because you bounce the ball high doesn't mean you have to hit it when it's still shoulder high or higher. So sometimes I'll bounce the ball high and let it drop to hit a hard, low drive serve to either side. Since I'm right-handed I stand a little bit in from the left side wall when I prepare for this serve. Although the overhead "Z" should work against a slower player most of the time, a quicker player will start to step over to the left in anticipation. Therefore a quick drive to the right will be most effective in catching your opponent by surprise.

R

Cartoon by Tony Saltzman



"I realize you have to study your opponent before serving. But others are waiting for the court."

REGRIPPING THE GRIP

By Davey Bledsoe

The basic purpose of the grip is to control the racquet. The grip should make the racquet feel like a natural extension of the arm and insure that the racquet face will be in proper position when contact is made with the ball, that is, square to the intended line of flight of the ball. It is necessary to design the stroke and the grip to work together, so that you can generate maximum power and still maintain control.

Because of the physical differences in executing the forehand and backhand strokes, the grip will also differ, and the player must learn proper regripping procedures. For the backhand stroke, regrip from the forehand grip position to the left. This will keep the racquet face from opening up too soon on the backhand side and cause the ball to lift or come off the racquet at an ineffective angle. The term "regrip" is more accurate than "rotate," which is the traditional term, as rotate suggests that one must turn the racquet in the hand. This is not what takes place.

Forehand Grip

For the forehand grip, grasp the racquet handle as if you were shaking hands. The butt of the racquet rests on the heel of the hand, and the handle extends diagonally across the palm to the base of the index finger. The further up the racquet handle you place your hand, the more control you're going to have, but the less power you will generate. The power is reduced because you have cut down on the length of your power-producing shaft by "choking up." If you "choke down" to where one or two of your fingers extend over the butt of the racquet, you can also generate more power. However, you lose control over the racquet at the point of contact. A good compromise between power and control can be found by following this rule: Place the butt of the racquet in the heel of your hand.

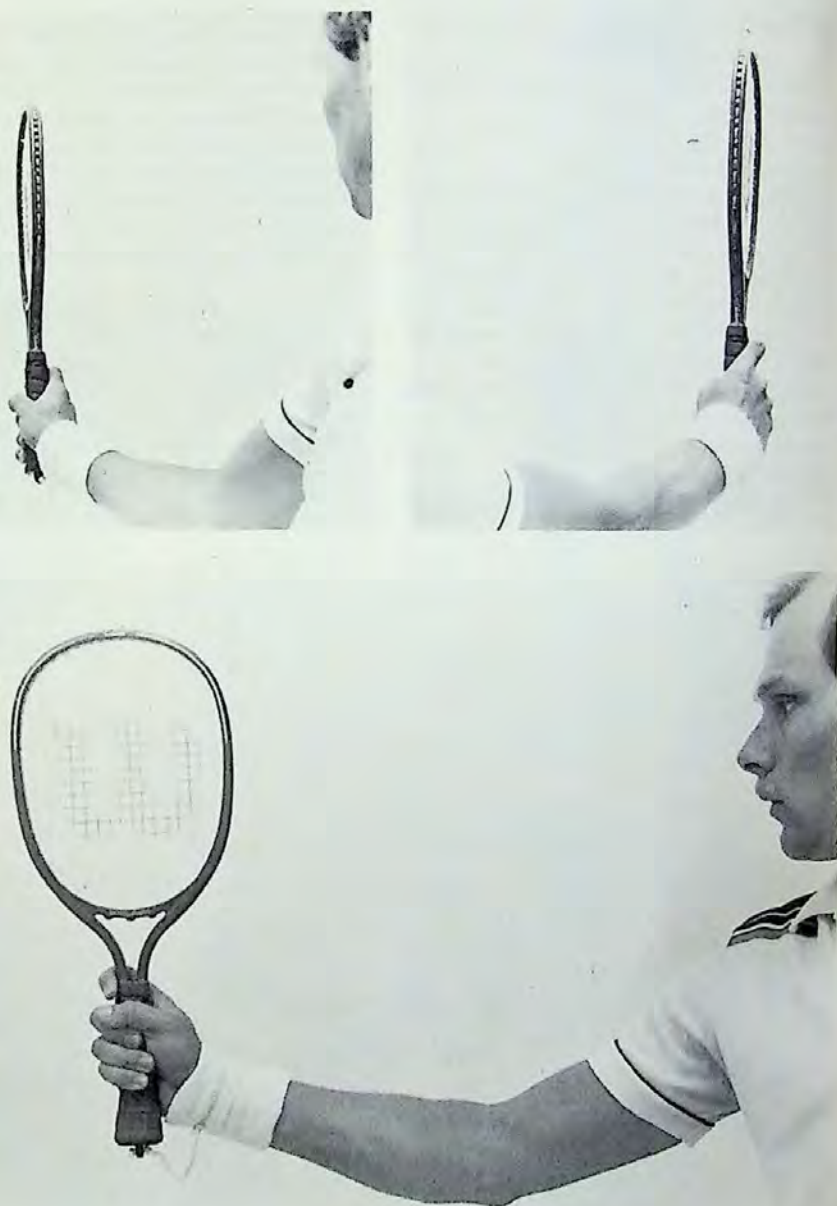
With the correct forehand grip, the index or control finger should be high on the racquet handle. This finger is only used for control, not to grasp the handle. The thumb and index finger are your "control" fingers. These fingers become very important in the regripping process from the forehand to the backhand position. The control fingers are used as a vice which applies pressure to maintain the racquet face. They give the racquet support when the ball plays off center or out of the sweet spot of the racquet face.

The "gripping fingers" are the last two fingers on the hand. They are used, along

with the base of the thumb, to grip the racquet and hold it in place. To test whether or not you are applying pressure with the correct parts of the hand, try to hold the racquet while leaving the control fingers off the handle of the racquet. Now see if you can swing the racquet using only the last three digits and the base of your thumb.

You should also note the amount of separation between the three bottom fingers in the forehand grip. This also helps to maintain racquet control. Imagine how much more difficult it would be for someone to knock you

For the forehand grip (top left) grasp the racquet handle as if you were shaking hands. The butt of the racquet rests on the heel of the hand. To regrip to the backhand, your thumb and index finger move more to the top beveled surface (a quarter-inch or so difference). One thing you don't want to do is choke up on the racquet. That's a great way to lose power.





When hitting the ball, pro Davey Bledsoe recommends that you do not use the same grip for forehand and backhand shots. With this single "Western" grip, too many adjustments are needed. Bledsoe, above, shows the proper gripping techniques combined with the strokes.

over if you stood with your feet wide apart, covering as much surface area of the floor as possible, than if you stood with your feet jammed tightly together covering a minimum amount of the floor. This is what happens when you separate the gripping fingers. The more surface area you can cover, the more control you will have.

Regripping

In shifting from forehand to backhand, you must first know how to regrip. The regripping procedure is done with the control fingers, the thumb and index finger which form the v-position. Every book you read will state that this v-position should move from the top beveled surface of the racquet handle for the forehand grip to the side beveled surface of the handle for the backhand grip. It's easier to look at this regripping procedure as a movement of the knuckle at the base of the index finger. When you regrip from forehand to backhand, the knuckle of the index finger will move from a position favoring the backside of the racquet handle to the top beveled surface.

Because of the rapid pace of play in racquetball, this regripping procedure must become instinctual. Here is a drill to help make regripping second nature. Stand facing the front wall. When your partner hits or points in the direction of the forehand or backhand side, move your racquet into the proper backswing position. Stop to see if the regripping process had occurred. If not, try again, making a conscious effort to regrip. Continue this drill as long as necessary.

There are going to be times when regripping will not be possible because of the speed of the rally. If you become involved in a 140-mph exchange, it will be necessary to make a modification in your stroke rather than try to regrip the racquet.

Backhand Grip

With the backhand grip, the racquet has been regripped in a clockwise direction. The new v-position is approximately a quarter inch to the left of the original forehand position. This is basically the only difference between the forehand and backhand.

Don't allow the thumb to rest on the back beveled surface of the racquet when you regrip from the forehand to the backhand position. When this happens, you begin to push the ball into the front court area rather than to develop the proper, smooth forehand stroke. Don Thomas, who has become a very successful touring pro, is the one exception to the rule. No other pro, to my knowledge, places his thumb on the back beveled surface of the racquet handle with any degree of success. Usually when a pro who has an improper grip begins to excel, he learns to make modifications in the stroke itself, changing his elbow or wrist position, or the contact position of the racquet. This should be

avoided, since you will ultimately limit the level of play that you can reach.

Common Errors in Gripping

In racquetball, as in golf, there are two improper gripping positions. In a grip which is too strong, the player places the forehand v-position too far counterclockwise on the racquet handle. This grip will limit the proper action of the wrist, so that it cannot move or roll through the proper plane. The elbow will hyperextend, causing possible injuries to the forearm muscles.

The second improper position, a too-weak grip, occurs when the v-position is moved clockwise to the back beveled surface of the racquet handle, causing the player to bend his arm at the elbow and shorten the power arc. He pushes the ball instead of hitting it. One example of a too-weak grip is the forehand of pro Gary Merritt. He is able to obtain a reasonably high level of play only because he developed a forehand stroke which is highly accurate. However, due to the stroke adjustment at the elbow to compensate for his gripping error, he had much less power in his strokes.

The concept of the power arc can be explained in golfing terms. When the longer shafts of the woods are used, contact can be made further away from the body. This causes the club head to travel through a greater distance and thus generate more power. The full extension of the arm is important for power production in racquetball for the same reason. If a player could set up and take his time on every shot, the control stroke used by Merritt would suffice. However, a necessary ingredient in racquetball is the ability to hit your shots while off balance. This requires power which cannot always be achieved with a weak grip and the subsequent stroke modification.

A too-weak grip on the backhand side can be seen in the technique of Thomas. Although he has developed stroking modifications which allow him to hit with power and accuracy, he is limited in his shot selection on the backhand side.

Another error is to use the same grip for forehand and backhand. Steve Serot, who has recently retired from the professional tour, made adjustments in his stroke while maintaining the same grip for both ground strokes. The single grip, a compromise between the forehand and backhand positions, is referred to as the "Western" grip. The adjustments needed to make square contact were made at the elbow. Although Serot's backhand was highly effective, the forehand never became as consistent.

There is no compromise or single grip position which will give you effective power and control with both ground strokes. Players who fail to develop proper regripping techniques will ultimately limit their performance level.

HOW TO HANDLE REFEREES

By Lindsay Myers

In the history of sport the only referees who escaped ridicule were the emperors of Rome. When they pointed their thumbs, the crowd cheered, and if the crowd didn't cheer, all the emperors had to do to appease them was change the direction of their thumbs. There isn't a sport around today in which the refs don't take flack from the crowds or the participants. They're even getting it in the Olympics. But there seems to be a misunderstanding as to who referees really are and what they really are supposed to do, or not supposed to do.

People, in effect, are referees without scorecards and pencils, scoring the game of life they play everyday. Life, though, is a much longer game with many complex moves, calls and decisions. Racquetball only takes an hour or two.

Now, imagine a person picking up a scorecard to ref your match. Has this ref the strength to handle the loud-mouthed opponent I now face, or is this ref weak, so that we'll control him? Eventually, you will probably run into one of the following types of refs: The "Lightning Bolt Thrower," the "Timid Doe," "Napoleon," the "Evasive Eye," or "Mr. Control." Only one is worth having around.

The "Lightning Bolt Thrower" is usually a person who is in a position of authority in life. He or she is an aggressive caller. To him or her, a suggestion is as good as an order. Not only does this ref know the rules, he uses them as weapons to keep the players in line. I know some people think I'm making an absurd statement, but this ref calls a lot of avoidable hinders and seemingly at the player who is ahead.

There are a couple of ways to handle this type. The easy way is to let him do as he pleases, not caring if you win or lose because of the calls. I don't advise this method because I believe play should decide who wins or loses, not the ref. You might try to have the ref replaced upon agreement with your opponent. Or there are steps that can be taken to make him see things against your opponent. One example would be to let the ref know quietly and calmly that the serve was a screen even though you as the receiver were able to get to it. Subconsciously the ref will take heed of your polite request and will watch for further screens by your opponent. Eventually the ref will think he owes you one and he will call something on the opponent to even things up.

Another example is to trap your opponent on the wall. Pro Charlie Brumfield is a master at this. On a typical backhand return from deep center court, Brumfield will swing his body around so as to take a forehand shot, thus bumping you out of the way and causing a possible hinder. This is perfectly legal and an ingenious way to upset your opponent. The "Lightning Bolt" ref notes only the contact that was made by you as Brumfield was taking his shot and your ensuing foul language. The ref will call either an avoidable on you or give you a technical for swearing. Moral: If the call goes against you, simply accept it if you think it is in reason. If it isn't, turn and voice your opinion calmly.

Since the job of referee is tough enough without having to put up with poor sports and trouble makers, the tournament director should make sure the ref is qualified to call a point-by-point game strictly on objective evidence. It's hard to believe that every call is objective in a game where so many calls are made subjectively, but the players should take every call as law, making only proper appeals. The tournament directors have to make sure the ref knows the rules and can control and maintain a calm match.

Unfortunately, the "Timid Doe" referee gets stomped on all the time. The doe is a follower, not a leader. Some people are just not strong enough and are unsure of their responsibilities. The doe is influenced by the crowd, intimidated by the players, or simply frightened that he will become unpopular. To help these refs, the players should agree to make calls themselves, but it is a good idea to add linespeople for safekeeping. If there is no agreement made to "call your own game," you can usually win the ref over with an understanding but firm voice on poor calls. But if you are going to comment, be sure to know your rules.

Rules aren't as much a problem with the Napoleonic referee. Don't underestimate this person's newfound power. The Napoleons hold menial jobs in life and they like to make themselves seem more important than they really are. Give them a rule and they'll make three more to go with it. To handle this squealing lot, simply smile and cope. Or ask for a new one.

The "Evasive Eye" referee is the most annoying and frustrating type. He may call part of a game well but if a doubtful situation ever arises, he will fumble a call, stubbornly stick to it, and give no other explanation for the call other than to make you continue the game.



To the quiet player, this is utterly infuriating. "Why doesn't he give me some explanation? I accept the call. I just want an explanation so I know how to handle the situation next time it comes up." If these are your thoughts and you know your ref fits this description, speak to him prior to the game and reassure him that you are not trying to intimidate or make him look bad. This ref fears looking bad more than anything. Let him know you'll accept his calls on hinders and replays just as long as there is some reasonable explanation if questions arise. There is nothing worse than to have a ref make a bad call, then look away from you when there is doubt.

Of course, all refs are going to make mistakes sometimes, even the best of them. A ref

should come into a match and prepare the players for the type of game he calls. All questions should be asked prior to the match and the ref should request the players to help make calls on themselves.

The "Control" ref knows what he or she is doing. He will be understanding and explain calls. This ref will not comment on whether a rally was "good" or "bad" and will make the call short and concise so as to avoid confusion. This ref will not fly off the handle and get into arguments with the players. This ref will be consistent with his calls, letting only the linespeople reverse him. Hinder calls cannot be appealed so an explanation may be in line if a player requests one. This ref will stick to his call and if the call was questionable, the ref will announce he will watch closer next time.

Throwing technicals and avoidables when they are not needed is the mark of a poor ref. If a player mutters a swear word to himself, I don't believe it deserves a technical. If the word is used as a form of venting hostility toward the opponent or ref, then that is another story. If a man does not have a plum, but simply can't see the ball coming, an avoidable is not necessary, just a hinder. But if a man is in the way of a set-up by design, an avoidable should be called. The call should be made calmly but firmly.

The "Control" ref will not let people step on him or her. A simple "Hey, I'm doing the best I can, let's play please," is all that is usually necessary to show that you are trying to be fair. This is all the players really want. If the ref "gets into it" with the players, he is falling into a Napoleonic "I need to be heard above all else" Syndrome.

Handling refs is a matter of tact. Clenched fists and vicious faces indicate hostility toward the ref, possibly bringing on more calls against you. Whereas an upturned palm, a shrug of the shoulders, and a small grin indicates a passive "please explain," attitude. You are not embarrassing the ref and psychologically he may lean the next call in your favor.

Handling linespeople is also very touchy since they make decisions on most questionable calls. Together they have veto power over the ref. Linespeople don't say anything—or at least shouldn't—even if a remark is flashed their way. They are thumbs up, thumbs down people, answerable only to the referee. Direct all appeals to the ref and if you feel the linespeople are being inconsistent, ask the ref to clarify the problem. If a linesperson is incompetent, ask for a replacement.

Referees and linespeople are only human. They come from all walks of life, all areas of the country, different backgrounds, different styles, and different temperaments. Try to understand them while they try to understand you. Then the game will go on without incident.

NO TIME FOR TIMEOUTS

By Jennifer Harding

Timeouts have become an integral part of most spectator sports these days as a place to stick in a commercial. In non-spectator sports, timeouts are used for the benefit of the players. However, in the world of the Women's Professional Racquetball Association (WPRA), the players wanted fewer timeouts to increase the action and also to eliminate the less-prepared players.

The timeout rules for the WPRA have changed recently and may change again for next season's tournaments. During this past season we eliminated all timeouts during the game, allowing only one minute between games and five minutes between sets to speed up the pace of the game.

I'm one of a few players who needs fewer timeouts because I'm physically prepared for the game. If the other player isn't in shape, then it's to my advantage to keep going. Timeouts are abused—used commonly to slow down the pace of the player who is leading.

In the minute break between games, I use the time to wipe my grip and get a fast drink of water. It is difficult to do much more because the referees adhere so strictly to the time limit. It isn't worth being penalized for those few extra seconds which in the long run won't help you much.

When timeouts are allowed during play, my strategy of not taking them is helpful as the match progresses. If for some reason I need a timeout, I know I'll have one. This is especially important if my opponent starts to score several points in succession. There I can use the timeout as a psychological break to slow down her momentum and disrupt her winning flow. Many players think the timeout works as a physical break to a player's momentum, but I disagree. If her adrenaline is flowing and she's playing hot then nothing can stop her physically. But, through a timeout, you can interrupt her rhythm and throw her game off in a psychological way.

The best time to attempt the psychological derailment of your opponent is when you are trailing. The timeout could be a better weapon than your backhand. Again, I'd like to stress that a fast-paced game is more exciting and that is how I prefer to play. When you're out in front there's no reason to break your own psychological momentum. Never call for a timeout when you are serving. Instead, call for it just as your opponent is about to serve.



Maintain a positive attitude between games. I try not to think about the weak parts of my game, but rather concentrate on the weak parts of my opponent's game. If her backhand is awkward or she is not hustling across the court, then I'll try to capitalize on those elements when play resumes. Look to the positive aspects of what you can do and then proceed.

The raised racquet is another technique to gain a brief respite during the game. Under the WPRA rules, a racquet raised by the receiver just before the serve allows a 10-second break to prepare for the serve. Another way some players slow down the game is to ask for a towel to wipe drops of perspiration off the floor. Most women on the tour will not abuse this form of timeout. It is a cheap way to get a break. Of course, there are often times when it is important to be safe and mop the sweat.

Timeouts have their place in racquetball competition and there are valid reasons for their use. But, as the game matures and the level of player continues to increase, there should be fewer timeouts or interruptions to break up the game. My best advice is to enter the game ready to play and ready to win. If you're in good condition, you can dominate the game by withholding your timeouts and giving your opponent fewer chances to rest.



In Search of the

By Mike Hogan

During the past year or so, San Diego's Ed Andrews has won a \$5,000 Datsun B210, a \$2,000 Husquavarna motorcycle and \$1,000 in cash playing racquetball.

By his own reckoning, Andrews' tournament winnings last year totaled \$15,000, an amount surpassed only by racquetball's top professional Marty Hogan. But Ed won his money in so-called amateur events.

Andrews says he travels around California to two or three club events a month, usually

picking up between \$300 and \$500 at each. He says he has won 70 out of the last 100 tournaments in which he has participated and been a finalist in another 10.

Few would dispute Ed's claim that he is the best amateur racquetball player in the world. But is Andrews really an amateur? Are any of



Real Amateur

racquetball's amateur winners really amateurs? The answer, it seems, depends on who is defining the term.

Andrews is not the only amateur who makes a living playing racquetball. Most of the lesser ranked pros on the National Racquetball Club (NRC) circuit play in local events

and usually win more money than they do when they play "professionally."

Being ranked on the pro tour hasn't kept him out of any club tournaments he wanted to enter, says Gary Merritt of San Diego. "When you're only ranked 21, they aren't too concerned," he explains.

Likewise, 29th-ranked Kyle Kamalu has played in two tournaments a month for prizes of \$100 to \$500 for the past two years in Utah and California.

"There is a definite circle of professional-amateurs," says Merritt. "If the money is right, these guys will play anywhere."

In Search of the Real Amateur

"Enforcement is pretty lax," says 30th-ranked pro Dan Factor, who is a familiar face in the finals of top amateur events in Southern California.

The most bizarre example of quasi-professional play occurred at the beginning of last year in the Coors All Pro Racquetball Championships. Champion squash player Heather McKay had just taken up racquetball, promptly winning the women's national amateur title and \$700 in the pro bracket at the NRC Nationals and \$1,500 in the Jack-in-the-Box Classic in late 1979. But McKay turned down the NRC's paltry prizes so that she could maintain her so-called eligibility for the \$188,000 Coors tournament. The format of this tournament called for participation by

Jones in the finals of the Ektelon/Perrier, "but I have to admit that I sure felt like an underdog against him. I was just shaky psychologically."

"It may sound like sour grapes, but somehow it just doesn't seem fair to mix pros and amateurs."

Jones even admits feeling guilty about playing as an amateur, but he says he doesn't want to give up competition just because he isn't playing on the pro tour any more. He tries to limit his amateur participation, he says, to national title events or those with such prizes or status that it "wouldn't be right" to let them go to a lesser player.

"I don't like what I'm doing here," said Jones at the Ektelon/Perrier tournament. "But it's a

because her sponsor paid for her travel expenses. So I don't feel bad about competing in local tournaments for a couple of hundred bucks."

Brenda Poe, the 19-year-old Floridian who jumped into the 18th spot her first year on the WPRA tour, is one player who does. She has decided to give up amateur events after cleaning up in them during the past year.

"I just don't think it's fair to the other players if you keep dominating amateur tournaments but you're really a pro," says Poe.

Enter Andrews. Andrews' domination of amateur events is comparable to Hogan's domination of the pros.

"When people see my name on the draw-sheet, the first thing they usually ask me is what I'm going to do with the money," he says. "I had just walked into the club to register for the tournament in which I won the Husquavarna when the tournament director asked me how I was going to get the motorcycle home."

It is because Andrews is the most successful that he is also the most visible of a large group of players who give new meaning to the term "pro-am."

"It's kind of embarrassing when a parent comes up and asks me why his son is playing one of these ranked pros in an amateur tournament," says NRC Director Dan Bertolucci.

Bertolucci says he is familiar with the prowess and activities of professional amateurs such as Andrews.

"I get reports," says Bertolucci. "Even though I have no official statistics on Andrews, if he were to enter a pro event, there would be just no way he wouldn't receive a seed."

So why doesn't he revoke the amateur status of Andrews who, incidentally, was runner-up in the 1980 USRA national amateur finals. Because neither Andrews nor those other pro qualifiers who play in amateur events have broken the rules.

According to the USRA, a player maintains his or her amateur status as long as he or she has not won more than \$1,000 in an NRC sanctioned professional event during the last 12 months. The key word for amateurs such as Andrews is "sanctioned." By playing in only non-sanctioned, so-called satellite events, and staying away from the NRC pro events, Andrews preserves his amateur status. Because few have won \$1,000 on the tour, most pro qualifiers also are eligible for the amateurs.

Bertolucci maintains that there are good reasons for distinguishing between sanctioned and non-sanctioned events.

"It's like comparing apples and oranges," says Dan. "Our current method of seeding and ranking players is consistent throughout the USRA and NRC sanctioned events. We always use the same ball and have consistent playing conditions and equipment. It's fair to participants. But the same may or may not be true for non-sanctioned events, and there is no way I can go around to check every event's playing conditions."

One player won \$15,000 last year, yet by racquetball's rules he was not considered a professional.

amateur racquetballers who were pro players from other sports. To no one's surprise, McKay slaughtered the mostly male jocks in the tournament and went back to Toronto \$40,000 richer.

Or take the case of El Paso's Gregg Peck, who played in the 1981 Nationals as a pro and an amateur. He made it to the amateur finals, losing in a tiebreaker to Andrews. This despite the fact he had won over \$2,000 on the 1980-81 pro tour. He was allowed to play as an "amateur" because the money he won was put into a trust fund for his college education.

The amateur definition also gets strained by retired pros who dominate senior amateur events. Jay Jones and Sue Carow, for example, swept the senior brackets to win the Ektelon/Perrier National Championships in May and \$3,000 Club Med vacations. Jones was in or near the top 10 for most of his pro career before retiring a year ago. He sat out the pro tour without making money on it, thereby reclaiming amateur status. Carow, who was in the top 10 for most of her career, is still among the top 30 on the Women's Professional Racquetball Association (WPRA) tour.

"I usually feel as though I can walk on the court and hold my own against anyone," says Ed Remen of Sterling, Virginia, who met

title and I'm not going to let someone else win it who doesn't deserve it.

"I get plenty of complaints. Last weekend I played in a men's open doubles event with a 14-year-old girl as my teammate, a 14-year-old girl, and you should have heard them cry. Then I played another open doubles event with a C player and they cried. What's a guy to do? Quit playing racquetball competitively?"

Carow has been playing racquetball nine years, and during that time, she has all but dominated women's events in Illinois. She is the holder of eight state titles, is the Illinois State Open Champion and still competes sporadically on the WPRA tour. For two years, she was barred from play in Illinois state amateur association events, but that ban was later rescinded.

"Some people would even like to eliminate local teaching pros on the theory that they get all the court time they want," says Carow, who teaches at the Meadows Club in Rolling Meadows, Ill. But it is not only neighborhood pros who dominate amateur events. If the prizes are right, a club tourney can draw pros from other parts of the country as well.

"Karin Walton-Trent—when she was the defending national champion—and other top pros flew to Wisconsin to win a purse of \$500," says Carow. "She could afford to do it



Photo by David M. King

The 1981 National "amateur" title was played between Ed Andrews (left) who estimates he won \$15,000 last year and Gregg Peck, who was ranked 20th on the pro tour.

Nor can you keep track of the players, adds Luke St. Onge, executive director of the American Amateur Racquetball Association (AARA) whose 1980 national amateur champion also happens to be Andrews. The AARA's rule is that a player is a professional after earning his first dollar at a sanctioned tournament.

"But it's a matter of enforcement," says St. Onge. "We discuss this at almost every AARA board of directors meeting and, if anything, the sentiment is that we would like to make the rules more strict."

"But there is no point in having rules you can't enforce, and no one keeps records of what goes on at these satellite tournaments or who got paid what."

"It used to be that a player became pro if he won money under any conditions, but that was extremely unrealistic and impossible to police for lesser known players. I've spent the last three years trying to get through a maze of rules and straighten this out, and we think that we finally have something we can at least live with."

For most players, the distinctions between AARA and USRA rules are pretty confusing. Additionally, a new wrinkle was added to USRA tournaments this past year. The 24 top-seeded pros were not able to compete in amateur events at pro stops regardless of their winnings, although the other eight in the 32-player draw were allowed.

The rationale, says Bertolucci, is that many of the lower-ranked pros are the higher-seeded amateurs and they often drop out of the amateur bracket if they start doing well in their pro matches. That, of course, disrupts the amateur draw. But even that rule isn't always in effect.

"The only place I'll make an exception is at the Nationals," says Bertolucci. "I'd hate to eliminate a guy who is really an amateur from being able to compete in the open singles or doubles where he has a real chance of

winning just because he is lucky enough to qualify in the pro Nationals."

That exception will be consistent with the \$1,000 prize money rule, says Bertolucci, since no one below the rank of 18 has won \$1,000 during the year.

"Actually, the term racquetball professional is a misnomer," he says. "How can you consider these kids professionals when no one out of the top four on the pro tour is making enough money to be able to say he earns a living playing racquetball?"

"I've got guys ranked five and six who are taking home \$5,000 a year and, once past the 18th-ranked player, no one has even won the \$1,000 this year to push him up into pro status."

"So what if an 18th-ranked player picks up a few bucks somewhere? At this stage in the sport's development, I have to say, 'Good for him.'"

The real money in racquetball now comes from sponsorships and endorsements. That's where Hogan and the other top pros pick it up.

"But there's a catch 22 there, too," says Bertolucci. "No one ranked below 30 is able to attract sponsors to pay for their travel on the tour. Most need some kind of a steady job, but you can't travel on the pro tour with a steady job and the only way to get good enough to move up to where the money is, is by playing at pro events."

"Picking up a practice game against a top professional in San Diego is not the same as playing that guy in the round of 32s at a pro stop. When there is money on the line, the same guys always seem to end up winning it."

The economic situation of the past two years has cooled sponsorship interest considerably and effectively made amateurs out of a lot of former touring pros, says Bertolucci.

"It won't be long before even the 20th-ranked player has trouble getting to pro events," he predicts, and that will mean that club events can expect to see a lot of erstwhile pro talent on their amateur drawsheets.

Merritt, Factor and Kamalu already know how tough it is to pick up sponsorship. Merritt's father sends him around the country. Kamalu was lucky enough to interest a private businessman in supporting his travel, but Factor's two sources of support are teaching and club tournaments.

Not even Andrews can attract an equipment manufacturer to sponsor his travel. When the 24-year-old top amateur money winner travels to satellite events around California, he doesn't go first class, second or even economy class. He drives his Dodge van, sleeping in it at night, showering at the sponsoring club and spending as little money as possible. He doesn't remain an amateur for the privilege of living off the land, he says.

"The only reason I have stayed an amateur this year," he says "is that I was negotiating for a sponsorship from Ektelon. Their program required that I remain an amateur because the marketing potential just isn't there for another pro and, unless I could make the top two or three, their money would have been

wasted. A couple of days ago, though, they told me that, with the economy the way it is, there just isn't enough money for them to sink into an amateur either." Andrews says he will turn pro later this year.

No other sponsors have showed interest yet in supporting Andrews' travels on the pro tour, a situation with which most of the women pros have lived for years, says Carow.

"It cost me \$3,000 a year to win about \$500 a year in prize money," she says. "I was ranked eighth and I couldn't get a sponsor to pay my travel. We had four or five girls in a room, some slept on the floor and we lived on the hospitality food."

Carow is now an insurance sales representative, teaches racquetball part-time, goes to WPRA pro stops when she can afford it and plays in amateur events frequently.

"People complain about it. I used to get all kinds of complaints, but the rule is that you can win up to \$1,000 and still be an amateur. I never won that much money in one year during my whole pro career."

What is Carow's response to people who complain about her playing both ways?

"The people who complain the loudest have \$35,000 jobs while the teaching pro gave that up to earn \$12,000 a year and play racquetball. We gave up a lot of other things to be able to play racquetball, so we should be allowed to go as far as we can in the sport."

"A couple of hundred in prize money at a satellite tournament might make the difference between my being able to go to the next pro stop or not."

Carow thinks that the USRA's \$1,000 rule is fair, but believes that trying to enforce the AARA's \$1 rule would only lower the caliber of play at major non-tour events. On the other hand, the AARA rule is closer to defining the true amateur.

"The quality of play at AARA events is already down," says Carow. "If you look at their standings, title holders, half of them aren't even any good and couldn't beat half the club players around."

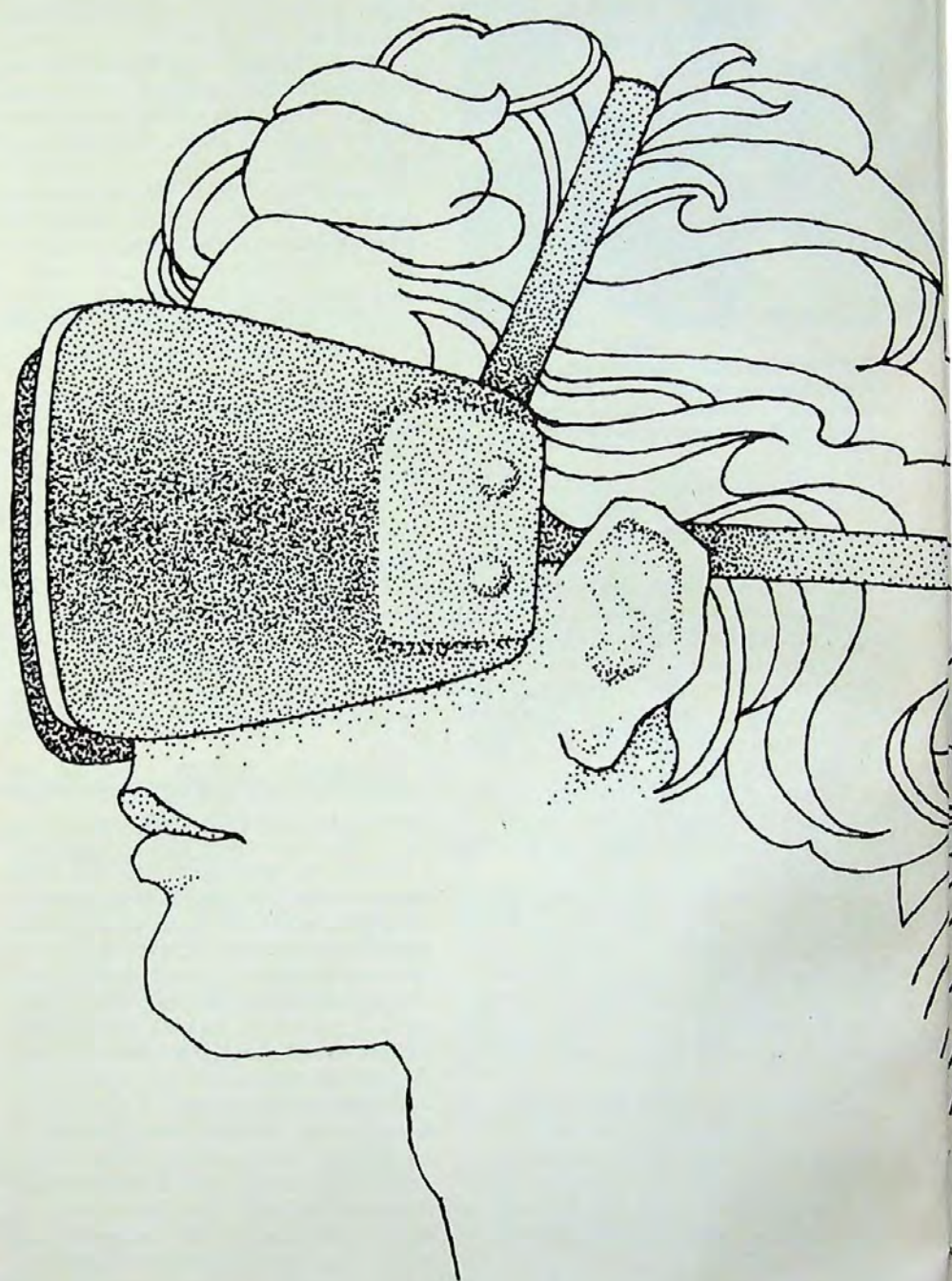
"It's because the AARA enforces a \$1 rule and, when they say amateur, they're talking about their level of skill."

What's the solution to mixing professional and amateur talent?

"We need a senior's professional tour," says Jones. "After a certain age, there is nowhere for an older player to go on the pro tour."

"The average age on the tour is 21 years old. But there are good older players who have made a lot of sacrifices to play racquetball. Steve Keeley was a veterinarian, Charlie Brumfield was a lawyer. These guys have given up good incomes to be racquetball bums and they are still some of the greatest players the game has ever seen, but because they can't keep up the training pace and whatever, they are put out to pasture."

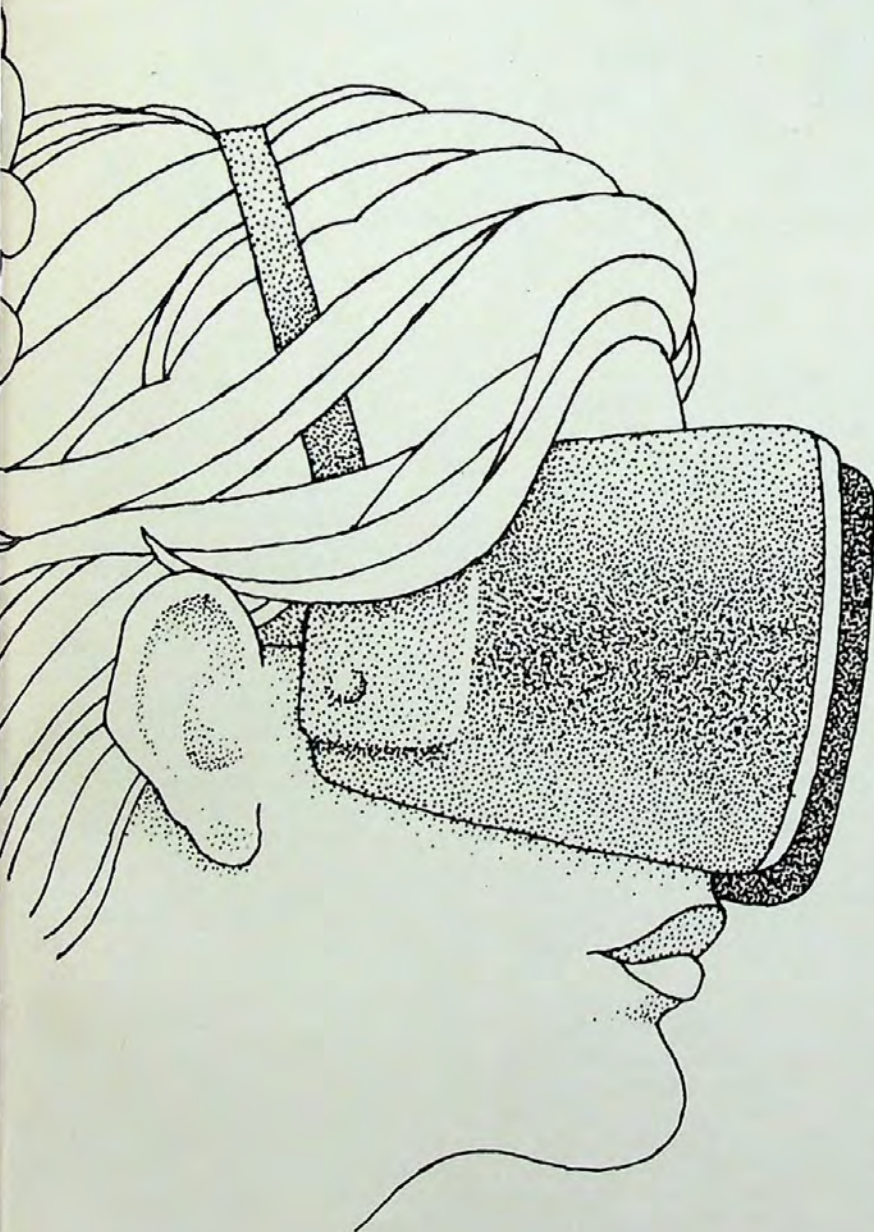
Another answer may be to develop a new classification—semipro—in which the Andrews, Carows and Jones could play. That way the amateur divisions could maintain the level of competition they were meant to have in the first place.



Illustrations by Helen Weekley

Is There Sex Before Racquetball?

Does pre-match sex relax you or
will you lose the killer instinct?



Is There Sex Before Racquetball?



By Eric Kaldor

Around 2,000 years ago, the gladiators—the superstar athletes of their time—remained celibate for weeks before going into combat. They were convinced that abstinence made them a hell of a lot tougher.

Today, the idea that sexual activity prior to an athletic contest diminishes performance is still held in high regard—but not quite as high as it once was. Thanks to the sexual revolution and better overall training methods, there seems to be no set standard on the subject.

On the one hand you have what one may call the "Joe Namath Theory": sexual intercourse prior to an event helps relax the athlete, putting him or her in the proper psychological mood for the game. On the other hand, you have the "Muhammad Ali Theory": sexual intercourse prior to the event eliminates one's energy as well as the needed aggressiveness or "killer instinct."

In the old days, the gladiators considered sex as a reward. They were convinced that if they came back as conquering heroes, the women would be waiting for them as prizes of victory. Today, that attitude would be met with great laughter.

In its exhaustive investigation of the many theories concerning sex before racquetball, *Racquetball Illustrated* conducted interviews

with a number of different sources, including several professional racquetball players, and also did some research into other areas of athletics.

Sports enthusiasts may recall the case of American alpine skier Buddy Werner, who was favored to win a medal in the 1964 Winter Olympics. Werner was married just prior to the Olympic Games that year but it was his plan to keep his wife away from him until his events were concluded. It may have backfired. He was jumpy, uneasy and not fine tuned. He placed low in all three events in which he participated. Some of his teammates would say later that it was his celibacy that cost him the medals.

Or take the case of Super Bowl X in which the Minnesota Vikings were sequestered from their wives and girlfriends for several days while the Pittsburgh Steelers were allowed to spend time with their wives the night before the game. The Steelers won.

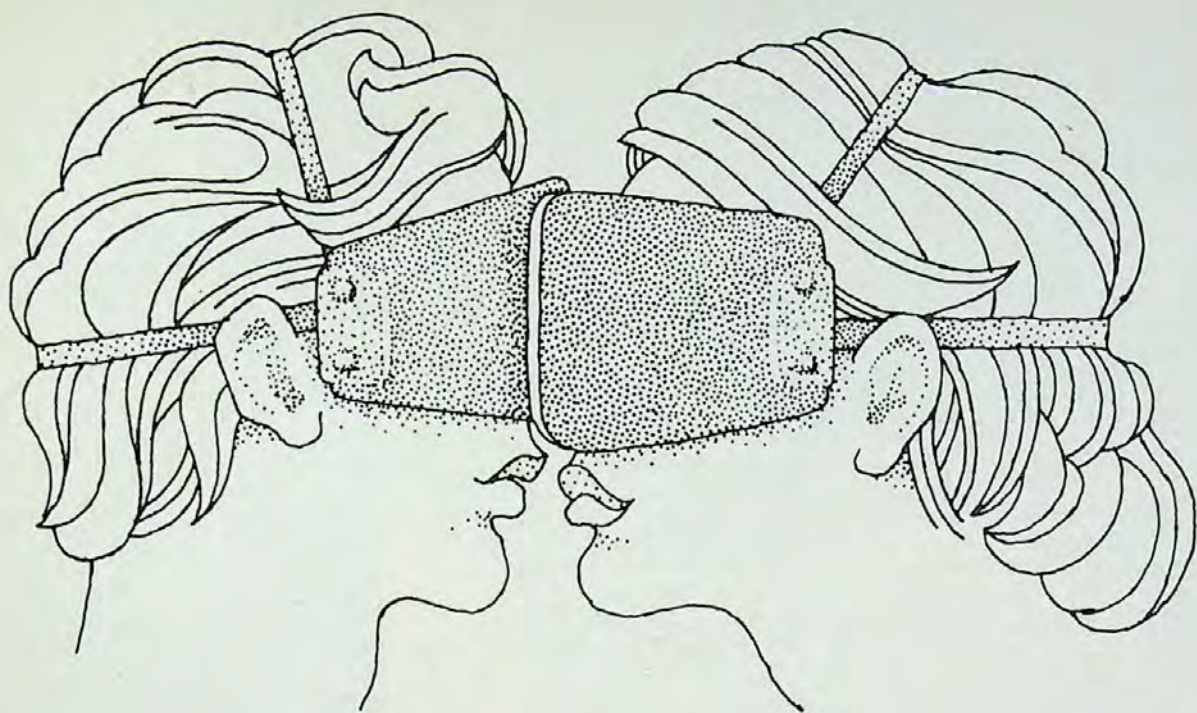
Now, one can't point solely to sexual abstinence for the defeats suffered by Werner and the Vikings. Chances are the Steelers were the better team anyway and who knows how much better or worse Werner would have done had he gone to bed with his wife the night before the competition? In fact, says Dr. Donald L. Cooper, director of the Oklahoma State University Hospital, having sex or abstaining probably has nothing to do with the outcome of a competition.

"The idea that not engaging in sexual activity because it will take away from an athlete's performance is one of the many myths about sports that have crept into our thinking," says Cooper. "Nothing could be further from the truth. Most team physicians think that a normal pattern of sexual practice is not at all detrimental to the athlete as long as the proper amount of sleep is obtained before the event."

"The only way that sex will hurt an athlete's performance is if it occurs during a game," says Dr. Thomas Tutko, a sports psychologist at San Jose State University. "I definitely wouldn't advise that. It's too distracting. Besides you'll probably get arrested."

"Sex calms and reassures the athlete and in no way depletes his or her strength," says Dr. Christian Quidet, a former member of the French National track and field team and currently a member of the Faculty of Medicine at the Sorbonne in Paris. "In fact the more exciting the sexual partner perhaps the better the athletic performance."

Susan Tellem, editor of *Sportsmedicine Digest* and a member of the National Athletic Institute, agrees. "If sexual abstinence is practiced, it should be practiced for a practical purpose, and that purpose is to try and get the right mental attitude. By right mental attitude, I mean athletes should get their 'game face.' They should feel inwardly invincible and they should foster and develop a great inner feeling of unity and purpose."



Racquetball players have differing opinions on the subject.

Top-rated Marty Hogan is one who shies away from pre-match sex, and being number one, Hogan has his share of female followers. "No way would I have sex the day or night before a match," says Hogan. "I've just got to concentrate too much. Every tournament, I've got to go against guys that I've beaten countless times before. For my opponents it's easy. I'm the guy they want. But for me it's different. I've got to get psyched up so I don't let down."

"You know, I've seen a lot of great athletes go downhill because of relationships. If you're going to be a champion there's room for only one thing. The sport. Right now racquetball is my sport. Racquetball is my woman. I'm married to it."

Mike Yellen, one of Hogan's chief rivals, agrees with Marty. Yellen has a steady girlfriend and the sincerity of their relationship was evident by his conversation. Yellen thinks that a player should pass on a sexual opportunity right before a match.

"It isn't so much a matter of draining the athlete physically," he says. "It is the mental drain. Instead of concentrating on the game the athlete would have a tendency to concentrate on what happened the night before. No matter how good it was the night before, it's no good when you are playing a tough match."

Dave Peck, another one of Hogan's rivals, disagrees with his two fellow pros. Peck says

he finds sex "wonderful any time." In fact, he says pre-match sex relaxes him.

The question then becomes at what point would Peck abstain from pre-match sexual intercourse. "I'd have sex anytime up until 15 minutes before I got on that court," he says.

Other players were interviewed but some noted that their situations were different. Jerry Hilecher, for example, is married, and he says marriage has helped him relax.

Number-two ranked women's professional Lynn Adams is in a unique position. Her boyfriend is also her coach. But her attitude towards pre-match sex is based not on the desire to preserve the killer instinct, but on economics.

"You try and cut down on expenses on the road, so we usually share a hotel room with another player or two," says Adams. "We have plenty of time to do what we want when we get home."

Number-four ranked Marci Greer has firm opinions on the subject. When asked if she would have sexual intercourse prior to a match, she did not hesitate to answer, "Yes." How long before? "About eight hours," says Greer. "That gives a player plenty of time to mellow out, and get ready."

Touring pro Jennifer Harding is also a racquetball club owner. She says her days are so filled with racquetball that she shies away from racquetball people as companions and lovers. Other than that she has no set policy. "I make no plans. If the opportunity

arises easily and spontaneously with someone, I take advantage of it," she says. "And I'm sure it doesn't affect my game one way or the other."

Harding was married for five years while an active competitor and she says she did not abstain before competition. "My attitudes have not changed now that I'm single," she says.

Fellow pro Bonnie Stoll disagrees somewhat with Greer and Harding. "Absolutely not," says Stoll. "It weakens the knees and affects concentration." When pressed further, she decided that a "casual" affair would be all right. "But not within 10 hours of a match," she says.

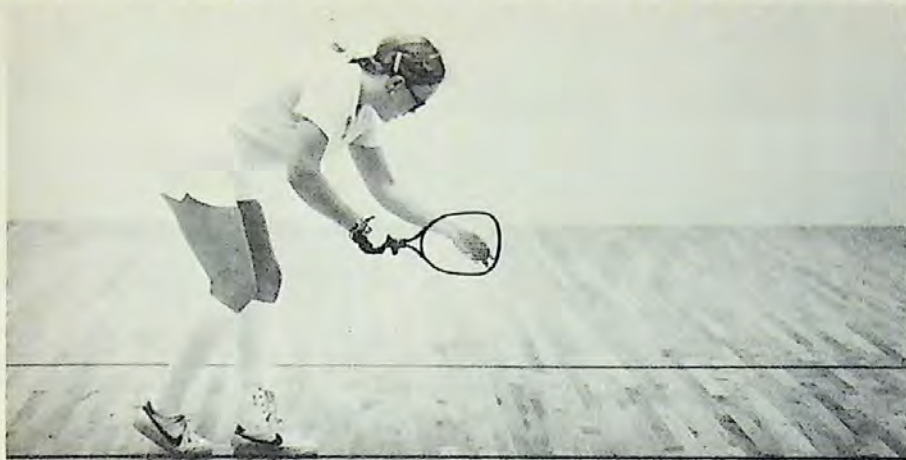
As one can see, opinions are divided along the lines of the "Namath" and "Ali" theories. But Dr. Tulko adds another dimension to the controversy—self-image.

"One of the wonderful effects of sex is the knowledge that you are desired," says Tulko. "Being an object of love enhances our personal image and increases feelings about our personal worth. Egoism—the strong, optimistic appraisal of one's self—is help in a foot race, on a racquetball court or in just dealing with everyday events."

There are differing theories and opinions on the subject. But in the end, you are the only one to whom you have to answer. Or as one player says, "There are no rules when it comes to relationships. You do whatever is best for you."



A TALE OF TWO COURTS



Whether it's a court of law or a racquetball court, Caryn McKinney seems to graduate first.

By Joanne Eglash

Whether she is debating a law case, slamming a kill shot or piloting a plane, Caryn R. McKinney relishes a challenge. In fact at age 23, she has already met some goals that she admits "leaves me wanting more."

While maintaining a 4.0 grade-point average and holding the number-one slot in her law school class at Woodrow Wilson College of Law in Georgia, McKinney has also captured her share of titles on the racquetball circuit. She won the WPR National Amateur Championship and the Ektelon/Perrier Nationals amateur title this year as well as several other tournaments. But running between a racquetball court and a court of law doesn't present enough of a challenge for the self-described "lover of competition." She also works at the Atlanta Sporting Club as its racquetball coordinator and touring pro.

McKinney is a relative newcomer to the racquetball scene. She began playing the sport in 1979. "When my husband and I joined the club, I didn't even know what racquetball was," she recalls. But the game soon captivated her interests.

"In tennis, you have to be skilled to have a good time. In racquetball, you're within the confines of the court so the game is faster and you get more exercise," says McKinney.

"Look at most tournaments. The bulk of the players are novice, or B and C. When you're at the top, you're talking about inches."

Blue-grey eyes shining, McKinney says in her soft Southern accent that she "has made many friends on the circuit." Pointing to Terri Gilreath, whom McKinney had just beaten in a close match, Caryn said, "She's a close friend. We've all been going through the same thing. You root for each other except when you're playing on the racquetball court. Then, one of you has to leave with that awful feeling."

Despite losing to McKinney just minutes before, Gilreath promptly described Caryn as

"an honest player. She'll call the shot herself—that's admirable. A lot of players take what they can get. Her discipline shows in her game."

"Caryn feels good about herself. She wants more and more and is never satisfied. That's the kind of attitude you have to have in racquetball."

"She's so excited about her law studies. It's terrific to have a degree in case the racquetball doesn't work out."

Several players have commented on McKinney's smoothness and "incredible power of concentration." "At this level of play, you have to play smart," she says. "We've conquered the physical level, but it's the mental part that's going to win most matches. You must really concentrate at the pro level."

Modestly hesitating to admit her strengths, McKinney finally said, "I'm disciplined. I have good strokes. But the big thing I have been working on is my concentration. That's helping me the most. The mental attitude is so important. You have to have that confidence."

Did the mental skills it takes to play racquetball help her with studying for law school?

McKinney tugged at her blond ponytail as she thought. "I never considered that before, but it's true. You need concentration in any type of study, but especially in law. You have to concentrate on minute details, be logical, be aware of what's working, what you're not doing, what your partner is doing if you're in a racquetball court or in a law court arguing a case."

One person who has watched McKinney play often is Dan Seaton, commissioner of the Women's Professional Racquetball Association. "Most good players have strong minds and Caryn has a strong mind," says Seaton, himself an attorney. "The fact that she was number one in her law school class is a hell of an accomplishment. The fact that she did it while traveling to racquetball tournaments and playing on this level is even more of an accomplishment."

McKinney took the bar exam in July and will get the results later this year. Between





"If racquetball doesn't work out, I will always have my law degree," says Caryn McKinney. "Someone who can make a living at her sport all her life is the exception not the rule. At some point sports will be something for me to enjoy."



Photos by David M. King

A TALE OF TWO COURTS



"At this level of play you have to play smart. We've conquered the physical level but it's the mental part that's going to win matches."

June and July she spent six solid weeks preparing to take the exam. But she still made time for racquetball. In fact, she says it served as a release for her. "I like to work up a sweat," she says. "After you play, you feel like you've done something positive. I'll stop competing only when I stop enjoying it."

Now that the bar exam is over, McKinney says she will devote more time to the game. "I will be interested to see what happens when I devote 80 percent of my time instead of 30

percent to racquetball. My first priority was to pass the bar, then concentrate on testing my pro tour skills."

But she has no regrets about doing both for the past few years. "If racquetball doesn't work out, I will have my degree," she says. "I've always realized the importance of an education. Most of the girls on the tour have been to school and have an education. Someone who can make a living at a sport all her life is the exception, not the rule. At some

point, sports will be something for me to enjoy."

The most difficult part of combining school and the pro circuit had been "losing touch with my classes," said McKinney. "At tournaments, I always brought something to study so I wouldn't be behind." Woodrow Wilson College of Law is a relatively small one. McKinney said she "could have gone to a more demanding school, but that would have precluded me from playing racquetball. I can get just as good an education at Woodrow Wilson. I really believe you get out of something what you put into it."

Munching on carob-covered raisins, McKinney discussed her tournament preparations. "It's so nice after getting exercise in a tournament, not to feel guilty about eating," she said. "But I'm always on diets. I go for a healthy, balanced menu. Before a tournament, I never combine two sources of proteins and I eat more carbohydrates than I do normally. I don't snack."

McKinney runs three to four miles several times a week and she also does sprints and agility drills. She also practices a lot by herself. "There aren't a lot of real good racquetball players around Atlanta and a big problem is that there's no one to help me in terms of coaching."

But in terms of support, however, McKinney credits her husband with help in that regard. "My husband is wonderful," says McKinney, who was married a year after she graduated from high school. "He's a businessman at heart (director of internal audit for Days Inns of America) and his work makes it difficult for him to attend all the tournaments. But he sits at home and gets nervous for me."

McKinney was born in Ohio where she lived until she was seven. "I was a swimmer since I was four or five, and in high school I took up gymnastics." She also played basketball, tennis and softball. "But they never had football for girls."

McKinney originally majored in physical therapy at Georgia State University. "Then I realized it was going to bore me. I liked helping people, and I was hoping to be connected with sports as a physical therapist. But the repetition bored me." But those studies of "cadavers and muscles and all that good stuff" have assisted in her knowledge of racquetball. "I understand what muscles are used for what, and when I get hurt, I know what has happened and where the injury is." Regarding her switch to law, McKinney said "I knew it would be more of a challenge."

That desire for a challenge also led her to acquire her pilot's license in 1977. "I always thought it'd be neat to be able to fly. It was another goal."

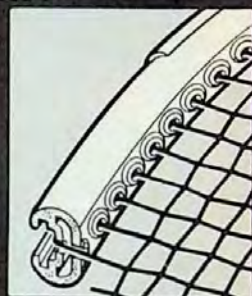
McKinney then went back to the court to play another match. The crowd began to grow as the game progressed. McKinney was trailing in the tiebreaker before coming back to win. Said one player, "Now there's one to keep your eye on in the future."



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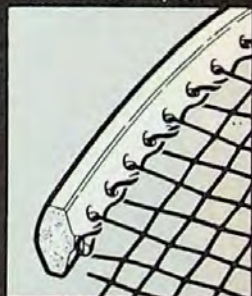
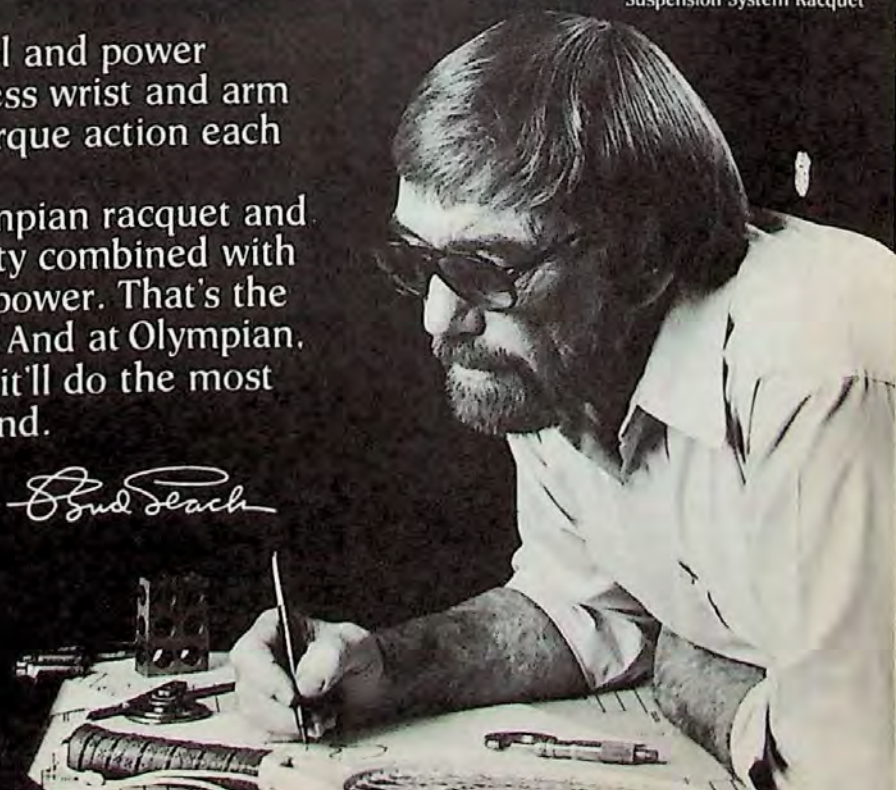


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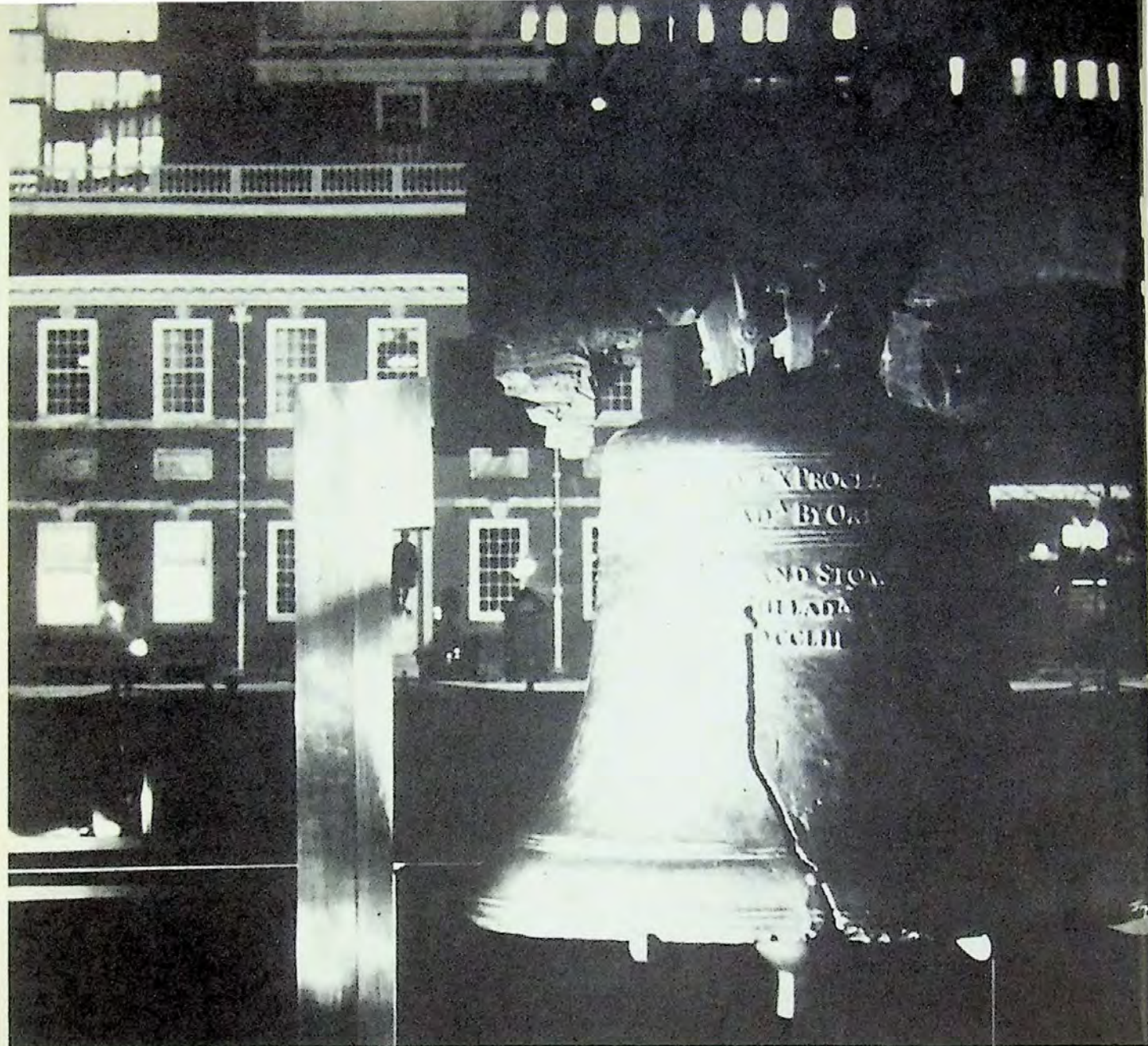
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RACQUETBALL IN PHILADELPHIA

By Don Burke

Philadelphia is a city rich in history. This is the home of the Liberty Bell, the home of Independence Hall, the birthplace of the Declaration of Independence. This is where Jefferson wrote, Washington slept and Franklin flew his kite. It is a city blessed by the spirits of patriots past.

If one is in a nostalgic or historical mood, one can imagine hearing the footsteps of Franklin, Jefferson, Washington and others walking through what is now National Historic Park. One can imagine the founding fathers,

Blessed by the spirits of Washington, Jefferson and Franklin, The City of Brotherly Love loves racquetball. . . maybe too much.

powdered wigs in place, walking along the quaint red brick streets.

In another part of town, one can hear footsteps which are not imaginary. But the surface is wood, not brick, and the sound of balls hitting paneled walls is unlike any sound heard in 1776. Racquetball, like soft pretzels

and cheese steaks, is a popular attraction in this City of Brotherly Love.

Some 200 years after the founding fathers closed the doors to draft the Declaration of Independence, businessmen decided to open their doors to a new breed of sportsman—the racquetball player.

Jim Pruitt, manager of the Center City Sports Club in downtown Philadelphia, estimates that since the first club opened in 1977 in suburban Fort Washington some 20 clubs have sprung up in the greater Philadelphia area. He also guesses that there are another 40 clubs in operation within a 50-mile radius of the city.



Yet, despite this tremendous building boom or perhaps because of it, not all clubs are flourishing. Several have had to close their doors. According to people familiar with the game's growth in Philadelphia, the reason is oversaturation of clubs. For example, in Northeast Philadelphia there are four clubs within approximately four and one-half miles of one another. In another area there are three more facilities within a short distance of one another.

"But there are areas in the city where the right kind of operation could be very successful," says Pruitt.

Doug Clark, owner and head professional at the newest club in town, Clark's Uptown, also believes there is an oversaturation problem but only for the number of players currently playing.

"The city has been oversaturated for those who have already been exposed to the game," says Clark, the New Jersey state champion and Philadelphia city champion each of the last two years, but there are millions of people out there who have not yet

been touched by the game.

It is estimated that there are about nine million people in the greater Philadelphia area. The city itself is the fourth largest in the nation.

"With 20 clubs and an average of 2,000 members in each," Clark calculates, "that's an awfully minute percentage of those who are out there."

Clark thinks it is the responsibility of club owners to educate new players.

"We've already grabbed up all the easy people," he says. "We've saturated the first level but there are huge, tremendous volumes of people who have not yet been exposed to the sport."

Molly O'Brien, one of the top women players in the area and a pro at the sprawling Highpoint Racquetball Club in suburban California, also believes the growth of the sport has begun to level off in her area. However, she thinks there will be a new group of players soon.

"I think there are a lot of people out there

Landmarks of Philadelphia: (Opposite page) The Liberty Bell. (Top left) Independence Hall. (Bottom left) Trolley bus in front of "Cowboy" statue. (Above) Benjamin Franklin statue.

Photos courtesy of Philadelphia Visitors Bureau

who have not experienced the game, but will," she says. "I teach people everyday who have never played the game before and that is encouraging. This game sells itself. We just have to get the people on the courts."

Until recently, getting players on the courts had not been a problem for club management. But club owners say the sagging economy has forced players to tighten their purse strings and make appearances at the clubs less frequently.

Warren Kersh, pro at Center City, said that his club's membership roster has never been higher but members are not playing as often as they used to. Three years ago, he said, after a slow summer season, business would pick up right after Labor Day. But in 1979 the usual slow summer didn't end until October and in

RACQUETBALL IN PHILADELPHIA



Christ Church built in 1695 where Franklin, Washington and Jefferson attended services.

1980 it took until November

"People are still joining," he says. "It's just that many don't have the extra money to spend on court time."

Other club managers agree with Kersch. "The economy has had a damaging effect on discretionary spending," said Pruitt. "Most people regard racquetball as a fun-time activity rather than as a fitness discipline. Therefore, when times get tight, as they are now, it's easy for them to cut out racquetball. They might replace it with jogging, something less expensive."

"The people we used to see coming in three or four times a week now play once a week," said Gary Schnoll, manager and pro at Fort Washington Racquetball Club. "Our membership level has not changed. What has changed is the amount of time the courts are being used."

Schnoll believes the future of racquetball in the Philadelphia market will rest on the ability of the clubs to offer family-oriented, non-competitive activities to members. He favors having such things as an all-families tournament or father-child competition rather than any state or regional championships at his club.

"You have to get your members involved in these fun, non-competitive activities so they will see the club as the focal point of many activities," he says. "Invite them to see the club as a multi-purpose facility." The Fort Washington Club has 16 courts, weight area, hair salon and plans for an outdoor swimming pool.

Pruitt thinks those clubs which are well designed, well located and loaded with amenities will survive racquetball's growing pains in Philadelphia. Those clubs that are just pure court clubs, he thinks, will fall by the wayside. In that regard, Philadelphia is no different from the rest of the country.

Pruitt's club was originally designed as a pure court facility. But things changed quickly.

"Now that we've created our market," he says, "the people have become a little more discretionary in what they want from a club. We have to try and give them what they want."

With that in mind, the five-court Center City club, tucked away on the lower level of a Market Street hi-rise, will embark on an ambitious \$250,000 renovation and expansion project designed to add increased locker and weight room facilities as well as a co-ed hot tub, bar and lounge.

Another reason for the club's expansion might very well be the presence of the newest kid on the block, Clark's Uptown, located in the multi-million dollar Franklin Plaza hotel and office complex. The rooftop club is home to three indoor and four outdoor racquetball courts, squash courts, an outdoor tennis court and swimming pool.

Open since February, the 52,000 square foot facility has a \$2 million plus price tag and features solid oak lockers, copper ceilings, plush maroon carpeting and countertops hewn from stone.

Since its opening, the club's racquetball courts have been tested by such celebrities as Bill Cosby, Dionne Warwick, Joey Bishop and Don Meredith and by local professional athletes Mike Schmidt of the World Series champion Phillies and Ron Jaworski of the NFL champion Eagles.

Due to their downtown locations, Clark's and Center City cater, almost exclusively, to executive clientele. Center City, which is partially owned by CBS sportscaster Tom Brookshier and 76er coach Billy Cunningham, is a haven for many visiting NBA coaches and players as well as for actors from several local theatrical productions. Also seen knocking the ball around Center City's courts were members of the rock band Yes and rock star Bruce Springsteen.

Outside the downtown area are also several popular clubs. Riverside Racquetball, on the banks of the Schuylkill River in nearby Bala

Cynwyd, is the only club in the area open 24 hours a day. Club pro Charlie Alexander says the club, one of two Riverside Racquetball locations, attracts many shift workers.

The two Riverside facilities have 35 courts between them (a third Riverside location caters solely to tennis players) and Alexander said one membership is good in both racquetball locations. He agreed with the other assessments of racquetball's Philadelphia story.

"Racquetball is still quite a hot item here," says Alexander. "True, a lot of the clubs have been built for the wrong reasons and when these close it makes it look as though racquetball is not doing well here. That is not the case."

Alexander attributes one of the reasons for racquetball's popularity in the city to the success of Philadelphia's professional sports teams. The community, once known as the "City of Chumps," came so close in 1980 to being renamed the "City of Champs" as the Flyers, 76ers, and Eagles made it to the final round of championship competition before being eliminated.

"As sports minded as this city is," says Alexander, "the success that the pro teams have enjoyed recently has gotten almost everyone interested in one sport or another, not just as a spectator but as a participant."

"But this game has got to be introduced to more youths as a viable alternative to other sports. If the juniors start playing, this game will never stop growing. If they don't, it will be in real trouble."

Alexander says that few clubs have any junior programs to speak of and he places much of the blame for this on parents whom, he thinks, don't recognize racquetball as an alternative to other youth sports. "It is often the parents who decide on the sports in which children will participate, because it is the parents who control the money," he says.

Despite what many club officials admitted was a lack of a solid junior program, Philadelphia has produced some racquetball talent, players who have distinguished themselves both on the state and at national levels. In addition to Clark, the top male players are Tom Ranker and Scott Ryan.

The top women are Cindy Baxter, Carol Frank, O'Brien and newcomer Barbara Maltby, a two-time United States squash champion, who is making the transition to racquetball.

Perhaps it was a good thing for all of America that racquetball was not introduced in Philadelphia until a few years ago. Imagine what it might have cost the United States had the game been invented and available to the members of the First Continental Congress in 1776. After a few grueling matches, Washington may have been too tired to sleep in Philadelphia, Franklin might have forsaken his kites for a more competitive hobby and who knows if Jefferson ever would have gotten around to penning the Declaration of Independence?

TOURNAMENTS



Sawmill Classic

Playing a new, more aggressive brand of racquetball, Lynn Adams defeated Heather McKay, 3-2, 3-2, to win the \$10,000 Sawmill Classic at the beautiful Sawmill Athletic Club in Columbus, Ohio.

The tournament, last of the season for the Women's Professional Racquetball Association, was for the benefit of the St. Joseph Montessori School.

Adams, who lost to McKay in the WPRO Nationals a few weeks earlier, seemed determined to win this event right from the beginning.

McKay won the first two games 11-8 and it looked to some as if it would be a repeat of the 3-0, 3-0 whitewash in the Nationals. But Adams rebounded to win the next two, 11-9, 11-7, and then took the deciding fifth game, 11-9, after breaking a 9-9 tie.

Adams opened the second set with an 11-8 decision before McKay came back to win the next one 11-8. Adams took the third game, 11-9, and the former squash queen won the fourth, 11-7. Adams then scored an 11-5 victory to win the \$2,500 first prize. McKay settled for \$1,300.

McKay, who had played awesome against Marci Greer in the semis, did not play as well in the finals. She left many of her shots up, allowing Adams ample time to put them away.

In the semis, Adams defeated old nemesis Shannon Wright, 2-3, 3-1, 15-9 (the tiebreaker was one game to 15).



Photos by Carole C. George

(Top) Heather McKay stretches for a shot against Lynn Adams in finals of the Sawmill Classic in Columbus, Ohio. Adams won, 3-2, 3-2.

(Above) Adams avoids shot by Shannon Wright in semifinals. Adams defeated Wright in tiebreaker.

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TOURNAMENTS

Adams, who used to get psyched out playing Wright, has overcome that mental block and now ends up beating the former national champ more often than not.

McKay, using a beautiful array of pinches and down-the-line passes, played the best racquetball of the week in defeating Greer, 3-1, 3-0, in the semifinals.

In the quarterfinals, McKay defeated Peggy Gardner, 3-1, 3-1, Greer defeated Rita Hoff, 2-3, 3-0, 15-11, Adams defeated Elaine Lee, 3-2, 3-0, and Wright blanked Janell Marriott, 3-0, 3-0.

Marriott made it to the quarters by defeating Laura Martino, 3-2, 3-0 and Hoff topped Jennifer Harding, 2-3, 3-1, 15-12, in mild second-round upsets.

AARA Nationals

Ed Andrews of California defeated Larry Fox of Ohio, 21-11, 21-12, to win the AARA National Championship at the Court House in Boise, Ida.

Cindy Baxter of Pennsylvania defeated Lydia Emerick of Colorado, 21-3, 21-8, to win the women's national title.

Andrews' victory wasn't one of total domination. It was more a case of too many errors by Fox. Fox would dominate some of the rallies only to miss relatively easy shots.

Andrews played smarter and ran off points in spurts that put the match away.

To reach the finals, Andrews defeated Scott Shafer of Tennessee. Fox defeated Mark Martino of California. Martino then defeated Shafer, 16-21, 21-13, 15-8, in the third place playoff.

Baxter won her spot in the finals with a 21-1, 21-2 romp over Barb Faulkenberry of Colorado. Emerick defeated California's Betsy Massie in her semifinal match. Faulkenberry then won the third place playoff over Massie.

Andrews, Fox, Martino, Baxter, Emerick and Faulkenberry were named to the United States World Games team. They will be joined by the AARA National doubles champion teams of Jeff Kwartler-Mark Malowitz and Mary Ann Cleuss-Karen Borga. Coach and non-playing captain of the team is Dr. Bud Muehleisen, who won the 45-year-old national title.

Other title winners included Steve Dunn and Massie (30), Jay Jones and Barb Smith (35) and Bob Peterson and Coleen Sloan (40).

Results

MEN

Open: Championship—Ed Andrews (Calif.) def. Larry Fox (Ohio) 21-11, 21-12, Third—Mark Martino (Calif.) def. Scott Shafer (Tenn) 16-21, 21-13, 15-8. **B:** Championship—Don Chamber (Wisc) def. Doug Jones (Kan) 21-11, 21-17; Third—Don Gordon (N. Dakota) def. Doug Shedd (Ore).

30: Championship—Steve Dunn (Calif.) def.

Ed Remen (Va); Third—Mark Hegg (Okla) def. Fielding Snow (Wash). **35:** Championship—Jay Jones (Calif.) def. Bill Dunn (Calif) 17-21, 21-12, 15-10; Third—Ed Remen (Va) def. Tom McKie (Texas).

40: Championship—Bob Petersen (Idaho) def. Mark Wayne (Calif) 15-21, 21-10, 15-5. **45:** Championship—Bud Muehleisen (Calif) def. Al Ferran (Mo) 21-4, 21-5; Third—Gene Landrun def. Charles Wickham by forfeit.

50: Championship—Pat Whitehill (Wash) def. Bob Troyer (Ill) 21-11, 17-21, 15-6; Third—Floyd Svenson def. Bud Held (Calif) 16-21, 21-19, 15-11. **55:** Championship—Al Rossi (Calif) def. Don Goodard (Mt) 21-3, 21-4, Third—Bert Morrow (Calif) def. Floyd Svenson 21-19, 21-5.

60: Championship—Don Goodard (Mt) def. Ike Gumer (Ken) 21-12, 21-9; Third—Luzell Wilde (VI) won by forfeit **65:** Ike Gumer won round robin tournament.

WOMEN

Open: Championship—Cindy Baxter (Pa) def. Lydia Emerick (Colo) 21-3, 21-8; Third—Barbara Faulkenberry won by forfeit of Betsy Massie. **B:** Patricia Curtis def. Olbu 21-17, 21-19; Third—Linda LaChance def. Rose Hamilton.

30: Championship—Betsy Massie def. Patricia Curtis 21-15, 21-4; Third—Ali Swafford (Tenn) def. Theresa Silva (Idaho). **35:** Championship—Barb Smith (Idaho) def. Judy Pike (Idaho) 21-8, 21-3; Third—Sharon Kennedy (Wash) def. Kathy Rishell (Calif) 21-16, 21-10.

40: Colleen Sloan (Calif) won round robin tournament. **45:** Colleen Sloan (Calif) won round robin tournament.

Bradshaw/El Paso

Playing in his own back yard, Dave Peck defeated Jerry Hilecher, 21-6, 21-5, to win the \$15,000 Terry Bradshaw/El Paso Cancer Treatment Center tournament at Supreme Courts in El Paso, Tex.

Peck took home a check for \$4,500 and Hilecher came away with a \$2,500 payday. Peck's home court is Supreme Courts and he is a former student at University of Texas at El Paso.

Peck reached the finals with a 21-6, 21-4 triumph over Rich Wagner and Hilecher upset Mike Yellen, 21-11, 12-21, 11-8.

"This was the best I've played in a long time," said Peck after his victory. "Everything seemed to go my way. To win here is one of my all-time highs. At no time during the match did I have a letdown."

"He played as well as anybody I've seen play," said Hilecher. "I think he wanted to show off before his hometown fans."

But despite the easy showing, Peck said he was nervous playing in El Paso. "I played here last year and things weren't as easy (he lost to Yellen in the semis)," said Peck. "When I play here the pressure is really on to perform."

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TOURNAMENTS



Photo by Cynthia Farah

Dave Peck goes to the corner to pick up a shot against Jerry Hilecher in the Terry Bradshaw/El Paso Cancer Treatment tournament at Peck's home court in El Paso, Tex. Peck defeated Hilecher 21-6, 21-5, to win the event.

Top-ranked Marty Hogan decided to skip the El Paso affair to stay in San Diego and train for The Nationals. "Marty realized the crowd would be rooting for me and he didn't need the money or the mental stress," said Peck.

Gerry Price defeated Mike Ray, 21-17, 21-15, and Diane Bohling beat Leslie Hall, 21-20, 16-21, 11-6, to win the amateur titles.

Awards were given out by Pittsburgh Steeler quarterback Terry Bradshaw.

21-15, 11-9, in the 17-and-under division of the Burger King Junior Classic in Noblesville, Ind. Dina Prichett defeated Bridget Huff, 21-2, 21-1, in the girls 15-and-under division and Jeff Zipes topped D. Lasbury, 21-11, 21-7, in the boys 15-under competition.

● John Schenk defeated Bruce Fulkerson, 21-9, 21-8, to win the Men's A division of the third annual Coca Cola City Championship at the Tri-State Racquetball Club in Evansville, Ind. Don Rice and Kathy Scherzinger won B titles.

● Rich Handley defeated Jim Wirkus, 12-21, 21-20, 11-7, to win the Highlander/Bartlein Open at Highlander Racquet Club in Brookfield, Wisc. Handley defeated Bob Kohl and Wirkus defeated Dieter Schmidt in the semis.

Etc.

● John Knauer defeated Bill Verdery, 20-21, 21-18, 11-9, and Kay Kuhfeld defeated Pam Clark, 21-18, 16-21, 11-10, in the open division finals of the Indiana State Championships in Indianapolis. Tony Gabriel defeated Kim Kroll, 21-9, 21-5, and Candy DeWitt beat Marie Younger, 16-21, 21-15, 11-5, in the A divisions. Other winners were Mike Gilbert, Joan Barnett, Dick McCabe, Chuck Solomon, Leo Vox, Dan Camplese, Bob Craig, Kathy Busanic, Valerie Bush, Jeff Zipes, Keith Prichett and Jason York.

● M. Lasbury defeated M. Waldorf, 16-21,

● Memphis State University won the men's and women's titles in the USRA Intercollegiate Championships at the University of Illinois. Following the Tigers in the men's competition were University of Michigan and St. Cloud State. Illinois and Lake Forest College followed in the women's bracket. Larry Fox of Michigan and Barb Faulkenberry of Air Force took the individual crowns.

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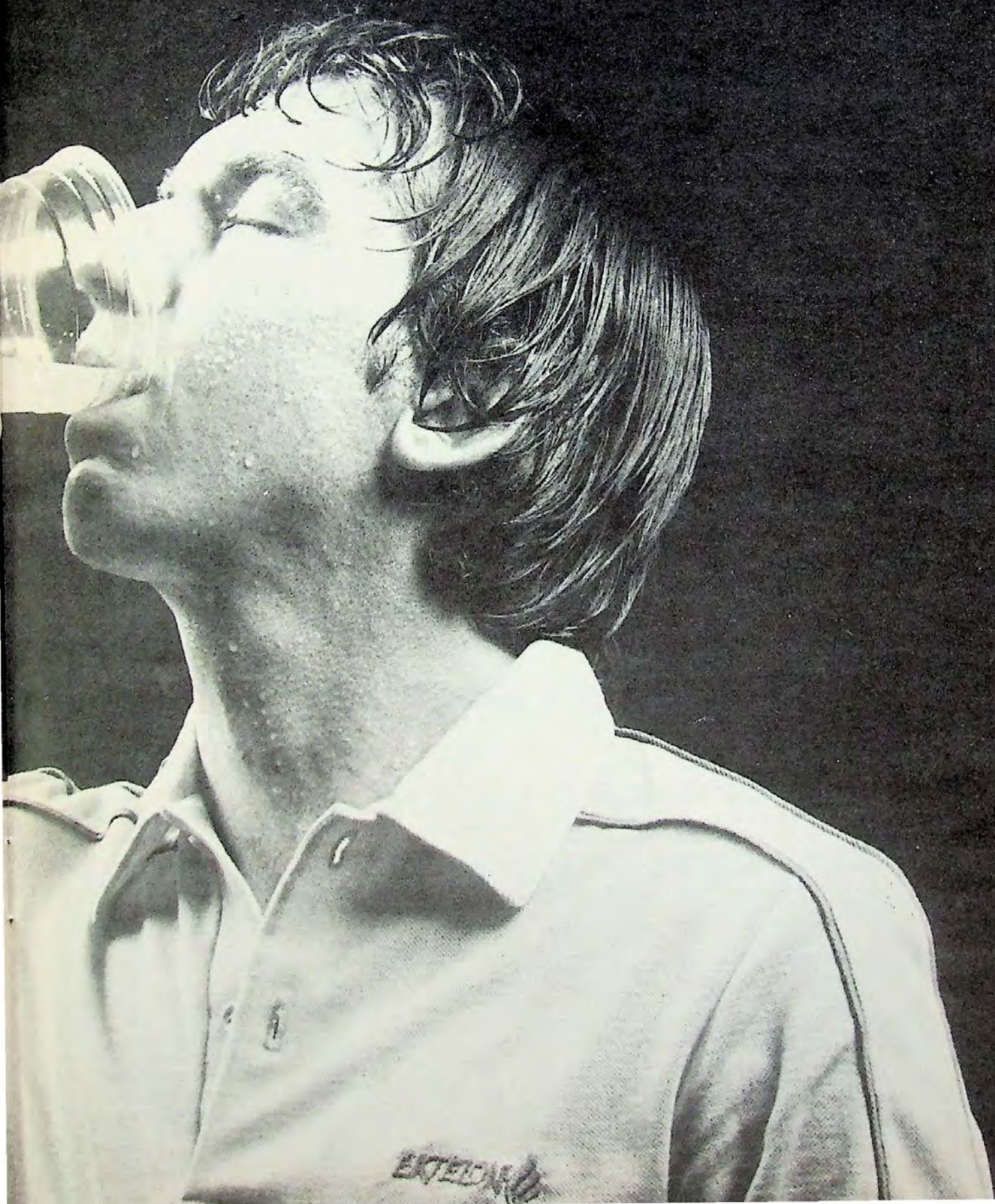
By Edward I. Placidi

Runners, cyclists, racquetball players—athletes in virtually every sport—have discovered fluid replacement drinks. Some athletes swear by certain brand names. Others gulp down any of the ones that are available at athletic events. And countless others stay away from the stuff. They are known as “ades,” “athletic,” “sweat replacement,” or “electrolyte replacement” drinks, and new ones are appearing on the already intensely competitive market all the time.

The production of these athletic drinks has become a lucrative industry. At last count there were over 15 brands available. But what is the story behind these fancy potions? Does the athlete need them? Do they really help? Are there alternatives?

The perspiration that pours off two racquetball players during a match is a combination of water and electrolytes, commonly known as body salts. Electrolytes are also made up of such minerals as potassium, magnesium, calcium and phosphate. They partially control the chemical balance of the body and are instrumental in maintaining correct distribution of body fluids—a critical factor in sustaining body temperature and a constant level of performance during exercise.





Fluid-replacement drinks are designed as a thirst-satisfying means of replacing the electrolytes and water lost in hard exercise. But not everyone agrees that they are necessary or beneficial. Doctors, research physiologists, athletes and others have come up with the varying, often conflicting opinions on the subject. At this point, all the evidence is not in.

One conflict arises over the value of the varying amounts of sugar contained in the different drinks, supposedly to replace the glycogen lost in sweat. This sugar content, it is claimed, presents potential hazards as well as advantages for the athlete. The sweetened drink may be more palatable and sugar may release instant energy into the bloodstream, but if the solution is too sweet, says Ann Lincoln in her book *Food for Athletes*, "It will draw fluid from the body cells into the stomach, which may cause cramps."

Racquetball pro Davey Bledsoe, who "has tried them all" and doesn't use any athletic drinks anymore, has found that over-sweet solutions can also cause other undesirable effects. He says, "A lot of these drinks elevate the blood sugar level and give you a boost. But it's only temporary, and then you drop down to a lower level than before and you have to replenish your system even more."

Racquetball pro Jerry Hilecher makes a similar claim. He only drinks the ade made available for the players at a tournament "when I really feel I need sugar. But I have to be careful because I hit peaks and valleys. So I never drink a lot at the beginning of a match."

In an overview of sugar use among athletes, Dr. Edward Fox, in his new book, *Sports Physiology*, reports that recent research indicates consuming considerable amounts of sugar before competition can hurt performance, but conversely small amounts taken (especially in liquid form) during sustained exercise can help performance. Another warning/endorsement comes from physiologist William Fink of Ball University's Human Performance lab. He compared 12 sources of fluid replacement and recommended only water, ice tea and athletic drinks as advisable for the athlete. He qualified his yes on athletic ades, however, by warning that too high a sugar concentration may retard the movement of water from the stomach to the intestines.

The value of electrolytes in these drinks is also controversial. When nephrologist (kidney specialist) Robert Cade, along with his associates at the University of Florida, originated Gatorade in 1965, they attempted to develop a formula which would approximate the minerals and salts in sweat. But subsequent researchers question Cade's approach. Dr. John Greenleaf of NASA's American Research Center has found that high levels of sodium raise body temperature—the last

thing an athlete needs when exercising intensely. Some athletes used to take salt tablets to maintain body fluid levels but the consensus of athletes and experts is they are useless, or even harmful. Dr. Donald Cooper, director of Oklahoma State's Student Hospital and Clinic, maintains that the main drain on hard-playing athletes is magnesium, so one should be concerned with consuming magnesium-rich foods and liquids rather than drinking electrolyte replacement drinks.

Despite the addition of electrolytes and sugar, the ades, of course, are mostly water—which many experts believe is the best fluid replacement drink of them all.

"One kind of exercise drink does not work efficiently for all."

According to a number of physiologists, the loss of energy during hard exercise is due almost entirely to the loss of water. They contend that our body's mineral reserves are sufficient to replace what is lost through sweat. Therefore, the athlete has no need for the artificial replacements provided by the ades. "What your body needs most is water," says Fink.

Dr. David Costell, a colleague of Fink who has been studying body fluids and fluid replacement for years, has also arrived at the same conclusion. However, he adds that in order to replenish the minerals and salts lost through sweating the athlete must diligently maintain a balanced diet with food salted to taste. The diet should include extra fruit or fruit juice for potassium.

But the conclusions of scientists do not take into account the varying tastes of the athletes. On the one hand, there is racquetball pro Rich Wagner who says, "I don't like water because it gives me an upset stomach if I drink it during a match." On the other side of the coin is pro Lynn Adams who says, "I always drink a lot of water before and during a match. I just like water a lot. I don't drink alcohol, milk or soft drinks... and what's left is water, and I love it." Adams is not a strict water-totaler though. She also drinks some ade at tournaments which "quenches my thirst... and does that very well."

It seems obvious that no two athletes are the same and, consequently, there is no clear-cut prescription for everyone. "Since athletes in various sports lose different minerals in varying proportions through sweat, one kind of exercise drink does not work most efficiently for all. Individuals and coaches will need to decide what ingredients and what proportions are important for their sport and for the people involved," says author Lincoln.

The range of opinions among racquetball players regarding the optimum replacement drink can be seen among athletes in other sports as well.

Marathon runner Tom Osler mixes as much sugar as he can stir into tea and downs it by the quart. But fellow marathoner Ron Daws claims he gets the best results by drinking two or three glasses of water for every one of ade. That helps dilute the sugar in his system.

Runner-mountain climber Thorwald Boie, author of *The Raw Food Diet Plan*, says that the best drink of all is fruit juice. The value of fresh fruit juices in an athlete's diet is widely accepted, yet many athletes report that if they drink juices before or during an athletic event the citric acid gives them a stomach ache. This, they say, is also true of some of the ades which are flavored with citric acid.

For the most part, all these replacement potions contain the same ingredients. The differences are mainly in the quantities of each—more or less sugar, potassium/sodium ratios, and so on. Whether or not there is a drink on the market that is best—or even beneficial—is difficult to ascertain without experimenting with the different brands. Even water may not be the answer.

Author and runner Frances Sheridan Goulet, in *Eating and Winning*, points out that, "There is distilled water, but that's devoid of minerals. There's sparkling water, but that may be too costly. There's tap water, but chances are that's contaminated with something or is too high in potentially toxic metal like copper and too low in zinc, another essential mineral. And tap water, in the opinion of Swiss cellular therapist Dr. Benjamin Frank, 'usually contains flourides, which have a damaging effect on oxidative metabolism and energy production.'"

The racquetball players interviewed were not asked their athletic drink preference but a few said they swore by one called Pripps Pluss, which was developed for the Swedish Olympic Team. Pro Steve Strandemo even said he carries a package with him to tournaments. "It has a maintaining effect," he says.

But what it comes down to says Rich Wagner is the overall well being of your own body. "The best thing is to make sure I eat a balanced diet, including plenty of liquids," he says. "I have to be prepared nutritionally to play in a tournament or I might as well go home. No drink or anything else is going to make the difference."

OFF THE WALL

THE ADVANTAGE



"Having a black belt in racquetball gives him a psychological edge..."

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Our October issue will feature:

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FASHION RAC





Catherine does her playing in Catalina's yellow (straw) and white (with stripes) outfit made of 50 percent Fortrel polyester and 50 percent cotton. Top **\$22**. Shorts **\$16**. Kelley opts for a smart-looking sienna and white outfit, also a Fortrel polyester/cotton combination. Top **\$18**. Shorts **\$16**. Staness swings away in her royal blue and white outfit made of 50 percent polyester, 49 percent cotton and one percent nylon. Top **\$18**. Shorts **\$16**. Laurel chooses a gray (heather) and white poly/cotton outfit. Top **\$22**. Shorts **\$17**. Marty's blue warm-up top is made of 50 percent Fortrel polyester and 50 percent cotton terry and comes with a hood, pocket and contrasting white stripes on the sleeves. **\$45**.

The shirt in which Marty won the 1981 National title—"My New York Yankee shirt"—is a polyester/cotton jersey combination. The blue piped-leg shorts are made of 65 percent polyester and 35 percent cotton poplin. Price is not set on this outfit, a preview of next season's designs.

This was to be a special doubles match. Not only were the models vying for gloating rights and an expensive champagne breakfast but they were playing in front of their guest referee, four-time national professional racquetball champion Marty Hogan.

Following the match and the breakfast, the models—Catherine Folkman, Kelley Livesay, Staness Carol and Lauren Winfield—took Hogan out to Playa Del Rey, Calif. for sun soaking and catamaran riding.

Hogan and the models were wearing the latest in fashion from CATALINA SPORTSWEAR, a company that next year will be spending over \$200,000 on a seven-stop professional racquetball tour.



Catherine has on another royal blue and white outfit, one of Hogan's tournament favorites. The poly/cotton top sells for **\$22**. Shorts **\$16**. Lauren sails away in a yellow (straw) and white outfit also made of polyester and cotton. Top **\$22**. Shorts **\$16**. Marty has on a gray top with multi-stripped collar made of 50 percent polyester and 50 percent cotton jersey. The shorts are 50 percent polyester and 50 percent cotton fleece. Price is not set on this outfit, a preview of next season's line.

Fashion directed by David Chow
Photography by David M. King
Makeup and Hair by Clint Wheat
Hoble Cat courtesy of Steve Curran Yacht Sales
(Marina Del Rey, Calif.)
Racquet and Bag courtesy of DP Leach

Short Shots

The Cover Story

Want to make the cover of *Racquetball Illustrated*? Well, now is your chance.

A company out of Florida, Fotozines, has developed a photographic process in which your photo can be transferred to the cover of *Racquetball Illustrated* or any one of 50 or so other magazines.

"We started with eight magazines. Now we have over 50 titles," says Greg Dobbs, founder of Fotozines. "There was such a big demand for *Racquetball Illustrated* that we had to add it. The racquetball player would come up and we were putting him or her on the cover of *Sport* or *Inside Sports* but that wasn't good enough."

Currently the Fotozines process is available at three well-known amusement parks—Six Flags Over Georgia in Atlanta, Marriott's Great America in Illinois and Six Flags Magic Mountain in the Los Angeles area. Dobbs says several more

amusement parks will be added in the near future and there is a possibility that the offer will be extended to mail order.

The price for the cover and frame at the amusement parks is about \$15 (\$9 without the frame). The mail order price would be a few dollars more.

"The response has been great," says Dobbs. "But it took time to get recognized. People couldn't believe it. They thought we were selling real magazines."

Dobbs was a former employee at Disney World in Orlando, Fla., and it was there he did a testing before marketing his product. "We wanted to produce a product that people couldn't get anywhere else," he says. "I would see people buy these little souvenirs and throw them away by the time they got home. We wanted to produce something that meant more to people when they got home than at the time they bought it."

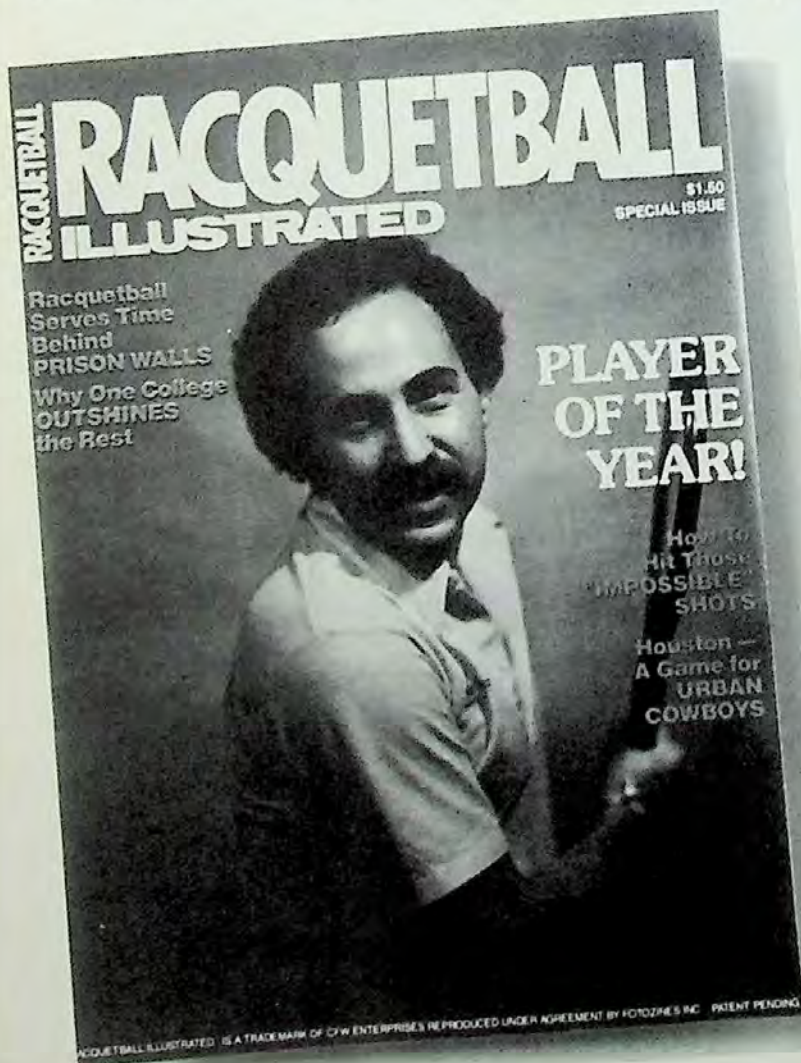


Photo by Nick Schmitz



The Ultimate Gift

A gift for the woman who has everything? How about a mink racquetball cover?

Although it is not expected to be the hot item for this Christmas season, York Furriers of Chicago has designed a mink cover and is selling it for the bargain price of \$265.

"You, too, can be the first one on your block to own one," says racquetball pro Peggy Steding who poses with it in the window of a pro shop.

Steding, unfortunately, didn't get to take it home to Odessa, Tex. This particular cover was won by Lynn Adams by virtue of her runner-up finish in the 1981 WPR Nationals.

Beat the Pros

Six Chicago-area racquetball players won vacations to the Bahamas or the Caribbean by beating pros Davey Bledsoe and Shannon Wright in handicap matches as part of the *Chicago Sun Times*-Wilson Shootout at the Glass Court Club in Lombard, Ill.

The event drew 1,265 entries and featured competition for men and women in four divisions—advanced, intermediate, novice and never-played.

Advanced winners were Sandy Robson and Jack Newman. Intermediate champs were Terri Leiva and Gary Pescillo. Novice winners were Cindie Calzaretta and Mike Hepp, and never-played title holders were Jo Ann Dusek and Kevin McAlinden.

Robson, Leiva and Calzaretta defeated Wright in a handicap match. McAlinden, Hepp and Newman defeated Bledsoe.

In The Air

Planning to fly somewhere on your vacation? If so, you may be reading about racquetball at 35,000 feet.

Racquetball Illustrated is now available for your reading pleasure on two airlines—Air Florida and Evergreen.

Air Florida, based in Miami, flies to Europe, South America and the Caribbean in addition to all major Florida cities as well as Dallas, Houston, New York and others.

Evergreen, based in Oregon, is a charter airline that flies anywhere in the world. "You call us up and say where you want to go and we send out a plane," said a spokesperson for Evergreen.

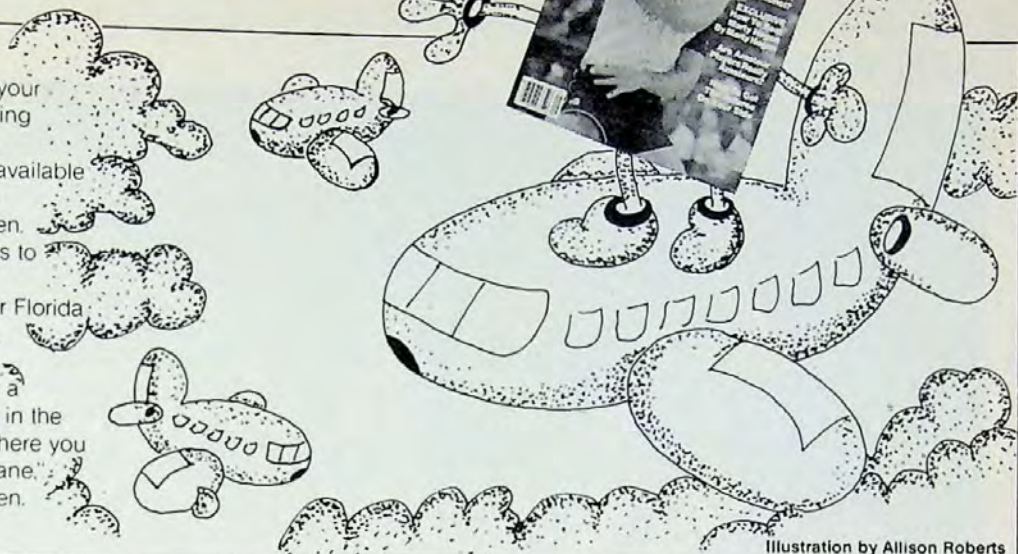


Illustration by Allison Roberts

Summer Specials

If there is one thing that racquetball clubs have neglected, it is a viable program for juniors. Perhaps, then, a few could take a lesson from the 18 Metro clubs in Chicago.

This summer the Metro clubs have organized a package in which any person 21 and under can have a summer membership for \$17 and six Mountain Dew bottlecaps.

In addition, the player will receive a Wilson equipment package featuring a racquet, athletic bag and can of balls, and tickets to the Chicago White Sox and Chicago Cub games.

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COLLEGE COURTS

Texas Christian University



Racquetball is so popular at Texas Christian University in Ft. Worth that the school had to hire extra security guards to keep out the general public.

"The public tries to crash the door and we have to keep telling them the courts are for use by students, faculty and alumni only," says Bob Mitchell, director of the Rickel Building, which houses the racquetball courts.

Despite signs explaining that the general public is not allowed to play on the courts, people will ignore the sign

and use any means available to try to get court time. "They will even borrow fake IDs from alums to try and get in," says Mitchell.

To guard against the unwarranted use by non-students, the school uses two guards to check IDs. One guard stands at the check-in counter and the other stands at the entrance to the courts. "Some of these crashers are really aggressive," says Mitchell.

The Rickel Building has 10 courts, four

of which have glass walls. The surfaces are artificial, unlike most of the court clubs in the area.

The five daily classes are filled with over 20 students per class and when class is not in session almost all available court time is filled up. "Some administrators think racquetball is a fad but I think it's here to stay," said Mitchell.

Winners in the school's tournament were Byron Bohanoran and Cindy Van Cleef.

Boston College



Most colleges open their racquetball facilities to alumni in addition to students and faculty. At Boston College, the alums have to find their own clubs to play at. "No racquetball passes for alumni," says intramural director John Kane. "There are just too many living in the Boston area."

Boston College has 12,000 students and anyone who has paid the \$35 recreation fee (with tuition) can use the five courts located in the William J. Flynn Sports Complex.

Court time is booked up a day in advance and classes (taught by Russ Kelly) are usually also filled up. Reservations for court time are taken a day ahead of time, and reservation periods are staggered.

In other words, reservations for Tuesday's courts begin at 11 a.m. Monday. Reservations for Wednesday court time begins at noon on Tuesday, etc. "That's to give students who are always in class at the same time a chance to get courts," says Kane.

According to Kane, basketball is still the top intramural sport but racquetball ranks right up there. The school has eight intramural tournaments a year and the last one drew 400 players.

The tourney winners were Robert Lavelle (men), Liz Walker (women), Walker/Sarah Crowley (women's doubles), Tony Sullivan/Dan Noviewski (men's doubles), and Chuck Russell/Moira Hagan (mixed doubles).

Kansas State University



Until last year the only racquetball courts the students at Kansas State University in Manhattan, Kan. could play on were eight three-wall outdoor courts. But with the addition of the \$3.5 million Student Recreation Building, the students now have 16 indoor courts.

"It is a total recreation and fitness complex and was paid for out of student fees," says Raydon Robel, director of recreation.

The facility also has basketball courts,

tennis courts, dance room, weight and exercise rooms and a running track. "It's open to students, faculty, staff and alumni," says Robel.

According to Robel, the court time is filled from 6 a.m. to midnight with the exception of a couple of hours in the early mornings and late evenings.

So far the school has not formed any kind of club program in which it will compete against students from other schools but that is a possibility in the future. "At

this point we have not discussed it," says Robel. "We are still somewhat experimental in nature. We are continuing to add programs. We may eventually get into weekend tournament competition."

The student body has also spent over \$2,000 on racquets to loan to players who have not yet bought their own.

Intramural competition last season was won by Glen Caby (Independent), Steve Liebl (Fraternity), Ray Falcon (Residence Hall), and Candie Gwin (women).



OFF THE WALL

Portsmouth, New Hampshire



Off The Wall is located in a converted brewery that was built in the 1920s. "It looks pretty nice now," says club pro Steve Marcotte. "Like a decorated warehouse."

Portsmouth, N.H. is located on the coast. As a result, it is a popular tourist area for New Englanders. The club, located about five minutes from the ocean, has about 2,000 members, but ironically very few tourists. "We are doing a study to find out why tourists aren't coming here," says Marcotte. "I guess people just want to stay at the beach."

The club has 10 courts and the usual amenities. A hair salon and tanning salon are recent additions.

Most of the club's members are from the surrounding business community. Some of them have only joined for the fitness, choosing instead to pass up the more expensive racquetball membership.

The club has Wallyball on Friday nights and happy hour every night. "We have a nice facility here with a lot of growth potential," says Marcotte.

RACQUETBALL FIFTH AVENUE New York City, New York

Racquetball Fifth Avenue is located on 39th Street on the 13th floor of a 16-story building near New York's famed garment district. For those unfamiliar with Manhattan, the club is located within walking distance of the Empire State Building.

"We get a lot of business and garment industry people," says club pro Mickey Aguilera, who came to New York from Stadium Racquet Club in San Diego. "We also get a lot of students from NYU and nearby design schools."

Because the club is located on the 13th floor of a building, the walk-in trade has all but been eliminated. "We do a lot of advertising, especially in schools."

The club also has its share of celebrities. John Oates of the singing group Hall and Oates plays there as does Gail Matthius of *Saturday Night Live* and marathon swimmer-pro racquetball player Diana Nyad.

The club gives free racquetball clinics, has "Party Night" every Friday and is planning a group outing to the Yankee

games. "We forgot about that for a while because the team wasn't doing so well," says Aguilera.

Racquetball Fifth Avenue has only four courts, two of them with glass back walls and one outlined as an instruction court. It also has Universal gym equipment and an aerobic dance room.

The club's last tourney was won by Gary Valinoti.

PAT MATSON'S RACQUETBALL WORLD Cincinnati, Ohio

Owned by former Cincinnati Bengal Pat Matson, the 10-court facility is located in the economically attractive Cincinnati suburb of Blue Ash.

Being in an area loaded with business people, the club sells a lot of corporate memberships. "We seem to get a lot of men playing in the evening and a lot of women playing during the day," says club pro Joyce Underwood.

One attraction for club members is the free beer. This is not a once-a-month or even a once-a-week giveaway. This goes on every night. "We give it away all the time," says Underwood. "It's our way of saying thank you to the people who play here."

Underwood has set up other activities such as challenge nights, Wallyball round robins, ladies luncheons and business leagues. "I'd also like to have more dance classes, maybe a ballet class for the youngsters and more exercise classes for senior citizens," says Underwood.

The club holds regular tournaments. The last one—the WARM 98 (a local radio station)—was won by Becky Callahan and Dan Clifford.

With Matson at the helm, one would think it would be a natural to set up group tours to the Bengal games for his club members. That hasn't been done yet but, according to Underwood, it may be a possibility in the future.

The club also has a Nautilus room and deli-yogurt bar.



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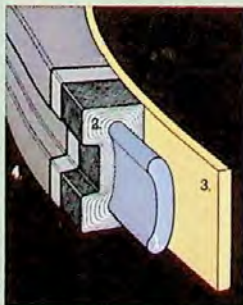
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