

RACQUETBALL

\$1.50
Vol. 7, No. 2
March-April, 1978

Official Bi-Monthly Publication of the
International Racquetball Association



12-78

William A. Schultz
1402 Villas Ave.
Madison, WI 53711



DENVER SPORTING HOUSE SITE OF 1978 NATIONAL SINGLES CHAMPIONSHIPS

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2714 Union Avenue Extended

Memphis, Tennessee 38112

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901/320-4351

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RACQUETBALL is produced by the International Racquetball Association, 2076 Union Avenue, Memphis, TN 38104. Telephone 901-274-2363. Layout/Design — Ham Embree

All editorial communications should be addressed to **RACQUETBALL**, 2076 Union Avenue, Memphis, TN 38104. Manuscripts must be typewritten and double spaced. Color and black and white photographs are welcome. Copy is required by the 15th of the month prior to the month of publication. Materials submitted for publication cannot be returned unless accompanied by a stamped, self-addressed envelope. Advertising rates are available on request from the IRA Office in Memphis, TN.

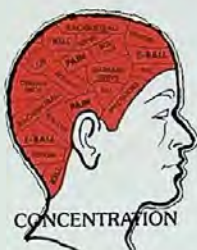
Magazine subscription is included in IRA membership: Single, \$6.00 for one year, \$10.00 for two years; Family, \$9.00 for one year, \$15.00 for two years. Rates are for U.S. possessions, military, Canada and Mexico. All other foreign countries add \$1.00 per year for mailing costs. Memberships are for 12 months regardless of date issued.

Controlled circulation postage paid at Memphis, Tennessee.

Your comments on racquetball and **RACQUETBALL** magazine are welcome. Send letters and post cards for publication to "Mail" IRA, 2076 Union Avenue, Memphis, TN 38104.



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On the cover

The Denver Sporting House
Site of the 1978 I.R.A.
National Singles Tournament,
May 26-29, 1978

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WE JUST BLACKBALLED THE IRA. THEY ASKED FOR IT.

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LETTERS TO EDITOR

Dear Sir:

At the request of Luke St. Onge, I am writing this letter concerning the Penn. State Racquetball Tournament held at Penn. State. It was his belief that you might be interested in hearing a newcomers thoughts pertaining to this tournament.

To sum it up in a few words, I was greatly impressed! This being my first tournament, I didn't know what to expect. I would have never expected that a tournament with over 250 participants could have run so smoothly. All I can say is a job well done to all those in charge of running the tournament.

As far as the atmosphere of the tournament, racquetball buffs have got to be one of the nicest groups of people I have ever been associated with. Everyone was so friendly and willing to lend assistance whenever needed.

Even though I didn't make it to the finals, it was a very rewarding experience. I am looking forward to use what I have learned.

It is my wish for the I.R.A. to have continued success.

Kathy Frontz
Clarion, Pa.

President's Council Visits Oral Roberts University

Dear Mr. Zeitman:

We have just completed a most successful clinic put on by the President's Council on Physical Fitness and Sports, which was attended by 350 persons. We appreciated very much your contribution to the clinic by supporting V. Z. Lawton to be one of the clinicians.

The presentations by Mr. Lawton were excellent, very well received, and I have heard many good comments from persons who attended the clinic. Thank you for your part in our clinic and may God richly bless you.

Sincerely yours,
Dr. Paul Brynteson
Chairman, HPER Department

Dear I.R.A.

Our 1st all women's tournament was a success and as soon as the pictures are back, we'll send a write-up and photos for the magazine. Thank you for your assistance with providing balls, draw sheets and score cards!

Enclosed are 3 checks — two are for individual memberships and the large amount is for 20 new memberships — individual, and 1 family membership. Also enclosed is a list of all the names and addresses of the new members. We are all looking forward to the next issue of your magazine — it is the major drawing attraction of the organization from most members' points of view.

Carol L. Mason Wayland, Mass.
Gentlemen:

I especially enjoyed the excellent artwork on the cover of the January/February issue. Could you tell us something of the artist?

Jim Jordan Chicago, Illinois



Editor

The artist is Mrs. Ham Embree, a noted freelance commercial artist in the Memphis, Tennessee area, who has been exhibited widely. Mrs. Embree thanks you for your comments.

RACQUETBALLING THROUGH EUROPE

Dear IRA,

I recently completed a six month Mediterranean cruise as the executive officer of the tank landing ship USS SUMTER that made port calls in Italy, France, Spain and Turkey. I managed to play good, competitive racquetball on excellent courts in just about all these countries with other hard core racquetball enthusiasts who reside overseas.

During the ship's visit to Marseille, France we were hosted at the home of the U.S. Consulate General, Mr. Ralph Meima. After discussion with he and his staff, it was evident that racquetball was virtually unknown in France. Apparently there are no courts in the country nor plans for construction of any.



USS SUMTER

Ismir, is the second largest port city in Turkey. It has a population of 3 million and a moderate climate because of its close proximity to the Aegean Sea. Racquetball is played by just about all the Army and Air Force personnel assigned to the NATO Base in Izmir and a few local Turks. Facilities consist of 1 standard sized court with spectator gallery located on the base recreation facility near the gym. The top player in Izmir is Captain Tom McCarthy, U.S. Army, and the number two player is Sgt. Green, USAF. There are many less experienced players on the base however, who would welcome the opportunity to play visiting racquetballers. Turkey has other fine racquetball courts located throughout the country at U.S. Military bases. The premier facility is located at the Military Assistance Group Headquarters in the capitol city, Ankara. This facility consists of two hardwood courts which are utilized by both U.S. Military and American Embassy Personnel in the Turkish Capitol. Ankara is about 150 miles east of the Black Sea in the interior of this small country. Additional racquetball courts also exist at INCIRLAK (2 courts) on the Turkish/Syria border and KARANSUEL in the mountains west of Izmir. Visitors to Turkey who desire to play racquetball at any of the bases previously discussed, must of course be invited as a guest of an active duty serviceman stationed in the country. However, a call to the base athletic director at any of the facilities should result in a contact with the top players who always welcome "outside competition".

(continued on page 43)

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NUMBER ONE BY DESIGN

IRA Championships

DENVER SPORTING HOUSE



Hosts The 10th Annual IRA International Singles Championships

The Sporting House, located in Englewood, Colorado — suburb of Denver — has been chosen as the tournament site for the 10th Annual International Racquetball Association's Singles Tournament. The Sporting House boasts 15 courts including one glass championship court complete with televising facilities, restaurant and cocktail bar which specializes in Health Foods; individual men and women steam saunas, Jacuzzies, 25 meter lap pool weight room, full time massuer, two excercise rooms, and a redwood hot tub located outside.

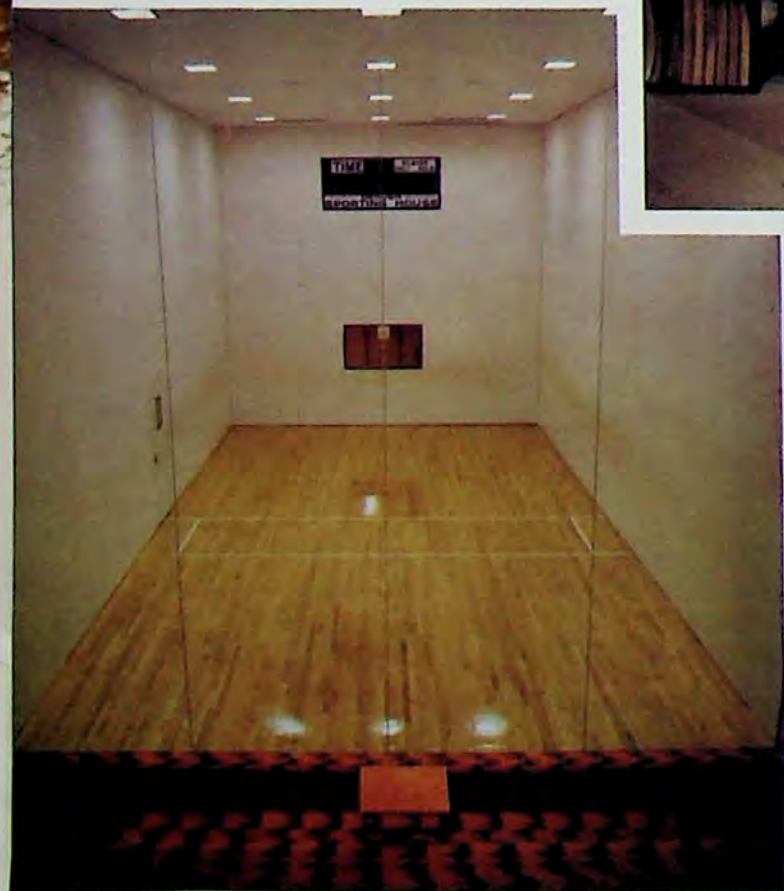
Tournament Headquarters for registration and hospitality will be located at the Rodeway Inn within walking distance of the Sporting House. Registration will be a social event for those arriving early with all major manufacturers invited to display their products along with free hospitality.





Along with the running of all required events we will again feature the popular "B" Singles in order that all those wishing to participate in our Internationals have the opportunity. Play will begin Friday morning the 26th of May and continue through Saturday evening when the 1st annual manufacturers awards dinner will be held which will be open to all players. Sunday morning the Annual Players membership breakfast will be held with the Annual State of the IRA report given along with the election of five new members to the Board of Directors.

Entry Blank on Page 9



Along with the amateur divisions will be the IPRO tour featuring all the top names in Pro racquetball including defending National Champ Davey Bledsoe, Marty Hogan, Charlie Brumfield, Jerry Hilecher, Steve Serot, Craig McCoy, Jay Jones, Ben Koltun, Steve Keeley, Mark Morrow, Mike Yellin, Riche Wagner, Steve Strandemo, Jerry Zuckerman, Mike Zeitman, and David Fleetwood.

Women's professionals Shannon Wright, Peggy Steding, Jennifer Harding, Janell Marriott, Sarah Green, Kathy Williams, Karin Walton, Rita Hoff, Martha McDonald, Jan Pasternak, and Sue Carow.

The 10th Annual International Singles Championships promise to be the highlight of the Racquetball season and we hope to see you all there.

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Monday, May 16, 1978

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TOURNAMENT SITE

The Denver Sporting House
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All Singles — 8:00 a.m., Friday, May 26, 1978

ADDITIONAL INFORMATION

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Stretching

by Bob Anderson

One of the most difficult things to tell a person is exactly how long to stretch before and after activity, or for enjoyment, relaxation, and revitalization. I suggest that you learn four or five basic stretches and then gradually learn more ways to stretch as you see how mentally easy it becomes to stretch. Without learning positions, but concentrating on the stretch, there becomes a personal freedom of expression which is a part of stretching. There is no pressure to become anything. *Doing* is a natural outcome of right education, personal awareness, right thinking and understanding. Things are easier if we understand deeply and not superficially. Learn the partner stretches, they will help greatly in feeling the energy of proper stretching.

Usually, if possible, you should stretch ten to thirty minutes before activity and ten to thirty minutes after activity. Stretch for up to one hour a day if you have the time. If you don't have that much uninterrupted time every day, learn many different stretches that you can do anywhere. Gradually develop a big repertoire — learn as many stretches as possible. (There isn't anyone who is not capable of learning everything in this book.) Don't time yourself when stretching but make use of stretching even if little time is available. Short periods of stretching (five to eight minutes), every three or four hours, really helps a person consistently feel good. Time is not an excuse for *not doing*.

Many people suffer from much tension in the upper body because of mental stresses of modern living. Many athletes are very inflexible in the upper body because of the lack of stretching and the abundance of muscular development in that area.

There are many stretches to help reduce tension in this area and increase flexibility. The following stretches are effective in reducing tension in the upper body and most of them can be done anywhere. They don't require any special clothing or a mat, and they can be done standing or sitting.

Here is a simple stretch for your triceps and the top of your shoulders. With your arms overhead, hold the elbow of one arm with the hand of the other arm. Gently pull the elbow behind your head, creating a stretch. Do it slowly. Hold and stretch. Do not use drastic force to limber up. Force will only hurt you.



Stretch both sides. Does it feel like one side is a lot tighter than the other side? This is a good way to begin to loosen up your arms and shoulders. This stretch can be done while walking.



Another shoulder stretch: Reach behind your head and down as far as you can with your left hand and grab your right hand coming up, palm out. Grab fingers and hold. Many will not be able to do this stretch without help.



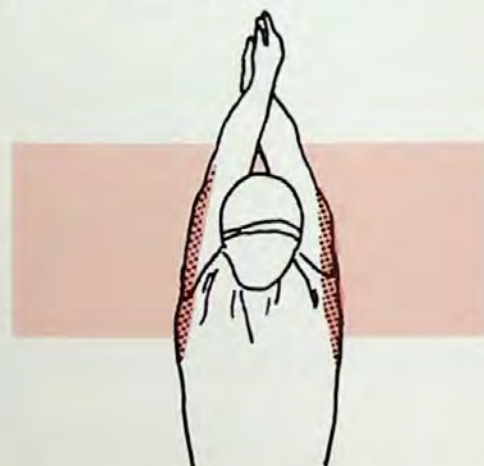
Have someone pull your hands slowly toward each other until you get a stretch and hold it. Do not stretch too far. You may get a great stretch without having your fingers touching. It takes time to change physical things. Stretch within your limits.

Or use a towel to help you in this stretch:



Drop a towel behind your head with your upper arm bent and, with your other arm, reach up to hold onto the end of the towel. Gradually move your hand up on the towel, pulling your upper arm down, until your hands are touching.

Work a little on it every day and get a good stretch. After a while you will be able to do this stretch without help. It really reduces tension and increases flexibility. It also acts as an upper body revitalizer when you are tired.



With arms extended overhead and palms together as drawing shows, stretch your arms upward and slightly backwards. Breathe in as you stretch upward, holding the stretch for five to eight seconds.

This is a great stretch for the muscles of the outer portions of the arms, shoulders, and ribs. It can be done anytime and any place to relieve tension and create a feeling of relaxation and well-being.

I find these arm and shoulder stretches to be very good before and after running. They allow for a relaxed upper body and a freer arm swing. These stretches are also good to do during weight lifting workouts or as a possible warm-up for any upper body activity such as tennis,

baseball, handball, etc.



Figure 1

This stretch is for the front of the shoulders and arms. For this stretch you need a chain-linked fence or doorway or wall. Face the fence and grab onto it (or press against it) with your right hand at shoulder level (fig. 1). Next, bring your



Figure 2

other arm around your back and grab hold of the fence (or whatever you are using for this stretch) as in fig. 2. Now, look over your left shoulder in the direction of your right hand. Keep your shoulder close to the fence as you slowly turn your head (fig. 3). Try to look at your right hand behind you to give you a stretch in the front of your shoulders.



Figure 3

Stretch the other side. Do not be in a hurry to get a drastic stretch. Stretch slowly and under control. The feeling of a good stretch is what is important — NOT HOW FAR YOU CAN STRETCH.

A good stretch for the chest muscles, elbows, and biceps is a stretch done while sitting with your arms behind you. Point your fingers in the opposite direction of your toes with your hands shoulder width apart. Keep your hands stationary as you move your buttocks forward until you feel a good stretch in the arms and chest. Do not go too far.



Figure 5

Just get a stretch. Hold, relax. Work within your own limits. Don't hold the stretch too long. Gradually lengthen the time that you hold the position. Begin holding it for five to ten seconds.

This stretch is good for people who are really tight in the upper body. And great to do after an upper body workout such as push-ups, which work the pectoral muscles as well as the arms.

This stretch for the upper body laterally stretches the muscles along the spine.



Figure 4

Stand about twelve to twenty-four inches away from a fence or wall with your back towards it. With your feet about shoulder width apart and toes pointed straight ahead, slowly turn your upper body around until you can easily place your hands on the fence or wall at about shoulder height (fig. 4). Turn in one direction and touch the wall. return to the starting position, and then turn in

the opposite direction and touch the wall. Do not force yourself to turn any farther than is fairly comfortable. If you have a knee problem, do this stretch very slowly and with caution. Be relaxed and do not force. Hold the stretch for ten to twenty seconds. Gradually increase the length of time that you hold this stretch.

The next stretches are done with your fingers interlaced behind your back.



Figure 6

It is not unusual that many are unable to do this stretch right away. A partner could help you with this stretch by slightly turning your arms toward your spine (fig. 6). The turn is inward. Remember to keep the fingers interlaced as shown in the drawing. Stretch slowly and do not strain. It may take several months of regular stretching for extremely tight individuals to loosen up to the point that they no longer need a helper. Think of regularity as being the key to change — not straining.

If the above stretch is fairly easy for you to do then inhale and extend your chest forward with your head up creating a stretch in your upper body while you turn your elbows inward and straighten your arms. Hold this stretch for five to fifteen seconds. Think of getting a

(continued on page 13)

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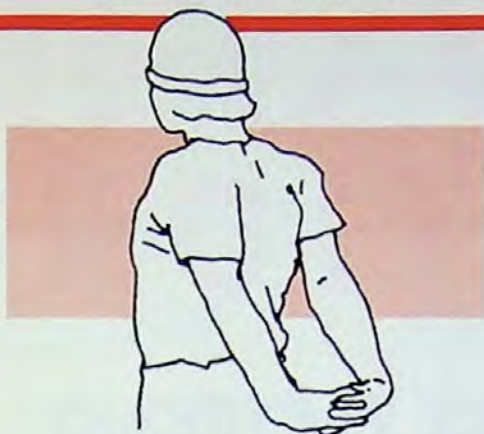
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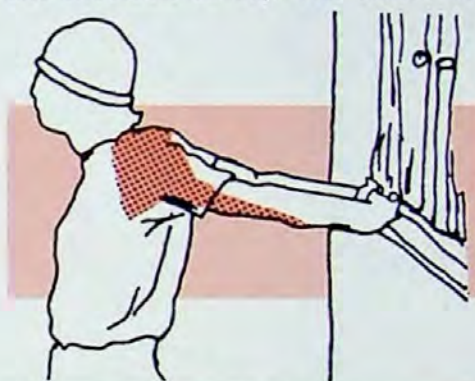
stretch in your arms all the way up to the top of your shoulders. As it becomes easier to straighten your arms behind you, you will be able to hold this stretch for a longer period of time.

To further stretch your chest and shoulders, bring your arms up behind you, keeping your arms and back straight, without tilting forward.

You may want to prop your arms on something for support. As you take a few steps away from the object and straighten your arms you will increase the stretch. This stretch is great for rounded shoulders and gives an immediate feeling of energy.

Another good upper body and back stretch is to place both hands shoulder width apart on a fence or ledge and let your upper body hang down as you keep your legs straight. (Always bend your knees slightly when coming out of this stretch.) Your hips should be directly above your feet.

While doing this stretch, bend your knees just a bit and feel the stretch change. Place your hands at different heights and change the area of the stretch. After you become familiar with this stretch it is possible to really stretch the spine. A great stretch to do if you have been slumping in the upper back and shoulders all day. This stretch will



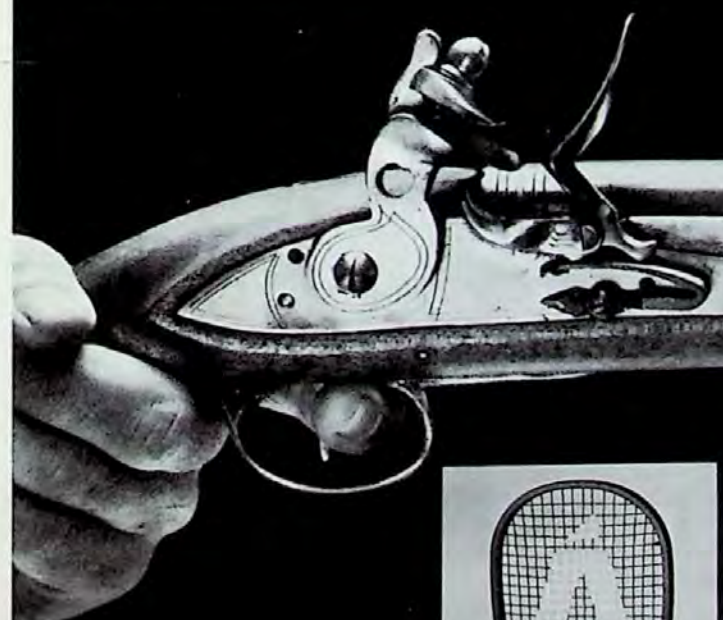
take some of the kinks out of a tired upper back. Find a stretch that you can hold for at least thirty seconds. Gradually increase the time you hold the stretches.

The top of the refrigerator or a file cabinet are good to use for this stretch. Do this stretch slowly. It can be done practically anywhere — all it takes is a little thought and some doing.

To increase and change the area of the stretch in another way, bring one leg behind and to the side of you as you lean in the direction of where the leg was originally. This will stretch those hard to reach areas of the upper body.

A good way to stretch out tired or sore legs is to stretch them in a bathtub of warm water. With legs straight (this might not be possible for everyone), slowly bend at the waist until you feel a slight stretch in the back of your legs. Relax at this slight, or easy stretch. The warm water will help your legs feel good. Hold the stretch for at least fifty to sixty seconds. Be relaxed while you stretch. Concentrate on slow, rhythmical breathing.

Editors note: This article is reprinted from STRETCHING by Bob Anderson, professional stretching consultant available through the mail. See ad page 47 of this issue.



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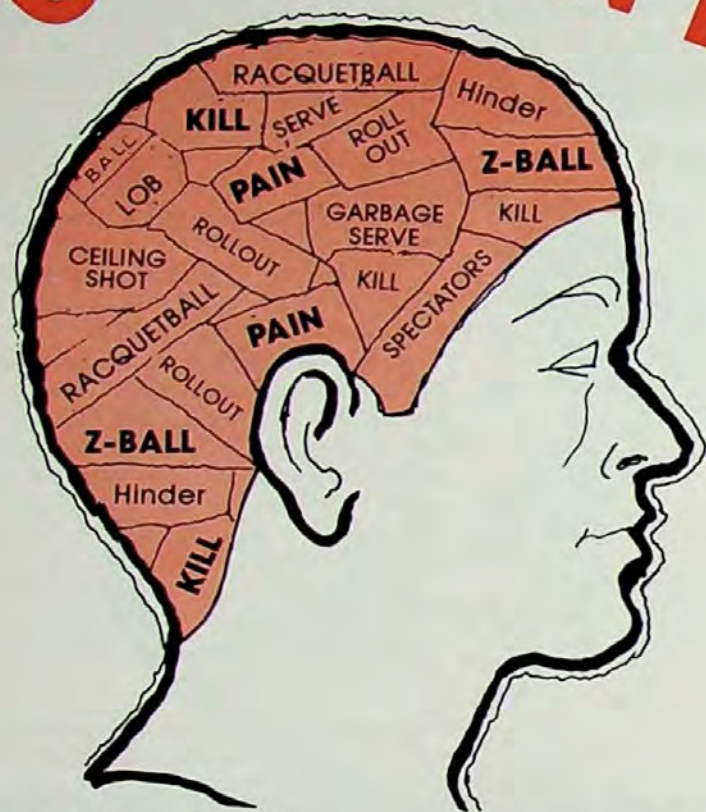


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CONCENTRATION

the name of the GAME



"I'm not even thinking!"

The fact that so many players find themselves saying those words so often after missing an easy or a crucial shot is a testimony to the importance of the ability to concentrate in racquetball. Sometimes we concentrate automatically. We don't even realize that we're concentrating or failing to concentrate. But when we lose the close ones, it's often because we failed to concentrate; and likewise an increase in concentration on a given day can supply us with the winning edge. On those days when everything seems to be going right — when our game is really "on" — a close analysis will often reveal that our sudden proficiency is really nothing but the result of heightened concentration.

This article is about concentration in racquetball. It deals with ways to concentrate more effectively and with the benefits of concentrating effectively. This article will maintain that racquetball is played most effectively when the player concentrates effectively *all the time* on what he is doing. This does not mean that I am going to recommend that everyone immediately stop playing racquetball the way he or she now plays the game and start thinking a lot more during the game. That's not it at all. Quite the

contrary, many of you already play quite effectively primarily because you already concentrate effectively. In that case, the effect of this article will be to help you understand yourself better while you play and to remediate those specific shortcomings in concentration which you occasionally do encounter.

An analogy will be helpful. You cannot hold an intelligent conversation or watch a good TV show effectively without concentrating on what you are doing; and to the extent that you concentrate effectively you will hold a better conversation or enjoy the show more. This does not mean that if you are already enjoying your conversation or show you should stop doing so and start concentrating. However, if you would discover defects in your ability as a conversationalist or if you were not getting as much out of the TV show as you really should, then a systematic attempt at learning to concentrate would be helpful. The same is true of racquetball. When you play well, you are already concentrating effectively. But when you make mistakes, a systematic attempt at concentration will help you improve your game.

How To Concentrate More Effectively

A basic principle of psychology is that human beings can concentrate on only

one thing at a time. You can give the *appearance* of concentrating on more than one thing at a time, but what you're actually doing is switching back and forth rapidly between two different things. In addition, when you try to concentrate on two things at one time (when you pull the switching-back-and-forth routine) you are more likely to succeed at this if the two things you try to concentrate on are quite different. If they are nearly identical, you don't have a chance.

Let's take a non-racquetball example first. Have you ever tried to pay attention to two children at the same time? If they have both very similar voices and are talking about very similar subjects, the result is chaos. This is because you're switching back and forth and have become confused because of the similarity. But if one has a deep voice and one a high-pitched voice, and one is talking about baseball while the other talks about arithmetic, it's quite possible to switch back and forth. Likewise, I can read a psychology textbook while I watch a football game and enjoy both. But if I read the account of one football game while I watch another, I get confused. Now let's look at racquetball. The psychological theory means that if you

by Ed Vockell

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want to play better racquetball, you should concentrate on one thing at a time. The more specific the skill is that you decide to concentrate on, the more likely it will be that you will succeed in your effort to develop that skill. It's easier to concentrate on something specific. So make a plan, and make it specific. Don't decide "I'm going to get the next point" or "I've gotta stop him now!" If what you want is a pep talk, such exhortations might do the trick. But if you are actually making a mistake and want to correct that error, you have to make a specific plan instead. The specific plan could be extremely specific (isolated to a single activity) such as the following:

- I'm going to watch the ball until I actually hit it.
- I'm going to bring my arm up on the backhand.
- I'm going to follow through.
- I'm going to start my move to the center as soon as I hit the ball.

The specific plan can also be *negative*, as long as it's specific:

- I'm going to stop "running around" shots that I should take with my backhand.
- I'm going to stop drifting back after my serve.

Or the specific plan could involve more complex skills:

- I'm going to look for a chance to hit a side-wall kill shot.
- If he serves to the left, I'm going to return it with a cross-court ceiling shot.

The point is, you have to isolate a single, specific idea to concentrate on. In *Developing Racquetball Skills* Ottis Campbell and I suggest numerous examples of such specific skills.

A good idea is to use your own errors as a signal to make a plan. When most players lose a point because of an error, they either pound the wall with their fist, call themselves "stupid," or just become vaguely upset. A much better idea is to immediately identify what it is you did wrong and then make a plan to improve. For example, if you have just lost the point because you took your eye off the ball, don't just yell, "You stupid idiot!" Instead say to yourself, "Keep your eye on the ball!" If you do this, then during the next exchange you'll be better able to concentrate on keeping your eye on the ball and more likely to improve.

A good time to decide what to concentrate on is between exchanges — while preparing to serve or while waiting to return the serve. More detailed plans can

be made during time-outs or between games. Then you can review aspects of the detailed plan between serves.

What happens to things you're not concentrating on? Actually, you are switching back and forth between two things: (1) the skill you chose to focus on, and (2) "everything else." In a sense this is another way of saying that you "go on automatic" with regard to everything else.

Concentrating On More Than One Skill

As noted above, while it is not possible to concentrate on two things simultaneously, it is possible to switch back and forth quickly between two or more things. This rapid switching process works better if the two things are somewhat different. Such switching of objects of concentration is possible and indeed desirable in racquetball. The more similar the two skills are, however, the more likely it will be that you will get confused and not concentrate on either.

It is especially easy and desirable to have more than one thing to concentrate on when the various skills occur *sequentially* rather than *simultaneously* in the course of the game. For example, it is hard to concentrate simultaneously on (1) gripping the racquet correctly, (2) keeping your eye on the ball, and (3) deciding whether to go for the kill or passing shot. The reason this is difficult is because you have to do all these things at one time; and so it would be better to focus on one of them and put the others on "automatic." However during a single exchange it is possible to concentrate on (1) returning the drive serve with a cross-court ceiling return, (2) moving toward the center of the court after the return, and (3) gripping the racquet correctly. The reason it is easier to concentrate on all three of these things is because they are performed one at a time; and so you can concentrate on one, perform what you are concentrating on and then concentrate on the next.

A key time when players fail to concentrate is on the opponent's return of their serve. They know where they want to serve the ball, but then they drift aimlessly into the exchange when the opponent returns the serve. The key here is to make two plans while you're getting ready to serve. You say to yourself something like this: "I'm going to hit a hard drive serve to his left. While doing this I'm going to concentrate on snapping my wrist while I hit the serve. Once the ball is in play, I'm going to concentrate on watching my opponent so that I can more effectively anticipate his shots." In

this case, the player is concentrating on two things (snapping the wrist while serving and watching the opponent), but he is doing them successively rather than simultaneously. He is going to concentrate on snapping his wrist while he's serving (he'll do the rest of the serve "automatically"), and once the ball has been served he will stop concentrating on snapping his wrist and instead concentrate on watching his opponent.

By concentrating on several skills systematically and effectively in this manner, a player develops a wide variety of skills. If on one play or on one series of plays I concentrate on watching my opponent in order to anticipate his moves, I can subsequently stop focusing on that skill and instead focus on moving my arm back correctly when I take my backhand shot. While I am concentrating on the backhand arm movement, I am going to be practicing my skills of watching my opponent and performing it better even though I am not consciously focusing on it. That's just the way the brain works.

Some Problems in Concentration

There's such a thing as *thinking too much* in racquetball. Some players become too analytical and spend all their playing time concentrating and no time executing. They might make good philosophers, but they make poor players. In such cases, what's usually happening is that the player has his mind too cluttered up. He's trying to think of too many things and winds up thinking about nothing. In many cases, the principles discussed in this article will help; find one basic thing to concentrate on and go after that. In other cases a systematic attempt to "stop thinking and just play" will work. Paradoxically, you're concentrating on not concentrating!

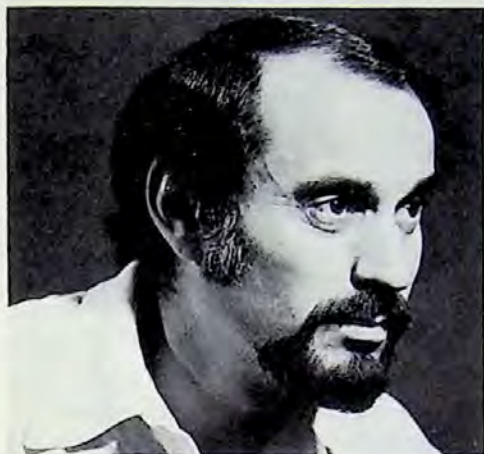
Don't feel that you're supposed to become some sort of concentrating machine — a computer on the racquetball court. If you play the game with intensity, you'll concentrate automatically. Make specific efforts to concentrate on skills only when you want to practice a new skill, or when you are having trouble with a skill. During most games you should be concentrating on *strategy*. If you are constantly looking for chances to pounce on the ball and do something mean with it, you'll find this is not a burden. Such concentration results in more wins and greater enjoyment.

When an early game in a match is hopelessly lost, you can often use the remainder of the game to develop your own concentration skills for the next game in the match. If I'm down 15-7, and everything is going badly in the first

(continued on page 46)

Serving to Win

By Dr. Victor I. Spear



The following article is one of a continuing series of articles by Dr. Victor I. Spear from his book **How To Win at Racquetball**. The book, containing 75 pages including diagrams, can be purchased for \$4.45 (paperback) from Win Publishing, Camelot Towers, Suite 204, 1415 East State St., Rockford, Ill. 61108.

Dr. Spear, a 1959 graduate of the University of Michigan Medical School, is a practicing physician in Rockford, Ill. He also plays racquetball, having won the Rockford City championship in 1972 and 1974 and the Tri-City Tournament in Janesville, Wisc., in 1976.

There is an almost infinite variety of serve possibilities based on subtle changes in speed, height, angle and serving position. Keep an open mind to other possibilities, and don't be afraid to try a new one once in a while.

GENERAL COMMENTS ON SERVING

1. Every serve should be delivered with full concentration in an effort to draw a poor return, winning the point on the next shot. Good serves also allow very few point-stealing kill shots on the return.

2. The importance of having a right-side serving game to augment the usual left-corner serves cannot be overemphasized. Consider the following:

a. The greater the variety, the more difficult each serve becomes.

b. The player never has a chance to become grooved on the tempo of any serve.

c. The player is probably not accustomed to very many right-side serves. (Watch the forehand kill shot specialist fall over in a state of shock when you begin serving to the right side!)

d. You will occasionally uncover a glaring weakness in his returns on one of these serves (i.e. the Z-serve to the right corner.)

e. The short corner serve to the right is very effective against a tired player near the end of a long match.

f. You must have these serves in your

bag, anyway, to use against a left-handed opponent.

3. It must be conceded that right-side serves are more risky, being delivered, in general, to your opponent's strength. Greater accuracy is called for. You may get away with a minor error served to the left, but the same error on the right side is more likely to result in a quick loss of point.

4. Keep your opponent's most recent error in mind when you select your next serve. Most players tend to overcompensate for the error, and this human tendency can be capitalized to your advantage. For example, if he has just made an error in judgment by allowing a Z-serve to the left to die at his feet off the back wall by not moving up and hitting the ball soon enough, he is likely to move up on the next one. Why not sharpen the angle on the same serve so as to hit the side-wall further forward, and jam him from his intent?

5. You haven't truly completed the act of serving until you have made your first move toward your next position to anticipate his return. Discipline yourself to think of this before serving. Don't leave yourself open to simple pot shots and painful surprises. This leads us to the next subject.

THE MAJOR SERVES OF RACQUETBALL

1. Low drive to the corner from center court.

(continued on page 19)

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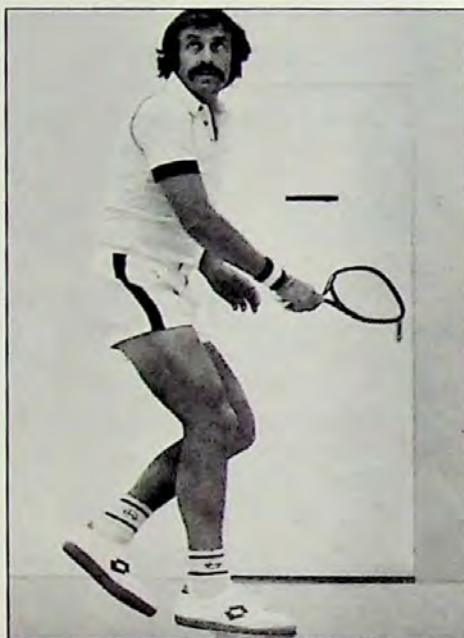
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(continued from page 17)

This serve should be hit low and sharply, so as to barely reach the back wall crotch before the second bounce. If the serve carries too deeply and comes up off the back wall, it may be a kill shot opportunity for a good shooter. If your opponent tends to move up on this one, angle it more widely, so as to hit the side wall before he gets to it. (Diag. 1)

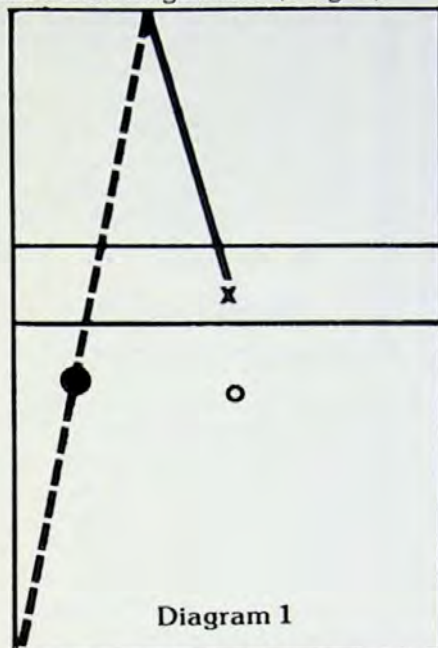


Diagram 1

2. Lob serve to the corner from center court.

This serve is designed to hit the side wall deep in the back court, so as to rebound falling to the back wall with nothing left on it. It requires a very delicate touch with superior accuracy. The margin of error is very slim, compared to the above. If it's just a fraction off, it can be transformed from a difficult serve to an easy set-up. This is one serve to be

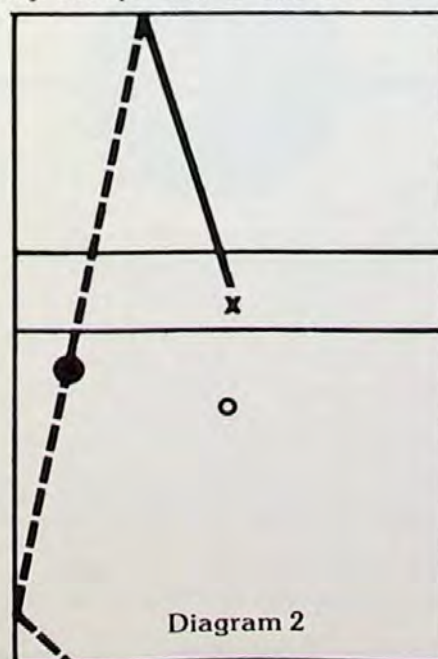


Diagram 2

abandoned if you are having trouble with accurate placement. (Diag. 2)

3. "Short corner" serve to the left from center or right center court.

This is, of course, a misnomer, because the target is not actually a corner. The "corner" refers to the angle made by the short line and the side wall crotch. This is one of the rare examples of trying to get the serve in for a quick ace. It is a low driving serve designed to almost "crack out" just barely over the service line. To have any hope of success on this serve, the ball must be struck at a very low point, just above the floor. The margin of error is small here, but if you miss, you are better off missing short, thereby getting a second chance to serve. If you miss long or high, the ball comes back to the center for an easy set-up. This serve can be a game winner against a tired player at the end of a match. (Diag. 3)

4. Z-serve to the left corner from left center court.

This serve should be hit low and sharply so as to reach the side wall deep into the back court about waist high, and die into the back wall with a lot of down spin. The key to this serve is the depth of the side wall contact. If it comes in shallow, the receiver can move up and hit a cross-court pass. If it comes in too deep and rebounds off the back wall, it may be

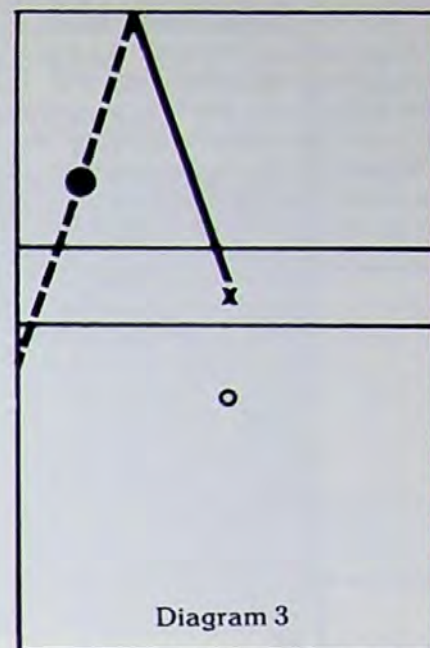


Diagram 3

a set-up kill shot for a good shooter. (Diag. 4)

5. Z-serve to the right corner from right center court.

Same comments as for serve #4. This can be a surprisingly effective serve if consistently well-placed against a player who isn't accustomed to it, even if he is a good forehand shooter. (Diag. 5)

(continued on page 20)



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(continued from page 19)

6. High bounce overhead Z-serve to left corner from left center court.

This serve can be delivered in various ways so as to hit either side wall or back wall first and give rise to unusual spins. At times it may come off the side wall directly parallel with the back wall, as an

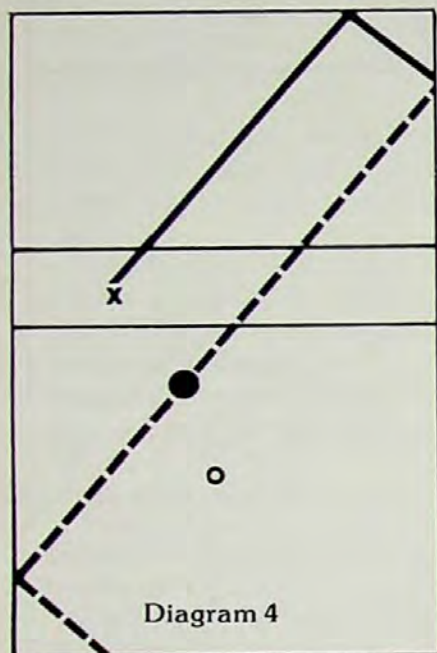


Diagram 4

ideal Z-ball does in regular play. (The only reply to this, of course, is to cut it off short before it hits the side wall.)

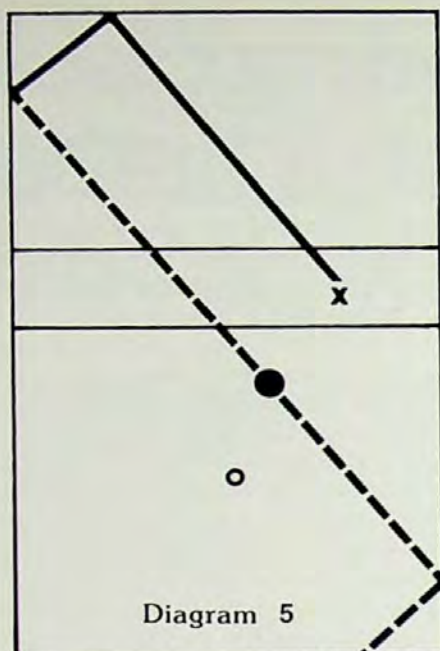


Diagram 5

7. "Wallpaper" serve to the left corner from the left edge.

This serve is delivered as a soft high lob which just barely misses the left wall throughout its entire course. Some players can drive you nuts with this serve, but it is very difficult to execute, and there is always the danger of hitting the side wall before the front wall which results in loss of serve. (Diag. 6)

8. "Garbage" serve to the left from center court.

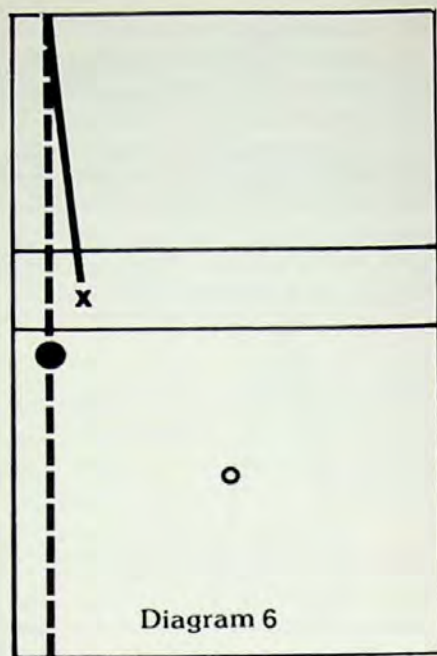


Diagram 6

This is a lob serve without the high arc. It is delivered very softly at about shoulder height, so as to bounce about four feet past the service line, and then reach the back wall in a softly descending arc. Corner direction is not crucial. Its primary purpose is to prevent a kill shot return. If served correctly, there is an opportunity for the receiver to strike the ball below the waist. A ceiling shot return can be expected.

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Notes for referees

by Leonard Marks

A good referee makes a match between good players better. A good referee makes a match between ordinary players good. A bad referee will spoil any match regardless of the quality of the players. Since we all play racquetball for the enjoyment the game provides us, it goes without saying that a competent referee enhances our enjoyment of the game. It is, therefore, incumbent upon all of us to strive to be the very best referee we possibly can. Listed, herewith, are the "rules" a good referee should follow.

CALLS

- 1) All calls should be made sharp and loud.
- 2) Calls should be made fast. (Caution, do not anticipate).
- 3) Calls should be consistent.
- 4) Your instructions to the players should always be made on the court regardless of how many times you might have refereed a match between the same players. Proceed as follows:

INSTRUCTIONS TO PLAYERS

a) Introduction

Introduce yourself to the players

b) Explanation

Explain how you intend to call the match stressing that you insist that they permit their opponent(s) a free, unimpeded and uninhibited swing at the ball. A free and unimpeded path to the ball and a clear view of the ball after it leaves the front wall. Failure to do so will result in your calling an avoidable hinder.

c) Judgement Calls

Body contact or a ball through the legs are not necessarily hinder calls. This is your judgment and you would not want to take away a player's obvious set-up just because the players happened to brush against each other during the course of play. You will only call a hinder when you feel that the contact has interfered with the player's best shot.

(continued on page 42)

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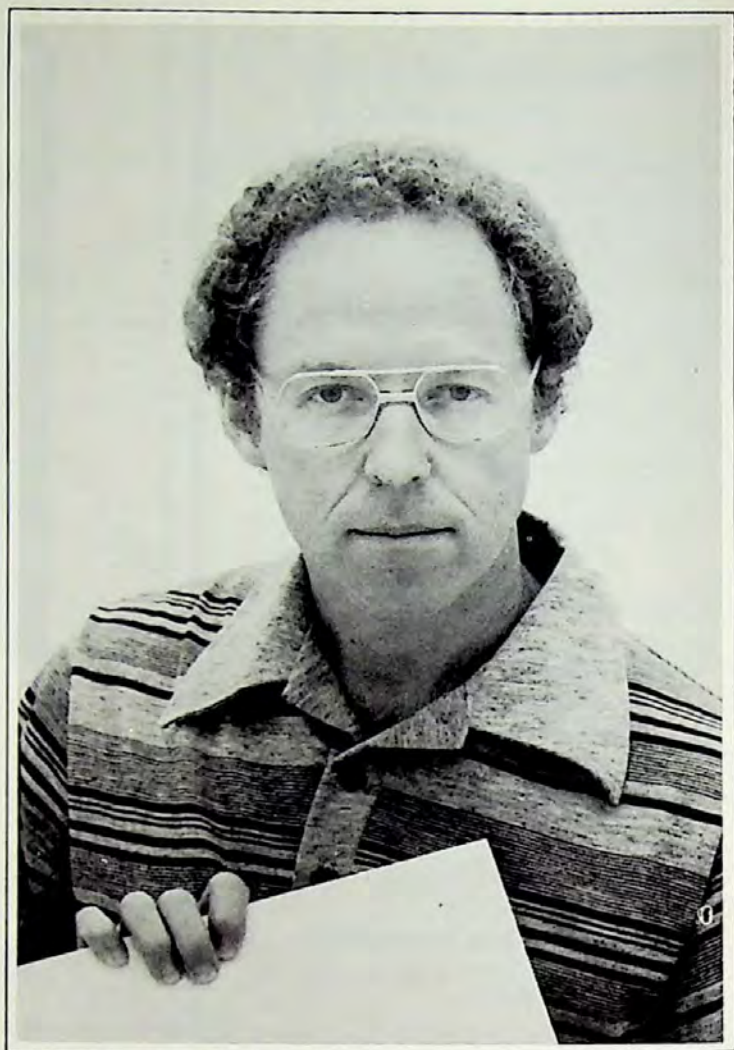
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Santana Courts Racquetball Club,
Santa Ana, California.

Have you ever gone on the court with a kid and tried to show them how to play racquetball? No, I don't mean a 15 or 16 year old. I mean an under 12 year old kid. Most people give up out of total frustration after a few minutes. The comment most commonly heard is: "It takes more patience than I've got to teach that kid how to play racquetball!" When an adult tries to teach a kid, they often approach it in the same manner as teaching an adult. This approach will never work since a kid does not have the attention span to listen while someone explains and demonstrates. Furthermore, because of the size difference, a little one can not possibly do things the same way as an adult. Have you ever looked at how big a 4 1/8" grip is in the hands of a ten year old? Comparably, a ten year old playing with an average size



and weight racquetball racquet would be like an adult playing with the heaviest tennis racquet you can find. The 20'x20'x40' racquetball court in the eyes of a four foot high kid would be the same as a six foot man playing in a 30'x30'x60' court. That's pretty big! So, it's no wonder that the approach to teaching kids must be different than the approach used to teach adults.

When working with young kids, start with equipment first. It is often hard to find an adequate racquet without making a major investment. A parent's hand-me-down racquet is not the answer. Some racquets can be lightened and shortened, and some can have the handle size reduced. Any adjustments will be greatly appreciated by the kids. The next biggest problem I've noticed with kids equipment is shoes. Adults wouldn't go on the court to play in running-type shoes with a built up heel, or wear shoes that don't fit. But, often kids are forced into wearing this kind of shoe because it is the only kind they have. Shoes don't need to be expensive, but they should be adequate for the sport. Shirts don't seem to be much of a problem. Any T-shirt will do as long as it is not too big. No kid should be allowed to wear blue jeans or cut-offs on the court either. This type of pants do not allow the freedom of movement needed in racquetball. Now that they're equipped, let's get them on the court and play racquetball.

From the time kids are able to walk, they are fascinated with catching, chasing and throwing balls. By the time a pre-schooler reaches two years old, he can understand what racquetball is especially when his parents are involved in the sport. So, why not let them play. Racquets are not necessary. Little ones love to go on the court and play with the balls — the more the better. This is great for their coordination and their hand-eye movements. Besides, a court makes a great play pen. If your club has child care, encourage them to let the kids go on the court and play for a few minutes every day. You'd be surprised how much they'll love it. If this is not possible, parents can find a few minutes of their court time during the week to let their kids play "racquetball."

Once a little one reaches five years old and is ready for school, he is also ready to play big-time racquetball. From there the road of progress is only upward. With each passing year they are capable of performing more and harder skills. As long as their progress is made fun, they will continue to love racquetball as much as they did when they started. I've found kids are very satisfying to teach as long as you approach it from the right direction. Kids don't respond real well in a private situation. Semi-private is better, but groups seem to work best. Six per group seems to be an optimum number especially if you have two courts available for the session. The kids will want to spend most of their time playing games. But, we all know drilling is the best way to im-

prove. So, why not make drilling fun — make it a game. Here are some ideas which I have found to be successful:

Forehand and Backhand Straight in Drills:

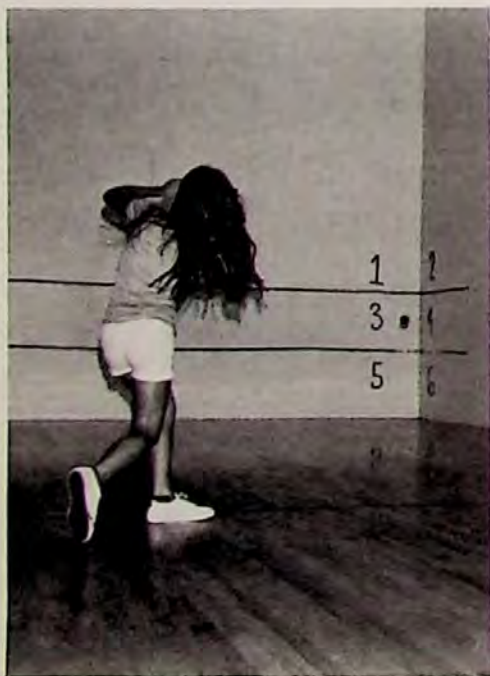
Put two parallel lines across the front wall of your court. (Masking tape works very well.) The first line should be about a foot to eighteen inches above the floor. The second line should be a foot to eighteen inches above the first line. Have the kids stand somewhere behind the short line, distance depending on the size of the kids. Have them hit ten forehand shots trying to get the ball as low as possible. If the ball hits below the first line they get three points. If it hits between the two lines they get two points. If it hits above the top line they get one point. Side wall first or floor first scores zero.



Keep a scorecard and compare their score week by week. Repeat the same drill with the backhand. Do not spend a lot of time worrying about how they are hitting the ball. Just make sure they are holding the racquet right and aren't doing anything drastically wrong. You can use these same targets to practice backwall shooting. Have someone throw the ball off the backwall and the kids can hit it at the target. Do it both forehand and backhand keeping score the same way. With the older kids someone can hit the ball so it comes off the back wall. Older kids may also use these targets to practice bringing down ceiling balls. Have someone hit a short ceiling ball, the kids hit it aiming at the targets. Again, the score may be kept the same way.

Serving, Ceiling and Passing Shot Drills:

With really little people, it is good if they can even get the ball past the short line. Have them take turns hitting ten serves. They get a point everytime they get the ball past the short line. By the time the kids reach about ten years old, they are ready to start hitting good straight and Z-serves. Once they learn the Z-serve they get deadly with it since most kids have problems returning it. A good practice drill is to make a square with tape in the back corners. Make the square about four feet from the side wall and five feet from the back wall. When they serve, have them try to keep the second bounce inside the box. Give them a point for each successful serve attempt. Use the same targets for ceiling drills. Give them two points if the ball lands in the box on the second bounce after hitting the ceiling first. Give them one point if it lands in the box on the second bounce hitting the ceiling after the front wall. Passing shots may be practiced by having them practice down-the-line and cross-court passes aiming to hit the box on the second bounce. Again, give them a point for each successful attempt. Ceiling and passing shots should be practiced equally with forehand and backhand, even though the kids will groan every time they have to hit their backhand shots. It is also a good idea to have the kids practice returning the serves and ceiling balls since these are shots most kids have a lot of trouble with.



Corner Shot Drills:

When the kids are ready to start working on strategy it is time to start drilling corner shots. Because of their size, kids have to play deeper in the court than adults do, so all the shots don't just fly over their heads. Anyone who can accurately hit the corners will end a lot of rallies early. For a good basic drill, extend the lines used in the basic forehand and backhand drills around the corners about two feet. From just behind the short line have them aim at the corners. If they hit below the bottom line side wall first they get six points, front wall first is five points. Between the two lines, side wall first is four points, front wall first is three points. Above the top line, side wall first is two points, front wall first is one point. No points are given if the ball hits the floor before the front wall or after hitting the side wall before hitting the front wall. This drill should be practiced with both forehand and backhand in each corner. For bigger and more advanced kids, a straight corner kill may be practiced by making a target in the corner. A one foot square may be put on the front wall next to the side wall. Another square is put around the first, one foot away. They get three points for hitting the smallest square, two points for hitting between the two squares, and one point for hitting outside the larger square. Skip balls or side wall shots score zero. This again should be practiced on both the forehand and backhand sides.

Footwork Drills:

Kids enjoy running around and it helps get some of their energy out especially when they're tired of drilling. Make two marks on the floor. Have one-on-one

races and relays running forward and backward and sliding sideways between the two marks.

Kids won't drill long before they start begging to play. No matter how young they are they want to play racquetball. With the really little ones, the game looks more like golf than racquetball but they love it! Kids also really enjoy playing doubles. This allows their rallies to last longer and makes them more fun. You don't need to worry about the kids getting hurt. They give each other lots of room because they don't want to get hit. They also watch the ball better than most of the adults I've seen playing. If you have a group of kids on one court, you may play a game where the winner of the rally serves and the loser goes to the end of the line. The kids like playing this almost as much as playing singles.



Right from the start you should start teaching the kids, no matter how young, all the rules. You would be surprised at how much they can comprehend about the game. Along with learning the rules, they should learn how to referee. This teaches them young about the responsibilities involved with playing and refereeing and maybe we'll not only develop some good referees as well as good players.

Strategy is something which will grow as the kids grow. When they are young and physically small, they are not capable of playing a strategically sound game. This doesn't mean you can't talk to them about strategy and the way to win games. But, it does mean you must be understanding when they are unable to perform these skills. It will all come together when they grow up.



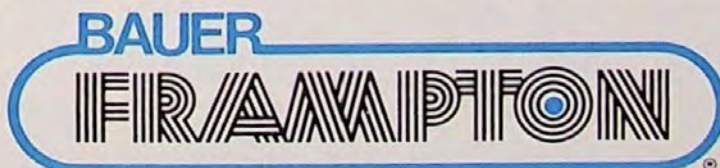
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Racquetball on Television

Potential or Pipedream

by Leonard Marks

There is much talk in racquetball circles regarding the imminent prospect of regularly, commercially televised racquetball. In preparation, plans are being made, professionals are banding together and racquetball organizations are researching ways to get in on the ground floor of this new sports "phenomenon." Racquetballers, everywhere, feel, and justifiably so, that ours is the sport whose time has come.

Haven't we suffered enough, these dark, dismal days of winter, on the pallid diet of contrived sporting events regularly shown? Can there be any doubt that our game offers so much more excitement and entertainment than do programs the likes of "Challenge of the Sexes," "Superstars" et al? Of course not! However, the purpose of this article is not to determine whether television is ready for racquetball but rather to explore the question — IS RACQUETBALL READY FOR TELEVISION?

Firstly let's take a look at the statistics necessary to make a sport viable for commercial TV. Let's omit such games as baseball, football and basketball. These are games which have long been indigenous to our culture and that every man, woman and child has been exposed to at one time or another. They are games that have a following at just about every level in every state in our country, if not professionally, then most assuredly at college and high school. Audience interest is built in and the sports tailor made for television with this kind of a background. Even a mis-match in any of these sports is of interest to some segment of the audience since the outcome of the event will, most often, have a bearing on their favorite team. These events are referred to as spectator sports and no-one would question their worthiness to be regularly televised. But what of other sports, those referred to as participant sports? Events between individuals such as golf, tennis, bowling and fishing? Certainly, in comparison, racquetball offers a good deal more in the way of action and excitement.

Barry Frank, an executive with CBS, was recently quoted as saying, "We program for the public. Programs such as Superstars and Challenge of the Sexes, would not be aired unless a lot of people wanted to see them. In the final analysis, the television business is strictly a ratings game."

Golf, tennis, bowling and even fishing are on TV because enough people are interested in viewing them. By their numbers, these people have created the demand necessary for the networks to show these events. The greatest number of persons viewing a sporting event on television are those who either play the game or have some direct exposure to that game. Their interest is that of learning — in that they can pick up pointers from the professionals — or vicarious, in which case, they are the professional. This interest is almost certainly intensified when vast sums of money are involved. And I might add here, that large amounts of money are involved because of the great amount of public interest.

Accurate numbers are difficult to determine especially when an actual box office count is unavailable. However, estimates are available. Golf is estimated to have some eighteen million players; tennis, about twenty-five million; and supposedly some forty to fifty million people wet a line fishing at one time or another. The figures given for bowling approximate sixty million, although there are only ten million bowlers who belong to a registered organization. These sports certainly have the numbers. Racquetball, depending on who is putting forth the stats, supposedly has anywhere from two to five million participants and has a growth potential put forth at some twenty million within the very near future. We definitely do have the numbers. Do we have the game?

Suppose we examine some other sports shown regularly, such as boxing, auto racing and horse racing, and see what makes them click. They are not participant sports such as golf etc., but they

are readily visible on television. Well each of those sports have something else going for them. Horse racing is in a class by itself and is most generally shown at triple crown time and, most often, the audience is a direct result of press hyping. Besides, we have all, at one time or another, wagered a bob or two on some nags nose, and who among us hasn't seen a movie or two built around the Sport of Kings? That's where the audience interest has been created.

Boxing and auto racing are crowd grabbers because they contain elements of surprise and danger. As many times as I have tried and failed to get involved in watching auto racing on television, I've come to the conclusion that its main attraction is the audience's anticipation of a resounding smash-up. Have you ever not noticed that previews of this sport always focus on the accidents? Boxing, similarly, has the same elements of surprise and danger. As one sided as a contest may be, there is always the possibility that one lucky punch can turn defeat into victory. Suspense is prevalent and thus attracts the audience.

Mention should be made of televised sports such as skiing, skating and the like, but most generally these are part of the contrived sport package and interest in these activities has been engendered by the vast numbers of people who take part in those sports. Make no mistake, they are televised because people want to see them. They are an attractive package — is racquetball? Let's take a look.

By the time you read this, racquetball will have been televised on, at least, two occasions. Both were on public television, not commercial television. I might say that PBS almost has to air programs supplied them since they are government subsidized. Costs involved are most generally borne by civic minded individuals, foundations or corporations. It hardly is a case of programming in response to audience demand. The first showing of our game was November 27, 1977. Look at the results.

(continued on page 35)

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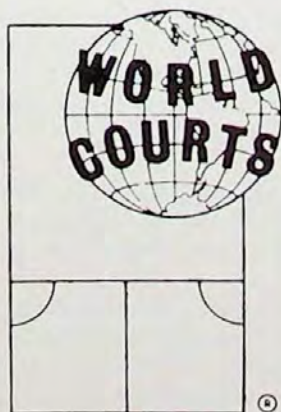


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Staying on The Court Will Keep You Off The Couch

By Jerry Hilecher

"We know from our information that thousands of business people are taking 'racquetball breaks' during the day to rid themselves of tensions that destroy their ability to work effectively," Grimes says. "Each person sets an individual playing pattern. Some prefer to play before getting to the office while others play during lunch or immediately after work, but the results are the same — a better frame of mind."

Dr. Poppel is adamant that the balance between a healthy body and a healthy mind is not stressed fully enough in today's society. This is especially true, he says, in schools, where the emphasis is too often placed only on competitive sports and not on sports as a means of rounding out the individual.

"I hope American teaching pros will take the integrated approach to teaching racquetball and not just concentrate on the mechanical aspects of the sport," Poppel says. "If they take the time to emphasize the beneficial psychological aspects of the game, it will be an activity of greater value to their students."

Speaking of students, Poppel teaches psychology to some 800 medical students per year. He tries to play squash with as many of them as possible during a semester to teach his healthy body-healthy mind concept firsthand and to emphasize just how important a regular physical fitness regimen will be to them and to their patients in the years to come.

Poppel received his doctorate in psychology, physiology and philosophy from the University of Innsbruck, Austria, in 1968. He later served as a research associate in the Max Planck Institute of Psychiatry in Munich, where he specialized in work on the neural aspects of behavior and on depression.

He also was chairman of Germany's Research Committee of Medical Psychologists and a research associate in the Department of Psychology and Brain Science at the Massachusetts Institute of Technology.

As a thoroughly trained and experienced observer of people, Poppel has made a study of how various national groups tend to play squash and says these characteristics would transfer directly over to their performances on the

racquetball court. The English, he says, are rather static, pleasant competitors who don't let their stereo-typed regard for breeding and tradition interfere with their desire to win, while Americans are compulsive players who get carried away when they play and work hard at their game.

And Germans?

"I think they're the worst, even wilder than the Americans . . . tough, tough competitors," Poppel said, adding that behavior patterns in sports performances among any national group tend to heavily reflect a country's entire education process and its wider social value system.

No matter what nationality you are, though, Poppel says the only way to maximize the generalization effect of racquetball on the total being — the reduction of tension and worry and the positive, "it's-good-to-be-alive" feeling that replaces them after a game — is to enjoy the little rituals it offers.

"The conversation that precedes the game as well as that which follows it is important, but courtesy is critical. You'll not benefit by playing against a discourteous companion or by acting that way yourself.

"You'll soon learn to drop whatever aggression is in you before you step onto the court because you'll find that if you get mad at yourself for missing a shot, that self-directed anger will only make you play worse.

"Most of all, as your basic playing skills increase, you'll come to appreciate the aesthetics of the game. Once you've reached that stage, you'll be deriving maximum benefit from racquetball," Poppel says. "From that point on, the more time you spend on the court, the further away you'll stay from the couch."

Racquetball could replace psychotherapy for 70 to 80 percent of all patients now in treatment and might achieve significantly better results in most cases.

That's the opinion of Dr. Ernst Poppel, a noted German psychologist of Medical Psychology at Ludwig-Maximilians' University in Munich.

Poppel is an avid squash player who firmly believes that strenuous physical exercise is usually better salve for the

psyche than the psychiatrist's couch. He sampled racquetball on a recent visit to the United States and the game, he says, is just what the doctor ordered . . . or should order.

"Too many people now in therapy don't really belong there," Poppel says. "They have fallen into the habit of becoming therapy groupies.

"Their problems aren't really serious enough to warrant the treatment they subject themselves to and they'd get much more benefit from racquetball than from psychiatric guidance."

Only a small fraction of the population really have problems which are serious enough to require psychoanalysis, Poppel feels, and for individuals in this category, sessions with a trained practitioner are valid and necessary.

"But I hold the very controversial opinion that psychiatry and related forms of therapy have in many instances become big business," he adds, "and are seen by too many people as the answer for every problem. This is not so. There are alternatives and racquetball is a valid one."

Poppel likens the human psychological makeup of a series of buckets of water. Sometimes the buckets are brimming and one more drop — in human terms, another problem, an angry encounter or the like — causes them to spill over. An individual's "emotional water" can be kept at a safe level through a regular program of strenuous but emotionally satisfying, physical exercise.

"Racquetball goes beyond just being a good workout," Poppel says. "It provides social interaction and gives the player an immediate reward because it's easy to learn and he or she can play a real game the first time on the court.

"There's also a richness of movement to the game that is beneficial. Players are forced to run, jump, turn and dodge quickly. There's no boring body pattern such as you'll find in jogging where it's one foot after the other, hour upon hour."

Just a short time on the court will uncoil your emotional springs to the point where you'll be a better worker and a happier, healthier person in general, Poppel maintains.

Pennsylvania State Chairman

Denny Onkotz



Photo by J. Forkner, Jr.

The Pennsylvania Racquetball Association is pleased to announce the election at the Pennsylvania State Championships of Denny Onkotz as State I.R.A. Chairman. Denny brings with him a full athletic career as a high school All American football player, Penn State's first two time All American football player and professional football with the New York Jets. Since retiring from football, Denny got involved in Racquetball at Penn State. Denny has been instrumental in the phenomenal growth of Racquetball in Pennsylvania. He has taken a leadership role in the running of the Nittany Lion Open as well as the Pennsylvania State Championships. Denny, along with the 200 strong Nittany Lion Racquetball Club, and with nine Board of Directors, promises to continue to make Pennsylvania one of the strongest Racquetball states in the country. Denny is a successful insurance agent in State College, Pennsylvania and resides in Boalsburg, Pennsylvania with his attractive wife, Diane, and his beautiful daughters, Dana and Gretchen.

Local Winners National Juniors Program (Continued from page 39)

Women's A

1. Lynn Gebetsberger
2. Lesia Collins

Women's B

1. Janice Bose
2. Martha Roberson

Juniors

1. Pat Sheehan
2. Chris Lane

Sun Oaks Racquet Club — Redding, Cal.

- 17 boys — Greg Butt
- 15 boys — Gary Butt
- 12 boys — Scott Gaston
- 17 girls — Staclyn Corley
- 15 girls — Mona Mook
- 12 girls — Lisa Anthony

- J.C.D. — St. Louis, Mo.
17 boys — Doug Cohen

- 15 boys — John Klearman
- 12 boys — Dave Gross
- 17 girls — Sherry Gross
- 15 girls — Linda Hogan

Vancouver, B.C.

- 17 boys — Wendell Jalaber
- 15 boys — Adam Katz
- 12 boys — Robbie Katz

Supreme Courts West — Wichita, Kansas

- 15 boys — Craig Smith
- 12 boys — Darin Grimes
- 17 girls — Diane Brittain

Racquettime — Lexington, Kentucky

- 17 boys — Frank Pruitt
- 15 boys — Steve Bednar
- 12 boys — Chris Schindlee
- 17 girls — Eileen Ernst

Y.M.C.A. — Amarillo, Texas
17 boys — Tim Pace

Penna. State Championships

Penn. State University

Open Singles

1. Russ Montague
2. Tom Ranker

Women's Singles

1. Elaine Lee
2. Lucy Zarfox

Masters Singles

1. Bobby Ezor
2. Al Shattner

B Singles

1. Tom Chimola
2. Nick Claudy

Open Doubles

1. Guinter — Ranker
2. Willey — Onkotz

Women's Doubles

1. Lee — Weaver
2. Musewieg — Pettinato

Juniors

1. Chris Matthewson
2. Mitch Buckler

Seniors

1. Joel Babkes
2. Dick Cuneo

I.R.A. INTERCOLLEGIATES

Courthouse I — Marietta, Georgia

Men's

- 1st — Memphis State University
- 2nd — Texas University
- 3rd — Southern Ill.
- 4th — Penn. State University

Women's

- 1st — Memphis State University
- 2nd — Auburn

EKTELON/PONY/ I.R.A. JUNIOR TOURNAMENT

DATES RESCHEDULED

To better facilitate the anticipated number of Junior participants in the Ektelon/Pony/I.R.A. Juniors program and avoid conflicts with the International Regionals and National Tournament, the dates for the Junior Regionals have been moved to June 9 through 11, 1978 except in St. Louis. St. Louis will hold their Regionals for our Junior Program on June 16-18, 1978.

The National Juniors Ektelon/Pony/I.R.A. Tournament will be held July 14 through 16 at The Sports Illustrated Court Club in Detroit. Lansing



1978 Spring Tournaments

April 14-16

Southern Tier Classic
Eric Hardy Tournament Director
Binghamton, N.Y.

Down East Court Club
Falmouth Maine
Tournament Director Kevin York

Oklahoma State Championships
Tournament Director — V.Z. Lawton
Court House, Inc.
622 North Berry Rd.
Norman, OK 73069
405/364-1666

Iowa State Singles
John Krueger
1033 Decathlon Dr.
Waterloo, IA 50704

2nd Annual Music City Racquetball
Tournament
Tournament Director Larry Duncan
YMCA
1000 Church St.
Nashville, TN 37203
615/254-0631

April 28-30

New Mexico State Championships
Supreme Courts and Racquet Club
Albuquerque, N.M.

2nd Annual Wheeling Open
Wheeling, West Virginia
Kevin Beeker
304-277-3640

May 4-7

IRA Colorado State Championship
Denver Sporting House
Contact Bob Klass
303/629-3145

May 5-7

USRA Minnesota State Championship
Rochester, Minnesota
Dr. Fred Banfield — 612/835-6515

May 6-7

Memphis City Doubles
Center Courts
Tournament Director — Jack Fulton
901/454-1125
Memphis, Tennessee 38128
2965 Summer Avenue

May 12-14

Franklin Racquet Club
Jim Easterling

May 14-16

Aquatennial
Kings Court Roseville
Tuck Peterson

May 19-21

Wisconsin State Doubles
Supreme Court — Madison, WI
Joe Wirkus

Northwest Invitation
Ron Strom
Northwest Racquet & Swim Club
612/636-5615

May 26-29

Dennis Wood
USRA Michigan State Championships
517/882-8789
Lansing, MI

June 17-24

Gil Schmitt — 312/673-4000
NRC National At Lemon Tree in Bellville
MI

August 1-6

NRC Junior Nationals
King of Prussia, PA

I.R.A. Regional Sites

MIDWEST

His and Hers Racquetball Club
St. Louis, MO

MID ATLANTIC

Capitol Courts
Sterling, VA

SOUTHWEST

Racquettime
Oklahoma City, OK

WESTERN

Kings Racquetball Court
Westminster, CA

NORTHWESTERN

The Court House
Boise, Idaho

NORTHEAST

Racquetball International
Burlington, MA

NORTHERN

Bridge Kourt Racquet Court
Neenah, WI

SOUTHERN

Center Courts
Memphis, Tennessee

EKTELON/PONY/I.R.A.

Junior Regional Sites

DETROIT, MI

Sports Illustrated Court Club
Tournament Director: Jim Cloud
315 Turwill Lane
Kalamazoo, MI 49001
616-382-4111

DENVER, COLORADO

Montbello Sporting House
4780 Oakland
Denver, CO
Tournament Director: Bob Klass
303-372-4550

SAN FRANCISCO, CA

Shoebers

Tournament Director:

Howard Wassertail

425 Eccles

South San Francisco, CA 94080

415-873-8500

LOS ANGELES, CA

Kings Racquetball Court

Tournament Director: Ron Cathro

14731 Golden West St.

Westminster, CA 92683

714-898-9841

DALLAS, TX

Downtown YMCA

Tournament Director: Jim Hamby

605 No. Ervay St.

Dallas, TX 75221

214-742-3251

MINNEAPOLIS/ST. PAUL

Northwest Racquet and Swim Club

Tournament Director: Ron Strom

5525 Cedar Lake Road

St. Louis Park, MN 55416

612-636-5615

ATLANTA, GA

The Racquetball Centre

Tournament Director: Bobby Seigel

440 Interstate North Parkway

Atlanta, Georgia 30339

404-955-5555

SEATTLE, WA

Tennis World

Tournament Director: Mir Rahim

7245 West Marginal Way S.W.

Seattle, WA 98106

206-767-4400

CHICAGO, IL

Courts on 22

Tournament Director: Greg Goluska

Lake Cook Plaza

Deerfield, IL 60015

312-948-5330

ST. LOUIS, MO

J C C A

Tournament Director: Len Marks

11001 Schuetz Rd.

St. Louis, MO 63141

BOSTON, MA

Cedarale Racquet Club

Tournament Director: John Lepore

910 Boston Road

Haverhill, MA

617-662-6791

MEADOWLANDS, N.J.

Courttime Meadowlands

Racquetball Club

Tournament Director: Kathy Zahorik

205 Chubb Ave.

Lyndhurst, N.J. 07071

201-933-4100

**MASSACHUSETTS STATE SINGLES
TOURNEY DRAWS 258 IRA
MEMBERS DESPITE BLIZZARD**

Neither sleet, nor snow, nor ice, nor blizzards in the dead of night could prevent 258 hardy men, women, and juniors from journeying to the Cedardale Racquetball Club in Haverhill, Mass., to participate in the State Singles Tournament over the weekend of January 13-15, 1978.

Cedardale boasts 10 brand new racquetball courts, most of which have a full glass back wall which gave ideal viewing for all the spectators. What everyone clearly saw was the making of twelve State Champions in some of the most exciting games seen in the Bay State.

In the Men's Open, Mike McDonough seemed like a man in a hurry as he disposed of Lincoln MacDonald (31-16), Gerry Cassidy (15-6, 15-3), and finally the tournament's second seed, Danny Giordano (15-7, 15-9). Mike, a teaching pro at a local racquetball club, proved to all who attended that this year he is indisputably the best in Massachusetts.

Only two racqueteers were able to defend successfully their crowns from last year. They were Martha Callahan and Mike Sullivan. (The luck of the Irish was visible throughout the tourney.) Martha had to withstand a strong bid from the Women's Open title from her sister, Cindy Callahan, in order to retain her number one position in a fairly close match (15-10, 15-9). Mike Sullivan, on the other hand, just tore a page out of his notes and whipped Sam Garafalo again this year in the Master's Division, 15-12, 15-11. Sam keeps coming closer every year.

In Men's B, Kenny Spracklin topped the heap of 32 aspirants to the title by soundly beating David Botwinik (15-2, 15-6) in the finals, while Frank Zabbo had a much more difficult time disposing of Jeff Swartz in the Men's C final, 16-14, 15-6.

In a field of 64 men's novice players, Phil Scannell reigned supreme by overcoming a tough Mike Caron, 17-15, 15-1. Mike gave all he had in the first game, so there was nothing left to hold off Phil's onslaught in the second.

The Men's Seniors' and the Women's Novice title matches were two cliffhangers from beginning to end and were the only final matches that went to three games. Leo Fonseca outshot a very tough Howie Coleman to gain the senior title — 12-15, 15-6, and 15-10. On the distaff side of the Novice Division, two game gals, Christine Georges and Ruth Buckley went head to head with Chris-

tine coming back from behind a la Fonseca 14-16, 15-3, and 15-5 to decisively win her crown.

Ellen Felkel easily won the Junior Girls 17/Under title in a round robin with Mary Paul and Kaja Keerd, allowing neither of her opponents over 7 points in the entire competition.

Phil Fisher had the same ease of victory over a newcomer to the Juniors Boys 17/Under, a persevering Dave Shea. In one of the newest divisions — Boys 14/Under — Gary Grumoli outpointed a fierce competitor in Bruce Winberg to win first place.

One of the highlights of the tourney was a special Lob Serve Contest that preceded the pizza party. A kill shot contest is being engineered for next year for which many, believe it or not, are already practicing!

Was this 4th Annual State Tournament a success? Read what tournament director John Lepore had to say, "I want to commend, of course, the Champions, and also each participant who braved the Siberian weather to make the weekend the fun-event we think it was. Not many state organizations can boast of 250 participants who not only played their hearts out, but who volunteered to referee — even when they lost. Thank God, we had but two minor injuries, at one of which a doctor was ministering almost before the player hit the floor. Add to this, those who personally brought up doorprizes so that there could be more winners among the losers — and you see why we are so proud to be associated with Massachusetts players."

**EKTELON, NATURAL SET U.S.
RACQUETBALL CHAMPIONSHIPS**

Racquetball, the most exciting, dynamic participant sport in America, is getting a big boost this year with the creation of the "Ektelon/Natural Light Beer Racquetball Championships" in some 30 U.S. cities, it was announced today.

The announcement was made jointly by Jack McDonough, marketing manager for Natural, Anheuser-Busch's Light beer, and Ron Grimes, director of marketing for the San Diego-based Ektelon Company, leading manufacturer of racquetball racquets and accessory equipment.

Said Grimes, "This association of Ektelon and Natural, both leaders in their own fields, brings added credibility to the sport of racquetball, and is another progressive move for the advancement of this great sport."

(continued on page 45)



Questions & Answers About Racquetball

Most of the Pro men players "step into" the serve and I notice that Shannon Wright "steps back" and then serves, why the difference?

When the server steps into the ball it is for two reasons; A. By stepping into the ball the server sets all his weight into the motion and generates (if necessary) maximum power for a hard drive or three wall serve, and B. the motion of the server moving through the ball causes a temporary, *legal* disruption in the continuous line of sight of the receiver. This momentary loss of vision enables a good server to "hide" the ball at the beginning of its journey and make the receiver hesitate just an instant. This hesitation often results in a poor return and gives the server a set up in good court position.

Shannon has developed her motion away from the ball robbing herself of the real power that is generated by the motion of the legs and upper torso, but . . . it works for her.

A "junk serve" lobbed into the left or right back courts can be difficult to return. What's the best way to handle the return on these serves?

Charge the junk serve, cut it off with a half volley to the ceiling. Same thing for that three wall serve that keeps moving you into the deep backhand corner.

I was watching a couple of the Pros play the other day and they would always return a low hard serve to the ceiling. Why not return this ball directly to the front wall?

The ceiling ball service return is per centage racquetball. It is an easy shot to hit, moves your opponent out of center court, and puts you in the important front court offensive position.

It seems that one of the opponents I play most often, get hits more than the other guys I play. He claims I should be able to return his shots without hitting him, yet he seems to hog center court. I say he must take his chances if he intends to play close in front of me — Who is right?

Center court is an imaginary circle that is illustrated below. Basically it is an area that moves along with the position of the ball. If the ball goes left your opponent should move to the left. If the ball is in center court your opponent must give you a clear shot to the front wall by moving to one side. It is not necessary for him to give up a high per centage shot, just a shot.

I notice that a number of the Pros are playing racquetball in Tennis shoes? Aren't these shoes heavier than the newer racquetball shoes? If so, why do they wear the heavier shoe?

Many of the pros are playing "heavy footed," but most are changing to the newer, light weight racquetball shoes. A great number of us began playing before shoes exclusively designed for racquetball were available and have just stuck with a comfortable model.



QUESTIONS AND ANSWERS

I am interested in playing professional racquetball but I was wondering, how many hours per week do the Pros have to play to keep in top competitive shape?

Marty Hogan, the world's best, works out at least one hour a day, then practices another hour or more by himself. In addition he runs 3 miles a day. Multiply times seven days and that's only about 18 hours a week. Not a lot of time, but remember, that's only what it takes the best to stay on top. The coefficient for practice time increases markedly as we drop down to the rest who are trying to be the "best."

The other night at my court club I was told that "returns" should never be made if the ball is "above the knees" if possible. What's the reason for this?

The greatest amount of control and power is generated in a symmetric syckle-like swing right at the knees. Shots made from above the waist have too critical an angle and generally will not stay down for a kill. Of course many shots must be hit above the waist and for the most part these should be ceiling or pass shots.



I play a lot of tennis and would like to try racquetball but am afraid it would ruin my game. Are there any good racquetball players who profess to also be able to play tennis? Is it really possible to play both games well?

There are several racquetball and tennis players who have made the transition successfully. Additional concentration and new neuro-muscular skills must be practiced over and over to maintain their separateness. Because the games compliment one another so closely, they can easily be played along side of each other. Racquetball increasing your quickness, tennis your patience; one for summer, one for winter.

In Double Play, what is the most common play response to serving; Does the server usually play forward and his partner play the backcourt or is there any general rule in doubles?

The golden rule is to keep one of your opponents in the back court and kill the ball in his front corner. Both you and your partner should try to maintain the front court position which will give you control of the game.

I heard Charlie Brumfield the other day say that Marty Hogan has the best 2nd serve return in the game. What does he mean by that, Marty hits a second serve the same way he hits the first serve-hard accurate? Right?

Exactly. Moreover the second serve is generally much slower than the first. Hogan and the better players take advantage of the timid second serve, relaxing, setting up and really unloading on the ball. As a server, concentrate on making the first serve good and not allowing your opponent the luxury of relaxing. Practice serving so that your second serve is as good or equal to your first.

I like to vary my serves between low drives and high lobbs but my lobbs seem to go off too high without much control. I have been told that I should bounce the ball and swing into the ball on the up bounce. Why is this? I like to pick the ball up right off the floor.

The high lob is hit off a high bounce while the ball is still traveling upward. The small amount of force necessary to hit the ball in a high soft lob is minimal. If you try to hit it after the ball has begun its downward flight, you will find yourself overhitting the ball coming off the backwall.



Send you inquiries to:

Editor, Racquetball Magazine
2076 Union Ave.,
Memphis, TN 38104

We will try to answer as many as possible.



Keep Your Gear In Gear

by Mike Zeitman

So much has been written about the pro tour and its players, I won't bore you with more drivel about who can hit a 142 mph serve or chase women and still play the next day. Instead I am going to give you some tips on how to take care of your valuable equipment and make it last just as long as possible.

Let's start at the bottom and work our way up. For those of us who can see our feet (and especially for those who can't) be certain when buying new shoes that you try them on with two pairs of socks. When you get to the locker room after a hard match feeling like you have tried to stamp out a forest fire barefooted you will understand why it is important to cushion your feet. Many people are "heavy" on their feet, regardless of their weight. My friend and first teacher, Ken Porco, was so tough on his shoes, a new pair would only last him two or three weeks because there were tearing up from the inside out! He found that if he placed inserts (Odoreaters, if you want to keep your friends) in the shoes it not only made his shoes last longer, but cushioned the pounding on his tootsies. CAUTION: You may need a size larger shoe because of the additional inserts.

Sticking with your feet (only figuratively of course) one of the most important items in your gym bag is a good brand of socks. Medium length, thick tube socks are probably a guy's best friend. Socks that are worn cause blisters, corns and pain. I don't believe in the maxim that "one must suffer to succeed," at least not with my feet. Tube socks are great because they can be rotated so the heel is not always in the same place. This sock stays thicker longer to protect your feet. A good tube sock costs about the same and you could never store cucumbers or a salami in an ordinary sock. Let's be practical.

TIP: If you do get a blister from a thin sock and you must play on it, cover it with a bandaide or tape. Then, and this is the secret, grease the outside of the tape completely with Vaseline or a similar substance. Then put your socks on, two pairs will generally protect you. The greasing allows the sock to move as it would normally. Ungreased the tape, will stick to the sock and cause additional and painful irritation. Remember G-d only gave you two feet or something like that.

Moving right along there isn't much you can do to ruin your clothing except not wash them. OKAY quickie quiz . . . how many of you have a locker next to someone who keeps putting his dirty clothes in his locker only to pull them out for his next match days later? All of us have been on a court at some time with a guy who is wearing last week's sweat. Racquetball isn't fun then, it's a chore. Enough said. If you wear it once, wash it; save your washing and lose your friends.

Many players wear a glove, myself included. These little babies cost anywhere from \$2.95 to \$7.95, that's a lot of money for a piece of a uhhh doeskin. Many are the gloves I've had to just throw away because they were so sweat soaked and shrunken I couldn't fit my hand into them any longer. Aggravated by this continuing drain on my finances I called the factory and asked Ken Konkol of Champion Glove how to save my precious skins. "Mike, it is simple." That made me feel very intelligent, but he continued, "in the first place try not to allow the glove to become soaked completely through, change gloves when one begins to be that wet. Secondly, try to wash the glove periodically with a mild soap such as Ivory and never never dry the glove in a clothes dryer or using a hair dryer. This will cause the natural oils of the glove to be lost permanently and the shrinking to begin." Take it from that man he has made a lot of dough from doe.

Finally we come to the racquet, that delicate piece of equipment we use to hit ceiling balls, drop shots, rollouts and even a wall or two. Whether you have paid \$4.95 for a wooden Taiwan import or \$43.95 for the latest super dooper "rollout everytime" special, there are certain things you can do to make your racquet last longer.

Four Cardinal Rules

1. **Never** put your racquet in your bag with your wet clothes. Most racquets on the market today are strung with a good to mediocre monofilament nylon string. Under normal use these strings will stretch and loosen but they should last 12-18 months. Moisture from wet clothes, a damp locker or some other source is absorbed by the string and eventually it will break at a grommet (hole in the frame) and bingo, that'll be \$8-\$12 bucks for new ones. Carry it in your hand or

pack your clothes in a small plastic bag.

2. **Never** put anything on your leather grip such as alcohol or soap. Because it's wrapped so tightly against the plastic or wood of the handle it will not dry properly and the natural tackiness will be lost forever. Replace the grip when it becomes too slippery, \$2.00-\$5.00 is the going rate for a good quality grip.
3. **Never** leave your racquet in the car. Hot weather, cold weather, damp weather, they all take their toll on your weapon. Hot and cold weather not only affect the strings but also the frame of your racquet. Heat and cold make your strings expand and contract. One day this winter I left my racquet in the car accidentally in freezing weather. Later that day I went to play and it snapped on a powerful drop shot. I knew I hadn't hit it on the wall or floor but thinking back I realized that I had tortured that poor plastic devil. First I had removed it from my 78° apartment and placed it into the car letting it cool to about 28° then I began pounding a ball around with it 15 minutes after arriving at the court. I deserved the two pieces I ended up with. I'll admit a metal racquet might hold up longer but the end is inevitable. On a warm 90° day, a car trunk will heat up to over 115° and cook the plastic or metal into something that won't last. Carry your racquet, besides saving it, everyone will want to know what the funny little racquet is for . . . Pardon me, aren't you Farrah Fawcett Majors?
4. **Never** play without the bumper on your racquet. If that metal racquet you're playing with lost its bumper somehow, buy another one. Your club's pro shop will probably have a spare or you can write the company that made it for another one. Not only will you be saving it from damage, but a metal racquet without a bumper can cut someone like a razor. Protect your racquet and your friends.

I am certain there are many things I have not covered and if you want some tips on something not mentioned above do not hesitate to write to me. I will answer them for you in our next issue of RACQUETBALL. Until then, keep your eye on the ball, your mind on your game and a song in your heart. A song in your heart? Oh well, 2 outa 3 ain't bad.

(continued from page 26)

In the St. Louis market, an acknowledged hot-bed of our sport, according to the Nielsen ratings, some fifteen thousand viewers tuned in. This, I understand, is a very creditable showing for a first time airing, and compares, favorably, with a professional tennis match aired in the same time slot a week before. That was in the first HALF hour. The second half hour was viewed by so few people, that the Nielsen system couldn't get a reading. In other words — first thirty minutes — terrific — second half hour was, obviously, dullsville. This in spite of the fact that two of the best and most exciting player of our day, were competing for a National Championship.

Because I dearly love racquetball and was most curious to see how it came across on the tube, I stayed tuned in for the entire program. My interest lay, not in the outcome of the match since I already knew who won, but rather in the technique of covering the game. Undoubtedly there are some technical problems involved in covering so fast a game, but every sport ever televised has encountered some problems at its inception and I don't believe these are insurmountable. No it wasn't the technical problems that lost the audience, nor was it the antics of the players, as I've heard in some circles, that drove the audience away. It was the unalterable fact that the game as it is presently constituted is a bore to watch.

Heresy? Perhaps, but we may as well face the reality that our game is a great sport to play, but unless you are personally involved, not very exciting to watch. Our game is not at all conducive to "live" television as it is presently structured, and in order to come across as the effective entertainment it can provide, it must be shown live. It is going to have to be tailored for the viewing audience and that means it is going to have to be changed from its present format. It is going to have to have built into it the elements of surprise and suspense that are inherent in some of the other televised sports. Those who play racquetball, and someday soon they will number in the tens of millions, will make up the bulk of the viewing audience. Their interest must be attracted and held, not only through their desire to see how the game is performed at the "top," but also so they can see — "the thrill of victory and the agony of defeat." For television our game must be changed and changed now. If we don't do it now and it is shown in its present form, I have no doubts that racquetball will go the way of soccer and hockey

and be shown, sporadically, at best.

There certainly are precedents for changing games to make them more attractive to a television audience. Tennis was changed to a tie-breaker format when games were deuced at six. Previously, games had to be won by two points and ran on, interminably, until that conclusion was reached. That was changed. Bowling tournaments were determined by the winner being that player who amassed the greatest number of pins knocked down over a predetermined number of games. Very often, by the time the TV cameras zoomed in, the winner had long since been established. There would be no suspense and,

thus, very little audience. Change was dictated and today, the five top finishers bowl in a roll-off when the sport is shown on television. So it must be for racquetball — we must change the game for television and our first change must be the length of a match.

Today our rules require a minimum of two twenty-one point games with an eleven or fifteen point tie-breaker depending on the tournament. What happens? One player gets out in front by a large margin and for all practical purposes the first game has been established. However, the game must be played to conclusion and the string run

(Continued on page 49)

Contemporary Sports Books



_____ The Aerobic Way Dr. Kenneth Cooper \$10.00	_____ Winning Racquetball Shay \$4.95
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Of Pre-tournament Preparation

by Dr. James B. Phillips

For the amateur player, pre-tournament preparation is usually, at best, haphazard. Time demands other than racquetball preclude total dedication, so that time available must be utilized efficiently. To do this, four concepts are presented here that will enable players to budget time for peak preparation within a six week time frame.

A — The first concept is **Anaerobic metabolism** (meaning without oxygen), and is the system by which energy is produced during short duration, intense energy sports. Exercise that "conditions" the anaerobic energy system is commonly known as interval training.

Interval training was originally developed for short distance sprinters whose energy requirements closely resemble those of racquetball players. Many books have been authored concerning this type of non-continuous exercise, but one of the best is entitled: *Interval Training: Conditioning for Sports and General Fitness*, reviewed by Steve Keeley in *National Racquetball*, Vol. 2, No. 3, Sept., 1974. The authors present a rather exhaustive interval training sequence which is probably too time consuming for most amateur players. An ideal interval training sequence was suggested by Dr. N. K. Butts in *National Racquetball*, Vol. 5, No. 5, Sept., 1977. Dr. Butts methods can be used as on-court training by starting at one wall; sprinting to the opposite side and touching the wall/floor crotch; then repeating — that represents one repetition. Five repetitions equal one set. As a beginning, 3 sets should be the maximum with a 45 second rest period between sets. No specific time limit for the repetitions need be kept if they are done at maximum effort. This exercise can be done anywhere there is a 20' straight run (basement, driveway, backyard, etc.). Interval sprinting should begin daily approximately six weeks prior to the tournament. As you progress, the number of repetitions may be increased and/or the rest time de-

creased. During the week prior to the tournament, do the original set, but at 1/2 speed. Eliminate sprinting entirely two days before the start of play. Distance running (except for its overall cardiovascular fitness) has no advantage in racquetball training and should be eliminated or sublimated to other training methods.

The above regimen should take less than 10 minutes/day and combined with actual playing time should be sufficient to assure that you are in adequate anaerobic condition. If, however, you have additional time to spend, longer distances may be sprinted; squat thrusts (as outlined by Dr. Butts) may be added, and rope jumping are excellent exercises done daily.

Mention should be made of the place of weight training for racquetball. This is probably a grossly overlooked and underused training device in a sport where agility is justifiably favored over brute strength. The conventional methods of free weights and/or the Universal Gym should be used as an adjunct to anaerobic running. Exercises should be limited to those muscle groups utilized in the racquetball stroke, i.e., triceps, deltoids (shoulder), forearms, latissimus dorsi (back), posterior femoral muscles (hamstrings), quadriceps femoris (thigh), pectoralis major and minor (chest). When using free weights or the Universal Gym, the goal should not be to lift maximum weight, but use minimum weight with an increased number of repetitions done as quickly as possible.

By far the best weight training method for racquetball is the Nautilus training system. A complete work-out takes less than an hour. If a Nautilus training club is available, all machines should be done three times per week, with no free weights or the Universal Gym. Again, the emphasis is not on maximum weight, but total body conditioning.

B — The second concept is **Before game preparations**. It is imperative that

players of any skill level do adequate warm-up exercises prior to starting a match. The physiological demands imposed when initiating play are great and to play "cold" is to invite injury. Especially important immediately before a match is to stretch leg muscles, achilles tendons, and lower back. A complete stretching guide is presented by Bob Anderson in *Racquetball*, Vol. 7, No. 1, Jan.-Feb., 1978. This series of exercises may be too extensive for pre-match exercising, but as a minimum, the following exercises should be done:

- (1) Achilles tendon stretching — (see also above article Fig. 1). Face the court wall with your feet together and approximately 4 ft. from the wall. Keeping your heels on the floor and knees straight, touch your forehead to the wall. Hold this position for 30-45 seconds and then relax. Repeat twice.
- (2) Toe Touch — This old standard is still one of the best ways to stretch and loosen hamstrings. Do 25 *slowly*, returning upright each time.
- (3) Trunk twister — Another classic exercise is the 8-point trunk twister to stretch the trunk and back. Do 10 and count each point.
- (4) Jump rope — To conclude pre-match warm-ups, try jumping rope for about 2-3 minutes. This encourages increased cardiovascular circulation and is excellent for overall warm-up.

These pre-game exercises are designed to be thorough but brief — a suggested timetable follows:

- | | |
|---------------------------------------|-----------------|
| (a) stretching calves/achilles tendon | — 2 min. |
| (b) toe touches | — 1 min. |
| (c) trunk twister | — 2 min. |
| (d) jump rope | — 2 min. |
| total | — 7 min. |

The benefits of a 5-7 minute pre-match stretching are enormous. The likelihood of muscle tears or pulls are

markedly reduced, cardiovascular tone is increased, and pre-match anxiety is reduced. This is not, however, the end of before match preparation. At the conclusion of stretching exercises, enter the court to start pre-planned shot drills. You should utilize a minimum of 15 minutes for practice. In a tournament situation, this is sometimes difficult because of scheduling — pre-match practice may have to be done on another court. No matter how hurried the schedule, never begin play until you are fully ready. An alternate method taught by Mike Zeitman is an eight station drill as follows on figures 1-4.

Station 1 — Figure 1, Approximately 2 minutes. Forehand down the line, hitting the front wall 3 ft. off the floor and back without striking the side wall. Do not try for maximum speed.

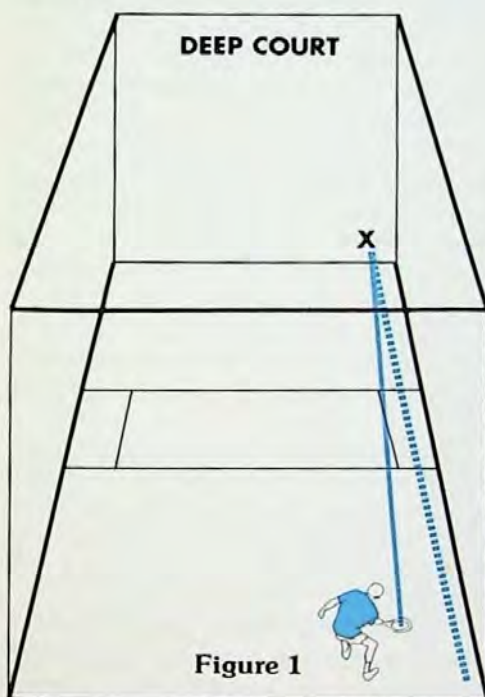


Figure 1

Station 2 — Figure 2, Approximately 2 minutes. Continuous forehand ceiling balls to right side.

Station 3 — Figure 3, Approximately 2 minutes. Forehand fly kill. Hit or throw the ball against the front wall so that the rebound can be taken on the fly. This shot should be hit as low as possible but not at maximum speed.

Station 4 — Figure 4, Approximately 2 minutes. Forehand kill shot. Hit as low and as hard as possible. Hitting a few flat kills can do wonders for your confidence.

The identical drills should be done on the backhand side. In 16 minutes you have practiced practically all the shots

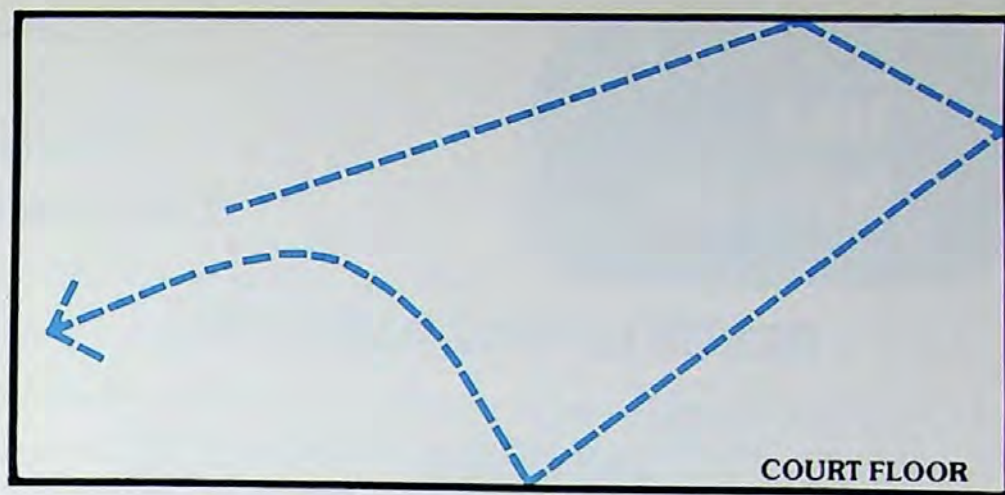


Figure 2

necessary in a game-type situation. Also utilize this time to develop your mental attitude, and consciously watch the ball. This could be the most important 16 minutes of your pre-tournament training.

C — The third concept is Control. Few players have Marty Hogan's ability to defeat their opponent on the basis of sheer velocity. For the amateur, adequate control should still be the prerequisite before all-out speed. Again, many books and articles have been written concerning ways to gain control and a "grooved" swing. One of the best is by Steve Keeley, entitled *The Complete Book of Racquetball*. Keeley covers all the basic strokes and strategies. For the purposes of this section, mastery of the basics is assumed and pre-tournament practice will be stressed.

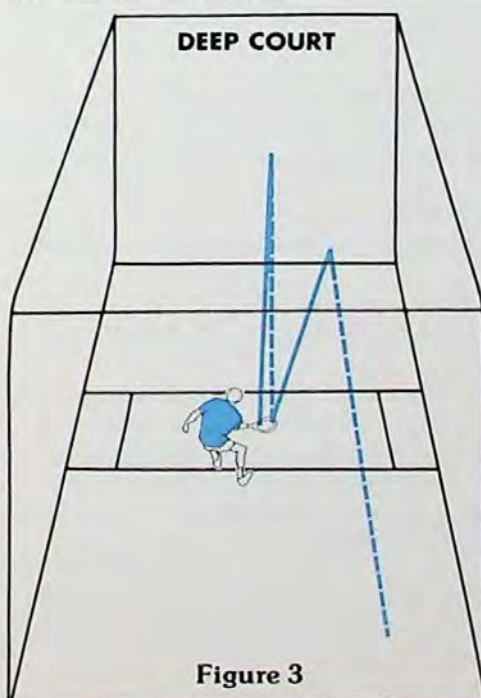


Figure 3

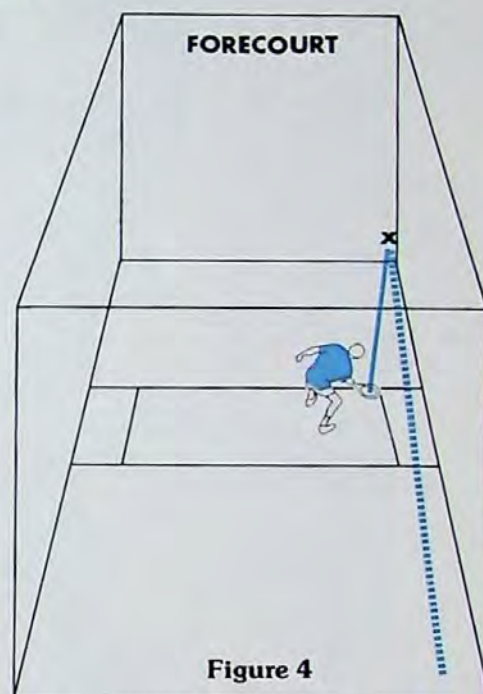


Figure 4

Practice versus playing is a difficult subject when limited court time is available. It is essential that at least 50% of your on-court time is spent in individual practice, and 3 days of practice plus 2 days playing is preferable. It goes without saying that the quality of your practice session is much more important than the quantity. Set drills should be established so that no minutes are wasted. Assuming one hour available court time, begin your practice sessions with your normal stretching and 16 minute in-court warm-up. Then practice the Reverse 'S' should spend approximately 30 minutes doing this drill. For the remaining 15 minutes practice two things — (1) your weakest shot, and (2) backhand and forehand fly kills. The importance of being able to properly hit a fly kill can not be overemphasized.

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IRA NOTES

IRA GETS NEW DIRECTOR



The International Racquetball Association is delighted to announce the appointment of Mr. Luke St. Onge as Director of the Association. With the addition of Mr. St. Onge to our staff, the International Racquetball Association will continue to grow and excell.

Luke graduated from Villanova University in 1963 with a B.S. in Economics. He has 13 years of organizational experience from supervisor to product, production and plant managerial expertise.

Athletically Mr. St. Onge rates high with a variety of sporting fields. His football years began in high school as fullback. At Villanova he was introduced to Rugby and maintained his interest for thirteen years.

Racquetball has played a dominant role in his sports life for the past five years with three of these in the capacity of State Chairman for the I.R.A. in Pennsylvania. For the past year Mr. St. Onge has served outstandingly as a member of the Board of Directors of the International Racquetball Association. He has directed seven tournaments involving over 250 players including Pennsylvania State events and the Nittany Lion Open. Pennsylvania has now developed its membership into over 900 strong as a result of Luke's tremendous efforts.

Mr. St. Onge's home town is State College, PA. At the age of 36 with two children, Luke age 9 and Nancy age 12, and wife Evelyn, he will be a welcome addition to the International Racquetball Association's staff.

Ektelon Presented Marketing Excellence Award

Ektelon, a San Diego-based manufacturer of racquetball racquets and accessory equipment, has been presented an award for marketing excellence by the American Marketing Association's San Diego Chapter.

"Ektelon, founded in 1968, is a classic example of effective marketing," said AMA President Ilene Steiman. "Ektelon, founded in 1968, is a classic example of effective marketing," said AMA President Ilene Steiman. "Ektelon sales have increased fivefold in the last three years."

Steiman presented the award to Ron Grimes, Ektelon's director of marketing, at a recent gathering of the AMA in San Diego. One of six such awards presented by the AMA during the year, the achievement makes Ektelon a candidate for the San Diego AMA's "Marketing Company of the Year Award" for 1978.

"We are particularly pleased to win an award of this kind in the San Diego marketing area," said Grimes, "where the competition to market racquetball equipment is probably more heated than anywhere in the country."

Grimes attributed Ektelon's success to the dedication of its employees and the vision of Bud Held, its founder and president.

"Bud's insistence on world-class quality in all of the products we manufacture," he said, "has spilled over into our marketing techniques and resulted in a continuous refinement of programs and practices."

"We not only want to build Ektelon's brand awareness among racquetball players, but to maintain the position Ektelon has as the Cadillac of racquetball racquets and accessory equipment."

A 26-year-old San Diego resident, Grimes joined Ektelon in June 1975 as Held's assistant but was promoted to marketing director five months later. He graduated magna cum laude and Phi Beta Kappa from the University of California at Los Angeles and earned his MBA there.

Held, who formed Ektelon in 1968 to sell a racquet stringing machine of his own invention, designed racquetball's aluminum racquet a year later.

The two products have formed the nucleus of Ektelon sales ever since, although in recent years Ektelon has branched out into clothing, protective equipment and other racquetball accessories.

National Racquetball Tournament Announced

A ten-city, four division racquetball tournament aimed at the grass roots afternoon and weekend player has been announced. Known as the AMF Voit/Datsun Racquetball Classic, the tournament will get underway in Los Angeles in May, with competitions following in the New York area, St. Louis, Boston, Chicago, San Francisco, Baltimore, Washington, D.C., Detroit, Atlanta and Dallas. National finals are scheduled for Las Vegas in January, 1979.

Each local tournament which will be conducted in four separate divisions for both men and women: Pro Am Open, Seniors (over 35 years old), B (Intermediate), and C (Novice). About \$10,000 worth of prizes will be awarded in each of these ten cities among the eight categories of winners in the quarterfinals, sem-finals and finals.

Racquetball has become one of the fastest growing participant sports in the country according to Thomas W. Pomeroy, director of merchandising, who announced the tournament. He pointed out that in but a few years the number of players involved in the sport has reached about seven million, with more than a third of them women. "The attraction seems to be ease in learning the game, the minimum amount of equipment required and the fact that intensive lessons and practice sessions are not needed," he stated.

The AMF Voit/Datsun Racquetball Classic, called "ATHLETES: DRIVEN TO EXCELLENCE," is sponsored by a number of major corporations including: Bally Manufacturing Corporation, The Clorox Company, the Jos. Schlitz Brewing Co., Nissan Motor Corporation in U.S.A. (Datsun), Playboy Club of Los Angeles, Quasar Electronics Co., and Rollei of America, Inc.

The schedule for the tournament is:

Los Angeles	May 18-21
New York	July 9-11
St. Louis	July 28-30
Boston	August 18-20
Chicago	September 8-10
San Francisco	September 29-October 1
Baltimore-Washington, D.C.	October 13-15
Detroit	October 27-29
Atlanta	November 10-12
Dallas	December 8-10

National Finals: Las Vegas January, 1979 (exact dates to be announced)

Tournament entry blanks will be available at AMF Voit sports equipment and Rollei dealers.

LOCAL WINNERS EKTELON/PONY/IRA NATIONAL JUNIORS PROGRAM

Players Club — Michigan

- 17 boys — Jay Kullick
- 15 boys — Bob Chapman
- 12 boys — Louis Lederer
- 17 girls — Julie Sak
- 15 girls — Stacey Fletcher
- 12 girls — Shelly Burns

Racquettime — San Marcos, Cal.

- 17 boys — Beaver Wickam
- 15 boys — Craig Davidson
- 12 boys — Nathan Martin
- 17 girls — Kelly Reilly
- 15 girls — Kerry O'Neil
- 12 girls — Michele Gonzales

Racquets Edge — Exxes Junction, Vermont

- 17 boys — J. Brown
- 15 boys — Shean Brown
- 12 boys — J. O'Neal
- 17 girls — Debbie Brown

Highlander Recreation — Brookfield, Wisc.

- 17 boys — Aaron Williams
- 15 boys — Bob Kohl
- 15 girls — Laura Merkel

Merrymeeting Racquet Club —

- Jopskom, Maine
- 17 boys — S. Laurabee
- 15 boys — M. Geguerie
- 12 boys — Derek Simmons
- 15 girls — J. White

Court Rooms of America — Ft. Wayne, Ind.

- 17 boys — Scott Kemp
- 15 boys — Dan Kinsey
- 12 boys — John Lakmeyer
- 15 girls — Lisa Kemp

Y.M.C.A. — Sioux City, Iowa

- 17 boys — Scott Schafer
- 15 boys — Jeff Prince

Y.M.C.A. — Hutchinson, Kansas

- 17 boys — Jim Wesley
- 15 boys — Scott Wicks
- 17 girls — Tammy Tatland

Maryland State Championships Open

- 1. Jan Whipple
- 2. Eric Foley

B's

- 1. Mike Halperin
- 2. Leon Booker

Novice Men's

- 1. Gene Flick
- 2. Joe Weiner

Seniors

- 1. Al Bonard
- 2. John Devlin

Masters

- 1. Henry Friedlander
- 2. Don Potter

Women's Open

- 1. Brenda Louke
- 2. Carol Clements

Women's Novice

- 1. Joanne Pokorny
- 2. Ellen Sue Finkelstein

Women's Doubles

- 1. Clements/Dacatur
- 2. Helger/Danusz

Open Doubles

- 1. Whipple-Drieser
- 2. Cutler-Baker

Senior Doubles

- 1. White/Goldman
- 2. Ports/Potter

Arkansas State Championships

Open Mens

- 1. Mac Ray
- 2. Robert Kendrick

Mens A

- 1. Robert Kendrick
- 2. Bill Sell

Mens B

- 1. Mike Crowell
- 2. Jim Young

Mens C

- 1. Terry Boshin
- 2. Greg Calico

Masters

- 1. Jim Baskin
- 2. Jim Hunt

(Continued on page 29)

(continued from page 37)

If court time is really not a problem, practicing with a friend can be very beneficial. You don't spend ½ your time running after the ball, and your shots can be critiqued. An excellent practice modality for ceiling balls and fly kills when two people are practicing is as follows:

Player A stands at center court position while player B stands at the backwall. Play is initiated when player B hits a ceiling ball to his opponent's backhand or forehand. Player A retreats to return the ceiling ball while B moves to center court. Ceiling balls are exchanged (along with center court position) until a poor ceiling shot is hit by one player thereby giving his opponent a fly kill/pass/etc., *BUT*, if the plum is missed, your opponent gets a point (you are penalized for poor shooting). A successful kill results in a side-out and a point (your opponent is doubly penalized for a poor ceiling ball). The game is to eleven, but any reasonable number could be chosen.

At the two week point, a moderate program of carbohydrate loading (glycogen supercompensation), should begin. This consists of increasing your carbohydrate intake with high-quality carbohydrates (in the range of 3-4,000 cal/day). In order to effectively utilize these carbohydrates, proteins, vitamins, minerals, and water intake must also be increased. This gives increased carbohydrate stores for the stress of tournament play. Remember, stop the increased carbohydrate intake and return to a balanced diet 3-4 days prior to playing, (see *Competitive Nutrition*, in *Racquetball*, Vol. 6, No. 3, May-June, 1977).

eaten directly after an afternoon match to prepare for two evening matches. Rather, several small meals should be eaten between matches. Emphasis should be on fresh fruits, cottage cheese, carbohydrates, yogurt, salad, fish, chicken, or an occasional Big Mac. Stay away from steaks, all fried foods, candy, pizza, etc.

Nothing can really replace water for a beverage with meals, or between matches. Other beverages do have value replacing electrolytes (something water doesn't). Orange juice, apple juice, "aid" drinks, and especially tomato juice (mixed 50% with water) are excellent for between game pick-me-ups.



photo by Larry Matthews

The one-hour practice schedule presented here should start approximately 6 weeks prior to the tournament and followed to within 1-2 days of actual play.

Actual playing should also be time for practicing and fun. Don't enter a friendly game to practice psych and delay tactics.

D — The fourth concept is Diet. Diet is strictly a personal matter but the statement "you are what you eat" can not be refuted. This section will attempt to supplement previous articles with hints for a general diet and specifically what to eat and drink before, during, and after a tournament.

Assuming that the average racquetball athlete consumes a relatively nutritious diet; well balanced with an abundance of natural foods and small amounts of refined sugars, no significant changes in that diet should be made until approximately two weeks prior to the tournament.

Your food intake on the day of your match is, of course, dictated by your playing time. A good rule of thumb to follow is to eat a normal meal if your match comes 2-3 hours later. If you have a 11:00 a.m. match, a good, well-balanced breakfast at 8-8:30 is essential. A mid-afternoon match at 3-4:00 p.m. should be preceded by a nutritious lunch. The less meat that is eaten prior to a match, the better your stomach will feel. The digestive process for meat is much slower than other foods. It follows that an evening match (8-9:00 p.m.) should be preceded by a normal dinner.

Problems arise if you are the Northwest gorilla type and are playing 3 or 4 divisions, or the tournament is scheduled so that you have to play a match in the afternoon and two closely spaced in the evening. A heavy meal should not be

Post game meals are largely a function of the prior six weeks training that is, whether you won or lost. Losers don't always eat crow, but the meal always tastes better when you are a winner.

If this article sounds like pre-tournament preparation is going to take all your time — it really isn't. You must, however, establish a timely daily routine of anaerobics, controlled practice, and diet. The discipline required will be rewarded at tournament time.

Editors Note:

Dr. Phillips is a frequent contributor to *RACQUETBALL Magazine*. In addition to being an excellent racquetball player he is presently taking a residency in Maxillofacial surgery at the Wilmington Medical Center, Wilmington, Delaware.

SECOND ANNUAL INTERNATIONAL INTERSERVICE RACQUETBALL CHAMPIONSHIPS UNITED STATES MILITARY ACADEMY WEST POINT, NEW YORK 8-11 JUNE 1978

ELIGIBILITY: Must be current International Racquetball Association member (can join during registration—includes six Racquetball magazines per year) and Military Active Duty, Active Reserve, National Guard, DOD Civilian, Military Retired or Military Dependent personnel. ID card required.

ENTRY FEES: MUST ACCOMPANY APPLICATION. \$20 per person, \$5.00 second event, doubles \$10 additional per team. Cannot play both a second event and doubles. Includes souvenir tournament shirt. Travel and lodging are at player's expense.

ENTRY DEADLINE: Entries must be postmarked 24 May 1978 or earlier. Players will be notified by postcard as to time of first match. Play begins 8 June 1978 and all players must register at least two hours prior to first match.

TOURNAMENT SITE / REGISTRATION POINT: West Point Gym (ten courts—two glass walled), phone 914-928-2233 or AUTOVON 688-2233 (during tournament dates only — do not call for tournament information). Bring your own locks!

DIRECTIONS: North from NYC, take Palisades Parkway N and follow signs to USMA. From Interstate 84 take 9W (South) and follow signs to USMA.

TOURNAMENT DIRECTOR: Major Buck R. Brumble, 118A, U.S. Oval, Plattsburgh AFB, NY 12903, Home phone 518-561-8142, office phone 518-565-5227, or AUTOVON 689-5227. Director has authority to make changes in the best interest of the tournament.

OFFICIAL RULES: International Racquetball Association. Single elimination matches in all divisions with a consolation round open to losers of first match actually played. A match consists of best two of three games to 15 points. Official tournament ball is the Seamco 444.

EVENTS: Men's Open, B-Class, C-Class, Seniors (35 yrs. as of 8 June 78), Masters (45 yrs. as of 8 June 78), Women's Open, Women's Novice, Juniors' (17 yrs. and under), and Open Doubles. (Minimum of 8 entries required in each event to be held.)

TROPHIES: First three places, each event, plus consolation champion.

HOSPITALITY ROOM: Free to participants. Non-participants will be charged accordingly.

HOUSING: Make your own reservations as early as possible and BEFORE 15 May 1978.
*Holiday Inn, #90 Route 17K Rd., Newburgh, NY 12550, Phone 914-565-2100.
Hotel Thaver, West Point, NY. Phone 914-938-4021

*IDENTIFY YOURSELF AS RACQUETBALL TOURNAMENT PARTICIPANT.

APPLICATION

Please enter me in the events checked:

☐ OPEN	☐ WOMEN	☐ MASTER (45 YRS. 8 JUNE 78)
☐ B-CLASS	☐ WOMEN NOVICE	☐ JUNIORS (17 YRS. AND UNDER)
☐ C-CLASS	☐ SENIOR (35 YRS. 8 JUNE 78)	☐ DOUBLES

SEND THIS APPLICATION WITH ENTRY FEE TO: Maj. Buck R. Brumble
118A U.S. Oval
Plattsburgh AFB, NY 12903
518-561-8142

NAME: _____
(LAST) (FIRST) (MI) GRADE/BRANCH OF SERVICE

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I hereby, for myself, my heirs, executors, and administrators waive and release all rights and claims for damages I may have against the USMA, the International Racquetball Association, its affiliated club, commissions, and their respective agents, representatives, successors, and assigns, for any and all injuries which may be suffered by me in connection with any participation in this tournament.

Date: _____ Signature _____

Notes for Referees
(continued from page 21)

d) Players Aid

Advise the players you expect their help on double bounces and skip balls. If you feel they are not cooperating you will "guess" and will probably "guess" against the uncooperative player.

e) Hitting Opponent

Advise the players that striking their opponent with the racquet on the follow through is no cause for cessation of play since this is generally the fault of the defending player, and could result in an avoidable hinder call on that player. However, contact when you are cocking your racquet to make a shot should be a hinder and the player should signal such contact immediately. It is the *only* call a player is permitted to make.

f) Raised Racquet

f) Advise the players that if at any time they are fearful of striking

their opponent(s) with the racquet they should hold up their swing and that you will give them every benefit of the doubt that they acted in the interest of safety. Intentionally moving into the path of the ball or being out of position due to poor courtmanship will result in the call going against them.

g) Court Hinders

Identify any court hinders that may be applicable.

h) Linesmen

If circumstances warrant, point out the linesman and advise the players of the appeal calls available to them.

i) Questions

Ask for any questions, if none, flip the coin and indicate server. Remove extra ball(s), towels etc. leaving them with the game ball for last minute warm-ups.

j) Calling the Score

Finally, advise that they are not to serve until the score has been announced, that there will be no

further warnings; that you expect good sportsmanship from them and that any failure on their parts to adhere to good sportsmanship or any derogatory behavior will result in your assessing a technical foul and possible forfeiture of the match.

**Calling the score:* As a referee, allow no unnecessary delay in play. Set the tempo of the match. Use the following method:

As soon as a rally ends call out, tally or point as the case may be. Wait a reasonable amount of time for the defending player to get into position and then announce the score. If the defending player stalls discernibly call the score whether he is ready or not. Since the server can serve at any time after the score is announced, it behooves the receiving player to be ready. If it is the server who takes an unreasonably long time to reach serving position announce the score and start counting. *There is no such thing as the receiving player holding aloft his racquet to delay receiving the serve for any period.*

KNOW THE RULES OF RACQUETBALL AND USE THEM.



The opinions expressed by the speaker are his own and do not necessarily represent those of the referee.

(Continued from page 5)

Naples with its fine reputation for Italian cooking and gourmet restaurants is a very cosmopolitan city with beautiful beaches and many historic sights. It also has three excellent racquetball courts and some of the top players in the Southern Mediterranean. Two cement courts are located at the AFSOUTH NATO Base on the outskirts of the city and one recently renovated hardwood court is in operation at the Naval Support activity located adjacent to the NATO Base. All of these courts are standard size and utilized by both Americans, Italians, and military personnel from Britain and other NATO countries. The two top players in Naples are LCDR Jay Chaney, and Sgt. Bob Overfield. Both of these men are "A" Class Tournament level players who actively search for visiting racquetballers to maintain their high levels of competition. While SUMTER was in Naples, I played many exciting two and three hour round robin matches with these fine competitors.

SUMTERS, next port visit was a very small Adriatic Coastal city on the "heel of the boot" which comprises the geograph-

ical shape of the borders of Italy. Located at Brindisi is the Air Force Security Base of SAN VITO. San Vito is a relatively small base with excellent facilities for the 800-1000 military personnel assigned. Included in these facilities are two of the very best racquetball courts anywhere in the Mediterranean. Both courts are new, have excellent lighting and spacious viewing galleries. They are tournament calibre and remain open 24 hours each day, seven days a week to facilitate the intense racquetball interest generated by San Vito military personnel. I managed to play two of the three days we were there and had some excellent matches with several of the senior category players. COL MOORE, the Base Commander is one of the better racquetball players and is also responsible for much of the racquetball interest. Colonel Moore plays everyday along with a good percentage of the remainder of the San Vito military residents including Sgt McManneny the top player on the base.

There are only two additional U.S. Bases in Italy of which I am aware that currently have racquetball courts. Camp Darby, is located on the Tyrrhenian Sea near Livorno. It is a U.S. Army facility

and has at least one court. The other is located on the eastern coast of Sicily and is known as Naval Air Facility, Sigonella. It also has at least one court and several Class "A" players. There currently are no civilian or club type racquetball facilities in Italy.

USS SUMTER made a special visit to one of the most interesting and exciting ports in the Mediterranean, Barcelona, Spain. Barcelona is one of the largest port cities in Europe and has a population of several million. I was not able to play racquetball in Barcelona as there are no courts as we know them. Barcelona department stores do however, sell racquetball racquets and balls and the local populace does play a form of racquetball on one wall outdoor courts and in the numerous large neighborhood pelota (Jai Alai) courts. These same courts are also utilized by local businessmen during the day and a form of racquetball is played utilizing American or Japanese made racquets and balls. There are regulation racquetball courts in Spain, however, they are located only at the two primary U.S. military bases, Rota Naval

(Continued on page 44)

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The International Racquetball Association is attempting to find the correct addresses of the individuals below.

If you know their whereabouts, please contact the IRA office at 2076 Union Ave., Memphis, Tennessee 38104

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MBX 2W3
John McCallum

CALIFORNIA
Earl G. Leslie
David Klein
James E. Healy, Jr.
James Kendall
Tom Nesson

DELAWARE
Louis C. Baumann, III

FLORIDA
Wendell Anderson
Sandra J. Kemp

GEORGIA
Joe Icaza

HAWAIIAN ISLANDS
Pamela Crane
Billy LeMonde
George Taylor
Wally J. Tolo
Michael R. Harris

ILLINOIS
David J. Duke

MAINE
Frank Coyne
Dave Hill
William Foley

MASSACHUSETTS
Albert Harkness
Dave Hill
William Foley
James McKinlay
D. Hill
Steven R. Bedard

MARYLAND
Bernard Hudock
Kristi Pearson

MICHIGAN
Pete Stanewick
Rick B. LaJoie
Tony Elliot

MINNESOTA
John R. Vogstrom

MISSOURI
Rick Fisher
Bob Hughes

MONTANA
Greg Pekovich
John C. Bryant
M. K. Baker

NEBRASKA
Shirley Castel

NEW JERSEY
Doug Clark

NEW MEXICO
M. C. Anchondo
M. H. Iglesias

NEW YORK
SP5 Martin K. Skinner
Terrance J. Edwards

NORTH CAROLINA
Peter B. Woutl
Steve Arnold
Jams, Amos Uhl
Richard L. Allman

OHIO
Mark Hiudt
Suzie Retterer
Scott Brown
Don Jensen
Viking Forum

OKLAHOMA
Goodrich Seff
Bob Daniel
Sherry D. Runnells
Cynthia Dorsey

OREGON
Rick Patra
Dorothy J. Talbot

PENNSYLVANIA
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Debra Prescott
Thomas W. Onuschak

SOUTH CAROLINA
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SOUTH DAKOTA
Leroy L. Walters

TENNESSEE
Ellen Adkins
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Charles Birdwell
John M. Monger
Lou Boudreau
Blake Soule
Rod Rallo
Rodney L. James

TEXAS
Robert E. Herd
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B. J. Smart
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Dean Erickman
Joe Keyes
John S. Gardner
Brian Sippy

Letters to the editor

(continued from page 43)

Base on the Atlantic near Cadiz and Tor-rejon Air Force Base in the Capital city of Madrid.

The SUMTER's final port visit was Rota, Spain. Rota is located just to the Northeast of the Straits of Gibraltar on Spain's Atlantic Coast adjacent to the port city of Cadiz. I quickly located the two 22 x 22 x 44 foot courts and proceeded to arrange a match. It didn't take long as Rota is a hotbed of Racquetball players both military and Spanish. The courts are in use 24 hours per day with doubles challenge the local rule because of the hundreds of players of various skills waiting to play. There are plans to build two additional standard sized courts this summer. The top racquetball player in Rota is Ken Scott a young sailor with pin-point control and excellent speed. During my seven day visit to Rota I played two exciting marathon matches with Ken who is anxious to play "A" players in preparation for hitting the tournament trail when he returns to the States in January 1979. As at all racquetball facilities, the players in Rota are friendly and welcome outside competition. With the addition of 2 more courts in September, Rota will easily be the largest racquetball facility in Southern Europe and even now probably has more interested players of all competitive levels.

Thanks to the U.S. Military Services, Racquetball is truly becoming an International sport. If you plan to visit Southern Europe or cruise the sunny Mediterranean, bring your racquet with you. You may have the chance to use it.



RESUME

LCDR ALLEN is a veteran of 12 years of Naval Service and has been active in Racquetball for the past three years. A past U.S. Navy Racquetball Commissioner (1975-1977), he is the 1977 Inter-service Seniors Racquetball Champion and placed second in the Senior Mens Singles Division of both USRA and IRA Southern Regional Tournaments in 1977.

(continued from page 31)

MacDonough commented, "We at Natural are glad to be taking the lead with Ektelon in helping this tremendous sport gain the national attention it deserves. Last year, there were nearly six million people playing racquetball, which is incredible in light of the fact that the sport didn't even exist until the late 1960s."

Grimes and MacDonough indicated that specific information concerning the local tournaments will be announced in the near future. The tournaments, expected to introduce hundreds of competitors to the first-time thrill of tournament racquetball competition and produce the best amateur players in each city, are scheduled to take place beginning in mid-April and conclude in June.

Sites scheduled for the local tournaments are: San Diego, Los Angeles, Orange County (Calif.), San Francisco, Portland, Seattle, Phoenix, Las Vegas, Denver, Kansas City, Dallas, Houston, St. Louis, Chicago, Milwaukee, Minneapolis, New Orleans, Detroit, Cleveland, Buffalo, Pittsburgh, Boston, Fairfield (N.J.), Philadelphia, Sacramento, the Washington, D.C., area, Atlanta, Orlando, Miami/Ft. Lauderdale, and Oklahoma City.

Racquetfun at Huntington Beach, Ca.

To fill its daytime hours, Racquetfun offers mothers with young children a free nursery with activities such as reading, games, exercise and art. A good weather patio adjoins the facility designed to accommodate up to forty children. The quality of service as well as the facilities will insure Racquetfun a prosperous future.



(continued on page 50)

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Shirt pictured \$7.00

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☐ lg. ☐ red

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(continued from page 16)

game, I'll often concentrate on getting a basic serve started or developing my kill shot to its normal capacity. Then even if I lose that game 21-9, I have the advantage of going into the second game with a good frame of mind. (Sometimes my revived concentration on a few skills even turns the first game into a victory or much closer contest.) But remember: the same thing can happen for your opponent. When you're up 15-7 and "coast" to the victory, he might develop some useful concentration skills for that next game — while your "coasting" has broken your concentration.

Another frequent occurrence is that you'll find your game going bad and you cannot figure out why. If you don't know what's wrong, how can you decide what to concentrate on? Trying to do so would only distract you further. The answer here appears to be to concentrate on *anything* related to the game. Just find something specific and zero in on that. For some players it's best to make your object of concentration something basic. For other players it makes more sense to change the game plan dramatically and concentrate on the radically changed game plan. By having some specific objective in mind, we at least focus our attention on something; and this is usually

better than the self-defeating wandering around the court in dismal frustration that usually accompanies the sensation of not knowing what's going wrong. Once your game starts to improve again, then you can return to focusing on more useful skills.

Blowing The Big Lead

Frequently players let up and blow a big lead. This is often referred to as a switch in "momentum," but it's really a shift in concentration. Something like this often occurs: one player builds a good lead because of good concentration and intense play. Having achieved a 14-2 lead, this player no longer has to concentrate so hard. Perhaps he has scored the last six points without really concentrating. He has developed a temporary habit of not thinking. Meanwhile the other player has been floundering, but either through luck or some insight discovers that by working a certain basic pattern he can put some points together. He therefore develops a temporary habit of concentrating effectively. The player who was behind starts to gain, and the leader is stricken with a sudden panic. He hasn't been thinking, and now because of his panic it becomes harder to start thinking. When this happens it is not

really, rare for a 14-2 lead to dwindle away into 21-15 defeat.

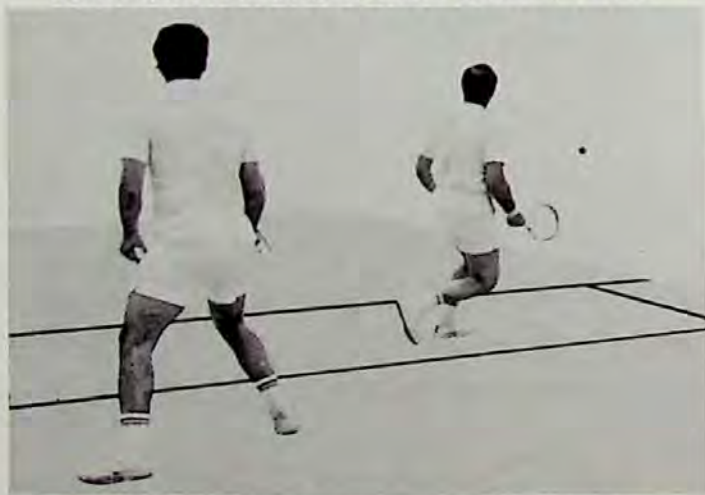
Why does this happen? How can you keep it from happening? It happens simply because it's not much fun to beat somebody that badly. Concentration takes effort (even when we do it automatically and for fun); and when the payoff goes away, it's just not worth the effort. There are two good ways to prevent this from happening. First, if you can spot the danger signs, you can use these as cues to re-focus your attention. In other words, there are probably specific situations when you let up. Find out what these are for you, and then when such a situation occurs, use that very situation as a reminder that you should keep pushing — that you still have to concentrate on something. Second, use more effective goal setting. If your goal is simply to win the game or to score as many points as possible, these are rather remote or vague goals; and they're hard to concentrate on. Instead, the player who is up 14-2 might make the following plan. "When it's my serve, I'm going to experiment with the serve and work on my backhand kill. When it's his serve I'm going to go all-out to get the serve back." Or you could make it your goal to double the other person's point score. It's easier to concentrate on these more attainable goals.

Something similar happens when you play players who are way below you in ability. If you can win with ridiculous ease, there's no point in concentrating. It's almost heartless to work hard and win 21-0 when you can coast to victory anyway. But such easy victories lead to a habit of not concentrating. To overcome this problem, try playing to your opponent's strength and concentrating on specific skills you want to develop during the game. For example, against a weak right-handed opponent you might deliberately serve only to his right side and practice hitting right-side ceiling shots whenever appropriate. When you're not serving and when ceiling shots are not appropriate, play with normal intensity. If this doesn't work, I prefer playing with my weak left hand rather than playing right-handed and trying to hit easy shots just to keep the game interesting. The point is: Don't develop the habit of not concentrating.

Breaking the Concentration of Your Opponent

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make his job of concentration more difficult, you can increase your chances of winning.

An obvious way to keep your opponent from concentrating is to distract him. I emphatically do *not* recommend the sort of gamesmanship involved in making fun of your opponent, calling time-out in the middle of his serve, arguing over details, etc. Although such tactics will distract your opponent, they are clearly examples of poor sportsmanship and should be avoided.

However, there are several tactics to make concentration by your opponent more difficult which are entirely fair and appropriate. The more things your opponent has to concentrate on, the harder it will be for him to concentrate; and the fewer things you give him to concentrate on, the easier it is to concentrate on those few things. This means that if you do the same thing all the time in specific situations, your opponent doesn't have to apply attention to what you're going to do next. He can respond automatically and use his mental energies to concentrate on ways to take the initiative. So you should put variety into your game. Make him concentrate on keeping up with you — don't give him the opportunity to concentrate on aggressive, offensive moves.

Finally, use the time out to break your opponent's concentration — to interrupt his rhythm. When he's rolled off 8 straight points and is on an obvious high, call time out — even if you're not tired. Give him a chance to distract himself, to think about something else, to lose his intensity of concentration.

Let your opponent do his own concentrating. If you play along specific patterns, you're doing his thinking for him. Vary your game and use your time-outs effectively, and you're likely to wind up with intense and rewarding games.

(continued on page 48)

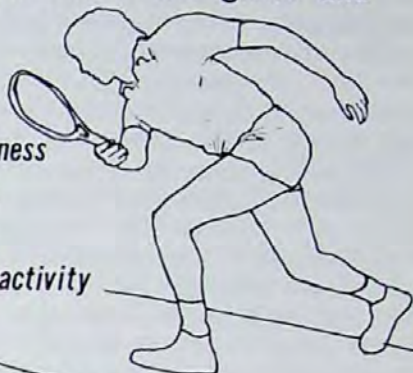
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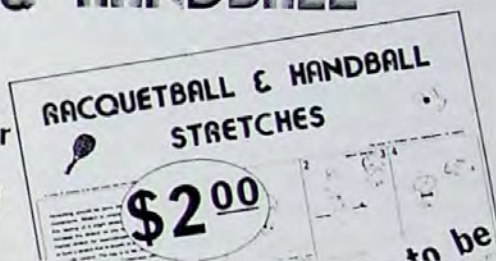
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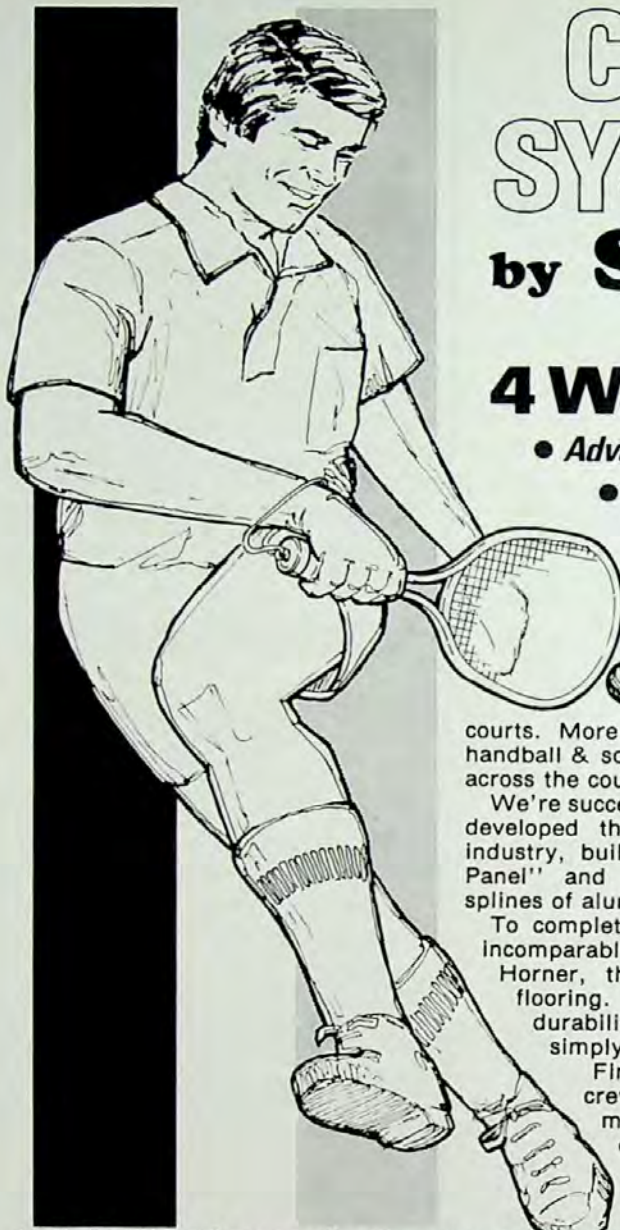
Psychological Benefits of Concentration on Racquetball

One of the advantages of racquetball is its capacity to help us to deal more effectively with our personal problems and daily activities. This benefit occurs partly because we let off steam — we throw a lot of physical energy into pounding a ball around. This physiological release enables us to relax, and the relaxation enables us to return to tension-provoking situations with renewed vigor. However, a factor which is just as important as letting off steam is the *rhythm* of the game of racquetball. If we can concentrate on the game, we become deeply involved in it. Even though the outcome of the game is of trivial importance compared to the big business deal at the office or our children's problems in school, the game becomes *reality* for an hour or so. By leaving one reality and entering another, we can return to the "real" reality refreshed and invigorated. This effect occurs only to the extent that we really concentrate on the game — to the extent that we really become involved in it.

In fact, racquetball can serve as a sort of "positive addiction." If we let racquetball distract us, we can wind up dissipating our life by daydreaming about racquetball and wandering off to play the game when we really should be doing something else.

Summary

In summary, racquetball is a game that demands concentration. By concentrating more effectively we can improve our game. This article suggests ways to improve concentration. But this concentration is not merely a burden we have to put up with in order to play a decent game; it actually confers benefits. The more effectively we concentrate, the better we play, and the more likely it will be that racquetball will be a psychologically fulfilling experience for us.



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out. Now the hope is that the losing player can come back and win the second game and thus force a tie-breaker. Sometimes it happens, sometimes it doesn't. But no matter — take the second game of the match and the same thing happens. Interesting? No way! The score reaches 14-6 or thereabouts and the match is over, finished, done. No excitement, no suspense, no audience.

But suppose we change our televised matches to a format of the best three out of five eleven point games and take a look at our game now. Player A defeats player B 11-0, 11-0 in the first two games but is player B out of it? No, he still has a shot if he can come back and win the next three games. The match still retains spectator interest because the outcome is still in doubt. Even if player A does wipe out player B in the third game, it is of relatively short duration, and at the very least the final outcome has not been determined until pretty close to the end of the match. This format guarantees spectator interest and the degree of suspense necessary to keep the match attractive until almost the very end. (It also affords greater opportunity for TV commercials without taking away a player's momentum.) I am very well aware that there are matches decided by scores of 21-20, 20-21, and 15-14, but aren't those the exception rather than the rule? And how can we assure television moguls that the final match of the tournament will come out that way rather than the wipe-out that most frequently occurs? We can't.

The format I propose will provide the necessary degree of suspense in addition to the great action and excitement inherent in the game.

The next step is to turn our attention to the audience's capability of following our exceptionally fast game. Perhaps it is, or very soon will be, technically possible to follow the path of the ball at all times. If we accept that proposition, we must now ask ourselves if the style of play, prevalent among the top players today, is the most exciting brand of racquetball we can offer the viewing audience? Bullet serves forcing weak returns with resulting slam kills? Inning after inning where a player reels off successive points with relentless repetition in the same manner? Is that what racquetball is supposed to be? Is that what the audience will find exciting and interesting? I don't think so. Let's face it — the ball is just too darned fast. The ball has changed our game from one of finesse and strategy to one of slam bang power. The winners today are the big hitters and speedy retrievers. It is a game of raw power, pure and simple, and the most powerful players are the consistent winners.

Personally, when playing I prefer the faster ball. It suits my particular game. However, as a spectator, I miss the days of the diving retrieves, the spectacular gets and the deft placements. We recently incorporated a rule, designed to speed up the match, by restricting the necessity of wiping up the floor after a diving attempt was made by one of the players. We needn't have bothered. With today's ball, it is past a player so quickly, he has little or no opportunity for retrieve

unless it is at the back wall. The ball has robbed the game of one of its most exciting and spectacular facets. The time has come to slow it down. What is needed is a ball, made to very exact specifications, (as are most balls in all sports), that will afford the power server an opportunity for an occasional ace, but that will not permit him to dominate a match completely through his service. I am sure that a qualified committee can design the specifics for such a ball, and equally sure that the leading manufacturers will have little problem in making one.

I am really not too concerned with histrionics, show-boating, or sundry carryings on by some of our top players. A little color never hurts, and there are adequate rules available to safeguard and maintain good sportsmanship. What I am concerned about is the complete and utter lack of competent officials who not only don't use the rules that are available, but don't even know the rules. For our sport to maintain its integrity for television, we must rid ourselves of incompetent referees and train our own.

Certainly, there are other suggestions for different formats that could be advanced — different duration of games and matches to be proposed — a one serve format — a point to be tallied every time a rally is ended and probably others I haven't even considered.

Racquetball is a super game. It is easy to learn, a fantastic work-out, it moves, and when you are involved, it is exciting and entertaining. It is now up to us to make it as interesting for spectators as it is for participants. The time to do it is now.

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Kunnan/Leach sponsor the richest tournament in Racquetball

The King's Racquetball Court will be the site of the 1st Annual Kunnan/Leach tournament of champions, May 11-14. It is co-sponsored by Leach Industries, and the Kunnan Lo Manufacturing Corporation of the Republic of China, the largest manufacturer of racquets in the world.

The top twelve Racquetball players have received invitations to compete for the richest first place money ever offered, \$7,500. A total of \$20,000 will be given away in a new and unique double elimination format.

Seeds 1-4 will receive first round byes. Players five through eight will square off against nine thru twelve. The winners advance to the second round and pocket \$500.00, the losers must then play the top four seeds.

Winners in this round advance to play again, losers are eliminated. Seeds one-four must win their first match or they are out.

Winners of the next round receive \$1,000 and losers go home. The winners in the semi-finals will take home \$2,000 more dollars and the finals will be a \$4,000

winner-take-all match. Players selected for the tournament are Marty Hogan, Charlie Brumfield, Steve Serot, Davey Bledsoe, Steve Keeley, Jerry Hilecher, Steve Strandemo, Richard Wagner, Craig McCoy, Jay Jones, Mark Marrow, and Ken Kol-tun. Alternates are Mike Yellin and David Fleetwood in case of injury or scheduling conflicts.

\$188,000 All Pro Racquetball Tournament

All Pro Racquetball Ltd., a sports promotion company based in San Diego, Ca, is bringing together the top athletes in the world to compete in the richest racquetball tournament ever held. The tournament is being sponsored by Leach Industries, Seamco Sporting Goods and Adolf Coors Brewing Company.

Competition will be held in four divisions: 1) Baseball 2) Football 3) Basketball and Hockey 4) Veterans and individual sports. Anyone who made at least \$15,000 in a professional sport is eligible. However no one who plays a racquet or paddle sport is eligible for this tournament. Each person pays his own entry fee, \$100.00 and expenses. All competition is being hosted at the Las Vegas Racquetball Club.

Competition has already been held in baseball and football. Thirty eight baseball players competed with Don Kessinger, Chicago White Sox and Al Oliver, Texas Rangers reaching the finals. Each man won \$4,000.00 and a chance at a great deal more.

Eighty Six football players from every team in the NFL participated with Randy Vataha, Green Bay Packers and Jim Baker, St. Louis Cardinals coming out on top. In July the basketball and hockey players will play with the individual sports and veterans to follow in December. Then the stage will be set to bring together the eight finalists. The finalists in each sport will playoff to decide who is the champ. The winner receives \$4,000.00 to add to the \$4,000.00 each had previously won as semi-finalists. The loser will receive \$2,000.00. But more importantly, these four winners will be competing for



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\$100,000.00. One Hundred Thousand Dollars! The winner receives \$50,000.00 Second, \$25,000, third \$15,000.00 and fourth place \$10,000.00. There is more money in this one tournament than ever before for Racquetball.

Jim Flood is putting together this fantastic event and shared these comments with us in a phone interview.

"This is no gimmick deal. Their rallies are longer . . . they are playing against their peers and it is really exciting! Only one of the baseball players had been playing less than six months. Most of them are active players in their off season and took it very seriously. Competition is fierce. Racquetball is an offseason training regimen for them and most of them are into it heavy."

RESULTS OF 1978 SUPREME COURTS OPEN RACQUETBALL TOURNAMENT ALBUQUERQUE, NEW MEXICO

On February 10th through the 14th of 1978, the New Mexico Racquetball Association sponsored a Racquetball Tournament at the Supreme Courts Racquet and Health Club in Albuquerque, New Mexico. The event was sponsored by Pickard and Associates of Albuquerque, New Mexico, together with numerous other sponsors. Racquetball continues to grow in popularity and participation in New Mexico, this being evidenced by the greatest number of participants ever to compete in 11 divisions. Racquetball in this state is organized by and gaining strength under the New Mexico Racquetball Association. The address of the new association is 8421-C Montgomery Blvd, Albuquerque, New Mexico 87111. It is interested in promoting Racquetball at all levels, including providing instruction, staging tournaments, and disseminating information about Racquetball state wide.

The tournament results in the 11 divisions are as follows:

In the Womens Novice there were 19 participants for this first time ever event. In the semi-finals Diane Sorenson defeated Connie Burch 21-18 21-10 and Liz Morley of Albuquerque, out-wielded Mary Oliver of Albuquerque, 21-11 21-12. In playing for third place, Burch defeated Oliver 21-1 21-2. The finals of this event showed Diane Sorenson defeating Liz Morley 21-2 21-9. The Women's C event found 19 lovely ladies participating, with third place being taken by Patricia Quinones, from El Paso, Texas. She defeated CC Bardwell from Las Cruces, New Mexico 21-18 21-5. First place in this event was garnered by the always tough Jane Hagen

of Los Alamos, New Mexico defeating localite Mary Lou Furaus of Albuquerque. Four women played in the Womens B. It was a round robin with second place going to Louise McDonough of Albuquerque, and first place being captured by Paula Bohling of El Paso, Texas. The women's Open event also found only four women participating in a round robin with second place being taken by Dorothy Ward and first place being taken by the constant Janice Corsie of Albuquerque.

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

The Mens Novice Division entertained 46 entries. Participants had not participated in any previous tournament, nor had they played Racquetball for a period longer than six months. Third place in this event went to Nicholas Hadzellis of Albuquerque. In the finals Dan Abeyta, also of Albuquerque, defeated Paul Parker of El Paso, Texas. The Mens C event found everyone in the world playing with the total of 73 entries. Craig Elliot of Albuquerque, defeated Steve Rozell 21-15 21-8 for third place while Wayne Wolfenbarger of Las Cruces, defeated Carl Brand of Albuquerque, 21-3 21-19 for the first place trophy. The Mens B found 33 participants with third place going to Dave Arnold of Santa Fe, New Mexico. Second place was taken to Texas by Chris Kinkade. The first place

trophy went to the Brain City of Los Alamos, New Mexico. It was taken by the tall blond, Bill Krauser. He defeated Chris Kinkade 21-19 21-3. In the Mens Open event there were 17 entries with third place going to Joe Wittenbrink of El Paso, Texas, defeating Clay Childs 21-7 21-7. In the finals, Mr. Nice Guy, Harold Lujan, of Steamboat Springs, Colorado, defeated Mr. Nice Guy, Gary Mazaroff 21-16 21-8, in one of the weekend's most exciting matches.

SPORTS ILLUSTRATED COURT CLUBS #1

Sports Illustrated Court Clubs vaulted into the number one ranking in size among racquetball organizations with the opening of five new clubs in May.

SICC now operates 10 clubs totaling 122 courts. Its total membership as of June 1 is over 20,000.

And six more SICC clubs are under construction with opening scheduled before the chain's second anniversary in October.

The clubs already opened or under construction represent a total investment of approximately \$19 million. However, they mark only the beginning of Sports Illustrated Court Clubs' growth plan.

Chairman Craig Hall says he expects to have at least 10 more clubs under construction, and some completed, before the end of 1978.

Almost every state in the union is under consideration in SICC's long-term plan which envisions at least 125 clubs open by 1981.

Of the facilities now open, two are in Indiana, in Fort Wayne and South Bend; and eight are in Michigan — two each in Kalamazoo and Lansing, and one apiece in Flint, Saginaw, Van Buren Township (Lemontree) and Ypsilanti.

The clubs in progress are in Birmingham, Alabama; Atlanta, Georgia; Flint, Michigan; Charlotte, North Carolina; and Philadelphia and Pittsburgh, Pennsylvania.

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DATES: June 9-12

NATIONAL FINALS TOURNAMENT

DATE: July 14-17

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Janell Marriott wins Colgate/Leach/Seamco Pro-Am at King of Prussia Racquetball Club.

Janell Marriott became only the fourth woman in professional racquetball history to win a women's pro tournament. In the four years of women's professional racquetball Peggy Steding and Shannon Wright have notched 11 and 8 victories respectively in the twenty tournaments. Jennifer Harding made a big splash when she posted a victory over Janell in the first nationally televised women's match.

But 21 was a lucky number for Janell as she pocketed \$1500.00 first prize at the King of Prussia Racquetball Club in King of Prussia, PA. Just like Rocky, who worked and sweated for a shot at the champ, underdog Marriott turned back 10th ranked Jean Sauser and Marci Greer and found herself eyeball to eyeball with the Champ. Shannon Wright had breezed to her spot in the semi's with a 21-4, 21-10 lesson to Jan Pasternak and a 21-3, 21-4 pasting over Karin Walton. So the fight began and after two games the score was 21-6, 21-19, but Shannon had lost the second and with a 10-8 lead in the 11 point tie-breaker, Shannon gave it away. Two skips by her and a coup de grace roll out and Marriott had won 11-10. The finals with Martha Byrd McDonald were almost a repeat as Janell lost the first game



A frozen Shannon Wright looks on as Janell puts away another set up.

21-8; won the second, and rode a big lead to win the third 11-4. Coupled with a big win over Jennifer Harding 21-20 and 21-9 it was Martha's biggest paycheck and her best performance of a young and promising career. The weekend belonged to Marriott and even though she wouldn't be on Television

she had really impressed the non-believers who watched all weekend. It was another big plus for the Colgate/Leach/Seamco tour and for Racquetball everywhere spotlighting the Women Racquetballers and showing they can crow even without those "other guys".



Hustling Martha McDonald prepares to shoot on Peggy Steding. Martha upset Peggy to earn her first trip to the finals.



Shannon Wright sets up as Marriott moves to center court to cover in case of a miss.

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BIORHYTHMS

Biorhythms are the physiological equivalent of the physical law that what goes up must come down. Just as light and dark have long been equated with good and evil, high and low have traditionally represented the extremes of human effectiveness and feelings.

"I'm on top of the world" and "today was the pits" are familiar expressions of good or bad days.

According to some scientists, these expressions are a direct reflection of the fascinating natural phenomenon of Biorhythms or more accurately Life Cycles.

The theory of Biorhythms contends that our physical and psychological ups and downs are pre-determined from the date of our birth by three separate cycles, the "**Physical Cycle**" runs for twenty three days, the "**Emotional Cycle**" is twenty eight days and it takes thirty three days to complete what is called the "**Intellectual Cycle**."

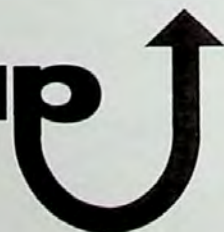
At the Colgate/Leach/Seamco Tourney, February 15-19, at the Arizona Athletic Club, Marty Hogan's Biorhythms reversed those of Sarah Green mentioned above. From the first day of the tournament to the last, Hogan's "Physical" and "Emotional" cycles were down, even reaching "Mini-Criticals" on two days. But his "Intellectual" rhythm was up during the entire tournament and he came out of it with another big win. In the same San Antonio tournament, Hogan went into the finals on an "Emotional" down, but a "Physical" and "Intellectual" up — a rough combination to beat. His opponent Richie Wagner's cycles were just the opposite — an "Emotional" up, but a "Physical" and "Intellectual" down. Much to the satisfaction of Biorhythm advocates, Hogan took the tourney.

The Tanner Pro-Am found Hogan in approximately the same position as during the Arizona tournament. His "Physical" and "Emotional" cycles were down,

and his "Intellectual" rhythm was up. This does not sound like a particularly good day for Hogan, but for his opponent, Charlie Brumfield, it was worse. He was approaching the end of an up intellectually, but was down emotionally and was at a physical "Mini-Critical". Faced with a tie-breaker, Brumfield admitted that he couldn't go the distance, and the man who has won more tournaments than any other pro was defeated in that third game.

These examples can be used as evidence to support both sides of the argument but, like astrology, the theory is of interest to almost everyone whether it be as a way of life or merely as a fad or plaything.

The most significant conclusion one can make is that the strength of Biorhythms lies in how strongly one believes in them.

What goes up 



We can think of each cycle as a circle, taking the specified number of days (23, 28 or 33) to travel from a certain point up, around, down and back to the starting point. However, if the cycle was plotted out on a horizontal graph (as it usually is by students of Biorhythms) the starting point is represented by a line drawn straight through the middle with a curve starting at the level of the line and moving first above the line, then down below the center, then back up, etc. Thus, the image becomes a series of waves undulating up and down at regular intervals. Normally the three cycles — physical, emotional and intellectual — are traced on the same graph so the inter-relation can be observed.

But what do these ups and downs mean? Bernard Gittelson, the author of several books on biorhythms likens the cycle to a battery. During the first half of the cycle (charted above the mid-line) the battery is an energy producer — cap-



must come down ↓

able of activating systems and making things happen. But then the battery must be recharged — it is not capable of the same amount of output. This regenerative period is represented by the last half of the cycle which is plotted below the “zero” line on the graph. In human terms, during the “up” part of the physical, emotional and intellectual cycles a person is strong, cheerful and alert. As the cycle moves to its “down” stage, his strength is diminished, his emotions are on edge, and he is intellectually not as sharp.

Certain points in the cycle are particularly important. These days on which the curve crosses the mid line are called “Critical Days” because the cycle is in a state of flux, changing from up to down or vice versa. It is felt that because of the instability that exists during this time, critical days are very significant.

Another term used by biorhythmists is “Mini-Critical”. These are the days when the curve reaches either its peak above the line or its valley below the line. Mini-critical days create a situation similar to “Critical Days” in that they are turning points at which the cycle is not stable.

Because of the varying lengths of the cycles, all three cycles will not hit “Critical” or “Mini-Critical” days at the same time. But as they run their courses, occasionally they intersect. A person may, for example, reach a physical “Critical” and an intellectual “Mini-Critical” on the same day. This is known as a combination day, and can be more difficult than any other day.

The point that is stressed again and again by students of biorhythms is that Biorhythms are not unalterable predictions; they are indications of *potential*. Scholars insist that the study of life cycles should not lead to fatalism; rather it should enable a person to realize the varying potentials and limitations of his day and use this knowledge for his personal progress and well being.

During the “energized”, up-part of the cycle, a person should set challenges for himself and strive to attain higher goals. On the other hand, when the cycle is in the “regenerative” down-part of the cycle, one should not tax his body, emotions or intellect, as the case may be, because he is simply not at his best during this time.

“Critical”, “Mini-Critical” and combination days likewise representing *potentials* are, not necessarily hazardous. The advice should not be “stay in bed and forget it”, but rather “beware — anything can happen”.

According to biorhythmists the danger lies in not being aware of these cycles. “Critical” and “Mini-Critical” days account for only 20% of our lives, but studies have shown that 80% of all accidents and illnesses occur during these days.

In some industries the Biorhythms of drivers and pilots have been charted, and these employees made aware of “Critical” days. The result was a marked reduction in the number of accidents. Opponents of the theory argue that the warning simply made the employees more safety conscious, and this alone decreased the percentage of mishaps.

Why has the discussion of this theory surfaced in RACQUETBALL Magazine? Biorhythms are being used more and more in an effort to understand the performance fluctuations of athletes in the sports world. Professional athletes are carefully trained, tuned into top physical condition, motivated by team pride and individual prestige, and they have financial incentives that we mere mortals greatly envy. So why is it that one day an athlete can do no wrong and another day his performance stinks? Sports fans call it “hot and cold”; Biorhythmists label it “up and down”. But the two worlds are coming to understand each other.

Jimmy the Greek has been known to consult the Biorhythmic charts of athletes before making predictions on the outcome of a particular game or fight. It has been observed that O.J. Simpson's career has frequently followed the pattern of his Biorhythms. At one point when his emotional rhythm was high and his physical cycle was very high, he carried the ball twenty four times in a game for a total of a hundred and thirty yards rushing. In the very next month all three of Simpson's cycles were low and the normally cool and collective athlete was thrown out of the game for the first time in his career for fighting.

By researching the birthdays and computing the biorhythms of several players, RACQUETBALL Magazine has made some interesting observations in





our own favorite sport.

At the Tanner Pro-Am in December of 1977, Davy Bledsoe was at a triple low. His opponent, Steve Keely, had mixed rhythms high and low. The result was the defeat of the National Champion Bledsoe.

In the recent San Antonio tournament, March 16-19, Sarah Green had the apparent good luck to be high in both her "Physical" and "Emotional" cycles. However, her intellectual rhythm hit a "Mini-Critical". According to spectators she was unable to make good shot selections throughout the match and was defeated by Sue Carow for the first time in her career.



The site is the National Championships June 4-11, 1977 at the Atlas Health Club in San Diego, CA. Surprising Davey Bledsoe has fought his way to the finals where he will face the odds on favorite and winner of every Pro stop but one, Marty Hogan, the self avowed "incredible hulk," who has made his way to the finals with relative ease. Hogan has already had an impressive year winning every pro stop but two. On his worst day he seems to be able to beat the best players on their best day. Marty is playing super throughout the tournament and

seems to be peaking on this fateful Sunday. Davey Bledsoe, his opponent, has had a very good year himself. In fact he won the last pro stop that directly proceeded these National Championships. Davey is a worthy opponent and cannot be taken lightly. However, all indications would lead us to believe that Marty will soon be the 1977 National Professional Champion. O.K. let's go to the match!

The crowd was in a frenzy — The action was super. Both players knew they were playing for the National Championship. To no one's surprise Hogan went out 19 to 13 in the first game and suddenly went cold. Marty only scored one more point as Davey Bledsoe came from behind to win 21-20. Hogan feeling the pressure now quickly went to a 7-0 lead in the second game. But Davey's confidence was soaring and he came back to tie the game at 7-7 and then moved ahead to take a 13-8 lead. Hogan and Bledsoe played close back and forth but after a number of super rallies Bledsoe was on top 20-15 and it looked like it was all over for Marty. But Hogan has never been one to give up and on this day as on every other he showed his true champion's colors. He came back and forced Bledsoe to play his best by gaining the serve at 19-20 and then something happened to Marty — he blew a



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(continued from page 59)

forehand and it was Davey's serve. Davey went to his favorite serve and Z'd to Marty's back hand. The serve was not too deep and Hogan seemed to be rushed and set up to hit the ball and blew it. That skip cost Marty Hogan the National Championship as the final score of the second game was 21-19 and Bledsoe had done the impossible. He had beaten the awesome Marty Hogan for the National Championships in two straight games 21-20 & 21-19.

In 1976-1977 Marty Hogan won nine pro stops. Nine of them — Edmonton in September, Vermont in October, Ft. Lauderdale in December, Las Vegas in January, Houston in February, Denver in March, Chattanooga in March, Southfield in April and Lombard in April. But now Marty Hogan had lost the most prestigious National Championship. What were his biorhythms on that day? Could that have had anything to do with it? Physical, Sensitivity, Intellectual — PS & I. Let's take a look at Marty's biorhythms on that particular Sunday, June 11, 1977.

The P S and I lines all of which are in a down cycle. Biorhythmically speaking Marty Hogan had a triple down. A

biorhythmic scientist would point out for you that this is probably the reason that Marty was unable to cope with his critical situation in the finals. Was this true? Is there actually a biorhythmic pattern that foretold Marty Hogan was doomed.

Let's take a look at Davey Bledsoe for a second. Davey's cross section shows physically he was at a super high-sensitivity and intellectually he was in a down cycle. Davey had won the Newport Beach tournament in May directly preceding the National Championships in June. He was at a high physically although his sensitivity and intellectual cycles were on a downward swing. His physical was able to carry him through and allow him to become the National Champion. If we go back and analyze the scores of the game once more and find that he was able to overcome Marty perhaps we can not be certain when he was down 19-13 to come back and win 21-20 in that all important first game. Biorhythms or not no one can explain how Hogan could skip two of his favorite shots — the forehand plum off the back wall and give the serve to Davey at 20-19 in the second game.

So there we have it. Marty Hogan rid-

ing a tidal wave of victories from the National Pro tour. Nine of them comes into the National Championship with his biorhythms at a tremendous low and he is upset by Davey Bledsoe who is riding a physical high. We can't say "Fact or Fiction"?

Let's take one other look at Davey later in the year. At the Tanner Pro Am in December, 1977, Davey Bledsoe was at a triple low. His opponent for his final match, Steve Keeley, had mixed biorhythms, high and low. The result, Davey Bledsoe defending National Champion, is beaten by Steve Keeley, a slower, less physical player, but biorhythmically up for that day.

Biorhythms, horoscopes — are they the same thing? Can one actually predict when he is going to have a great day? Can he avoid having a bad day? We don't really know. People tell us that biorhythms will be the safeguards of the future. We will be able to predict critical periods when we have to be constantly on guard and therefore be able to make fuller lives for ourselves. The opponents say that biorhythms are just myths — tea leaves in a cup — we don't really know. Do you?

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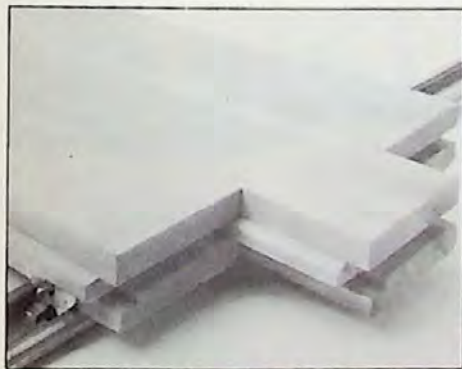
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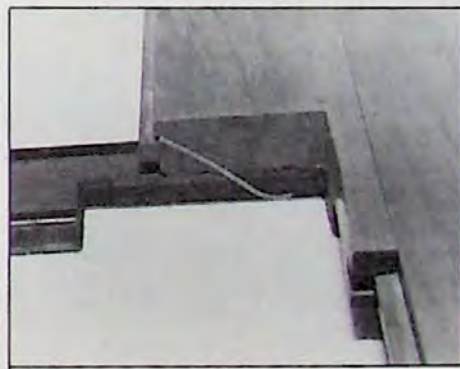
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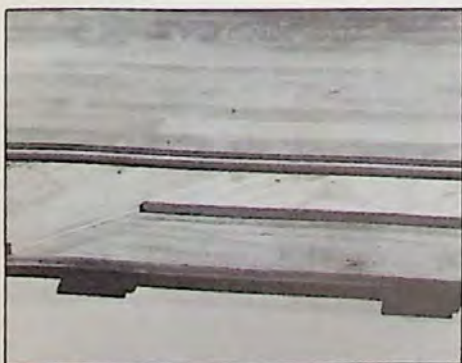
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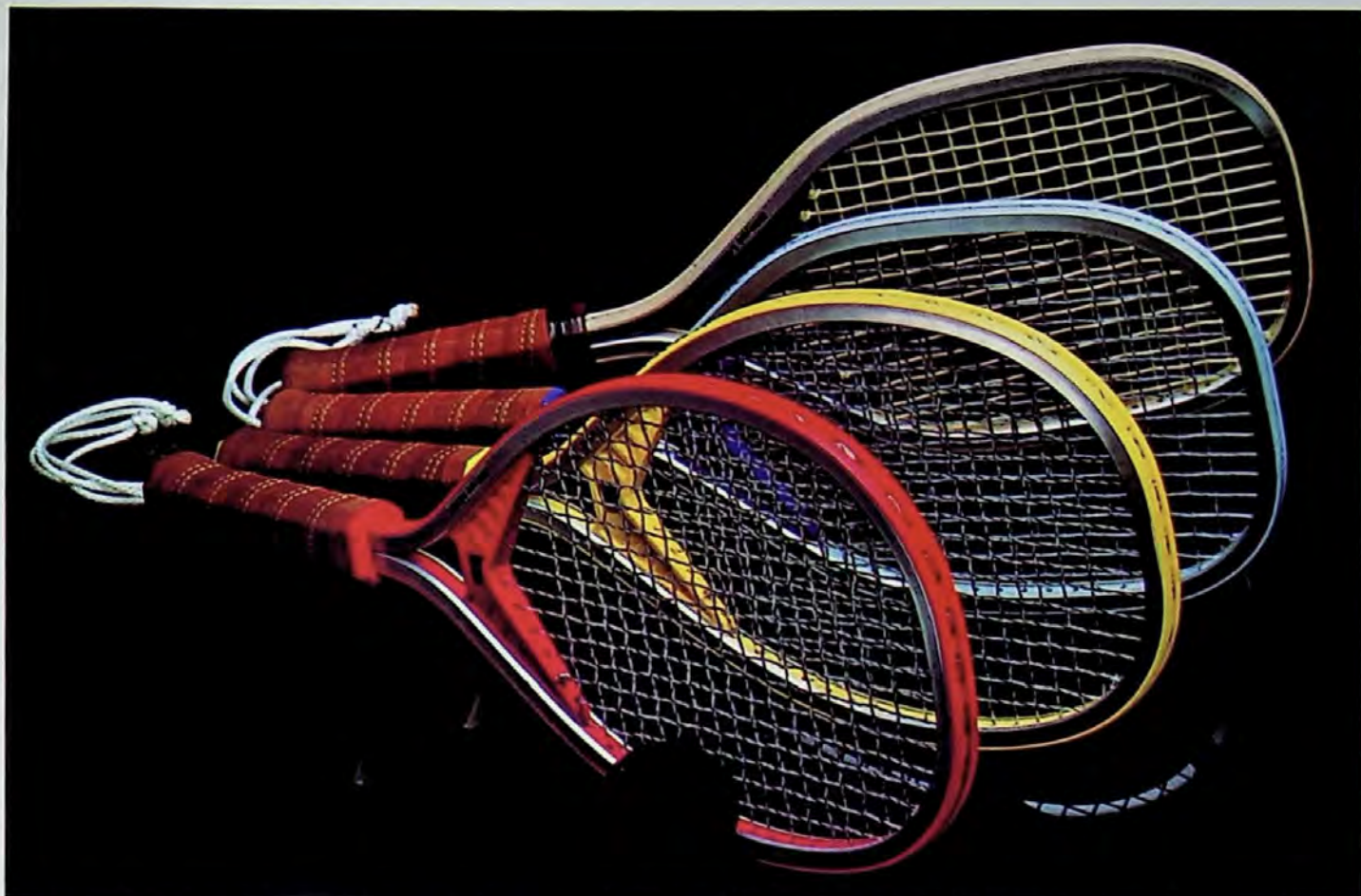
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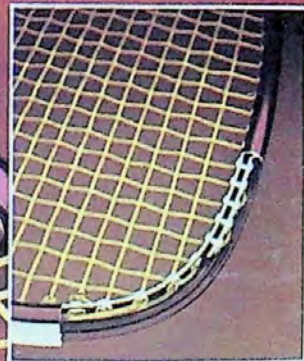
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