

National Racquetball®

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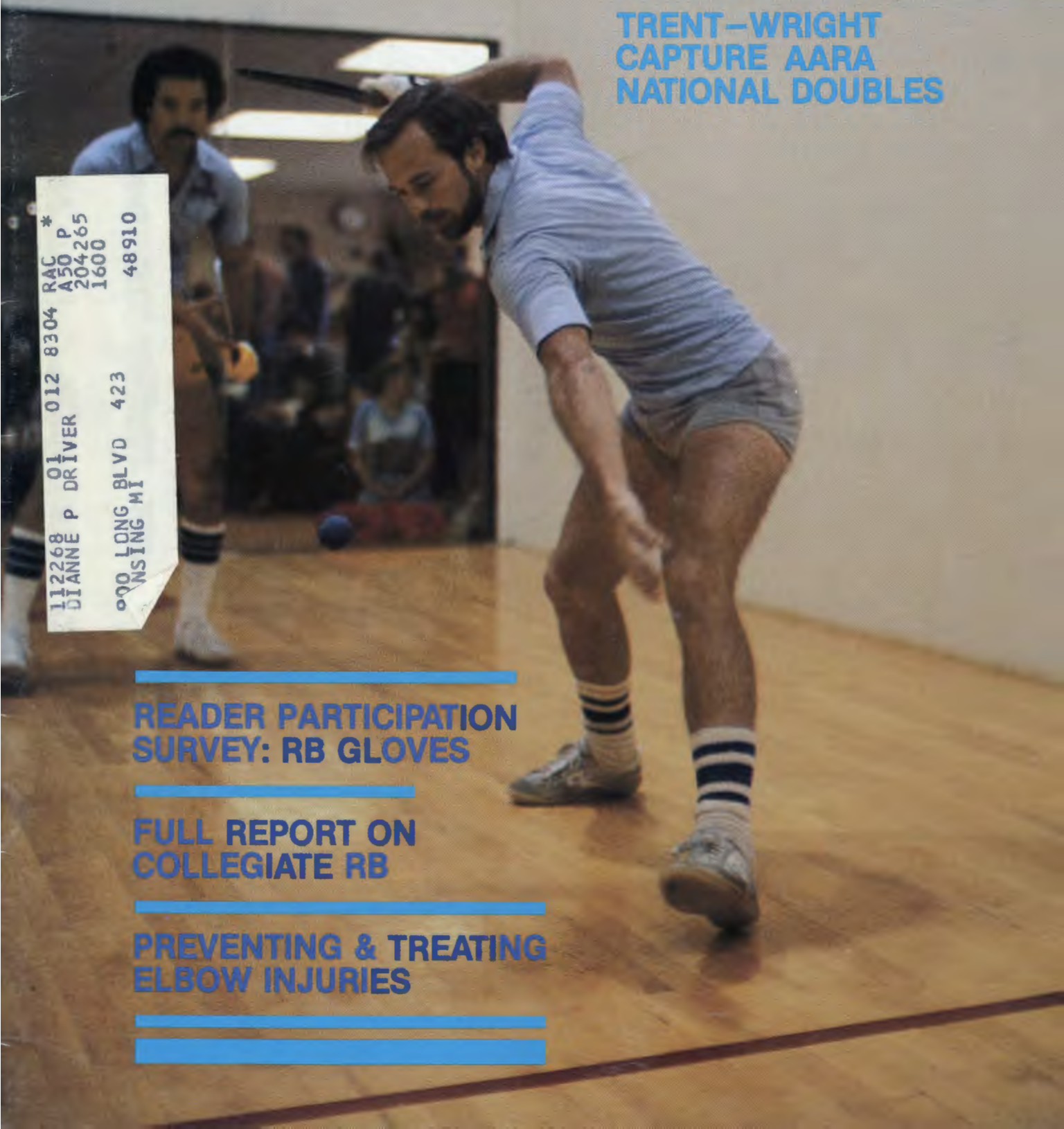
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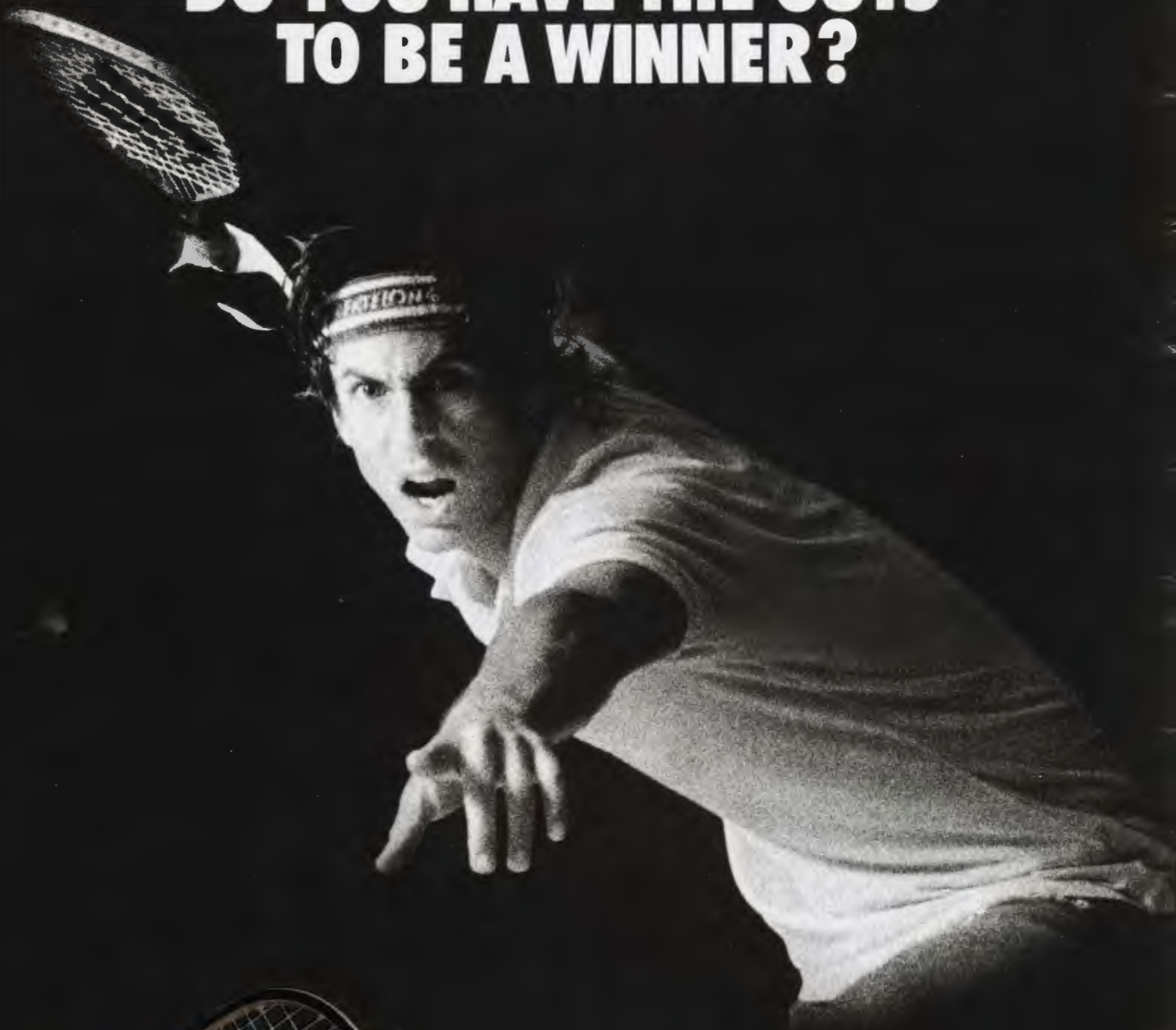
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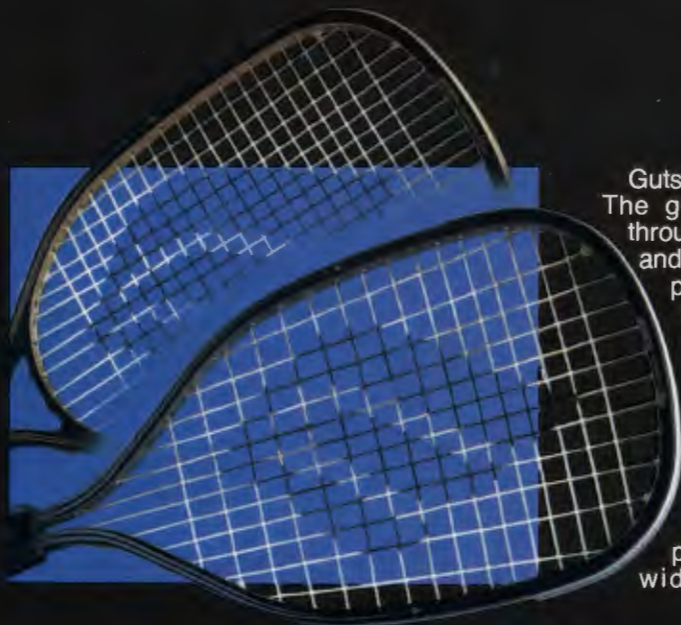
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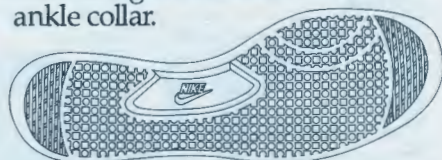
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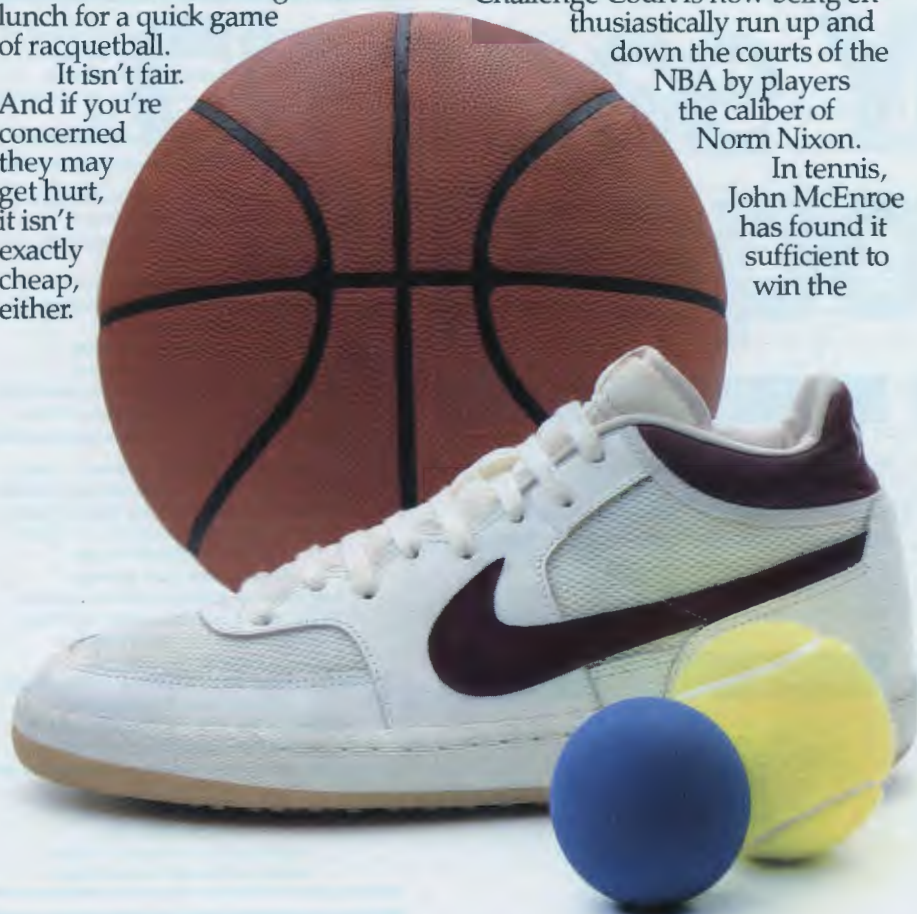
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On the cover ...

Steve Trent (foreground) and Stan Wright captured the AARA National Doubles championships October 24-27 in Federal Way, WA. For a full report on their win and the other results, turn to page 42.

—Photo by William M. Heineken

Next issue ...

Eyeguards are the main theme for February's issue including our first annual *Eyeguard Guide* and results of our Reader Participation Survey from last month. Plus our usual fine selection of instruction, features, health and tournament results.

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D.C.

From The Editor . . .

Can We Live Without The Pros?



My friend and I got into another one of our arguments the other day. I was bemoaning the fact that pro racquetball hasn't set the sports world on fire and his response was a snide "so what?"

Rumors have been swirling around the pro game recently, some of which have come to fruition. It's true that Diversified Products has dropped its annual \$100,000 National Championships, the biggest prize money event of the year. The rumor mill also continues to turn out reports that Catalina Sportswear will not continue as the tour's major underwriter next season.

If no replacements are waiting in the wings or have been found by next fall, such a one/two blow would devastate Charlie Drake's efforts to keep the pro game alive. And no matter what you think of Drake or today's tour, at least there is pro racquetball. The sport will suffer immeasurably without the pros.

"No way, no way," said my friend.

"Who cares about the pros? They're just takers who don't contribute to racquetball. If people cared about pro racquetball, there would be a demand for the pros, which would create the sponsor interest."

"Anyhow, Diversified will probably put that \$100,000 into amateur promotion, stimulate grass roots activity and get more for their money. We don't need the pros; they're just a bunch of prima donnas."

I felt my face flush and my spine tingle as the anger rose. Had I been blind for the seven years I ran the pro tour? Was this the legacy left from the efforts of some of racquetball's true pioneers?

Thoughts of Charlie Brumfield's near-perfect two games of classic, textbook racquetball in the nationals of '75; Bledsoe's stunning upset of Hogan in '77, along with Walton's equally shocking championship the same year; Hogan's five in a row; and Peck's rise to the top went rushing through my mind.

Has racquetball not gained because of them? Would racquetball not have suffered without them?

"What about tennis?" I asked.

"What about it?"

"There's a perfect example of a sport that just hung around for 150 years until the pros turned on the American public. Coupled with television coverage, tennis and their pros created a sports boom that still continues. So how can you say the pros don't help?"

"Yea, but pro tennis can fill 15,000 seat galleries," said my friend. "And the major tournaments draw decent Nielsen's on the tube. Pro racquetball can't even use a 15,000 seat arena and Nielsen would need an electron microscope to measure the audience."

The argument then continued into the usual portable court potential and televisibility of racquetball, including all the already beaten-to-death concepts like slowing the ball down, tattleboards, one serve, and making everybody play opposite-handed.

And what bothered me most about the whole discussion was that racquetball could very well be on the verge of losing the pros and no matter what my friend says I think the sport will be worse off because of it. A viable professional game is a necessary element in a sport's overall appeal. No competitive sport that I can think of has become "big league" without it.

But that's not even the point. Racquetball should be striving to build, develop and enhance the pro game. The tour should represent the best the sport has to offer on a competitive level. It should be professionally promoted, even creatively promoted.

If pro racquetball dies, racquetball the sport will be the biggest loser. ●

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Letters



Eyeguards and Front Covers

Dear Editor:

I am delighted to see the players on the front cover of the November issue of *National Racquetball* wearing eyeguards—in contrast to the October cover.

This is the first time I have seen the players on the front of any national magazine wearing lensed eye protectors. The guards pictured look like the Gargoyle, which in my opinion is a particularly good product.

I would hope and ask that on future covers of *National Racquetball*, players be depicted as wearing a lensed eyeguard. You as editor have been particularly instrumental through your editorials in encouraging the use of eyeguards and have raised a variety of questions about their use. I would hope that by showing eyeguards on the cover of your excellent magazine, you would encourage more players to wear protection of that kind.

Keep up the good work, and keep putting more such pictures on the front of the magazine.

Michael Easterbrook, M.D., F.R.C.S.
Toronto, Canada

Likes Instructional

Dear Editor:

Your magazine, as always, is a first class publication, current and informative.

I've been in Southwest Florida, enjoying the suncoast, for the past five years. Racquetball is very big here. I'm 54 and still playing in tournaments.

I also teach many young and older beginning players, and have compiled a lot of instructive tips and articles from the magazine which are very helpful.

Keep up the good work!

Don Schmidt
Venice, FL

The Racquetball World Mourns

Dear Editor:

The news of Mr. Kendler's death caused me to remember the many hours I spent in his office with yourself, Joe Ardito, Dan Bertolucci, Terry Fancher, Al Mackie, and others, discussing racquetball (or the history of handball) and how we might solve the problems of maintaining our association for another season.

I signed my first contract with Bob Kendler in 1973, after the Nationals in St. Louis and after his decision to leave IRA. Over the next decade, Bob and I were to sign many more contracts—more often than not this was a mere formality, as I came to learn that if Bob Kendler said something, that was all the contract that was needed.

This last year, racquetball has felt the absence of Robert W. Kendler. Under his leadership our sport prospered. He was responsible for the first glass court, for men's and women's professional racquetball, for making racquetball an international sport, for a national juniors' program that produced champions like Marty Hogan, and for creating a standard of excellence that few have been able to surpass.

I envy those players who were fortunate enough to win a Kendler Cup. I personally will miss Bob Kendler, and I know racquetball will too.

Charles Drake
San Diego, CA

Dear Editor:

I was saddened to learn of Bob Kendler's death. I became acquainted with him in 1973 when I first started in the racquetball business and our relationship developed further when I was president of the National Court Clubs Association.

We did not always agree, but I know we shared a mutual respect. I am grateful for and shall always remember the help and information he shared with me, and for the contributions he made to racquetball and handball. Some may question his style and motives, but few will deny that he had a very positive impact on the growth and development of the racquetball industry.

John Wineman
Highland Park, IL

Coddled Competitors

Dear Editor:

I read with much interest the article "The Coddled Competitor" in the November issue of *National Racquetball*.

The NFL strike (*still unresolved when this reader wrote—Ed.*) brings into focus the attitudes of some competitors and athletes. Although all of us share in the blame for the unreasonable, demanding behavior being exhibited, I feel the athletes themselves should take responsibility for the image they are creating.

As athletes, we choose to participate in sports because we enjoy them; that is the first, and only completely valid, reason for getting involved. Somewhere this love of sports has been lost, and I feel the loss is a real shame.

Kathy Langenberg
Denver, CO

Weight Training With Mondry

Dear Editor:

I was interested in the exercises by Steve Mondry of the East Bank Club in your November issue. This particular article was about strengthening the overhead, but it referred to other articles for strengthening the forearm and backhand.

I'd like to obtain all of Mondry's exercise programs. Could you forward my request or give me his address?

George H. Killian
Portland, OR

(Steve Mondry can be contacted at the East Bank Club, 500 N. Kingsbury, Chicago, IL 60601—Ed.)

Overlooked Dr. Bud

Dear Chuck:

I loved my article "The Top 10 Male Players Of All Time." Unfortunately, I inadvertently left Dr. Bud Muehleisen off of the honorable mention list. My apologies to this exceptionally fine player.

Charlie "THE GAR" Garfinkel
Buffalo, NY



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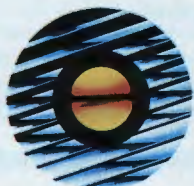
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Reader Survey

Tell Us About Your Racquetball Gloves

Racquetball gloves are a very personal purchase, with preferences for materials, fit, degree of tackiness and other ingredients making glove selections wide and varied.

Since it is unusual for a racquetball player to be able to sample a glove prior to purchase, word of mouth is often one of the best methods of advertising for glove manufacturers.

National Racquetball would like to know what you like or dislike about your glove. We want to know first if you even wear a glove and if you do, how it affects your game. The results of this survey will be published in our April issue, so we need your response by March 1.

Send your completed survey form to: *National Racquetball* Reader Survey, 1800 Pickwick Ave., Glenview, IL 60025.

1. How Often Do You Play Racquetball?

- ☐ 3 or more times per week
- ☒ 2 times per week
- ☐ 1 time per week
- ☐ 2 times per month
- ☐ 1 time per month or less

2. How Many Years Have You Been Playing?

- ☐ More than 5
- ☐ 5 or less
- ☒ 4 or less
- ☐ 3 or less
- ☐ 2 or less
- ☐ 1 or less

3. Where Do You Normally Play?

- ☐ Private Club
- ☒ YMCA
- ☐ JCC
- ☐ Park District
- ☐ School
- ☐ Military base

4. What Is Your Skill Level?

- ☐ Beginner
- ☒ Intermediate
- ☐ Advanced
- ☐ Open
- ☐ Professional

5. Are You Male Or Female?

- ☐ Male
- ☒ Female

6. What Is Your Age?

- ☐ Under 18
- ☐ 18-24
- ☒ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55 or over

7. Do You Wear A Glove When You Play?

- ☒ Yes
- ☐ No

8. How Many Gloves Do You Personally Own?

- ☐ One
- ☒ Two
- ☐ Three
- ☐ Four or more

9. What Material Is Your Glove Made Of?

- ☐ Don't know

10. What Size Glove Do You Wear?

- ☒ Small
- ☐ Medium
- ☐ Large
- ☐ X-Large

11. How Many Gloves Did You Buy In The Last 12 Months?

- ☐ None
- ☒ One
- ☐ Two
- ☐ Three or more

12. What Was The Cost Of The Last Glove You Bought?

- ☐ \$5 or less
- ☒ \$10 or less
- ☐ \$15 or less
- ☐ More than \$15

13. What Will Most Likely Influence Your Next Glove Buying Decision?

(Rank in order of your first three preferences, i.e., put a number 1 next to your first choice, a number 2 next to your second choice, etc.)

- ☐ Fit
- ☐ Price
- ☐ Moisture absorbency
- ☐ Maintain Tackiness
- ☐ Long Life
- ☐ Appearance
- ☐ Instructor's Advice
- ☐ Advertising

14. Where Did You Purchase Your Last Racquetball Glove?

- ☐ Local club pro shop
- ☐ YMCA/JCC
- ☒ Sporting Goods Store
- ☐ Discount Store
- ☐ Mail Order

15. Are You Pleased With The Glove You're Now Using?

- ☒ Yes
- ☐ No

16. What To You Like Most About The Glove You're Now Using?

(Rank in order of first three preferences)

- ☐ Fit
- ☐ Price
- ☐ Moisture Absorbency
- ☐ Maintains Tackiness
- ☐ Long Life
- ☐ Appearance
- ☐ Other _____

17. What Do You Like Least About Your Glove?

- ☐ Fit
- ☐ Price
- ☐ Moisture Absorbency
- ☐ Maintains Tackiness
- ☐ Long Life
- ☐ Appearance
- ☐ Other _____

18. How Often Do You Wash Your Gloves?

- ☐ Every time I play
- ☐ Every other time I play
- ☒ Once every few months
- ☐ Never

Collegiate Racquetball: Tomorrow's Players Today

In years past if you wanted to play racquetball during your college career, you got your body over to the gym at seven in the morning to wait in line with the other 60 or so hopefuls who wanted to sign up for one of the two dilapidated handball courts dating back to the Pleistocene age. After a wait of less than an hour, you often got lucky and were able to get court time that didn't clash with every class, lab, or exam that you had that week.

Then you climbed for a small eternity, up past the pool, the basketball courts, the track, up, up to uninhabited empyrean heights that were stinking hot in summer and stinking hot in winter. But there you were in a court, a place to play racquetball, however crumbling the plaster, however ill-fitting and hindermaking the light fixtures. The sheer joy of getting your racquet on a ball made it worth while.

In a lot of schools, things are still the same. A student body of 20,000 competes for two ancient and shabby courts, no organized competition is available, the good players don't know where the other good players are to be found, the Phys. Ed. department thinks swimming is where it's at, and there's no funding available for racquetball anyway. So the racquetball scene is confined to a few diehards who love the game and manage with the minimum. A racquet, a court, a ball and an opponent, when they can find one.

But at some schools around the country, things are changing. The funding and organization are gradually building as a response to the groundswell of interest in racquetball that college-age people in ever greater numbers are displaying.

One of the people who's most involved in the college-level racquetball scene, Luke St. Onge, sees some big changes over the past few years and is very optimistic about where racquetball in the colleges is headed. As Executive Director of the AARA, St. Onge shoulders much of the burden of organizing the Intercollegiate Championships, the single most comprehensive program for college clubs to compete at intercollegiate level.

"A lot of good things are happening in intercollegiate racquetball," St. Onge claims. "For one thing, the sport is growing rapidly at the colleges, and that filters down into the general adult racquetball playing public."

"The colleges are a bona fide feeder system for the sport in general. A large part of the racquetball playing public develops in this way—they learn the sport in college and keep it up later."

This is only the second year that AARA has administered the Intercollegiates, but the numbers are already moving up.

"Last year, 52 universities, with a total of 244 players, competed in the Intercollegiate Nationals. This year, we figure we'll have more than 60 universities, with over 300 players. So there's a steady increase in the number of students playing—and playing good enough racquetball to compete in the Nationals."

"At the state level, we'll have 50 championship tournaments, with anywhere from two to 16 colleges in each. That's a lot of players, if you figure that most schools are going to send four or more players."

The AARA fulfills an essential role in providing college players with competition.

"The emphasis in universities is on intramural racquetball," St. Onge said. "To get the chance to compete outside their own school, the students need the intercollegiate tournaments. The universities aren't organizing them, the NCAA (National Collegiate Athletic Association) doesn't want racquetball, so it's up to the AARA."

Racquetball in any shape or form—as an intercollegiate sport, a Physical Education offering, or purely as recreation—is only beginning to get a foothold in the colleges. Most schools that have racquetball courts offer Phys. Ed. courses in the sport, but they usually leave all other organization entirely up to interested students to take charge of.

In some cases, these students have the help of more experienced adults like Don Webb at the University of Illinois-Champaign, or Gerry Willey at Penn State, both of whom volunteer their services to run the racquetball club in their respective schools.

Webb's formal connection with the university is as an entomologist with the Illinois National History Survey, but he got involved in racquetball organizing eight years ago when the IMPE (Intramural and Physical Education) building, which includes 23 racquetball courts, was constructed.

"Once I got the club going, I stayed on to coach the men's and women's teams," Webb said. "We have 120

"... There's a steady increase in the number of students playing—and playing good enough racquetball to compete in the Nationals."

members, and we get a team together and go to Memphis for the Nationals."

Since its inception, the club at Champaign-Urbana has been in the mainstream of intercollegiate racquetball.

"We started the Intercollegiates here," Webb said. "Over the years, we've run three Nationals when they were under the auspices of IRA and USRA."

Like the majority of university racquetball clubs, the U of I club pays its own expenses for travel to tournaments and other incidentals. Gerry Willey, Director of Administration and Information Services, and volunteer racquetball coach at Penn State, finds that this typical lack of financial backing from the university often becomes a problem—many students cannot afford to travel.

"Our club membership fluctuates from 150 to 200, and Penn State has 30 courts," he said. "But we haven't made a very big showing at the Nationals, mainly because travel is expensive, Memphis is a long drive, and students often can't get away. The one player who did get down there from our club placed second in the Women's Open."

Willey identifies a number of problems besides financing as widespread in college racquetball. *"There's a real problem arranging competition,"* he said. *"Nobody seems to know how racquetball is organized in other schools, so that just contacting the other clubs to set up a time and format for a tournament is a hassle, let alone the logistics of travel and financing."*

Nonetheless, Penn State's club, the Nittany Lion Club, is lively and growing. It sponsors a number of tournaments in which the competition is sparked up by inviting entrants from the surrounding communities. The club membership also includes non-students, among them some very good local players.

In the past, the club used to run the Nittany Lion Open, until the tournament got so big that it was no longer feasible. This year, a full team from Penn State will be going to the Nationals in Memphis, and the Nittany Lion Club will be hosting the Pennsylvania State Intercollegiate. So that in spite of the fragmented, diffused scene that Willey sees as characteristic of college racquetball, the sport is going forward at Penn State under his leadership.

The western part of the country is even less organized in terms of intercollegiate racquetball competition. Ed Martin, AARA Junior Commissioner and an active proponent of Olympic racquetball, recently helped set up an intercollegiate team at California State University in Sacramento. But he's found money tight since Proposition 13 passed, and schools in northern California generally don't seem willing to put up either the time or money necessary to include racquetball in their intercollegiate programs.

"But the interest in racquetball among the students is phenomenal," Martin observed. *"You can't reserve a court on campus, and the Phys. Ed. department turn away as many kids as it signs up for racquetball classes."*

That seems to be the story all over—there are scores of interested kids, but they need organization and funds if they're going to compete against other schools.

Many of the organizational problems may be overcome in the not-too-distant future, if Steve Malafsky, a graduate student at Rensselaer Polytechnic Institute (RPI) has his way. Malafsky has plans to make RPI a clearing house for schools nationwide, putting all intercollegiate racquetball information on an IBM 3033 computer. Like the other club directors *National Racquetball* talked to around the country, the chief problem he saw in organizing college racquetball was the monumental difficulty of getting the word out.

"Our chief problem is publicity," he said. *"We're involved in day by day running things, and we just don't have the time to do it all."*

Malafsky is in up to his neck. Not only is he Director of the RPI racquetball club, he also serves as AARA Northeastern Regional Director and as League Commissioner for the Eastern Collegiate Racquetball Conference (ECRC). He's working on getting varsity status for the league, having organized the league itself from the ground up.

"At RPI we're in a particularly good position to organize things," Malafsky said modestly. *"The student union, which governs all the clubs on campus, is entirely student owned and student run. So we have the experience with grass-roots organization—and that's what intercollegiate racquetball needs."*

In the absence of any large, efficient, wealthy umbrella organization to put the whole scene together, Malafsky got the ECRC off the ground exclusively through student support.

"First we'd try a school's Athletic Department, but most were not willing to invest the time to see if a racquetball program was feasible from their point of view. So we turned to the students. In five of the league schools we found out who the racquetball players are and got them to organize themselves."

The ECRC has six schools at this point, and accounted for one third of the 1982 Intercollegiate Nationals in Memphis. As it continues to grow, Malafsky said that it's become necessary to form separate conferences, in the Boston area for example, and in Virginia.

"Once we get a school organized and get them funded some way, we get them into the league," he said. *"We're trying to get the league to go varsity, so the more teams and schools we can get involved the better."*

The racquetball community at RPI is thoroughly integrated into the mainstream of life at the school, is taken seriously and is substantially funded. Of their budget of \$30,000 plus, almost \$18,000 is put up by the school out of the student union funds. The rest is supplied by sponsors, of whom Malafsky named two—Penn, a major sponsor of intercollegiate racquetball, and Foot-Joy, which will be underwriting the spring regional tournament hosted by RPI.

"Racquetball is in an advanced stage of organization at RPI for a number of reasons," Malafsky said. *"It's partly because RPI students know how to organize, but it's also because we've had the help of a lot of very dedicated, experienced people who know racquetball and were willing to give their time and expertise. Al Seitelman (NY State*

The western part of the country is even less organized in terms of intercollegiate racquetball competition.

AARA Director) flew up here at his own expense last year to help present our case for funding. We have a full-time racquetball coach, Neil Shapiro, who's an APRO certified pro and one of the best seniors in the country."

And because RPI has no standard size racquetball courts, the team uses the Court Club at Colony Center, which Malafsky estimates subsidizes the RPI team to the tune of \$15,000 worth of court time discount. (The club members in general play on the non-regulation courts.)

Rensselaer Polytechnic is unusual, but it is not unique in having a strong racquetball team (they're undefeated in the Eastern league, and placed fourth in the Nationals last year), or in having built up the status and funding to have a high profile on campus.

Memphis State also takes its racquetball seriously, employs a full-time coach, and has taken first in the Intercollegiate Nationals for six years in a row. Which doesn't happen by accident.

According to Larry Liles, racquetball coach and instructor with the Health, Physical Education and Recreation Department, Memphis State actively recruits good players from all over the country.

"Of our 16 male team members, 14 are from out of state," he said. "I'll see a good young player somewhere and suggest that if he wants to go to a good racquetball school, Memphis State is it."

The three categories of racquetball play—intercollegiate competition, Physical Education courses, and recreational, informal play—are all interconnected through being handled by a single department. The school has no "club" as such, but instead puts a team together each semester from the best players who show up for tryouts.

In spite of the centrality of racquetball to life at Memphis State and the distinguished record of the intercollegiate team, funding for racquetball is sketchy and Liles's direction of the team is largely done on a volunteer basis. Although he is employed as an instructor and teaches racquetball as part of his job, managing the team takes a lot of after-hours time and is something that his work permits—not an intrinsic part of the job. In effect, the university has afforded little or no formal recognition or fiscal support to intercollegiate racquetball, which is typical around the country.

The exception that proves all the rules—or departs from all the norms—is Orange Coast College in Costa Mesa, CA. Racquetball is central to life at Orange Coast, the level of play is unusually high, and more than half of the 33,000 students play, but intercollegiate competition is not in their vocabulary. Orange Coast has enough good players that they don't need to go outside for competition.

"Intramural tournaments are where our players get a workout," Barry Wallace, who runs the racquetball program, said. "Some very distinguished racquetball players have gotten their start here—Lynn Adams was a student and began playing here, as did Brian Hawkes, the outdoor national amateur champion for the past few years."

Wallace, who held the outdoor amateur title himself for a number of years, points out that Orange Coast is known for outdoor play. *"Some top-notch players take part in our tournaments," he said. "But they're not necessarily tops on three-wall outdoor courts. Hogan has played here—and won, and lost. Muehleisen, Bledsoe—a lot of top-level players come to play."*

"Outdoor three-wall is big here because of the climate. We get 300 days a year on average when the weather is conducive to playing outside. But beside the 13 outdoor courts, we also have 6 indoors, so we teach on both."

While the situation at Orange Coast is unique, in one major aspect it reflects what's going on all over the country. Physical education departments cannot accommodate anywhere near the numbers that want to take racquetball classes. Many schools have the situation at Cal State-Sacramento, where they're turning students away. At Memphis State, Larry Liles offers adult continuing education classes where only 10% of those who show up can actually be admitted. Every semester, 18 sections of racquetball are offered to undergraduates, and are always filled.

At Illinois, Craig Stinson, who is on staff at the IMPE building, said the phys. ed. program was cut back 50% in the past year because of budget reductions. *"But racquetball was unaffected," he added. "We just about can't offer enough racquetball. Some sports bit the dust altogether, and others were cut way down. But we'd add racquetball if we could."*

The same things that attract students to racquetball classes make the courts almost unavailable for recreational play. Over and over the folks managing university sports facilities say the same thing: reservations start at seven a.m. By nine, the courts are filled. Period.

The future of college racquetball looks bright. As student interest grows, schools are—cautiously, and perhaps more slowly than racquetball lovers would like—investing in new and larger facilities to accommodate more classes and recreational play. Gradually, intercollegiate play is getting organized through the efforts of the dedicated across the country and with the energetic backing of AARA. It is far from improbable that the 1980's will see varsity racquetball in enough schools so that ultimately it will be sanctioned by the NCAA.

By fostering the growth of racquetball among their students, the colleges and universities are contributing immeasurably to the future of the sport and to the health of the next generation of adult Americans. If the aims of contemporary education have not strayed too far from the old ideal of a healthy mind in a healthy body, racquetball belongs in the schools. ●

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Art Michaely: In A League By Himself

Once you've met Art Michaely, it seems perfectly natural that he should be the man behind the biggest racquetball league in the world. He is a serene and energetic person who radiates confidence and charisma, who persuades you immediately that he can get anything done.

The Chicago Racquetball League (CRL) is one of his many projects. He has been involved with it since it began with eight teams in 1972, as the Metropolitan Chicagoland Racquetball League. Within three years, it had grown to 16 teams, then as racquetball caught on, the League exploded in 1976 to 32 teams. The commercial clubs formed their own league at this point, but in 1979, the Chicagoland Handball/Racquetball Association (the association of Chicago area club owners) asked Michaely to take over the whole thing again. Today, the combined league is made up of 110 teams from YMCA's, clubs, park districts and colleges all over the city and suburbs, each team consisting of five members. It provides competition for men and women in 20 divisions from A to D levels.

Michaely manages this sprawling operation as a side-line to his job as Executive Director of the Park Ridge YMCA. He is paid a nominal amount for his services by the owners' association—he describes his remuneration as a "standing joke" in that it works out to about 95¢ an hour for the 500-plus hours he puts in over the season.

"I do the league because of a commitment to racquetball. I love the sport, and I love the people in it," he says. "So even though my real job is to run an efficient Y, I find time for the league."

His present position is demanding enough that he certainly doesn't need the league to keep busy. When he took on the job at Park Ridge in March, 1980, he took on some long-standing problems in the form of a facility that was badly maintained and not generating funds or support from the community it was supposed to serve.

"The place was a mess," he says frankly, "but the members pitched in and it's shaping up at last. The building was painted by over a dozen volunteers, and people have given their time and expertise in a lot of different ways."

It's taken him two and a half years of relentless effort—10 hour-days and passing up vacation—but he's beginning to see light at the end of the tunnel.

"Now I have more freedom to get away," he says. "I've only been playing racquetball about once a month—except when the league is in force. It's frustrating when you know your ability, but you don't have time to practice and realize your potential. And 10 hours a day at a desk won't keep me fit."

In spite of the heavy demands on his time, he is committed to creating what he calls a "quality product" in the CRL. It draws enthusiastic participation, he feels, *"because I make sure we get the information out to the club owners, and I do everything I can to make it run smoothly."*

"It's also very important to give something back to the player. Everybody gets a shirt or a gym bag or whatever we're providing that year. It's a symbol of participation—people are proud of having the Chicago Racquetball League bag because the league has a lot of prestige."

Like any organization that involves large numbers of people, the league gives rise to some problems. Michaely makes light of these, but they sound formidable nonetheless.

"I run into relatively few problems," he says. "The better run a club is, the more likely it is to have a large number of teams, and the management of that club is going to know what's going on. It's clubs where nobody knows what's happening—nobody's involved enough to be able to give you the information you need."

"And of course, scheduling 20 divisions is an enormous job. Over the years I've gotten proficient at it, but it's impossible to avoid giving some clubs double home matches once in a while."

"The biggest problems are late entries or changes after the schedules have

been printed. We're talking about 20 schedules for 110 teams—so making changes or additions is a real headache."

Participation in the league is kept as affordable as possible. Players pay court fees only in their home club, while visitors play for free. All revenues generated by the league in the form of dues are used for awards and souvenirs.

From the start, a number of racquetball manufacturers have supported the league by providing balls, shorts, shirts or gym bags, among them Seamco, Leach, Ektelon and Wilson. This year Wilson has donated 360 dozen balls. The league has achieved enough recognition and prestige that sponsoring firms get wide exposure from their involvement.

"We were a kind of test market for Wilson when they first introduced their ball," Michaely said. "By giving balls to the league, they got immediate widespread acceptance in the Chicago area."

Michaely not only manages the league, he also plays in it. Although his time for practice is very limited, he plays A division and two years ago took the state 40-plus title.

He attributes his competitive ability to court smarts. *"In all fairness, a 42-year-old man shouldn't be playing A division," he says. "But while a younger player may have more power or speed or endurance—physical advantages—an older, more experienced player maybe has a greater variety of shots, more tournament savvy and strategy. Of course, these days a lot of the younger players have all that too—they've had so much tournament experience."*

Michaely has some strong opinions about all those tournaments, and about the organization and development of racquetball generally over the past 10 years. *"The every-weekend tournament was a losing proposition," he says flatly. "Clubs were cutting one another's throats, and no-one was getting a decent draw."*

"We're going to see more in-house tournaments and traveling leagues—that's where it's at right now. The clubs need to build from the roots up and set up solid in-house programs starting with

instruction, then beginner leagues and more competitive leagues—and finally move into traveling leagues for the players who want to stretch out further, who need the variety of outside competition.”

He sees tournaments as having other problems too, mainly sandbagging and scheduling. “In every tournament 60 percent of the players end up being ticked off at what’s happening. And there aren’t enough new people coming into the sport to replace the ones who are angry.

“The rating system just isn’t working,” he says, “although I hesitate to criticize since I don’t have any solution to offer.

“But sandbagging is killing tournaments and alienating players. Consider, I would be technically eligible to play C division because I’ve never won an A or B division. When a legitimate C player goes out there and is slaughtered by someone who has no business playing C division, he’s going to feel humiliated. Is that what we want players to get out of the sport?

“The other thing that’s killing tournaments is timetables running way behind. A couple of years ago I played in the state tournament and got out of my match at three a.m. Then I was expected to show up for a consolation match at eight the same morning.”

He is also concerned about the nasty style of competitive play that occasionally erupts, even still.

“Winning isn’t everything,” he asserts, “particularly if it’s done with no class. When a player goes in for pushing the rules, crowding his opponent, or argues with the officials and tries to intimidate—those things detract from the real meaning of competition.

“To compete fair and square, you know what the rules are, and you call violations on yourself. You don’t pretend a ball was good when you know it skipped or bounced twice. On the other hand, you don’t have to give anything away—you play good position and so on.

“But the pros you really admire emit these kinds of qualities. Sure they’re great tacticians, but if they don’t have other intangibles they diminish their status as true winners.”



The true meaning of competition lies in one player’s ability over another, Michaely insists, not in how many sneaky calls he can get away with.

From the subject of ethics in racquetball competition he goes on to reflect on ethics in sports and coaching generally.

“I see too many negative coaching and teaching situations,” he says. “Too many kids’ programs are not examples of ethics in sports. And kids see too much cheating and violence and arguing with officials.

“If we’re to maintain morals in life, we’re going to have to have high moral standards in sports. The win at any price attitude teaches kids that it’s okay to be dishonest, that they don’t have to respect a referee’s authority.

“This is one reason I’m in Y work. The underlying concept in the whole Y organization is about caring and serving the community. It’s an environment that facilitates developing ethics.”

While serendipity rather than conscious choice led him into Y work initially, it is that commitment to people and responsible living that has kept him in it for 16 years.

“For three years, while I was a graduate student at the University of Illinois, I had a really good experience working summers at Y camp. Then I was offered a full-time Y job. I took to the people, I loved the whole setting.

There’s a level of dedication beyond money—Y staffs are not highly paid. That third initial in YMCA means Christian, and that has something to do with the purpose of Y work—love of people.”

Racquetball has changed over the years, Michaely notes, and lost some of its early innocence. Its organizers in the beginning, the people who started the grass roots state groups, were motivated by love of the sport, by the desire to give something back in the form of rules, mediation, organizing. Later, as the sport grew, he feels that some of these original ideals were lost.

“The awareness of money, of the marketplace, came in, and that changed things,” he says. “The big companies and corporations that started to take an interest in racquetball, and the money they brought with them, meant that the character of the sport was altered.

“Not all of the change was wholesome. The sponsors have the right to ask for something back—they always have some say in what goes on. So a degree of independence is lost.”

He sees a connection between the money and the lack of sportsmanship that players at times indulge in.

“When the almighty dollar enters in some players become more anxious not just to play a good game—now there’s money at stake. Their attitude changes. They’re willing to push harder, to bend the rules.”

And then he is off on another topic. Art Michaely is seething with ideas, with new ways to get things to work, to involve people, to improve the ways sports are organized and taught, to make life more fun and more full for everybody that comes into his life or that his work touches in any way.

So that even though the Chicago League is an extra job that he doesn’t need, its survival is too dependent on him (his own words), clearly he’s going to stay involved, his finger on the pulse of a huge metropolitan racquetball organization. It’s people and racquetball and making things run.

And that’s what Art Michaely is all about. ●

Racquetball Courtship

by Mary Miller

Del Kauss, 25, has an easy smile and quick sense of humor. His wife Linda, 23, has pent-up energy that spills over into bubbly laughter if she has to sit still too long. She sips on a Pepsi, then sets it on a coaster shaped like a racquet. Together they tell the story of a racquetball courtship that began in college and led to their marriage match.

Linda began playing racquetball at age ten in her hometown of Sheboygan, WI. A year earlier, she had taken up tennis and fallen in love with the game. But the long Midwestern winters and lack of indoor facilities near home shortened the season too much for an energetic and competitive young girl.

She was introduced to racquetball at the Sheboygan YMCA by an instructor who showed her the courts, taught her the basics, and worked with her on the game. At 14 she began playing in tournaments.

While Linda was playing racquetball in Sheboygan, Del was busy playing high school baseball and basketball 70 miles southwest in his hometown of Janesville, WI. He continued to play those sports during his first two years at the University of Wisconsin-LaCrosse but dropped out of them competitively his junior year.

It was then that Del began to play racquetball to stay active. *"My roommate and I bought some racquets, went to the college courts and just started hitting the ball around."* When the college announced intramural tournaments, Del began to think about competing in racquetball. *"I really thought I was a good player, then,"* says Del.

Linda laughs. *"That's because he didn't know any better."*

When Del went home for Christmas break, he played a match with Brian Murray, who had been playing in tournaments for some years. Brian knew Linda from the tournaments. He also knew she was attending UW-LaCrosse and suggested Del call her when school resumed.

Del's initial reaction to calling her was skeptical, but Brian assured him that Linda would give him a good game.

Linda's initial reaction to Del's call was also skeptical. She remembers thinking, *"Oh no, he's probably another hacker,"* but she didn't turn him down because he had mentioned Brian's name.

Their first game left each with a distinct impression of the other. Del's impression was disbelief: *"I was impressed a girl could be that good."* Linda's impression was also disbelief: *"He had no concept of the game."*

Del recalls that he won the first game. *"I think it's because she was laughing so hard."*

However, Del's hacker status wasn't enough to discourage Linda from playing with him again. *"I thought he was cute,"* she says. *"I could also tell he was interested in the game and with a little work he might get to be pretty good."*

Del did get to be good. In fact, both agree that today Del is the better player of the two due to the power difference between them.

Del and Linda were married a year and a half ago and moved to St. Paul, MN, where Del is employed by 3M as a chemist. Linda works as the racquetball pro and program director at Arden Hills and Carlton Clubs in suburban St. Paul.

Overall, their relationship has had a positive effect on their games. Initially, says Del, it was Linda's teaching and introducing him to tournaments that had the most positive effect on his game. They help each other notice the strengths and weaknesses of their games, they drill together, and neither has to search frantically for a partner when they want to play.



Last year their racquetball courtship led to a matching pair of titles from the Minnesota State Racquetball Tournament, in May. Del won the men's state open championship; Linda won the women's state open championship.

Both went into the state tournament with a lot of confidence. Del attributes his win to being able to stay mentally intense throughout the tournament. *"I strongly believe that racquetball is 80% mental,"* says Del. He believes that portion of the game is spent on analysis, concentration and anticipation.

Although he was seeded fourth in the state tournament, Del said he went into the tournament with the feeling there wasn't anyone there he couldn't beat. This confidence came from doing well in three big tournaments he had played in March and April in Wisconsin. At one of the tournaments he beat Jim Wirkus, Wisconsin's top-ranked player.

Linda's confidence going into the tournament was due to the amount of time she had devoted to getting ready for it. Her usual training schedule includes running three to five miles five times a week, working out with weights three times a week, drilling and playing. Just before the tournament she intensified her drilling (three hours five times a week) and increased her playing time. She feels drilling is the most important aspect of training. *"It's what separates the lower level players from the higher level players,"* she asserts.

Also, Linda was seeded number one going into the tournament. Although the previous year's champion was also playing, she had never beaten Linda. (A family wedding kept the Kausses from playing in the 1981 tournament). Of her 21-8, 21-4 win over the 1981 champion, Linda says, *"I was happy to win the match decisively as a reassurance that all the time I spent getting ready paid off."*

Both agreed their wins felt good, but, says Del, *"It wears off quickly; life goes on."*

Just as their relationship helped their racquetball, their racquetball has helped their relationship; it has created a strong bond between them. It sometimes also creates a wedge. Del admits that each of them occasionally

becomes frustrated with criticism offered by the other. *"No matter how constructive the advice might be, it's harder to accept from someone so close to you."*

Linda cited a competitive edge between them when they play together seriously and says she sometimes becomes more consumed with the game than Del would like.

For Del, racquetball is a game he loves for the competition; Linda views racquetball as a career goal.

Del wants to continue to improve the mental aspect of his game but does not want to put more time into the game than would equal the benefits he could derive from it. Ideally he would like to have a racquetball-related career. Realistically, he feels the opportunities for men are scarce because of the limited men's tour. He is optimistic, however, that more opportunities will open up in the coming years as racquetball gets more media exposure, but he feels by that time his age will be a restrictive factor.

Linda, on the other hand, sees more opportunity for women racquetball players and will spend the next two years exploring the avenues open to her. She feels that to do this effectively she must put in more time working on her game, seek financial backing, and play the pro stops more consistently than she has been doing. Currently, she classifies herself as a pro qualifier but not yet pro level.

Del and Linda will continue to travel the racquetball road together, although they may eventually come to a fork in that road because of their differing views on what part racquetball will play in each of their futures. One stop they plan to make together, however, is the 1983 Minnesota State Racquetball Tournament to defend, and perhaps retain, their titles. ●

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Ask The Champ

by Marty Hogan

Five time and current National Champion Marty Hogan answers questions about improving your game in this ongoing exclusive series in *National Racquetball*. Readers are encouraged to submit questions about their game to Marty Hogan, c/o "Ask the Champ," National Racquetball, 1800 Pickwick Ave., Glenview, IL 60025.

Question: I belong to a couple of different clubs in my area and the courts are made out of different surfaces. In fact, one club is concrete and plaster, another is panels and the third has a lot of glass. What's the best way to adjust my game?

Hogan: You really shouldn't have to adjust your game all that much because all surfaces play just about the same. The ball reacts no differently whether bouncing off cement, panels or glass. I suppose you can make an argument that concrete and plaster sound more solid, and I do like that crisp, "crack" sound of the ball off the front wall on concrete.

While it is possible for panel courts to have dead spots, that isn't a problem with the panels, rather with installation. If the panel isn't properly secured dead spots may occur. On some panel systems you don't get the same sound as you do off concrete.

Glass courts play fine, but the difficulty here is visibility. The only way to get used to a glass court is to actually play on one. They're not as bad as some people say. I've heard people comment that they're nearly blind on a glass court. The only real problem areas are the corners, and actually it's only the back rear corners. Practice is what it takes.

If you're in a tournament, it's possible that you'll have to play on solid surfaces and then switch to glass, or the other way around. The only way to be ready for this situation is to have prepared prior to the tournament.

If you're not ready to play on glass before you start the tournament, then you've got problems, major problems, which will make it extremely difficult for you to win.

Question: I've heard people say that one of the reasons you won so many tournaments is that the balls used to be so lively that all you had to do was hit it hard. What do you think of the speed of today's ball?

Hogan: Right now, racquetballs are just about perfect. They aren't too fast and they aren't too slow.

If a ball is too fast the player's expertise becomes more limited. There are fewer shots you can hit. If the ball is too slow, then execution becomes more difficult and the fast, exciting plays can't develop.

In the last few years the primary racquetballs I've used have been a good, consistent, in-between speed. Not so slow that the players are bored because they don't have to move, but not so fast that I can blow it by anybody.

As for my winning due to fast balls, I didn't have anything to do with the speed of the ball, back in the '70's or today. I just play with what the referee throws out there. I can tell you this: the play has never been more exciting than it is now, the players have been and are still improving and the game is developing positively. Don't underestimate the role of durable, consistent balls in this development.

Question: I've got a friend who's not very good, but who always wants to play with me. If we play a straight match, I'll blow her off the court, which won't be any fun; yet if I let up, it's not a workout. Do you have any suggestions as to how we can establish a challenge for both of us?

Hogan: Over the years there have been many methods developed to "handicap" racquetball matches, none of which has truly emerged as successful. Spotting the opponent points is probably the most time-tested method, but unless the two players are fairly close in ability (requiring a spot of no more than five to seven points) spotting doesn't work.

If I give you 20 points, neither of us will get a workout while I go out and run 21 straight on you. In recreational play, the score doesn't matter, the fun and workout do, so what's the sense of spotting somebody 20 points?

I've found that one of the best ways to even up a match like that is to allow the inferior player two bounces. By doing this you've accomplished a number of things.

First, it forces the better player to hit pinpoint accurate shots. If he doesn't, then the opponent will undoubtedly retrieve any ball on the second bounce. Second, it helps teach the inferior player to wait on the ball. Third, it gives the better player a chance to work on some shots under the pressure of a close match, while at the same time evaluating the shot's success.

Double bounce racquetball can really be fun.

Question: What do you think of this new tattleball game, you know, the one that eliminates kill shots? Would you ever play in a tattleball tournament?

Hogan: I think that if tattleball ever became a reality the scoring system would have to be changed. Twenty-one point games could go on for three or four days. Eleven point games might be over in six or eight hours.

But I think the concept is interesting and it's something I wouldn't mind trying. I do think it would be a totally different game that would take some adjustments. By taking away the kill shot you take away the home run, the long bomb, the most difficult aspect of racquetball.

I think there is some merit in the argument that it would be a better game for television, but I'm not sure it would be a better game to play. Winning rallies would become a question of endurance or absolutely perfect shots. Every pro today can cover the court like a cat. Tattleball could become a real bore.

But I think they should stick with it. If there was a major tattleball tournament with prize money, I'd play in it. And I'll tell you something else—if the game catches on, you'll see a lot of players making comebacks. ●

APRO

"A Pinch To Grow An Inch"

by Dave George

If your racquetball game is ready to grow (and whose isn't?), the pinch shot may just be your answer. Mastering the pinch can be accomplished with practice and patience, without doing much more than you're doing right now! To help illustrate this point, let's begin by looking at the stance in racquetball.

In most cases, the stance for a pinch shot does not differ from the stance you would take for a pass shot. For these contrasting shot selections you are using the same stance, even taking the same swing, and yet are able to produce both passes and pinches. The only change that is really necessary is the placement of the ball being hit, relative to the hitter's stance. If you don't have to change your stance, or your stroke, you are already two thirds of the way toward mastering the pinch.

But before discussing the remaining one third, placement of the ball, let's

first define the pinch shot and perhaps justify its worth to your game.

Pinch shots are those shots which carom from the side wall into the front wall, down low and in the corners of the front court. Because pinch shots use two walls in their execution, they are lower percentage shots than passing shots, which only involve one wall, the front. On the other hand, the use of two walls so effectively deadens the ball in the front court, that pinches are great shots to practice and use in your play.

Pinch shots are a perfect complement to your passing shots. Use high percentage passing shots to get your opponent into the deep back court. Then use pinch shots to deaden the ball up in the front court. This sequence will not only run your opponent ragged, but will often times end the rally in your favor. (See Diagrams 1 and 2).

To practice and use the pinch shot, you must first be able to control the ball straight into the front wall. This is where placement of the ball relative to the hitter's stance comes into play. As you turn sideways and face the side wall for either your forehand or backhand straight-in shot, the ball should be struck out away from your body, allowing full extension of your arm, and in front of your body, opposite your lead foot. As it makes contact with the ball, your racquet face should be perfectly parallel to the front wall; in this way, the ball is controlled in a straight line. (See Diagram 3.)

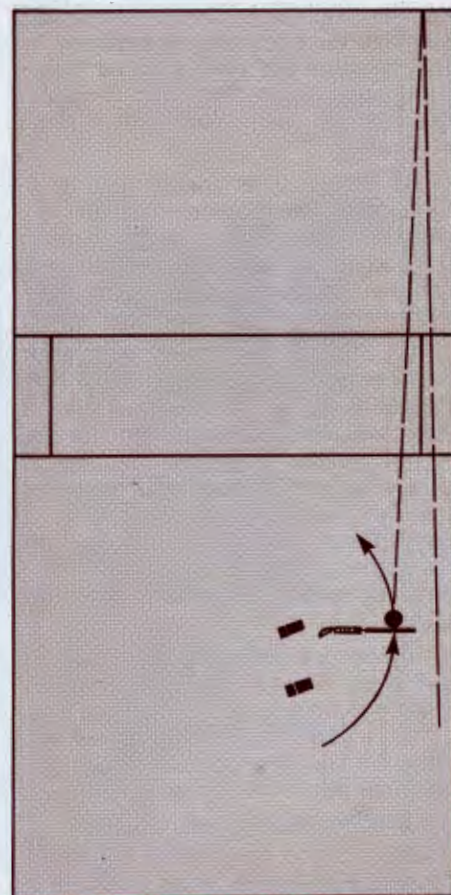
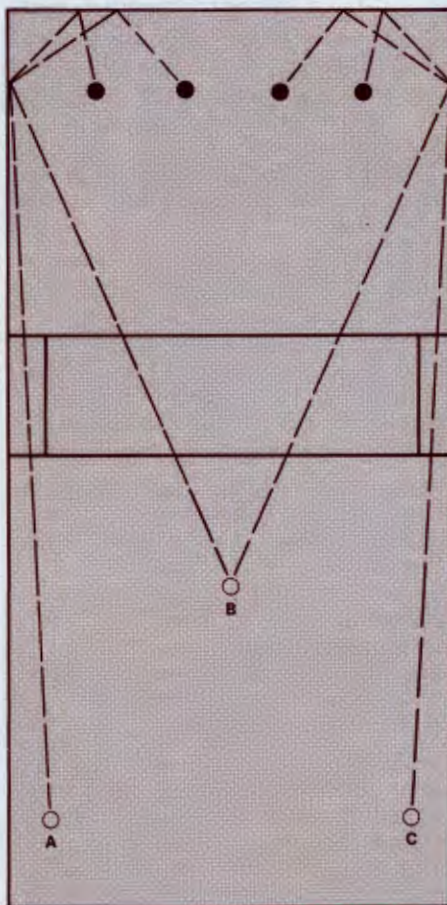
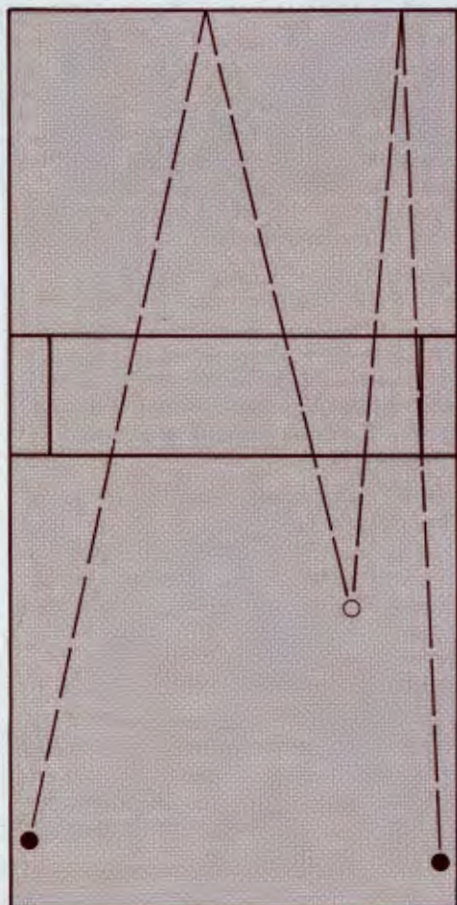


Diagram 3. Forehand down-the-line.

Diagram 1. Passing shots—cross court (left) and down-the-line (right).

Diagram 2. Pinch shots—from three different court locations.

Beginners: Practice is the key

In order to pinch the ball into the side wall you are facing, all you need do is contact the ball a little deeper in your stance (slightly behind the spot you've hit from to control it straight into the front wall), using the same stance and swing. Because the ball is further back in your stance, contact will be made before the racquet comes around "square" to the front wall. Instead, the racquet will be angled slightly toward the side wall as contact is made. This produces the proper angle into the side-wall/front-wall corner, which results in a pinch shot! (See *Diagram 4.*)

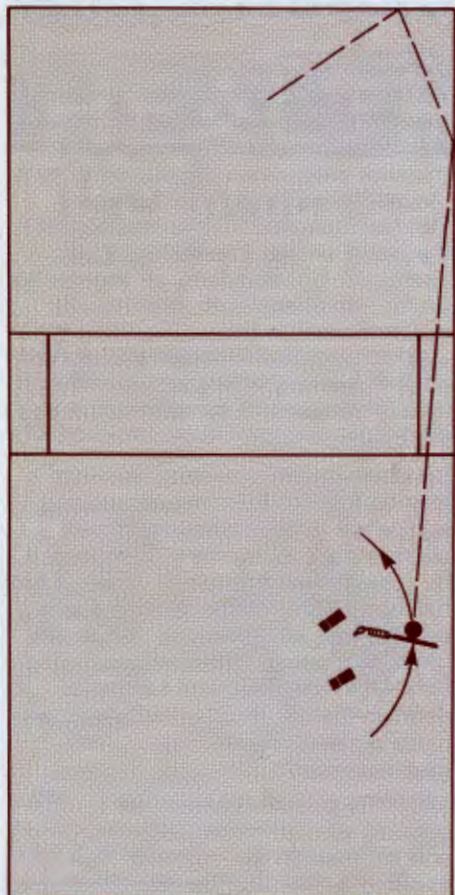


Diagram 4. Forehand pinch.

Warm up and prepare for pinching by first dropping and hitting down-the-line forehand shots along the sidewall, approximately 20 feet from the front wall. Use this warm-up to locate that spot relative to your stance where the racquet face is square to the front wall as contact with the ball is made. Finding the exact location from where you can control the ball in a straight line to the front wall is extremely important. Drop and hit until you can control the ball down-the-line. Visualize the spot you have successfully been hitting these shots from.

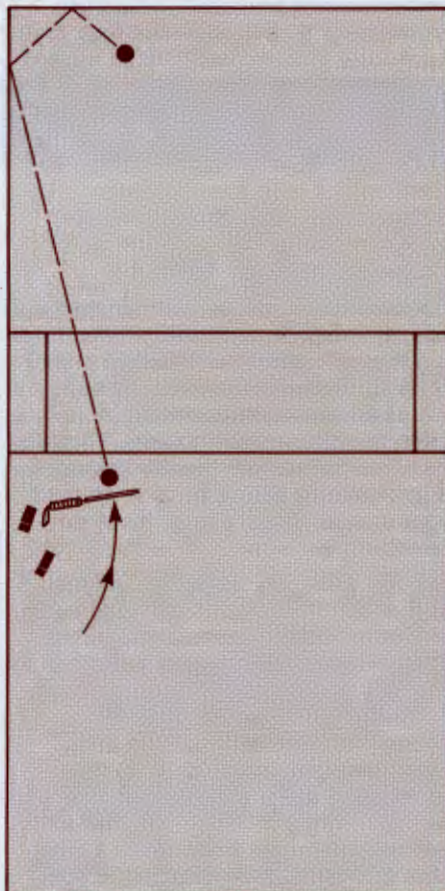


Diagram 5. Forehand reverse pinch.

Standing in this same position, drop the ball slightly behind your "spot". This will place the ball deeper in your stance as you stand facing the sidewall. Take the same swing as before and see if the ball doesn't pinch neatly in the front corner!

The key now is to practice. Iron out the wrinkles and get the feel for these different "spots". The forehand will probably be the easier of your two strokes to begin with. The same concepts and practice methods also apply to the backhand. After you feel comfortable with your forehand pinch, tackle the backhand.

Problems And How To Solve Them

Avoid a pendulum motion on your stroke. This may cause the ball to be driven into the floor for a skip. Strive for more of a side arm motion which travels parallel to the floor. Full extension of your arm will give you more power, so keep the ball out away from your body. Also try not to let the racquet head drop below your wrist. This will help keep your wrist cocked for more power, and help angle the ball toward the side-wall/front-wall, rather than the floor. The ball should ideally be striking the side wall within two feet of the front wall.

Let the ball drop low, and keep your shoulders level. Tilting your shoulders up will lift the ball up; tilting your shoulders down will angle the ball down toward the floor. To be an effective shot, the pinch needs to stay low after hitting the side-wall/front-wall corner, so it will take two or three bounces before passing the service line.

If the ball is heading into the front wall first, drop the ball a little deeper in your stance. If the ball is heading into the side wall too soon, move the ball further up in your stance. Reminder: as you practice these pinch shots from close to the side wall, do not step toward the corner, or turn your body in that direction. Let the ball placement relative to your stance dictate the angle change. As you get further toward the

center of the court and beyond, a slight adjustment in your stance may be necessary. In most cases though, you are taking the same swing from the same stance and letting the placement of the ball do the work for you.

When To Use The Pinch

The secret to a good pinch, like anything else, is practice. As you experience success, it's time to give it a try in your play.

If you are serving effectively and forcing weak returns, this is an opportune time to try out your pinches. From your center court position, with your opponent in the back court, start hitting toward the front corners following a weak service return.

To practice these shots, stand in center court (about five feet behind the short line), and pinch forehands and backhands alternately in the front corners. Keep returning the ball back toward one corner or the other as the ball caroms out toward center court. (See *Diagram 2, c.*) This will be a little tougher than just dropping and hitting as before because the ball is moving, but it is a better simulation of real play. This rally drill will also improve your racquet control.

A second opportunity to experiment with your pinch shots is when the ball comes off the back wall. These set ups give you more time to get into position generally, and to let the ball drop nice and low. To practice this shot, simply stand a couple of feet from the back wall, toss the ball in an underhand motion into the back wall, and as it rebounds out toward center court, shuffle with it and try out your pinches. (See *Diagram 2, a and b.*)

After dropping and hitting, rallying from center court, and playing backwall shots a little deeper in your stance, you'll be well on the way to "cornering the pinch shot."

Intermediates: Keep them guessing

After you learn how to pinch, it's time to start using the shot effectively. To

be effective, a baseball pitcher must mix up his pitches. The same holds true for the racquetball player. Just as the server mixes his drives, Z's and lobs, you must mix your passes, pinches, and other assorted shots.

If you have good shots but your opponent knows what is coming, you may be at a disadvantage. You need to be able to pinch and pass from each spot on the court. Mix your passes and pinches and you'll have your opponent darting and dashing from front to back, and back to front court. One time hit a pinch shot from a given spot. Then later, given the same shot, as your opponent covers the pinch, hit a pass. Conversely, if your opponent lags in the back after you successfully hit passes to the back court, "sneak" in a pinch in the front court. I use the term "sneak", because by hitting with the same stance and stroke, you will not be telegraphing your shot selection. If your opponent commits himself one way, you go the other way. If you have a choice of shots, mix them up!

For practice in mixing your pinches and passes the drill mentioned earlier, tossing the ball off the back wall and shuffling out toward center court with it, will also work. With this drill, though, alternate pinches and passes. This will help you further get used to the small adjustment of ball location relative to your stance necessary for these different shots.

For this next drill, simply hit yourself soft shots off the front wall, and again alternate hitting passes and pinches. This will give you practice setting up to the ball as it comes off the front wall. To further this practice drill, set yourself up with short ceiling balls (ones that land in the 25 to 30 foot range), and again alternate pinches and passes. During a ceiling ball rally with both people in the back court, a pinch shot is often a good selection if your opponent's ceiling ball comes up a little short. Practice these drills from different spots on the court.

Mastering the backhand pinch will help to improve your whole game, especially on the service return. Here we get to the advanced stages of the pinch, for the backhand pinch is a difficult shot. Two things will make it easier: practice and patience. By developing the use of a backhand pinch you can keep your opponent honest, give him or her something else to think about, and something else to cover. Keep working on it—you're right around the corner from a very effective shot.

Advanced: Go for the closest corner

So far we have been hitting our pinches toward the side wall we are facing. As we get further away from that side wall, the shot gets more difficult. Dave Peck teaches to go for the closest corner. The less distance the ball has to travel, the less chance of something going wrong. So (righthanders), as you get set up for a forehand from near the left wall and want to pinch, use the left wall. (Because left-handers are the only ones in their right minds, they'll know how to convert this to their way of doing things, I trust!)

Conveniently, this reverse pinch can also be hit with the same stroke and stance we've been working with all along. How can that be? You guessed it... placement of the ball. Contact the ball out in front of your stance slightly, and the ball will now angle to the left of straight ahead. From this court position, what will result is a forehand pinch in the left front corner! Add one more weapon you can use to keep them guessing.

The drills we have used so far can be adopted for this "reverse" pinch. Drop and hit, toss off the back wall, soft shots to yourself off the front wall, and especially short ceiling balls are just right for working on the reverse pinch.

Find other ways to practice your pinches. Rent a ball machine; practice with a partner; play without keeping score; devise other drills and games; take a lesson from a professional instructor.

In advanced play, after quickly getting the racquet ready and setting up properly, you'll have the option of choosing from three different shots. You can go out early and angle the ball in one direction. You can hit the ball opposite your lead foot (your "spot"), and aim it straight in. Or you can hit the ball a little deeper in your stance, which will send it in a third direction. Depending on where you are hitting the ball from on the court, these shot selections will result in every conceivable type of pinch and pass shot.

Sometimes you'll be able to take your time on a set up and wait until your opponent commits himself, then pick your best shot. Other times, as you are "scrambling" after the ball, you will have to take the best shot dictated by where the ball is, relative to your stance, when it's time to hit it.

Generally, try to set up to the ball when you have time, so that the ball is opposite your lead foot. Then you will only need slight adjustment one way or the other (forward or backward) to go for an alternate shot. This will leave you with more last-second options.

Learn to recognize the proper situations for hitting a pinch, a pass, and your other shots, and mix them up. As you practice, refer back to the problems we discussed in the beginning section, and how to solve them. An effective pinch shot will improve your game an inch . . . and more. ●

Dave George is an APPO Certified Professional Racquetball Instructor and Manager at Bob McLennan's What-A-Racquet in Colma, CA. Dave has been teaching racquetball professionally for five years.

HEALTH

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NATIONAL RACQUETBALL 21

Practice Drills To Improve Your Game

by Kathy Williams

This month's drills include a bunch of tough workouts devised by various pros. You can use that knowledge to increase your motivation—just think, when your thighs are on fire, that this is one of the things that made Brumfield great.

All the drills concentrate on a specific skill, but all of them have dual benefits too. While you're focusing all your attention on getting to the ideal court position and executing a given shot with perfect form, you're also moving around at more than usual pace—so your conditioning is given a boost.

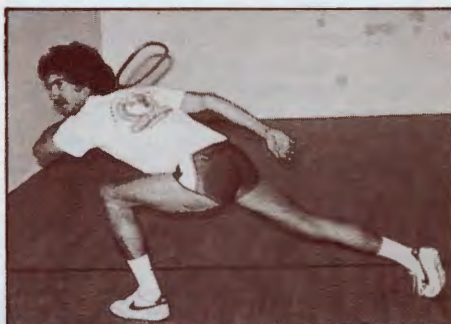


Kathy Williams has been a racquetball teacher and professional player for 10 years. She has recently completed *The Book of Successful Racquetball Drills* from which this article is excerpted.

Remember to relax and have fun with the drills. Nothing makes us learn faster than enjoying what we're doing—so get together with someone you like to play with and make it fun.

Brumfield Burner

This is a Charlie Brumfield *conditioning* drill used by top badminton players. It can be done on and off the court.



Start

Stand in the ready position, knees bent, with your racquet in front of you. With one big lunge, step across your body as if you were hitting a forehand. Swing your racquet as if you were hitting a shot. Spring back up and immediately step across the body in the other direction and perform a backhand stroke. The objective is to get into a rhythm and swing your racquet near the floor. Do at least 50 lunges before you stop.

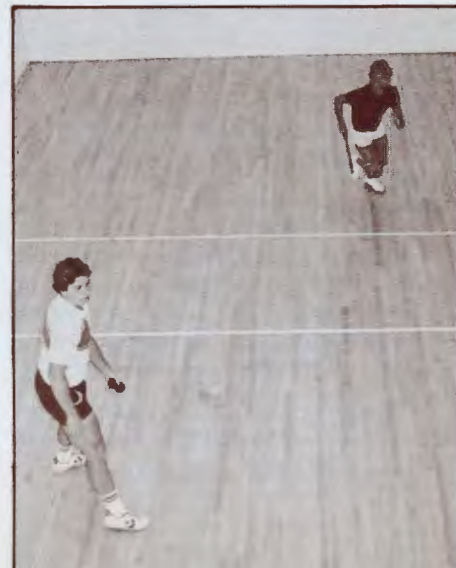
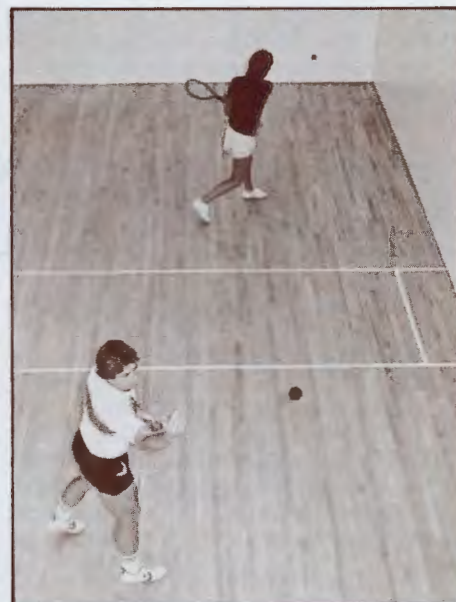
Notes

Badminton players are among the finest conditioned athletes in the world.

I guarantee that if you do 50 of these lunges your thighs won't know what hit them. I have done over 100 on several occasions in my younger years. This is a good conditioning drill for the legs because, as you know, when the legs go the game goes.

Hop To It

This is a Dave Glander box-of-balls drill. It is the ultimate *ball retrieving* drill and requires two people. Since every shot is an all out effort, just a few minutes of this drill will give you an excellent work out.



Start

You and a partner enter a court and determine who will be the runner and who will be the ball thrower. The thrower assumes a position in center court with a box of six to 10 balls. The thrower will toss a soft underhand throw to any area of the court. The retriever must run to the ball and return it before it bounces twice. Immediately after the return, the thrower will toss another ball to a different area of the court. If you are the thrower, try to make your throws as difficult as possible for the runner. Shout continuous encouragement to your partner and don't stop until the runner has retrieved 20 shots. Change positions so the runner now becomes the thrower.

Notes

With a little practice, the thrower can give the runner a real workout. Use the entire court in this drill and keep the action going. If the drill is done correctly, the runner will be getting a real tour of the court.

Hilecher Ceiling

This is my all-time favorite drill and favorite drill of any class I have taught. Jerry Hilecher taught it to me during a racquetball camp we gave together in Michigan. It's the most enjoyable *conditioning* drill I know of for *ceiling balls*.

Start

This drill requires two people of equal ability for best results. Both players begin in deep court with one person hitting a ceiling ball. As soon as he's hit one, he must run to the short serve line and touch it with his foot. He retreats to the back court again to retrieve the next ceiling ball that his partner has hit. This is a continuous ceiling ball rally with each person running to touch the serve line after each hit. Count the number of balls you and your partner can keep in play without a miss.

Notes

To make the drill harder either touch the line with your hand or pick a spot closer to the front wall. I sometimes

challenge my students to count the number of times they can keep the ball in play without a miss. After any missed shot you must start again from zero. If you're using the drill for a class, divide your students into teams on the court, and after 20 minutes reward the team that can keep the ball in play the longest. Janell Marriott and I kept the ball going 50 times on several occasions during our Aspen Racquetball Camp.

Glander Special

This is a variation of the Hilecher *ceiling ball* drill that is even more exhausting. After diving for a ball during a match, the next important step is to get your body up off the floor and ready for your next return. Dave Glander taught me this drill which is both fun and difficult.

Start

Begin the drill in the same way as the previous drill. In place of running to touch the serve line after every hit, you must now do one push-up, one sit-up, or two squat thrusts between hits.



Make a game out of this drill by scoring one point for yourself for squat thrusts and push-ups, and two points for sit-ups. The first person to reach 11 points wins the game. A well-placed ceiling ball is the key to winning. This drill is great practice for getting up quickly from the floor after you have extended yourself with a dive or lunge for a shot. Give it a try for yourself. ●

Do You *Really* Want To Improve?

by Lynn Adams

This article is another in a continuing series authored by Lynn Adams, current Women's Professional Racquetball National Champion. Adams is also one of the nation's foremost instructors, dealing with players of every level.

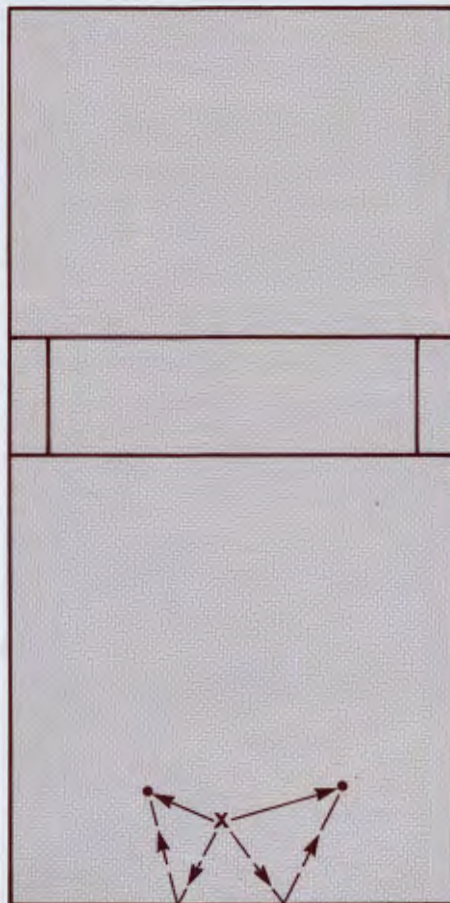


How is everyone doing on our improvement plan? Although I know you felt many frustrations, I hope you didn't get discouraged. Like I said before, this all takes lots of hard work, time and desire and there is no way around it. I'm assuming you're all up to the task and ready to go on learning new things, and *really* improve your racquetball game.

We're now learning to take the ball off the back wall. We haven't gone into this phase before, we have been working on the fundamentals of your stroke. And until you've got that stroke ingrained in your body and mind, the back wall can be a frustrating opponent rather than your fondest friend.

Back Wall Drop & Hit

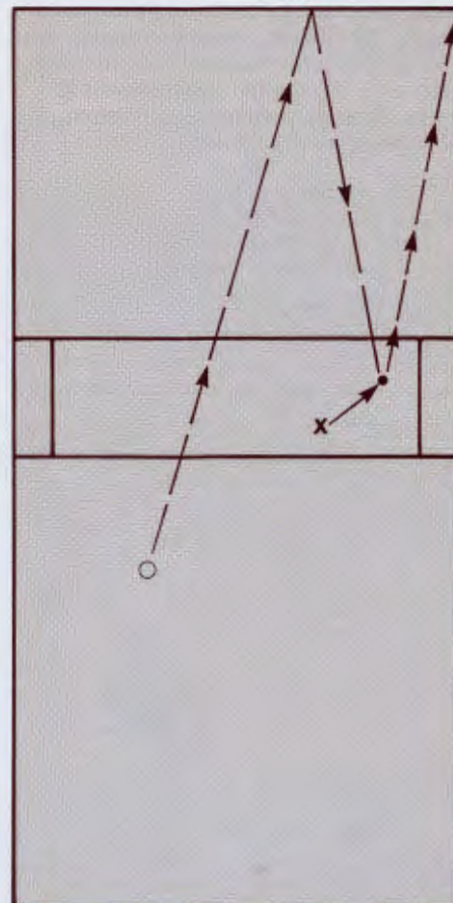
Start by positioning yourself about four feet away from the back wall and toss the ball underhand off the back wall. Toss it hard enough so the ball can pass your body slightly. You want to learn the footwork of moving with the ball and stepping into it. When you finally contact the ball, it should be as if you just did the drop and hit drill.



After you learn the proper footwork and can make your body react as if you did a drop and hit, you can move on to hitting off the back wall in a game-like situation. Which means, hit the ball to the front wall hard enough and high enough so it bounces and carries to the back wall. Then once it comes off the back wall, practice your shots.

Add A Partner

You've now been spending quite a bit of time by yourself on the court setting yourself up with shots—and it's time to bring in a practice partner. This will bring you closer to an actual game situation. You want your partner to hit you easy, set-up shots, so you can practice your stroke without rushing.



It's very difficult when someone else is hitting you balls as compared to yourself. When you hit a slow soft set-up off the front wall, you know how hard to hit it, what direction it should go, etc. When someone else hits a shot, you have to judge quicker and more accurately where and how fast the ball is going. That's why you want

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to make sure he/she understands to start slowly, so you can made adjustments that are new to you right now. Your partner can hit you short, soft set-ups off the front wall, and then hit the side wall and come out, short ceiling balls, balls off the back wall, etc. All sort of angles, starting at the slow speed and getting faster as you get better.

At this point, there's still more that needs to be done on your stroke, but you don't want to get frustrated or bored to the point of quitting. You want to keep motivated and fresh. So go out and play some games! Play hard and aggressively, but always try to put that new stroke in as best you can.

Since you've been practicing for a while now, it's time to re-evaluate what you need, find out what's working and what problems you're having. You may find that once you get into position, everything's fine, but all too often, the ball is traveling too fast for you to get yourself set up. Don't worry. We've been doing all of our work under ideal conditions, the best way to start learning. As we progress, we'll get more into game type situations to prepare you for what a game feels like.

Once you're in an actual game, things are different, and you need to adjust to that fact. Everything moves faster and you don't have as much time to think. That's where eventually all your drilling pays off. Because the more repetitions you drill into your head, the more automatic your stroke becomes, so you don't have to think about it. It will happen naturally. But now is the time to find your flaws and go back to the drilling and iron them out before they get to be *bad habits*.

At this point, you can drill and play. You don't need to totally drill anymore, but believe me, the drilling never stops. It's absolutely necessary to continue drills in order to improve, because once you've worked out your stroke problems, you need to start on drills that will improve your accuracy. But that's a whole other story. ●

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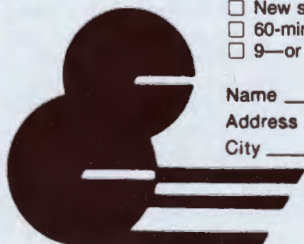
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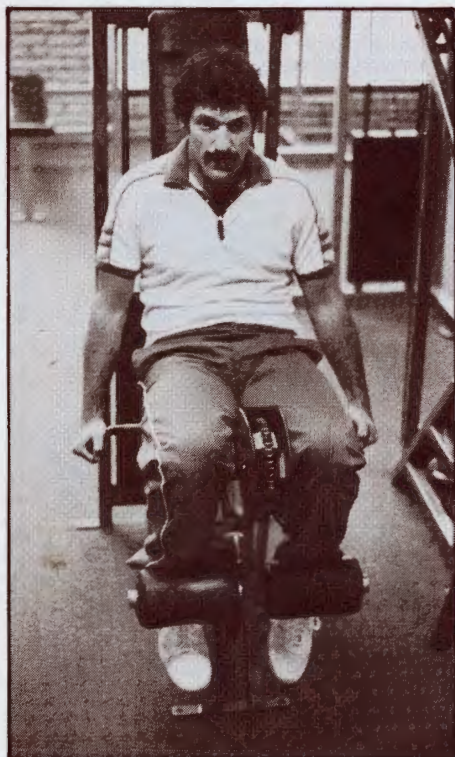
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How To Play Your Best All The Time

by Steve Mondry



I believe in the saying that you're only as good as your worst day. You have to expect that some of the time you'll be playing above average for yourself, some of the time at your average, and some of the time below your average playing level. But in a three or four day tournament, you can't afford to be playing your worst for it will obviously have a definite bearing on where you are going to finish.

There are some players, however, who almost consistently play good racquetball, often managing to win even when they're having a below average playing day. This is because, consciously or unconsciously, better players do certain things throughout the match to increase their chances of winning that many other players don't do. These are the key strategies to help you play your best all the time:

1. Start In Fast. How many times have you heard people say, "It takes me the first game to really loosen up"? The worst mistake you can make is to start slowly, thinking you can take your time, ease into the game, and expect to get things going later on.

The moment that match starts, you must set the pace and show your opponent that you're in control. This doesn't mean that you have to roll every ball out to get off to your fast start; it does mean, however, that you must immediately break your opponent's psychological set and confuse his game plan.

I know if I manage to win the first five or 10 points, my opponent will start getting a desperate feeling inside, will likely lose his composure, and with it his game plan.

2. Play Percentage Racquetball. Play the game you've been practicing, not the game you would like to play or the game you think will impress the people watching you. The percentages will be in your favor if you hit the shots you know how to hit. The more you use the strokes you've been practicing, the more automatic they will become and the more effective you will become in competition. The more you try to invent shots, the more erratic your playing will be.

3. Hit To Your Opponent's Weak Side. No racquetball player shoots equally effectively from both his forehand and backhand sides. As a rule of thumb, whenever you have a choice as to where to place your shot (such as on your serve, or on balls that you receive in the middle of the court), shoot to your opponent's weak side.

4. Play Safe From Deep Court. Don't try anything fancy from deep court because the odds are against you. Instead, concentrate on keeping your opponent out of center court. Return a ceiling ball to the ceiling; return a rally shot down the line or cross court. These shots will force your opponent out of the center.

5. Maintain Center Court Position. It is a critical mistake to remain in the back court when you have the option of moving forward to the center court area to hit the ball. Don't even wait to take a shot off the back wall if you can get a good shot on it before then.

6. Hit Short Set-Ups Down The Line. When you have a set-up in the front court, send it down the line; if you don't kill it, it's still a tough pass shot. However, don't necessarily do this all the time—your opponent will come to expect it. Change occasionally to a cross court or pinch shot to keep your opponent guessing.

7. Keep Calm By Talking To Yourself. Don't let your emotions run away with you. Just as important as mastering the mechanics of the game is managing your emotions to survive the inevitable ups and downs of the typical close match. You have to be your own coach on the racquetball court. You have to call your own shots, manage your skills, and control your emotions properly.

One technique that can help is to talk to yourself during a match—yourself, not anyone else. If you're running into problems hitting a certain shot, it won't help to lose your temper. Talk to yourself about the fundamentals of the shot, keeping everything simple and familiar.

For example, if you're skipping your forehand, repeat to yourself "racquet

Whenever you have a choice as to where to place your shot . . . shoot to your opponent's weak side.

back, wait on the ball, wrist snap, follow through," etc. Go through the sequence in your head. This not only keeps you more in control of your emotions, it also keeps you concentrating more closely on the game.

8. Handle Errors Intelligently. Percentage racquetball, or any strategy of racquetball for that matter, will not guarantee your winning all the points. You're going to play some of the best racquetball you've ever played and lose; you're also going to play some of the worst racquetball you've ever played and win. Either way, it's important to know what to keep track of during a match and what to let go of.

If your opponent hits a lucky shot, forget it—a certain number of those are inevitable. If he rolls out a great shot and it's irretrievable, forget that, too. But if he sets you up with an easy back wall shot and you skip it in, make a mental note—not for consideration during the remainder of the match, but

for practice and evaluation after the match. Don't ever dwell on past play or points that will take your concentration away from the play at hand.

9. Strategy If You've Won The First Game. I mentioned how important it is to get off to a blazing start in the beginning of the match. The next crucial point of the match is after you have won the first game. Treat the first 11 points of the second game as though they are the most important points of the entire match. If you try very hard during these points, you'll prevent the letdown that sometimes occurs after winning the first game.

Steve Keeley, one of racquetball's all-time greats, used a unique mental trick to get over this block. After winning the first game of a match, say 21-16, he would pretend he had actually lost by

... taking wild shots is only a disguised way of giving up, which really means you're not taking any chances at all.

that score. He was able to keep his adrenalin up by feeling he was "in trouble". Obviously, this won't work for everybody, but it's worth a try. In any case, knowing that there can be a tendency to let down after winning a first game, you should be able to plan your strategy accordingly to fight it.

10. Strategy If You've Lost The First Game. If you feel you're the better player or that you're playing the best strategy you can, it may not be a good idea to change your game plan at all. If your normal consistency and accuracy are off, try extra hard to concentrate on the game, and try talking to yourself (remember point 7). The worst thing you can do if you fall behind early is to try to pull something out of an imaginary bag of tricks in the hopes of catching up quickly, especially if it's to try a shot you have only just begun working on, or worse yet, one on which you've never worked before.

Of course, that's not to say there won't be times that it will be wise to change your strategy. If it becomes clear that your game is just not working, whether it's defective or because it happens that your strategy brings out the strengths of your opponent, it might be best to change your game. If you've practiced your shots, know where your strengths and weaknesses are, and recognize that a different strategy will trigger more of your particular point-winning combinations, go for it and good luck.

The rule is, never change a winning game, but consider changing a losing one.

11. If You're Way Ahead. Don't let up if you're way ahead. It's funny, if we're way ahead, we tend to let up and relax; if we're behind, we tend to bear down and tense up—it should be just the opposite. A lackadaisical point lost on your part and a few lucky ones won by your opponent can quickly turn a match around. Throwing points on purpose to make the losing player feel better will only serve to humiliate him and make him feel worse. If you beat your opponent fairly, at least he loses on the up-and-up and retains his dignity. If you let up on him, miss some shots on charity calls, or start clowning around, he'll probably be both embarrassed and insulted. Remember, don't do to anyone else what you wouldn't want him doing to you.

12. If The Match Is Close. Between two experienced players of comparable skill, a little extra ingenuity can make the difference between winning and losing. A good player picks up an opponent's basic pattern of play very quickly. He starts to head in the direction of the shot he knows is most likely to be played by his opponent in a certain situation. Since he can anticipate what's coming next, he does seem to have an edge for countering shots—even those that come from the other player's strong side.

If you sense that your pattern of play is being anticipated by your opponent, you may want to condition that response until a crucial point comes up. If you then make a totally different shot, you will catch your opponent entirely off guard. The unexpected play on

the big point is a tactic great players like Charlie Brumfield do very well, and many players have been left in a shambles as a result of it.

13. If You're Way Behind. If you're being thoroughly beaten by a better player, don't resort to moves you're not good at. Don't throw away your best stuff just because your opponent's stuff is better.

For example, say you're confident in your ceiling shot but not in your backhand. If your opponent returns your ceiling ball with an overhead kill, don't drop your ceiling shot and attempt backhands that you've never been confident in to begin with. Make your opponent beat you—don't attempt to use unpracticed or weak shots in the middle of a game. You'll end up losing points on your own mistakes.

Instead, go down fighting by hitting marginally harder on passing shots or playing your best shots more. Stick to what you do best in the hope that your opponent will make errors. Or, if you're in better shape than your opponent, do what you can to keep things going and to keep him running in the hope that if he tires, he'll slow down and start missing shots.

There are ways to take chances, and you're going to have to take more of them if you're behind, but taking wild shots is only a disguised way of giving up, which really means you're not taking any chances at all.

If you incorporate these strategies into your game plan, you should see an immediate improvement in your game, both physically and mentally. It's like gambling in Las Vegas—if you work to increase your odds, you'll come out the winner more often. ●

Steve Mondry is head racquetball pro at the East Bank Club, Chicago, a top touring pro for six years and author of numerous instructional articles on racquetball, conditioning and weight training.

New Products



New Design Leg Exerciser

The Lying Leg Curl machine from Ironco/Polaris is the first and to date the only machine of its kind to make use of the double angle table, along with the cam and arm mechanism off to one side. These features allow an easy slide for positioning, more faithful simulation of the natural arc of leg flexion, and a movement arm that is three times stronger and smoother than the average.

For more information, contact Ironco/Polaris, 5334 Banks St., San Diego, CA 92110. (714) 297-4349.



Racquet Arm Support

A new elbow support device introduced by NDL Products is designed to reduce the pain of tennis/racquet elbow. The support is made of flesh-color soft neoprene that provides warmth, durability and flexibility. It is available in extra small to extra large sizes.

For more information, write NDL Marketing Company, Inc., P.O. Box 1867, Pompano Beach, FL 33061, or call (305) 942-4560.



"Total Racquetball" Catalog

Ektelon's new 80-page, full-color catalog, highlighting a full line of racquetball racquets and accessories, is available free at sporting goods dealers, court clubs, and wherever Ektelon equipment is sold.

The catalog also features a section on safety, guidelines and rules, and an instructional chapter with articles by Lynn Adams and Dave Peck.

Look for the catalog at your club or sporting goods store.



Hand Weight Enhances Training

The "A Robiciz R"™ is a new hand weight designed to aid in training the upper body. It may be worn on the palms during aerobics, calisthenics, jogging, etc., or on the backs of the hands for racquetball and other sports. It builds upper body strength by creating resistance, and aids warm-up. Each weight weighs 16 ozs.

For more information contact SIS Co., P.O. Box 1878, Upland, CA 91786; (714) 981-9865.



Clear Acrylic Walls For Courts

A recently developed acrylic material from Du Pont, "Lucite" S-A-R, provides a safe, clear view of the action when used for back walls in racquetball and squash courts.

The acrylic sheet is abrasion resistant and can be cleaned repeatedly without hazing. It is also tougher, safer, and less costly to install than tempered glass.

For more information, contact E.I. Du Pont de Nemours & Co. (Inc.), Marketing Communications Department, Wilmington, DE 19898.



1983 Slazenger Catalog

The latest additions to Slazenger's line of racquetball and other racquet sports equipment are featured in a new four-color catalog. The specialized line includes racquets, balls and a selection of equipment bags.

For a copy of the catalog, write Slazengers Inc., 3161C State Road, P.O. Box 160, Cornwells Heights, PA 19020. Or call 800-523-8926 out of state; (215) 638-9110 in PA.



"California Coordinates" For Women

Running shorts with matching wrist and head band from Defender are the new look for the woman athlete.

From a line called California Coordinates, the shorts are styled for comfort and good looks of super-lightweight polyester fabric in vibrant pastels. They feature deep "V" vented leg, back key pocket with Velcro closure, fully lined insert in matching color and triple stitched elastic waistband.

The matching wrist and headband are of cotton terry.

For more information, write Defender, Inc., 26th and Reed Streets, Dept. P, Philadelphia, PA 19146.



Anti-Slip Spray For Hands

"Grrip-It" is a specially formulated aerosol spray that creates a firm, no-slip grip instantly for racquetball players and other athletes. It is non-oily, does not leave a residue build-up, and will not harm racquet grips or stain clothing or skin.

It may be sprayed on either hands or equipment, and will help to preserve leather.

For more information, contact Rapid-Aid, Ltd., 1055 Industry St., Oakville, Ontario L6K 3B2, Canada. (416) 842-0733.



Human Kinetics Publishers, Inc.

Books On Athletics, Training, Sports Physiology

Human Kinetics Publishers, who put out a range of sports and physical education books, have compiled a comprehensive listing of their publications in a new catalog.

The publishing firm describes itself as "physical educators publishing for physical educators," and is a leader in the field of authoritative academic research publications.

You can obtain their 1982-83 catalog by writing Human Kinetics Publishers, P.O. Box 5076, Champaign, IL 61820.



Racquet Offers Control And Power

Ektelon's new Magnum 2tm racquet is designed to provide players with a better feel for the ball and a more emphatic response at impact. The special combination of the Wishbone frame and Sunburst stringing pattern, unique to Ektelon racquets, enlarges the sweet spot and improves overall racquet response.

The aluminum Magnum 2 comes with a flat, tacky leather grip available in three sizes, and a protective cover.

Available at sporting goods stores and pro shops around the country, or write Ektelon, 8929 Aero Drive, San Diego, CA 92123.



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Ashaway Tri-Cor RB racquetball string uses a core formed of three filaments of specially extruded and tempered nylon. The core filaments are twisted then covered and chemically bonded. The result is a long-lasting string that's square in shape, with a spiral-patterned surface which provides more control and a better bite on the ball.

For more information, contact Ashaway Line & Twine Mfg. Co., Ashaway, RI 02804. 1-800-556-7260.



Spa In A Bag

The "Lifeline"® gym is a completely portable exercise system that combines total fitness and convenience.

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The system also includes a door attachment which permits you to perform many more exercises, and a jogging belt that transforms the gym into a treadmill.

For more information, contact Lifeline, 1421 South Park St., Madison, WI 53715. 1-800-356-9670. In state: (608) 251-4778.

The Competition

by M.E. Bosniak

"Look," the boss said to me with mild annoyance, *"all ya gotta do is keep your eye on the equipment so they don't rob me blind while Gene's on vacation. Remember to get the clean laundry first thing in the morning. And, oh yeah, when it gets busy make 'em sign up for a court. An' make sure they return everything."*

I half turned to leave but he reached under his desk and handed me a box of Super Pinkie balls. *"Here,"* he waved his cigar stub magnanimously in my direction, *"if they want a racquetball, give 'em one of these. And if they don't like these, tell 'em to go buy their own."*

With those instructions he sent me downstairs to the weightroom. On my way past the massage tables I tested a Pinkie out by dropping it onto the cool tiled floor. With a slight 'plop' it bounced back about as high as my knee. By the time I reached the stairs down to the gym and courts, I'd tested three more. They were all as dead as the first one. I hoped the summer wouldn't be likewise.

At the bottom of the steps I turned the corner and found myself face to face with Gene, the man I was replacing for the summer. He was tan and trim, about fifty, with salt and pepper hair and a wiry body that suggested endurance and strength in balance. He carried a very slight spare tire at his midriff, he dressed in tennis shorts and sneakers, and he smiled easily as he put his paper down and rose from his beach chair.

"Hi," he greeted me warmly, *"I'm Gene. You must be the guy for the summer, right?"*

I awkwardly shifted the box of Pinkies and shook hands. *"Yeah,"* I said nervously, *"I'm Barry. The boss said you'd show me what to do before you take off for the Shore."*

"Don't sweat the small stuff, kid," he reassured me as he took the box of balls from me and threw them in the back of the equipment closet. *"I can tell ya everything ya havta know about this joint in five minutes. First thing, buy your own racquetballs and give those to the beginners. And last, you better play some ball, or summers around here can be a real drag."*

"Well," I spoke tentatively, looking around the room at the equipment, *"all I ever played was street ball."*

"Hey, I grew up with some guys who were really great ballplayers, and all they ever did was play street ball too. C'mon, I'll show you what I used to do for a living."

With that Gene reached in the front of the closet and pulled out what I mistook for a couple of thick golf gloves and a pair of very short tennis racquets.

"What's all that?" I asked ingenuously.

"Well, this is a pair of handball gloves, which you better put on, and these things are racquetball racquets." He looked at them with chagrin. *"When I was young like you are now they used to bet on me at handball matches. But since my lousy back and I both got a little older, once in a while I play a little racquetball. It's not a bad game either."*

By this time we'd reached the court, and, as he passed me the handball

"... You made me move an' I didn't give ya nothin'. Plenty guys can't even win a point off me, kid. You took three."

gloves, I saw his palms. They looked ordinary, no more calloused than mine. But after five minutes of play, I knew his hands were made of concrete, and mine were simply too painful to continue. But I gritted my teeth and finished the game. As we played he stood just behind or beside me, telling how each shot was executed, where the carom of the ball would take it before it left his hand, and all the while explaining spin, placement, anticipation, positioning, and the rules of the game as he effortlessly won each point. He read the ball and the court like an expert player reads a billiards table; and the left side of his body moved as gracefully and strongly as his right.

"Gene, listen," I gasped, *"why don't you show me a little racquetball? My hands are killing me."*

"Hey, kid," he said with real concern in his voice, *"I'm sorry, I get wrapped up when I play, and you were okay for a beginner."*

"C'mon, Gene," I chided him, *"you didn't really think I was any good, did you? I tripped all over myself every time I tried to go left."*

He looked straight at me. *"I'm tellin' ya you were fine, kid. You made me move an' I didn't give ya nothin'. Plenty guys can't even win a point off me kid. You took three. Hey, let's go soak those hands in some ice water. That'll take some of the sting out."*

* * *

By the middle of July, I knew why Gene had taken the summer off. Business was slow and the boss was cranky. But I figured the boredom to be my cup of tea because I'd always been a reader more than a player. I didn't like finishing second. So I decided not to be bothered, and I read three daily papers, watched the weightroom, and wrote in my journal. I played an occasional game of racquetball, but only when a regular needed a partner. A couple of these games I won quite handily, but I took no joy in the winning. One guy asked me questions like I was an expert. Some expert! After Gene, I knew I had a long way to go. Besides, this was going to be my summer to relax and just write.

My vow of non-involvement lasted about a week. It ended the first time Billy M. strolled into the gym. M. for Maxwell, muscle, macho, and mouth.

"Hey, college-boy!" he called to me as he lay down at the bench press, *"put that book away and play me some racquetball, baby. They don't give no Ph.D.'s down here."*

He chuckled to himself as he pumped the weight up and down.

"Hey, you know who I am, baby? Ever hear of Billy 'The Max' Maxwell? You probably collected my football card, now didn't you?"

I counted the weight on the bar. It was near three hundred and forty pounds. It went up and then down again.

"C'mon," he laughed broadly and rattled on, *"c'mon you college wimp, you pathetic excuse for an athlete, gimme a game an' I'll run the heart right out of your pathetic, scrawny body. Good*

grief! You're probably a jogger, aren't you? If it's one thing I can't stand, it's a scrawny, smart-alecky, college-boy jogger who thinks he's a ballplayer. C'mon, gimme a game!"

The weight went up and down more slowly now, and between grunts Billy went right on berating me. When he was finished whipping me, he would whip all the regulars who dared accept his challenge. Then he would whip Gene so badly that Gene would never have the heart to play racquetball again. At last he notched the weight, sat up on the end of the bench, winked at me good-naturedly, and announced quite matter-of-factly, "Gym man, I'm gonna run you out of racquetball."

I had to play. He'd given me no choice. And as I got up to get the racquets out of the closet, I thought what a nice thing it might be to send a racquetball right into the center of Billy Maxwell's wide open, smiling mouth.

We went at each other for about an hour that first time. By the end of it we were both gasping for breath, and moving as if we'd worn training weights on our ankles. He did as he'd promised. He beat me badly and taunted me steadily as he won. Though I didn't show it, his talk began to bother me. As the competition wore on I won more points and he took more breaks than I. He didn't like any of that; and his good-natured ribbing turned nasty, then vicious. Billy M. was a man who took his winning seriously; and part of the game, for me, became how to get off the court with my self esteem intact.

I didn't quite make it.

* * *

In the next two weeks I must have played a hundred games of racquetball, hoping that Billy would show up again. Instead all I got was the Yogi.

I never knew the Yogi's real name. I called him that because the first time I saw him he was rolling his stomach around like he had a small medicine ball in there. The Yogi had spindly legs, pipestem arms, an oversized head and knobby knees, a distended pot for a belly, and a narrow, concave chest. He was not built like most of my regulars. His strap t-shirt, grayed boxer shorts, and black, undertaker's Oxfords, laceless and with their tongues flapping—none of that was gym room

regulation either. I was about to tell him he couldn't use the equipment dressed like an ex-mental patient when he turned in my direction and gave me the most beautiful, gentle, kind smile. There was a warm confidence in it that said "Hey, don't worry. I can do this stuff." I smiled back and became a co-conspirator. But another part of me couldn't believe this pipsqueak of a man struggling to load the bench press bar with all it would take. I figured he had to kill himself with that weight. Well, it would be a unique suicide.

He lay down under the bar and took

The Yogi had spindly legs, pipestem arms, an oversized head and knobby knees, a distended pot for a belly, and a narrow, concave chest.

several long, deep breaths, each one acting like a pump. His belly rounded and grew to the size of a small beachball. Then he arched his back, reached up high, and unnotched the weight. Slowly, with more than all of his strength, he pushed that bar up and let it down over and over again. His entire body turned beet-red with the effort. On the last repetition he barely renotched the weight, and the air whooshed! out of his stomach like a blown out tire. Then he flashed me that elfin grin again and strode out like a peacock.

After seeing that, I added twenty minutes of inclined sit-ups to my daily regimen of two hours or more of r-ball. The Max would definitely be back. I was waiting for him.

* * *

A couple of days later there he was—as muscular, confident, and full of hot air as ever. A regular macho duck.

"Hey, Barry," he grunted at me this time between presses, "gimme a game. I know I beat ya bad last time but this time I think I can do better. C'mon you college wimp! This time I'm gonna run you out of racquetball for good!"

Well, I don't know, maybe the Yogi's magnetism was with me that day. Maybe it was my time to leap tall buildings in a single bound. What I do know is I shut down Dr. Maxwell's mouth without mercy. He couldn't buy a point. I just kept breathing deeper and slower and getting a super lift from every breath. I hit the corners; he missed them. I killed a ball in every inch of crevice; his cuts fell short. He called me wimp; I called him old man. He smiled at that; but I could tell he didn't really enjoy making a man out of me.

After a while I stopped talking and just listened for him behind me, laboring for breath. Then I hit the ball where the sound of his breath wasn't. Repeatedly. By the end of it he was moving in slow motion and I was gliding. When we left the court, his look was strained, but my grin was quite genuine. I felt great. I'd owed him one.

* * *

A week later I found him in the weightroom when I opened up for the day. He was sitting on the bench, twirling a racquet on the floor between his legs.

"Hey, gym man," he said softly, "rough or smooth?"

I knew I was in trouble. "Gimme a minute to set up and we'll play."

"Sure, take your time. I'll just sit here and count my gray hairs."

I was in *big* trouble. "Look, Bill," I tried to defuse him, "if you're angry..."

"Angry?" he interrupted me, "hey, Bar, don't be silly. I ain't mad. Besides, it's true. I'm just an old jock, and you're a college boy. But I'm still good enough to whip your spit into meringue. How 'bout that?"

Oh, lord, I thought, I shouldn't have enjoyed it so much.

In the next two hours of the hardest racquetball I ever played, Billy Maxwell practically revoked my self-confidence permanently. Thank God his vocabulary was limited and my game improved. I took just enough points to save myself from total ego collapse. I was breathing between palpitations. And I kept thinking about Anthony from Little Italy, a great bear of a man who'd moved lightly on the court and who shared his friendship and knowledge of the game

so easily. While I waited for my heart to slow down and Bill's insults to abate, I kept remembering Anthony going down, Oh, my god, he was down, and I was running up the stairs two at a time screaming for the boss to call the rescue squad. Then I slipped, and lay on my back as Anthony had lain, feeling my sweat drip from the nape of my neck to the wet floor. And there above me was Billy, leering at me like some grotesque, disfigured Brueghel peasant ready to shovel a body into the charnel house.

"Hey, wimp," Billy taunted me, "c'mon, get up and gimme some more! Or have you had enough?"

I was finished. "I guess I have, Bill," I conceded, "That last time must have been a fluke, man."

"You're damned right it was, college-boy." He stood over me like a victorious gladiator.

I looked up at him and saw him grinning down at me malevolently. Then I closed my eyes and saw Billy's face on Anthony's body when the paramedics fed it the juice. The body jumped, and Billy's lips turned blue and they pitched his body deep into a canvas litter and

Then I saw clearly that none of it mattered, really; and I laughed.

dragged him up the stairs. I remembered thinking how small he looked, dying, and how strange it was that his lips were so blue. Then I saw clearly that none of it mattered, really; and I laughed. I really let it go. Full and free, my open laugh ricocheted around the walls of our arena.

I sat up and looked Billy in the eye. He was puzzled by my laugh. "You're right," I told him, "you're still the best, and I'm just a college-boy." Let him figure it out for himself.

* * *

Gene came back a week later, and it was time to go back to school. He played me a game of racquetball and I managed to take eleven points off him.

"I see you been playin' pretty good over the summer," he said to me as he wiped his forehead with a towel.

"Yeah," I said shyly, "I been practicing up for you."

"Well, you did good, kid. You give me a nice game, an' I didn't give ya nothin'." He smiled.

Of all my summers, I remember most Gene's smile, and the laugh that comes when you know you've done your best. ●



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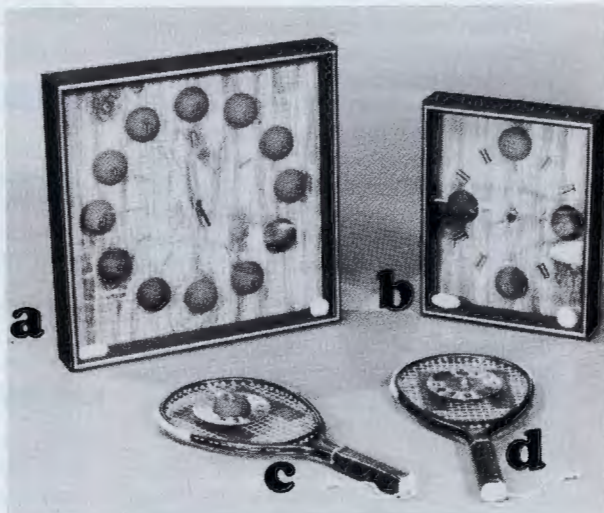
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Upcoming Events

2nd Annual IRSA Convention

January 17-21
Riviera Hotel
Las Vegas, NV
Contact: Mary Johnsen
(503) 645-6543

NCRA Juniors Circuit

January 14-16
Sacramento Handball and
Racquetball Club
725 14th St.
Sacramento, CA
(916) 441-2977

Rhode Island State Singles

January 14-16
Newport Athletic Club
66 Valley Road
Middletown, RI
Tournament Director: Sharon Culburson
(401) 864-7723

4th Annual Tiger Open

January 21-23
Racquet Club
467 N. Dean Rd.
Auburn, AL 36830
Tournament Director: Bob Huskey
(205) 887-9591

Lite 2nd Annual New Jersey Mixed Doubles

January 28-30
Racquetball of Cedar Knolls
119 East Frederick
Cedar Knolls, NJ 07927
(201) 267-2686

1983 Connecticut Open

January 28-30
Courthouse I
47 Hartford Turnpike
Vernon, RI 06066
Tournament Director: Scott Eliasson
(203) 649-0597

St. Valentine's Day Open Racquetball Tournament

February 4-6, 1983
21st. Point Club
McKown Road off Western Av.
Albany, NY 12203
Tournament Director: Vincent Wolanin
(518) 489-3276

St. Paul Winter Carnival Pro Am Classic

February 4-6
Carlton Racquet Club
600 Carlton Av.
St. Paul, MN 55119
Tournament Director: Steve Black
(612) 738-3559

Women's '83

Massachusetts Racquetball
Association
February 4-6
Site to be announced
Tournament Director: Maureen
Henrickson
(617) 754-6073

Cornershot's Winter Blues Open

February 18-20
Cornershot
43 Jefferson Blvd.
Warwick, RI 02888
Tournament Director: Regina Ricci
(401) 781-1650

AARA Pennsylvania Intercollegiate Racquetball Tournament

February 25-27
Penn State University
Nittany Lion Racquetball Club
Intermural Building
University Park, PA 16802
Tournament Director: Gerry Willey
(814) 865-6588

Music City Racquetball Tournament

February 25-27
YMCA
1000 Church St.
Nashville, TN 37203
Tournament Directors: Frank
Burkholder, Steve Tarver
(615) 254-0631

Connecticut State Intercollegiates

February 26-27
Courthouse I
47 Hartford Turnpike
Vernon, CT 06066
Tournament Director: Scott Eliasson
(203) 649-0597

Greater New Haven Area Cancer Benefit

March 11
West Rock Clubhouse
21 South Bradley Road
Woodbridge, CT 06525
Tournament Director: Beth Laubstein
(203) 389-1544

NCRA Juniors State Championships

March 14-16
Quail Lake Athletic Club
2303 W. March Lane
Stockton, CA 95204
Tournament Director: Jim Moscatelli
(209) 051-3795

Allegheny County Open

March 25-27
Bob Eazor's Racquettime of Monroeville
Duff Road & Old Wm. Penn Hwy.
Monroeville, PA 15146
Tournament Director: Candy Eazor
(412) 373-1911

Wisconsin State YMCA Tournament

March 25-27
YMCA
324 Washington St.
Oshkosh, WI 54901
Tournament Director: Patrick O'Brien
(414) 235-2450

WPRA Tour, 1983

Rainbow Inspection Racquetball Pro-Am

February 10-13
Wyoming Racquet Club
Casper, WY
Tournament Director: Rick Carbaugh
(307) 265-6928

February 17-20
Riverbend Athletic Club
Fort Worth, TX
Tournament Director: Mary Pat Slenka
(817) 284-3353

Bob's Big Boy Open

Tucson Athletic Club
Tucson, AZ
Tournament Director: Carl Porter
(602) 881-0140

Entry deadline: the Friday before each
tournament

The Elbow: Sprains And 'Tennis' Elbow

by William Southmayd, M.D., and Marshall Hoffman

Three bones come together to form the elbow joint. The top bone is the upper arm bone (humerus), and the two forearm bones (radius and ulna) joined together form the lower half of the joint. As are all joints, the bones are held together by ligaments. A sleeve of ligament tissue runs from around the upper bone to encase the lower bones. The sleeve functions exactly like the sleeve of your shirt or coat. It is very floppy on the back side when the elbow is straight and your arm is hanging at your side. It becomes tight when the elbow is bent, when you feed yourself or show off your biceps.

The longest forearm bone, the ulna, forms a prominence, shaped very much like a hook. It attaches to the upper arm bone and allows the hinge-like motion of the elbow. The shorter forearm bone (the radius) has a rounded, mushroom-shaped end. This lies within the elbow joint itself. The rounded shape allows for the turning motion of the forearm. Additional ligaments hold the forearm bones together inside the elbow joint.

Elbow Sprains

Causes

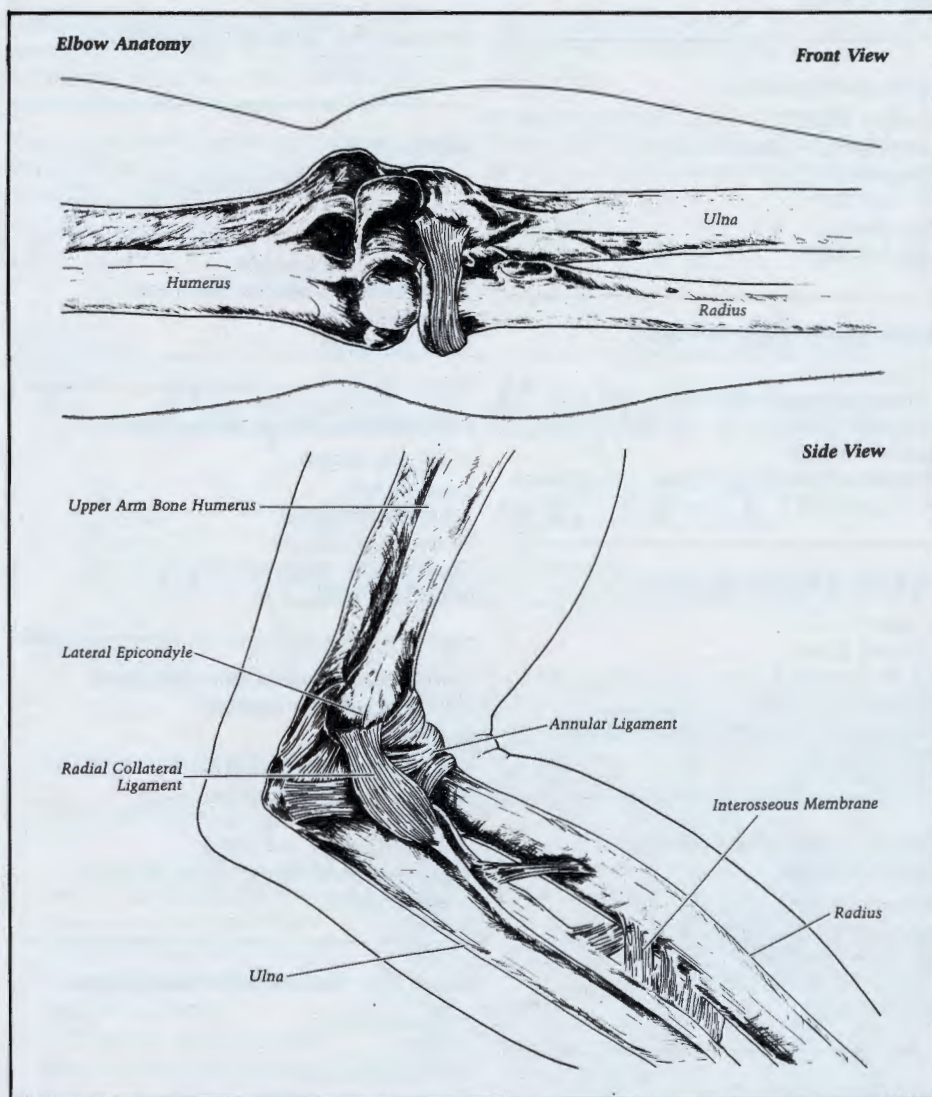
An elbow sprain is a partial tearing or stretching of the ligament or sleeve of tissue (capsule) that holds the elbow together. These injuries are common, especially in football, hockey and gymnastics.

It is far more common to sprain your elbow by having it quickly forced straight out; bending the elbow quickly toward the body doesn't seem to sprain it. When force is put on the elbow, fortunately it does not often spring apart, but rather the ligaments and capsule along the front of the elbow joint tear. The stretching and ripping cause tearing of the blood vessels which nourish the elbow ligaments and lead to hemorrhage in the elbow joint.

Elbow sprains run the gamut from mild sprains to complete dislocation—when the elbow does, in fact, come apart. The degree of the sprain depends on the force applied to the elbow and its duration.

Diagnosis and Treatment

Thirty minutes after the injury, the elbow starts to swell. Because blood accumulates in the torn blood vessels,



the elbow starts to feel tight and painful. If you don't apply ice early, the elbow continues to swell and gets stiffer and stiffer. You will find it very painful to try to straighten the elbow.

What should you do if you sprain your elbow? Apply ice for 30 minutes and allow the skin to rewarm for 15 minutes. Continue for four hours. The elbow should be reevaluated the morning following injury. This is the best time to diagnose how severe the sprain is. By the amount of swelling, tenderness and muscle spasm it's clear whether you have a small, moderate or large tear in the ligaments and joint capsule. For mild and moderate sprains, two to three days of warm baths or whirlpools is sufficient to help heal the ligament. When 95 percent

motion returns to the elbow, you can return to athletic competition.

For insurance, I like to place patients in extension-stop tape apparatus. I shave portions of skin above and below the elbow. Next, I apply several wraps of tape on the upper arm and several wraps of tape on the mid-forearm. This is the foundation. With the elbow bent just 10 or 15 degrees, I lay down strips of tape between the two foundations. I anchor these pieces of tape with more tape wrapped around the foundations. Since the tape acts as a check rein, you can't fully straighten your arm. This prevents repeat stress on the injured area. You should wear the tape restraint for two weeks.

For severe sprains, 10 days to two weeks is usually necessary for the elbow to quiet down and regain 95 percent of motion. Warm baths or whirlpools on a daily basis should be taken. After the warm baths, reinstall the check-rein tape apparatus. It requires a full six weeks from the time of injury for this type of ligament capsule to repair itself. In the more severe injuries, it is very important to do strengthening exercises to allow full return of muscle power to the arm. I recommend elbow crankers.

Elbow Crankers

Support the elbow on the edge of a table.

Straighten the elbow slowly until it stops.

Hold position for three seconds.

Bring your forearm toward the shoulder. It is the same position as "making a muscle."

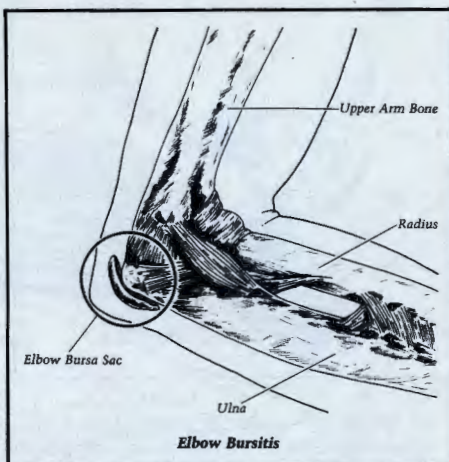
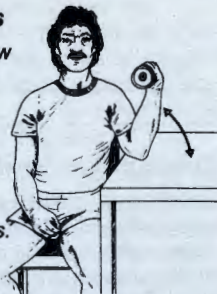
Hold this position for three seconds.

Repeat 30 times.

Do these exercises three times a day for two weeks.

After this two-week period (or one month after surgery), using the same exercises, add a two-pound weight.

You can use an ankle weight instead of a barbell.



extra fluid distends the sac so that it looks very much like a small egg hanging off the tip of the elbow bone. It is unmistakable. The bloating produces discomfort. The awkward lump can disturb your arm coordination.

Diagnosis and Treatment

Initial treatment for elbow bursitis is to apply ice twice daily for 20 minutes. Heat tends to make the bursa sac swell more. Two aspirin at meals relieves discomfort and decreases irritation. Continue the ice and aspirin for one week. If this does not bring about shrinking, I prescribe stronger anti-inflammatory medicine by mouth. Relief should come on the fifth day. The medication should be taken for two weeks.

Diagnosis and Treatment

In 90 percent of tennis elbow sufferers, the pain is at the point slightly below where the muscle origin attaches at the outer knob.

I can feel the tenderness, and touching the inflamed spot brings on pain. When you raise and bend your arm into the position which flexes your biceps, as you straighten out your elbow you will feel pain. With your elbow straight, I ask you to cock your wrist up. This is especially painful. Sometimes I push gently against your hand as you attempt to cock your wrist. This activates the muscles on the back of the forearm and pulls on the injured tendon.

In my opinion, the pain produced with the elbow straight out and the wrist cocked is the most reliable sign of tennis elbow. This duplicates the position

your wrist is in as you make a back-hand shot or try to pick up a heavy object. I usually confirm the diagnosis with the "chair test." I ask you to pick up a light chair with the ailing arm. Most cannot. The pain is too great.

Finally, I take x-rays of the elbow, to rule out other sources of pain in the same site. Most of the time the x-rays are negative.

The best treatment for tennis elbow is rest. I do not have anything in my medical bag that can beat it. If you continue to play your racquet sport, you will extend your injury.

Be careful not to use the affected arm. Avoid opening car doors, carrying a briefcase, or lifting milk cartons. Use the other hand. Daily use can interfere with healing. Ice the elbow twice daily for 20 minutes for two or three days. Then start heat treatments twice daily for 20 minutes. I recommend two to three weeks of rest. The longer you wait, the better the chances that you will heal completely. It is only guess work. As far as I know, there is no scientific study on the healing process of the muscle origin. Take two aspirin with each meal. The aspirin reduces the inflammation and the pain.

Tied with "rest," for the number one treatment in my book, is "go see a racquetball instructor." By learning how to hit the ball properly, you reduce the strain on your elbow.

I have never had tennis elbow, but I understand the problem. I am a squash player. When I have chased the ball into a corner and hit it only with the forearm muscles, I have felt the stress on the outer elbow area. I call it "coming up short." It happens in racquetball players who don't have time to get into position, and in tennis players who get caught at the net. The ball is smashed directly at their bodies; they cannot set themselves, so they end up taking a half-swing. It is more instinct than anything else.

For stretching and strengthening the elbow, I recommend wrist curls with a five-pound weight. Do not start them until the pain disappears. Perform them twice a day. It will take you 10 minutes a day.

Always volley before you play. This allows the muscles to fill up with blood

Elbow Bursitis

Causes

Why, when you fall on your elbow, does the skin scrape instead of break open? Feel your elbow. The skin is mobile. Nature has provided a *bursa sac* between the skin and the bone to make the skin slide easily. As in the shoulder, this sac looks very much like a deflated balloon. The lining of the sac produces fluid which lubricates the walls of the structure and provides a low friction barrier between the skin and bone.

If you fall directly on the tip of the elbow, you can injure the bursa sac. A blow or repeated falls irritate the walls of the sac. The irritation, called *elbow bursitis*, leads to excessive production of bursa sac fluid. This is the same synovial fluid that is found within the joints and around sliding tendons. The

and become more pliable. The more pliable they are, the less likely they are to tear.

I always recommend the first three treatments: rest, racquetball lessons, and stretching and strengthening. They are simple, painless, and they work.

Another such remedy is the tennis elbow strap, fitted with adjustable Velcro hooks. It should be worn about one and a half inches below the outer knob on the forearm. The strap acts as a shock absorber. It should not be made of elastic material, or it will act like a tourniquet, and it should be at least one and a half inches wide.

If all these treatments fail, I prescribe an oral anti-inflammatory medicine. It takes five days to reduce the pain. If the medication is going to be effective, it will happen within a two-week period.

If medication alone does not bring relief, then cortisone injection is indicated. The cortisone quickly lessens the inflammation. Rarely do I repeat the cortisone injection. If the bursa sac remains constantly inflamed and tender, I surgically remove it. This can be done under local anesthesia and involves a simple operation. The body will actually grow a new, uninflamed bursa sac after this removal.

Tennis Elbow (Lateral Humeral Epicondylitis)

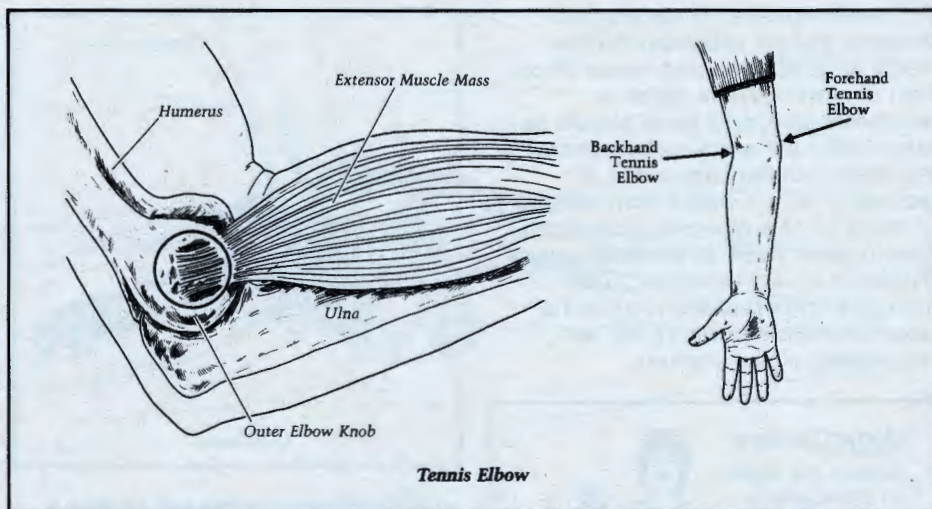
Tennis elbow is the number one ailment of the upper body. Racquetball players are not afflicted with tennis elbow as often as tennis players, but there's some risk of developing it for all racquet sports players. The more you play, the more likely you are to get it.

Causes

Tennis elbow is caused by excessive strain on the muscles of the forearm which attach at the elbow. These muscles produce forward and backward movement at the wrist. The pain is usually slightly below the elbow attachments. But the pain can radiate into the forearm too.

Racquet sports players suffer from two types of tennis elbow:

Backhand tennis elbow, common in novice or weekend players, comes from hitting backhand strokes incorrectly. A backhand stresses the muscles that straighten the wrist. These muscles, called the extensor supinators, also allow you to extend the fingers and



rotate the palm up. They attach to the outer side of the elbow. Ninety percent of tennis elbow sufferers get this type of injury.

Forehand tennis elbow, common in professional players, stems from the wrist snap in booming serves. Serving or shooting can strain the muscles that bend the wrist down and allow you to make a fist. These muscles, called the flexor pronators, attach on the inner side of the elbow; consequently, the pain occurs at this site. Ten percent of players get this type of elbow pain.

Tennis elbow is not limited to racquet sports players. I have treated plumbers, mechanics, surgeons, bowlers, pitchers, and factory workers with tennis elbow. It can happen to anyone who fires his wrist in a powerful way.

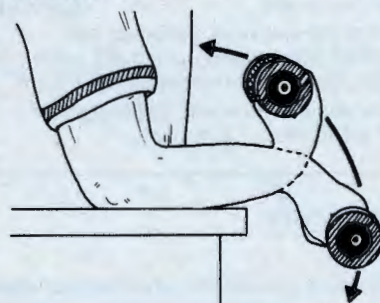
When you hit the ball with your racquet, the impact radiates from the racquet to the forearm muscles and ends up at the elbow tendon, especially if you hit the ball only with your forearm. The easiest way to distribute the impact of the stroke is to use the entire shoulder and arm. The shoulder muscles are stronger than the forearm muscles and will help carry the load.

Tennis elbow requires complete rest to heal, and even then will heal slowly. For my patients, I compare the tear in the tendon which is tennis elbow to a small rip in your skin. If it is allowed two to three weeks to heal, it heals in a solid fashion, no problems or pain. If

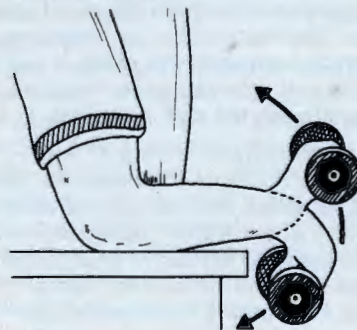
Exercises For Tennis Elbow

When you first develop pain in your elbow, stop playing racquetball. After waiting two to seven days for the pain to disappear, start the following exercises. Perform each twice a day.

Lay your arm flat on the table, letting your hand extend over the edge, your palm facing up. With a five-pound weight, flex your wrist 10 times. Do two more sets.



Lay your arm flat on a table, letting your hand extend over the edge, your palm facing down. With a five-pound weight, flex your wrist 10 times. Do two more sets.



the cut is ripped open every two or three days—it becomes inflamed, turns red, and weeps. This same interruption of normal healing happens in your elbow if you resume play before tennis elbow has healed. Even daily activities—opening your car door—interrupt normal healing.

One reason that tennis elbow is slow to heal has to do with your anatomy. The forearm muscles are attached to what most physicians call a tendon. But in reality, they are attached to a muscle origin. A true tendon slides. It has a sheath and is bathed in synovial fluid, which both nourishes and lubricates. The muscle origin of the forearm muscles has none of these, and also has the worst blood supply of any structure in the body which further slows the healing process.

As a last resort, I inject cortisone into the muscle origin. This is the only tendon-like structure that I inject directly. I use Novocain to numb the area, but this can still be a painful injection because there is very little room for the cortisone and Novocain to spread out. Thus the fluid creates pressure in an area that is already inflamed.

The cortisone takes 48 hours to start working. In five days, you should be feeling close to normal. In two weeks, the pain should be gone. At this point, I start tennis elbow patients on wrist curls, wearing the tennis elbow strap. If the pain continues, I give a second shot a month after the first. Rarely is a third shot necessary; three shots are my limit.

One out of 50 tennis elbow sufferers whom I examine needs an operation. The operation that I prefer is called the Bosworth Procedure, invented by David Bosworth, an orthopedic surgeon at St. Luke's Hospital in New York City.

After surgery, the patient wears an immobilization splint for two weeks. This supports the elbow at a 90 degree bend. When the splint is removed, range-of-motion exercises called elbow crankers are started immediately. After the exercise, the splint is replaced. The elbow, more than any other joint, loves to get stiff. Nobody knows why.



Tennis Elbow Strap

One month after surgery, the splint is discarded and weight exercises are started. I recommend curls with a two-pound weight. I let my patients return to full sports activities when the muscle strength reaches 95 percent of the opposite arm. It takes about three months, and I insist that they not play any sports until then. I have never had to reoperate on anyone for this problem. ●

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Tournament Results

Yellen Upsets Hogan: Wins In New Haven

by Thomas J. Morrow



After more than two years of struggling to get back on the winning trail, Mike Yellen, Southfield, MI, upset five-time defending national champion Marty Hogan, San Diego, to take the \$20,000 DP Leach/Catalina Pro Racquetball Classic at the Downtown Racquet Club in New Haven, CT, Nov. 20.

It was the third stop on the 1982-83 \$150,000 series, with Hogan taking the first stop at Westminster and Dave Peck, El Paso, the nation's number one ranked-player, winning in Burnsville, MN. Going into New Haven, Hogan and Peck were tied with 210 points each, but Peck was unable to show because of a bout with the flu and Yellen, who played superb racquetball throughout the tournament, doubled his 120 points to secure a second place berth on the season thus far.

The New Haven stop was somewhat low-key in that Peck wasn't the only top-ranked star absent. Jerry Hilecher, who was tied for third place in point standings after two tourneys, was nursing a broken ankle sustained in Burnsville. Rich Wagner, still trying a comeback after a severe knee injury during last summer's DP Nationals and a broken thumb in Westminster in the season opener, dropped his first round to a tough and aggressive Rueben Gonzales, Staten Island, NY.

After Hogan got by Steve Ginsburg, Baltimore, MD, he met Gregg Peck in the quarter-final, beating the young Texan three of four games. In the semi-finals, Hogan ran into a buzz saw by the name of Ed Andrews, San Diego. Andrews took the champ to the limit, winning the second and fourth games before Hogan could put him away.

Yellen, who was seeded number two in the tournament, didn't have it easy in any of his four matches, struggling with Doug Cohen, St. Louis, in the opener for four games; going five games against a tough Bret Harnett, Las Vegas, in the quarterfinal round; barely escaping a hungry Gonzales in the semi-finals in four games before taking the top \$5,500 prize money from Hogan in the final round 7-11, 11-6, 11-9, 11-9.

For excitement, the Yellen-Harnett match was the highlight of the tournament as each player exchanged points and wins in a battle royal that lasted more than two hours. Yellen narrowly won the first game 11-10, but Harnett came swinging back to take the second 11-5. The score was the same in the third game, but it was Yellen on top. Harnett won the fourth 11-4, and it was right down to the wire 11-10 in the fifth, with Yellen emerging the winner.

Yellen has regained much of his former poise, quickness and concentration and shed several unneeded pounds. He seemed quicker, more aggressive and accurate, hitting like he did during the 1980-81 tour when he was ranked number two.

"I've been working very hard to get back into winning," said Yellen before his match with Hogan. "It's been a tough struggle. I don't think it was so much me getting slower, as it was that a lot of these guys are getting better—the competition is extremely keen here in the pro ranks."

Hogan has found that to be true.

"Two or three years ago, I only had to worry about Mike and Dave, but today,

guys like Ed Andrews, Rueben Gonzales, Brett Harnett and others will kill you if you give them a step," said Hogan. "I hate to lose more than anything, but it's nice to see Mike back in the thick of battle."

Sponsored by DP Leach Industries and Catalina Men's Wear, the seven-stop DP Leach/Catalina Pro Classic Series is co-sponsored by AMF Voit which manufactures the official tour ball, the AMF Voit Rollout Bleu.

Next stop on the tour is the Honolulu Club in Honolulu, HI, Jan. 21-24. Mickey Campaniello is tournament director. For further information, contact him at (808) 543-3900. ●

DP Leach / Catalina Classic III

New Haven, CT, Nov. 18-20

Round of 18: Marty Hogan d. Steven Ginsburg 11-9, 11-5, 11-6; Gregg Peck d. John Eggerman 11-6, 11-6, 11-1; Don Thomas d. Jim Cascio 11-0, 11-7, 9-11, 5-11, 11-5; Ed Andrews d. Craig McCoy 11-2, 6-11, 11-8, 11-10; Rueben Gonzales d. Rich Wagner 11-1, 11-6, 11-8; Steve Strandemo d. Steve Mondry 11-8, 11-2, 11-8; Bret Harnett d. Mike Levine 10-11, 11-6, 11-8, 11-4; Mike Yellen d. Doug Cohen 9-11, 11-8, 11-10, 11-3.

Quarter-finals: Hogan d. Peck 11-8, 11-10, 9-11, 11-5; Andrews d. Thomas 4-11, 11-9, 11-7, 11-7; Gonzales d. Strandemo 11-4, 11-1, 11-10; Yellen d. Harnett 11-10, 5-11, 11-5, 4-11, 11-10.

Semi-finals: Hogan d. Andrews 11-6, 2-11, 11-10, 8-11, 11-9; Yellen d. Gonzales 11-4, 11-4, 8-11, 11-10.

Finals: Yellen d. Hogan 7-11, 11-6, 11-9, 11-9.

\$5,500 first prize money

\$3,500 runner up

\$2,000 semifinalist

\$1,250 quarterfinalist

\$500 for each qualifier to defray expenses to DP Leach/Catalina Nationals in April.

Ranking	Player	Points
1.	MARTY HOGAN	300
2.	MIKE YELLEN	240
3.	DAVE PECK	210
4.	BRET HARNETT	150
5.	STEVE STRANDEMO	150
6.	DON THOMAS	130
7.	GREGG PECK	130
8.	ED ANDREWS	130
9.	CRAIG MCCOY	110
10.	DOUG COHEN	110
11.	JOHN EGERMAN	80
12.	RICH WAGNER	80
13.	RUEBEN GONZALES	70
14.	SCOTT HAWKINS	30

Americans Dominate CBC Classic in Winnipeg

For the past four years, the CBC Classic (held this year in Winnipeg, Manitoba, Oct. 29-Nov. 2), has brought together the top American and Canadian players, and pitted them against one another in a four-day tournament televised by the Canadian Broadcasting Company.

Only three of the eight top-ranked Canadian pros who were entered in the 16-man draw—Lindsay Myers, Wayne Bowes, and Sherman Greenfield—survived the first round. In the next, each was eliminated by an American. In four years, this is as close as a Canadian has come to winning.

Myers, one of the most competitive of Canadian players, and the only one who attempts to make his living solely from playing racquetball, commented on the disparity between the Canadian and American players.

"I'm not saying the Canadians are pushovers," he said, "but the intensity is different, the game is different in the US. It's not a way of life up here; down there it is."

But even those Canadians who did not survive beyond the quarter-finals put up a gallant fight. None of the winners walked away with their matches, and Hogan, the ultimate winner of the \$2,000 first prize, was pressured into a tie-breaker by Cliff Hendrickson who remarked sportingly, "I was glad just to have the opportunity to play Marty." ●

CBC International Racquetball Classic

Men's Pro Results

Round of 16: Peck d. Kruger 15-10, 15-4; Myers d. Hawkins 15-10, 15-9; Greenfield d. McCoy 15-9, 15-12; Yellen d. Valin 15-11, 15-8; Harnett d. Hadikin 9-15, 15-7, 11-6; Bowes d. Thomas 15-14, 15-12; Andrews d. Harvey 15-14, 15-14; Hogan d. Hendrickson 15-8, 13-15, 11-7

Quarter-finals: Peck d. Myers 15-11, 15-7; Yellen d. Greenfield 15-13, 15-5; Harnett d. Bowes 7-15, 15-7, 11-4; Hogan d. Andrews 15-12, 11-15, 11-5

Semi-finals: Peck d. Yellen 15-13, 15-10; Hogan d. Harnett 15-11, 15-10

Finals: Hogan d. Peck 13-15, 15-5, 11-9

Hogan Captures Michelob Light Challenge Cup

Hogan accepts the \$10,000 first prize and trophy from Candy Donovan of Anheuser-Busch, as host Steve Garvey looks on.



Marty Hogan prepares a return shot to Brett Harnett during the finals of the recent Steve Garvey Michelob Light Challenge Cup at Mid-Valley Athletic Club in Reseda, CA. Hogan took home the \$10,000 first prize, while Harnett earned \$5000 in runner-up winnings. Dave Peck finished third in the event which drew such other top-ranked players as Mike Yellen, Rich Wagner and Don Thomas. The three-day tournament was part of the eighth annual Steve Garvey Sports Classic which raises funds for the National Multiple Sclerosis Society.



Tournament Results

Major Win For Adams In Lafayette

They have faced each other 10 times in 1982. Lynn Adams, the 25-year-old product of racquetball's mecca, southern California, is edging out Australia's 41-year-old veteran racquet champion from squash, now converted to racquetball, Heather McKay, 6-4. Except for Shannon Wright, past champion in women's racquetball through the 1970's, no one else has advanced to the finals of any Women's Professional Racquetball Association tournament in 1982. Who is number one? Lynn Adams. She wins when it counts.

McKay entered the 1982-83 season in fighting form, and won the first WPRA stop at the Adelaide Club in Toronto, her adoptive hometown, on October 24 (see *National Racquetball*, December issue.)

At the second stop, the CBC Classic in Winnipeg, Canada, October 28 to November 1, Adams barely defeated McKay in a tie-breaker. The made-for-TV tournament was an international battle of superstars, with the top three Americans, Adams, Shannon Wright, and Marci Greer, lined up against the top Canadians, McKay, Heather Stupp, and Linda Forcade.

While there were no easy matches throughout the tournament, the competition was particularly fierce in the late rounds. Wright and Stupp both reached the semis by tie-breakers, and Wright didn't give anything away in her match with Adams, which also went to a tie-breaker.

The next stop, the Castle Toyota Canadian Classic, November 11-14, brought the top women racquetball players to Vancouver for the first time. The draw was filled out with six out of the top 10 WPRA players and several local Canadian hopefuls, one of whom, Dupey, upset top amateur Carol Pranka to go up against Adams in the quarters.

In the semis, McKay had a stiff fight against Wright, while Adams slid past sparring partner Terri Gilreath, to bring about the infamous Adams-McKay final. Under the 21-point scoring system, Adams rallied from the backhand side to win the first set 21-14. McKay dug in on the second set and took a clear win 21-12.

Then came the tie-breaker. Point by point, neither player took the lead until McKay edged forward at 9-9, her serve. Whipping off a quick two points, McKay took set and match for another Canadian tournament win.

A week later the tables were turned at the Sunkist Classic at Red Lerille's Health and Racquet Club in Lafayette, LA, the first official ranking tournament of the season.

\$18,000 was on the line, and nine out of the top 10 were there, ready to grab their share. McKay entered with a victory over nemesis Wright, and a 2-1 head-to-head lead over Adams for the fall of '82. Adams came in with a strained thigh muscle, and strong determination to revenge her loss the weekend before.

In the quarters Adams, with both thighs taped, faced Terri Gilreath. After losing the fifth game of the first set, Terri collected a series of mistakes, to drop the second set and the match, 3-2, 3-0.

Fourth seed and tournament director Marci Greer faced a powerful Laura Martino. Greer seemed confident and eager in the first set, although she lost the fifth game. The second set struggle closed as Greer, drenched with sweat and worn out from running, could barely stay in the fifth game, and Martino prevailed.

Wright and McKay polished off their respective opponents, Peggy Gardner and Jennifer Harding, to move into their semi-final contest against each other. The Adams-Martino semi-finals was a predictable landslide for Adams, but the McKay-Wright battle was one of the most exciting matches of the tournament.

The standing-room-only crowd hovered around to see whether Wright could overcome McKay to advance again to the finals. McKay breathed a sigh of relief when the pivotal fifth game of the first set went her way. A determined Wright picked off balls from the glass back wall to wipe out McKay in the second set 3-0.

In the tie-breaker, Wright won the first two points, giving her a comfortable lead which she held until the score was 8-5. Then McKay put on the pressure and through a series of pinch shots and ceiling ball rallies tied the score at

Adams' dramatically bandaged legs may have slowed her down, but they couldn't stop her defeating McKay in the Lafayette WPRA event.



9-9. Then at 10-10, Wright could not pick a backhand off the wall. On the next rally, she drove an overhead into the floor to give McKay a real cushion of 12-10. The next three points blew away in seconds, and Heather McKay won the match and now leads Wright 2-1 in head-to-head match-ups in 1982.

In her finals match with Adams, McKay won the first two games. Adams looked defeated, with two bandaged legs and inconsistent shots. She was playing the ball high to avoid stretching her thighs, going to the ceiling instead of for a kill.

Adams braves the pain of torn thigh muscles in her determination to win the final match against McKay.



Photos by Bud Henley

McKay played into that game, countering with ceilings, pinching where she should go down the line, and she dropped five straight games. The eighth game of the match was a jumble of errors on both players' parts, with McKay making fewer mistakes. Then Adams prevailed by going for the kill shots, running all over the court, wanting badly to win no matter how much it hurt. And win she did 3-2, 3-1

* * *

In WPRA satellite action, Barbara Maltby advanced through two tie-breaker matches to an easy victory over Bonnie Stoll in the Tire America Pro Am at Wheeling, WV, November 5-7. This was the 11th-ranked Maltby's first victory of the year.

CBC Classic

Quarter-finals: Lynn Adams (bye); Shannon Wright d. Linda Forcade 8-15, 15-5, 11-3; Heather Stupp d. Marci Greer 15-8, 13-15, 11-4; Heather McKay (bye)

Semi-finals: Adams d. Wright 14-15, 15-11, 11-2; McKay d. Stupp 15-6, 15-6

Finals: Adams d. McKay 14-15, 15-11, 11-2

Castle Toyota Canadian Classic

Quarter-finals: Adams d. Dupey; Gilreath d. Sauser; Wright d. McKinney; McKay d. Harding (default)

Semi-finals: Adams d. Gilreath; McKay d. Wright

Finals: McKay d. Adams 14-21, 21-12, 11-9

The Sunkist Classic

Round of 16: Adams d. Fletcher 3-0, 3-0; Gilreath d. McKinney 1-3, 3-1, 15-10; Greer d. Woods 3-0, 3-1; Martino d. Maltby 3-0, 1-0 (default); Gardner d. Bell 3-2, 3-2; Wright d. Dugan 3-0, 3-1; Harding d. McDonald 3-0, 3-0; McKay d. Marriott 3-1, 3-0

Quarter-finals: Adams d. Gilreath 3-2, 3-0; Martino d. Greer 3-2, 3-2; Wright d. Gardner 3-0, 3-2; McKay d. Harding 3-0, 3-1

Semi-finals: Adams d. Martino 3-1, 3-0; McKay d. Wright 3-2, 0-3, 15-11

Finals: Adams d. McKay 3-2, 3-1

Tire America Pro Am

Quarter-finals: Maltby d. Baxter 3-0, 2-3, 15-10; Jackson d. Lynch 3-0, 3-0; Stoll d. Kuhfeld 3-0, 3-2; Marriott d. Hajjar 3-1, 3-1

Semi-finals: Maltby d. Jackson 3-2, 2-3, 15-10; Stoll d. Marriott 3-0, 3-1

Finals: Maltby d. Stoll 3-2, 3-0

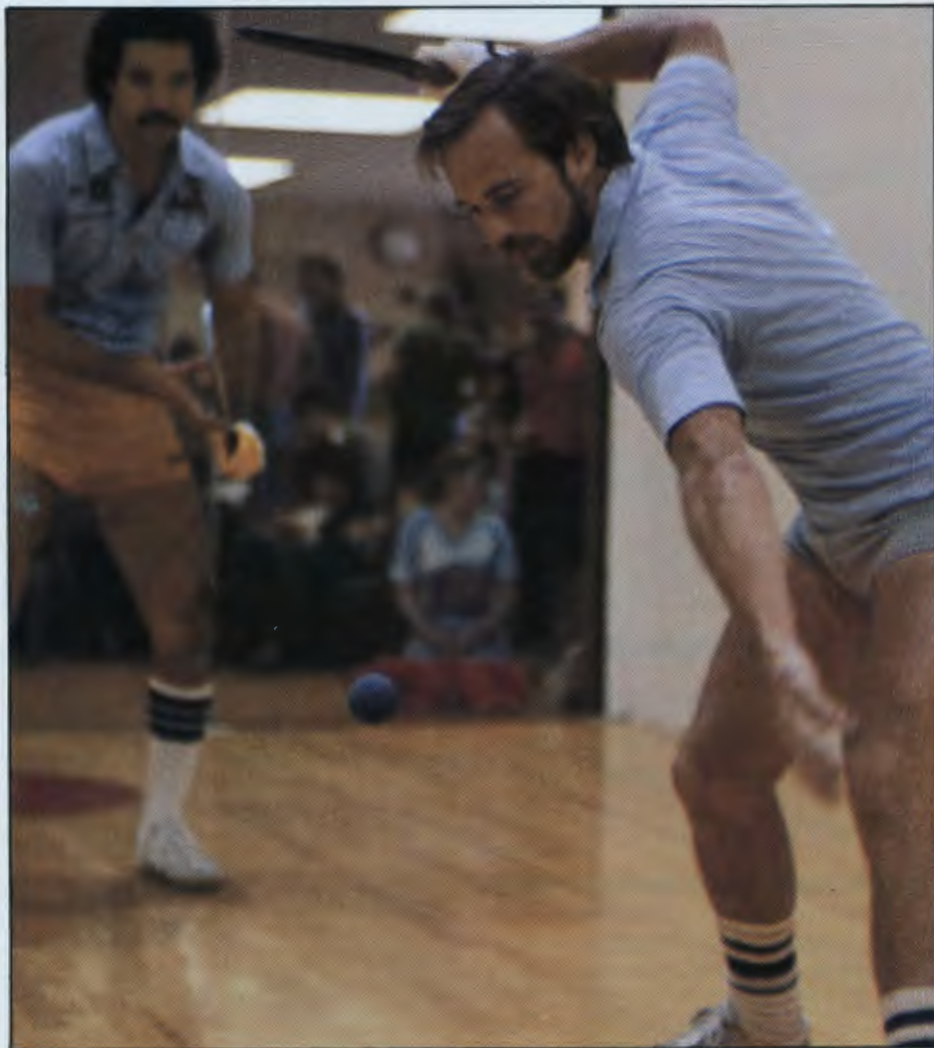
WPRA Current Rankings as of November 21, 1982

Ranking	Player	Points
1.	LYNN ADAMS	547.50
2.	HEATHER MCKAY	455.36
3.	SHANNON WRIGHT	337.50
4.	LAURA MARTINO	175.63
5.	PEGGY GARDNER	157.50
6.	TERRI GILREATH	148.13
7.	MARCI GREER	136.88
8.	JENNIFER HARDING	105.00
9.	RITA HOFF	101.90
10.	BARBARA MALTBY	84.64
11.	CARYN MCKINNEY	82.50
12.	VICKI PANZERI	76.25
13.	BRENDA BARRETT	61.66
14.	JANELL MARRIOTT	53.75
15.	STACEY FLETCHER	48.66
16.	MARTHA McDONALD	40.00
T	BONNIE STOLL	40.00
18.	FRAN DAVIS	37.50
T	JOYCE JACKSON	37.50
20.	BETH CRAWLEY	31.67
21.	PEGGY STEDING	30.00
22.	JEAN SAUSER	28.33
23.	LINDA FORCADE	26.66
T	GAIL WOODS	26.66
25.	KIPPI BISHOP	25.00
T	DIANE GREEN BULLARD	25.00
27.	CINDY BAXTER	21.66
28.	SUSIE DUGAN	20.00
T	BETSY KOZA	20.00
30.	CAROL PRANKA	18.33
31.	BABETTE BELL	15.00
32.	ELAINE RILEY	14.17

The next WPRA tour stop was scheduled at the Courtside Club in Atlanta, GA, for the Tab Holiday Cup on December 2-5. Update next month. ●

Tournament Results

Wright-Trent Take AARA National Doubles Title



Concentration and determination pulled Stan Wright and Steve Trent from the brink of disaster to a resounding victory in the AARA National Doubles Tournament sponsored by Lite beer and Seamco/McGregor.

Down 15-1 in the first game of the finals at the Federal Way Athletic Club near Seattle, WA, Californians Wright and Trent appeared to be sure losers against a surprisingly strong team of John Mack and Dan Massari, both of Los Angeles.

Mack and Massari had set a fast pace en route to the finals by defeating top-seeded favorites Mark Malowitz and Jeff Kwalter of Houston. Wright and

Trent rallied to a 21-17 win despite giving up such a wide lead, and won the second game 21-13 for the national men's open title and berths on the U.S. National Team.

Comebacks became their trademark after a serious challenge in the semi-finals by the strong intercollegiate team of Jack Newman (National Open singles champion) and Brian Sheldon of Memphis State. Wright and Trent won the first game 21-12, but fell behind 1-16 in the second game before launching a successful comeback. They fought off four tries at game point by Newman and Sheldon, to win 21-20 and move on to the finals.

Women's open competition was equally intense as the Pennsylvania team of Tammy Hajjar and Beth Latini threaded their way through a field of upsets to claim victory and membership on the U.S. National Team.

Top-seeded Janet Simon and Eileen Ehrlich of Maine lost in the first round 21-10, 21-18, to a talented juniors team of Mona Mook and Mo Nard of California. Mook and Nard relinquished their place after defeat by local Washington standouts Kim Tiedeman and Lee Jew, 17-21, 21-14, 11-7, in the semi-finals.

Hajjar and Latini worked their way to the finals after a tough battle with second-seeded Sheryl Ambler and Barb Smith of Boise, ID, 17-21, 21-12, 11-6.

The Pennsylvania team won the first game of the women's finals 21-9. Spectators filled all 300 seats at the Federal Way Club as Tiedeman and Jew claimed the second game by a decisive 21-11 score.

The teams traded points in the tie-breaker until 6-6, when Hajjar called a timeout. When play resumed, she and Latini finished the match with five straight points for an 11-6 victory.

The new U.S. National team will compete March 4-6 against Mexico and Canada at the North American Regional Games in Stockton, California. The U.S. National Team also is sponsored by Lite beer from Miller.

Winners in other finals categories:

Men's 25 + : Krause/Snow d. Massari/Mazaroff 21-13, 21-13
Men's 30 + : Dunn/Thurman d. Strom/Page 21-16, 21-7
Men's 35 + : Dunn/Thurman d. Wayne/Davis 21-10, 21-11
Men's 40 + : Austin/Schmidtke d. Muehleisen/Roderick, 21-16, 21-11
Men's 45 + : Muehleisen/Roderick d. Williams/Silverman 21-1, 21-10
Men's 50 + : Thompson/Stockwell (Round-robin)
Men's 55 + : Morrow/Shelton d. Deeds/Hughes 21-8, 21-17
Men's 60 + : Morrow/Shelton d. Gumer/Zietman 21-5, 21-12
Women's 25 + : Simon/Ehrlich (Round-robin)
Women's 30 + : Collins/Jew d. Farrell/Ross 13-21, 21-14, 11-3
Mixed doubles: Obremski/Hajjar d. Klein/Latini 21-18, 21-14

Tournament Results

Indiana

Summer Open '82

Sponsored by Ektelon

Racquetball of Greenbriar

Indianapolis, IN July 30-Aug. 1

Directors: John Franks and Bert Nickelsberg

Men's Open

Quarter-finals: Dan Heckman d. Mike Sublette 15-7, 15-13; Chuck Solomon d. Mike Corbett 14-15, 15-8, 11-3; Jeff Zipes d. Mark Lasbury 15-24, 15-9; Jim Hamilton d. Steve Lynch 15-14, 15-3

Semi-finals: Heckman d. Solomon 15-10, 1-15, 11-2; Zipes d. Hamilton 15-9, 9-15, 11-9

Finals: Zipes d. Heckman 12-15, 15-3, 11-2

Men's A

Quarter-finals: Bill Mooney d. Kevin Smith 15-13, 15-11; Tim LaBonne (forfeit); Gary Weitzel d. Mike LaBonne 15-7, 15-8; Kay Kuhfeld d. Bruce Faulkenberg 15-8, 15-5

Semi-finals: LaBonne d. Mooney 15-5, 15-8; Kuhfeld d. Weitzel 15-5, 15-9

Finals: LaBonne d. Kuhfeld 15-7, 3-15, 11-5

Men's B

Quarter-finals: Jeff Solomon d. Joe Ault 15-12, 12-15, 11-6; Rodney Boyd d. Jim Hornaday 15-12, 8-15, 11-9; John Franks d. Wayne Chrystal 15-5, 15-6; Ken Schraudner d. Marie Younger 10-15, 15-3, 11-8

Semi-finals: Jeff Solomon d. Boyd 15-14, 6-15, 11-7; Franks d. Schraudner 15-8, 15-7

Finals: Franks d. Solomon 15-7, 14-15, 11-10

Men's C

Quarter-finals: Mike McGovern d. Bill Gannon 15-12, 15-3; John Byrd d. Winston Baker 15-9, 15-12; Keith Berry d. Ronnie Wilson 7-15, 15-9, 11-4; Dave O'Brien d. Jim Marquess 15-12, 15-11

Semi-finals: Byrd d. McGovern 15-7, 15-11; Berry d. O'Brien 15-11, 15-8

Finals: Berry d. Byrd 15-9, 15-7

Men's Novice

Quarter-finals: Craig Braunagel d. John Widdifield 15-4, 15-1; John Thompson d. Bert Helsel 15-14, 6-15, 11-10; Steve Owens d. Ken Ayres 15-10, 15-5; Bill Caldwell d. Ed Reed 15-12, 15-10

Semi-finals: Braunagel d. Thompson 15-2, 15-5; Owens d. Caldwell 15-14, 4-15, 11-6

Finals: Braunagel d. Owens 12-15, 15-3, 11-2

Women's C

Quarter-finals: Carol Hanna (bye); Cathy Berry d. Rene Merritt 15-5, 15-5; Tashona Query d. Rene Solomon 13-15, 15-2, 11-7; Pam Brandon d. Delois Leapheart 15-13, 8-15, 11-4

Semi-finals: Berry d. Hanna 6-15, 15-12, 11-5; Brandon d. Query 15-3, 14-15, 11-10

Finals: Brandon d. Berry 15-11, 1-15, 11-7

Women's Novice

Quarter-finals: Anne Knox (bye); Susie Clauss d. Renee LaBonne 15-7, 13-15, 11-6; Sally Kercheval d. Theresa Lear 15-0, 15-0; Missy Luketic (bye)

Semi-finals: Clauss d. Knox 15-11, 15-6; Kercheval d. Luketic 15-9, 15-14

Finals: Kercheval d. Clauss 15-6, 15-2

Virginia

5th Annual Surf And Sand

Racquetball Championships

Sponsored by Cardinal Court Club

Cardinal Court Club

Virginia Beach, VA, August 13-15

Men's Open: Ron Babkoff d. Ed Garabedian 21-17, 19-21, 11-7; 3rd—Glenn Allen

Men's Seniors (35+): Glenn Allen d. Ken Kambis 14-21, 21-8, 11-6; 3rd—Joe Mulkerrin

Men's B: Scott Martin d. Ralph Edwards 21-16, 21-14

Men's C: Greg Kvaska d. Larry Chamberlain 21-6, 21-10

Women's Open (Round Robin): Debra Weber d. Martha Ferguson

Women's Seniors (Round Robin): Jean Tull d. Karen Latchett; 3rd—Geneva Allen

Women's B: Karen Latchett d. Martha Ferguson 21-18, 21-20

Women's C: Nancy Mitchell d. Sue Kranes 21-19, 19-21, 11-9

Women's Novice: Kathy Seals d. Chris Swink; 3rd—Susan Frishman

New Jersey

AARA Kangaroo Kick-Off Open

Kangaroo Courts

Bricktown, NJ, August 28, 29

Men's Open: 1st—Gonzalez; 2nd—Cascio; 3rd—Horton

Men's A: 1st—Cosleigh; 2nd—Corso; 3rd—Tunninia

Men's Seniors: 1st—Berwick; 2nd—Booker; 3rd—Dowling

Men's B: 1st—Zierman; 2nd—Corso; 3rd—Posey

Men's C: 1st—Lucchetto; 2nd—Kopko; 3rd—Waugh

Men's Novice: 1st—Bethel; 2nd—Nobile; 3rd—Roberts

Men's Open Doubles: 1st—Francavilla/Bierman;

2nd—Cascio/Horton; 3rd—Vanore/Marley

Men's B Doubles: 1st—Vanore/Werner; 2nd—Waugh/Capco;

3rd—Malange/Salvador

Women's Open: 1st—Marriott; 2nd—Fischl; 3rd—Lynch

Women's A: 1st—Marion-Lukowski; 2nd—Thomas;

3rd—Arasu

Women's B: 1st—Foster; 2nd—Irizary; 3rd—Scharfenberger

Women's C: 1st—Killian; 2nd—Vanore; 3rd—Laub

Women's Novice: 1st—Fakenman; 2nd—Hedin; 3rd—Donn

Massachusetts

The International Challenge 1982

Sponsored by Budweiser Light, Foot-Joy,

Penn

Racquetball International

Seekonk, MA, September 10-12

Directors: David Izzo, Doris Horridge

Men's A

Semi-finals: Scott St. Onge d. Mike Coleman; Clift Swain d. Tom Coleman

Finals: Swain d. St. Onge

Men's Seniors 35 +

Semi-finals: Joe Indelicato d. Paul Henrickson; Joe Fenster d. Dennis Culberson

Finals: Indelicato d. Fenster

Men's B

Semi-finals: Shawn Matthewson d. Dave Monahan; Gary Bucci d. John Colanton

Finals: Bucci d. Matthewson

Men's C

Semi-finals: Al Diamond d. Jeff Correia; Steve Mateira d. Jim Anderson

Finals: Diamond d. Mateira

Men's A/B Doubles

Semi-finals: Coleman/Dogan d. Savino/Cordeiro; Fisette/St. Onge d. Culberson/Henrickson

Finals: Coleman/Dogan d. Fisette/St. Onge

Men's C Doubles

Semi-finals: Farell/Diamond d. Matthewson/Fahey; Hewitt/Correia d. Smith/Fredrickson

Finals: Farell/Diamond d. Hewitt/Correia

Women's A

Semi-finals: Marilyn Ellis d. Claire Couture; Cindy Alba d. Doris Horridge

Finals: Ellis d. Alba

Women's C

Semi-finals: Denise Fafard d. Cheryl Pontes; Gail Waltz d. Lora Marquis

Finals: Fafard d. Waltz

Juniors 15-and-Under

Semi-finals: Scott St. Onge d. Jeff Balboni; John Gillooly, Jr. d. Sean Klingaman

Finals: St. Onge d. Gillooly

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Illinois

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Washington Realty Co., DP Leach

Courts 'n' Stuff

Washington, IL, September 17-18

Men's A: 1st—Dennis McKee; 2nd—Bob Schwab; 3rd—Bill Gray

Men's C: 1st—Terry Beecham; 2nd—Bob Pribble

Virginia

Racquetball Tournament for Cystic Fibrosis

Sponsored by Peoples Drugs

Downtown Athletic Club

Norfolk, VA, September 24-26

Men's Open

Semi-finals: Randy Watkins d. Glenn Allen 15-11, 15-12; Bobby Ison d. Jim Slate 15-13, 7-15, 11-10

Finals: Ison d. Watkins 15-13, 14-16, 11-9

Men's Seniors

Semi-finals: Glenn Allen d. Kevin Dorr 15-13, 7-15, 11-5; Ed Taylor d. Carl Crown 4-15, 15-10, 11-5

Finals: Allen d. Taylor 15-6, 15-17, 11-3

Men's B

Semi-finals: Bryan Graves d. Jeff Atkinson 14-16, 15-2, 11-9; Luke Frear d. Larry Roberson 15-3, 15-12

Finals: Frear d. Graves 16-14, 15-13

Men's C

Semi-finals: Butch Persinger d. Wade Markham 16-14, 4-15, 11-6; Jack Tiller d. Gary Bachara 6-15, 15-12, 11-2

Finals: Tiller d. Persinger 15-5, 15-9

Men's Novice

Semi-finals: Francis Blake d. Steve Robinson 15-4, 15-9; John Phillips d. Ken Matts 15-8, 15-7

Finals: Phillips d. Blake 6-15, 15-4, 11-5

Women's A

Finals: Maria Kanahoahoa d. Heather Gower 15-5, 15-1

Women's C

Finals: Martha Nolan d. Dalynn Patrick 15-7, 15-1

Michigan

Super Seven 3

Sponsored by Fred Lewerenz Sports Clinic,
Natural Light, Ektelon, Court Time
Farmington Hills, MI, October 15-17
Director: Jim Hiser

Men's Open

Quarter-finals: Larry Fox d. Dale Hetherington 11-10, 11-6,
11-7; Brian Mitchell d. Ralph Hackbarth 11-7, 11-5, 11-10; Ray
Brint d. Tom Brownlee 3-11, 11-10, 8-11, 11-4, 11-10; Fred
Hernandez d. Bob Wilhelm 11-1, 11-8, 9-11, 11-7

Semi-finals: Fox d. Mitchell 11-7, 11-7, 11-7; Brint d.
Hernandez 11-6, 1-11, 11-2, 8-11, 11-4

Finals: Fox d. Brint 11-6, 11-6, 9-11, 11-6

Men's A

Quarter-finals: Sheldon Yellen d. Aaron Metaj 4-11, 11-5, 6-11,
11-3, 11-4; Bob Madole d. Jim Hiser 11-10, 11-8, 11-0; Chris
Cole d. Mike Ryan 11-6, 11-4, 11-9; Ben Stanley d. Ross
Luxon 11-7, 11-6, 11-5

Semi-finals: Yellen d. Madole (forfeit); Stanley d. Cole 11-7,
11-6, 11-5

Finals: Yellen d. Stanley 11-7, 11-9, 8-11, 11-5

Men's 30+

Finals: Tom Wood d. David Woodcox 11-8, 7-11, 11-9, 8-11,
11-10

Men's 35+

Quarter-finals: Ed Barter d. Jim Woodard 11-3, 11-1, 11-3;
Jerry Grudzinsky d. Dennis Wood 10-11, 11-4, 11-5, 11-4; Carl
Garavaglia d. Dennis McCune 11-7, 11-2, 11-2; Tom Walters
d. Bob Lyndall 11-7, 8-11, 11-9, 6-11, 11-10

Semi-finals: Barter d. Grudzinsky 11-1, 11-7, 9-11, 11-2, 11-7;

Carl Garavaglia d. Tom Walters 11-10, 11-3, 5-11, 5-11, 11-8

Finals: Barter d. Garavaglia 11-7, 11-5, 11-5

Men's 40+ and 45+

Quarter-finals: Sam Young d. Richard Sewell 8-11, 11-3, 11-2,
4-11, 11-6; Stuart Leff d. David Matyas; Duke Cummings d.
Tom Pavy 10-11, 11-9, 11-8, 11-6; Larry Douglas d. Morris
Penner 11-3, 11-3, 11-7

Semi-finals: Young d. Leff 6-11, 11-3, 10-11, 11-2, 11-1;
Douglas d. Cummings 11-8, 11-3, 11-5

Finals: Douglas d. Young 3-11, 11-8, 11-1, 11-8

Men's 50+ and 55+

Quarter-finals: Hy Chambers d. Joe LaMilza 11-3, 11-2, 11-2;
Duane Russell d. Joe Charette 11-4, 11-5, 10-11, 4-11, 11-10;
Richard Caretti d. E. Rott 11-5, 8-11, 11-6, 11-3; Al Micelli d.
Ted Dutcher 11-3, 11-6, 11-6

Semi-finals: Chambers d. Russell 11-3, 11-1, 11-7, Caretti d.
Micelli 11-3, 11-9, 11-9

Finals: Chambers d. Caretti (forfeit)

Men's B

Quarter-finals: Ron Ozimek d. Daniel Veith 11-2, 11-3, 4-11,
11-8; Craig Hodges d. Rick Broucek 11-2, 9-11, 11-7, 11-4;
John Bishop d. Sam Garcea 11-5, 11-5, 11-0; Jeff Yellen d.
Wayne Holman 11-2, 11-1, 11-3

Semi-finals: Ozimek d. Hodges 11-10, 11-5, 6-11, 11-8; Yellen
d. Bishop 11-4, 11-7, 8-11, 11-2

Finals: Yellen d. Ozimek 9-11, 11-0, 11-9, 11-4

Men's C

Quarter-finals: Steve Hansen d. Neal Goodman 3-11, 11-6,
11-9, 0-11, 11-8; David Matthews d. Dennis Cunningham 9-11,
11-9, 11-10, 11-6; Don Sharp d. Sam Garcea 11-4, 11-3, 11-8;
D. Sheer d. Don Boone 10-11, 11-9, 10-11, 11-1, 11-3

Semi-finals: Hansen d. Matthews 9-11, 11-9, 11-10, 11-6;
Sharp d. Sheer 11-1, 11-5, 8-11, 11-5

Finals: Hansen d. Sharp 11-3, 9-11, 7-11, 11-4, 11-7

Men's D

Quarter-finals: William Gentile d. Mario Merucci; Robert
Pfeffer d. Dennis West 11-3, 11-2, 2-11, 11-5; John Friest d.
Edwin Dutton 11-3, 11-2, 9-11, 11-7; Gary Weston d. Robert
Rayburn 11-9, 4-11, 11-5, 8-11, 11-5

Semi-finals: Gentile d. Pfeffer 7-11, 11-6, 11-4, 11-8; Friest d.

Weston 11-6, 11-4, 11-8

Finals: Friest d. Gentile 11-10, 11-5, 11-3

Women's Open

Quarter-finals: Cathy Stellema d. Cathy Thompson; Donna
Henry d. Loraine Parent 11-7, 11-0, 11-0; Dina Pritchett d.
Valerie Davis 11-2, 11-3, 11-7; Debbie Erhardt d. Nancy Foster
11-1, 11-0, 11-3

Semi-finals: Henry d. Stellema 11-0, 11-6, 11-5; Pritchett d.
Erhardt 11-4, 11-7, 11-6

Finals: Pritchett d. Henry 11-10, 7-11, 11-5, 11-6

Women's B

Quarter-finals: Colleen Adams d. Kay Rice 11-10, 11-2, 11-7;
Lesley Kishigan d. Karen Miller 11-4, 11-2, 11-7; Shirley
Vanderbroek d. Cindy Brookshire 11-3, 11-9, 11-10; Betty
Richardson d. Debbie Weston 4-11, 11-3, 11-3, 4-11, 11-7

Semi-finals: Adams d. Kishigan 11-0, 11-5, 9-11, 11-9; Richard-
son d. Vanderbroek 11-6, 3-11, 11-9, 11-7

Finals: Adams d. Richardson 11-7, 11-6, 11-2

Women's C

Quarter-finals: Phyllis Westveer d. Susan Friest 11-2, 9-11,
10-11, 11-4; 11-4; Cheryl Page d. Traci Goodell 11-0, 11-10,
11-6; Gwen McIntyre d. Jane McAllen 11-5, 11-4, 11-10;
Malinda Adam d. Donna Green 11-8, 11-7, 3-11, 8-11, 11-3

Semi-finals: Westveer d. Page 4-11, 11-10, 11-4, 11-3; McIntyre
d. Adam 11-4, 11-5, 5-11, 11-3

Finals: Westveer d. McIntyre 11-6, 11-7, 11-4

Women's D

Semi-finals: Kilburn d. Murdoch 2-11, 11-4, 8-11, 11-8, 11-8;
Buttrey d. Scharchburg 2-11, 11-4, 11-8, 11-9

Finals: Buttrey d. Kilburn 11-9, 11-0, 11-0

Illinois

1982 Central IL Ektelon/Bud Light Open
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Springfield Racquet Club and Fitness Center
Springfield, IL, October 22-24
Director: Ed Schainker

Men's Open

Quarter-finals: Dennis McDowell d. John Negrete 21-17, 21-16; Jeff McDowell d. Rocky Roberts 21-15, 21-10; Sean Moskwa d. Randy Reynolds 21-5, 21-4; Dave Bennett d. John Fleischacker 21-16, 19-21, 11-3

Semi-finals: D. McDowell d. J. McDowell 21-11, 21-10; Moskwa d. Bennett 21-9, 21-10

Finals: Moskwa d. D. McDowell 21-9, 21-13

Men's Masters

Quarter-finals: Phil Dzuik d. Jack Fleischacker 21-12, 21-10; Bill Moser d. Marvin Van Matre 21-8, 21-8; Joe Simon d. Sergio Rabinovich 21-15, 21-13; Ken Retzer d. Joe Mileham 21-6, 21-16

Semi-finals: Dzuik d. Moser 21-20, 21-12; Retzer d. Simon 21-19, 21-10

Finals: Retzer d. Dzuik 21-15, 21-12

Men's A

Quarter-finals: Dave Schwemer d. Bill Bass 21-11, 15-21, 11-1; Don McColm d. Jim Pearse 21-11, 21-15; Bernd Wetzel d. Bill Dodson 21-18, 21-15; Mitchell Beck d. John Armour 21-12, 21-14

Semi-finals: Schwemer d. McColm 21-18, 17-21, 11-5; Beck d. Wetzel 21-12, 21-8

Finals: Schwemer d. Beck 19-21, 21-10, 11-6

Men's B

Quarter-finals: Larry Nortrup d. Chris Vorreyer 21-13, 21-5; Ron Wolschlag d. Dave Robinson 21-5, 21-13; Rod Davis d. Fran Beyer 21-1, 21-18; Krista Fox d. Bob Dean 21-8, 21-16

Semi-finals: Wolschlag d. Nortrup 9-21, 21-14, 11-6; Davis d. Fox 21-15, 21-15

Finals: Wolschlag d. Davis 21-17, 21-8

Men's C

Quarter-finals: Gene De Fraties d. Greg Spaulding 21-10, 21-10; Steve Funk d. Dennis Springer 21-8, 17-21, 11-5; Sam Gardner d. Marvin Brown 21-12, 21-3; Eric Isley d. Les Sheldon 18-21, 21-8, 11-3

Semi-finals: De Fraties d. Funk 21-15, 13-21, 11-8; Gardner d. Isley 21-6, 21-11

Finals: De Fraties d. Gardner 21-18, 21-6

Women's A

Quarter-finals: Marilyn Davison d. Chris Mueller 21-14, 21-12; Kerrie Nolan d. Karen Wilkening 21-16, 21-13; Maureen Egizii d. Pat McWharter 21-17, 8-21, 11-2; Marie Dennis d. Jan Hartlein 14-21, 21-6 11-7

Semi-finals: Nolan d. Davison 21-19, 21-3; Egizii d. Dennis 21-14, 21-10

Finals: Egizii d. Nolan 21-20, 21-10

Women's B

Quarter-finals: Ariene Nortrup d. Deana Wolschlag 21-11, 21-11; Donna Simon d. Jean Moran 21-3, 21-6; Sue Sheldon d. Janice Davis 21-15, 21-10; Helen Kennedy d. Darlene Krone 21-1, 21-1

Semi-finals: Nortrup d. Simon 18-21, 21-20, 11-8; Kennedy d. Sheldon 11-21, 21-13, 11-4

Finals: Kennedy d. Nortrup 21-20, 21-13

Colorado

Grand Junction Open Tournament
Grand Junction Athletic Club
Grand Junction, CO, October 22-24

Men's A: Eimer Arnold d. Gary Scogin 21-11, 21-16

Men's B: Martin McDermott d. Jay Turner 19-21, 21-12, 11-9

Men's C: Dean Johnson d. Ed Grossman 21-8, 21-13

Men's D: Jack Shade d. Don Cox 21-11, 17-21, 11-3

Men's Novice: Ken Bangs d. John Daus 21-8, 21-1

Men's A Doubles: Scogin/Arnold d. Chamberlain/Chamberlain 18-21, 21-9, 11-4

Men's B Doubles: Eads/Helm d. Brown/Nelson 21-15, 21-16

Women's B: Charleen Badini d. Chris Clark 6-21, 21-19, 11-8

Women's C: Jennifer Bailey d. Barb Bennett 21-13, 18-21, 11-5

Juniors 8-and-Under: Derrick Dannenbaum d. Brett Brown 11-9, 11-9

Juniors 9-12: Brian LaDage d. Peter Mahoney 21-17, 21-11

Juniors 13-15: Mark Foster d. Jason Stanfield 21-10, 21-11

New Hampshire

Salem Boys Club Open
Salem Racquetball Club
Salem, NH, October 22-24

Men's A: 1st—Steven Martillini; 2nd—Joseph Ruggier; 3rd—Todd Walker

Men's Seniors: 1st—Tom O'Dwyer; 2nd—Roger Vachon; 3rd—Arthur Pauk

Men's B: 1st—Robert Knipe; 2nd—Edward Gaudess; 3rd—Howard Larabee

Men's C: 1st—Peter Alloncia; 2nd—Mike LaConte; 3rd—Joseph Vadalla

Men's Novice: 1st—Dick Forgiione; 2nd—Warren Sullivan; 3rd—Greg Hurd

Men's Doubles: 1st—O'Dwyer/Pierce; 2nd—Petullo/Pauk; 3rd—Bloom/Knipe

Women's B: 1st—Chris Turner; 2nd—Martha Wunderlich; 3rd—Sue LaFlamme

Women's C: 1st—Elaine Rose; 2nd—Debbie DeLorenzo; 3rd—Donna Jackenchuck

Ohio

1st Annual Wales Racquet And Fitness Center Open
Sponsored by Abood's Valu King and TV Channel 67
Wales Racquet and Fitness Center
Massillon, OH, Oct. 22-24
Director: Pat Butzer

Men's Open

Quarter-finals: Vantrease d. Danicone; Ahern d. Brint; Riehl d. Ganim; McKay d. Travers

Semi-finals: Riehl d. McKay; Vantrease d. Brint

Finals: Vantrease d. Riehl 21-13, 21-18

Men's A

Quarter-finals: Comanor d. Wohlin; Roberts d. Kosier; Grubich d. Crawford; Luckhardt d. Bonfiglio

Semi-finals: Roberts d. Comanor; Luckhardt d. Grubich

Finals: Roberts d. Grubich

Men's Veterans

Quarter-finals: Butzer d. Romito; Akins d. Yannucci; Beamer d. Miller; Lewis d. Stemple

Semi-finals: Butzer d. Akins; Lewis d. Beamer

Finals: Lewis d. Butzer 21-12, 21-14

Men's B

Quarter-finals: McClain d. Comanor; Dryer d. Moser; Wagner d. Peterman; Horn d. Clevenger

Semi-finals: Dryer d. McClain; Horn d. Wagner

Finals: Horn d. Dryer 21-10, 18-21, 11-6

Men's C

Quarter-finals: Thompson d. Gignetti; Clupper d. Bukovi; Krawczak d. Helman; Robinson d. Taylor

Semi-finals: Clupper d. Thompson; Robinson d. Krawczak

Finals: Robinson d. Clupper

Men's Open Doubles

Quarter-finals: Vantrease/Vantrease d. Danicone/McClitt; Ganim/Bonfiglio d. Yoder/Peters; Armstrong/Ahern d. Mix/Bymakos; Brint/McKay d. Ray/Luckhardt

Semi-finals: Vantrease/Vantrease d. Ganim/Bonfiglio; Ahern/Armstrong d. McKay/Brint

Finals: Vantrease/Vantrease d. Ahern/Armstrong

Men's B Doubles

Quarter-finals: Fields/Stemple d. Wagner Erchick; Garvin/Londa d. Ruth/Moser; Horn/McClain d. Ciriello/Bymakos; Frazier/Guzik d. Snyder/Schliffka

Semi-finals: Fields/Stemple d. Garvin/Londa; Horn/McClain d. Frazier/Guzik

Finals: Horn/McClain d. Stemple/Fields

Men's C Doubles

Quarter-finals: Gable/Siegfried d. Grim/Goff; Erchick/Muckleroy d. Ueber/Krawczak; Posh/Clupper d. Hoperich/Helman; Bukovi/Napadone d. Burpee/Sarich

Semi-finals: Erchick/Muckleroy d. Gable/Siegfried; Bukovi/Napadone d. Posh/Clupper

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Finals: Erchick/Muckleroy d. Bukovi/Napadone 21-18, 12-21, 11-9

Women's B

Quarter-finals: Archer d. Mallet; Feudi d. Otto; Fusselman d. Wallace; King d. Bressi

Semi-finals: Feudi d. Archer; Fusselman d. King

Finals: Feudi d. Fusselman 21-15, 21-9

Women's C

Semi-finals: Fields d. Julian; Boyer d. Killian

Finals: Boyer d. Fields 21-13, 21-12

Women's B Doubles

Semi-finals: Mallet/Kunkle d. King/Otto; Creedon/Julian d. Miller/Matics

Finals: Mallet/Kunkle d. Creedon/Julian 21-17, 21-8

Pennsylvania

Westmoreland County Open/Cancer Benefit
Bob Eazor's Racquetime
Greensburg, PA, October 22-25
Director: Bruce Turchetta

Men's Open: 1st—Mitch Buckler; 2nd—Ken Goldberg; 3rd—Gene Rodgers

Men's B: 1st—Dave Martin; 2nd—Bob West; 3rd—Jim Gorzynski

Men's C: 1st—Tom Fulcomer, Jr.; 2nd—Vince Fassio; 3rd—Ray Brendel

Men's Novice: 1st—Jeff Shank; 2nd—Theodore Gendek; 3rd—Ken Fasola

Men's Open Doubles: 1st—Buckler/Scarano; 2nd—Jones/Zewe; 3rd—Corsi/Rodgers

Men's B Doubles: 1st—West/Owens; 2nd—Mazurek/Kelley; 3rd—Stultz/Davis

Women's Open: 1st—Jan Peterson; 2nd—Lynn Ross; 3rd—Tricia Miller

Women's B: 1st—Kathy Frontz; 2nd—Jacki Graham; 3rd—Arlene Most

Women's C: 1st—Janet Craig; 2nd—Arlene Most; 3rd—Christine Zello

Women's Novice: 1st—Maureen Donovan; 2nd—Beth Anastranski; 3rd—Cindy Martin

Women's Open Doubles: 1st—Ross/Skirkball; 2nd—Peterson/Carlson; 3rd—Staln/Miller

Juniors 13 and Under: 1st—T.J. Bugel; 2nd—Brian Jorgenson; 3rd—Troy Henderson

Massachusetts

Central Massachusetts Men's Singles Open
Sponsored by Le Papillon Restaurant
Mt. Wachusett Racquet Club
Fitchburg, MA, October 23-25
Tournament Director: Mike Luciw

Open

Quarter-finals: Scott St. Onge d. Bruce Christianson 15-13, 15-4; Tom Riely d. Mike Coleman 15-12, 10-15, 11-4; Phil Panarella d. Phil Fisher 15-14, 15-9; George Viera d. Tom Coleman 15-1, 15-14

Semi-finals: Riely d. St. Onge 15-8, 15-6; Viera d. Panarella 15-5, 15-10

Finals: Viera d. Riely 15-4, 7-15, 11-2

Seniors 30+

Quarter-finals: Fred Lesprance d. Tom Kelly 15-6, 15-0; Joe Indelicato d. Howard Peele 15-3, 15-5; Bob Kellier d. Mark Lieberman 10-15, 15-11, 11-4; Mike Luciw d. Paul Gully 15-5, 15-5

Semi-finals: Luciw d. Kellier 15-5, 15-3; Lesprance d. Indelicato 15-11, 15-6

Finals: Luciw d. Lesprance 15-12, 15-11

Master's 40+

Quarter-finals: Jim Larala d. Ralph Erdman 15-5, 15-8; Tom Kelly d. Walter Brown 15-9, 15-11; Skippy Elman d. Harry Burgeris 15-1, 15-10; Warren Preece d. Ben Crossman 15-4, 15-9

Semi-finals: Larala d. Kelly 15-4, 15-12; Elman d. Preece 6-15, 15-4, 11-6

Finals: Elman d. Larala 15-4, 15-14

B

Quarter-finals: Dave Tisdale d. Mike Washburn 10-15, 15-5, 11-5; John Colantoni d. Chuck Gates 15-14, 15-10; Jim Spaziano d. John Raymond 15-5, 13-15, 11-8; Lou Malerba d. James Baudreau 15-8, 15-11

Semi-finals: Tisdale d. Colantoni 13-15, 15-7, 11-2; Malerba d. Spaziano 7-15, 15-13, 11-10

Finals: Tisdale d. Malerba 8-15, 15-5, 11-5

C

Quarter-finals: Steve Rubino d. Evan Gruber 15-13, 8-15, 11-8; Dave Celuzza d. Phil Devaux 15-13, 15-5; W.J. Fitzpatrick d. Bill Gibbons 15-8, 15-8; Paul Labrache d. David Gopfert 15-11, 7-15, 11-3

Semi-finals: Rubino d. Celuzza 15-7, 14-15, 11-8; Labrache d. Fitzpatrick 15-12, 15-13

Finals: Labrache d. Rubino 15-1, 15-10

Novice

Quarter-finals: Alan Tetrault d. Dan Flynn 15-11, 15-14; Ken Mann d. Mike Gaudet 15-12, 15-10; Nelson Northern d. Mike Beauregard 15-5, 15-8; Wayne Huard d. Alan Rouleau 15-8, 15-9

Semi-finals: Mann d. Tetrault 11-15, 15-5, 11-7; Northern d. Huard 15-1, 12-15, 11-7

Finals: Northern d. Mann 15-9, 15-11

Indiana

Halloween Open 1982
Levee Court Club
West Lafayette, IN, October 29-31
Directors: Bill Hunt, Ann Hunt

Men's Open

Quarter-finals: Jim Bartlett d. Dan Heckman 15-2, 10-15, 11-0; Ron Johnson d. John Knauer 15-13, 15-8; Dave Hardison d. Jim Hamilton 7-15, 15-6, 11-8; Tony Gabriel d. Jeff Zipes 4-15, 15-13, 11-7

Semi-finals: Bartlett d. Johnson 9-15, 15-5, 11-4; Hardison d. Gabriel 12-15, 15-11, 11-2

Finals: Bartlett d. Hardison 14-15, 15-2, 11-3

Men's A

Quarter-finals: Mike Arnold d. Steve True 15-11, 15-2; Keith Pritchett d. Bob Cornicella 15-10, 15-8; Jim Lasley d. Richard Evans 15-4, 15-2; Mike Ryan d. Rex Dismore 15-12, 15-9

Semi-finals: Pritchett d. Arnold 8-15, 15-9, 11-8; Ryan d. Lasley 15-8, 15-14

Finals: Ryan d. Pritchett 15-4, 15-11

Men's Seniors

Quarter-finals: Phil Howard d. Robert Selva 15-11, 15-8; Larry Pritchett d. Chuck Childers (forfeit); Pierre Miller d. Mike Doyle 14-15, 15-13, 11-8; Ottilis Campbell d. Bruce Gunstra 15-7, 15-14

Semi-finals: Pritchett d. Howard 15-11, 15-13; Miller d. Campbell 15-9, 9-15, 11-9

Finals: Pritchett d. Miller 15-5, 6-15, 11-7

Men's B

Quarter-finals: Ron Wade d. Mike Thomas 15-8, 15-14; Keith Berry d. Joe Ault 15-6, 15-1; Ron Hutcherson d. Steve Primack 15-8, 15-9; Marc Christiansen d. Mark Poppas 9-15, 15-7, 11-3

Semi-finals: Wade d. Berry 15-12, 15-8; Christiansen d. Hutcherson 8-15, 15-14, 11-2

Finals: Christiansen d. Wade 15-11, 14-15, 11-4

Men's C

Quarter-finals: Gene Kochert d. Dave Strothers 8-15, 15-14, 11-4; John Clay d. Dick Webeck 15-10, 15-4; Scott Davis d. Jack Nichols 6-15, 15-7, 11-8; Jim Runkle d. Lee Strauch 5-15, 15-13, 11-10

Semi-finals: Kochert d. Clay 15-11, 15-6; Runkle d. Davis 15-4, 15-10

Finals: Kochert d. Runkle 15-4, 15-5

Men's D

Quarter-finals: Tom Shifano d. Chris Nynehuis 15-8, 15-9; Jeff Morris d. Bob Kirts 11-15, 15-7, 11-4; Mike Wain d. Jim Esser 15-14, 0-15, 11-5; Dan Schreiber d. Ken Rynard 15-14, 15-7

Semi-finals: Morris d. Shifano 15-2, 15-7; Schreiber d. Wain 15-9, 15-5

Finals: Morris d. Schreiber 15-10, 15-6

Men's Open Doubles

Quarter-finals: Hardison/Johnson d. Bence/Broertjes 15-9, 15-12; Bartlett/Childers d. Campbell/Servin 15-0, 15-11; Gallagher/Strong d. Pritchett/Disher 15-13, 15-14; Hamilton/McCabe d. Kroll/Klein 15-8, 15-14

Semi-finals: Hardison/Johnson d. Bartlett/Childers 15-4, 15-5; Hamilton/McCabe d. Gallagher/Strong 15-13, 9-15, 11-8

Finals: Hamilton/McCabe d. Hardison/Johnson 11-15, 15-3, 11-10

Men's B Doubles

Quarter-finals: Evans/Gerbasich d. Gunstra/Freeman 9-15, 15-6, 11-9; Smith/Campagna d. Sondel/Weitzel 15-10, 1-15, 11-4; Pritchett/Ryan d. Lasley/Campbell 15-13, 15-4; Lasbury/Reed d. Runyon/Peden 15-10, 15-8

Semi-finals: Smith/Campagna d. Evans/Gerbasich 8-15, 15-9, 11-7; Pritchett/Ryan d. Lasbury/Reed 11-15, 15-11, 11-6

Finals: Smith/Campagna d. Pritchett/Ryan 15-5, 13-15, 11-8

Women's Open

Semi-finals: Pam Clark d. Patsy Graham 15-5, 15-10; Kathy Busanic d. Kathy Claro 15-0, 15-2

Finals: Clark d. Busanic 15-11, 15-6

Women's A

Semi-finals: Connie Zientarra d. B.J. Thomas 13-15, 15-8, 11-4; Joyce Noland d. Linda Nash 15-5, 15-8

Finals: Noland d. Zientarra 15-14, 15-8

Women's B

Semi-finals: Debbie Poppas d. Sharon Knight 10-15, 15-2, 11-9; Connie Hagler d. Carol Murphy 15-10, 15-14

Finals: Poppas d. Hagler 15-11, 15-6

Women's C

Semi-finals: Sarah Davis d. Carrie Drummond 15-3, 15-8; Cindy Holcomb d. Laurie Iten 15-12, 5-15, 11-2

Finals: Davis d. Holcomb 11-15, 15-10, 11-10

Women's D

Semi-finals: Libby Virts d. Kathy Hostetler 15-3, 5-15, 11-3; Fran Gerbasich d. Ann Plechota 15-7, 15-14

Finals: Gerbasich d. Virts 15-8, 15-9

New Mexico

Tom Young's Futures Tournament
Tom Young's Racquetball Club
Las Cruces, NM, October 29-31

Round Robin: 1st—Jennifer Harding; 2nd—Gail Woods; 3rd—Brenda Young; 4th—Carol Pranka; 5th—Jan Pasternak; 6th—Sue Ecklin

California

2nd Annual Octoberfest Tournament
Sponsored by Penn
Supreme Court Sports Center
San Jose, CA, November 5-7
Directors: Steve Lubarsky and
Sandy Kaufman

Men's Open: Bob Hvistendahl d. Gary Scardina

Men's B: Greg Taylor d. Bob Hamilton

Men's C: Jose Salvacion d. Mike Schuler

Men's Novice: Martin Robertson d. Mark Loeffler

Men's Open Doubles: Hvistendahl/Echeverria d. Scardina/Dougherty

Men's B Doubles: Vasquez/Simeral d. Martinez/Carlton

Women's Open: Marti Carlton d. Mona Quadros

Women's C: Janet Isaacs d. Maggie Mosher

California

The Second Annual All Navy Racquetball Training Camp was recently concluded at NAS Miramar with a double elimination tournament to determine the entrants into the 1982 Interservice Racquetball Championships.

Results below.

Men's Open: 1st—Mark Krause; 2nd—Andy Hartsfield; 3rd—Martin Kidder

Men's Seniors (35+): 1st—Glenn Allen; 2nd—Ralph Worthington; 3rd—Carl Crown

Women's Open: 1st—Sarah Moye; 2nd—Laurie Potter

Alaska

Capital Classic '82
Sponsored by National Bank of Alaska,
Valley Branch, and Juneau
Racquet Club
Juneau Racquet Club
Juneau, AK
Directors: John McConnochie, Rich Taylor

Men's Open: 1st—Doug Gribble; 2nd—Mark Johnson; 3rd—Larry Angel

Men's B: 1st—Dave Thomas; 2nd—Alan Lawson; 3rd—Tom Angel

Men's C: 1st—Jim Barron; 2nd—Jeff Fink; 3rd—Bob Jurgensen

Men's B/C Doubles: 1st—Tom Angel/Larry Angel; 2nd—John McConnochie/John Andrews; 3rd—Bill Peterson/Wes Coyner

Men's B: 1st—Mark Jones/Jeff Fink; 2nd—Steve Conger/Mark Greely; 3rd—Paul W. Smith/Paul M. Smith

Women's Open: 1st—Gail O'Dell; 2nd—Coreen Peterson

Women's B: 1st—Sandy Barron; 2nd—Zrinka Dzinich; 3rd—Karen Van Dusseldorp

Women's C: 1st—Susan Horst; 2nd—Christine Gibbons; 3rd—Karen Clark

Women's Open Doubles: 1st—Gail O'Dell/Coreen Peterson; 2nd—Peggy Ann McConnochie/Terrea McKrill

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EXTRA!

AARA Roundup

For the 1983 season, the AARA has attracted an impressive lineup of sponsors and suppliers of official equipment.

Lite Beer from Miller will again provide major sponsorship of the Adult Regionals, Nationals, and Intercollegiate Program. Lite Beer has been the only long range sponsor of racquetball outside the racquetball industry.

DP Leach, which has con-

centrated its support on professional racquetball for the past two years, will again be involved with the amateur player through sponsorship of all major AARA events in the upcoming season. In addition to the adult events, DP Leach will sponsor the Junior Regionals and Nationals.

For the second year in a row, Foot-Joy will again be "official" sponsor of the US

Team, supplying shoes for the team for 1983.

Penn's Ultra Blue racquetball will be the official ball of the AARA Regionals and Nationals. Penn won the distinction through competitive bidding with a number of other ball companies.

The "official" energy drink will again be Pripps Plus, which was developed for the Swedish Olympic team and is distributed by Lipton.

Finally, the AARA recently made an agreement with the US Amateur Athletic Travel Union whereby AARA members can save up to 35% on American Air Lines, 25% at selected Holiday Inns, and 25% off Hertz's weekend rates when used in conjunction with AARA sanctioned events or any registered running event. You don't have to go broke any more to travel to tournaments!

They're Doing What On Racquetball Courts?

The latest craze to come out of southern California is a two-handed adaptation of handball/racquetball called, wait for it, smacquetball.

It's played with two small racquet-like devices strapped right on to your hands. These are "sort of like an oblong cereal bowl," according to the promoters of smacquetball, and obviate entirely the agony of whacking the ball with only a glove, as in handball.

The ball, designed and manufactured by AMF Voit, looks very much like a racquetball, except that it's two-toned orange and blue for visual tracking.

One of the great advantages claimed for smacquetball, however, is that while it eliminates the "ouch" of handball, it shares in the



benefits of the older game. Since it's played with both hands, it develops bilateral coordination and ambidexterity, giving both sides of the body an equal workout.

Because the "racquets" are extremely compact, the new game is also touted as altogether safe, even for doubles. Sounds like a fun variation on racquetball, and a way to get a little different kind of workout.

... And
That's
Not
All ...



If you're not up for racquetball, handball, paddleball, walleyball, or smacquetball, then birdie ball may be for you. Connie Peterson, one of the inventors of birdie ball, says it's great for parties, league fun days, juniors, and getting kids used to racquets.

You play with a shuttle cock and racquetball racquets over a half-mast volleyball net. Serving is from back court. The ball—oops!—birdie must clear the net and be returned in the same

way by the opponent on the other side of the net. It can hit the sidewalls, but not the ceiling or front and back walls.

Two or four can play. The players in front court must not cross the front line, and those in back, the five foot lines. You can score according to whatever system you like, or simply play to 11 points with scoring on every rally.

And you thought courts were for racquetball.

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