

## Passing Shots

Norm Blum

Publisher & Editor



## Regionals come to Florida

By Norm Blum  
Publisher

JACKSONVILLE — Florida will play host to one of the first regional doubles tournaments ever held in the United States.

The AARA Southeastern Regional Doubles Championships is set for the Jacksonville Wellness & Sports Center, a 10-court racquetball facility, September 28-30.

"I'm hoping we get a terrific turnout," says Van Dubolsky, the AARA state chairman and member of the AARA National Board of Directors. "This tournament will set a trend and eventually be a qualifier for the nationals. Right now the results from this tournament will affect the seedings for the national tournament."

Several sponsors are getting behind this prestigious event. Diversified Products is the major sponsor along with Penn Athletics, Miller Lite, Pizza Hut and D'Lites of America.

DP is contributing a visor and sweatbands for each player. Each player will also receive a collared golf shirt and a bag tag from the AARA National headquarters.

DP, which has a four-year contract with the AARA for sponsorship in state, regional and national championships, will also be donating more than \$1,000 in door prizes. Among the attractive prizes are a five piece luggage set, the DP Pacer 300, the Body Tone 300 and two top of the line racquets.

The AARA is also offering an attractive door prize — a year's free entry to the first event of any AARA sanctioned tournament and possibly an airline ticket to the national doubles in Boise, Idaho.

"We're hoping to get players from Florida, Georgia, North Carolina and South Carolina. That's why we selected Jacksonville as the site," Dubolsky added. "Our organization in Florida is looked upon with confidence by the national office and that's one of the main reasons we were selected to hold this major

## WHAT:

AARA Southeastern Regional  
Doubles Championships

## WHEN:

September 28-30, 1984

## WHERE:

Jacksonville Wellness & Sports  
Center 6651 Crestline  
Drive (904) 724-6994.

**TAKE MY WIFE, PLEASE** — A player was about to unleash a powerful forehand only he missed the ball and hit his opponent smack in the mouth. Assessing the heavy damage and feeling terribly guilty, the player was more than sympathetic. "Because I hit you, you can have my wife for the next two weeks. She'll take care of your lip."

**SECOND GEAR** — Tim Hansen, the state's No. 1 ranked player and top-10 player Danny Lefor, performed well against Mike Yellen, the world's No. 1-ranked player in an exhibition at the Harbour Pines Racquet Club in Melbourne. Both pushed Yellen and had a decent chance of winning a game.

Yellen, however, says the results should be put into perspective. "Both are excellent players. Hansen is a big kid and hits strong. But you have to remember it is an exhibition. If I played against (Marty) Hogan in an exhibition we'd both be playing hard, but our level of play wouldn't reach the same level as say the nationals. In an exhibition you don't have the tournament hype, the momentum and other variables. Those guys were in a no-lose situation. To them it was a great thrill. I was in that position when I was coming up. I was trying to win, but it's like driving a car. You can't drive 100 miles per hour all the time. Sometimes you have to cruise at 55."

Yellen, who will be working with the *Florida Racquet Journal* in future tournaments, says racquetballers who watch the clinics and exhibitions are too concerned with seeing kill shots.

"There's no doubt all the pros can hit kill shots. When I give an exhibition, I want to show a well-rounded game. I don't want to lose exhibitions, but I want to display a variety of shots. When players watch the exhibitions, they should notice the shot selection, court position and type of serves that are being used."

**MIGHTY HITTER** — It's time to get out the speed gun. Jimmy Lyons, two-and-a-half, the son of top women's open player Mary (See picture, page 1), has accomplished what most hard hitters dream about. He broke a ball. Mary, who says she's never broken a ball, plans to frame Jimmy's first broken ball.

**A NEW WING** — A trophy case won't do the job at the Sarasota Bath & Racquet Club. The juniors from that club have performed so well over the years that all the trophies barely can be squeezed into a single racquetball court.

Honest.

**THAT WILL BE \$2** — We walked into a club last month to run a tournament and there was no one at the front desk. With the phone ringing, a member of our staff assumed responsibility and began answering the phone. Folks came in and wanted to pay court time. An employee came in and wondered if we were now in charge. Beginning to have some fun, we thought of sending him to Wendy's and having him police the area. Finally, two hours later, the front desk person arrived.

**STRANDEMO TO RETURN** — The *Florida Racquet Journal* is pleased to announce the Steve Strandemo Winter Racquetball Camp will return to South Florida next winter. The dates and site will be announced in next month's edition of the Journal. Last year 50 players attended the two one-week sessions.

**ST. AUGUSTINE CLUB TO OPEN** — Yes, racquetball is still growing. The Anastasia Athletic Club in historic St. Augustine will be opening in a few weeks. Construction is about halfway completed and the facility promises to be an attractive one. There will be five championship courts including a challenge court featuring Ellis Pearson glass with Twin Vue. Tom Wiley, a successful Midwest businessman, is the owner. The club is located at 1090 Anastasia Blvd.

**POTPOURRI** — The Journal has been assigned to do a cover story on Pensacola's Jay Schwartz for *National Racquetball*. Jay won six national titles this past year...Is International Racquetball still a monthly publication? Their last issue was a summer edition...The South Florida Racquet & Sports Club will be holding a cash tournament October 19-21 with \$600 going to the winner in the open (Please turn to page 4)

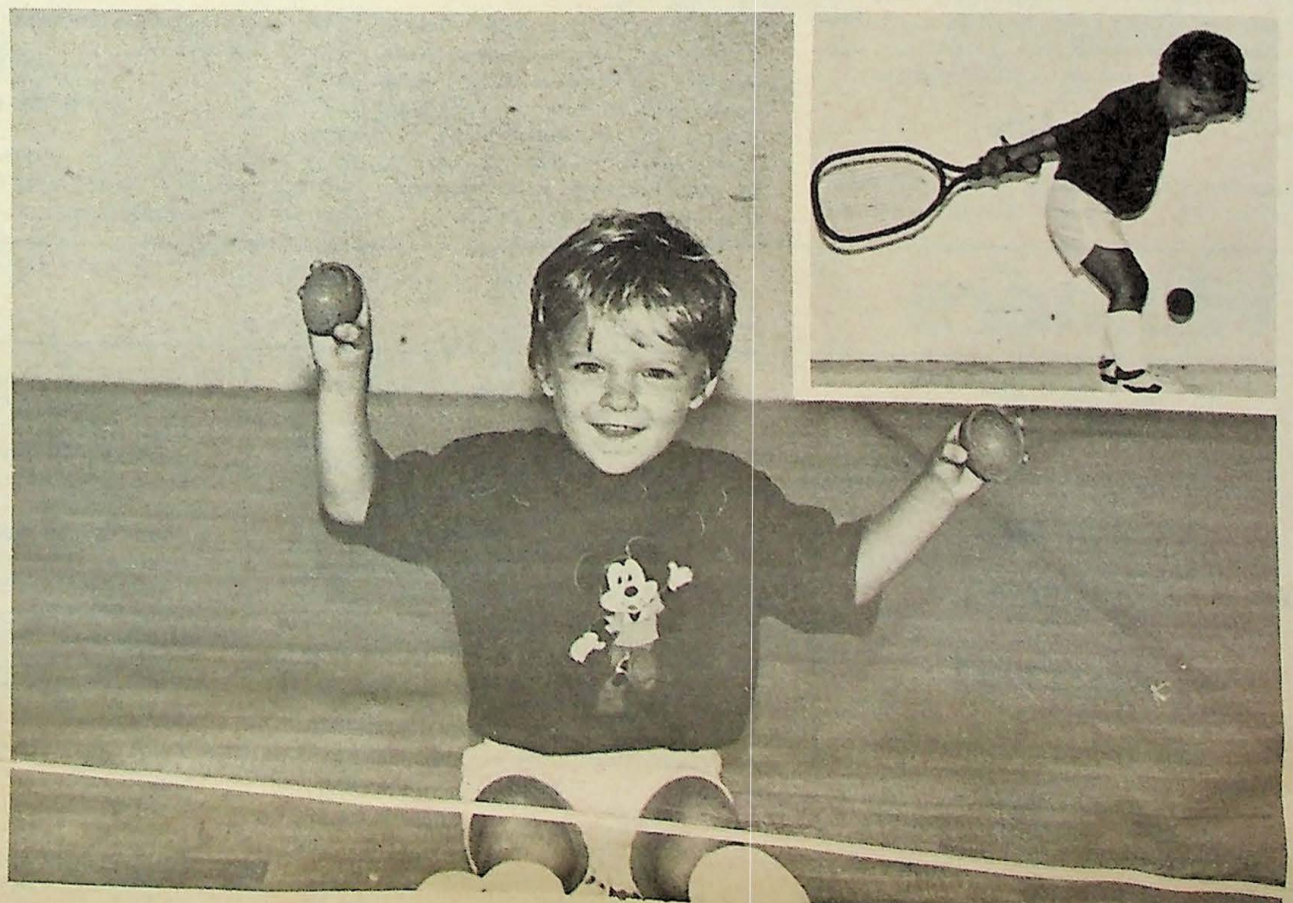
event. This will be a prestigious tournament."

The tournament is a U.S. National Team Benefit. A portion of the entry fees will be donated to the U.S. National Team, the 1984 World Champions.

"This is a fund raiser for the U.S. team and the players have a chance to contribute to racquetball and assure its continued exposure on a na-

tional and International Level. Racquetball will be a demonstration sport in the 1987 Pan Am Games in Ecuador. We're getting closer to becoming an Olympic sport," Dubolsky says.

The application for the tournament is reprinted on page three. For information on the tournament contact the club at (904) 724-6994.



## Power Racquetball!!

FRJ Photo/Mary Lyons

Jimmy Lyons, two-and-a-half, might force the ball industry to change its ingredients. Jimmy, the son of Mary, a top women's open player, broke his first ball. Can you imagine Jimmy's power at age five?

# Where To Play

## AUBURNDALE

Auburndale Tennis & Pro Shop — 202 West Park St. (813) 697-7265. 4 outdoor 4-wall courts. 8 a.m. to 11 p.m. Public courts. Non-resident, \$3 during daytime. \$5 after 5.

## BOCA RATON

The Olympiad — 21069 Military Trail. (305) 368-6441. 11 racquetball courts. 2 squash courts. Nautilus, whirlpool, sauna. Pool under construction. Restaurant. \$5.25 guest fee for out-of-towners.

## BRADENTON

Power Racquetball Plus — 6412 14th St., West Bradenton. (813) 755-0137. Six air-conditioned courts. Pro shop, snack bar. \$3 guest fee. 6 a.m. to 11 p.m. Under new ownership. Guests welcome.

## CORAL SPRINGS

The Quadrangle Racquetball Complex — 2160 University Dr. (305) 753-8900. 12 courts. No guest fee for NCCA card holders; \$5 for others. Pro shop, cafe, nursery. Nautilus, whirlpool, sauna. 7 a.m. to midnight weekdays; 8 a.m. - 8 p.m. weekends.

## CLEARWATER

Suncoast Courthouse — 2147 Pine Forest Dr. (813) 531-8933. 15 courts. 2 glass tournament courts. Aerobics room. Nautilus, pool, fully equipped lockerroom. Lounge/restaurant. \$5 guest fee.

## CRYSTAL RIVER

Kelly's Racquet & Swim Club — Rt. 2 Duncan Field St. (904) 795-3703. 2 racquetball courts, 2 tennis courts, large swimming pool, spa, weight room and exercise room. ¼ mile roller skating and jogging track. Shuffleboard courts. \$3 guest fee plus court fee.

## FORT LAUDERDALE

Holiday Courtrooms — 750 W. Sunrise Blvd. (305) 764-8700. 19 courts. \$6 guest fee for out-of-towners. Basketball court, running track, two Nautilus rooms, pool.

Racquets Two — 5300 Powerline Rd. (305) 772-2222. 5 racquetball courts; 3 international, 2 American squash courts. Complete Nautilus Fitness Center. Full restaurant and lounge. 30 seconds off I-95. Commercial Blvd. exit. Take Powerline Rd. North, 500 yards on east side. \$7 guest fee waived for NCAA members.

## FORT MYERS

The Olympiad — 8450 Dayton Ave., SW (813) 939-4477. 10 courts, Country club at-

mosphere. Fully equipped lockerroom, outdoor jogging track. Convenient and accessible from all directions. 7 a.m. to 11 p.m. every day.

## FORT WALTON BEACH

Fort Walton Beach Athletic Club — 125 Miracle Strip Pkwy SW. (904) 244-4040. 10 racquetball courts. Nautilus, aerobics, whirlpool and sauna. Lounge. \$5 guest fee for racquetball.

## HOLLYWOOD

South Florida Racquet Club — 5555 Ravenswood Rd. (305) 987-6410. 10 courts. No guest fee for NCAA members. \$3 for others. \$2 guest fee for basketball & volleyball. Whirlpools, saunas, free baby sitting in nursery. Video games and pool table.

## JACKSONVILLE

Ortega Racquet Club — 4206 San Juan Ave. (904) 388-1500. Six courts. Large indoor heated pool. Nautilus. Aerobics room, saunas, steamrooms & whirlpools. No guest fee for active out-of-town card holders for court use. Court fees by the hour.

Arlington Wellness Center — 6651 Crestline Dr. (904) 724-6994. 10 courts. Nautilus, aerobics. The only club in Jacksonville that caters to out-of-towners.

Racquet Power — 3390 Kori Rd. (904) 268-8888. 12 racquetball courts. Nicest racquetball facility in North Florida. Host of the AARA Southeast Regional Doubles Championship September 27-29.

Beaches Wellness Center — 450 Atlantic Blvd. (904) 241-5252. 6 courts. Nautilus, aerobics room, complete lockerroom facilities, nursery & snack bar. Expanding. Check us out.

## LANTANA

The Court Sport — 1111 Hypoluxo Rd. (305) 777-6737. 13 racquetball courts, 1 squash court. Nautilus, steam room, whirlpools, saunas. First-class restaurant. \$3 guest fee.

## MIAMI

Holiday Health & Racquet Club — 10631 SW 88th St., Dadeland West Office Park. (305) 596-0600. 11 courts. \$5 guest fee, plus court time. Fee waived for NCCA members. No reservations, please call. Separate men's and women's health club. Nautilus, fully equipped lockerrooms, pro shop. Lounge, social area.

## MELBOURNE

Harbour Pines Racquet Club — 4100 N. Riverside Dr. (305) 777-6737. 13 racquetball courts, one squash court. Nautilus. Aerobics. Outstanding restaurant. We welcome guests.

Miami Court Club — 9395 Bird Rd. (305) 226-4014. 10 courts. No guest fee for NCCA members; \$3 for others. No reservations. Hotel guests in Miami can reserve non-prime for \$7 (6 a.m.-4:30 p.m. weekdays, 6 p.m.-midnight weekends). Prime \$9 or \$12. Racquets, shoes for rent. Pro shop, whirlpool, sauna, steam room, 6 a.m.-midnight daily.

## NAPLES

The Olympiad — 1048 Castello Dr. (813) 262-1112. 8 courts. \$5 guest fee. Pool, complete lockerroom. Restaurant.

## NEW PORT RICHEY

Richey Racquetball — 8836 US 19 North. (813) 842-1455. 10 courts. Whirlpool, sauna, weight room & bar. \$2.50 guest fee.

## PORT CHARLOTTE

Charlotte Racquet Club — Loveland Blvd. (813) 629-2223. 4 racquetball courts, 6 tennis courts. \$3 guest fee, \$6 non-prime, \$8 prime. Universal, ping pong, snack bar. Plans for expansion.

## ORLANDO

The Club — 825 Courtland St. (305) 644-5411. 10 racquetball courts, 16 tennis courts, pool, Nautilus. Lounge, pro shop, sauna, whirlpool. Guest \$3 and \$5. 7 a.m. - 11 p.m. weekdays; 8 a.m. - 6 p.m. weekends.

The Fitness Way (formerly The Racquet Ball) — 5165 Adanson St. (305) 645-3999. 8 courts. \$6 guest fee. Nautilus. Complete lockerrooms. Restaurant. Lee Road exit off Interstate 4.

Racquetball South — 5224 S. Orange Avenue. Newest facility in Orlando. (305) 857-1388. 8 courts, 2 glass championship courts. \$5 guest fee. Nautilus. Spacious lounge and grill with large screen TV. Flotation Tank. Completely stocked pro shop.

## ORMOND BEACH

Omega 40 — 1 S. Old Kings Rd. (904) 672-4044. 10 courts. 24 pieces of Nautilus, swimming pool, whirlpools, steam/sauna. \$5 guest fee. Open 7 a.m. - 11 p.m.

## PALM BEACH GARDENS

PGA National Sports Center — 600 Avenue of the Champions. (305) 686-4420. 6 courts. Nautilus, swimming pool, whirlpool and sauna. Bar & Lounge. \$3 guest fee; \$5 non-prime, \$7 prime.

## POMPANO BEACH

Tennis Trainer — 1301 W. Copen Rd. (305) 974-4310. 7 racquetball courts.

\$7 guest fee (full use of club). Fully equipped lockerroom.

## SARASOTA

Sarasota YMCA — 1075 S. Euclid Ave. (813) 967-0770. 8 courts. (2 new exhibition courts with excellent spectator viewing). \$2 guest fee,

\$5 non-prime, \$7 prime. Co-ed whirlpool. Visitors & guests welcome. Open 7 a.m. - 11 p.m. daily. Message therapist on duty 9 a.m. - 5 p.m. Monday thru Friday.

Sarasota Bath & Racquet Club — 2170 Robinhood Rd. (813) 922-3546. 8 air-conditioned courts, 2 exhibition courts. Nursery, lounge, snack bar. \$2 guest fee, \$6 non-prime, \$8 prime. Racquetball Director: Judi Schmidt.

## ST. PETERSBURG

Tyrone Racquetball Club — 6690 Crosswinds Dr. N. (813) 381-8711. 16 courts. \$10 guest fee for out-of-town club members with current card; \$7 non-prime, \$9 prime. Whirlpool, sauna, exercise room. Private club. 8:30 a.m.-midnight.

## STUART

Midcourt Racquetball Club — 20 NE Dixie Hwy., Rt. 707. (305) 692-9488. 8 courts. \$2.50 guest fee. Guests welcome. \$8 prime (4 p.m. - 11 p.m. weekdays). All other hours \$6. Racquets, balls for rent. Universal gym, whirlpool, saunas, pro shop, nursery. Lounge, billiards, game room. 8 a.m. - 11 p.m. daily.

## TAMPA

Brandon Racquet Club — 2011 S. Parsons Ave. (813) 689-4410. 5 courts. We welcome guests; \$6 non-prime, \$8 prime. Universal, saunas. 10 a.m. - 11 p.m. daily.

Tampa Bay Courthouse — 7815 N. Dale Mabry. (813) 932-5321. 10 courts. 2 sidewall glass courts. \$5 guest fee covers court time. Nautilus, pool, fully equipped lockerrooms. 6:30 a.m. - midnight weekdays, 8 a.m. - midnight weekends.

## TAVANIER

Wall To Wall Racquetball — Upper Florida Keys. Milemarker 91.5. (behind Harry's Restaurant). (305) 852-2634. 5 courts. No guest fee for out-of-towners with current card. Nursery. Ideal resort area. Finally, racquetball in the Keys! Check it out.

## VERO BEACH

The Forum — 650 12th st. (Off US 1). (305) 567-7727. 6 courts. Under new management. Great vacation spot. Enjoy a game of racquetball on the finest courts in the area.

## WEST PALM BEACH

The Courthouse — 1500 Old Okeechobee Rd. (305) 684-2111. 7 courts. Complete Nautilus Fitness Center. Enjoy the sun and then visit the Courthouse. Food and cocktail area.

# Winners

Florida Racquet Journal Sizzler  
The Forum  
Vero Beach

## Florida Racquet Journal

For advertising and story ideas, write: P.O. Box 11657, Jacksonville, FL 32239. (904) 721-3660. Published monthly by Southeast Racquet Association, Inc. Publisher and Editor — Norman A. Blum

Managing Editor — Kathy Blum  
Graphics Director — Tina Shannon  
Consultant — Greg Larson  
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Member, Florida Magazine Association.

Sponsored by: May L. Chapman Realty, Taco Viva.

Men's Open — Tim Hansen def. Scott Richborg. 3rd — Chris Smith def. Jeff Kristjansen. Quarters — Steve Mirigliotta, Armando Alonso. A — George Mollenburg, Mark Kazen, Ted Bailer, Frank Caterilli. Quarters — David Greenstein, Todd Jackson, Ben Evans, Lee Terry. B — Ben Evans, Brady Smith, Dirk Lehew, Frank Horne. Quarters — Doug Tayner, Jim Flagg, Steve Roche, David Greenstein. D — Joe Boyle, Terrell Webb. Quarters — Cody Smith, Jerry Rand, Chris Harmon, Chris Cairns. Novice — Duke Scaborz, Les Peacock, Rocky Sheppard, Michael Roberts. Quarters — Jason Hauser, Greg LeMaster, Darrin Faux, Hans Gruender. C Doubles — Redstone/Sarcino, Canuel/Smith, Roberts/Horne, Rodgers/Farrell. Quarters — Walker/Smith, Blum/Hanley, Webb/Brinkley. Open Doubles — Owens/Maroney, Hansen/Kazen, Terry/Terry, Spence/Mollenberg.

40+ — James Smith, Mal Roberts, Rich Cosmillo, Sam Horn. Quarters — Lyle Atherly, Joe Spengler, Fred Stallworth, Barry Fullerton. 30+ — Steve Chapman, Bob Driscoll (Forfeit). Quarters — Earl Cornacchio, Doug Taynor, John Farmer, Dennis Johnson. 19+ — Bruce DeVane, Armando Alonso, Chris Smith, Zeke Cosmillo. Quarters — Al Caballero, Steve Mirigliotta, Paul Owens, Kevin Spence. B Doubles — Terry/Terry, Wilson/Smith, Roach/Evans, Dutton/O'Flarity. Quarters — Manning/Weaver, Pace/Catereilli, Horne/Flagg. Juniors — Scott Richborg, Tim Edwards, Jay Rand, Chris Harmon. Quarters — Paul Newport, Jaliete Lang. Women's 30+ — Mary Jo Murray, Terese Berry, Maggie Cosmillo, Darlene Hodges. 19+ — Jan Curtis, Chris Collins, Christy Johnson. Novice — LaVonne Bunch, Robin Hurdle. C/D — Robin McBride, Tracy Fillmore, Joannie Ennessy, Debra Held. Quarters — Cindy Dimaio, Annette Fasano, Betty Drawdy, Angela Flagg.

B — Christy Johnson, Debra Wilson, Susan Provost, Tracy Fillmore. Quarters — Darlene Hodges, Debra Held, Cheryl Caballero, Zoe Kavanaugh. Open — Mary Jo Murray, Jan Curtis, Chris Collins, Terese Berry. Quarters — Gail Flinn, Beth Alois.

## Tournament Dir.

Send us your  
results today

P.O. Box 11657

Jax, FL 32239

1984



AMERICAN AMATEUR RACQUETBALL ASSOCIATION

**Southeastern Regional  
Doubles Championships**

September 28-30, 1984

Hosted By



JACKSONVILLE WELLNESS & SPORTS CENTER

6651 Crestline Drive  
Jacksonville, Florida 32211

(904) 724-6994

Sponsored By



**ENTRY DEADLINE**  
6:00 p.m., SEPTEMBER 24, 1984

FOR INFORMATION, CALL  
(904) 724-6994

**GENERAL INFORMATION**

**ENTRY DEADLINE:** 6:00 p.m., Monday, September 24

No entry will be accepted without payment for the entire fee. Telephone entries will not be accepted without VISA or MasterCard.

**ENTRY FEES:**

- First Event \$23.00
- Junior First Event \$18.00
- All Second Events \$10.00
- \*Third Event \$ 5.00

(\*) If entered in three events, one must be mixed doubles.

**RULES AND ELIGIBILITY:**

AARA rules. No consolation. Two games to 15; tie breaker to 11.

Official age as of tournament:

- Adults - age as of September 28, 1984.
- Juniors - age as of January 1, 1984.

AARA membership is required and may be purchased at tournament check-in.

**REFEREES & RULE COMMITTEE:**

Losers referee.

Tournament Directors: Van Dubolsky, Al Caballero, Chris Smith, Chris Collins

Rules Committee: Fred White, Van Dubolsky.

**CLASSIFICATION & CANCELLATION:**

The Tournament Directors may reclassify, deny or redraw any entrant in the interest of fair competition. Any division of play with fewer than 8 entries may be combined or eliminated. Should an excessive number of entries be received in any division of play, that division may be closed without notice to additional entries. Accordingly, players are advised to enter early.

**STARTING TIMES:**

Tournament may begin as early as 8:00 a.m. Friday. Players must contact Jacksonville Wellness & Sports Center for his/her starting time. Starting times will be available on Wednesday, September 26, after 6:00 p.m. Requests for special starting times will be honored if possible. However, refunds will not be given if such a time is unavailable. All players must be able to play at any time during the days of the tournament.

Tournament Ball: Penn Racquetball

Souvenirs: collared shirt; visor; sweat band; bag tag.

Awards: plaques for the top three finishers in each division.

Those divisions with less than 8, 1st and 2nd place only.

Door Prizes: \$1,000 in sporting goods provided by



**Hospitality:**

Fresh fruit provided throughout the tournament.

Friday dinner, Saturday lunch, Saturday dinner, Sunday lunch.

Coffee & donuts Friday - Sunday mornings.

M-Pact Drink. Free beer Saturday.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
 ★ **This tournament is a** ★  
 ★ **U.S. National Team Benefit** ★  
 ★ A portion of your entry fee will be donated to ★  
 ★ the U.S. National Team, the 1984 World Cham- ★  
 ★ pions. ★  
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

1984 **AARA** SOUTHEASTERN REGIONAL  
DOUBLES CHAMPIONSHIP

OFFICIAL ENTRY FORM Date \_\_\_\_\_  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone (day) \_\_\_\_\_ Phone (night) \_\_\_\_\_  
 Club Affiliations \_\_\_\_\_  
 Birthdate \_\_\_\_\_  
 MONTH DAY YEAR

EVENTS

Men's	Women's	JUNIOR'S	Boys	Girls
<input type="checkbox"/> Open	<input type="checkbox"/> 19+	<input type="checkbox"/> Open	12 & under	<input type="checkbox"/>
<input type="checkbox"/> A	<input type="checkbox"/> 25+	<input type="checkbox"/> A	14 & under	<input type="checkbox"/>
<input type="checkbox"/> B	<input type="checkbox"/> 30+	<input type="checkbox"/> B	16 & under	<input type="checkbox"/>
<input type="checkbox"/> C	<input type="checkbox"/> 30+B	<input type="checkbox"/> C	18 & under	<input type="checkbox"/>
<input type="checkbox"/> D	<input type="checkbox"/> 35+	<input type="checkbox"/> D		
	<input type="checkbox"/> 35+B	<input type="checkbox"/> 19+	<b>Mixed</b>	
	<input type="checkbox"/> 40+	<input type="checkbox"/> 25+	<input type="checkbox"/> Open	
	<input type="checkbox"/> 40+B	<input type="checkbox"/> 30+	<input type="checkbox"/> B	
	<input type="checkbox"/> 45+	<input type="checkbox"/> 35+		
	<input type="checkbox"/> 50+	<input type="checkbox"/> 40+		
	<input type="checkbox"/> 55+			

NOTE: all Juniors must wear eyeguards to play.

Doubles Partner: \_\_\_\_\_  
 Prior Tournament Results: \_\_\_\_\_

Make check payable to: The AARA  
 Send check to: Jacksonville Wellness & Sports Center  
 6651 Crestline Drive, Jacksonville, Florida 32211  
 Amount Enclosed: \$ \_\_\_\_\_

**WAIVER**

I hereby for myself, executors and administrators, waive and release any and all rights and claims for damages that I may have against the Jacksonville Wellness and Sports Center and all sponsors and their agents for any and all injuries which I may suffer in connection with my participation in this tournament.

SIGNATURE: \_\_\_\_\_

\_\_\_\_\_  
 SIGNATURE OF PARENT OR GUARDIAN  
 IF UNDER 18 YEARS OF AGE

# Withdrawal symptoms are getting worse daily

By Norm Blum  
Publisher

The withdrawal symptoms are getting worse. It's been almost six months since I played racquetball on a regular basis. I was such a regular they used to pencil my name in the usual time slot. They could have marked a container of Gatorade and labeled it "Norm." The junk food salesman always could count on me for adding a few moon pies and Frito Lite chips to his order.

I hurt my back playing racquetball in February and today the only way I can touch my toes is to lift them to my hands.

I snuck in a couple of games last month when one physical therapist said I could take it easy and hit a few. I never had blazing speed to begin with, but having virtually no movement is downright frustrating. My opponent quickly realized a sidewall-front wall shot was an automatic point. Finally, I had to improvise and create some new rules to this game of racquetball. No passing shots were allowed and you could

only serve to my backhand. By the time I moved to the forehand side for the serve, the ball was halfway to the front wall.

Everyone was beating me. Folks I used to handle easily were thumping me. And did they care about my tender condition? Nooo! They poured it on even more.

After playing three straight days, I entered my first tournament in Melbourne and fast-talked Mal Roberts into being my doubles partner. I covered up the injury until the first match began.

My gym bag was hardly tournament ready. I had two t-shirts, no glove and almost slit my hand when I fished around my bag for a sweat band and discovered an old can top.

When you have a partner like I had, my disabilities were hardly noticeable. I played the front court and Mal ran all over the place. Any shot in which I had to move more than the length of the racquet he covered. He was amazing.

Psychologically, I was ready. I placed on my rubber suit to warm up my back,

bent down as far as I could and prepared for the battle.

In the warmup I hit a few good balls and our opponents were kicking the floor and asking for a broom. We were a pair of sandbaggers playing C doubles, they claimed. After a few ace serves and others that barely hit the side of my racquet, they discovered their allegations weren't justified and they started hitting the ball in my direction. The strategy worked. My partner gave me a few reassuring looks, but, I could sense he was becoming impatient. We won the first game, lost the second game, forcing us into a tiebreaker. My grip, which was supposedly designed for players who don't like gloves, began slipping. Somehow, we pulled out the tiebreaker.

We managed to win yet another round and this time I was really worried. For the first time in my career I didn't have enough shirts in my bag. Usually I stuff enough t-shirts to last four tournaments, but I figured I'd play one round and get

back to business.

The biggest mistake I made was trying to play Sunday morning. I was stiffer than a heavily starched shirt. I could barely put on my shoes. Tying them was almost an impossible chore. But when your doubles partner enters the club bright and cheery, you have to forget about the pain and tell him you feel great.

Midway through the first game my back loosened up and I was my usual nimble self. Having not played competitively for a while, the tone of the match shocked me. It was like a professional wrestling match.

We were matched up against a couple of volatile youngsters. Every point was debated and I swear both of them stuffed rule books in their socks. I just leaned against the wall and let them vent their steam. My partner, a perfect gentleman, didn't take things as calm, and provided some artillery of his own for the argument. We lost the match in a tiebreaker and it's the last time I've played.

# YOU, RACQUETBALL & STEVE STRANDEMO

Learn the Strandemo Method with Steve Strandemo's **ADVANCED RACQUETBALL.**

A Wallaby Book published by Simon & Schuster by Steve Strandemo and Bill Bruns.

206 pages of Strandemo's racquetball wisdom plus pages of illustrative photography.

Steve's best-selling **THE RACQUETBALL BOOK**, proved to be essential reading for anybody taking up the game, and remains a popular and insightful guide for those who want to build their games on a solid and proven foundation.



Now he's back with a new book designed for those players who are looking for more advanced techniques in strokes and strategies. **ADVANCED RACQUETBALL** will teach you:

- The strokes needed for successful intermediate and advanced play, especially under pressure.
- Shot selection strategy.
- The mental side of the game, and how to use it to your advantage.
- Special conditioning and practice tips developed and used by Strandemo.
- And much more!

If you can't come to **STRANDEMO'S RACQUETBALL CAMP**, **ADVANCED RACQUETBALL** is the next best thing for keeping your game at its peak.

## ADVANCED RACQUETBALL

Florida Racquet Journal  
P.O. Box 11657  
Jacksonville, FL 32239

Yes, I want to order \_\_\_\_\_ copies of Steve Strandemo's personally autographed **ADVANCED RACQUETBALL** at \$7.95 each.\* Please add \$1.55 for postage and handling for each book. Sorry, no C.O.D.'s. Enclosed is my check or money order for \_\_\_\_\_.

Please send **ADVANCED RACQUETBALL** to:

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# OZ

(Editor's note — This poem was written by a couple of aspiring junior players who wish to remain anonymous.)

A few years ago, we started to play,  
just for fun during the day.

We had trouble with the backwall and low shots too,  
but we kept on playing, and didn't get blue.

For a while we played on an outdoor court,  
but then we realized we loved the sport.

Soon we found we wanted a change,  
so we started to search in our price range.

A big glass court is the first thing we saw.  
So we stopped and we watched the players with awe.

After our glimpse at how great they played,  
we were inspired again and glad we had paid.

Lessons and leagues cluttered our day,  
but now at last, we're learning to play.

As times went by, our nerves got stronger  
we got on the glass court  
our fears last no longer.

One of our coaches was a pro.  
He told us of tournaments  
and we wanted to go.

So it began, our playing career,  
now we can't get enough in a year.

First we won novice, then we won C's,  
and now we're not struggling even in B's!

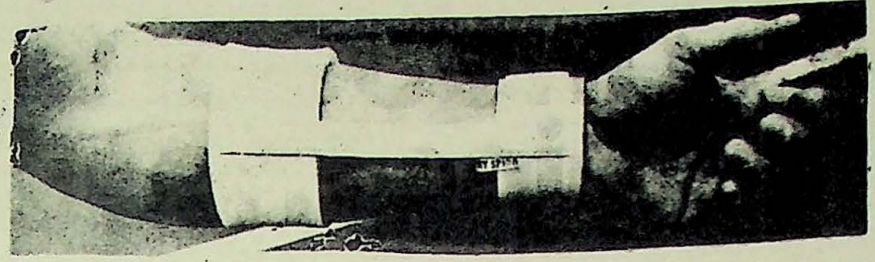
Then one week, we arrived at it all.  
One at the Nationals, one by phone call.

Then DP and Head began sending our things.  
Ending the financial burden that tournaments bring.

Open comes next, about that we are worried,  
but we know that with practice we'll catch up in a hurry.

When we play in our tournaments, and lose our games,  
we party hearty and have fun just the same.

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# Rule changes made

By Van Dubolsky  
AARA Editor

The AARA Board of Directors acted upon the following rule changes which are effective immediately.

**A GAME** — is won by the side first scoring 15 points (or 11 points in the tiebreaker). A player need only win by one point.

**RACQUET SPECIFICATIONS** — The total length and width of the racquet may not exceed 27 inches. The length of the racquet may not exceed 20½ inches and the head width may not exceed nine inches. These measurements are computed from the outer edge of the rims, not including bumpers, and from the farthest solid part of the handle, not including any softening material.

**FOOT FAULTS** — If the server enters the safety zone prior to the served ball passing the short line, it shall result in a loss of serve.

**OUT OF ORDER SERVE** — In doubles, if it is discovered that the second served first and (he/she is still serving), the penalty shall be that the first server loses his/her serve. The second server may finish his/her inning and all points scored count. If while the first server is serving it is discovered that the second server served first, the penalty shall be an immediate out. All points served count. If it is discovered that the first server served, the second server served, and the first server is serving again, the penalty shall be a technical foul (loss of one point) and all points scored during the first server's extra inning shall be taken from their team.

**RETURN OF SERVE — RECEIVING POSITION** — In making a fly return it is illegal to strike the return of serve on the fly in front of the receiver's five-foot restraining line. Any serve that passes the five-foot line in the air may be returned on the fly. Violation by the receiver results in a point for the server.

**TIME OUTS, REST PERIODS** — a penalty: results in a technical foul (loss of one point) delay of game.

**AGE GROUP DIVISIONS** — Add a 19+ Adult division and a 70+ advanced Golden Masters Division.

The following rules were also passed —  
**A** — Consolations will be best of three games to 11, winning by one. Semis and finals will revert to normal scoring of the game.

**B** — Wheelchair rules were adopted as submitted by the National Wheelchair Racquetball Association.

Wilson's Tru-BLUE racquetball was selected as the official ball of the 1984 U.S. National Doubles Championships.

The following annual awards were given: to Jim Austin, Houston, Texas as the Male Player of the Year; Malia Kamahoa of Virginia as the Female Player of the Year; and the John Halverson Award for the most outstanding contribution to racquetball during the year to Mike Arnold of Indiana.

The Referee's Certification Program was adopted by the Board.

Next month we will have a complete story and results on the AARA state doubles championship held at The Quadrangle in Coral Springs.

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Promises on Entry Blank —	4.9
Tournament Directors —	4.5
Scheduling —	4.5
Sandbagging —	4.3
Overall —	4.4

# Tournament Schedule

Coming to  
**Fort Walton Beach**  
**Mike Yellen.**  
Details forthcoming  
**October 12-14**  
**Harbour Pines Racquet Club - Melbourne**

**Nov. 2-4**  
**The Olympiad - Fort Myers**

**Nov. 23-25**  
**West Broward Racquet Club-Ft. Lauderdale**

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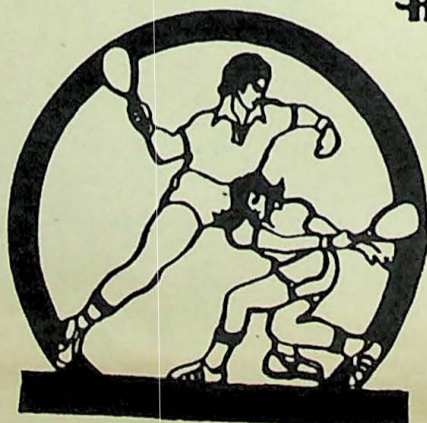
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# Hansen, Gautier top doubles team

Report: MEN DOUBLES OPEN

RANKING	NAME OF PLAYER	TOTAL
1	HANSEN, TIM	435
2	GONZALES, SERGIO	360
3	GAUTIER, BUBBA	360
4	ICAZA, JOE	260
5	NICHOLS, CHARLIE	245
6	DUBOLSKY, VAN	238
7	MORRISON, MARK	210
8	GANLEY, VINNIE	210
9	CAMPBELL, MITCH	185
10	PORTA, JOE	183
11	PFÄHLER, RANDY	170
12	RODRIGUEZ, GENE	140
13	OWEN, GENE	140
14	LEFOR, DAN	135
15	SCHNEIDER, JOHN	135
16	MIRAGLIOTTA, STEVE	135
	WINTER, CURTIS	135
	KLUSZA, MARK	133
	KAZEN, MARK	130
	NYSTROM, KURT	120
	SMITH, SCOTT	120
	SCARGLE, JOHN	118
	COTTRILL, BILL	115
	HOOGHE, JOHN	115
	SERABIA, JOE	100
	OWENS, PAUL	98
	CALABRESE, FRED	95
	MORRELL, GONZALO	95
	FERNANDEZ, TICO	90
	JOHNSON, FRANK	85
	EHRING, JOHN	80
	LAYTON, MITT	80
	O'BRIEN, DAN	80
	ST. LAWRENCE, MATT	80
	NELSON, SCOTT	80
	BARRETT, MARK	80
	CASHION, LARRY	80
	JOHNSON, JEFF	78
	ROSS, JACK	78
	BALES, JEFF	75
	HULL, RICH	65
	WELCH, PAUL	60
	HUBER, BRENT	58
	CLEMENT, DALLAS	55
	CUNNINGHAM, JOHN	55
	MOLLENBERG, GEORGE	53
	SPENCE, KEVIN	53
	DEVAUL, GREG	50
	GONZALES, OSCAR	50
	HODGEKINSON, MIKE	50
	HUNTER	50
	MALONEY, TOM	50
	OWENS, BOB	50
	SIMON	50

Report: MENS DOUBLES 19+

RANKING	NAME OF PLAYER	TOTAL
1	HANSEN, TIM	75
	GAUTIER, BUBBA	75
3	GANLEY, VINNIE	40
	REEP, DAVE	40
5	WINTER, CURTIS	25
	BUCKNER, CHRIS	25
7	MORRISON, MARK	20
	KIMBALL, BRIAN	20
8	PETERSON, DAVE	15
	CASHION, LARRY	15
	HUBER, BRENT	15
	JOHNSON, JEFF	15
	CABALLERO, AL	15
	SMITH, CHRIS	15
	KLUZA, MARK	15
	SCARGLE, JOHN	15

Report: MENS DOUBLES 25+

RANKING	NAME OF PLAYER	TOTAL
1	PFÄHLER, RANDY	140
2	DUBOLSKY, VAN	100
3	JONES, STEVE	90
4	OWENS, BOB	75
	RUFFING, TOM	75
6	O'BRIEN, DAN	65
	KIRKLAND, GORDY	65
8	MORRISON, MARK	50
	ZETROUER, GARY	50
	CHANDLER, DANNY	50
	CHAPMAN, STEVE	50
12	COTTRILL, BILL	25
	TAYLOR, TODD	25
14	SPRATT, JIM	20
	MARVIN, ?	20
16	RABIN, GARY	15
	McDONALD, GREG	15
	MILLER, SID	15

Report: MENS DOUBLES 30+

RANKING	NAME OF PLAYER	TOTAL
1	DUBOLSKY, VAN	90
	ZETROUER, GARY	90
3	LAUTERIA, SID	85
4	MARSOCCI, LEO	85
5	OWENS, BOB	75
6	HANDLEY, LEE	65
7	POTTER, ERROL	50
8	THOMAS, TERRY	30
9	DEEGAN, RUSS	25

Report: MENS DOUBLES 35+

RANKING	NAME OF PLAYER	TOTAL
1	ICAZA, JOE	275
2	LEON, JEFF	125
3	SHAAK, GRAIG	90
	ARIET, MARIO	90
5	DESORMEY, MIKE	50
6	HANDLEY, LEE	30
	MOJER, MIKE	30
8	ROSS, JACK	20
	AFFORD, BILL	20
10	REDIC, STEVE	15
	MARSOCCI, LEO	15
	WHITE, FRED	15
	MacMIN	15
	XYNIDIS, STEVE	15
	USSACH	15
	SUSSMAN, JACK	15

Report: MENS DOUBLES 40+

RANKING	NAME OF PLAYER	TOTAL
1	LEON, JEFF	125
2	ARIET, MARIO	115
	SHAAK, GRAIG	115
4	THOMAS, TERRY	115
5	ROSS, JACK	90
6	BLAESS, FRED	80
	WHITE, FRED	80
8	XYNIDIS, STEVE	75
9	RUMSEY, T.	58
10	AFFORD, BILL	55
11	WOODINGTON, D.	53
12	RAMOS, JOE	50
13	HOGUE B.	45
14	WILLIAMSON, P.	30
15	SWANSON, LARRY	25
16	LONDRIGAN, MIKE	25
	SCHWARTZ, MEL	25
	TABAN, RON	25

Report: MENS DOUBLES 45+

RANKING	NAME OF PLAYER	TOTAL
1	WINTER, AL	275
	SHUMER, FRANK	275
3	VLOCK, ED	90
4	BLITZ	50
	RAMSEY	50
6	HATCHER, JOHN	50
7	NUZNOFF, KEN	40
8	STRICKLAN, M.	30
	MILLER, M.	30
10	MOJER, MIKE	25
	FOX, DON	25
12	WOODINGTON, DON	20
	BURQUEST, WES	20
	SGANGA, FRANK	20
	McDANIEL, MAC	20
	RUMSEY, TOM	20
	SARMIENTO, AL	25
11	BURQUEST, WES	20
12	SHULTZ	15
	CREAMER, NORMAN	15

Report: MENS DOUBLES 50+

RANKING	NAME OF PLAYER	TOTAL
1	BONFLEUR, CHUB	200
	MOJER, MIKE	200
3	NATHAN, HERB	125
	HURST, BILL	125
5	WOODINGTON, DON	70
6	HATCHER, JOHN	50
7	ROBERTS	40
	HINKAMP, JOHN	40
9	SENA, CARLOS	25
	SARMIENTO, AL	25
11	BURQUEST, WES	20
12	SHULTZ	15
	CREAMER, NORMAN	15

Report: MENS DOUBLES 55+

RANKING	NAME OF PLAYER	TOTAL
1	SARMIENTO, AL	125
2	SENA, CARLOS	75
3	BERMAN, YALE	50
	DENNETT, CEDRIC	50
	ROBINSON, RON	50
6	ROBERTS	40
	HINKAMP, JOHN	40

Report: MENS DOUBLES 60+

RANKING	NAME OF PLAYER	TOTAL
1	MARTINEZ, E.R.	200
	SENA, CARLOS	200
3	SCHULTZ, CARL	100
	CREAMER, NORMAN	100

Report: MENS DOUBLES 65+

RANKING	NAME OF PLAYER	TOTAL
1	SCHULTZ, CARL	200
	CREAMER, NORMAN	200

Report: WOMENS DOUBLES OPEN

RANKING	NAME OF PLAYER	TOTAL
1	TROXELL, GAIL	275
2	HOLROYD, MARY	270
3	MILLER, MARILYN	115
	WATTS, JANET	115
5	LYONS, MARY	100
	MORGAN, SUSAN	100
7	PINNELL, JULIE	75
8	KUCHENREUTHER, LYNDIA	70
9	McMILLIAN, MARLA	50
	McCARTHY	50
11	BAZARTE, VAL	35
	CARTER, CINDY	35
13	FALSO, AGATHA	35
14	MALONE, DANNA	30
	McDANIEL	30
	OSLER, MARY	30

Report: WOMENS DOUBLES 19+

RANKING	NAME OF PLAYER	TOTAL
1	LOSANO, TERRI	75
	EGGLESTON, DONNA	75
3	ALOI, BETH	40
	DELGADO, CAROL	40
5	BASCH, LORI	25
	VAUGHN	25

Report: WOMENS DOUBLES 25+

RANKING	NAME OF PLAYER	TOTAL
1	MILLER, MARILYN	240
	WATTS, JANET	240
3	SCHMIDT, JUDY	75
	TROXELL, GAIL	75
5	FALSO, AGATHA	75
6	FOIST, AUDREY	65
7	McINTYRE, LILLY	50
8	BAZARTE, VAL	25
	CARTER, CINDY	25
10	DERRICK, LINDA	20
	SIMMONS, BARB	20
12	JANAES, BIBI	15
	McCARTHY, DONNA	15
	HORNE	15
	ZETROUER, DONISA	15
	ROTUNDO, BARB	15
	MOJER, LINDA	15
	STRICKLAND, SUSAN	15

Report: WOMENS DOUBLES 30+ than

RANKING	NAME OF PLAYER	TOTAL
1	SCHMIDT, JUDY	275
2	TROXELL, GAIL	200
3	FALSO, AGATHA	125
4	FISH, RENEE	90
5	DERRICK, LINDA	60
6	ATKINSON, PAM	50
7	HODGE, FAY	35
8	BEVILLE	25
	VERNON	25
10	HOWARTH, SUE	20
	McDOWELL, SUZANNE	20
	SOTELO	20
	STYRON, BETSY	20
14	JERNIGAN, JAN	20
	LEE, CHERYL	20
16	LEWIS, MICKIE	15
	MacINTYRE, LILLY	15

Report: WOMENS DOUBLES 35+

RANKING	NAME OF PLAYER	TOTAL
1	MILLER, SUSAN	150
	MITCHELL, JACKIE	150
3	LANEY, LIBBY	140
4	SCHMIDT, JUDI	100
5	BUCKNER, JOYCE	40

Report: WOMENS SINGLES 50+

RANKING	NAME OF PLAYER	TOTAL
1	KENYON, JO	125
2	ZENK, RUTH	115

Report: MIXED DOUBLES OPEN

RANKING	NAME OF PLAYER	TOTAL
1	GINSBERG, JULIE	185
2	HOLROYD, MARY	180
3	HANSEN, TIM	170
4	NICHOLS, CHARLIE	165
	SCHMIDT, JUDY	165
6	DUBOLSKY, VAN	150
7	ST. LAWRENCE, MATT	135
8	OWEN, GENE	110
9	COLLINS, CHRIS	100
	KUTCHENREUTHER, L	100
	LAYTON, MITT	100
	LORELLO, JAMES	100
	SMITH, CHRIS	100
14	ALOI, BETH	100
15	HOOGHE, JOHN	90
16	MORGAN, SUE	85
	BREM, SAMANTHA	80
	NYSTROM, KURT	80
	WINTER, CANDY	80
	PINNELL, JULIE	75
	LYONS, MARY	75
	SIMMONS, BARB	75

	CLEMENTE, DALLAS	65
	DAVIS, SHARN	65
	O'BRIEN, DAN	60
	PFÄHLER, RANDY	60
	BEARD, WILLIE	50
	CALABRESE, FRED	50
	FRIEDMAN, MARIA	50
	FRITSCH, PAUL	50
	MALASTO, STEVE	50
	McCARTHY, MS.	50
	McMILLIAN	50
	MILLER, MARILYN	50
	CONROY, DONNA	50
	FISH, RENEE	50
	GIBSON, DON	50
	KLUSZA, MARK	50
	RUCK, BILL	45
	CAMPBELL, MITCH	40
	ARMANTROUT, MAREA	40
	HAMRICK, NANCY	40
	TRIPLETT, RUBEN	40
	WHITAKER, CONNIE	40
	SKALIOTIS, PHIL	35
	ARQUETTE, ROBIN	30
	BAILOR, TED	30
	BERRY, THERESA	30
	CUNNINGHAM, JOHN	30
	DESORMEY, MIKE	30
	EASTWOOD	30
	FOLS	30
	HERMAN	30
	HONDRAZ	30

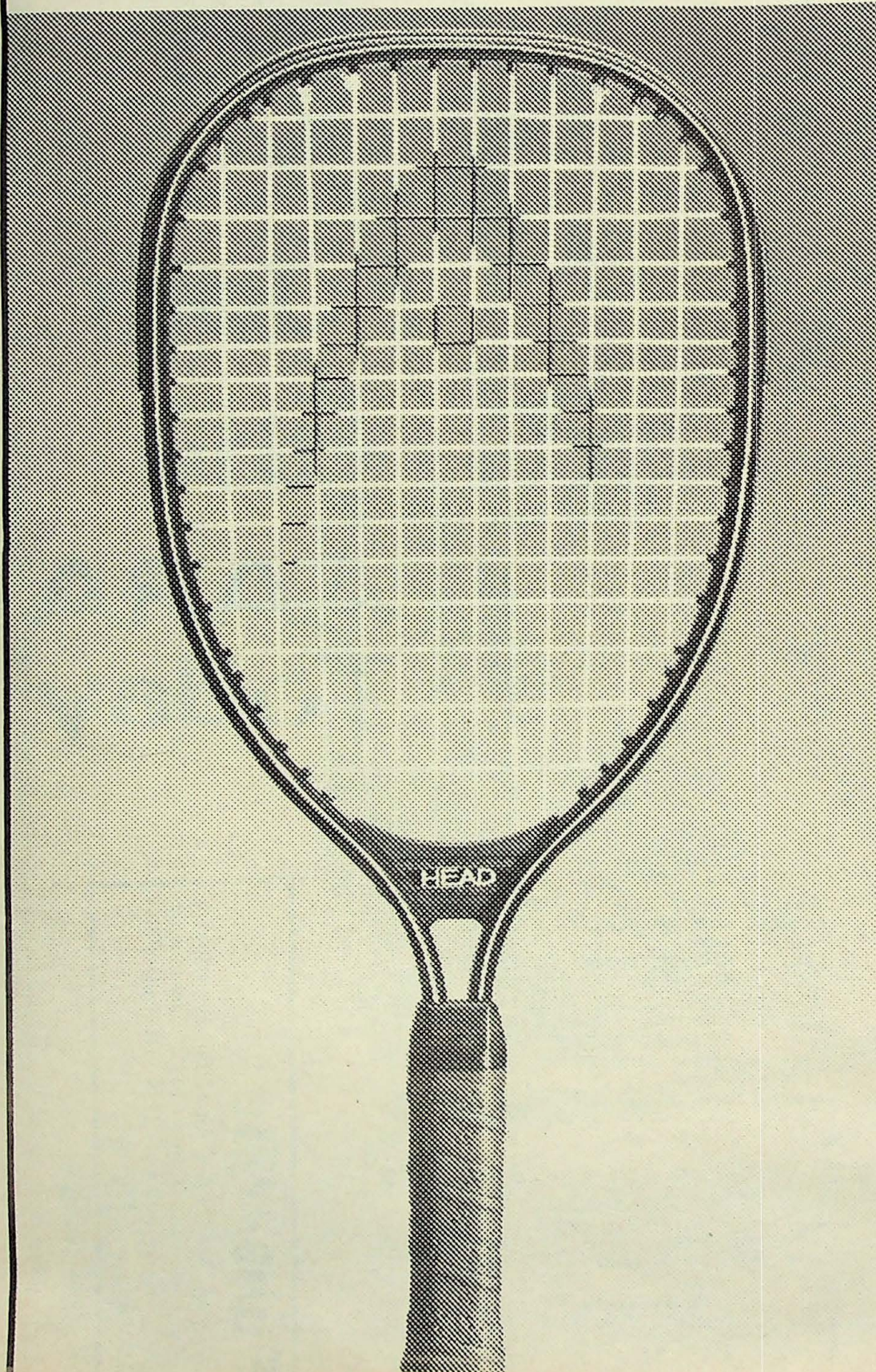
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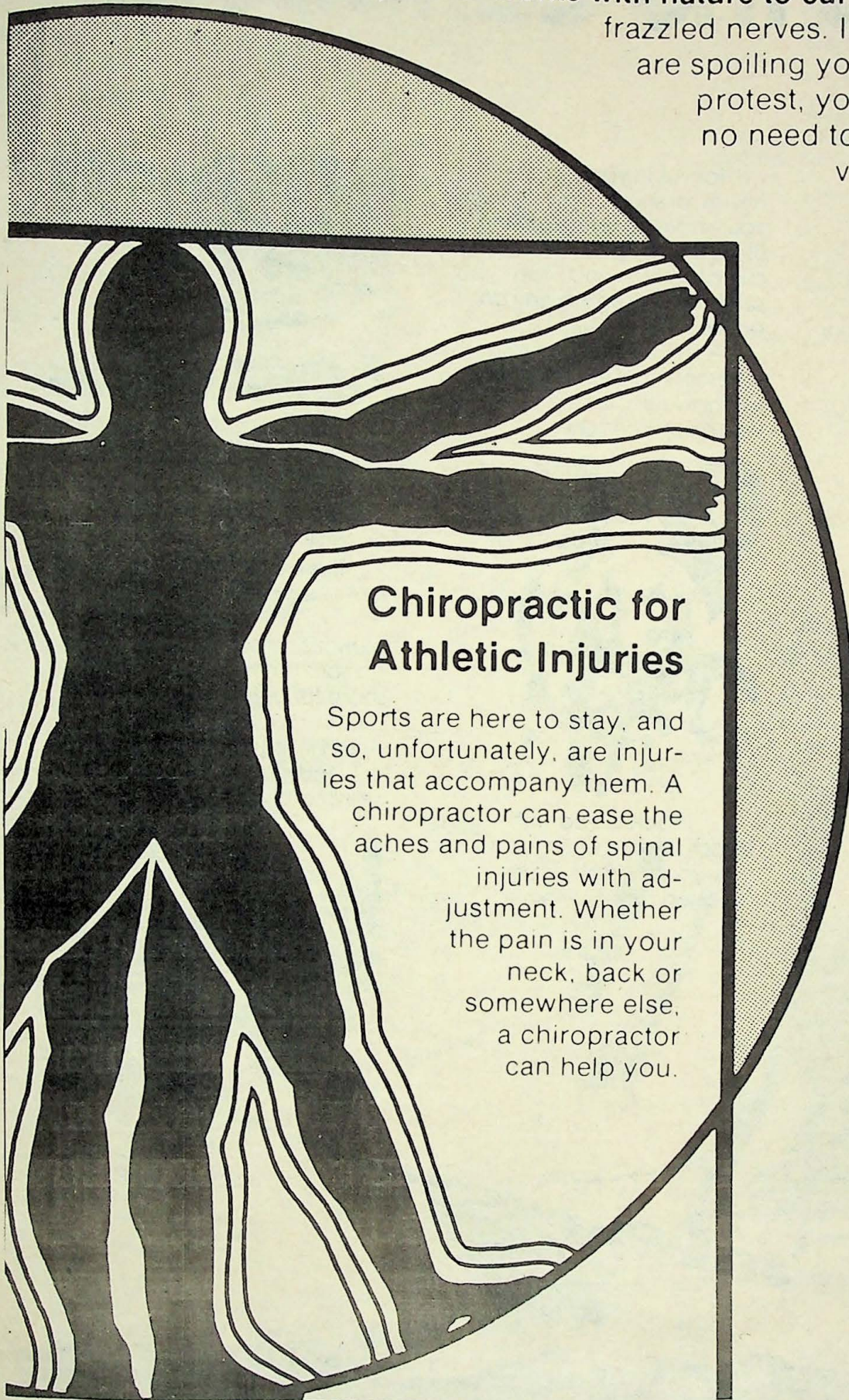


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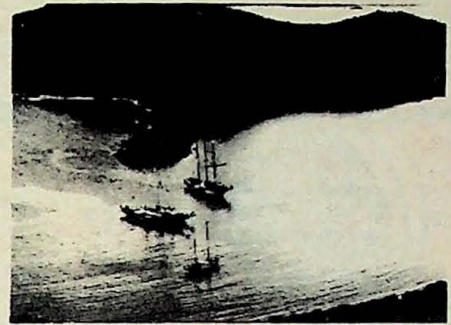
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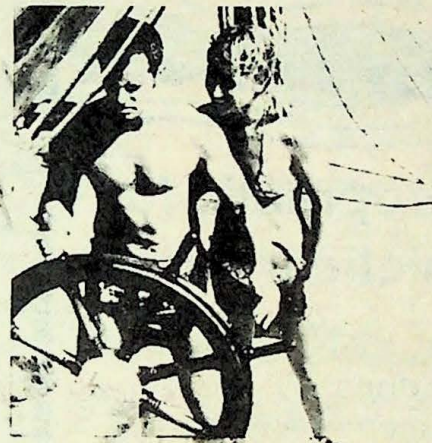
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All others \$22.00  
Second event \$10.00

Phone entries VISA & MASTERCARD ONLY  
912-355-3070 Make checks payable to  
SAVANNAH CASH SHOOTOUT P.O. BOX 14371  
SAVANNAH, GA. 31416

Prizes: Open \$350.00 1st  
\$150.00 2nd  
A 50.00 1st  
B 25.00  
C 25.00

Starting times will be available after  
6:00 October 16, 912-355-3070  
Players must check in 20 mins prior to  
starting time

RULES: AARA Sanctioned. 15 point games  
11 point tiebreaker.

All others will get TROPHIES

Tournament Directors: Ron Clark  
Johnny Becker  
Spencer Allen

Winners must referee next  
match or forfeit

In the event the OPEN DIVISIONS DO NOT HAVE 10 PLAYERS the prize money will be  
reduced as follows. 1st \$250.00 2nd \$100.00.

DIVISIONS:

MEN		WOMEN	
Open _____	Open Doubles _____	Open _____	Open Doubles _____
A _____	A Doubles _____	A _____	A Doubles _____
B _____	B Doubles _____	B _____	B Doubles _____
C _____	35+ _____	C _____	
Novice _____	45+ _____	Novice (local only)	
Local Only _____	55+ _____		

ENTRY FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_

AMOUNT ENCLOSED \$ \_\_\_\_\_

Waiver: I hereby, for myself, executors and administrators, waive and release  
any and all rights and claims for damages that I may have against Racquetsouth  
and all other sponsors and their agents for any and all injuries which I may  
suffer in connection with my participation in the tournament.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_  
Parent's signature if under 18.

# Letters

Sir:  
The Florida Racquet Journal published and edited by Norm Blum. Who is Norm Blum? What makes him tick? What is he all about??? I'll tell you. Norm Blum is a special person, and that these days is hard to come by. Norm Blum is Florida's answer to racquetball. Norm is the only person who consistently manages to put out a racquetball paper, which is informative, and holds successful tourna-

ments at the same time, and this my friends is not an easy task to accomplish. I would personally like to thank Norm for all he done for racquetball, which I think is long overdue!

Jan Curtis  
Fort Pierce

Editor's Note: We appreciate your compliments and hope to improve both the Journal and our tournaments.

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# AARA Calendar

- September 7-9 — Ocala Athletic Club — Level 3
- September 14-16 — YMCA — Lakeland — Level 3
- September 21-23 — Olympiad — Boca Raton — Level 3
- September 21-23 — Tyrone — St. Petersburg — Level 3
- September 28-30 — WELLNESS AND SPORTS CENTER — JACKSONVILLE — AARA SE REGIONAL DOUBLES — LEVEL 5.
- October 5-7 — Capital Fitness — Tallahassee — Level 3.
- October 12-14 — Harbor Pines — Melbourne — Level 3.
- October 19-21 — YMCA — Lakeland — Level 3.
- October 19-21 — S.F.L. Racquet Club — Fort Lauderdale — Level 3.
- October 25-28 — Boise R.B.C — Boise, Idaho. National Doubles — Level 6.
- November 2-4 — Olympiad — Fort Myers — Level 3.
- November 9-11 — Tyrone — St. Petersburg — Level 3
- November 23-25 — Racquetball West — Davie — Level 3
- November 30-Dec.2 — Tampa Bay Courthouse — National Inviational (Women) — Level 5.
- December 7-9 — Racquet Power — Jacksonville
- February 15-17 — STATE SINGLES (TO BE ANNOUNCED)
- March 15-17 — The Club — Orlando — State Intercollegiates — Level 2.

**Florida Racquet Journal**  
Presents

**October 12-14**

**Harbour Pines  
Racquet Club**

**National Realty  
Cash Classic  
Special Event!\***

**Men's Semipro Divison**

1st — \$1,000

2nd — \$500

3rd & 4th — \$200

5th-8th — \$100

**Location:** Harbour Pines Racquet Club  
4100 N. Riverside Dr.  
Melbourne, FL  
(305) 777-6737

**Entry Fee:** Semi Pro Division: \$50  
Amatuer Division: First Event: \$22  
2nd Event: \$10  
Juniors: First Event: \$15  
2nd Event: \$5

AARA Sanctioned. Memberships available at tournament.  
**Souvenir:** Long sleeved shirt for each participant.  
**Awards:** Plaques for 1st, 2nd, 3rd in singles; 1st & 2nd in doubles.  
**Hospitality:** Saturday Lunch — Bunky's Raw Bar. Saturday Dinner — Sonny's famous Baked Ziti, Lasagna and Ravioli. Free Beer Saturday. Coffee & Donuts — Saturday and Sunday mornings. Assorted fruit. Energy Drink.

**Facilities:** Most modern club in Central Florida. Tournament hotspot! 13 courts.

**Date:** October 12-14, 1984.

**Entry Deadline:** October 9, 1984 at 5 p.m. Phone entries with VISA or Mastercard only. Call (305) 777-6737. Make checks payable and mail to: Florida Racquet Journal, P.O. Box 11657, Jacksonville, FL 32239.

**Starting Times:** Call (305) 777-6737 after 5 p.m. October 11.

**Official Ball:** Ektelon Speed Flite.

**Rules:** AARA Sanctioned. 15-point games, 11-point tiebreakers. No consolation divisions. Losers referee. Tournament Directors reserve the right to re-classify those divisions with not enough entrants. Play may start as early as 4 p.m. Friday.

**Tournament Director:** Fred White

\*Minimum of 16 entries required or money will be prorated. This division is not sanctioned by the AARA and is open to all players. Twenty four players will be seeded. Qualifying for the other eight spots will be either Thursday evening or early Friday.

**SEMI PRO — —**

- \_\_\_ Men's Open
- \_\_\_ Men's B
- \_\_\_ Men's C
- \_\_\_ Men's D
- \_\_\_ Men's Novice

- \_\_\_ Men's 25+
- \_\_\_ Men's 30+
- \_\_\_ Men's 30+ B
- \_\_\_ Men's 35+
- \_\_\_ Men's 40+
- \_\_\_ Men's 40+ B
- \_\_\_ Men's 45+

**Divisions:**

- \_\_\_ Women's Open
- \_\_\_ Women's B
- \_\_\_ Women's C
- \_\_\_ Women's D
- \_\_\_ Women's Novice
- \_\_\_ Women's 19+
- \_\_\_ Women's 30+
- \_\_\_ Women's 40+

- \_\_\_ Juniors
- \_\_\_ Boys 18 and under
- \_\_\_ Boys 16 and under
- \_\_\_ Girls 18 and under
- \_\_\_ Girls 16 and under

**DOUBLES**

**Men's Open Partner:** \_\_\_\_\_  
**Men's B Partner:** \_\_\_\_\_  
**Men's C Partner:** \_\_\_\_\_

Partner: \_\_\_\_\_  
Partner: \_\_\_\_\_  
Partner: \_\_\_\_\_  
Partner: \_\_\_\_\_

**Women's Open Partner:** \_\_\_\_\_  
**Women's B Partner:** \_\_\_\_\_

Partner: \_\_\_\_\_  
Partner: \_\_\_\_\_

AARA rules state anyone under 19 years of age is required to wear eyeguards.  
The novice division is for players with less than six months' experience.

**Entry Form:**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_

Club affiliation: \_\_\_\_\_  
Amount enclosed \$ \_\_\_\_\_  
Telephone \_\_\_\_\_

**WAIVER:** I hereby, for myself, executors and administrators, waive and release any and all rights and claims for damages that I may have against Harbour Pines and all other sponsors and their agents for any and all injuries which I may suffer in connection with my participation in this tournament.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent's Signature (if player under 18) \_\_\_\_\_

Make checks payable and mail to: Florida Racquet Journal, P.O. Box 11657, Jacksonville, FL 32239

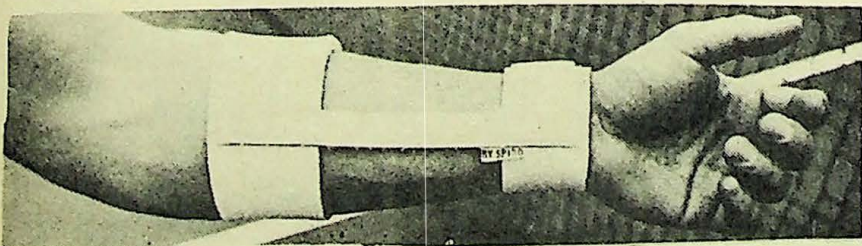
# Passing Shots

(Continued from page 1)  
 division...Is there a nicer guy in the business than that club's general manager, Seymour Gladstone?...Sportrooms executive Tim Foley will announce details on the forthcoming Orange Bowl junior racquetball tournament this December. It will be patterned after the junior tennis tournament...There is no longer racquetball in the Keys. Wall to Wall Racquetball in Tavanier recently closed its doors...Florida State coaches Chuck Amato, the offensive line coach and defensive back coach Gene McDowell are both considered decent racquetball players...How 'bout Lakeland's Don Woodington. He proved he's a macho player. Last month Woodington competed in the Sunshine Games with a broken thumb...A racquetball fanatic is someone whose main criteria in buying a house is how close it is to a racquetball facility. The other factors are a distant second...Dr. Scholl's has introduced the "Eliminator." The shoe insert helps absorb shock that your feet absorb from the constant pound-

ing while playing racquetball.  
**THUMBS UP** — Laurels to the AARA for endorsing Ektelon's new oversized racquet. The AARA proved even though its affiliated with Diversified Products, the organization still makes decisions in the best interest of racquetball...Congrats to Tom Wiley for constructing a club in St. Augustine. Perhaps his most innovative move will be charging the same rate for everyone. No special deals or favors...Laurels to the Jacksonville Wellness and Athletic Center for playing host to the upcoming AARA Southeastern Regional Doubles Championship. They graciously offered their facility when Racquet Power was forced to pull out at the last minute.  
**THUMBS DOWN** — Darts to pros who don't have the patience to teach novice players. With that attitude, how can they consider themselves pros? Darts to clubs that schedule league play almost every night of the week, thus preventing those who can't committ themselves from getting a chance to play.

**COMING UP**  
**A.A.R.A**  
**SE Regionals**  
**Doubles Championship**  
**Sept. 28-30**  
**Jacksonville Wellness**  
**and Sports Center**  
**(904) 724-6994**  
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# BLACK, STAR & FROST Ektelon SMITH BARNEY ACADEMY TROPHIES OLYMPIAD'S

**2nd Annual**  
**Scleroderma Charity**  
**Racquetball/Squash**  
**Cash Tournament And Auction**  
**\$2,200 Prize Money**  
**September 21-23, 1984**

**SITE:** OLYMPIAD  
 21069 Military Trail  
 Boca Raton, Florida 33432  
 305 368-6441

**DATE:** September 21, 22, 23, 1984  
 Play may begin as early as 3 P.M. Friday.  
 (Due to limited court facilities, local Squash players may be required to begin play at 5 P.M. Thursday, Sept. 20.)

**ENTRY FEE:**  
**RACQUETBALL:** \$25.00 1st event; \$10.00 2nd event (limit 2)  
**SQUASH:** \$20.00 1st event; \$10.00 2nd event--  
 (limit: 16 players per division. Requests for second event will be honored if division has an opening.)  
 PLEASE include a \$2.00 refundable referee fee.

**ENTRY DEADLINE:** Entries recieved later than Monday, Sept. 17, will be accepted only if space remains open in the division requested and are subject to a \$5.00 late fee. No entry will be accepted without payment for the entire fee. Telephone entries will not be accepted without Master Charge, Visa, or American Express number.

**STARTING TIMES** will be available on Wednesday, Sept. 19, after 6:00 P.M. at the OLYMPIAD.

**OFFICIAL BALL:** New EKTOLON Speedflight / MERCO Yellow Dot

**RULES:**  
**RACQUETBALL:** AARA Rules will prevail. 2 games to 15 points Tiebreaker to 11 points. Consolation Matches for all divisions.  
**SQUASH:** SRA rules will prevail. No consolation matches.

**REFEREES:**  
**RACQUETBALL:** Losers are required to referee the next available match, or provide a suitable sub.  
**SQUASH:** \$2.00 referee fee upon entry will be refunded after you referee a match.

**AWARDS:** Prizes will be awarded on Sunday, Sept. 23, following Final Matches. All Divisions: Trophy for 1st, 2nd, 3rd place. Cash awards for 1st in all divisions, 2nd and 3rd in Open and A.

**HOSPITALITY:** Lunch and dinner on Saturday and Continental breakfast Sunday will be provided to all participants.

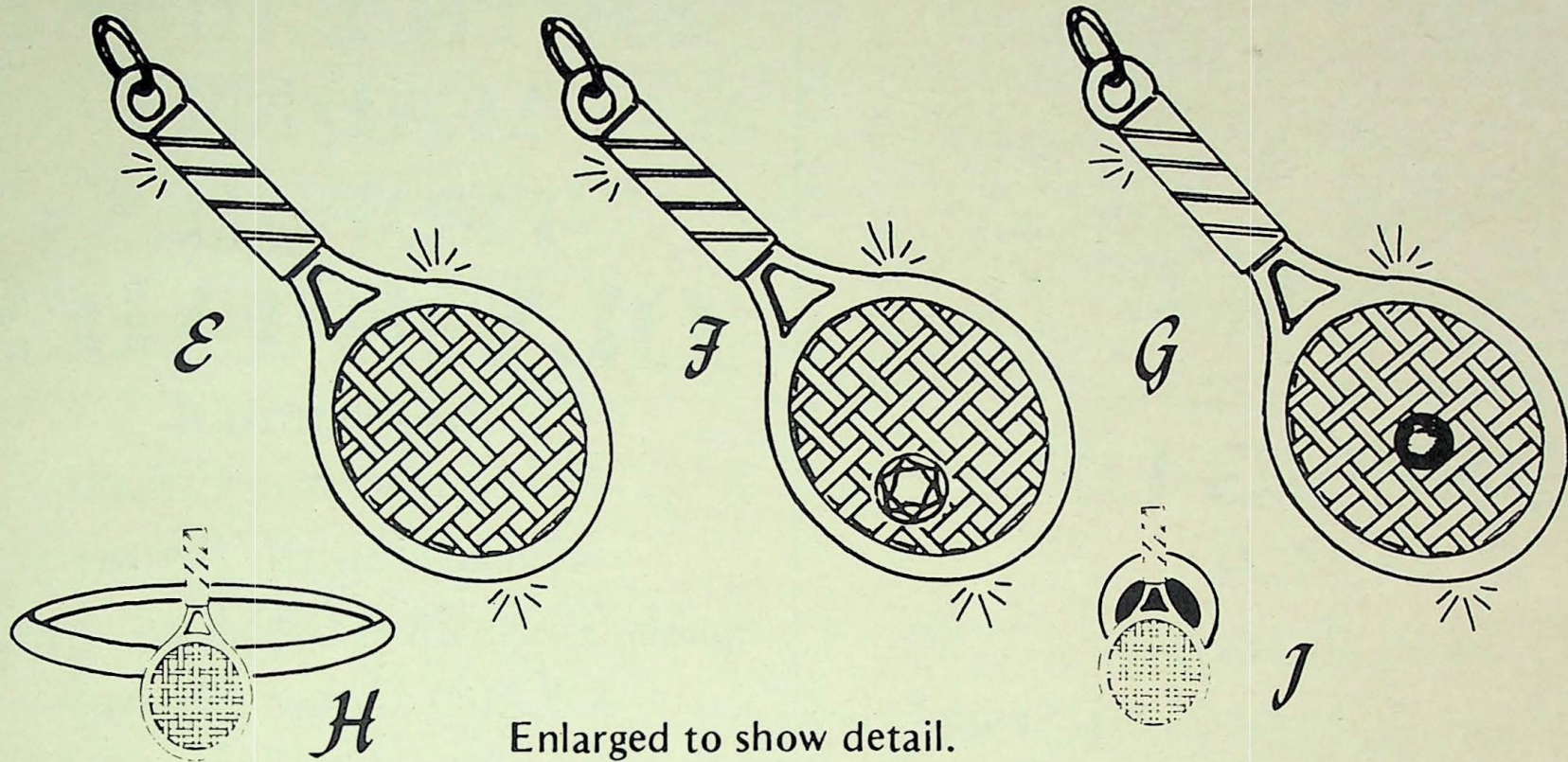
**SOUVENIRS:** Each participant will receive one shirt.

**PARTICIPANTS:** Tournament Directors reserve the right to reclassify an entrant based on previous tournament experience or division availability.

**SANDBAGGING COMMITTEE :** Participants agree to comply and accept the opinion of the Sandbagging Committee. If found playing in the wrong division, player forfeits his entry fee and is disqualified in the division.

**TOURNAMENT DIRECTORS :**  
**SQUASH:** John Lively  
**RACQUETBALL:** Fred White, Doug Armentrout, Toni Motika

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H	Ladies' Ring with 14 KT Gold Racquetball Racquet. <b>\$72.00</b> <b>Include pinky size</b>
I	Men's Tie Tack with 14 KT Gold Racquetball Racquet. <b>\$46.50</b>

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# Here are some tips to improve your footwork

## Instruction

Mike Yellen



By Mike Yellen  
Instruction

(Editor's Note — Mike Yellen is the top ranked professional player in the world for the past two years. He is a valued member of the Florida Racquet Journal Editorial staff and the Ektelon Advisory Staff.)

You see a lot of different styles of footwork on the racquetball tournament circuit. Some players scurry around the court like chipmunks. Others always look like their in the middle of one giant step, and my Ektelon teammate Dave Peck is so big it doesn't take him long to get anywhere.

Everyone has his own favorite style of movement, but most are just different aspects of the same method and none of them are really exotic. Getting around a racquetball court is not really such a complicated procedure. In fact, it's pretty basic.

I like to think of my footwork as fine tuning a radio. When retrieving a shot, I start out with large steps that will carry me across the court to the vicinity of the ball as quickly as possible. When the ball hits the front wall and I can see which direction it is headed, I'm tuning in my station.

Then, as both I and the ball get to the same area of the court, I fall into a shuffle similar to the small steps. Here I'm fine tuning my radio for the best reception possible. I'm trying to get my body into the best position vis-a-vis the ball. You can't do that with giant steps.

Sometimes, of course, you're forced to dive for the ball. Usually, though, you hope to be able to step into your shots and, in this regard, your positioning on the court has an important bearing on your footwork.

Ideally you want to be stepping forward into position. That's a very natural move-

ment. Footwork becomes more important, though, when you have a move sideways or backwards.

You want to maintain a position on the court which will enable you to reach the ball in time to be moving forward when you hit. You are going against the grain, in a sense, when you have to shoot toward the front wall while moving sideways or toward the back wall.

As we all know, the ideal position for most situations is the seven-foot circle behind the short line known as center court. In addition, the way you position your body in center court will have an impact on your footwork and your ability to get the ball quickly.

When waiting for my opponent's shot, I always take up a position with my toes on one of two diagonals which I imagine to be running from the front corners to the rear corners and criss-crossing at center court.

I line up on the same side of the court as my opponent behind me, my toes on the imaginary diagonal and facing the front corner on that side. This affords me a good view of my opponent out of the side of my eye and enables me to most easily cover his shots.

Naturally, this is a position for after the serve or whenever your opponent is behind you. If you are receiving the serve or retrieving a shot to the back court is irrelevant. But then, you will be running forward and, as I mentioned, we don't have to worry about footwork in that situation.

After serving, I move back into this center court/diagonal position with a shuffle step since I am already in the area I want to be and don't want to overrun the spot with large steps.

The shuffle step is nothing more than pushing off with one foot, planting the other about shoulder distance and bringing the original push-off foot up to it. The shuffle works forward, backward or sideways.

The only potential danger is in crossing your feet during this movement which could result in them getting tangled up and you going down. When taking a crossover step, make it wide of the other foot.

From my center court/diagonal position, I can cover a down-the-line shot in a single step.

If my opponent shoots across court, I would pivot on my left foot, swinging my right foot around and back in the first of one or, maybe, two initial large steps before I break down into my shuffle step.

As I mentioned before, I want to be positioned just behind the ball so that I can step into it when I shoot. Whenever possible, I want to set up for a normal stroke, shooting the ball off my front wall while stepping toward the front wall.

But that's not always possible. In those situations when the ball comes right back at you while your feet are still planted a

shoulder's width apart, don't worry about shuffling your feet around to get set up. Just shoot with an open stance, flicking the ball for a pinch or re-kill with your body facing front if necessary.

With any luck, your opponent will be out of position after his shot and you can cut the ball off and put it down before he has a chance to recover.

Remember then, large steps to carry you across court and a shuffle to fine tune your position. Lining up on one of the diagonals that cross center court will give you a head start on the ball and you should try to set up for it if you can.

That's not such a difficult formula or footwork.

## U.S. wins world title

Twelve countries involving 120 athletes competed in the 2nd International Amateur Racquetball Federation's World Championships hosted by the Gleneagles Racquetball Club and sponsored by Lite Beer, Diversified Products and Penn Athletic Products Company.

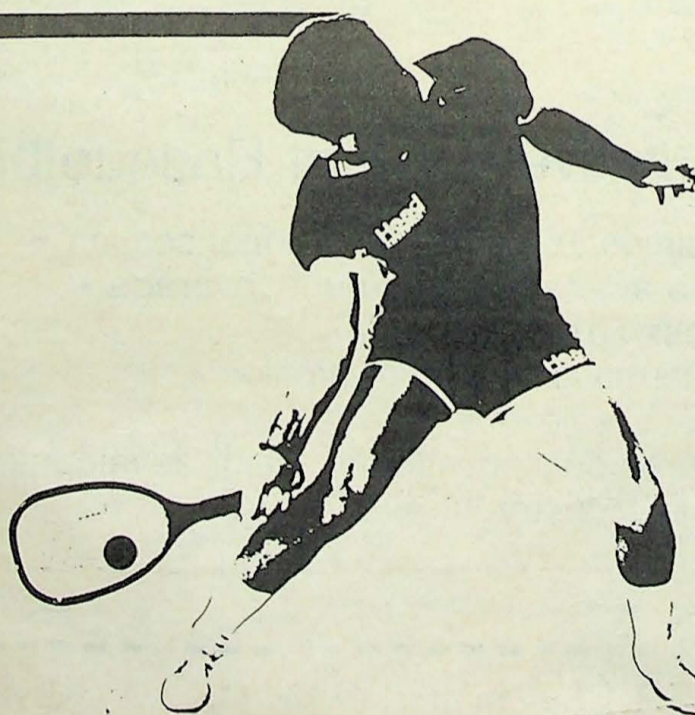
The United States Team, composed of Andy Roberts, Doug Ganim, Ken Kaihlanen, Steve Trent, Stan Wright, Mary Dee, Cindy Baxter, Marci Drexler, Kathy Gluvna, Toni Bevelock, Carol Frenck and Malia Kamahoahoa led the United States to a hard-earned victory in the Men's Team Competition, Women's team competition and overall combined World Title over a close second, Canada's National Team.

Canada's Ross Harvey won the world

championship, defeating Roberts 15-14 in the tiebreaker. Roger Happersad of Canada defeated Ganim for third. The U.S. Doubles team of Trent/Wright were crowned world champions as they defeated their Canada rivals Mark Kilbreath/Bill Birch in two straight.

It was an all U.S. women's finals as Dee defeated Baxter for the world title and Drexler took third, by downing Carol Duput of Canada. The U.S. Doubles Team of Frenck/Kamahoahoa defeated Canada's Suzanne Robert/Monique Parent for the world title.

Harvey, Roberts, Dee and Baxter received automatic invitations to compete in World Games II slated for London next summer.



# STRANDEMO'S

RACQUETBALL TIPS: by Steve Strandemo

The overhead drive is a very effective offensive shot, used to get out of a defensive ceiling ball rally. Your front wall target must be very low (between one to two feet) and your goal with the shot is to drive the ball away from your opponent and keep the ball from rebounding off the backwall.

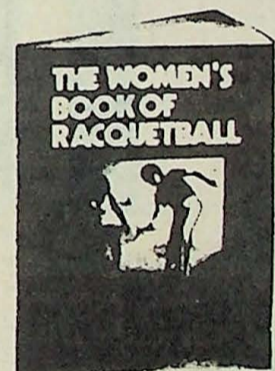
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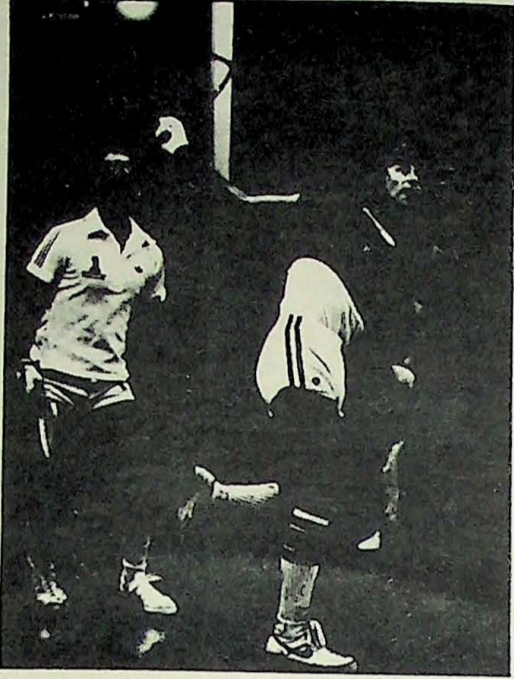
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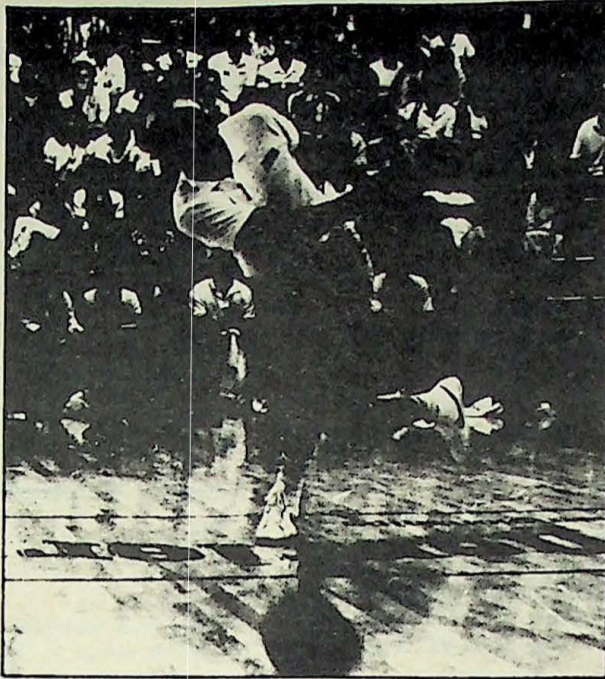
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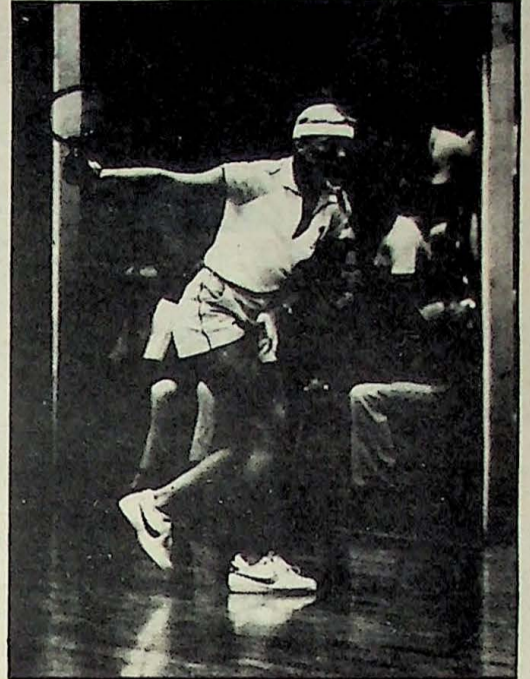
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