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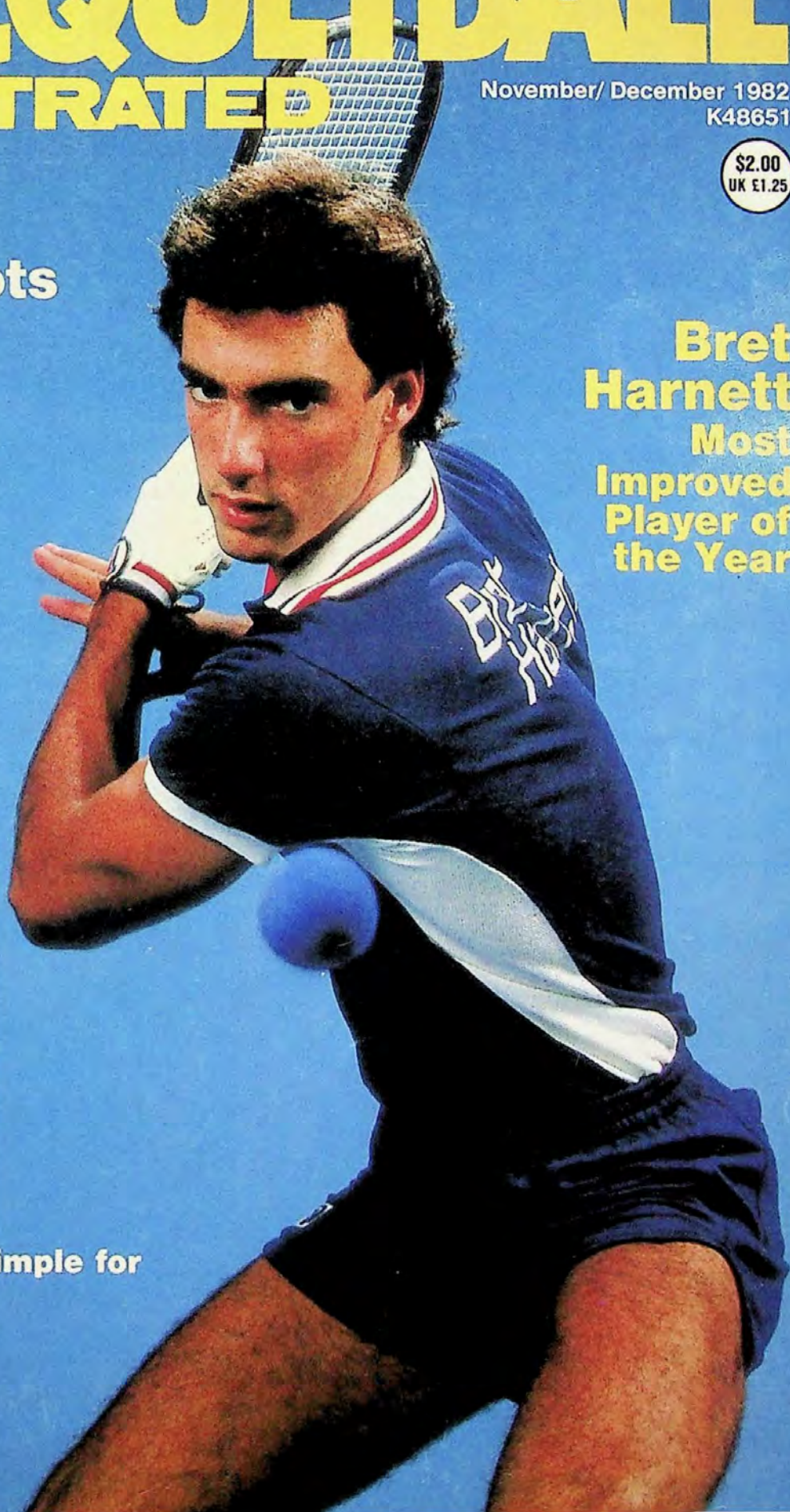
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December 1982/Vol. 5, No. 8

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More Than Just A Weekend Game

When I ask people why they play racquetball, more often than not they tell me for recreation. They say they are not out there to become the top professional players in the world. They say they are out there to bang the ball around, get some exercise and relieve some frustrations.



It is not my position to tell someone the reasons he or she should play racquetball, but it is a little frustrating to me to see people just "bang the ball around." If you are going to take up a game, why take it up in a half-assed fashion. No one is asking you to train seven days a week to go on the pro tour but a player should not think he or she is playing racquetball just by going onto a court and pounding away at the front wall.

For too long people in the racquetball industry have tried to build up the sport by announcing that any player could become a star by just walking onto the court on weekends. This is a fallacy.

Anybody, including your next door neighbor's grandmother, can hit the front wall a few times. But to my way of thinking she is not really playing racquetball. The sport is an art in a lot of ways and there are proper ways to hit the ball, many pieces of strategy to become acquainted with, and many different types of shots to become proficient at. All these things do not take place by going out on the court twice a month for recreation.

The racquetball industry has also told us that one can get an instant workout in an hour of racquetball. This is true to a certain extent. But you are kidding yourself if you think you can get a real good workout by just banging the ball around.

"I'd like to see recreational players playing a skill game," says Southern California teaching pro Bobby Green, who is quoted in an article elsewhere in this issue. "Players really have to make an effort to keep the ball moving. Just as you have to learn how to make a great kill shot, you also have to learn how to use the game to get in shape. At upper levels of play racquetball is an extremely strenuous sport. However, as the level of play goes down the ladder, so does the aerobic aspect of the sport."

In this issue, we asked three television stars—Jameson Parker, Gerald McRaney and Jeannie Wilson, the cast of CBS' *Simon & Simon*—to take up the game for the first time. All three were athletic in their own way but none of them had ever played racquetball before.

If we had written this story four years ago, we might have lied to you and said that all three were great racquetball players and had learned the game in nothing flat. We would be trying to build up the sport by showing how easy it was for television personalities to learn.

But don't let people fool you any longer. The game is tough to learn. The real game, I'm talking about. Not the pitty-pat game so many of you play. As the *Simon & Simon* cast found out, the game is not that hard to pick up. It is hard to become proficient at, and proficiency is what one should strive for.

In this issue, we announce our annual Player of the Year selections. For the past three years Marty Hogan has run off with the male honor but this year Dave Peck gains the edge over Hogan. Even though Hogan beat Peck more times in head-to-head competition and won his fifth straight Nationals, Peck had a better overall season record. Lynn Adams ran off with the female Player of the Year honor, unseating Heather McKay, who won it the past two years. Our cover subject, Bret Harnett, is the Most Improved Player.

Ben Kalb

Ben Kalb, Editor

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Tournament Ethics

Recently I had an unpleasant experience in a local tournament. In the first round of matches I played a relatively close match with a man I classified as a gentleman throughout. There were a number of close calls that all seemed to go his way, but I was philosophical and thought it just wasn't my day.

After the match, an observer commented that the number of close calls was significant and that the referee appeared to favor my opponent. Later that evening I discovered that my opponent and our referee were partners in mixed doubles. Neither of them considered it an ethical requirement that they disclose the relationship to me before, during or after the match.

Since ours was one of the first matches of the tournament I can only presume that our referee volunteered to referee our match. I feel that the referee was ethically obligated to disclose the relationship she enjoyed with my opponent prior to the match commencing. Am I expecting too much of the sport and of its participants?

Charles E. Jameson
Oakland, Calif.

Editor's note: Not to our way of thinking. Although it is sometimes difficult to get volunteers for tournament matches, the tournament director should not have assigned the woman to referee your match.

Serious Players

Please continue to publish your articles for the serious racquetball player. Instructional features, news on racquetball pros, tournaments and racquetball humor (Steve Keeley is great) are for the real players. Playmates and comedians are not.

Your February cover with Mike Yellen and Lynn Adams was the best ever. The worst was last year's cover of actress Pamela Sue Martin, who was wearing five pieces of jewelry (including dangling earrings).

Karen Wojanski-De Golyer
Dunkirk, N.Y.

No Bounce

In your March issue, you had a short piece on No Bounce Racquetball for kids. I think this is a great way to teach the young the

game without a lot of frustration to them. We think your magazine is the best.

Barbara McGilloway
Allentown, Pa.

Junior Programs

Your articles on junior racquetball in the January issue of *Racquetball Illustrated* have prompted me to let you know the extent of Youth Racquetball at Spaulding Racquetball Clubs, Inc.

In January of 1982, there were 1,204 youths playing in the various youth programs offered at ten of the St. Louis area Spaulding Racquetball clubs. There were 961 youths playing at 17 other Spaulding Racquetball Clubs around the country. This total of 2,165 youths playing at 27 clubs is an increase from 1981 when there were 1,848 youths playing at 24 clubs. Most of the clubs have a youth director and they all would like to challenge the statement made by AARA commissioner Bob Bruce that "no one has done anything significant in junior racquetball in the nation."

Iona Long
Spaulding Racquetball Clubs, Inc.
Manchester, Mo.

RB In Germany

In your May '82 issue I read the article about racquetball in West Germany. The Army Lieutenant stationed in Buedingen, W. Germany didn't ask around much to find out where the courts were. If he did, he would have known racquetball among the U.S. military in Germany has become highly organized the past couple of years.

RACQUETBALL/GERMANY is currently the largest and best organized group in W. Germany, sporting a membership of 500 strong, sponsoring monthly tournaments, conducting instructional clinics, and publishing a bi-monthly newsletter. Our tournaments average over 100 players, are normally played on weekends (usually with only two courts) and are organized to introduce beginner and intermediate players to competition. We limit each tournament to 16 "OPEN" players and call them the SUPER "16."

RACQUETBALL/GERMANY is headquartered in Kaiserslautern, which has the largest American community outside the continen-

tal United States (over 50,000), and draws over half its membership from the area. It's true that a few years ago Frankfurt was the center of racquetball over here, but during the past two years RACQUETBALL/GERMANY has become the "Hub" of racquetball in West Germany.

As far as Open caliber players go, Germany has some of the very best military players in the world. Lou Souther (Wiesbaden) and Bob Ellis (Kaiserslautern) finished one/two in last year's Air Force and Inter-Service championships, and Danny Winn (Frankfurt) was last year's All-Army champion. Also, Germany had five Air Force and seven Army players (out of eight qualifiers) in last year's Inter-Service tournament, and should have strong representation from both services this year.

Michael Tipton
Kaiserslautern, W. Germany

Club Owner

This letter is not about an article that you have written, but about an individual who is an institution to the sport of racquetball. Vance Lerner is the owner of two successful racquetball clubs, Fiesta Village Racquetball Club in Colton and Tournament House in Riverside, California.

I run somewhere in the neighborhood of 60 tournaments in a year, thus I see a lot of clubs. Vance's secret to success is quite simply Vance. In today's economy where a vast amount of clubs are for sale because of various reasons, one major obstacle is mismanagement. Vance Lerner is head and shoulders above the rest. His two clubs have not only quality staffs, but quality membership who are very proud of their clubs and their owner.

Vance manages his clubs with a personality that should be used as a model for other club owners. His success is that fact that he can multiply himself with outstanding employees and quality membership.

Gary Williams
Professional Tournaments
Chatsworth, Calif.

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Gospel According to the Pros

Steve Strandemo on positioning:

"As you move into position, think about your opponent's skill. If he or she is a good player, you want to take a position about 22-24 feet from the front wall. But as proficiency decreases, you can move back toward the 27-

foot mark. Weaker players tend to hit higher on the front wall, which makes for a deeper bounce."

Davey Bledsoe on novice mistakes:

"One common mistake that novices make on the return of serve is to take a few short

steps to get into position. One big crossover step takes less time and covers more ground."

Jean Sauser on Z-serves:

"When you serve Z-balls, you will be giving up center court position, so remember to jump over there as quickly as possible after the ball passes the short line."

PLAYERS

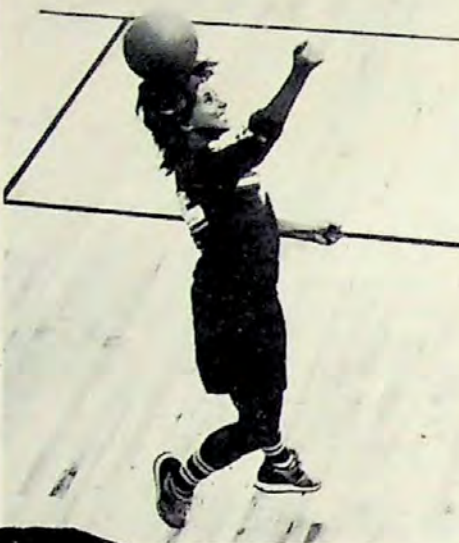
Over 200 participants turned out for the first Racquetball Illustrated Celebrity Wallyball Tournament at the Del Amo All Pro Club in Torrance, Calif.

Over \$1,500 was raised during the one-day event for the benefit of the American Diabetes Association.

The celebrity team captained by Mike "Officer Byrd" Simonson (an entertainer hired by the Los Angeles Police Department) took first place. The team captained by Shawn Stevens of *Days Of Our Lives* placed second out of 32 four-player mixed teams.

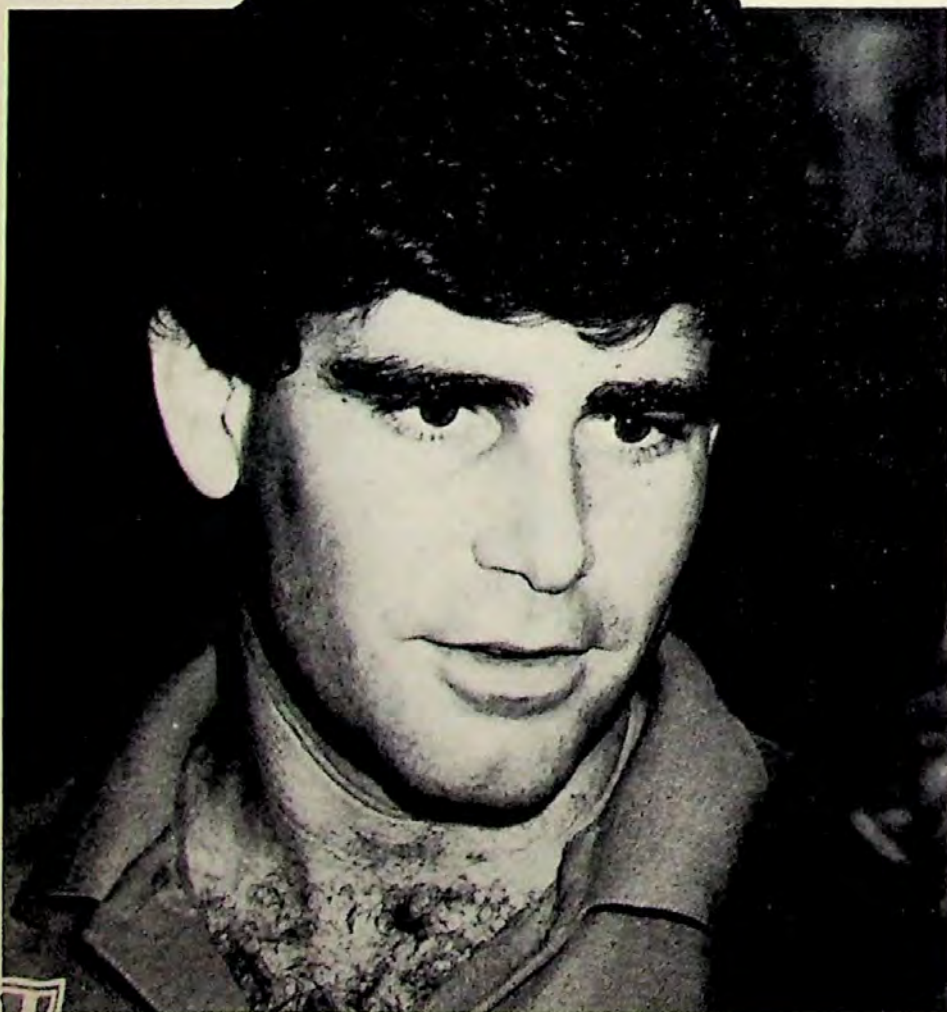
Segments of the tournament were taped for *Soap World*, a show which made its debut this fall.

Mimi Maynard
The Young And The Restless



Kim Fields
Facts Of Life

Photos by Max Trinidad



Michael Young
Soap World



Jeff Pomerantz
Young Lust

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PLAYERS



Mark Taylor
House Calls



Gloria Loring *Days Of Our Lives*



Adam Rich
Code Red/ Eight Is Enough

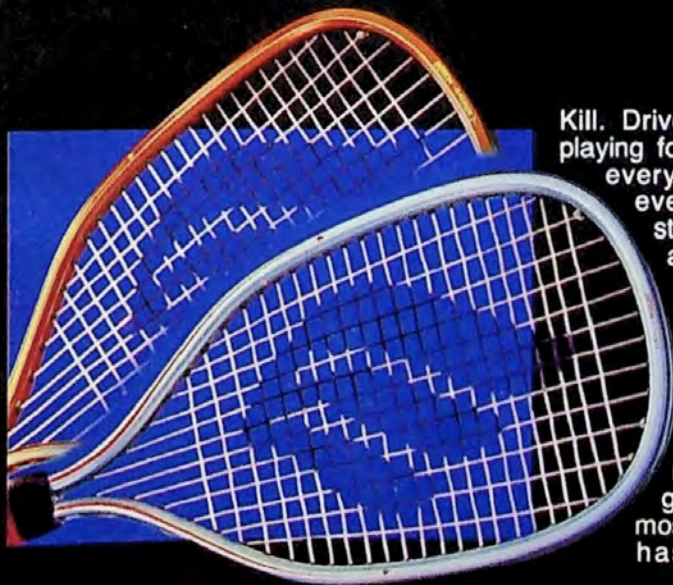


Liz Keifer
The Young And The Restless



Shawn Stevens
Days of Our Lives

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HEATHER McKAY



DAVE PECK

NIKE
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SHORT SHOTS

Black-soled Shoes



Most court clubs have a rule banning black-soled shoes from their racquetball courts because it scuffs up the floor. The same rule applies to the Baltimore Colts football training camp in Maryland.

According to the Los Angeles Times, Colts new head coach Frank Kush was upset when he discovered scuff marks on the team's racquetball court, and set out an investigation to find out who the culprit was.

It turned out to be veteran quarterback Greg Landry, and the next day, Kush made Landry get a mop and bucket and clean up the floor.

Epilogue: Landry was cut from the team a few days later.

Racquetball ESP

Prior to the start of the WPRA Nationals in Denver, Lynn Adams told Heather McKay of a dream she had had just prior to the event. She dreamt she had won the title 15-14 on a tiebreaker.

"I told Heather about my dream but I also told her I didn't know who the opponent was," said Adams.

Strange as it seems, Adams' dreams came true. But it wasn't McKay she beat in the finals as expected. It was Shannon Wright.

Eyeguard Recall

AMF Voit has recalled its Deluxe Eyeguards, and players who return the eyeguards will be given a pro-rated refund.

AMF Voit is concerned about a possible defect in the gray-colored eyeguards. Their previous navy blue eyeguards are not on recall.

Eyeguards are to be returned by the owners insured, 4th class parcel post. A copy of the sales slip should be included but if evidence of purchase is not available, the year of purchase and name of retailer must be furnished. The cost of

mailing will be refunded also.

AMF Voit offices: 3801 S Harbor Blvd., Santa Ana, Calif. 92704; 20 Essex St., Maywood, N.J., 07607; 1401 West Glenlake Ave., Itasca, Ill., 60143; 52 Royal Rd., Guelph, Ontario, Canada, N1H 1B1.

What's In A Name

When the Milwaukie Racquetball Club of Milwaukie, Ore. decided to change its name to reflect an overall fitness concept, the natural choice was the Milwaukie Athletic Club. Or so it was thought.

When co-owners Jean Sausser and Jennifer Harding went to register the new name, they found it had already been



taken. The Milwaukie Athletic Club was actually a massage parlor, and massages weren't necessarily the main business.

"If we took that name, we would have been known as The Best Little Whorehouse in Portland," says Sausser.

The club is now officially called the Eastside Athletic Club.

Shorter Shots

Larry Meyers, a former top-ten ranked professional, was named racquetball pro at the Amfac Resort at Bear Creek, located on the grounds of the Dallas-Ft. Worth Airport.

WPRA National champion Lynn Adams collected \$5,000 from Nike for finishing in first place in the bonus pool standings.

WPRA President Fran Davis was given the annual Steding Cup for contributions to the development of women's racquetball. Rita Hoff was given the WPRA Sportsmanship Award.

Correction: Bigeye USA Inc. of Providence, R.I. reports that its suggested retail price for its visor is \$29.95, not \$16.50 as previously reported in the eyeguard section of the May issue.

Lynn Adams has been named as a spokesperson for the Arthritis Foundation. Adams grew up with rheumatoid arthritis.



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Claudia Lonow

By Rhonda Wilson

"The trees are pretty and who is pretty? I am!"

This succinct verse was the first melody composed and performed by 19-year-old Claudia Lonow of the CBS series *Knots Landing*. Never mind she was only three years old at the time and her audience was her parents. Everyone had the feeling that when Claudia matured, she would go into show business.

"I can't remember a time when I didn't know I wasn't going to be an actress," Claudia recalls. Raised in a "show business" family it would seem she was almost destined to follow the footsteps of her parents. Her stepfather, Mark Lonow, appears each season on *Archie Bunker's Place*. Like his daughter, Mark started out in the business at an early age. ("My only straight job I ever had was when I worked for First National City Bank in New York for six weeks," he says.) Claudia's mother, Joanne Astrow, is a comedienne/actress who has made appearances on television shows such as *Alice* and *Mork and Mindy*. Her comedy routines have been performed in such well-known comedy night spots as the Improvisation, a Hollywood club partially owned by her husband. "A lot of our interaction as a family has been around our work," Joanne confirms.

But more recently, the family has spent much of its spare time together on the racquetball court. After looking for an alternative to aerobic classes and bicycling, Claudia was intrigued by racquetball because of its fast and competitive nature.

"I enjoy racquetball because you're exercising but you're not thinking about it," says Claudia. "You're thinking about winning or playing the game. Going to the Workout (actress Jane Fonda's exercise studio in Beverly Hills, Calif.) was getting really boring because I knew all the routines and I felt like, 'Oh well, here I am going to exercise class again.'"

"As far as exercise goes, you should really try to do a lot of different types of stuff," she says. "Not just try and do one exercise because it gets boring. That's what I was doing and I just got so bored that I stopped. I hated it. But if you like to do aerobics every once in a while or bicycle and maybe play a sport like racquetball three times a week, then you'll have different things to enjoy."

For Claudia, her dramatic "workout" on the set of *Knots Landing* is also enjoyable. Her role as Diana Fairgate came after her parents allowed her to go on acting auditions when she was 16. As a youngster in Greenwich Village (New York), Claudia was not

permitted to try out for parts. "We didn't inhibit her, but we did make it a family rule that she couldn't work professionally until she was 16," says Mark. "Joanne and I felt we didn't want her to be a stage kid." However, Claudia frequently accompanied her parents when they went off to "work."

While watching her mother's comedy group, Off the Wall, perform, Claudia saw the early careers of actors who performed with her mom. One such actor was Henry Winkler before he reached his *Fonzie* fame. Winkler used to perform with the group at an off

Broadway theatre/restaurant in Greenwich Village. At one point, the club was minus one lighting director, so at the age of 12, Claudia was called on to learn stage lighting.

During this time, the Lonow's became concerned about overindulging their daughter with a show business lifestyle. "We were definitely determined not to have a spoiled brat," says Mark. "In many ways Claudia has bridged an intricate part of our lives. We started out very poor and we had very little money when Claudia arrived and now we're not too bad off. She didn't come into our lives once we were established. She came long before that."

By the time Claudia reached the age of 16 she was prepared to tackle Hollywood. She had earlier studied ballet with the Joffrey Ballet and had taken acting lessons. She also took classes in voice, opera, singing and music theory at New York's High School of Music and Art.

At age 16, without any previous professional acting experience, Claudia landed her first national television appearance as Mary Tyler Moore's goddaughter on the *Mary Tyler Moore Hour*. It was only her fifth acting audition. When she finished shooting that segment, Claudia learned that she was chosen to play Michele Lee's daughter on *Knots Landing*.

This season Claudia's role was expanded to become more rebellious. "Basically she's a good girl, but she's very adventurous," she says. "She gets into scrapes because she's so high spirited. She's a really smart girl who is not afraid to speak her mind, which also gets her into trouble because she comes right out and says things."

Unlike most other television mother/daughter relationships she has observed, Claudia says her character is more realistic. "You see a lot of shows where you have a teenager in a mother/daughter relationship," she says. "The girl is either so wonderful you can't believe it or so bad you can't believe it. The reason why I like this character is because you have the elements of the good and the bad. Whenever she does something bad, there's always a reason behind it."

This "soap-realism" has prompted favorable reviews from prime time television critics, according to Claudia. "One critic said our show skirts the line between soap opera and drama," she says. "So you have all the elements of soap opera combined with good acting and drama. That's what makes the show so enjoyable. Although a lot of situations are just as outlandish as any soap opera, they seem real."

"I enjoy racquetball because you are exercising but not thinking about it."



Photo by David M. King

Claudia Lonow (above) playing racquetball and (opposite) sitting in front of the cast of *Knots Landing*.



CELEBRITY GALLERY



Claudia and parents, actress/comedienne Joanne Astrow, and actor/nightclub owner Mark Lonow.

Often the politics of prime time network television can be just as outlandish. On top one season, cancelled the next. Claudia is not worried about being cast in another series if *Knots Landing* were to be cancelled. She would just spend more time refining her stand-up comedy act.

Billed as "Shawn and Claude," Claudia performs original musical and comedy material with her 20-year-old friend Shawn Schepps. Performing satirical songs, Shawn plays guitar while Claudia keeps beat with a tambourine. The act is a take off on their real life relationship as roommates. In the comedy routines, Shawn is practical and sensible while Claudia plays the antithesis of Shawn's rational nature.

The act was conceived when the two were students at Beverly Hills High School. Despite the advantages of her stepfather owning part of a major Los Angeles comedy club, Claudia says the comedy/musical team was formed in spite of her father's affiliation. "Shawn and I have been friends since high school and we've always sung together on our own," she says. We always thought about performing at the Improvisation. When we were in school, we did an act

at the Improv twice but it was so scary because we were so inexperienced. Then we decided just to do it for the experience."

Even while attending affluent Beverly Hills High School, Claudia's classmates were unaware of her role on *Knots Landing*. They knew her more for her work in the school drama class. "When I first started *Knots*, my high school drama class was far more important because I was really into it," she says. "Being on the show was good but the students weren't impressed."

Even Claudia wasn't impressed with the show at first. "When we were doing *Knots*, I hated it," she recalls. "I said, 'Oh god, this is so stupid.' And then I said, 'Well that's a stupid attitude to take since I will be doing it for the next six months, so I better enjoy it. And then I got a script which revolved around my character and I had my first crying scene. I did it and it was really great and it was one of the best things I had ever done.'"

In addition to veterans Richard Pryor and Elaine Boozler, Claudia also enjoys the comedy routines of rising young comics, especially the new-wave comedienne who doesn't put herself down. "I really hate it when comediennes make fun of their physical

appearance," she says.

Claudia likes to think of herself as ambitious and adventurous. She is currently writing a screenplay and would eventually like to become a producer. Someday she hopes to star in a stage musical. In the meantime she is content spending her spare time playing racquetball, painting, drawing and watching old movies. "I especially like Carol Lombard because she was really beautiful, strong, loveable and funny."

She also spends time reading Greek, Persian and Roman history. *I Claudius* and *Creation* are two favorites.

Claudia recently co-starred in a television comedy feature, *Drop-Out Father* which starred Dick Van Dyke and Mariette Hartley for CBS. Claudia portrayed a young woman who dropped out of college to join a religious cult. Her next project was an appearance on *Fantasy Island*.

Although Claudia would eventually like to "do it all," she knows her best roles as an actress are still to come. "All the best parts are for women in their thirties and forties," she says. "For me, the twenties are just going to be the developing, growing and learning stage of my career."

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1982 Racquetball Illustrated Players of the Year

**Player
Of The Year**

Past Winners

	<i>Male</i>	<i>Female</i>	<i>Most Improved</i>
1979	Marty Hogan	Shannon Wright	Marci Greer
1980	Marty Hogan	Heather McKay	Lynn Adams
1981	Marty Hogan	Heather McKay	Rich Wagner

Dave Peck

Male Player of the Year



Although Marty Hogan is still the best player day-in, day-out in professional racquetball, this year's award goes to Dave Peck of El Paso, Tex.

Peck was the more consistent player of the two, over the course of the year, winning Catalina tournaments in Minnesota and Hawaii as well as the Catalina Championships in Ft. Worth, Tex., and the Ektelon-Pony Championships. He lost in the finals of the DP Leach Nationals to Hogan.

Hogan had an up-and-down year, winning his usual share of events but there were other tournaments in which he didn't even make the quarterfinals. Peck made it at least to the semifinals in every tournament but one and in that one he lost in the quarterfinals.

Hogan won more money on the pro tour and had a 3-2 edge over Peck in head-to-head play but if you put a point value on overall finishes, Peck came out higher.

Honorable mention goes to Jerry Hilecher. Hilecher won back to back tournaments in California and Canada at the start of the season and usually made it to the quarters or semifinals during the rest of the year. But Hilecher's biggest contribution was in another court—a court of law. Originally left off the Catalina pro tour, Hilecher had to file suit in court to get a spot. His win at King's Court in Westminster, Calif. was the most dramatic of the season in light of the fact had he not won, he would have had a hard time convincing the sponsors he deserved to be on the invitational tour.

Lynn Adams

Female Player of the Year



There is no controversy in this category. Lynn Adams of Costa Mesa, Calif. was the number one woman player on the tour for 1982.

At the 1981 WPRA Nationals, Adams, who had lost to Heather McKay in the finals, said, "1982 will be my year." She was right.

Adams won the lion's share of WPRA events this season, including the Nationals in Denver. She won the most money of all the players and made it to the finals of every event she played in.

Honorable mention goes to Heather McKay and Shannon Wright. McKay won the events that Adams didn't and finished second in overall point standings and prize money. Wright was a consistent semifinalist and lost to Adams 15-14 in a tiebreaker in the WPRA Nationals finals.

The past two seasons, Adams, McKay and Wright have been head and shoulders above the rest of the players on the women's tour.

Adams becomes the first player to win two separate Racquetball Illustrated Player of the Year divisions. In 1980 she won the Most Improved award.

Bret Harnett

Most Improved Player of the Year



Bret Harnett of Las Vegas, Nev. runs off with this year's Most Improved honor.

On his second full season on the tour, Harnett proved he is one of the top five players in the country. He won the Lone Star Pro-Am and lost to Marty Hogan in the finals of the Catalina Connecticut stop. He usually made it at least to the quarterfinals or semifinals when not in the finals.

He wound up fourth overall in the point standings behind Dave Peck, Hogan, and Jerry Hilecher.

Honorable mention goes to Terri Gilreath, Rita Hoff and Ed Andrews. Gilreath came out of nowhere to finish seventh on the WPRA tour. Although she got off to a poor start, she finished with a flurry, beating most of the other top 10 players and making it to the semifinals of the Ektelon-Pony and the quarters in the WPRA Nationals.

Hoff, who is retiring from the tour, finished eighth in the WPRA point standings. She played well in the early part of the season, usually making it to the semifinals. She lost in the quarters of the Nationals.

Andrews proved late in the season that he has a chance to be among the best in the coming years. Although he didn't win any major pro stops, he won several regional events, and narrowly dropped two five-game matches to Hogan.

A Place In The SUN

Many racquetball clubs have increased business with the addition of suntanning machines. But are they safe?

By Rhonda Wilson

Racquetball clubs across the country have added many amenities for members over the years. Everything from mechanical bulls to wallyball, backgammon and martial arts classes. And only recently several racquetball clubs have added a little sunshine, so to speak, in the way of suntanning booths.

"It's gone crazy up here," says Jay Jones, general manager of three Central California racquetball clubs. "It's literally gone wild in the San Joaquin Valley. My machines are booked 93 percent of the time."

Indeed, this seems to be the cry of club owners across the country who have installed suntanning booths. It's not just the West Coast beach freaks who want to preserve their summer tan all year-round. Tan seekers are showing up en masse in areas of the country that have the longest winters, according to Summer Tan Northwest Inc., whose suntanning booths are sold in 16 Western States.

In a time when a lagging national economy is hurting health and racquetball clubs the most, suntanning booths are helping owners recover lost revenues. In the third month of operation, Jones showed an \$11,000 net profit for that month at his Clovis, Calif. club. With minimal promotion, racquetball owners are discovering that the suntanning booths are increasing profit and traffic. In fact, the machines are usually booked solid during the winter. In some Midwest clubs, for example, reservations are booked more for a suntanning booth than a racquetball court. "If you are late five minutes for your tanning reservation, it throws everything off for the whole day," says Sue Sulli, of Killshot Ltd. in Bloomington, Ill.

Late fall to pre-summer seems to be the most popular time of year for indoor tanning in the Midwest. "In January and February, members like to use the machines so they can get somewhat of a tan to protect themselves against burning easily when they go on vacation to Florida or Tahiti," says Neil Kramer, club pro at the Four Lakes Racquet Club in Illinois. Kramer plans to add a third suntanning booth soon because the two he has do not accommodate the demand.

But while many are joining neighborhood racquetball clubs for a double dose of racquetball and suntanning, others feel hesitant to expose their bodies inside a suntanning booth. Many dermatologists, however, maintain that the UV-A rays emitted in suntanning booths may be safer than the UV-B rays of the sun. "Suntanning machines are not the horrible evil that many think they are," says Dr. Arnold Klein, assistant professor of dermatology at the UCLA Medical Center and Stanford University. "Suntanning booths containing the UV-A rays can offer you protection. They are probably less damaging than lying out in the sunlight."

"I'm not advocating the booths," he adds. "I'm advocating no sun. But we live in a real world and people are going to get suntans. If they have a tan and they can't live without one—understanding all the pros and cons—I would rather them go into a suntanning booth than lie out in the sun mid-day with no sun screen."

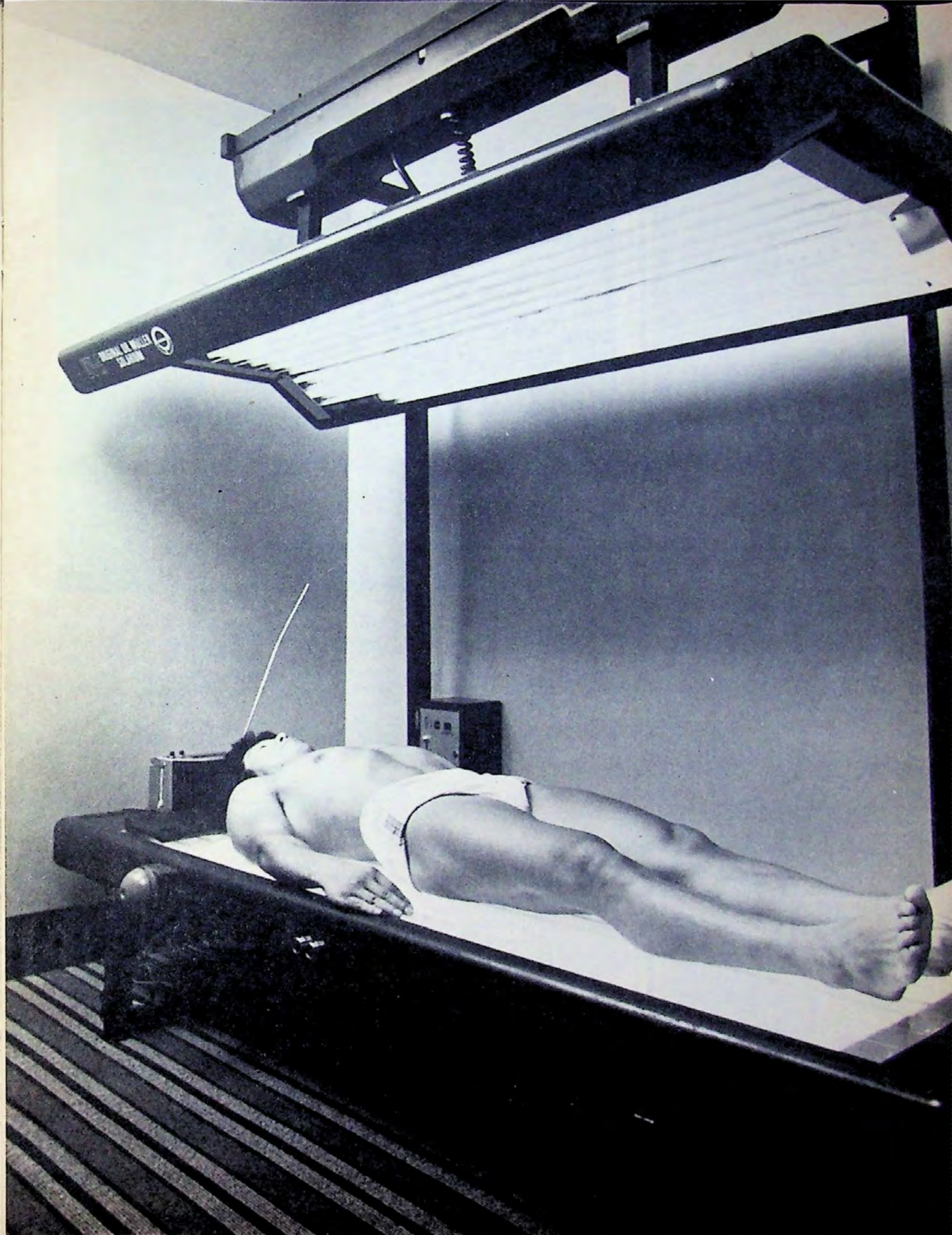
UV-A and UV-B ray tanning machines are available to consumers. UV-B suntanning booths are gradually being phased out since research has shown that the UV-B rays are one of the most harmful light rays of the

sun spectrum. The bulbs in the suntanning booths will usually say what type of rays they contain. The time limit allowed to spend inside the booths can also be a clue. The more time one is allotted (45 minutes to an hour), the more likely the booth emits UV-A rays. "They may tell you anything, but if your time limit is under 15 minutes, it's definitely the bad bulb," says Jones.

Recent research has shown that UV-A rays induce various degrees of tanning without producing evidence of sunburn cells. In addition, a suntan induced by UV-A rays will protect against a sunburn from the outdoor UV-B rays. "When you go out in the sun during the day, you get a lot of UV-B," says Klein. "The UV-B is the burning ray. It's the most damaging part of the sun spectrum that causes skin cancers. You can protect against UV-B or the burning rays by inducing a UV-A tan. A UV-A tan would then be beneficial and wouldn't notoriously be the cause of skin cancer like UV-B."

"So if a patient came to me and wanted me to make a choice between a suntanning booth or lying out in the sun, ideally I would tell them not to go out in the sun," he says. "The worst thing you can do is go into the sun and burn. Somewhere in between that, I would prefer they go to a suntanning booth as long as it's not too intense. If the intensity increases it may become damaging to deep blood vessels."

The UV-A tanning booths contain approximately 98 percent A rays and 2 percent of the B rays, according to Mel Chipman, president of Summer Tan Northwest Inc. A small percentage of the B rays are contained in the bulbs of the A ray booths to bring out a



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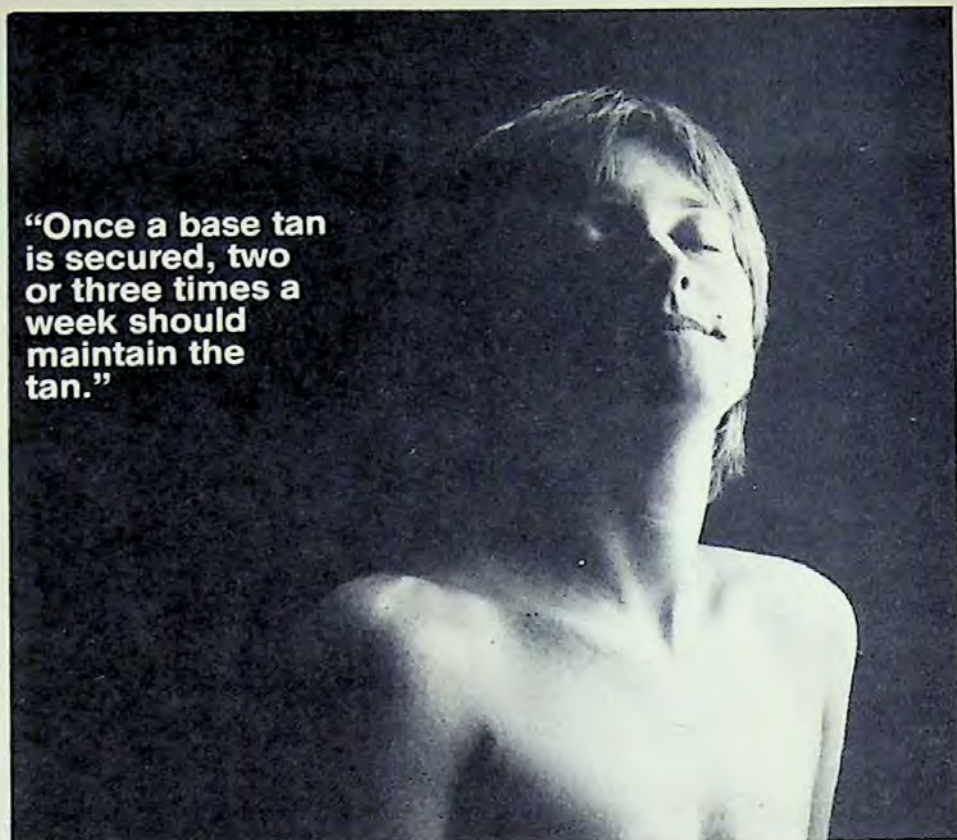
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"Once a base tan is secured, two or three times a week should maintain the tan."



brownish pigment known as "melanin" from the basic layers of the outer skin. Chipman says while UV-B rays are responsible for the release of the melanin pigment into the skin cells, it is the UV-A rays that create a suntan without burning. The amount of melanin varies from person to person. The more melanin, the quicker and deeper the tan. Fair-complexion persons have little melanin so they darken less.

A UV-B tan in the sun produces a brown, crusty tan, according to Jones. The UV-A suntanning booths produce a reddish, brown tan since there are very little B rays burning the epidermis layer of the skin. When establishing a base tan in the booths, light pigmented persons usually only need two to three 30 to 45 minute tanning sessions. Dark pigmented persons, on the other hand, require about eight to nine 30 to 45 minute tanning sessions. For the average pigmented person, five to six sessions get a base tan. Fair-skinned, light-haired persons should only go in the booths for 10 to 15 minutes at a time when first exposing themselves to the machines. Once a base tan is secured, a session two or three times a week should maintain the tan.

To avoid any complications during the tanning process, dermatologists suggest staying away from perfumes and any photo-active antibiotics while in the suntanning booths. Some perfumes and colognes contain a substance called bergamot oil which tends to darken the skin. In addition, certain antibiotics can photosensitize the skin caus-

ing the skin to be more susceptible to ultraviolet light. Tetracycline derivatives, the most common antibiotic used against acne, cause increased sensitivity to the sun.

Most clubs are now requiring suntanning members to fill out a questionnaire before they are allowed to use the machines. The questionnaires generally ask if any medication or antibiotics are being taken, any history of allergic reactions, skin infections or high blood pressure. Pregnant women are also not allowed to use the booths. Most clubs will ask for a release form signed by a doctor if someone has a questionable medical condition. In some cases, the club will check with the doctor itself.

For those going into the suntanning booths without any clothes, dermatologists have some reservations. "I don't like the idea of people going in nude," says Klein. "But for those who like to get sun there, I recommend the machines because it will photoprotect a person against the UV-B rays one gets on the beach."

The recent popularity of suntanning booths seems to have reached far beyond just being another beauty fad. "When you are talking about a suntan, you are talking about a universal appeal," says Bill Wheeler, Western representative of Klafs Inc., who distribute suntanning machines around the world. "Now it's just a matter of educating the people. Suntanning machines will probably start extending over into the homeowner market. There will soon be a big market over here like there is in Europe."

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By Cathy Urquhart-Hoy

Your Mind Screams It's Pain

But Your Body Tells You That Physical Fitness Training At A Human Performance Center Is Invaluable. Ask Dave Peck and Lynn Adams.

The days start early at Racquetball World's Human Performance Center in Santa Ana, Calif.

By 7 a.m. things are humming. It is noisy, what with machines and people all busy and into motion at the same time.

Racquetball pros Dave Peck and Lynn Adams look somewhat out of place in this room. If there were weight training equipment or Nautilus machines or even a dis-

carded CBK racquet tossed into a corner, both would look somewhat more in their element.

Instead, Adams is being tended to by a technician who is drawing blood samples and asking questions about diet and age and family medical history. And Peck is standing bare-chested while another technician peels off sticky tabs on round electrodes and pastes them to his chest. No

racquetball today for the two pros. This is a complete day of tough physical fitness testing.

A hub of activity surrounds the two players while in the distant corner of the room a balding, middle-aged man in shorts and T-shirt dons a stereo headset and with a flip of a switch begins a steady walking pace on one of nearly a half-dozen treadmills outlining the perimeter of the room.

The man on the treadmill is a typical client at the center: in his mid-40s, a successful business professional who lives a sedentary sit-down lifestyle. A year ago, he was within a heart beat of dying.

Staffers at the Human Performance Center call him a post-cardiac—a heart attack survivor. In the past months his life and lifestyle have changed drastically.

He's not alone. Experts estimate that approximately 600,000 people die every year from coronary arteriosclerosis—blockage of the arteries to the heart. Nearly half die before they can reach a hospital for treatment.

They take these statistics seriously at the center. Television commercial words like cholesterol, polyunsaturated fats and middle-age bulge are translated into black and white issues. Life and death. No frills.

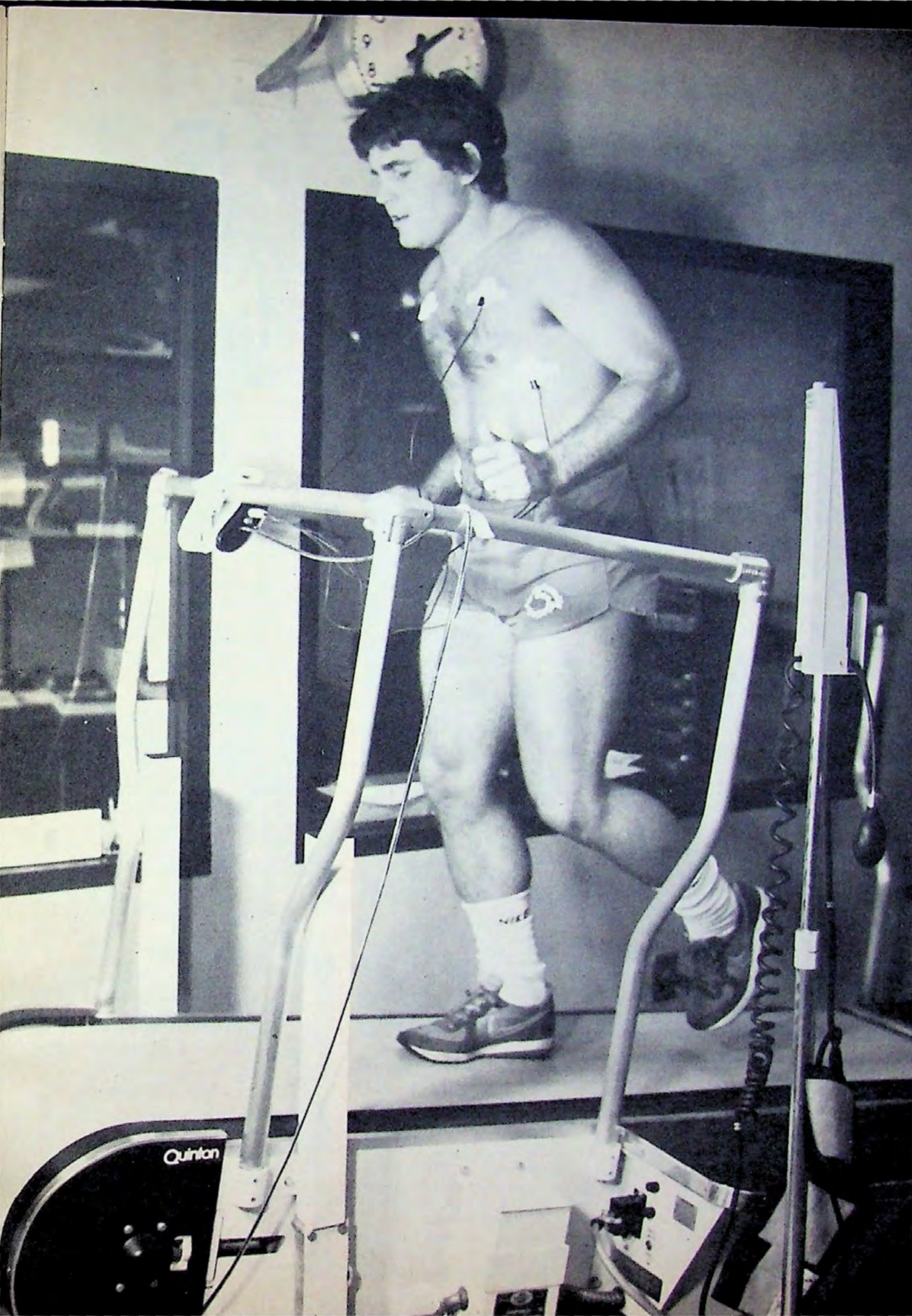
But despite the grim statistics, the Center is full of life. People here are survivors. They don't talk about what they are going to do next week or next month or next year. They are doing it. Now.

The Human Performance Center opened at Racquetball World two years ago under the direction of Brian Roberts. Roberts was looking at a variety of options he could take in fulfilling the needs of club members who were drastically out of shape. These were people who needed qualified, clinical super-



Photos by Budd Symes Photography

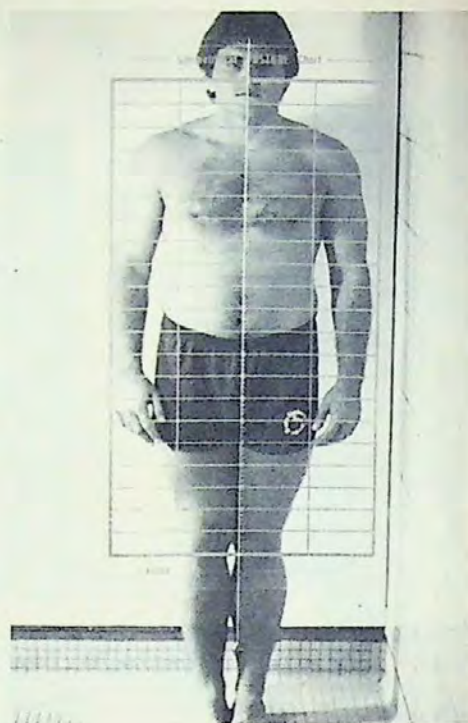
Lynn Adams tests her strength on leg machine and Dave Peck tests his endurance on treadmill in Human Performance Center testing at Racquetball World in Santa Ana, Calif.



Your Mind Screams It's Pain



In addition to strength, the tests measured body alignment.



vision in taking a calculated approach to fitness before they could walk out to the racquetball courts and play an hour full tilt.

"As we signed people up at the club, we put everyone through a series of basic tests to determine their levels of fitness," Roberts says. "Body-fat composition tests using skin-fold calipers, heart rate, blood pressure, step tests—really basic measurements. What we found was that we had a heck of a lot of

unhealthy people on our hands and really no place to send them. The Human Performance Center came about as an answer to the needs of those people."

Roberts estimates that nearly 60 percent of the clients at the Center are either post-cardiac or what he calls severely de-conditioned, sedentary adults. Most are male, around 45 years of age, successful professionals, including doctors and lawyers,

whose energy and priorities are focused totally on their jobs—not on health and fitness. Often a physician has referred them to the Center either as a result of a specific health problem or at signs of high risk.

The other 40 percent or so are athletes who are genuinely concerned about improving in their sports—people who are interested in health maintenance and athletic achievement.

People like Lynn and Dave. Roberts invited Adams and Peck to undergo fitness testing at the Center under the recommendation of Bobby Green, Racquetball World's resident pro. Green had undergone the testing and evaluation himself and felt that the results had really helped to improve not only his health and training methods, but his racquetball game as well.

"It also gave us an opportunity to gather some valuable information," Roberts says. "On our computer we have compiled results of testing performed on elite athletes from all sorts of sports. But we really didn't have any substantial information about racquetball players. It gave us the opportunity to see how Dave and Lynn's test scores compared with norms for other pro athletes."

Dave and Lynn underwent the same fitness screening Roberts' staff conducts for every client at the center. For already healthy individuals, it's an uplifting experience... a fine-tuning so to speak. For a post-cardiac or high risk individual—like the man on the treadmill—it's a prescription for life.

Initial testing consists of a thorough blood chemistry analysis, electrocardiogram (EKG), a graded exercise stress test, assessment of body fat percentage through hydrostatic (underwater) weighing, blood pressure monitoring, and lung capacity measurements. Results from the tests are fed into a computer, analyzed, reviewed and spit out with recommendations and warnings.

The computer's data bank paints a bleak picture of America's health and diet standards. Too little exercise. Too little fiber. Too



Part of the testing involves an electrocardiogram to measure the heart's ability to withstand the testing.

LYNN ADAMS



Age:	24
Extended Risk Age:	25
Height:	66"
Weight:	129
Family history of heart disease:	Yes
Smoking:	No
Tension or stress:	Slight
Poor nutritional habits:	Tea and french fries
Blood pressure:	110/70 - Excellent
Blood cholesterol:	269 - Higher than average
Triglycerides:	107 - High for an athlete
Percentage of body fat:	14.78 percent - Superb for a woman
Treadmill stress test:	18 minutes - Excellent
Strength:	lat pull: 120 lbs leg press: 385 lbs bench press: 75 lbs Excellent

Comments: Lynn's strength is phenomenal... her performance on the treadmill test was the best ever recorded for a woman at the club... high cholesterol level is probably a genetic factor that could be improved with diet guidance... results show she is an

athlete, does strength and cardiovascular training...

Suggestions: Cut down on consumption of animal fats and dairy products... stay away from saturated fats... overall improve diet, especially during season...

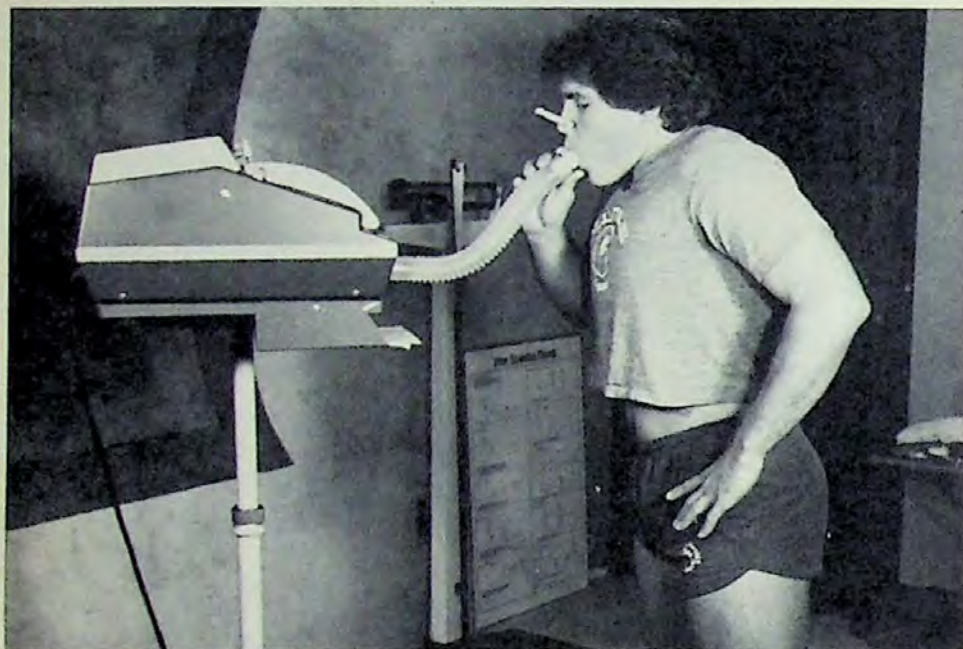
Your Mind Screams It's Pain

much salt. Too much sugar. And too, too much fat.

"Most Americans consume way too many fats by way of meats and dairy products," Roberts says. "And the results of these tests

nine times out of ten confirm it."

Fats found in the blood are called triglycerides. High levels of triglycerides are associated with arteriosclerosis, heart disease and other degenerative diseases.



Dave Peck (top) goes through lung capacity procedure and Lynn Adams participates in underwater weighing procedure designed to measure body fat.

But research indicates that levels of triglycerides in the blood can be cut by reducing total fat intake, combined with increasing levels of endurance-type exercise, and reducing total intake of all other foods, especially the notorious refined carbohydrates associated with "junk" foods.

They give you a lot of this kind of information at the Center. For example, under the heading of "fats" the computer says 36-61 grams of fat per day is the suggested level for best health.

One of the hardest hitting pieces of information that they hand to you after all the testing is done is a nice little number they call your "extended risk age."

The computer takes six major health risk factors into consideration and then adds years to your present age for each negative factor: smoking, alcohol consumption, excessive weight, lack of exercise, high blood pressure, and stress. The Big Six.

An individual may be 24 years old chronologically, but when the risks are added up he or she could have an extended risk age (the level his or her body is actually functioning) of say 27, or 29, or even 35, depending on how many negative risk factors are chalked up.

The years add up. Fast. Add a couple for regularly skipping breakfast, eating dinner after 6 or 7 p.m., often feeling depressed or experiencing stress at home or at work.

A history of family heart disease is an instant penalty as is drinking tap water, stopping for junk food five or more times a week, and drinking coffee or tea.

The extended risk age concept is based on statistical data—expert scientific opinion—and scary enough in most cases to convince even the most de-conditioned, sedentary adult to take some course of action.

And action is part of the solution—exercise. According to Roberts, an adequate exercise program should have at least three components: 1) it should be something you do at least three times a week; 2) it should be a vigorous type of exercise such as swimming, jogging or even walking; and 3) it should be done for at least 30 uninterrupted minutes.

"Racquetball is a great participatory sport," Green says. "But it's not enough because of its stop and go nature."

"The majority of twice-a-week players are playing for the simple enjoyment of it. It's a fantastic sport for releasing stress. People forget their problems for a while and get out a lot of aggression. If they are really giving it their all and competing with players who are equal or better, then racquetball is also going to fulfill their aerobic and fitness needs as well."

"I'd like to see recreational players playing a skill game, really making an effort to keep the ball moving. Just as you have to learn how to make a great kill shot, you also have to learn how to use the game to get in shape."

"At upper levels of play racquetball is an extremely strenuous sport. However, as the

level of play goes down the ladder, so does the aerobic aspect of the sport. That's where we find that people aren't working out as hard as they should be and need to supplement their play with other forms of aerobic conditioning."

He suggests supplementing racquetball play with jogging or other types of aerobic exercises—something that will get your heart beat up and keep it there for a while.

Lynn adds cardiovascular training to her racquetball regime in the form of jogging, running and hill training. It's not enough, by her own standards, though the test results at the Center—especially the treadmill stress test—would indicate otherwise.

The treadmill test comes last. After being poked with needles, and weighed under water and then pushed to the max in lifting weights and blowing out every last cubic inch of air in your lungs... after a multitude of data is compiled, every inch of fat is measured and every heart beat is monitored... then they put you on the treadmill.

Robert's staff conducted a modified test on Peck and Adams. Because both are already well-conditioned athletes, the test was accelerated.

The test is divided into three-minute stages. The first stage is set at 1.7 mph at a 10 percent uphill grade. Stage two is 2.5 mph at a 12 percent grade. Stage two is 2.5 mph at a 12 percent grade. Stage three is a 14 percent grade at 3.4 mph, and so forth right up to Stage seven at a 22 percent incline at six mph.

Peck made it to Stage five—right where he should be for a conditioned athlete. Lynn pushed herself to Stage six, running five-and-a-half mph up a 20 percent incline.

"I do hills three times a week," she said later. "I think that helped a lot. But I'm also extremely competitive and had to beat Dave out."

Overall, the racquetball pros performed admirably. Most shortcomings showed up in the blood chemistry analysis in relation to nutrition and diet—a situation compounded by the problematic demands made on touring pros who travel days on end, often skipping meals or catching snacks on the run.

But the Human Performance Center doesn't just heap on the bad news without offering alternatives. Adams and Peck received nutritional counseling specifically tailored to their training and tournament schedules. The results of the tests were analyzed and discussed and training methods were improved.

Fitness testing facilities are popping up throughout the United States. The September '81 issue of Physician and Sports Medicine Magazine list a number of locations. Private physicians can often recommend facilities.

But it's not a cheap proposition. Complete testing, followed by a 16-week training program hovers at around \$360 for non-members at Racquetball World.

But the results may be worth it to you. Ask the man on the treadmill.

DAVE PECK



Age:	25
Extended Risk Age:	26
Height:	70"
Weight:	200
Family history of heart disease:	No
Smoking:	No
Tension or stress:	Slight
Poor nutritional habits:	Tea, coffee, cola, candy, sweets, french fries, wine occasionally
Blood pressure:	126/76 - Fine
Blood cholesterol:	235 - Average
Triglycerides:	80 - Good
Percentage of body fat:	13.9 percent - Good
Treadmill stress test:	15 minutes - Good
Strength:	lat pull: 190 lbs leg press: 600 lbs bench press: 230 lbs Excellent

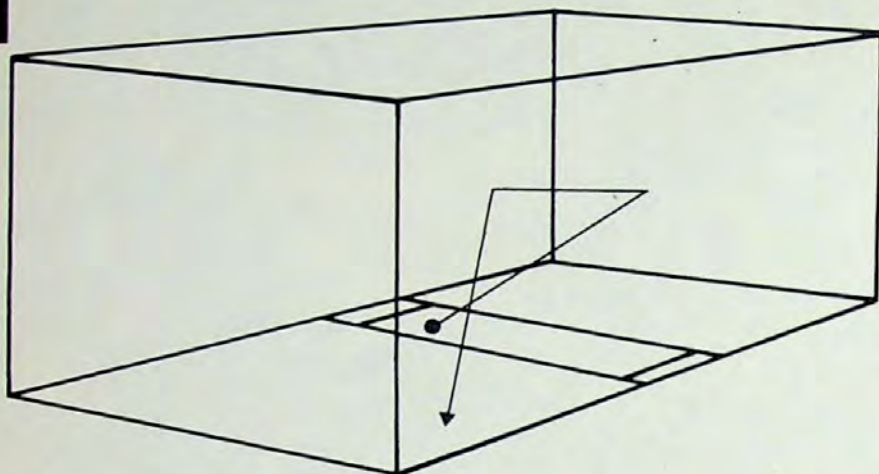
Comments: Very strong... strength in quads and hamstrings is well balanced, except for a weak left ham muscle... diet has room for improvement... for a pro athlete, has room to shed additional percentages of body fat

(marathoners average 6 percent body fat, wrestlers get down as far as 3-4 percent)... Suggestions: Improve diet... cut out sweets, caffeine beverages, fried foods... Improve and increase cardiovascular training...

10 Surprise Shots That Work

By Charlie Garfinkel

1



Most of us rely on the same serves or shots in game situations. Sometimes we win the point. Sometimes we don't. But there are times when you should try different types of serves or shots to catch an opponent by surprise. You'd be surprised at how often these will score points.

1. Hard z-serve from the left side of the service box to the right side of the court.

The hard z-serve to the left is one normally used by a right-handed player, and he usually begins from the left side of the service box.

So, instead of following this procedure over and over, you should take a step to the right once in a while and the ball should hit the front wall near the left side and rebound off the left side wall. The ball will then ricochet deep into the receiver's forehand court.

You're probably thinking, "Why should I do that? I'm hitting into my opponent's strength; especially on a second serve." You're correct to an extent but the surprise element of a hard z-serve to the right side, should produce many points because the receiver has a tendency to lean towards the left side of the court.

2. Drive serve from the left to the right side of the court.

Stand in the same position that you would for a regular z to the left. But instead of hitting the z-serve, hit a hard drive serve to the right side of the court.

It is recommended that you use this serve mostly on your first serve. However, if you really want to "surprise" your opponent, try this serve on your second serve.

One word of caution: Be sure to move to center court immediately after hitting the serve. This will help you cover the return, which your opponent may hit straight down the right side of the court.

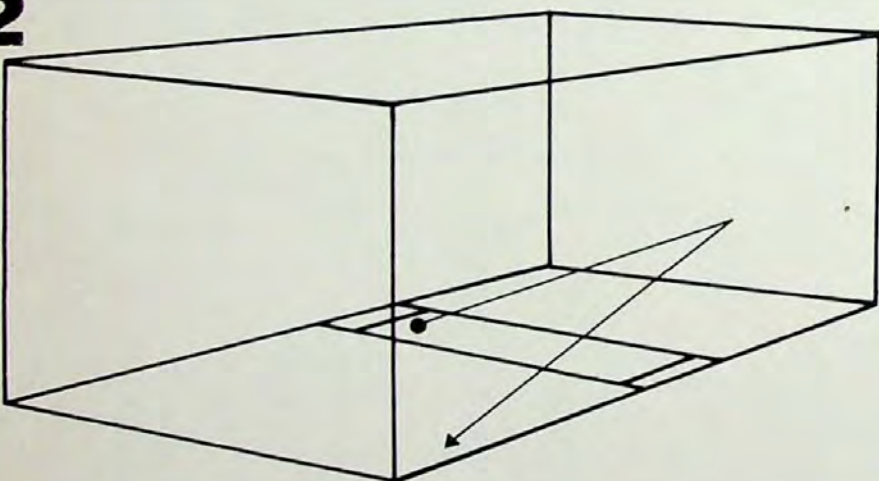
3. Forehand pinch shot into the left corner.

Dave Peck uses this shot very effectively from deep court. When the ball is hit down the middle of the court and caroms off the back wall, you have a choice of taking the shot on either your forehand or backhand. Most of us take the shot on our forehand and we usually hit one of the following shots:

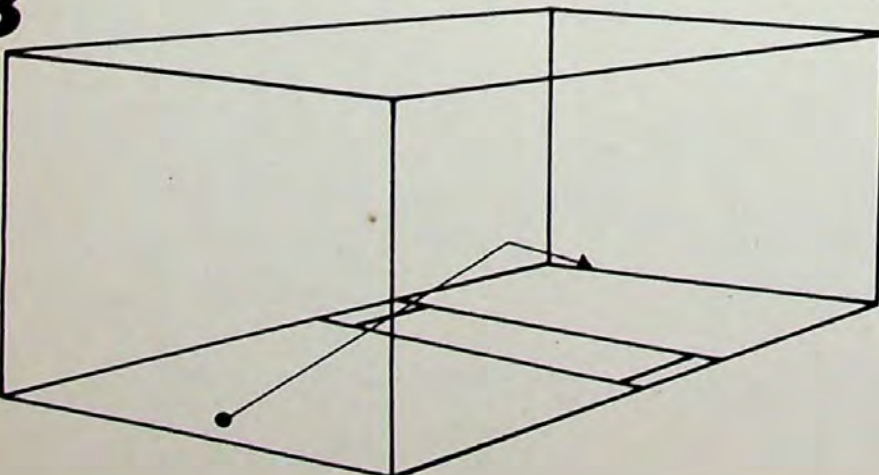
1. A kill shot into the lower right front wall.
2. A pinch shot into the right corner.
3. A passing shot to the left side.

But a pinch shot into the left corner is very effective. Because your opponent is usually stationed to your right when you have a kill shot in this situation, he rarely has time to react to a shot that is dying in the left corner, diagonally away from him.

2



3



4. Faking an overhead kill shot followed by a passing shot.

When most of us attempt an overhead kill shot, we know that it has to be near perfect. Why? Because, our opponents can usually read this shot by the way our body is positioned. He is practically in front court before we even hit the shot.

So surprise him. When a ceiling ball falls short, and he is thinking you will execute an overhead kill shot, do the following: Instead of hitting an overhead, quickly move back two or three steps to let the ball drop lower. Then hit a hard passing shot down the opposite side.

5. Soft volley from mid-court (forehand).

Often times you're stationed near the short line and you hit a hard shot that seemingly passes your opponent. He scampers to the back court and flails wildly at the ball, producing a shot that hits high on the front wall. Most likely the ball will bounce and carom off the back wall, resulting in an easy kill shot for you. But he may get lucky with it, and turn it into a point. So, instead of letting the ball continue to the back wall, hit the ball while it is still in the air, as softly and as low as possible.

Your startled opponent will probably be ten to 15 feet away from the shot. He will be so startled at the soft volley, he'll react as if his feet were embedded in cement.

6. Backhand reverse corner against a lefthander.

If you're righthanded, you have a tendency to change strategy when you're playing a lefthander. However, there is a shot that is very effective in the following situation against the crafty southpaw.

After an extended rally, you find that you and your lefthanded opponent are situated at the short line. The lefthander is on the right side of the court and you're stationed five feet from the left side wall. You're given a fairly easy setup on your backhand, so your opponent is most likely expecting one of four shots:

1. A kill shot into the left front wall.
2. A pinch shot into the left side wall-front wall.
3. A down-the-line passing shot.
4. A cross-court passing shot.

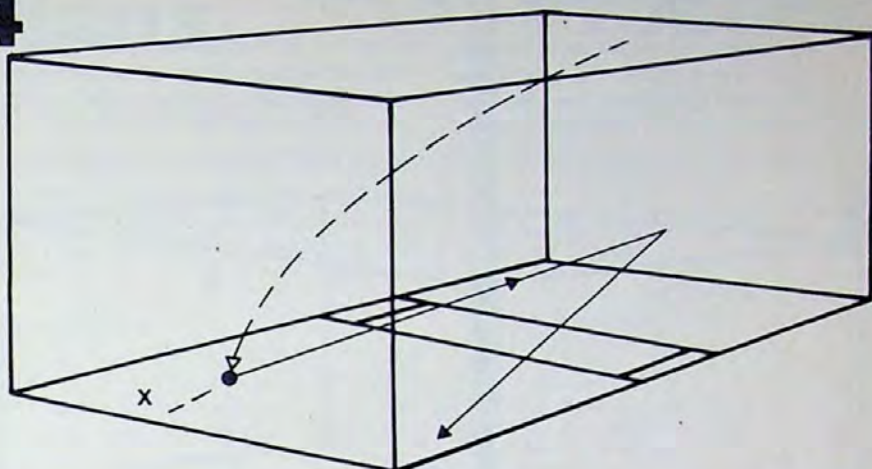
Instead of trying one of these, hit a backhand reverse corner shot. If hit correctly, the ball will hit low on the right side wall, near the front wall. It will then hit low on the front wall and roll out.

Your startled lefthanded opponent will barely have time to react. By the way, this shot can also be effective against a righthander.

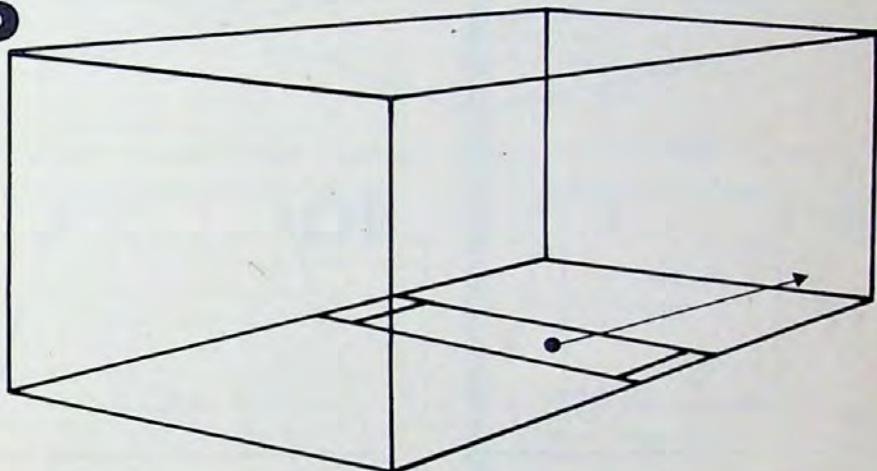
7. Soft backhand crosscourt dropshot from the back wall.

Frequently, after a long rally, a player is given an easy kill shot to hit off the backwall

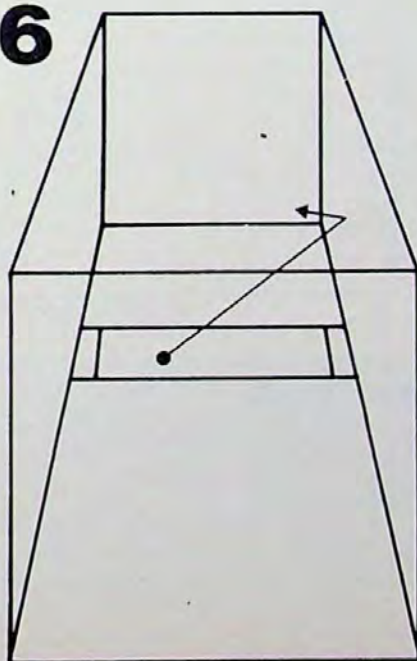
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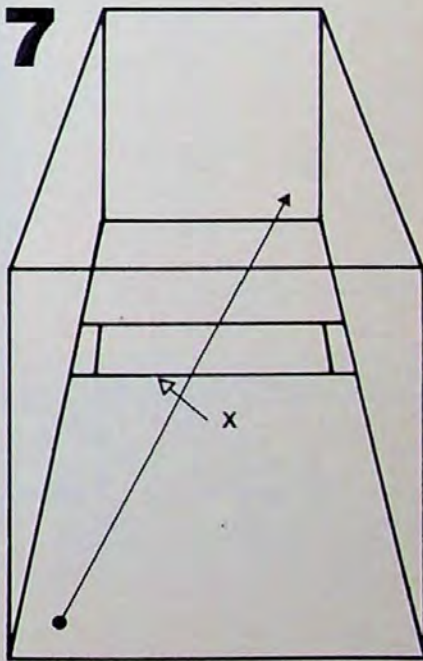
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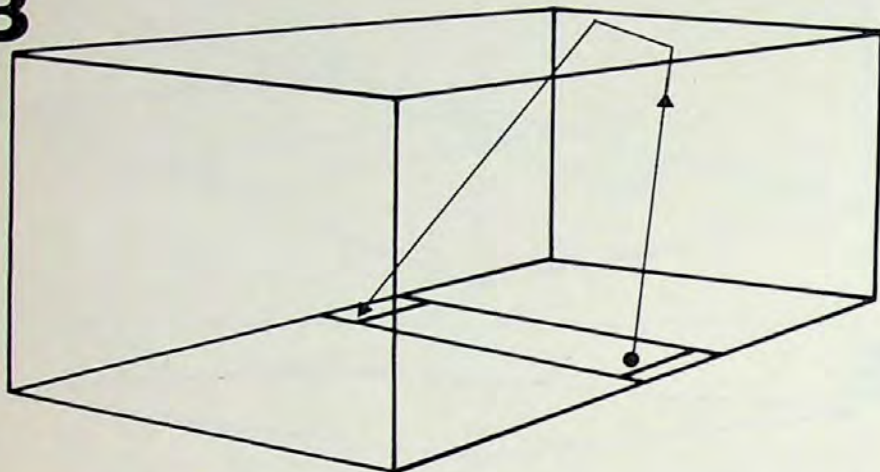


10 Surprise Shots That Work

on his backhand side. His opponent moves up to the short line to cover the anticipated shot that usually is hit straight down the line. To surprise an opponent, however, hit a soft

drop shot to the extreme right front wall of the court. If hit correctly, your startled opponent won't have time to shift gears, as he'll be moving to the left front of the court.

8



If you feel this is a risky shot to try, you're correct. However, you'll be amazed how proficient you can become by continually practicing this shot.

8. Ceiling ball, off the front wall (first).

Have you ever won a point outright by hitting a hard ceiling ball? That's right—a hard ceiling ball. In the following situation, it can prove to be very effective.

You and your opponent are stationed at the short line. You're on the right side. He's on the left. He gives you an easy shot on your forehand. Anticipating a kill shot, he quickly moves up.

As he does this, you should hit a hard cross-court ceiling ball, hitting the front wall first, about a foot from the ceiling. The ball will then hit the ceiling and ricochet quickly to the deep left court, bouncing twice before your shocked opponent even has time to turn around.

9. Three-wall shot off a drive serve (backhand).

When a drive serve is hit to our backhand side, we try to return the ball to the ceiling or pass the server. Or try this one:

Assuming that you're 25-30 feet deep in the court when you return a hard drive serve, you should attempt to hit the ball as hard as you can into the left side wall about five to seven feet in front of you. The ball will ricochet cross court to the right side wall, close to the front wall. The ball should drop softly on the front wall.

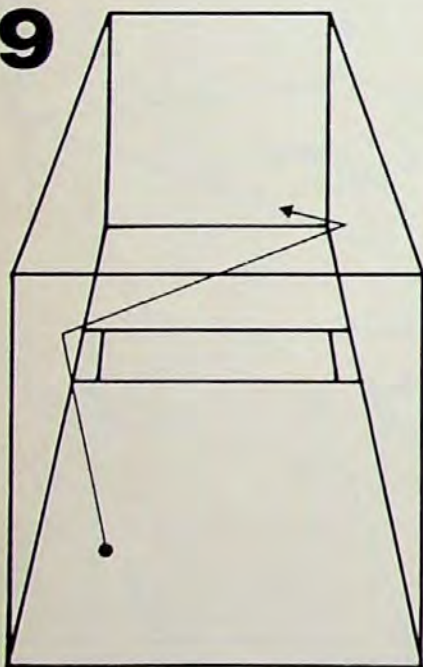
10. Wide forehand pinch shot.

During an extended rally an opponent may hit a shot that passes you so quickly, you are lucky just to get your racquet on the ball. You may try to go to the ceiling or flick the ball to the front wall. If so, you're thinking strictly defense.

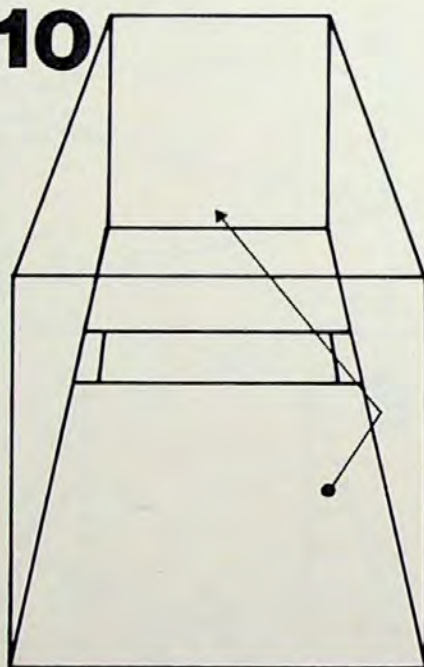
If the ball is on the forehand side, there is a shot that can be very effective. Instead of trying a defensive shot, hit the ball as hard as you can into the right side wall, about five feet in front of you. The ball will then carry and roll out in the middle of the court on the front wall. This type of wide pinch shot will produce many winners from a seemingly impossible situation.

R

9



10



Gospel According to the Pros

Dr. Victor I. Spear on how to beat the gunner:

"One of the most common strategic errors is to try and play a move-the-ball-around, waiting game against the gunner (the guy who always shoots to kill). This approach is suicidal. The longer the rally goes on, the more likely it is that he will get his shot. The answer is clear: shoot more. Gun down the gunner."

Marci Greer on volleying:

"If the ball approaches you between knee and chest height while you are near the service area, pick it off. You gain the element of surprise and you can capitalize on your opponent's position behind you. If the ball is head high, let it go. It will produce a plum for you off the back wall."

Ben Koltun on kill shots:

"I set my body parallel to the side wall, so I can swing through the ball. This generates power. You want to avoid hitting the ball while facing the front wall."

Game Plans

By Charles Brumfield and Jeffrey Bairstow

Editor's note: This excerpt is taken from *Roll-Out Racquetball*, Charles Brumfield and Jeffrey Bairstow, Dial Press, New York, 1982.

A game plan is an analytic, systemized method of attacking a certain game style. If you watch closely while a potential opponent plays, you'll realize that the shots made in certain situations become very predictable. Every player has a different style, but within that style he is usually pretty consistent.

For example, if you're playing someone who has a strong forehand and likes to shoot, you know what to expect when you give him a setup to the forehand. On the other hand you may realize that when given a setup to the backhand, this same opponent always goes defensive. By being aware of this ahead of time you'll be one step ahead.

I recommend that you sit down with your coach, or a player you respect, and map out your game plan on paper. Before a match, I diagram four or five serves that I want to concentrate on. I also make a list of do's and don'ts against that particular opponent. I even map out specific situations that are likely to occur, so that there will be fewer surprises for me during the match. If you've already thought your game plan through ahead of time, all you have to do during the match is execute.

Rules

Basically there are two rules for devising a game plan. Rule number one: Play your own game. Rule number two: Use a game style which forces your opponent out of his game style. Ideally, you should master a number of different styles so that you can play your own game, but at the same time you'll be forcing your opponent out of his game style.

For example, if you're playing a power player like Marty Hogan and you're also a power player, you will lose to Hogan because you're letting him do what he does best. If you were a more versatile player, you would realize that you would be better off playing a slow, garbage game, keeping the ball high enough so that Hogan couldn't generate his tremendous power. However, if by switching to the slow, garbage game you actually do yourself more harm than good because the only style you can play is power, then stick to your game.

The greatest players in the history of individual sports have been the ones who mastered a variety of styles. During the course of your development as a racquetball player I suggest that you take the time to develop alternate styles. That way your game plan will

cover all situations and you will find that few opponents give you any trouble. Good players can handle certain opponents but will be thrown off by others. Great players can handle them all.

Styles of Play

Let's first look at the so-called pro style of play, which of course includes the style of Marty Hogan, the premier player in racquetball today. Hogan typifies what I call the bull, the supreme power player.

How do you confront the bull? Remember that there are areas in every power player's game where he can't hit with power. Those are the areas to aim for.

The musculature of the typical bull does not allow him or her to make a tight swing when reaching for high backhand shots. Marty Hogan is the exception to this, which is why he is so unusually deadly. But most bulls cannot hit hard high backhands, so aim for that region.

You should also try to move the bull out of his or her natural habitat. You want to move the bull into an alien position where he or she is forced to play pitty-pat racquetball, which is more to your style of play, perhaps. If there is an area where the bull can't hit the ball hard, keep the ball there the majority of the time and you'll tend to frustrate your opponent.

If, on the other hand, you run into a bull who seems to have no weak area to aim to, then at least aim away from the area where he hits the ball hardest. One method is to keep the ball as high as possible without having the ball carom off the back wall. You'll find that power players, no matter what their ability to hit with power, have a more difficult time killing from a higher angle. From that height, the bull's power tends to work negatively because the ball will hit the front wall at such an acute angle that it pops up and gives you a chance to recover it.

Beating the Bull

The shots you can use to keep the ball above the waist to prevent the bull from hitting with full force are the ceiling ball, the lob shot, and the garbage ball. I was probably the strongest all-time advocate of the ceiling ball. I was able to keep power players at bay by keeping any ceiling ball deep within two or three feet of the back wall at chest height. Because this is above the optimum power zone, the bull has problems trying to use power effectively against a well-placed ceiling ball.

The lob shot goes back in history to when the balls were considerably slower, so today

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INSTRUCTION

Game Plans

we virtually have to remove the lob from our game plan, except as a desperation attempt when we have no other swing at the ball. Only in that case should you hit the lob shot to the bull.

The garbage is a five-foot-high, medium-speed pass shot that's designed to go either cross-court or down-the-line. The modern leading advocate of the garbage pass is squash champion, Victor Niederhoffer. Vic's medium speed pass is frustratingly and tantalizingly high as it passes, yet the ball slows down as it catches the side wall or before it has a chance to carom off the back wall.

Another method of playing against the bull is to hit the ball outside the power zone. Most power players have to be able to extend the arm and hit through the ball with the entire body to generate power. You'll find that there are really two ways of keeping the ball out of the power zone. One is to hit the ball in such a way that it is beyond the swinging reach of the power player. This is normally done by the wide-angle pass.

The wide-angle pass is designed to hit the side wall slightly behind your opponent and carry behind, dying as it reaches the back

wall. This shot is very often combined with the Niederhoffer garbage trajectory, where the ball is hit high. Even if your opponent does try to cut the ball off prior to the time it reaches the side wall, it is really too high to do anything with it without running into the acute-angle pop-up problem. However, you must hit this shot with plenty of touch or else the bull will either be able to cut it off or get a setup off the back wall.

An alternate method of keeping the ball outside of your opponent's power zone is to keep it inside the zone. In other words, jam the bull. Hit the ball right at him.

A final method to include in your game plan against the bull is to slow the game down. Slow not only the pace of the game but the pace of your shot. The bull likes to play a jet-powered, slam-bang game in order to overpower. Instead, give him something off-speed so that he has to time it in order to hit hard. Make him supply his own power.

To slow down the pace of the game, try taking your time before putting the ball in play. Think about your shot before you hit it. Try to play the type of game that's going to make your opponent antsy. When the bull

gets antsy, he will overswing when finally getting to the ball, so it carries off the back wall or else skips directly into the floor and bounces almost to the ceiling.

The Rabbit

Now let's talk about playing the retriever, or the rabbit. This player usually doesn't have a lot of shots. The rabbit usually sets you up for what appears to be an easy shot with an open lane to hit into. You try to blow it by the rabbit and then he steps smartly over and rekills the shot!

The rabbit loves to run. He loves to be in an off-balance position where he has to chase down the ball. Rabbits like to feel they're contributing to the match by giving it their all. A rabbit often tends to take a position well out of center court, because he is generally not a shotmaker. Generally, rabbits are in poor position most of the time simply because they hit poor shots.

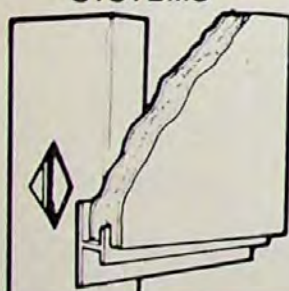
In your game plan against a rabbit you should expect the rabbit to retrieve every ball. Never quit on the rally until the ball has bounced three times; even then, you still may not be able to quit.



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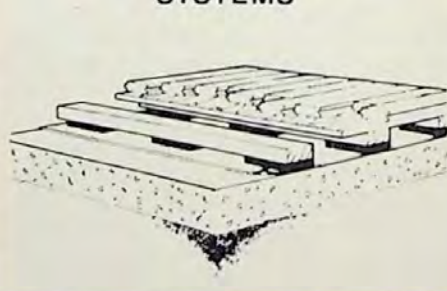
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Rabbits tend to hit most effectively on the run. They've been in that situation so much that they've gotten good at hitting while retrieving. On the other hand, what would be an easy kill to anyone else really throws off a rabbit's timing. The rabbit is not used to someone executing the ball so he doesn't have to run for it.

When I played a rabbit in the old days I almost exclusively went to the ceiling. That way the rabbit was stuck in the back corner. No one was doing much running and it became a game of patience, intellect, and execution, at which, as a rule, the rabbit does not excel.

So you should hit the ball to the rabbit and you'll find he does less running and even less scoring. Don't attempt to play the rabbit's game, expecting the rabbit to tire, because rabbits can run forever and you'll probably be the first to tire.

The Shootist

The shootist is a shotmaker who usually lacks power but is constantly going for the bottom board. You can't be too careful against a player like that.

There are three ways I've found to beat the shootist. The first way to beat players who try to kill everything is to give them the worst possible percentage shot to shoot and then take good center-court position and cover. I know I've been critical of the traditional

"Don't expect the rabbit to tire. Rabbits can run forever."

center-court theory, but against a shootist of only average power you can still play the traditional position.

When a shootist shoots the ball, he's looking to end the rally quickly and perhaps even on the serve return. If that is the case, you have the advantage of being in better posi-

tion, since you will be in center court when you serve. From there you can anticipate the shot and start moving forward into the correct coverage zone much sooner.

Several shots will give the average shootist lots of trouble. For example, try the ceiling ball deep along the backhand wall or the overhead drive into the body. You might also hit the wide-angle pass away from and behind the shootist. If the shootist attempts to return any of these shots with a kill, the usual result is frustration. If, on the other hand, the shootist decides not to shoot and goes defensive instead, then you've forced him out of his game style.

Most people are weaker on their backhands, so when you play a shootist you should let him try to kill his backhand rather than the forehand. Figure out what shots you feel are the weakest in your opponent's repertoire, such as shots from deep court, and concentrate on them. If the shootist can roll the ball out from 39 feet, he has earned the point. If the shootist skips the ball, you are given the point without even working. If the shootist leaves the ball up, then you should be ready to move in for the rekill.



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The third way to handle a shootist, especially one who is deadly when killing the serve, is to try to serve more conservatively, rather than aggressively. Normally you can serve a decent low, hard drive and the average receiver is not going to try to shoot the ball. Chances are he will be off balance and decide to go to the ceiling to be safe. However, when you're playing a high-percentage shootist who also has the ability to hit on the run, it's preferable to give him the most difficult shot to hit. Give him the high ball and make your opponent hit down with an acute angle so that the ball pops up.

The Crowder

The crowder is the player who stays so close that he throws off the rhythm of your swing. However, most crowders will not get so close as to become subject to the waffle face, unless they have no regard for their own bodies. If you realize this, then all you need is complete mental discipline so you can play your own game and block out all distractions from your mind.

The second method of dealing with the crowder is to hit the ball so you are between

the crowder and the ball. That way, your body blocks the crowder's vision momentarily as you hit the ball, so his closeness has worked to his disadvantage. The crowder can't go around you and the referee can't call a hinder because the inopportune position is the crowder's own fault.

The third method of dealing with the crowder is the frontal attack with either racquet or ball. I don't recommend this in amateur racquetball, because usually your opponent is in the way only because he isn't aware of the proper position or has lost track of the ball. Sportsmanship should be paramount in amateur play. If you feel there's any chance of hitting the other player with the racquet or the ball, you should hold up.

In pro tournaments, however, crowding is usually an intentional attempt to dictate which way your shots will go. If a player repeatedly does this after I've warned him and asked him as nicely as possible to move out of my way, I always hit the player as hard as I can in the back. If you do hit the crowder, do it somewhere that won't cause permanent damage but where you will cause audible pain.

One-Armed Bandit

The one-armed bandit is the player who has a tough forehand but no backhand, or vice versa. Such players are usually to be found in the amateur ranks, but there are still a few among the professionals.

How do you play against people who can hit from only one side? Strangely enough, I think you should keep the ball to their strong side on the first shot. If you can do this and hit the ball well enough so that it is not killed, you'll have the whole court to hit to the weak side.

Naturally, every competitive racquetball player attempts to improve whatever weakness he has. But you'd be doing yourself a disservice if you hit every shot to an opponent's supposedly weak backhand. Eventually he will catch on and will be able to overcorrect his position to favor that side so he doesn't even have to move for the shot. In addition, if a player is forced to hit one particular stroke over and over again, he's bound to get sounder on that stroke, even in as short a time as the duration of a match.

So the best way to beat a one-armed bandit on the weak side is to force him to the strong side and then back to the weak side



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INSTRUCTION

so that he or she has to play in the center of the court without favoring either side. The one-armed bandit won't get enough work on the weak side to improve it, so you'll be able to exploit the weakness.

By serving occasionally to the one-armed bandit's strong side you'll probably catch him off guard enough for your serve to be an ace. Nothing is more demoralizing to the one-armed bandit than an ace to the strong arm, because if he loses confidence in that shot, there's nothing to fall back on.

The Dinker

What about the dinker? Playing against someone who hits the ball very softly can be a totally frustrating change of pace. The present power style of play, which most pros and most amateurs aspire to, requires a constant, hard-hitting barrage of shots. But against the dinker your coverage patterns will be three or four feet closer to the front wall than usual, the ball will be traveling much slower than usual, and your timing will be completely off. It's no wonder that playing a dinker is often frustrating.

Probably the best way to foil the dinker is to play your own game. The mistake I used to make with dinkers was to try to outdink them. Do not dink with the dinker.

Neither should you try to overpower the dinker. All the dinker has to do against a power player is block the ball with a square racquet face to dump the ball in the corner. The dinker will try to use the power of your shot against you, so your best move is to hit a normal speed shot and force the dinker to generate the power.

Many of the shots you should use against a dinker are the same as you would use against the shootist. Shoot the ball before the dinker gets a chance to throw you off balance. Serve conservatively, rather than aggressively, against the dinker.

The shootist usually hits the ball with enough power so you can position yourself in center court and anticipate the kill attempt. The dinker, on the other hand, hits so softly that you have to move your pocket of defense up three or four feet to compensate for the shorter rebound off the front wall.

The Turtle

Now let's examine the turtle, the player who is a slow mover but a good shooter. Most turtles are overweight and in relatively poor condition. They can't hit the ball on the run because they can't run. So simply reverse the principles you would use against the rabbit. On the serve, make the turtle lunge for the ball. Once you have the turtle on one side of the court, he will have a tough time recovering to the other side.

This is what I call the one-two punch of racquetball. Serve to the left, the turtle crawls over to the left and returns the serve, then you punch the ball down the right wall. There's

very little chance of error, so your punch shot can be just about any height as long as it angles along the wall.

There are many serves you can use to set the turtle up for the one-two. You can serve the slow drive one inch over the line, but wide. You can serve the short-angle crack and the drive and fly.

In rallying against the turtle, your objective should be to keep the ball in play. While the rabbit never tires of chasing down your passes, the turtle will drop dead after a few long rallies. Don't kill the ball or hit perfect passes, because the turtle is an expert at knowing which shots are gettable and which are not. You're not going to tire the turtle if he or she won't run for your shots. Hit the shots that are just barely returnable or else just out of the turtle's reach so that an attempt will be made to run after them.

Tactics

What if you're playing a "hot" player? When you meet someone on a hot streak, try to relax and don't panic. I've found over the years that the best way to handle a hot player is to ride the hot streak out. Don't reject your game plan just because your opponent rolls out the first four balls.

Rarely will anyone be able to maintain a hot streak for three-quarters or even half of a game. So if you run into somebody who's annihilating you and your game plan, don't give up. Give your plan a chance to work. Stick with it because you spent a lot of time formulating your strategy. Chances are that this player is temporarily playing over his head. Eventually he'll cool down and you can take over.

When you are on top, you should stick to your winning game plan, even if your intelligent opponent switches his game plan to try to counter your winning streak. Don't change your plan simply because your opponent does. He's been forced to make the change; you haven't. Of course, sometimes your opponent's change in position or shot selection or tempo will turn the tide. Then you should consider a change in your strategy.

One strategy to foil your opponent's game plan is to apply a little reverse psychology. For example, you might try to hide a weakness by convincing your opponent that it's your strength.

Sometimes it's better to gamble with your weakness early in the match. You might get lucky and roll the ball out so that your opponent will shy away from attempting that same shot against you. This is exactly what you want to happen.

If you try to play a safe-percentage game with your weakness, a better player will catch on and nail you into the ground. Of course, the reverse psychology won't work against someone who's played you before, so the best idea is to work your game until you don't have any weaknesses.

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The Tough Shots

Peck, Yellen and Andrews reveal their weaknesses.

By Jerry Epstein



"I can never seem to be consistent in placing the pinch shot."

Ed Andrews



"I can't control the wallpaper shot and usually end up setting up my opponent."

Mike Yellen



"Ceiling balls off the back wall give me problems because of my size."

Dave Peck

The professionals make the game of racquetball look easy, don't they? They all seem to hit the shots exactly where they want. The top-ranked players never seem to falter. Right? Wrong!

Even the best players in the world have trouble with what many amateurs consider the easy shots. The professionals, though, can't telegraph their weaknesses to the masses and especially their opponents, or it could mean the difference between victory and defeat. But, here exclusively, three players—Dave Peck, Mike Yellen and Ed Andrews—exploit their weaknesses.

Peck, the number-one ranked men's professional player in the world, faces the same difficulties that so many other players do. It's the backhand portion of his game. Or more specifically, backhand ceiling balls.

"I admit I have a problem when it comes to returning ceiling balls coming off the back wall," says Peck. "I know what I need to do. I need to set down low by bending my knees. But instead I tend to drop from the waist. This shot gives me problems because of my size. I'm a big guy and I get cramped between the back wall and the ball. I've been embar-

rassed more than once running into the wall or hitting the wall with my racquet."

Peck also has problems hitting a ceiling shot with his backhand. "I'm a forehand power player," says Peck, "so I sometimes have difficulty with backhand ceiling shots. It's a finesse shot and I need to take more time with it. I spend hours every week trying to perfect it, but I still can't seem to slow down and take my time with it."

Andrews, who recently made the big jump into the professional racquetball world after winning the national amateur championship, finds the backhand pinch the most difficult shot to execute. "I constantly work on all my backhand shots, but the pinch always seems to give me trouble. I can never seem to be consistent in placing that shot. It's really frustrating to me because it can be such a great rally killer. Nonetheless, I still keep at it and know it's only a matter of time until I hit it with confidence."

Yellen, one of the most consistent players on the tour for the past few years, has never mastered the return on a wallpaper ball. The wallpaper ball is one of the most racquet-twisting, knuckle-scraping experiences in

the game. It's one of those shots that travels very close to the side wall on the way to the back wall. "It scares me," says Yellen. "I tend to hit it too hard. It's just a natural reflex action. When that happens, I can't control it and usually miss the shot altogether or wind up setting up my opponent. I think it's one of the most difficult shots in the game to return. The main thing I must remember is to keep my composure."

He also has trouble hitting an offensive wallpaper shot. "It's so frustrating because you really can't predict exactly where the ball will go because the angles change all the time, depending on what spot you are on the court. It's never a sure thing and that's what causes the most problems."

Peck, Yellen and Andrews all say the same thing, however, when it comes to their weak spots. "Practice," says Peck. "You can't avoid going to your backhand, if that's your problem area, throughout an entire match. You'll run yourself ragged and probably end up losing the match. Any weakness can be overcome. It just takes a lot of time, patience and practice."

How To Scout An Opponent

By Victor I. Spear

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

You will not always have the opportunity to watch an opponent in advance of a match. But if the opportunity is there, and you don't take it, you are missing a golden chance for some free information that you may have to pay dearly for later. And don't lose sight of your purpose. Don't just sit back and enjoy the game as if you were watching a parade. When you scout another player, you should have a definite list of questions on your mind, so that you can sit down afterwards, and privately jot down some concrete answers. Remember to resist your natural instincts, and watch the player instead of the ball.

Which serves does he usually hit? If he has a consistently good lob serve, you might plan to shake him up early by charging the serve and hitting it on the fly.

Does he have any unusual serves, such as the "wallpaper" serve, or the high-bounce Z-serve to the left corner? If so, you can prepare for these with five minutes of help from a friend.

What is his first move after each of his various serves? This is a very important point to observe, something that may be difficult to spot when you are in battle. You will be amazed to find some very good players with very bad positional habits, making them highly vulnerable to carefully selected serve returns. For example, most players have a good understanding of where to go after serving to the left corner, but have not yet convinced themselves that a right corner serve calls for the exact mirror image. They tend to drift to the left of center after serving to the right corner. This is a poor position, and should be punished with a down-the-wall pass.

The most common error you will observe is the server fading back too far after serving to either side; leaving himself vulnerable to a kill shot serve return. Make a note of it.

What serve returns will he usually hit against various serves? Some players always hit a kill shot if the serve comes off the back

wall. These players can be set up like pigeons at a crucial time by simply serving a bit too deep, and moving forward toward the corner to rekill the obvious return.

Where does he stand to receive serve? If it's only a step from the back wall, he is somewhat vulnerable to the short corner serve attempt, which might net you an easy ace on occasion.

You may also observe a specific weakness against one serve, such as a right corner Z-serve. These are all points worth noting on serve returns.

Which shots does he usually choose for winners? Most players will exhibit a definite pattern of shot selection, characteristic for certain situations. For example, on a set-up in the right front court on a ball coming off the back wall, most players will correctly choose the forehand kill shot to the right corner most of the time. These same players, faced with the identical chance on the left side, will cop out on the backhand kill shot, and go for the cross-court pass instead. Watch for this. It may enable you to get a one-step advantage in either situation to save a point.

Does he mix in a few cross-court kill shots? If not, your worries are fewer.

Does he tend to shy away from hitting kill shots after he has missed a couple? If so, you can be ready to back off one whole step, at the appropriate time, to be in a better position for the pass.

Does he hit drop shots on close-in opportunities? What body language does he use to tip you off in advance?

What's his ceiling game like?

Does he become impatient after two or three exchanges, and try to get aggressive on the wrong shots?

Does he always go to the kill shot on a deep ceiling shot off the back wall? If so, you can be moving forward when you realize that your ceiling shot may be carrying too deep.

Does he hit any overhead kill shots or passes? Does he follow these shots forward?

Does he handle the right corner ceiling shot well, or does he have trouble angling it back to the left corner?

Does he begin to hang back in the backcourt after a few ceiling shot exchanges? If so, he is vulnerable to an occasional surprise overhead kill shot.

Does he provide any clues with his feet position or racquet position before he hits a kill shot? Does he bend the knees more on a backhand kill shot? Does he take a longer backstroke on a forehand kill shot? Does he cock the wrist more on a backhand kill?

After all this meticulous dissection, you should be able to come away with a much better idea of how to nullify his strengths and illustrate his weaknesses. At the very least, you will spare yourself a few unnerving surprises.

Scouting should not, by all means, be reserved for the player who may be your upcoming opponent. It can be highly informative in three other respects:

1. Don't neglect the opportunity to scout a player that you play with regularly. You will see some things from off the court that you might never have noticed while playing. It will help you develop a more critical, watchful eye to analyze his game from the point of view of a stranger.

2. Watch the top players in action every chance you get, even if they represent a bracket you'll never get into. You might learn a few strategic maneuvers that you wouldn't see otherwise.

3. It can even be useful to do some scouting from a totally negative point of view. Watch a few lesser players. Take the point of view of a coach or critic. Ask yourself how you would beat him most easily, and what advice you would give him to improve. Thinking about coaching another player can teach you a lot about your own game.

In conclusion, scouting another player is potentially valuable, but only if approached in a thorough, methodical and analytical spirit. Most of your opponent's quirks and foibles will become apparent as you play the match. And you will be using a similar analytical approach in feeling out an opponent early in the match. But why not observe some of these things in advance, before the score is ten-zip?

Gospel According to the Pros

Jennifer Harding on service returns:

"The ideal goal is to get a quick side out by hitting an offensive shot that the server can't return. But this could be a problem if a strong

serve puts you off-balance. A much wiser strategy is to gain an advantage of court position. You want to force your opponent into back court, giving you the opportunity to assume control of center court. The ideal shot to achieve this is the ceiling ball."

Shannon Wright on angles off the wall:

"The main thing to learn is that if the ball goes into the wall at a particular angle, it has to come out at that exact same angle."

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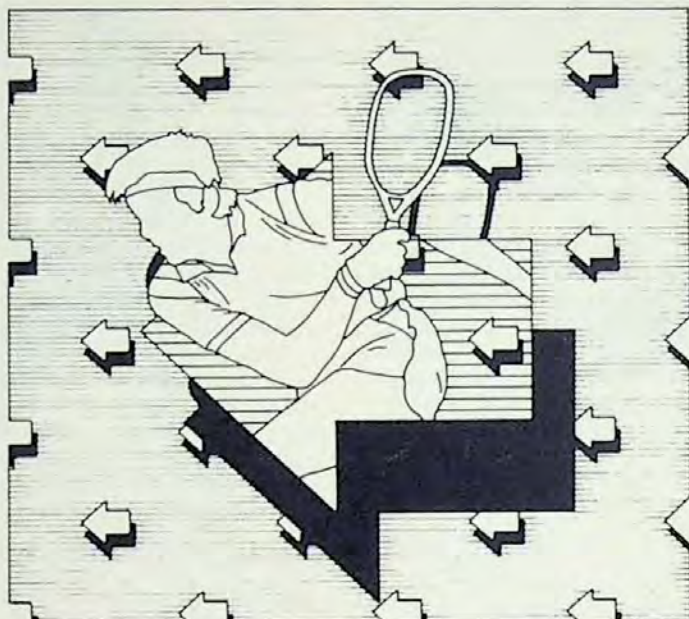
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INSTRUCTION

Motivating Yourself to Greatness

By David Haifleigh



Rarely do you lose a racquetball match to your opponent. You lose to the psychological demons that live inside your head.

Racquetball is becoming the mental pressure cooker of the '80s. Some athletes are feeding on the pressure of the game like Wheaties and developing a "Breakfast of Champions" attitude. But others are feeding on the pressure like Twinkies and developing a sweet tooth for mental mediocrity.

If your game has reached the Twilight Zone and you're lost in a racquetball mind warp—read on. Below is a plan to put more mental get-up-and-go into your game.

The first step towards positive mental racquetball conditioning is to develop the "big picture." Get philosophical about the game. Like Pac-Man, the game is only a small portion of your life. Annie says it best when she sings "The sun'll come up tomorrow..." This is the attitude in sport that makes winning and losing tolerable. In the overall scope of world events, a racquetball game—win or lose—doesn't mean much.

Getting out of this philosophical mind warp is a realization that effort, conflict, risk-taking, winning, and losing will make you a better person—a better racquetball player. The real game of racquetball is played against yourself. Your opponent is there only to create obstacles for you to overcome. Conflict on the racquetball court is an opportunity to experience growth. The more ingrained your "big picture" is, the more you

will welcome the challenge of a tough opponent in a tight game.

Be quiet and cool. An inner focus is like the eye of a hurricane. In racquetball you can't score a first round knockout. Don't try to win the warm-up. Build your competitive passion around the hungry eye of the tiger. Don't come and go in a mental heated rush. Remember when Rocky said "Go for it?" Inner confidence. Dorothy, in the Wizard of Oz, had it too. Get on the yellow brick road and focus in on Oz. Nothing, including pinches, splats, a tin man, a cowardly lion, or Clubber Lang should divert your focus. Your quest is to focus. Here is what to focus on:

Strategy. Each shot you hit is a stroke on the canvas of a great work of art. Study it. Have a plan. Think backhand, backhand, backhand. Or down-the-line pinch. Have a feel for the master plan—a totality of what you're trying to accomplish on the floor. Don't get caught in the pettiness of a skipped ball or a bad call.

Symbols of inspiration. The *Sports Illustrated* cover of Dr. "J" stuffing the ball into the hoop against the Celtics in the seventh game of their NBA playoff, the head-first slide of Pete Rose, or Marty Hogan's gloat as he hits a devastating rekill from center court are all mental pictures triggering an inspirational response. Consume positive mental symbols. The never-say-die attitude of a Jake LaMotta or the confidence of Hogan conjure up these symbols.

The idea is a simple Peter Pan premise: if you think good thoughts, good things will happen to you.

Your mental strategy when playing racquetball is to occupy your mind with positive thoughts. Fight negativity. Leading 19-15, have you ever felt the demons taking over as the score gets to be 19-18? Fight, fight, fight. Would Larry Bird give up? Gut-it-out. The mental game you're playing is what sport is all about. Call a time out. Change your shirt. Charge your spirit. Remember Franco Harris and the Immaculate Reception? Willpower had a lot to do with that. If people can bend spoons with their mind, you can change the mental flow of a racquetball match.

Another common sign of a dominating mental demon is when a player begins to look for the miracle shot. This attitude stops you cold. You're looking to kill the ball and end the rally with low percentage shots. Your feet don't move because you expect to end the point with every shot. Your opponent wins the point because you are out of position. Fight the hurt to your pride that you feel in the pit of your stomach, the emptiness that you feel as your spirit cries out against the injustices of the racquetball God. With miracle shots you're just pouting, just trying. Trying is not enough conviction. As Yoda said to Luke Skywalker in *Star Wars*, "Do or do not." There is no try. Trying is mental purgatory. Mental mediocrity. Look forward to tight spots because they are a stage to grow. Act with heart. You're lucky to be involved in a sports drama.

When the drama is intense, the most important factor to motivate yourself to greatness is to decide to pay the price. Grit. Hustle. Tenacity. Perseverance. Become a warrior. Are you ready to die? Jimmy Connors spoke of his willingness to "pay the price" in his 1982 Wimbledon victory. As a racquetball player you have to become Gordon Liddy tough. Hans Solo going into the asteroid field to avoid Darth Vader. BYU's Danny Ainge sweeping the length of the court to score the winning basket in the waning seconds against Notre Dame, or Billie Jean's gutsy win over Tracy Austin at Wimbledon—all of these inspirational victories were won with a mental toughness that was prepared to go the distance. The reality is that you have to commit yourself to a goal: body and soul. Winning and losing comes down to the cliché: "How bad do you want it?"

Play hard. Play tough. And then move on. The reality of racquetball is that you'll have many opponents, many deaths, and many victories. As your philosophical capacities develop, you'll realize that you never remember who won or lost. What is important, what is immortal, is the spirit in which you compete. The best reason to play racquetball is to learn to win and to learn to lose without letting the ups and downs bend your inner spirit.



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A Family Affair In Indiana

The Pritchetts are not an ordinary racquetball-playing family and they have plenty of trophies to prove it.

By Steve Phillips

Thirteen years ago, Larry Pritchett, looking for a way to trim down and tone up, decided to give racquetball a try at the local YMCA. Why not? It required little equipment investment, playing time wasn't dictated by the weather, and it fit nicely into his home and work schedule.

Today, the sport is the number one conversation topic around the Pritchett dinner table. And Larry isn't doing all the talking. There's his wife, Jane. And daughter Dina. And sons Keith and Bo. Who said the Family Affair has gone out of style?

But this is no ordinary Family Affair. This

one wins awards. Trophies, plaques and certificates are propped up in every room of the Pritchett's Anderson, Ind. home, documenting hardware documents such as achievements as Dina's title of Women's State Open Champ; Larry's first-place finish in an Indianapolis A tourney, Jane's 1979 State Sportsman Award and Keith and Bo's honors in Junior division. They even put in a cement floor and wall in the barn—perfect for practicing kill shots.

After dinner, with dishes cleaned and homework done, the family usually heads for the Full Court Racquetball Club in nearby

Muncie for a few hours of competition. On weekends their camper takes them to tournaments all around the Midwest.

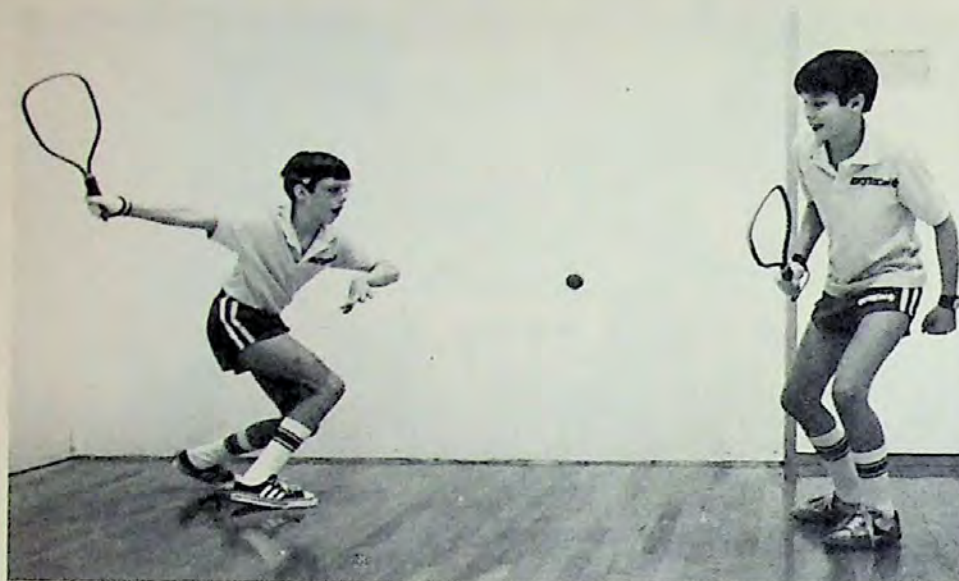
"Racquetball is a big part of our lives," says Dina, a 16-year-old high school junior. "We're always talking about an upcoming tournament or the sport in general."

But the sport didn't hit the family as a form of entertainment at first.

"My family has a history of heart trouble, so it was important for me to stay in shape," says Larry. "We moved to Anderson from Southern Illinois where I played handball."

It wasn't too much later that Jane took on

A Family Affair



Photos by Dale Pickett

Top: Bo and Keith Pritchett often play matches against each other as do Larry and Jane (bottom). But it's 16-year-old Dina (center) who runs off with most of the trophies.



racquetball. During a four-player, round-robin tournament, she was asked to fill out a group. She had played casually before, but the tournament competition sparked a more serious interest.

"I saw Larry play quite a bit and, even though women weren't allowed, I'd occasionally slip onto the court and hit the ball around," said Jane. "Larry talked me into playing a few tournaments and since then I've played and enjoyed the game."

Jane has since assumed the post of pro at the Muncie club and is still considered one of the top women players in the state.

As Jane and Larry became more involved in the sport, the three younger ones gradually drifted in.

Although Jane still remembers Dina's first days on the court as "cute," she has turned into one of the best players in the state. She recently reached one of her personal goals by beating three-time defending state champion Kay Kuhfield in the Indiana state finals.

Dina also placed second in the Junior Nationals in the 15-and-under girls class last year before taking top honors in the Octoberfest State Classic in the Women's Open division.

"My parents like to see me do well and they're so unselfish," says Dina. "They are always there to help me. They are the ones who help me start and they support me all the way."

But not only has Dina developed her racquetball skills, she has other skills as well. She is an honor student, and an artist. She plays the piano and gives lessons, tutors a junior high school student and sings in the school and church choirs. And of course, she teaches racquetball.

"Sometimes you have to cheat on time to get things done," she says. "Lately, I've been able to get out of my anatomy class and play racquetball in the school gym. After school I get some of my homework done on the bus going home. I then go to the club and then to choir practice. I don't waste a minute of my time."

She can't afford to.

"Discipline is a big part of it and you just have to use your time wisely," says Dina. "Sometimes I'm not able to talk to some of my friends because I have to get some work done. I try to put school and church before racquetball, but sometimes it's hard."

The boys became interested in racquetball, even though Jane was hoping they would become proficient at baseball.

"I wanted the boys to become professional baseball players, but we went through the Little League politics," says Jane. "With racquetball, when you shut the door on the court it's your individual abilities and not whether your dad is the coach or the mayor. It all depends on what you can do."

Keith, 12 and Bo, 11, also had spent a lot of time at the club watching their parents and sister play. Although they're young, racquetball fits in nicely with cross-country and church activities.

"Keith loves to win, especially when you dangle something in front of his eyes," says his mother. "If he's playing a tournament and

20 Questions:

Bret Harnett

Editor's note: Bret Harnett of Las Vegas, Nev. finished last year ranked in the top five on the pro tour. He won one major event, the Lone Star Pro-Am, and was named Racquetball Illustrated's Most Improved Player for 1982. He is a former national amateur champion.

1. RBI: Why did you choose racquetball as your sport instead of baseball, football, basketball, etc.?

BH: I had played Pop Warner football and Little League baseball and I was a little burned out on it. I thought racquetball would be a sport I could have a chance to make it in as a professional. I know it sounds funny for a kid 12 or 13 to think about being a pro but it seemed the right age for me to take up the sport. I know a lot of kids think about being a professional baseball player and work for it and don't make it. I thought I could make it as a pro racquetball player.

2. RBI: Didn't your father (Dan Harnett) first get you interested in the game?

BH: My father was the best player in Las Vegas for a year or two. I was hitting by myself for a long time, then when I started playing more, he began helping me. Pro Rich Handley worked with me, and he helped me a lot on the strokes. I improved quickly and never got really discouraged with the game enough to take up another sport.

3. RBI: You didn't get much recognition in high school even after you won the national amateur championship, did you?

BH: No. But that didn't surprise me. Racquetball isn't a school sport. I got in the school paper once in a while but I was never thought of as a school celebrity.

4. RBI: What about living in Las Vegas? Some people say it is a poor place for a kid to grow up?

BH: I've found no problems at all in Vegas. I do the same things anybody else in any other city does. Now that I'm older I may have a little different life. It's not like living in Oklahoma or someplace. You have the bright lights and the shows on the Strip.

5. RBI: At the beginning of your racquetball career you were managed by Gary Naseef.

How did you connect with him?

BH: He was a local rock promoter in town, and he decided to form a management company. He helped me along in the beginning for a year or year and a half with travel and expenses. He was there to promote me

"I know exactly why I lose matches, which is not the same that can be said for other players."

and to be my spokesman, and he would get a percentage of what I made. He didn't get me any contracts which he was hired to do but the main thing I got from him was the experience of traveling around. He also got me some good press when I went on my exhibition tour.

6. RBI: Why did you and your father break off from Gary?

BH: It just wasn't working out. He made too many enemies with people. He's a strong minded guy. The main thing I wanted was a contract so I could have some money coming in regularly but he never got it for me. He kept doling out money and then when I would win some money in a tournament, he would take almost all of it just to get back a little bit of the expenses.

7. RBI: Who manages you now?

BH: No one. My father and I have hired an attorney who will help us negotiate contracts and work on an hourly rate.

8. RBI: What about your progression as a player? Have you seen the improvement over the last couple of years?

BH: I had some great tournaments this past year, beating everyone but Marty and we've only played a couple of times. I think I can only get better. I realize that I could get better and still have my ranking fall but I don't plan on that happening. I think what you'll see now is more consistency in my game. I know exactly why I lose matches, which is not the same that can be said for other players.

9. RBI: What was the highlight of the year for you? Winning the Lone Star Pro-Am?

BH: That would probably have to be the best thing that happened to me all year. Everyone was in that tournament. No one can say that Marty or Peck wasn't there. They were there and they all had their chance. Now that I've won that one big one I don't see any reason why I can't win more tournaments.

10. RBI: One player once commented that you have all the physical tools necessary to become the top player. The difference is whether you can handle the mental aspects of it over the course of a long period of time. How do you see it?

BH: The game is so much mental, I agree. I think I have a good mental outlook on the game. I'm not over-confident. I have to get in a certain frame of mind. Going in and having to win and wanting to win are two different things. You have to want to win. I've gone in under both conditions and I've lost when I've had to win. You put more pressure on yourself. But I'll learn more mentally as I get more experienced.

11. RBI: Are you the type of player who gets overly upset at himself or his opponent or the referee? We've all seen other top players come up through the ranks and they weren't exactly the model of decorum.

BH: I never really blow up but if I do say anything it's just letting the ref know I thought it was a bad call. I know there is nothing I can do about it. When I first started out I had a hot



Bret Harnett



Bret Harnett says his most exciting match was when he came from behind to beat Steve Strandemo in the quarterfinals of 1980 Nationals in Arizona.

temper and I used to break racquets on the court but I realized that it doesn't do any good.

12. RBI: What do you like and dislike about pro tour life?

BH: I just like the actual playing. I don't like the travel all that much. I don't like all that flying. I much prefer tournaments in California where I can drive my own car to them from Las Vegas. It becomes troublesome when you don't have a car to go around with on the tour. That's why I take my car to California. I can always go to the beach or drive somewhere and relax after a match.

13. RBI: Do you get along with most of the guys on the tour? Who do you pal around with the most?

BH: I hang around mostly with Doug Cohen on the Catalina tour. Sometimes we'll room together and practice together.

14. RBI: What do you predict for yourself this season? Can you overtake Hogan and Peck in the rankings?

BH: I hope to reach second or first in the rankings if I play well enough but there is no telling. I'd like to win at least one or two events on the tour. If I'm playing well, I can win everything. If I'm not playing well, I won't win anything.

15. RBI: Wasn't Gary Naseef trying to promote you as a teen idol? He wanted to build you up to somebody more than a racquetball pro.

BH: We were trying to get my face recognized around the country. I was in a couple of teen magazines—just a couple of pictures. Most of the teen magazines are for actors and actresses, and that was the tough thing for us to break into. You don't just go into those magazines from pro racquetball.

16. RBI: Do you want to get into acting eventually?

BH: If I had the opportunity I'd like to try it. I've done a little modeling but I really don't think about much other than racquetball now.

17. RBI: What else are you interested in?

BH: I water ski in the summer, but hardly any snow skiing. I'm planning on getting a new motocross bike. I've been riding since I was four years old. Cars I'm into a lot. I don't keep up on politics, and I don't read much. I would say working out and chasing girls are what I'm into mostly.

18. RBI: Would you like to see the Catalina tour open up to anyone?

BH: I would like to see it open up. I don't think it will. I wouldn't mind seeing everybody get a chance to make it. It wouldn't be any big deal to those of us on it now. Sure there is going to be more competition but the top players are still going to be the top players. It's unfortunate it's closed but Catalina is

"I respect the playing ability of most other players but I think I'm tougher mentally than most of them."

paying the money, so they have the option to do what they want.

19. RBI: What's your regular practice schedule like when you are home in Las Vegas?

BH: For a while last season, Doug Cohen would come into town, and for the first two months I never won a match off him. It was strange but I never really had any tough competition in town to play on a regular basis. I'm not a practice player. Doug's a great practice player. I think he's even better in practice than in tournaments. Slowly but surely he got my game up to where it's supposed to be. But when he's not in town, I don't have much competition. That's okay sometimes because you can work on specific shots with weaker players. But I need a tough match at least once a week.

20. RBI: Is there anybody you respect on the tour?

BH: I think Marty is the only one I respect because he's so tough mentally. He won't break down. I know Marty has lapses during games against some players but he's never had a lapse against me. He goes in there and tries to blow me out. I'm not Hilecher or someone who he's beaten 20 times. I'm still new and I'm still pretty hungry and he knows this. I respect the playing ability of some of the other players but I think I'm mentally tougher than most of them.

The First Time



Jameson Parker, Gerald McRaney and Jeannie Wilson of *Simon & Simon* find that racquetball is simple to learn but not so simple to become proficient at.

By Ben Kalb

The first time. Everyone remembers it. It carries an indelible mark on one's mind. It is one of the few moments in one's life history in which the gamut of emotions takes place. There is fear, anxiety and nervousness but there is also excitement, enthusiasm and exhilaration. Most of us look back on the first time as disaster. We often try and forget it because it didn't turn out the way we wanted it to. But the smart ones look back on the first time and cherish it. It was the forerunner of better times ahead.

For the cast of the CBS detective show *Simon & Simon*—Jameson Parker, Gerald McRaney and Jeannie Wilson—the first time playing racquetball wasn't a disaster. But each of the three stars will readily admit, they have a lot to learn about the game. They had trouble with the angles, trouble with proper form, and trouble with returns, but if you ask them, they would also tell you that they plan to continue playing the sport until they learn it properly.

Parker, McRaney and Wilson all have interest in some form of athletic exercise but they had never been on a racquetball court until *Racquetball Illustrated* took them to a club (The Sports Connection in Santa Monica, Calif.) to get their "first time" reaction to the game.

Parker is the most athletic of the three, holding a black belt in karate while being an

aficionado of boxing and judo. It's not unusual for actors to proclaim to having earned a black belt in the martial arts but more often than not, these so-called karate experts have "bought" their black belts. They find an instructor, take a few lessons and are given a black belt. Peanuts, popcorn, black belts. With Parker it's different. He has spent years developing his craft, even suffering broken ribs in tournament competition.

Only recently has he given up karate in favor of boxing. "I tend to gravitate toward the so-called dangerous sports," says Parker, who plays the role of A.J. Simon. "Some psychiatrist said that everybody has a need for a controlled risk factor. I don't know if that's true in all people but it's certainly true in me. I get that kind of gratification in boxing and karate. It has nothing to do with fighting or a desire to hurt anyone. It's the risk factor that appeals to me."

So what about racquetball? There is certainly not the "risk factor" inherent in the contact sports. "Except for the element of danger, racquetball has all the things I like in a sport," says Parker. "It is a fast game and it requires speed, agility, endurance and a certain amount of strength."

But his main reason for promising to continue with racquetball has nothing to do with speed or agility. It has to do with, let's say, peace of mind. "For that hour or two hours on

the court, racquetball is all that exists," says Parker. "There are no bills, no arguments with the producer, no problems of any kind. All there is is you and the discipline, and for that moment you are more completely alive than at any other time in your life. Despite the physical exhaustion, at the end you feel refreshed."

Check that, some players feel refreshed. Others feel exhausted. Enter McRaney, who after a solid nine or ten minutes of racquetball, was huffing and puffing and taking short breaks. But within minutes he was right back up attempting kill shots.

"If you smoke too much, forget it. You can hang it up. You're not going to play this game," says McRaney, who portrays A.J.'s brother Rick. "You'll be out there for about five minutes and they'll be calling the paramedics."

"Seriously, I wouldn't get into racquetball if you are out of shape. I'd get into shape first."

McRaney is the outdoors type. He loves hunting, fishing and hiking. But he also tries to work out on Nautilus equipment regularly and he is sure he'll give racquetball another shot.

"I'm so lousy at it that strategy doesn't affect me yet," says McRaney. "I can't keep the ball low enough now. I'm sure when I really get into this I have to figure out how to solve the angles off the walls and such. But one thing has me hooked. You can get such

The First Time



Photos by Ed Ikuta

Although it looks as if Jameson Parker is deadly serious about this shot (top) against Jeannie Wilson, it was Gerald McRaney (bottom) who had the killer instinct against the former Miss Texas. "Watch your head. Whap," she says of McRaney's play.

a good workout in such a short period of time. It's not like spending hours running four or five miles."

Wilson, a former two-time Miss Dallas and a one-time Miss Texas, is also athletic but her prowess leans toward the more aesthetic sports such as gymnastics, tumbling, horseback riding and dancing.

Following McRaney's game with Parker, Wilson took the court with each of her co-workers. "Jameson is so nice. He hits it to me nice and easy. Mac is a killer. Watch your head. Whap."

Wilson is not all that unfamiliar with a racquetball court. She used to watch her father play handball growing up in Memphis and later Dallas. She has played a lot of tennis in the past but she thinks racquetball is more to her liking because it is indoors. "Sometimes it gets too hot playing tennis,"

"I'm so lousy at it that strategy doesn't affect me yet."

she says. "A racquetball court is air conditioned and there are no bugs crawling on you. There is nothing like getting really sweaty and getting your heart pumped up."

Simon and Simon originated two years ago as a pilot called *Pirates Key*, which was filmed in the Florida Keys with the same cast. It didn't sell but Universal thought it had enough potential to put up the money for another pilot in a different locale. "Jameson and I didn't want it to be in Los Angeles because it would have the same look as almost every other detective show on the air," recalls McRaney. "So we started thinking about other places and San Diego popped into our mind."

The show did poorly in the ratings but received enough critical acclaim that it was given another chance this season. Only this time there will be some changes. There will be more action, more location shooting, more movement, more dramatic situations, more extras. "We have a sexier, flashier look this time," says Wilson. "You are going to see a lot more than two people sitting in an office."

One of the proposed changes was to take the show out of San Diego and give it a "sexier" all-California locale. San Diego may be considered the racquetball capital of the country but, according to the show's producer Philip DeGuere, it ranks low in sexiness.

The decision caused such an uproar in San Diego that the San Diego Chamber of Commerce Motion Picture and Television Bureau gathered up over 10,000 signed

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postcards from San Diego residents to send to DeGuere. The city was so upset that Parker, McRaney and Wilson were asked to come down and appear at a press conference, which they did. DeGuere did not appear.

"I was surprised by the reaction, considering that I heard last year they didn't want us back because they thought our episode at the San Diego Zoo gave the city a bad name," says Wilson.

Wilson, McRaney and Parker think a compromise can be worked out, however. "We're all for keeping the show based in San Diego. It's a beautiful city," says McRaney. "We see nothing wrong with having a detective agency in San Diego but with the detectives getting assignments outside the city. You can still shoot the openings and closing in San Diego."

With the decision made to expand the show and give it a heavy dose of action, some television viewers may expect to see the show changed to a *Dukes of Hazzard* look with endless car crashes, high-speed chases and inane dialogue. Parker and McRaney are in favor of more action but not at the expense of intelligent scripts. And they don't want people to get the idea that the show will be loaded with violence.

"Too many people equate violence with action, and they shouldn't because they are distinct," says McRaney. "All too often gunplay on television is used to solve the prob-

lem, and as we all know, it doesn't solve the problem, it starts it."

"We decided we don't want to have the characters portrayed as the kind of guys who use a gun to resolve a conflict," says Parker. "How much better it is to talk your way out of a situation."

As an example of their reaction to violence, Parker recalls the first episode of the season in which he was forced to kill someone. "It used to be in a private eye series, you would shoot the bad guy and go off and kiss the girl. Well, I wanted to play that as a fairly traumatic incident. So after I shoot the guy, I stay there and just look at him. That is the same reaction I would normally have to sudden violence."

Instead of an overabundance of violence, *Simon & Simon* adds a touch of humor to the action. "I think it's important when doing an action show to counterbalance it by making sure the show doesn't take itself too seriously," says McRaney. "The network wanted a car jumping scene in one episode, so we gave them one but instead of doing it like macho men, we were scared to death, and that came across on film."

The greater number of action scenes also means an expansion in the story lines. They are a little meatier. "The plots are more important this season," says McRaney. "Last season we did a show in which a coed had her Porsche stolen and we were hired to recover it because it had a stolen final exam

in it. There has to be a certain amount of entertainment value in a show, but really, who the hell cares whether she ever got it back or not?"

The new stories will also expand the role of Janet Fowler, Wilson's character. "Thank God," says Wilson. Last season Wilson played a secretary (who was also going to law school) for a neighboring detective agency. She would help out the boys because they were too poor to hire their own secretary. This year the character has graduated and now works in the District Attorney's office. "Last year I watered a lot of plants," says Wilson. "This season the role shows how a woman can use her head. The character is not a sex object. She has a brain. She is ambitious and intelligent."

After this season is over, Wilson, McRaney and Parker will be reunited in a movie to be filmed in Texas, titled *Maximum Charge*. The project was set up by Jeannie's husband, Jack Lucarelli, also an actor. "We'll all be playing different characters," says Wilson. "It will be the cast of *Simon & Simon* but it won't be anything like the television show."

As one can see, the trio gets along very well. They are all good friends. In fact, Parker, Wilson and McRaney and their respective wives and husband have even taken vacations together. "Now that we've learned how to play racquetball," says Wilson, "we have found something else we can all do together."



How To Avoid Back Problems

By Lynda Huey



Should people with back problems play racquetball? Can racquetball actually create new back problems, while aggravating existing ones? The answers to these questions depend on the individual. It is likely, however, that careless play without warm up and warm down sessions can bring an imbalance in the body that may lead to muscular or structural problems. On the other hand, proper stretching of tightened muscles and strengthening of the entire body as a whole can protect against pulls, strains, tears or spasms.

"The most common problem with any twisting sport such as racquetball, is the weakening of the intervertebral discs in the spinal column," says chiropractor Dr. Bernd Friedlander of Santa Monica. "As we age, less circulation gets to the body's connective tissue. The wear and tear placed on the discs by a sport such as racquetball opens that area to trauma. The fibers that hold the discs in place can weaken with aggravation, allowing the discs' cushioning material to protrude between the vertebrae. The result is impingement on the nerves and ultra-sensitive surrounding muscles, which in turn causes pain."

Dr. Friedlander knows about racquetball and other sports injuries. He managed several racquetball clubs in San Francisco while also serving as physical therapist to

many Bay Area athletes, including players on the NFL Forty-Niners and Raiders and the baseball Giants.

"The stop and go conditions of racquetball also put a lot of stress on the quadracep and hamstring muscles," says Friedlander. "If these muscles are tightened too much, they will pull on the pelvis, causing subluxation (dislocation) one way or the other."

So does this mean that everytime one plays racquetball an open invitation is issued for back problems?

Champion bodybuilder and chiropractor Dr. Franco Columbu of Los Angeles agrees that racquetball can tighten the thigh muscles, but he personally has never had any back problems from playing the game.

"Every sport at one time or another tightens certain muscles," says Columbu. "As long as you stretch these muscles, everything will be okay. If the hamstrings get tight, they can pull the lower back out. The key is to stretch the hamstrings, even if the back doesn't hurt. Why not help yourself before you have a problem?"

In racquetball, the problem stems from the fact that one side of the body is being used so much more than the other. This can cause muscular and structural imbalance unless particular attention is paid to the non-dominant side of the body. Dr. Columbu suggests that right-handers vigorously swing the rac-

quet in the left hand for at least five minutes prior to a game. Breaks during play can be utilized in this same fashion, helping the body to balance its strength.

Dr. Friedlander thinks most recreational racquetball players don't do enough stretching and don't strengthen their bodies. "Since you tend to overuse one side of the body it's vitally important to have a good support system through the back and stomach that can act like a harness," he says. "The muscles on the dominant (playing) side of the body will contract, and if the other side's muscles aren't both strong and flexible, they may over-stretch, allowing the body's balance to shift to one side. The active set of muscles will be tight, in need of stretching, and the other set of muscles will be over-stretched, in need of strengthening. In this situation the muscles have the potential to go into spasm, particularly the erector spinal muscles of the back and the gluteal or buttock muscles."

The usual crouch position that is assumed by racquetball players during much of the game is what concerns chiropractor Dr. Leroy Perry of Pasadena. Because of that lowered position, the thigh muscles are constantly contracted.

"Racquetball players must deal with a lot of quick shots coming from many different directions," says Perry. "Therefore the body

Rx FOR WINNING

stays bent and contracted. It seldom gets to do any counter moves to elongate the body. That's why racquetball players are prone to muscle spasms, low back pain and sciatic nerve inflammation."

But so many people enjoy the fitness benefits of racquetball. There must be some way to stay balanced while also playing.

According to Craig Benedict, a therapeutic body worker from Portland, Ore. good racquetball players have freedom of movement between the trunk, shoulders, arms and wrists. He says that each set of muscles should work independently of the others to bring about smoother movements.

"Body problems come about because, through time and use, muscles that are supposed to function individually begin to operate in groups," says Benedict. "Both the muscles and the thin fascia that hold them in place become 'glued,' thwarting the flexibility and balance that nature intended.

"In most people, the upper, middle and lower back are operating in one unit; there's not much flexibility in the spine. But the more movement in the spine, the healthier the person is overall and the easier it will be to move."

Benedict uses his hands to dig deep into athletes' muscles and the connective tissue, attempting to separate those "frozen" areas of the body. He recommends regular stretching of tight muscles, and regular therapeutic massage.

"Pay particular attention to the kinds of movement your back does. It does a lot more than you might think during a racquetball game," says Benedict. "Then notice which muscles of your body have tightened up while playing. Overall stretching is good, but you can invent your own stretching routine specifically for the tight areas of your own individual body if you pay careful attention.

"Regular massage and/or body work helps you see early symptoms of how the body may or may not be operating symmetrically and smoothly. Muscles may be sore and tight on just one side of the body. If that's the case, you have to stretch that side more thoroughly. Athletes who receive regular muscular treatment aren't injured nearly as much and they recuperate twice as fast if they do have problems."

Les Kaminoff, West Coast Director of the International Sivananda Yoga Community, offers the following advice for maintaining body symmetry while participating in a unilateral sport such as racquetball:

"Warm up with symmetrical movement. You don't have to de-emphasize the dominant side, but rather focus your awareness on body balance. Using one side of the body for a sport doesn't necessarily have to unbalance the body because most of us are dominant to one side or the other. We can't avoid that. But we can be more aware of how our movement and actions might unbalance



1 Assume a seated position on the floor with legs crossed. Place hands out to side and pull body forward. This is advanced position.



2 This is a mild back stretch in which the subject kneels with head on floor, feet together and hands on heels. Gently pull body back onto the heels.



2 Similar—but less advanced—to the one at the top of the page. Elbows must be in front of the knees on the outside of legs to get proper stretch.



Model: Lise Romanoff Photos by Ed Ikuta

the body. Be aware of using both sides of the body—seeing out of both eyes, turning equally in both directions as you move around the court."

Kaminoff suggests several yoga postures

for forward and backward flexibility: the shoulder stand, the plough, and the bridge.

Benedict adds his own personal favorite back-stretcher:

"Stand arm's length away from a wall,

facing away. Keeping the hips forward, turn the upper body toward the wall and try to place both hands on the wall. Always remember to stretch equally to both sides."

Larry Payne, Director of the Center for Balance in Marina del Rey, Calif. has a variation on that same twisting theme. He suggests sitting sideways in a straight chair. Then with both arms, hold the back of the chair and exert rotatory pressure on the spine as much as is comfortable. Hold yourself in that position and take several deep breaths. Repeat to the opposite side.

To help "unfreeze" upper back muscles surrounding the shoulder and scapula, clasp the hands behind the back in a standing position, feet comfortably apart. Then bend forward, allowing the hands and arms to move toward the floor on the opposite side of the body.

But what if, in spite of all this carefully planned preventive medicine, an injury occurs? What can you do to responsibly begin caring for the damage?

Benedict shares his own self-treatment experience:

"I dove after a ball one time but to keep from hitting my head, I threw my back into the wall. I could barely walk the next day. My right leg was two inches shorter. It had drawn up into the hip socket because injured muscles will contract in a group for protection when traumatized.

"I went straight to the I.C.E. formula: Ice, Compression and Elevation. While I was elevating the sore leg and hip, I gently moved it around. It's important to keep movement in the injured area, so it won't lock up, but it shouldn't be forced. Then after 48 hours, I went off the ice treatment and turned to deep tissue massage. If the damage had been severe, I would have stayed on the ice treatments two more days, then gone to a hot-cold-hot-cold-treatment. Gradually I gained normal mobility and strength and was especially careful to stretch all the muscles of that area prior to any further activity."

But whereas the yoga folks and many chiropractors recommend thorough stretching to maintain complete flexibility throughout the body, Dr. Columbu believes in a more modified plan.

"People do all kinds of crazy stretching," he says. "But stretching is contraindicated for over-stretched muscles. You need to stretch muscles, but you don't want to stretch weak muscles."

So start tuning into your body, holding regular "conversations" with it so that it can begin telling you just where you're tight, what needs stretching and what needs strengthening. It may mean stopping in the middle of a game to stretch some muscles. But it may also mean that you'll have a friendlier relationship with your body and that you'll experience fewer aches, pains and injuries. **R**

1



2



Done from a sitting position. Grab ankles and pull body forward until stretch is felt.

1



2



From standing position keep knees straight and bend over. Slide hands down legs and pull body into stretch position.

Rx FOR WINNING

1



2



3



From a flat lying position, keep both feet together and bring over head as far back as they will comfortably go. Keep toes pointed to floor. As you gain greater flexibility, you will be able to extend arms in front.

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VINCE

"I keep having this feeling there's something I forgot to do today."

Cartoon by Vince Trifletti

Hogan Wins Season Opener

By Ben Kalb



Photos by Max Trinidad

Peck (left) had his moments to cheer about, especially when he won the fourth game, but in the end it was Hogan who scored the victory.

You figured it would happen. What else could you expect? After Dave Peck and Marty Hogan fought it out for the top ranking in men's professional racquetball last season, it was almost a sure bet that the same two players would be squaring off in the finals of the first stop of the 1982-83 DP Leach/Catalina season.

But whereas Peck had the higher ranking last season (even though Hogan won more money), it was Hogan who won this battle, an 11-10, 11-6, 9-11, 9-11, 11-5 decision over the stocky Texan at King's Court in Westminster, Calif.

Hogan earned \$5,500 for the win and Peck collected \$3,500 of a \$20,000 purse. But aside from the money, what was important to Hogan was the fact that it was the first time he had won a season opener since anyone can remember.

"My whole problem has been concentration at the beginning of the season," said Hogan. "I always come into the first tournament with my mind still on skiing or something."

But because he lost out to Peck for the number one ranking last year, Hogan says he has changed his attitude this season, and he figured it might as well begin with the first stop on the tour.

"Last year there was no excuse," said Hogan. "I had no desire to put out for the whole season. I saw myself dominating the game before last season and I must have felt there was no challenge for me."

"I've seen the bottom now and I don't like it. This year I'm putting things back in proper perspective. This year you'll see a complete dominance of me over the rest of the players."

Against Peck, Hogan was clearly the dominant player but, reverting back to his periodic lapses, he almost gave the match away.

Hogan won the first game 11-10 in 45 minutes. Hogan had leads of 4-0 and 10-7 but Peck knotted things at 10-10. At that point one of the most unusual finishes to a game took place. Hogan had hit a kill shot that he apparently thought was a game winner but Peck appealed, claiming it skipped, and his appeal was upheld. Normally that would have meant that Peck had regained the serve. Hogan, however, then appealed Peck's return of the serve. Referee Dan Bertolucci thought Hogan was appealing his own serve. The linesman overruled that appeal, meaning Hogan would have one bad serve to his credit and a second serve coming up. Hogan thought the linesmen's reversal was for Peck's get, however, and he left the court thinking he had won.

Bertolucci then called Hogan back to the court to tell him it was still 10-10 and he had one serve coming. Hogan registered surprise, even telling the crowd that his original serve was good and shouldn't have been overturned. Hogan then scored the decider on a backhand kill shot off a ceiling ball.

Hogan, using a devastating backhand pinch from deep back court, easily won the second game, 11-6. In the third, Hogan drove out to leads of 5-0 and 9-2 and it looked like curtains for Peck.

But Peck went into a strange who-cares-what-happens attitude and Hogan let him back into the game. Before you knew it Peck had run off nine straight points and won it, 11-9.

"That game was absolutely typical of me," said Hogan. "I virtually quit. But I think his attitude was extremely poor. It was a lackluster attitude, not a professional one. For what the fans paid, I don't think they deserved that type of match."

However unprofessional Peck's play was, it did the job in the fourth game. Peck had a 10-6 lead and held on to take it, 11-9.

But the deciding game was all Hogan, and in a change of pace from previous tournaments in which he was top dog and the fans were hoping he would lose, this time the majority of the crowd seemed to be rooting for him.

Marty led 4-0 and 7-2. Peck cut it to 9-5 but Hogan scored the final two points on a dink shot and a passing shot.

"The fifth game was more serious because Peck knew he was back in it," said Hogan afterwards. "In the third and fourth game I didn't move Peck out of center court and the way to beat Peck is to keep him in the back court. I said to myself that every shot in the fifth game was coming straight back."

To reach the finals, Hogan beat Dave's brother, Gregg, 11-9, 9-11, 11-9, 11-3, in the quarterfinals, and last year's Westminster winner Jerry Hilecher, 11-4, 11-3, 11-8, in the semis. Hilecher had advanced to the semis with a default victory over Rich Wagner, who broke his thumb the evening before.

Peck reached the finals by defeating John Egerman, 11-2, 11-6, 11-8, in the quarters, and Bret Harnett, 5-11, 11-4, 3-11, 11-5, 11-6, in the semis. Harnett had earned his match with Peck by beating Mike Yellen, 11-8, 11-5, 10-11, 11-6, in the quarters.

The Peck-Harnett battle (Wilt Chamberlain was one of those in attendance) was one of the best of the tourney.

1982-83 DP Leach/Catalina Classic Schedule

November 18-21	Catalina Classic III, Downtown Racquet Club, New Haven, Connecticut
January 20-23	Catalina Classic IV, Honolulu Club, Honolulu, Hawaii
February 18-21	Catalina Classic V, Griffith Park Racquetball Center, Beaverton, Oregon
March 18-21	Catalina Classic VI, Supreme Courts, Austin, Texas
May	Catalina Championship (date and site to be announced)

Etc.

● Cory Brysman of California defeated Dan Obremski of Pennsylvania, 15-14, 15-7, and Marci Drexler of California beat Cheryl Mathiew of Missouri, 7-15, 15-8, 15-3, in the 18-year-old finals of the AARA National Junior Championships at Capitol Courts in Carson City, Nev. Other champions were Ray Navarro and Brenda Young (16), David Simonette and Crystal Field (14), James Lorello and Tanya Spangler (12), John Gillooly and Jennifer Celaya (10) and Nicky Zynidis and Talya Sanders (8). Hart Johnson teamed with Robert Kinney to win the 18-year-old doubles titles for boys. Girls' champions were Mona Mook and Mo Nard.

● Gene Muoio defeated John Bauman, 15-10, 15-7, and Erica Grendel beat Karla Torbitt, 15-1, default (knee injury) to win the championships of the National Explorer Scout Olympics in Ft. Collins, Colo. Mike Thomas and Tarolyn Whitt were third place finishers. Muoio and Bruce Myhre won the men's doubles and Whitt teamed with Chris Elmore for the women's doubles title. Next year's Explorer Olympics will be held in Columbus, Ohio.

● Glenn Allen defeated Steve Bernard, 21-17, 17-21, 11-4, and Chris Manther beat Michele Persinger, 19-21, 21-14, 11-10, to win the sixth annual International All Military Championships at the Ace of Clubs in Chesapeake, Va. Brit Misteale and Carl Crown won the doubles title.

● Janell Marriot defeated Barbara Maltby and Jim Cascio beat Ruben Gonzales in the New Jersey AARA State Championships at the Edison Racquetball Club.

● Mike Yellen defeated Cory Brysman, 21-16, 21-10, to win a \$500 winner-take-all match at the Mid-Valley Athletic Club in Reseda, Calif. Brysman earned the right to face Yellen by winning the Ektelon-Lite finals over Dan Massari, 21-10, 21-13. Mae Chin defeated Anne Tesoro, 21-10, 21-16, in the women's finals.

● Ron Babkoff of Kentucky defeated Ed Garabedian of Delaware, 21-17, 19-21, 11-7, in the men's open finals of the Surf and Sand Tournament at the Cardinal Court Club in Virginia Beach, Va. Debra Weber of South Carolina beat Martha Ferguson of Virginia for the women's title.

● Allan Wark and Wat Thongtrakul won the mixed open doubles and Bicycle Bill teamed with Rob McCarthy to win the men's open doubles in the Racquetball Illustrated Wallyball Classic at the Del Amo All Pro Club in Torrance, Calif. Other winners were Phil Sutherland, Gary Lindquist, Kim Johnson (mixed intermediate triples), Foster Singh, George Kirk, Kevin McNeele (men's novice triples), Buddy Mendez and Rex Wong (intermediate doubles), Craig Bianchi and Larry Giannini (novice doubles), Bill Silva, Billi Wilder, Paul Coenan (intermediate triples). Over 200 entrants participated in the event, which also featured a celebrity tournament (see Players section).

R

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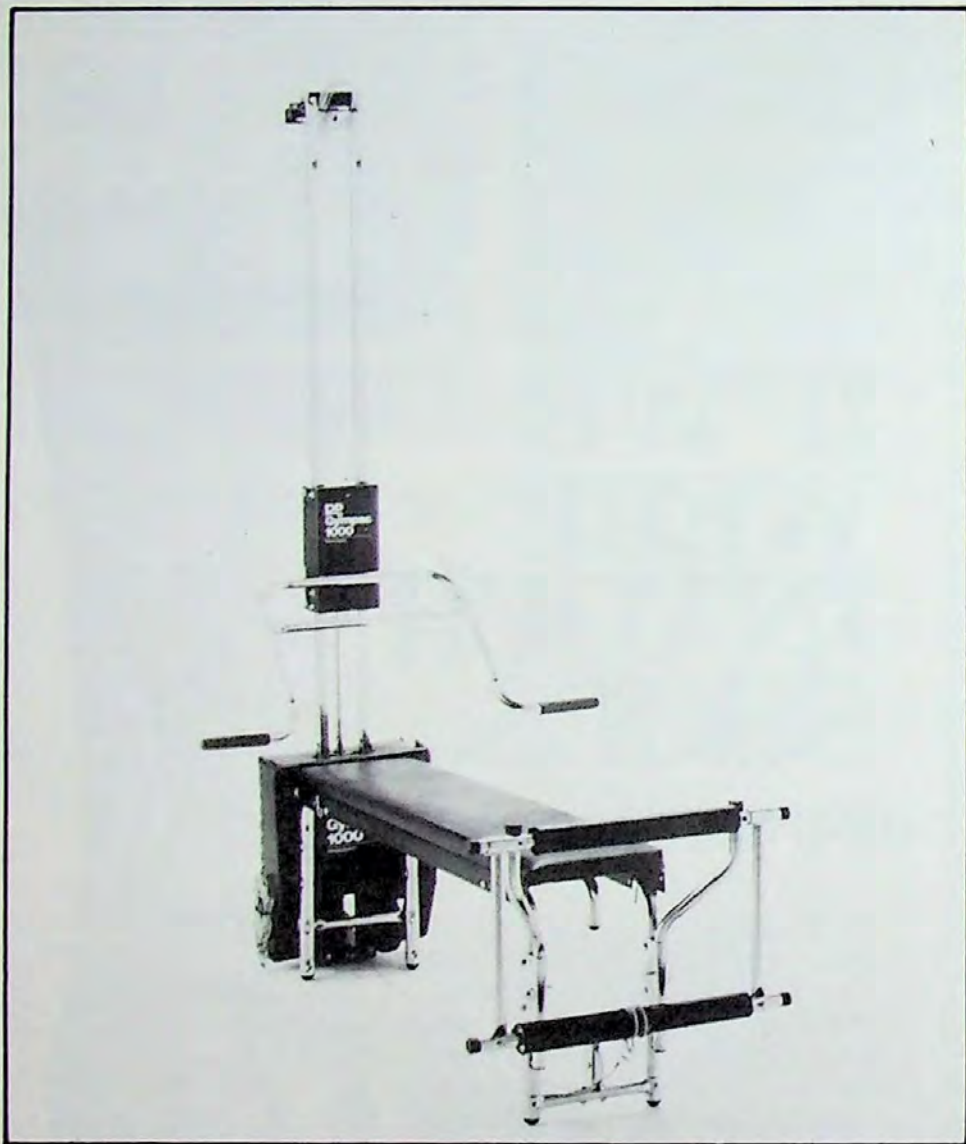
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On The Wall

Racquetball cartoons by Gary Patterson from The Thought Factory (Sherman Oaks, Calif.), **\$4.95**

Posters

Poster blueprint of racquetball player from CEA (Pebble Beach, Calif.), **\$6**



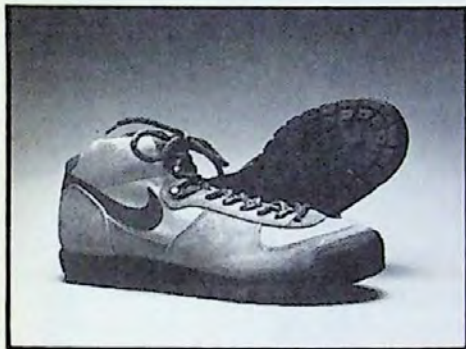


Gloves/Bands

Racquetball gloves from Footjoy (\$12) and Ektelon (\$12.95); Cool Band (wristband with ice cube) from American Leisure Products (Covington, La.), \$4.95.

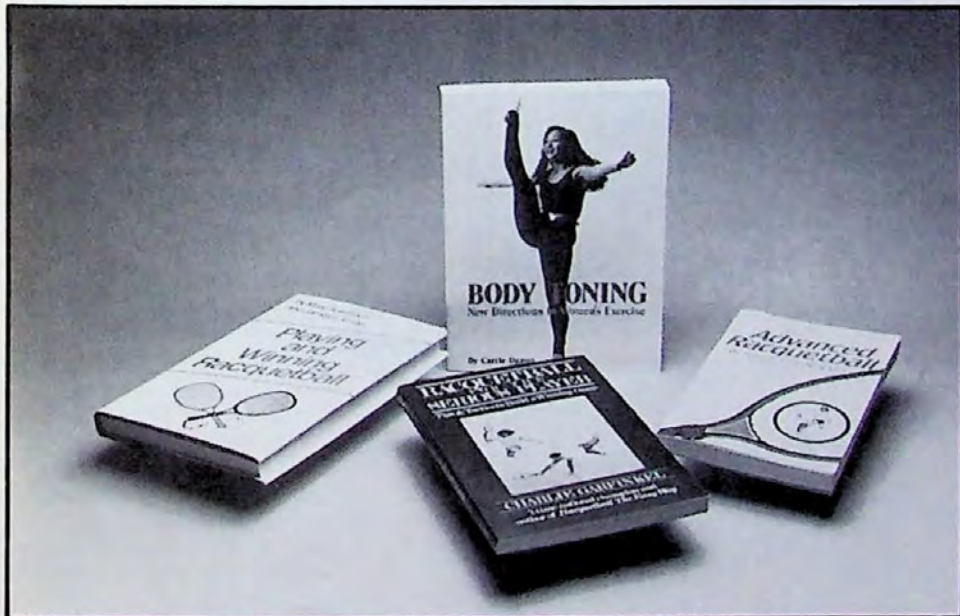
After-Match Exercise

Hiking boots from Nike, \$66.95.



Activewear

Lise Romanoff and James Lew model outfits from Ektelon. Men's shirt \$29, shorts \$27. Women's top, \$24 and shorts, \$11.

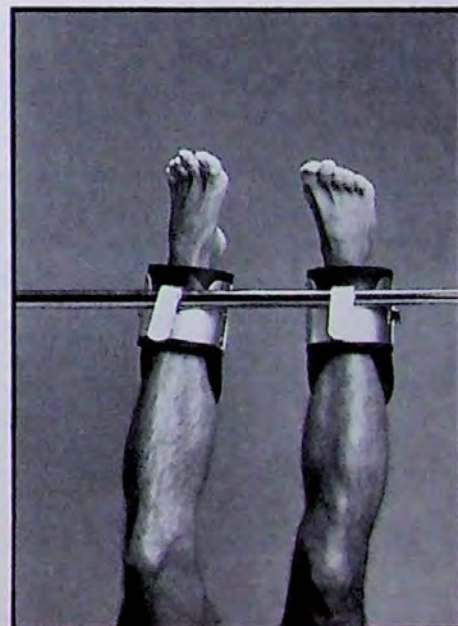


Books

Playing and Winning Racquetball by Marc Auerbach and James L. Eager, Parker Publishing, \$12.95; Racquetball for the Serious Player by Charlie Garlinkel, Atheneum, \$6.95; Advanced Racquetball by Steve Strandemo with Bill Bruns, Wallaby, \$6.95; Body Toning by Carrie Ogawa, Unique Publications, \$10.95.

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Magazines

One-year subscription to *Racquetball Illustrated*, \$10.

COLLEGE COURTS



Outdoor courts at the University of Florida

University of Florida

On its maiden trip to the AARA National Intercollegiate Racquetball Tournament in April, the University of Florida at Gainesville came from virtually nowhere to take first place in women's singles competition and second in combined competition.

The four-man, four-woman racquetball team upset many top national favorites. "We've just been tickled pink," says Greg

Shaak, racquetball club advisor. "You're talking about winning against schools like the University of California at San Diego, the University of Illinois and Memphis State University."

The enthusiasm has become so high at the university that students are even playing racquetball in the rain on the 40 lighted outdoor courts (28 three-wall and 12 four-wall). But on sunny days in Northern Florida, Shaak says, "It's almost as fun as going to the beach."

Two indoor courts are under construction and should be completed by the end of the fall semester.

Many of the racquetball club's 100 members participate in four intramural racquetball tournaments each year. Trophies and t-shirts are awarded to division winners.

Top male players on campus are Randy Pfahler and Van Dubolsky. Top female players are Martha McDonald and Diane Bullard.

University of Illinois

The 10-student racquetball team at the University of Illinois in Champagne-Urbana, Ill. came home from the AARA National Intercollegiate Racquetball Tournament in Memphis, Tenn. with two prestigious awards. Competing against 35 other schools, the team managed to place fourth in overall competition and fourth in the women's division.

On campus, the 60-member racquetball club encourages a competitive racquetball spirit. "The main purpose of the club is to introduce players into competitive racquetball rather than recreational play," says Don Webb, advisor for the racquetball club. "We want to stimulate students to play in tournament level of racquetball."

Most student racquetball players are attracted to the Illini Open tournament held in January during the semester break. The tournament attracts racquetball players from other schools in the Midwest. Over 150 players participate in the annual event with about 40 percent being students. Prizes for top competitors



P.E. building at the University of Illinois

include beer steins, stainless steel trays, jackets and pocket calculators. "We try and give gifts that can be utilized instead of giving away trophies or plaques that sit and collect dust," says Webb.

The University of Illinois also holds fall and spring semester racquetball tournaments for students, faculty and staff. More than 80 participants compete for prizes donated by local record shops and sporting goods stores.

Clinics for the novice racquetball player are also offered at the school.

Top four male players are Richard Samson, Tim Duitsman, Stuart Gaetjen

and Mike Irwin. Top female players are Vicki Carr, Janine Toman, Amy Gudbrandsen and Lisa Mesiter.

Trinity University

More than 100 students participate in university intramural racquetball tournaments at Trinity University in San Antonio, Tex. While that figure won't make headlines in the university newspaper, it is a surprising number when you consider there are only a little over 3,000 students enrolled at school.

"We'd like to have about 12 more racquetball courts on campus because we could fill them," says Jim Nelson, racquetball instructor. "We only have six now."

Six racquetball classes are taught each semester with 24 students filling each class. Three racquetball instructors are on hand for guidance.

Top male players on campus are Mitch Deming, Eric Drucker and Derek Reading. Outstanding women players are Melissa Chambers, Kristin Kincaide and Debbie Evans.

CLUB NEWS

SPORTS CORE Kohler, Wisc.



At the Sports Core in Kohler, Wisc., the membership at the club exceeds the town population. Close to 2,000 members enjoy the club's facilities. Kohler is a town of 1,700, but the club's members come from nearby Sheboygan (50,000 population) and as far away as Milwaukee.

The club has four racquetball courts and 12 tennis courts. "We are not a racquetball or tennis club," says Jack Kelly, club pro. "We are a social club with an emphasis on health."

The clientele consists of corporation executives to blue collar factory workers. "In the economic times we are living in now, instead of taking vacations, people are spending their money on health clubs as an alternate means of recreation. We seem to be filling the void," says Kelly.

The club also held a \$1,200 racquetball tournament with Paul Bakken of Minnesota winning the top prize of

\$750 plus a leather coat by beating Dan Ferris, also of Minnesota. Ferris won \$250 and a suede jacket for his second place finish. Mark O'Brien and Sheryl Krauss, three-time women's state champion, won the open competition.

Black tie affairs are also big at the club in which members show up in evening gowns and tuxedos for special black tie parties.

"Habitats," small box-like enclosures which can comfortably seat two, are also popular. After an invigorating game of racquetball, members climb in and program a computer for a one-hour sun bath, steam bath and rain shower in 20-minute intervals. Racquetball pro Marty Hogan tried it when he visited the club and says he now wants one of his own.

The most well-known celebrity to visit at the club was comedian Bob Hope.

ROLLOUT RACQUETBALL CLUB

Rocky Hill, Conn.

The 1,500 members at the Rollout Racquetball Club in Rocky Hill, Conn. never get lost in the crowd.

"It's a warm club atmosphere," says Jim Powers, club manager. "Even though we have a lot of members, we still know everybody by first name."

During weekday afternoons, a special one-hour racquetball/exercise class for women is offered. The first half hour is spent practicing calisthenics. The last half hour is spent on one of the club's 10 racquetball courts learning from an instructor.

On Friday nights, the club holds a weekly TGIF party featuring two kegs of beer and reduced court rates. Non-members are also invited to attend that night.

Last summer the club decided to offer

basketball to its members. Portable basketball backdrops were installed on the racquetball courts, which can then be removed for racquetball play.

Other facilities include a Universal weight room, saunas, steam room and afternoon nursery.

Annual membership fees are \$60 for an individual and \$90 for a family. Members are also required to pay for court time.

KANDI KOURTS Willmar, Minnesota

In an area of the country where winter temperatures often reach 30 degrees below zero, racquetball players still turn out en masse at the Kandi Kourts in Willmar, Minn.

"People can't go to work but they always manage to get out to the courts," says Randy Haatz, club pro. "It's pretty hard to figure out."

The club's membership roster of 1,000 is

also a little extraordinary, considering the town of Willmar (100 miles west of Minneapolis) only has a population of 16,000 people.

"People move into our area and they're surprised to see a racquetball club," says Haatz. "They are also surprised to see so many courts (eight) and such a large facility."

Also surprising is how far away players travel to play in the two open racquetball tournaments held at Kandi Kourts. More than 200 racquetball players participated in this year's K-102 Heart Fund Open for the American Heart Association. Players from North and South Dakota, Minnesota, Wisconsin and Iowa turned up in February to show their support. Last February, so many people signed up for the tournament that 80 entries had to be turned down. Trophies are awarded to division winners and each year the club donates an average of \$1,500 from tournament proceeds to the AHA.

Last year's Fall Racquetball Shootout also drew about 200 racquetball players from neighboring states. Proceeds from the event were donated to the Lion's Club eye bank.

In addition to the eight racquetball courts, the club also offers its members two weight rooms with Universal and free weight equipment and a ladies exercise room featuring aerobics and body shaping (weight lifting for muscle tone). Plans are also underway for indoor tennis and a swimming area but those have not yet been finalized.

Fees for single memberships are \$70 per year and family memberships are \$95 per year. Fees do not include court time.

ROCKY'S RACQUET WORLD North Hollywood, Calif.



Located near some of Hollywood's biggest film studios is Rocky's Racquet World in North Hollywood, Calif. Its clientele includes some notable celebrities and has been used as a location for a major television series.

The club installed one of its 18 courts with a viewing window for a TV camera and it has been used on occasion for the

CLUB NEWS

filming of *Hill Street Blues* segments.

Celebrities who often play at Rocky's include Dave Cadiente, stunt man for *Rocky III*; television director John Gaudioso; *Hill Street Blues* star Veronica Hamel and L.A. Rams defensive lineman Jairo Penaranda.

Although Rocky's Racquet World attracts some important movie industry people, the club is not private.

"Most clubs tend to push membership," says Steve Ladanyi, manager. "We advertise on a public play principle."

The club has also hosted the Ektelon/Perrier finals and last year, at the Seamco West Coast Racquetball Classic, almost 400 spectators witnessed an exhibition match featuring Ed Andrews and Bobby Stocker.

Special clinics for juniors are held once a month. In fact, three junior players at the club are ranked high in their respective age categories in the city of Los Angeles: 18-year-old Corey Brysman, 12-year-old Kevin McCann and 15-year-old Ralph Sulzinter. Brysman is also a full-time racquetball instructor at the club.

"We have three unique features," says Ladanyi. "We are probably one of the three largest facilities in the San Fernando Valley area. We have an excellent gym and a strong junior program."

In addition to Brysman, instructors Jon Woodard, Deron Jones and Dee Gossick also teach lessons.

Other facilities include an aerobic dance room, 50-station Icarian equipment, Olympic power lifting rack, saunas and jacuzzis.

COURT HOUSE ONE Vernon, Connecticut

The Hartford Whalers pro hockey team has named Court House One in Vernon, Conn. as its official center for racquetball and Nautilus. The team uses the facility to get into shape for the hockey season.

In addition to the 14 courts and the Nautilus equipment, club members can use the swimming pool and restaurant/bar which overlooks the pool area.

The Firecracker Open is held annually in July to celebrate the club's anniversary. T-shirts and trophies are awarded to the division winners. The tournament is sponsored by Finlandia Vodka.

The AARA New England Regionals were also held at the club. More than 400 racquetball players gathered from the Maine, Vermont, New Hampshire, Pennsylvania and New York areas to compete.

A \$295 membership fee is paid up front and monthly dues can range anywhere from \$22 to \$44 per month. The membership can be sold when a member decides to terminate his or her affiliation

with the club. The new member buys the membership for \$295 and acquires the monthly payments. The club only charges a \$25 transfer fee. No additional court fees are required.

HOLIDAY COURTROOMS Ft. Lauderdale, Florida



Rather than appear on another Lite Beer from Miller television commercial, Buck Buchanan, former linebacker for the Kansas City Chiefs, and Bernie "Boom Boom" Geoffrion, former hockey star of the Montreal Canadiens, battled it out on a racquetball court at the Holiday Courtrooms in Ft. Lauderdale, Fla.

The two men met in an exhibition match as part of the club's annual American Heart Association Racquetball Classic. Sanctioned by the AARA, the three-day tournament drew over 300 players from as far away as Illinois, New York, Connecticut and Texas. The winners of the open singles divisions won free round trips to the AARA Nationals in Buffalo, N.Y. plus hotel accommodations. Other awards included microwave ovens and 10-speed bicycles.

In addition to the club's 19 racquetball courts, the 5,000 members at the club can use basketball facilities, two Nautilus rooms, an aerobics room, a martial arts room where members are taught taekwon do, a swimming pool, restaurant and lounge.

Club manager Larry Doyle says the club's clientele is made up mostly of professional people. "The members are required to pay for their membership in full when they join," he says. "That way it makes the club a little more exclusive."

The club also holds in-house tournaments matching up employees from the same company against employees from another company.

A membership fee of \$660 must be paid in full for the first year's membership and a \$300 fee maintains a yearly membership thereafter.

Doyle says the club presents a healthy environment for fitness as well as racquetball. "Fitness is important," he says. "The racquetball sells itself."

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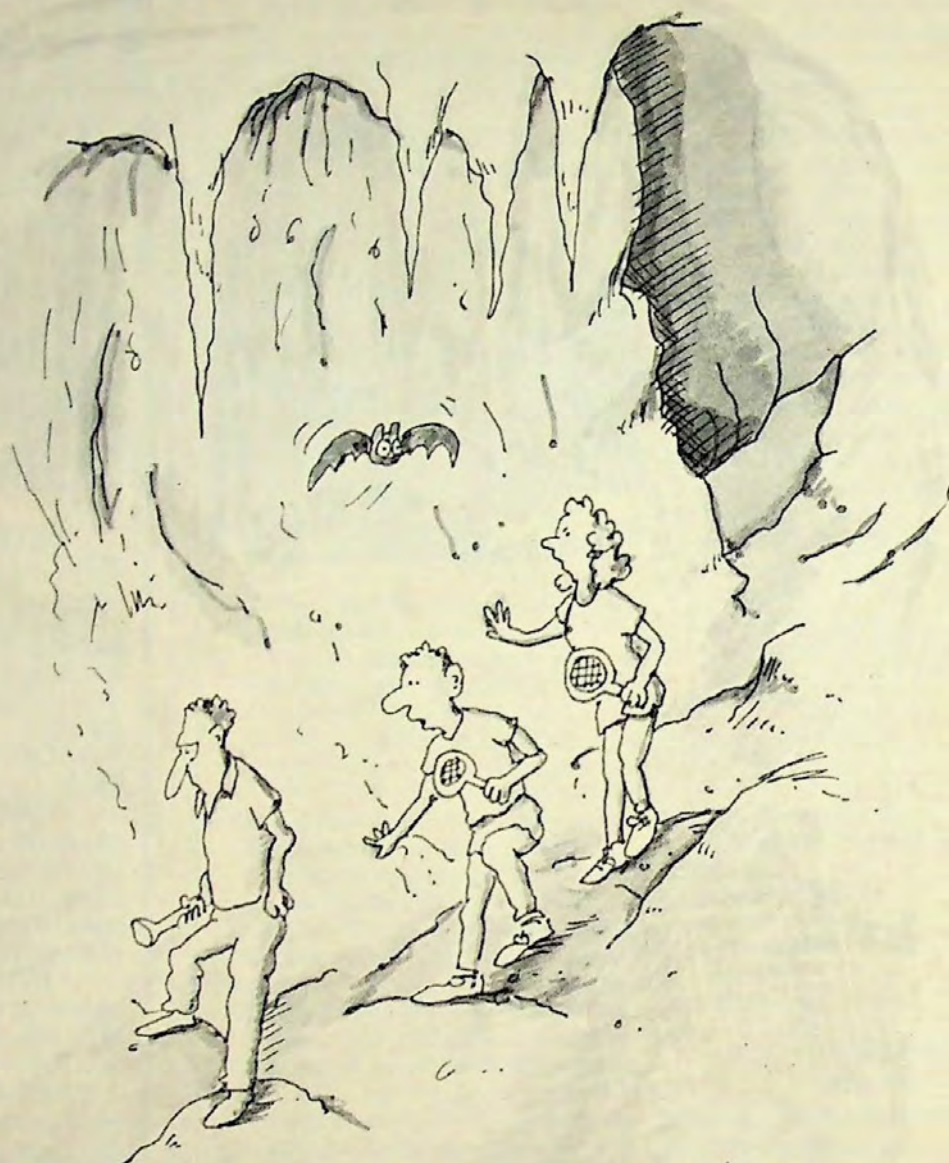
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OFF THE WALL



chase

"Are you sure this is the way to the Member's Court?"

Cartoon By John Chase

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