

National Racquetball®

Vol. 8 No. 12
December, 1979
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FOR CHRISTMAS



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On The Cover . . .

Three Marriott sisters bounce the ball around their court in Potomac, MD. For their racquetball family portrait and stories of other people who play at home turn to page 18.

— Ankers Capitol Photographers photo

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President and Publisher • Robert W. Kendler

National Commissioner and Business Manager • Joseph Ardito

Assistant to the Publisher • Terry Muck

National Racquetball Club Director • Dan Bertolucci

U.S. Racquetball Association Director • Bob Keenan

Design Director/Production Manager • Milton W. Presler

Managing Editor • Carol Brusslan . . . East Coast Editor • Dick Squires

Circulation Manager • Kip Fancher . . . Circulation Administrator • Jack Kendler

Photographic Consultant • Arthur Shay

Advertising information requests should be addressed to

Joseph Ardito, Business Manager, National Racquetball magazine,

4101 Dempster Street, Skokie, Illinois 60076 or Media Representative:

Michael A. Guerino, M. Anthony & Associates, P.O. Box 112, Milwaukee, Wisconsin 53201 (414)933-0200.

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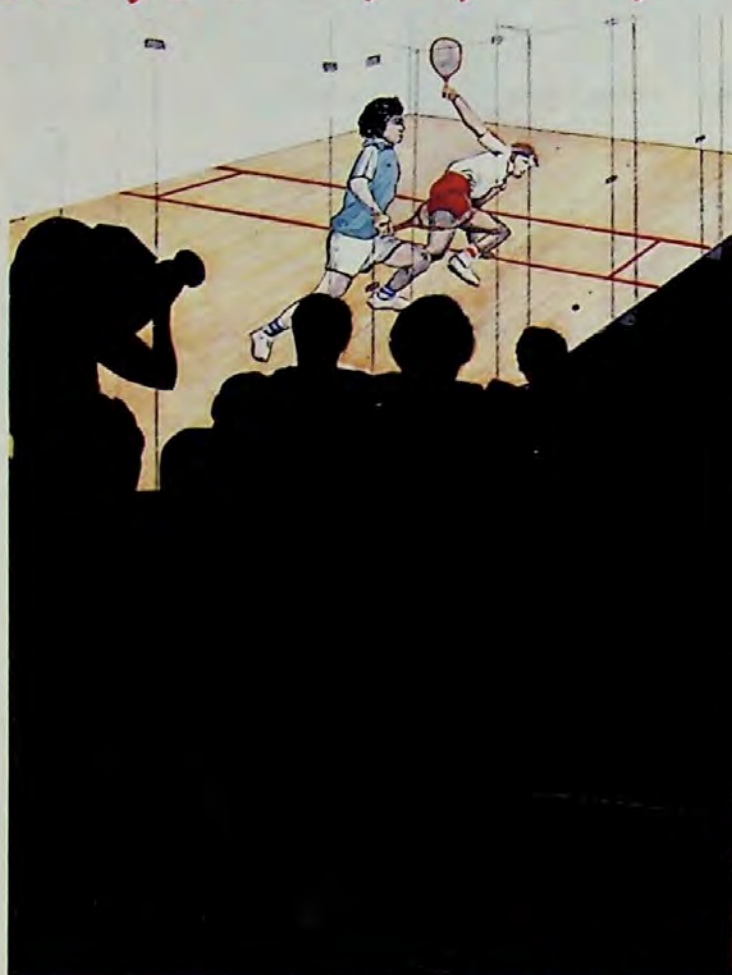
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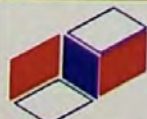
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From Bob Kendler



A Christmas Blessing

Let's all give thanks on Christmas Day
For the countless blessings that came
our way
Especially the sport that gave us good
health,
This above all, is life's greatest wealth.

'Tis a social game for both young and old,
The new friends it brings are manifold.
It heals the sick and gives all a lift
The good it does is our Christmas Gift.

All through the year we have you in mind,
There is nary a day that we do not find
Some change or idea to improve your
game,
Racquetball and rules won't be the
same.

Now just ahead lies our see-in court,
That will put us all in a television sport.
Our assassin ball with the accuracy
simple
Will make championship play
unbelievably simple.

Our scholarship fund comes from the
good in heart,
It shows that our sponsors all do their
part

To make good conduct more profitable
than bad,
Their generous gifts make the parents
glad.

Traveling the globe is next in line,
Our international tour is shaping up
fine.

We think our teams will make many a
friend
And show that sportsmanship makes
all strife end.

How fortunate for us that we can raise
each year
The rewards and awards all players hold
dear.

Some say it's our shows, some say our
staff
We think it's our members and their
better half.

We humbly admit that whatever is done
To build the sport and make it fun
Starts here in our workshop, where the
game began
This century is full of the
Championships we ran.

Like one big family, we whittle away
Paying heed to your wishes and all you
say

Honing each rule, every tour and the stage
Knowing that soon we'll all come of
age.

We pray dear Santa will bring you a win
In the game or the love you are
interested in.

You'll have our help in any way we can
Lord knows we love every racquetball
fan!

May God and Christmas bless you, your
loved ones and your game, May
racquetball give you the wonderful
satisfaction it has given

Evie & Bob Kendler

Evie and Bob Kendler ●

For God, who commanded the light to shine out
of darkness, hath shined in our hearts, to give the
light of the knowledge of the glory of God in the
face of Jesus Christ.

11 Corinthians, Chap 4, Verse 6

From the National Commissioner



Stick with Your Studies

Even If You Want to Be a Pro

Parents call me — and so do
players — asking what I think about
interrupting an education to pursue a
racquetball career. They often point to
Marty Hogan, who's won about a quarter
of a million dollars at the tender age of 21.

What they don't realize is that Marty
Hogan is a student — he's majoring in
business at San Diego State University.
Though the chances are he'll always be
involved in some end of racquetball, he'll
have the academic background to make
sound decisions on his own no matter
where his career takes him.

It's my belief in that college education that
makes me especially proud of the
USRA/NRC's scholarship program. Right
now there are 10 fine young men and
women who are receiving grants toward
their education, thanks to the Robert W.
Kendler Scholarship Fund. Winners of the
first USRA Intercollegiate tournament who
are getting a thousand dollars toward their
education are Bobby Bolan, Scottsdale
Community College; Barbara
Faulkenberry, United States Air Force
Academy; Amy Gudbransen; Dawn Kell
and Maureen Birmingham, University of
Illinois, and Pete Tashie, Dan Cohen and
Michael C. Gora, Memphis State
University. Besides that outstanding group
of athletes we have the winners of the
1978 Junior Nationals, who won the titles
while they were still high school students,
but are using the \$1,500 in scholarship
money now in their first year at
college — Scott Hawkins at the University
of Santa Clara and Michelle Busacca at
the University of California at Los Angeles.
The 1979 National Juniors winners of the
17 and Under categories — John Eggerman
and Liz Alvarado — will be getting that
money when they're ready to start college.
And you can be sure that knowing
substantial financial help is on hand will
make it easier for John and Liz and their
families to make college plans.

In all cases the money goes directly to the
educational institution, so these young
people don't have to give up their amateur
status. They have plenty of opportunity to
play in their off-study hours. In fact most
of our young racquetball players make
sure the college they choose offers a lot
of the game they love. Memphis State and
Illinois are typical of the schools with
plenty of courts and competition.

Our current pro tour put the spotlight on a
college education with a special event the
night before the September opener in
Lombard, IL. Kicking off the Robert W.
Kendler Classic was an exciting celebrity
tournament that raised \$11,000 for the
Kendler Scholarship Fund. Spectators
watched Illinois Governor Jim Thompson
and local media favorites play, along with
some of the country's top pros and
amateurs. (See photos on page 89.)

Among the fans who were especially
generous were Triple S Promotions, the
Metro Clubs and a Chicago industrialist
who prefers to remain anonymous.



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On behalf of all of those kids who can become racquetball pros of the future — without sacrificing the education that prepares them for life — a sincere thank you.

Joe Ardito
Joe Ardito

From Our Readers



The Women Say • "Thanks to RWK"

Dear Robert [Kendler]:

Thank you again so much for having the women in your Robert W. Kendler tournament in Lombard. I know you are one of our biggest supporters. I hope your help continues.

After the finals — though you were not able to be there — I imagined you handing me my check and I gave you a big hug and a kiss. I was so happy that my first win was at the Robert Kendler Classic. It was really special.

Marci Greer
San Diego, CA

Don't Make Winners Referee

Dear Sirs:

As a certified official for two sports I realize the importance of knowing the rules and enforcing the rules. I also know the amount of preparation required to qualify as an official.

It is within this frame of reference that I write to deplore the current policy in racquetball tournaments of "winners will officiate the following match", and urge a change to the policy.

My observations are that the players are at a tournament to play; they don't want to officiate. Players are, for the most part, bad referees; they don't know the rules and don't know how to control a match. Finally many of the court squabbles and court behavior problems could be eliminated if good referees were used.

Now that I've laid out the problem, what is the solution? I recognize the financial implication of hiring referees but strongly believe quality referees must be a requirement before racquetball can qualify as a *major sport*. No major sport requires its players to officiate as well as play.

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interference of the throat piece.
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faster...with more power and
control. And just take a look at
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winner! And for the first time,
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Ask your pro shop for Omega 21
...but use it on someone else!"

A method must be devised to either pay for officials for tournaments (could be done by assessing all players an extra two or three dollars — most players I know would gladly pay the extra money to get out of this task); or by charging player/referee a lesser entry fee than players. Of course if you didn't have enough referees by this method, what would be the solution?

I really can't help as much as I'd like to; but, as an official, I cannot condone seeing a player, out of the court where he/she just won, suddenly becoming referee. It does not serve the sport well.

As I said, this is an area that must improve before racquetball can call itself a major sport. I want to see you come up with a solution; it is important that you do. Much more important than the instructional articles you print, for example. Most players do all right playing. The officiating is a problem.

Dayton G. Dickey
Randolph AFB, TX

How right you are. The USRA recognizes the officiating problem — that's the reason for the newly formed National Racquetball Referees Association. We

now have paid referees for pro events, and we hope that — eventually referees trained and certified by the NRRRA will officiate from the quarter-finals on at all USRA sanctioned events. But the winner-referee-the-next-match rule will probably stay in effect for earlier rounds because we've found it the only way to guarantee a ref for all levels of competition. ED

One Final Quiz Correction

Dear Editor:

The corrections to the previous errors in the Illinois State Racquetball Association Referees Quiz, which appeared in the October issue, contained one additional error which I would like to clear up at this time.

In answer to a question as to whether or not the referee must wait until there are three technicals awarded before forfeiting the game, THE PROPER ANSWER IS: a) the referee can *never* forfeit a game, only the match, and b) the referee may forfeit the match anytime he believes it is warranted, regardless of how many technicals have been awarded.

Further you may award a player any number of technicals *without* forfeiting the match. As the ISRA (and USRA) Guide for Referees recommends, if a player is five minutes late returning to the court between games, the ref is recommended to award five technicals (therefore the player would begin the next game with a score of -5). The only time we recommend the player to be forfeited is for truly extreme and/or dangerous behavior, and it should be used only as a last resort.

Due to the interest stirred by your reprinting the quiz (and the errors in the printing of the answers), I have received over 50 requests for copies of the quiz from all over the country. In addition to these requests I have received many phone calls and comments. This clearly illustrates to me that your publication is widely read and studied by the racquetball community, and I am sure that this is due in part to the fact that the magazine is the voice of the USRA, and also because of the fine quality of its content. Keep up the good work.

Phil Simborg
Posen, IL

High Priority for Higher Education

Dear Bob:

We were delighted to be able to raise nearly \$11,000 for the Robert Kendler College Scholarship Fund. As I have told you before, few charitable causes appeal to me more than those which help deserving students attend college.

It was enjoyable working with you on this event. I think that you should be proud that

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vision, a snug, comfortable fit. We know you want confident protection that can *add* to your game, not detract from it.

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National Racquetball

4101 Dempster Street
Skokie, Illinois
60076

the racquetball community and a distinguished group of local celebrities were willing to come and play to raise money for a scholarship fund and help promote a tournament both of which are named in your honor.

James R. Bronner
Chicago, IL

A Good Eye Reminder

Dear Carol [Brusslan]:

Court Products, Inc. believes clubs should encourage the use of eyeguards and make them available to the players. This poster is

I wish I'd worn an



eyeguard

available to anyone who writes Court Products at 2760 Skokie Valley Rd., Highland Park, IL 60035, or phones us at 312-432-7711.

John Wineman, Jr.
Highland Park, IL

A Pat Where It Counts

Dear USRA Gang:

I would like to give ya a pat on the back. The magazine continues to be fantastic. I especially like the "Inside the Master's Mind" series with the Brum. Keep coming up with interesting articles like "Ask the Champ" and I'm sure *National Racquetball* will continue to be the "major force."

Dave Doehr
San Diego, CA





Centurion™— New carbon filled composite construction. Black heat-welded strings, plush raised-leather grip. 18.5 inches, 250 grams

Choose your weapon.

We make five great racquets, not just one or two. So more than just getting a choice of responsive aluminum or composite frames, you get a choice of strings, grips, weights, and even lengths. So choose your weapon. Choose a Spalding.

Futura™— New metallic brown-anodized aluminum frame. Exclusive nylon/stainless steel impregnated strings. Rich raised leather grip. 18 inches, 260 grams

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SPALDING

Feature

The Marriotts strike a Christmas card pose in their family court. Left to right, Julie, 15; Dick Marriott; Karen, 11; Nancy Marriott and Sandra, 13. Mary Alice, nine, is seated in front.

The Most...



...Wanted Gift

Comes in a 20 by 40 by 20 Foot Box

Compared to his and her dirigibles — which you can order from the current Neiman-Marcus catalogue at \$100,000 for the pair — a private racquetball court is a modest Christmas present.

Or, as Colorado Architect Charles Sleichter sees it, *"A racquetball court is less expensive than a reasonably priced sail boat and not much more than a Jaguar or a cheap airplane."*

And though *National Racquetball* has spotted no major trend toward installing private courts, readers should know that there are a hundred or so players out there who indulge themselves in their favorite sport without opening their front doors.

Perhaps their stories will inspire you to build a court of your own.

Luxury Court in the Capitol

Dick Marriott, corporate vice president in charge of restaurants and theme parks of the Marriott Corporation, started playing racquetball in 1975 when an old family friend — USRA/NRC President Bob Kendler — sent him two racquets, a pair of shorts and a can of balls.

Two years later Marriott added a racquetball wing that nestles into a hill near a terrace and pool as if it had always been a part of his 15-year-old residence in Potomac, MD, outside of Washington, D.C.

Marriott estimates that court costs topped \$50,000, mostly because of expensive excavation and foundation work. *"One side of the court is 12 feet above the ground, and the other 20."*

The court is first class all the way — with one glass wall, a maple floor and enough viewing space for a small tournament, like last year's Maryland Juniors 12 and Under.

The court gets daily use. Some from the executive himself, who also plays every morning on the court at Marriott's new D.C. corporate headquarters; some from his wife, Nancy; some from visiting celebrities like TV's Osmonds, and mostly from Marriott's four daughters, Julie, 15; Sandra, 13; Karen, 11, and Mary Alice, nine.

One of these days Jannell Marriott, top ranked women's pro and shirt tail relative of the hotel family, hopes to stop by and give the girls a lesson.



— Ankers Capitol Photographers photos

Solar House in the Colorado Mountains

When Charles and Camela Sleichter moved from Chicago to Colorado, they were accustomed to having racquetball close at hand. In fact Chuck belonged to two clubs — one near his suburban home and the other near his graphic design office in the heart of the city. So it made good sense for Sleichter to put a racquetball court into the house he designed for his family on a 40 acre mountain site outside of Denver.

Sleichter placed the court on the first of five levels, built into a slope 10 feet



Where's the court?

underground at its farthest point, out of sight from the front of the cedar and glass residence.

The Sleichters' court accomodates more than racquetball. When their two sons, now four and five months, are old enough, they can pull down climbing ropes, attached to eyes recessed in the backhand corner of the ceiling; put up a basketball hoop on the back wall, or slide a trampoline and tumbling mats out from a nearby storage space. (Sleichter settled for a concrete floor for his multi-use court because "though there's a little more damage to the knees, the wood would get too scratched and gouged.")

There's another advantage to the court, which Sleichter estimates added \$20,000 to the total cost of the 4,200 square foot house. The energy-conscious designer, who is heating with hot air trapped in two solar greenhouses supplemented by a wood burning stove, discovered that the racquetball court provided a summer bonus the first three months the family lived in the house.

"The racquetball level — built into the slope — stayed a constant 55 to 65 degrees. Since the court is open to the rest of the house, it kept everything cool all summer."

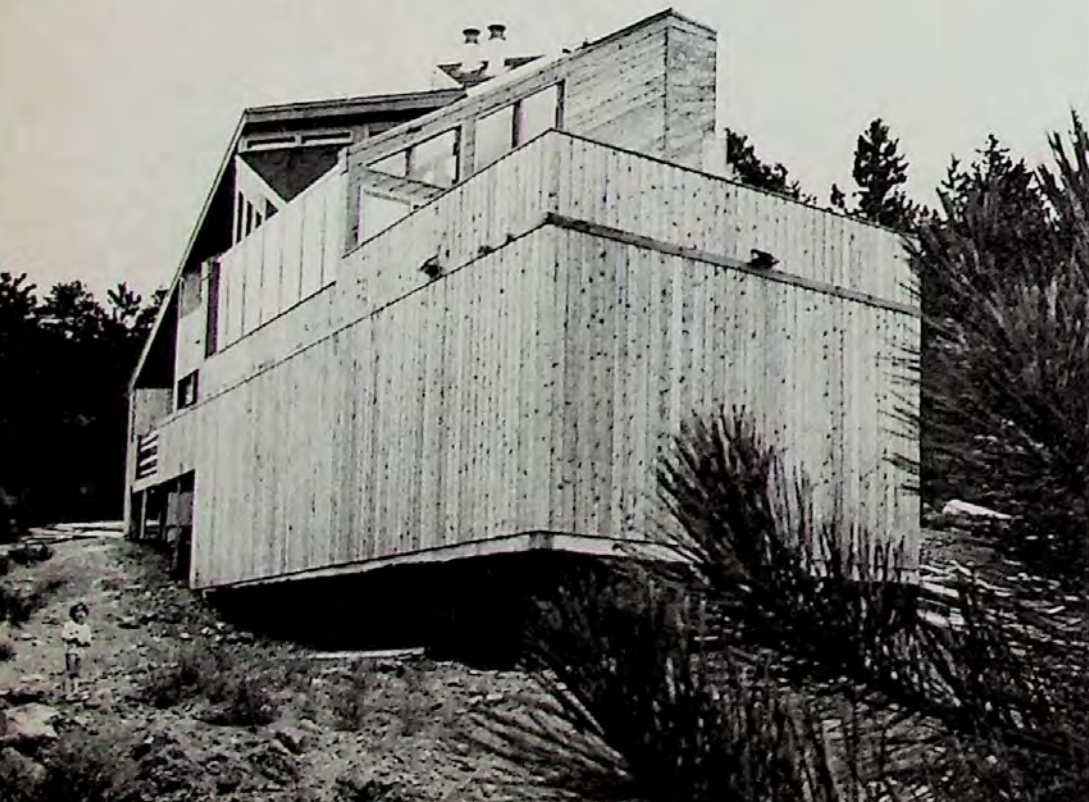
A Bigger Driveway

Jim and Dot Roberson widened their driveway in 1976, the same year they added a racquetball court to their home in Roanoke, WV.

"You have to consider your neighbors when you build a private court," Dot Roberson says. "We knew traffic would pick up, so we made more room for the cars we expected. Some of those weekends the first few months we had as many as 15 guys hanging around to play."

The Robersons put the court — as well as an extra bath, bedroom and a dining room — in a room addition that doubled the size of their house. Jim Roberson guesses that the court itself cost \$18,000 to \$20,000.

The Roanoke dentist says making his home the racquetball hotspot had its hazards. *"At first I felt I had to play everyone who came — it was almost too much. And at the beginning people thought they had to make a social call. That — to be polite — they had to go to the living room and visit with Dot."*



Four-year-old Garrett goes around the back to find it.

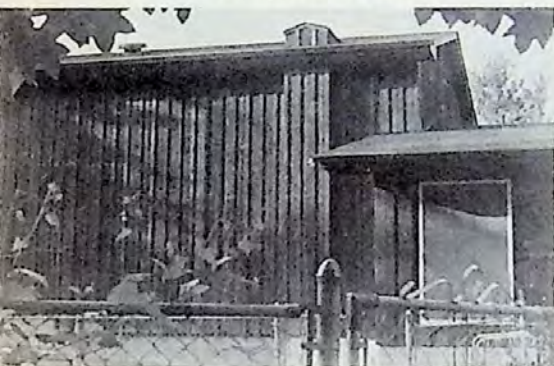


— Laura Alderson photos

Three years later the heat is off the Robersons's court, mainly because a local club helps accomodate a town of racquetball buffs who could never get time at the YMCA's limited facilities.

And though Jim Roberson still appreciates a handy place to polish up his pinch shot or to challenge out-of-town visitors, most of the playing these days is done by the three Roberson teenagers and their friends who also use the court for gymnastics, badminton, soccer and — tennis practice.

Jim Roberson's court fits neatly into the backyard like a rather tall garage.



Friends peer through the viewing window as Roberson plays against Coreen Matt, assistant professor of math at Virginia Tech.

Off the Atrium

"People tell me I'm out of my mind," says Joe Levin, who looks forward to February, when he'll start playing racquetball every day in the new house he'll move into in Northfield, IL.

"But I justify putting in this racquetball court because I love the game. Remember the first person in the midwest who put in an outdoor pool?"

Arne Foss, the architect for Levin — a Ford dealer — thinks his client is perfectly sane.

"I encourage people to indulge their hobbies. People install art museums, movie theaters, trophy rooms, indoor swimming pools, garages to accomodate huge racing boats. I've even designed a building that looks like a two story residence — with fake windows — where the owner stores his dragsters."

In the Levin house, the first he's centered around racquetball, Foss regarded the court as a principal design element.

"We raised the ceiling height in the atrium and the great room (combination family and living room)

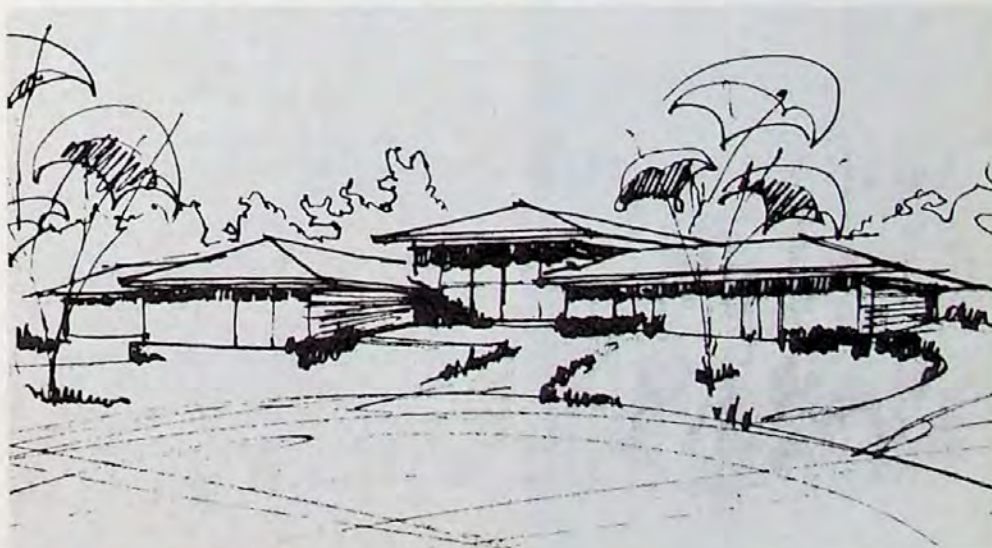
to 11 and a half feet. With the court floor on basement level, we've minimized the effect of a massive element with no windows."

Entering the new house guests will see the court as soon as they walk into the skylighted atrium. To the left is an eight foot glass railing that looks down on the racquetball court. "We kept the top of the back wall open so the game isn't isolated," Foss says. "You want the players to be part of the company."

Foss further integrated the court by installing a glass wall in the room that adjoins the court. Now it's the bedroom of the Levin's 17-year-old son, but later the space will become a viewing room.

Foss estimates that the court added \$36,000 to \$40,000 to the total price of the 4,600 square foot residence in a Chicago suburb. And the architect thinks the court was worth the money.

"People are going back to entertaining at home. It costs \$50 to \$75 to go out to a movie, have dinner, pay a baby sitter. Besides there's the gas crunch. When the owners want to sell this house, they'll get more than their money back."



Preliminary sketch of Levin house.

It Started with Handball

More than half a century ago Silent Film Comedian Harold Lloyd put up a white stucco building with a red tile roof to house a handball court on his \$6,000,000 Beverly Hills estate on Beverly Canyon Drive. Lloyd's gallery seated 400 people who could watch tournaments like the 1936 Nationals, where USRA/NRC President Bob Kendler is pictured with the superstar of Hollywood's heyday.



Lloyd's handball court is long gone, but Steven Schnell's gets daily play. The Gainesville, FL, dentist says he allows racquetball players in, but *"just close friends and then I let them know I'm doing them a favor."* Schnell, who built his house with a court in 1970, thinks players are better behaved in a home facility. But to protect the rest of the house that's open to the racquetball court he's set one firm rule: *"No cussing allowed."*



What to Know If You're Considering a Court

- A court can cost anywhere from \$15,000 (do-it-yourself outdoor three-wall with no back wall, poured concrete floor and front ceiling extending 20 feet from the front wall) to \$20,000 minimum for a conventional indoor court with air conditioning, to the \$100,000 range if you count the price of companion dressing rooms, sauna and whirlpool.
- If you're going for glass, an Ellis Pearson Glass Wall System currently will run you \$30 a square foot for clear and \$43.50 a square foot for Twin-View, the glass that's white on the inside and see-through from the outside in.
- Most experts agree that building an indoor court, with its heating, masonry or carpentry requirements, is no job for an amateur. Hiring an architect (or a contractor if using stock plans) is a must.
- Among tips from Court Club Consultant Mort Leve: (1) Get an okay from your local building department as you would for any addition; (2) Whether your wall base is built of concrete blocks or steel stud and sheetrock, include a vapor barrier — insulating material that wards off moisture; (3) Have a soil test made to see how deep into the ground you can build your court.
- For court plans write Engineering Department, c/o Steve Kass, Strongwall Systems, Inc., 346 Kinderkanack Road, Westwood, NJ 17675; Mort Leve, World Court Club Association, 8303 E. Thomas Road, Scottsdale, AZ 85251, or *National Racquetball*, 4101 Dempster, Skokie, IL 60076. ●

Inside the Master's Mind

by Charlie Brumfield



With this article Charlie Brumfield, four time national champion and touring pro for the Sportrooms Racquetball Clubs, continues his exclusive series for *National Racquetball*.

Don't Let the Overhead Go Over Your Head

This month we will discuss which shots to hit when the ball is waist high or above. For most players there is only one choice: defensive, which means go to the ceiling and wait for a better opportunity to score. This is the traditional approach — the most widely accepted shot — but I believe we'd better look for some other alternatives to keep pace with today's high powered game.

But first let's go back to 1968, back before most of you even realized that racquetball existed. At that time the players who could bring a high ball down with some kind of consistency, such as a Paul Lawrence or a Craig Finger, were the most effective in the game.

I didn't have that shot, so I attempted to counteract their greater efficiency on that particular shot by developing the ceiling ball. This enabled me to place the ball a little bit farther back on them to a position where they had to go defensive. In this way the game evolved around an exchange of defensive shots up and down the left wall, until the ball popped out of the side wall. Then I would win the rally with what we call a hypotenuse shot (from the left wall I would hit the ball into the right front corner with my forehand). I got away with that strategy because no one had an offensive overhead, particularly a good backhand overhead.



Then two things developed to eliminate that style of play. First came the fast ball, which all but eliminated the ceiling shot because of the difficulty in keeping it from carrying off the back wall for an easy setup. Next the notion of hitting the ball with the overhead developed as part of the overall offensive attitude of the game. (See photos 1 through 6) Today the ceiling ball, not the overhead, is the non-percentage shot. No longer can I afford to think defensively and wait out my opponent by means of my



superior poise. Because of the speed of the present ball a ceiling shot has to be perfectly executed or else you'll be eaten alive. The easiest shot of the game is a setup off the ball wall and that's exactly what most ceiling shots become when using a fast racquetball.

Therefore the player who's able to play the ball offensively from shoulder high with some kind of consistency is the player who will win today. You only have to look at Marty Hogan's record to indicate what a shoulder high backhand (photos 7 through 12) will do for someone's serve return.



This was the shot that Hogan used to revolutionize the game of racquetball. And now, with his tennis and badminton overhead experience from the World's Racquets Championships, he's even more dangerous than he was before, if that's possible.

Eventually the manufacturers will have to slow the ball down. Anyone who has gone through the intellectual analysis of the game and its problems related to television knows this. When the ball does slow down, the overhead will become even more important because then the ceiling ball will return as a legitimate defensive



weapon. When the ball starts going up to the ceiling again, it'll be the players who can bring it down effectively who will be winning the most matches.

The backhand overhead kill will be the shot of the future. I've never seen a pro use it consistently, but I know the shot can be hit because I've seen the racquet head speed developed in the backhand overhead smash in world class badminton. Fleming Dell, one of the world's top badminton players, hits his backhand overhead smash as hard as I can hit my forehand overhead smash. The power can be



generated to hit an overhead kill or pass with the backhand, but it has not yet been developed in racquetball. Even Hogan still thinks defensively in these realms:

Types of Overheads and When to Use Them

After that brief introduction to the development of the overhead game let's continue with the types of overheads and when to use them.

There are actually three alternatives when the ball is waist high or above: defensive, offensive or something in between which I call the Niederhoffer shot (named after Victor Niederhoffer,

7



8



Forehand overhead swing

6



the top amateur squash player in the U.S. who also competes on the racquetball pro tour).

1. **The ceiling ball** is still the major DEFENSIVE shot above the shoulder. In my prime I had this shot down better than anyone ever has. With a medium speed ball the ceiling shot is still an effective defensive tool. You will also have more room for error on your overhead kill if your opponent starts to hang back in anticipation of a ceiling ball. However as lively as the balls are now we have to rule out the defensive ceiling ball as a viable alternative.

2. OFFENSIVELY there is a wide arsenal of shots, all of which can be hit with the backhand or the forehand. The flat **overhead drive** is probably the most versatile over the head shot. (photos 13-15). For the drive you should contact the ball directly overhead and bring it down to the front wall somewhere between 18 and 24 inches above the floor. The object is to hit the ball hard enough and high enough to drive your opponent into deep court, but not to let the ball come off the back wall for a setup. The overhead drive is designed to force a weak return from your opponent. This is probably the best shot to start out with.

The most offensive above-the-waist shot is the **overhead kill** into the corners. The intent of the kill is to end the rally. It is most effective when you catch your opponent hanging back. Then you can fake like you're going to the ceiling, but instead you flick your wrist downward with just enough velocity to pop the ball into the corner.

Another surprise attack is affectionately called the "**eyeball shot**," which gives your opponent paralysis by absolute fear. The trick is in the timing: I use it when my opponent's head forms an eclipse with the corner I'm aiming for. Even if

my opponent is able to get out of the way, he still can't recover in time to return the "eye" ball.

You can also practice the "**Scheinbaum overhead**." Dr. Joel Scheinbaum, an amateur seniors player in California, first popularized cutting off the ceiling ball. In other words you short hop the ceiling ball at overhead height and dump it in the corner or drive it.

One of my favorite variations of the overhead is the three-quarters high "**slash**," which is hit approximately shoulder high with almost a round house swing. (photos 16 and 17) Basically the head of the racquet comes over the hand just as in a high overhead, except that you take the ball at shoulder height. Again you can drive the ball and kill to the corners. The slash is probably the easiest shoulder high shot for beginners to hit consistently and yet it is one of the hardest shots for the advanced player to perfect.

You can use the slash to hit around-the-wall balls and Z balls from both sides. Even though these shots are primarily defensive, they can actually become offensive against given opponents because of the fast ball and glass walls.



3. The third alternative is the Niederhoffer **shoulder high pass** shot. This shot is **NEITHER OFFENSIVE NOR DEFENSIVE**. In fact it looks like a "*nothing*" ball. You don't hit it hard or soft. It may look harmless, but don't be deceived; it's one of the most difficult shots to do anything offensively with.

When your opponents see you hit this shoulder high nothing ball right to them, they can't believe their luck. They think to themselves, just as they used to on the garbage serve, "*Geez, if I can't kill this ball I better retire.*" And then they continually leave the ball up in front court, which gives the easy finishing touch for Niederhoffer.

The Overhead Stroke

While the overhead kill and drive are probably new to you, I'm assuming that you've hit ceiling balls before. Therefore I'll just give a brief explanation of how to hit the ceiling ball. Again let me state that if you return a ceiling ball with another ceiling ball you are passing up better alternatives to score.

Setting Up

You set up for the ceiling ball by positioning your feet and body towards the side wall, contacting the ball as low as possible and angling it toward the ceiling (Actually I get the most control and consistency if I start with my belly button pointing to the back wall.) The ball should hit the ceiling between one and five feet away from the front wall, depending on the speed of the ball.

Another way to keep a fast ceiling ball from coming off the back wall is the hypotenuse theory: the farther the ball has to travel, the less velocity it will have. According to this theory if you hit the ceiling ball from the deep left corner, for instance, you should angle your return into the center of the court so that it rebounds high into the deep right corner. Just watch out for your opponent's forehand overhead smash!

Many years ago we used to use topspin on the ceiling ball, hitting it as hard as we could just to get it to deep court. Theoretically to keep the fast ceiling ball from coming off the back wall you should use overspin, but this is very, very difficult to execute. Instead I recommend hitting very lightly, what Paul Haber (a former national handball champion) called "*feather touch*." If you feather touch

10

11



An alternative to hitting a backhand overhead would be to bring your forehand around your head and

smash from the left side of your body. (photo 18) This is a rarely used shot, but should suffice until you master the backhand overhead.

13



14



15



the ball you will hopefully force *your opponent*, rather than yourself, to hit defensively. Then you should take the offensive.

Where to Contact It?

Your stance on the overhead should be very similar to your stance on the ceiling ball. With your body parallel to the side wall you should reach for the ball and contact it at the highest point possible. The stroke is very similar to swatting a fly on the ceiling.

However the proper point of contact is debatable. Carl Loveday, my coach and former world class badminton player, believes that execution and timing are the critical factors.

Therefore he advocates hitting the ceiling ball slightly behind your head, the overhead drive when the ball is directly above you and the overhead kill slightly out in front so that the inclination of the racquet face is pointing toward the direction you want the ball to travel.

I agree that this method is easier to learn initially, but the player should advance to hitting all three shots from the same spot. I feel that the angle of the overhead is such that it has to be hit too precisely not to hop up at all. So if you want to hit with some level of, shall we say, safety, if you want to go two feet to a foot and a half into the corner and still win, then you have to get your opponent leaning back. You can do this if you're using exactly the same motion for the ceiling ball, overhead drive and kill, up until the wrist snap. In other words I don't think you gain enough in execution to give up the deception.

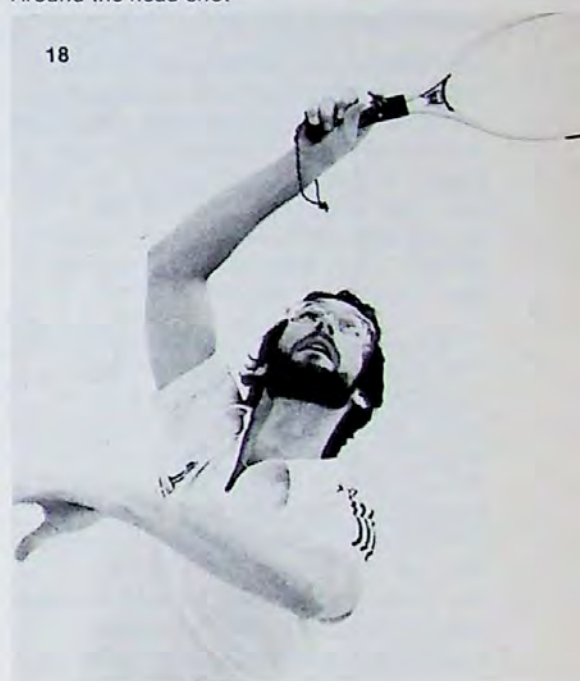
16



Slash shot

Around the head shot

18



17





19



20



21

Carl Loveday's badminton style overhead

— Carole Chartauros photos

Three Ways to Stroke

Loveday uses a badminton type of stroking mechanism for his overhead which is a shorter and more deceptive stroke. (photos 19 through 21) His theory is that you want to hit the ball just hard enough to get it to the corner and die. Loveday uses just enough club head speed to pop the ball into the corner.

Hogan, on the other hand, doesn't use that theory. Hogan smashes his overhead just like he hits his tennis serve. Whether or not that classifies it as tennis style is up to someone with more ability in tennis than I have. Hogan can get away with his hard overhead smash because of the fast ball and three wall glass courts. However with a medium speed ball on a normal court neither the tennis smash (as used on the first serve in tennis) or slice (as used on the second serve) is as effective as the other two methods — namely Loveday's badminton style or the side arm slash — because power tends to pop the ball up higher for an easy return.

While most former tennis players tend to hit the tennis overhead and former badminton players tend to hit the badminton overhead, the three-quarter speed side arm slash is the only style unique to racquetball. Mike Zeitman and Davey Bledsoe, for instance, use the side arm slash. These are players who have no formal tennis or badminton instruction prior to taking up racquetball. The slash is probably the best style of overhead stroke for the general player.

Fundamentals of Hitting the Typical Overhead

The most important fundamental is to **watch the ball**. If you do everything else right, but fail to watch the ball, your overhead will generally be mis-hit and go too low, if you make contact at all. So many players take their eyes off the ball and look to the corner they're aiming for. This happens concurrently with the dropping of the player's head.

To correct this problem concentrate on watching the spot where the ball is contacted until the racquet has moved through the area. Then the head can drop to see the destination of your shot.

You should also concentrate on using the same **looping motion** we discussed in earlier articles to generate club head speed. The loop is most useful on the drive. It's hit just like all the pictures you've seen of Roscoe Tanner or Pancho Gonzalez hitting the tennis overhead. (Still, as we mentioned already, the most effective overhead is a pop shot which has just as much pace as necessary to get the ball to the corner).

Most beginning tennis players are taught to hit the serve just like you'd hit the head of a nail with a hammer — straight back, straight through. This is as primitive as the old swing in racquetball. If you can't time the loop at first, try swinging straight back and straight forward until you get the feel of contacting the ball with eyes raised and head erect. Practice popping through the ball with your wrist and let the racquet head guide the ball down to the appropriate height.

The third fundamental element is the **back arch**. If you stand up straight to hit the overhead you're not using maximum deception and power producing elements. The tennis players who have the biggest serves also have the biggest arches in their backs.

It might be easier to learn the loop if you refer to this analogy: the forehand loop is similar to throwing a ball and the backhand loop is an uncoiling motion similar to throwing a frisbee. They are actually mirror images of each other.

Practice your overhead on both sides by hitting shallow ceiling balls to yourself. Point to the ball with your opposite hand or elbow while you get your racquet cocked behind your head. Throw the racquet head (like a frisbee or a ball, depending if it's backhand or forehand) at the ball and swivel your hips similar to the golf stroke.

Remember the overhead, particularly the backhand overhead, is the shot of the future. If you begin mastering these techniques, you'll be one step ahead of the competition, unless of course, they're practicing the overhead too. Then you'll be running as fast as you can just to stay where you are. (Sounds like trying to play on the pro tour when you're about to qualify for the seniors.) ●

Ask The Champ

by Marty Hogan

This article continues a series by two time and current national professional champion Marty Hogan. Readers are encouraged to submit questions about their game to *Ask The Champ*, c/o National Racquetball.

Question: I am recently a high C or low B trying like the devil to improve my accuracy and to some degree shot selection capabilities (power and stamina are not my primary problems). How much time do you recommend that I work on my game weekly and how should my time be spent between conditioning, running, etc? Howard Streiffer, New Orleans, LA

Hogan: I feel that a player of your abilities should play at least four or five times a week. However twice a week you should go out on a court by yourself and practice the shots that gave you trouble during your matches. If you already have strength and stamina, then the only things you lack are the shots needed to win. As far as accuracy many C players lose themselves by trying to hit the ball too hard, thereby losing accuracy. Cut down on your swing and develop the consistency. Remember power should come last as your timing improves. In working on shot selection while playing think of two things: first, when your opponent is in front of you, try to pass him; second, when he/she is behind you, pinch the ball to bring your opponent up.

Question: I would like to know good ways to practice on a court by yourself. Also what kind of weightlifting do you do?

Brian Sanchez, Albuquerque, NM

Hogan: The best way to practice by yourself is to hit the ball up against the front wall. Then set up and hit either a forehand or backhand, depending on what you're working on. Do not go on a court and just drop the ball to hit it. How many times during a game can you drop the ball to hit? It is more of a game situation to have the ball moving towards you. In practicing hit 100 forehands straight, 100 backhands straight, 100 pinches both

ways and 10 minutes of ceiling ball shots. One thing people never work on by themselves is their serve. Do not wait until game time to experiment with a serve.

I believe most of my power comes from my legs, so I do only lifting that can be done with my legs. I do push-ups and gymnastic exercises for my upper body so that I will not get stiff through weightlifting.

Question: What are some good warmups I can do before a game and how can I improve my backswing? I would also like to know your opinion on what is best — an easy serve or a good hard shot?

Don Kauss, Janesville, WI

Hogan: You should never jump into a racquetball game without warming up! You should stretch the legs, calves, hamstrings and lower back. Be sure you are loose before ever playing a match.

In my opinion the serve is the only time during the course of a rally where one player is in total control. Do not just use the serve as a means of starting a rally. Use the serve for the offensive threat that it is. Try getting the receiver off balance by your serve. Always use your first serve to try to hit the ace. You can always hit the soft lob as a second serve.

To improve your backswing get your racquet back sooner. Do not wait until the ball is on you to start your backswing. Get your racquet back and concentrate on getting your elbow up. This will improve your backswing.

Question: I would like to play you for dinner. Winner pays.

Donna Macaskill, Norwood, MA

Hogan: I really do not have any time at tournaments to play a fun match. If you're ever in San Diego, you have been challenged.

However, since I almost never win in practice, be sure to bring your checkbook.

Question: Fatigue — What type of strategies are effective when fatigue sets in? How can I keep my concentration after making a poor shot? What shots can I use to prevent myself from a front wall trap situation?

Rudy Escamilla, Corpus Christi, TX

Hogan: If you know, going into a tournament, that you are not in shape, save your time-outs to catch your rest. If you know you get tired in the second game, use your three time outs in the first game to conserve energy. When you do get tired, slow the game down, hit more ceiling balls during the course of the rallies until you feel your strength and breath come back. Also hit garbage serves to start out with a ceiling ball rally.

Racquetball is a game which must be played one point at a time. Poor shots will come, everybody hits them! But to lose the next five points because of one bad shot is insane. Watch Mike Yellen play. I believe his point by point concentration is the best in the game today.

To prevent yourself from the front wall trap situation, start driving the ball more. Hit shots down both lines, and hit drives — both V passes and wide angle V shots. If you pinch the ball too much, your opponent is most likely to dump the ball in the corner, therefore, bringing you up into a vulnerable position. ●

Thank you for this month's questions. I hope that my responses will in some way help your game. Watch for the next Marty Hogan win. ●

Making a Lefty Lose

by Steve Strandemo

The box in the deep right corner shows where the server wants to locate most of his serves against the left-hander.



We have a letter from a player in Iowa who asked for some advice on how to play a left-hander. She wanted to know how strategies changed, what serves to use that would throw a lefty off and what a lefty's weaknesses might be.

I'm not sure she wants to know for purposes of offense or defense; the slant in her handwriting suggests she is a lefty. But no matter. There are no secrets to playing a left-hander. It is not that big a deal, though there are a couple of common errors that create some problems. First when you start hitting serves to the right corner into his backhand, there is a tendency to hit too far right on the front wall and catch the side wall as the serve is

coming back. Secondly there is a tendency to always want to go cross court during a rally.

In either event the main thing is to remember this: You don't have to try to hit everything to his backhand. That's the first thing that scares someone about to play a lefty: *"I gotta hit everything to his backhand, and I gotta remember that his backhand is to my right!"*

Sure you want to test his backhand. But don't let him get away without having to hit a single forehand through the whole match. Could be that his forehand isn't as strong as you think. You have to experiment, the same as always.

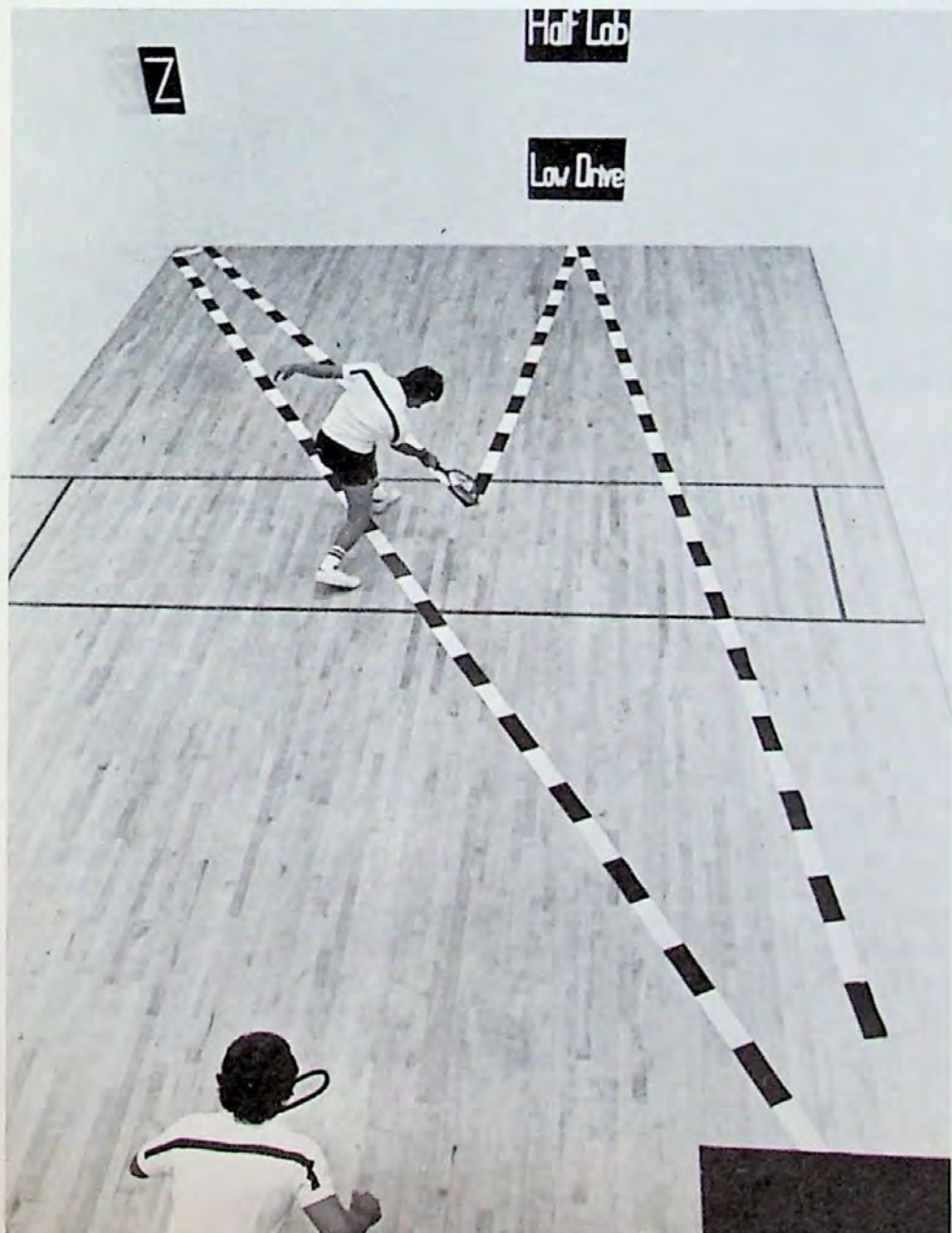
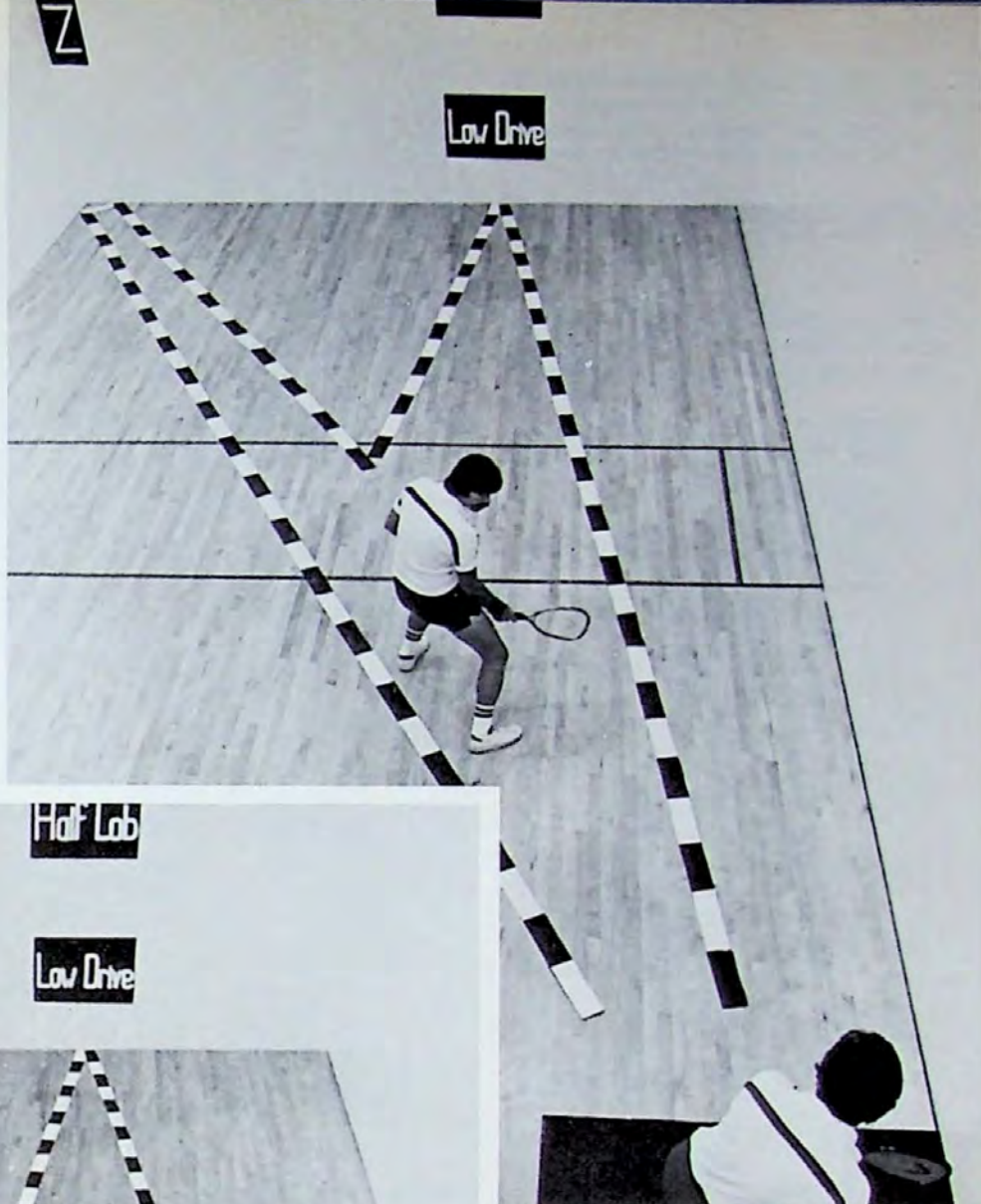
Serves to Right Corner

Your serves generally should go into the right corner most of the time, since a lefty is the same as a righty in that his backhand tends to be weaker. Envision a three foot-by-three foot box in the back right corner; that's your target. You have to switch your low-drive serve target from left to right on the front wall, and this is one of the problem areas mentioned above. It takes diligence and concentration, but it can be done. Practice the serve to the right until you are bouncing it twice into the corner, or so it hits so low on the back wall it hardly rebounds.

Get the front wall target fixed in your mind, and practice until you can hit it. Don't forget the tendency to shift the front wall target too far to the right; that causes the serve to carom off the side wall and into the lefty's lap. This is a very common mistake.

The server is in his proper relocation position with the returner hitting from the deep right corner of the court.

The boxes on the front wall and the lines on the floor show the proper targets and ball direction when serving to a lefty.



Having hit the serve the server hustles back into good center court position, shading to the right side of the court, watching the ball, body slightly turned, knees bent. The only difference from playing a righty is that you are shading to the right and watching the ball into the right corner.

The Z serve involves the same adjustment, shifting the front wall target area this time from right to left, as in the diagram.

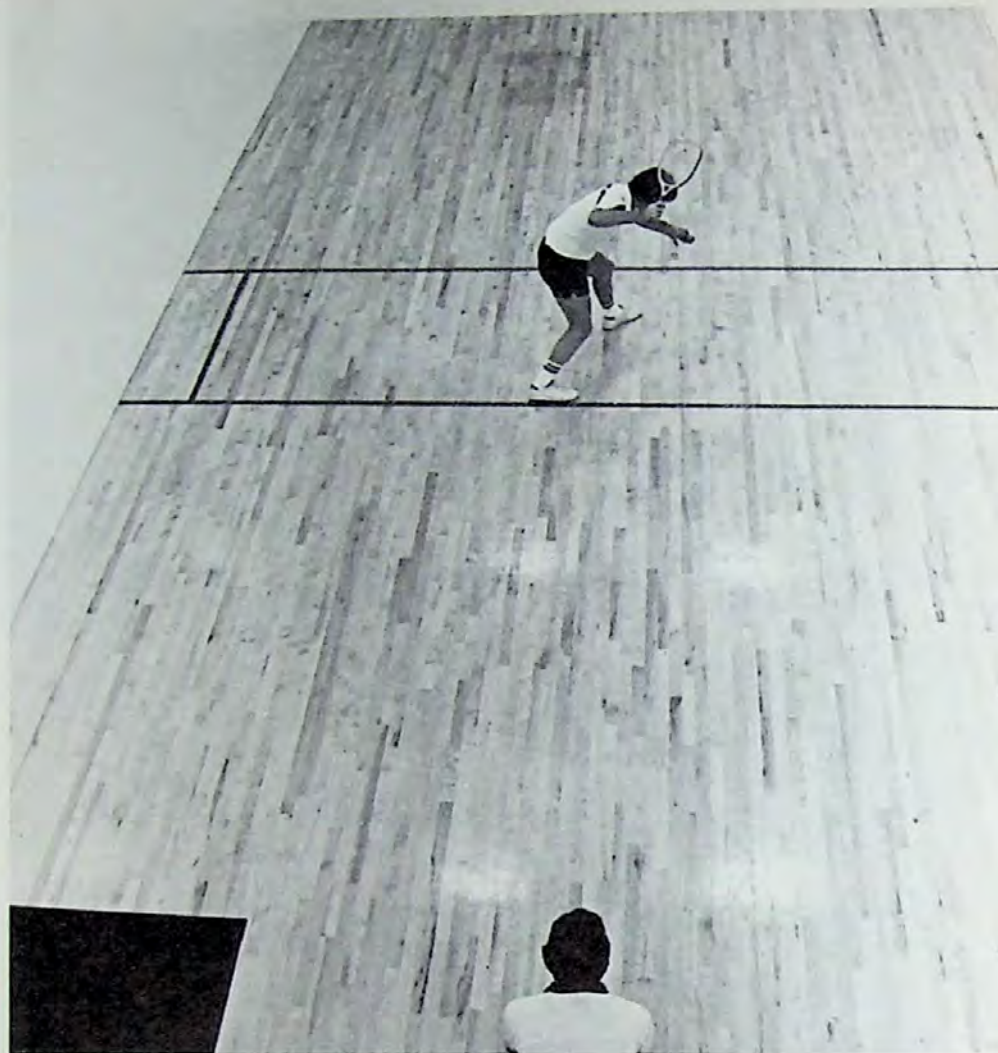
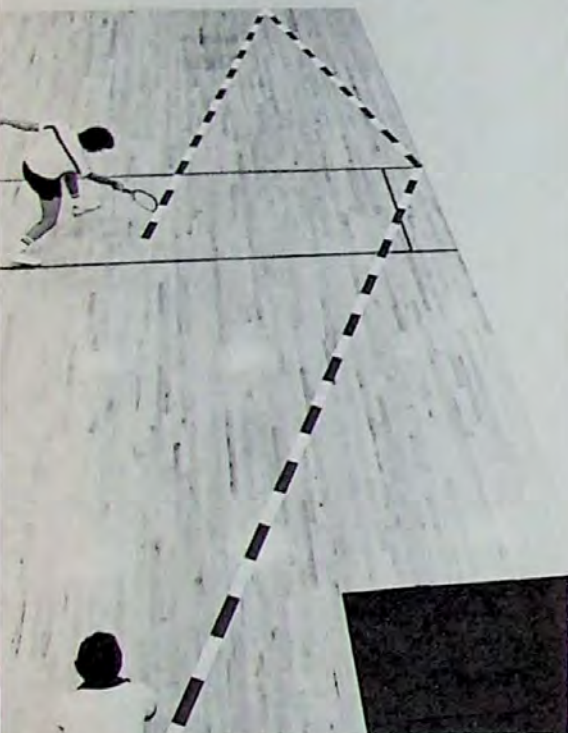
Most of your serves should be hit into the right corner, but you also want to mix them up, hitting some low drives and Z serves to the left corner as well. This keeps the lefty from cheating clear over into the right corner to cover up his backhand. When you are practicing your serves, it is a good idea to hit several to all of these front wall target areas since, after all, when you are playing a righty you want to hit some to his forehand to keep him honest.

You should serve occasionally into the left corner to keep the lefty from overplaying his backhand. These front wall targets will give you the proper direction.

Low Drive

A common mistake when serving to a lefty is to hit too far to the right on the front wall and have the ball hit the side wall and rebound back to your opponent.

Low Drive



Too Much Cross Court

That same thought applies to play during rallies. A righty making a backhand return soon will become frustrated if he hits them all cross court. No matter how well he hits them, he can't seem to get a single cross court passing shot past his lefty opponent. That is because the lefty lefty has shifted far to the right, setting up for the cross court he knows is coming. He may only be three or four feet from the right wall, and the returner is wondering why his cross court passes are getting cut off.

The best shot in these circumstances is a down-the-line return down the left wall. If he's cheating that far over, he'll have to come clear across the court to get to a down-the-line shot, and he may miss that forehand more times

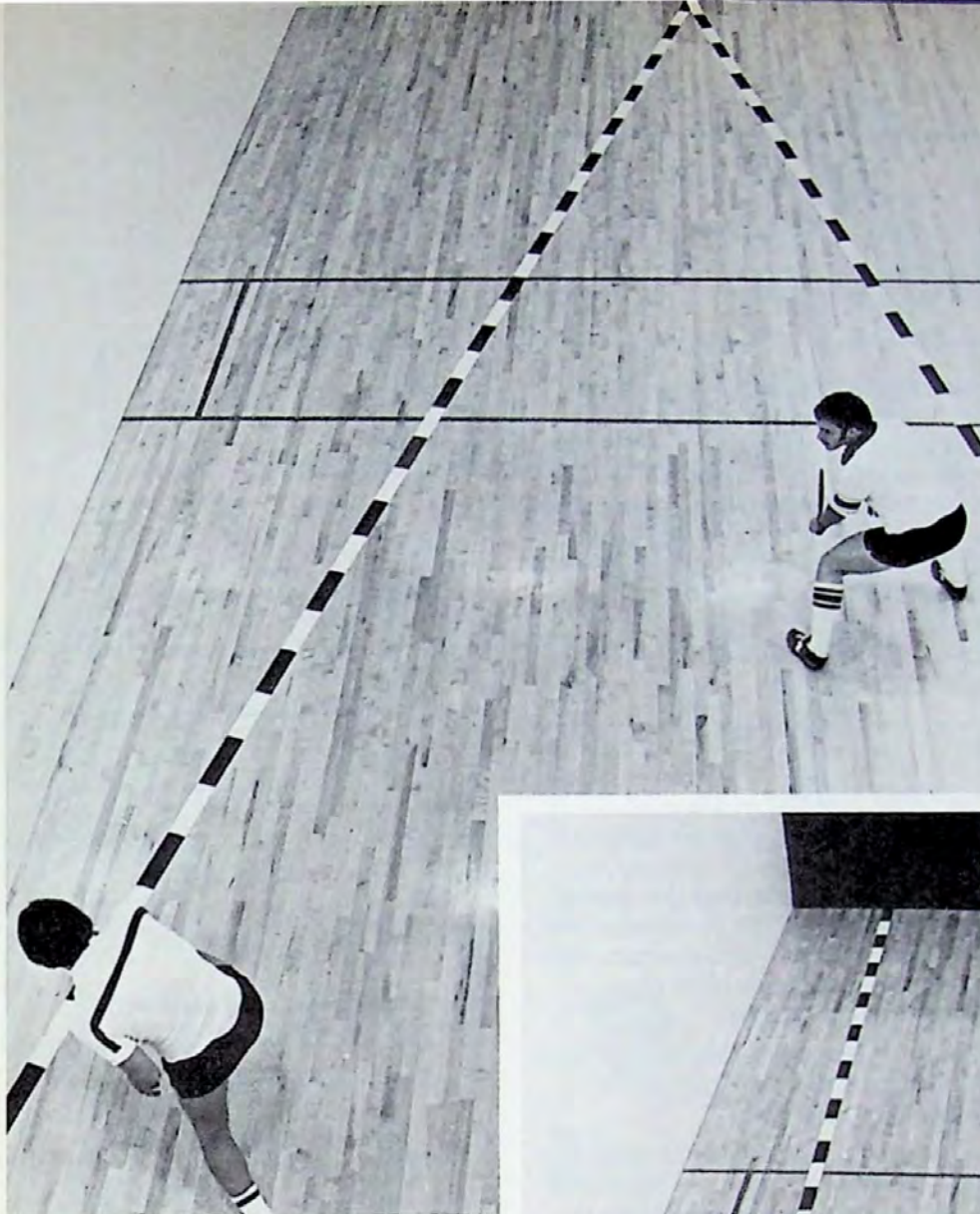
than you would expect. You'll never know until you try a few shots down that side. Don't get locked into a cross court standoff.

The key is diversification. Mix up your shots; don't hammer constantly at his backhand.

When I began to get serious about learning how to play racquetball, I played singles regularly against my doubles partner, Ron Strom, in St. Cloud, MN. He was a lefty. I never learned to play effectively against him until I learned to go down-the-line to his forehand side. When I learned how to do that, it opened up my whole game and made it complete. It's like a fastballer throwing an occasional curveball, or a quarterback going for the short screen pass. You can't go for the bomb all the time.

This is true even if his backhand is as weak as dishwater and his forehand like a cannon. However uneven this mismatch in his ability, you can't neglect diversification. If he has a weak backhand, he'll cover up for it so much that it'll open up the down-the-line possibilities even more. Also he will have learned to compensate so well for his backhand that he'll almost always be able to make a good contact with a cross court pass attempt and punch it back to the front wall.

Don't be afraid of his good forehand; some of the edge is taken off of it by his being so far out of position.



See page 74 for a story on Craig McCoy, one of professional racquetball's few left-handed players.

This photo shows where the lefty will locate if his opponent constantly goes cross court to his backhand.

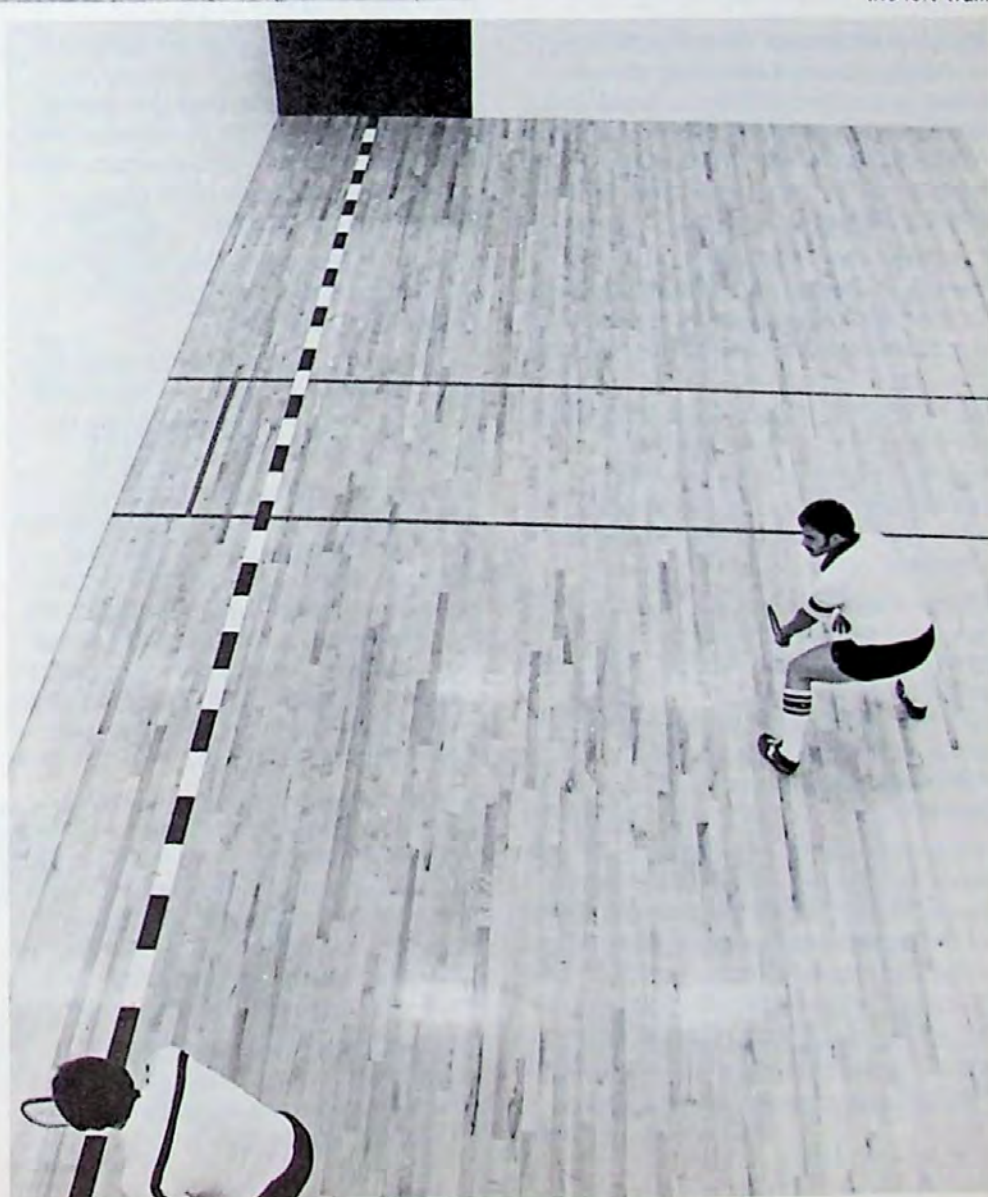
If you find your lefty opponent shaded too far to the right, your shot should be down the left wall.

The Angles

The best thing you can do to prepare yourself for playing a lefty is to know the angles; practice hitting the front wall target areas on both the left and right sides so the ball doesn't carom off the side walls or come too strongly off the back wall.

On the ceiling ball practice hitting it so it bounces once in the front court and takes a big rainbow hop into the back right corner. Don't angle the ceiling ball too far to the right, or it will hit the side wall after the first bounce and become an easy setup for your opponent.

If you practice these things and apply them during the match, not only will you throw off a lefty's strategy, you should also be able to exploit his weaknesses. ●



On the Road with Mike Yellen

One of the hottest young talents on the professional racquetball tour these days is Mike Yellen of Southfield, MI. In only his second year on the tour the curly headed 19-year-old has kept racquetball fans on the edge of the bleachers through two consecutive National Championships. Barely beaten by five time national champion Charlie Brumfield, in an electrifying semi-finals match during the 1978 Nationals Yellen got a step closer to racquetball's top prize this year before bowing to Marty Hogan in the finals. When not competing Mike spends much of his time on the road giving racquetball clinics on behalf of his sponsor, Ektelon. In this series of exclusive columns, Mike shares with *National Racquetball* readers some of the techniques which he explains and demonstrates in his clinics around the country.

Service Strategies for Softies

The popular power oriented thinking on racquetball service style always puts me in mind of the old breakfast cereal commercials for Quaker Puffed Wheat. Like puffed wheat most racquetball serves these days are "shot from guns."

It's a little like being in the finale of the *1812 Overture* every time you walk on the court with cannons to the left of you and cannons to the right of you.

That's fine for the old cannon arms on the pro tour, but I find that the majority of the players I meet in clinics just don't have the power to make that kind of service strategy effective.

Maybe we're just softies, but a lot of us prefer to take a more studied approach to service than to just — as one junior I know put it — "rip, rip, rip". Personally my own strengths come out in the rallies when I can maneuver my opponent out of position.

The maneuvering starts with the serve, though, and those who can't ace an opponent by blasting the ball by him should concentrate on finessing him out of position.

Everyone uses the same serves, power and control players alike. For control players, though, the name of the game is accuracy and deception.

If you don't have a cannon up your sleeve, concentrate on placing the ball. There are really only two places where a serve can go — either of the two rear corners — but you can send it there from a variety of different directions and speeds.

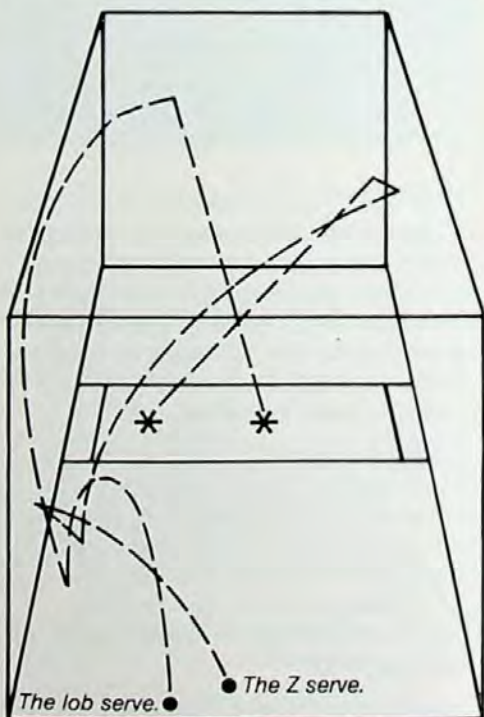
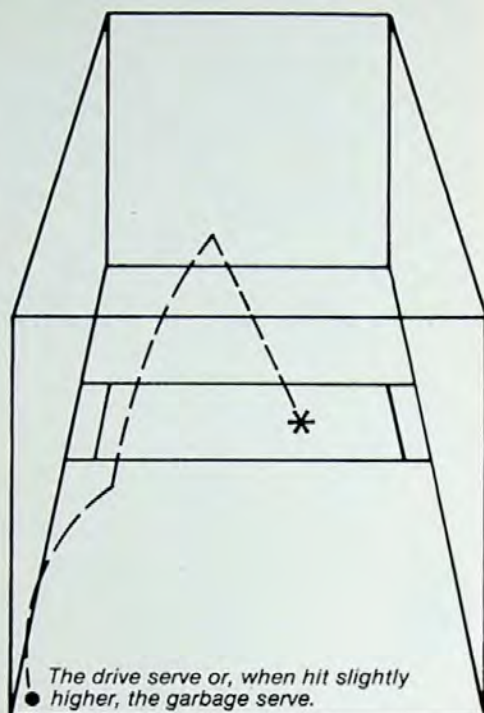
Your tools are your drive, lob, garbage and Z serves to your opponent's forehand or backhand.

Your cardinal rule of service is to find out what your opponent is least able to return and give him that serve 80 percent of the time.

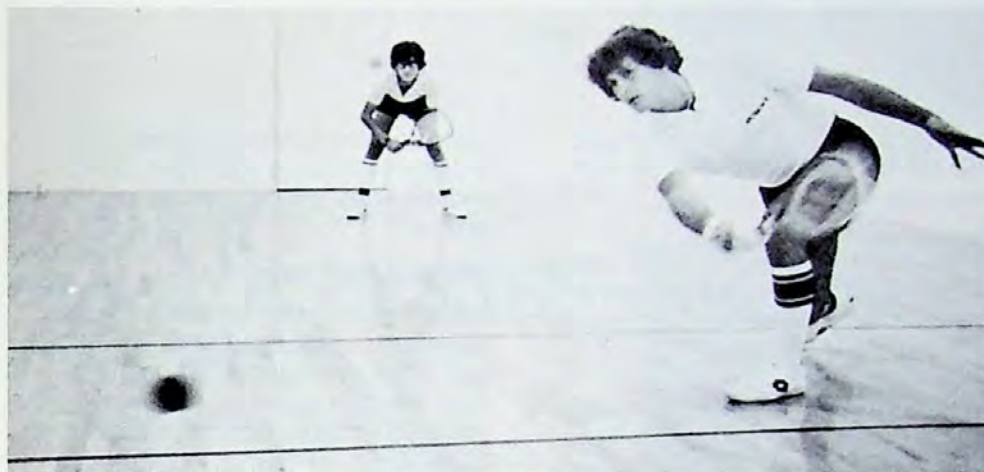
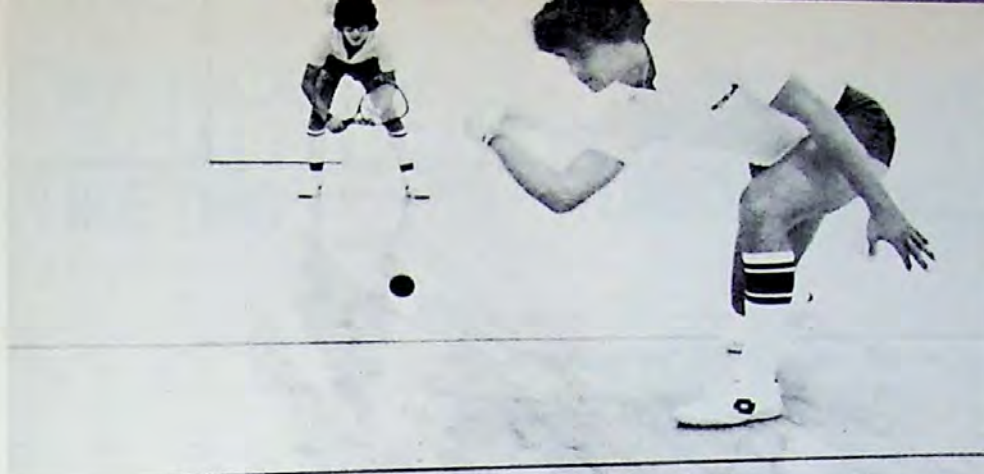
The majority of players are most susceptible to the backhand drive, but don't assume that will be true for everyone. Steve Serot, for example, eats those serves for breakfast, lunch and dinner. When I played him at last year's Denver pro stop, I had to serve forehand drives 80 percent of the time which, against many players, is an automatic rollout return.

Feel an opponent out in the early going with a variety of serves and, even after you've found his weakness, continue to mix in some variations to that dominant serve just so he won't be able to anticipate it. The element of surprise is very important because it limits your opponent's reaction time.

Keep your opponent from getting in the groove by periodically changing either the serve, the speed of the ball or the side it goes to.



Use change of pace like a good major league pitcher. Get your opponent going hard after a few low backhand drives and, when you have him sufficiently revved up, lob one in there. He'll probably miss it altogether.



Players without an overabundance of power in their forehands should concentrate on the use of accurate ball placement and deception during service. Deception means simply hitting every serve with the same body movements as Mike Yellen demonstrates against Nathan Martin in Figures 1 through 4, in which he changes only the angle of his racquet. Note in Figure 1 that Mike's wrist is cocked and both he and the ball are down low. By simply changing the angle of the face of his racquet, Mike can serve either a forehand drive, as shown in Figure 2, or a Z serve to Nathan's backhand as shown in Figure 3. By contacting the ball a little earlier Mike can bring it around behind him to become a drive to Nathan's backhand. Note that all serves were performed with identical body movements and from the same position on the court, reducing Nathan's ability to anticipate the serve and eliminating the possibility of mistakes by Mike due to differences in service approaches. By keeping it simple Mike can concentrate on the placement of his serve with confidence that his body motions will be automatic.

Try to keep the ball as deeply in those corners as possible regardless of the serve. If your opponent doesn't have room to take a full swing, he won't be able to hit an effective offensive return.

As far as technique goes it's important to keep all of your service movements as uniform as possible, only changing the angle of the racquet face between the different serves. This not only enables you to deceive your opponent as to which serve is coming up, but it also keeps the game simple for you, which is especially important at the beginning and intermediate levels.

Don't complicate your life by having different strokes for serves and rallies and don't try to fake out your opponent with a lot of disco dance steps in the service box. That's not deception and will only result in poor serves.

After you serve, move into center court but slightly to the side to which you served. That is the best position from which to cover most returns, particularly down-the-line drives.

Always keep your eye on the ball, even during your opponent's shots. Always maintain your concentration, analyzing what both you and your opponent are doing and how well.

Brain power will take you a lot farther than arm power. ●

Beginner's Racquetball

by Jack Kramer

For the benefit of the millions of men, women and children who are taking up racquetball for the first time *National Racquetball* is serializing *Beginner's Racquetball* by Jack Kramer, copyright 1979, with permission of the publisher—World Publications, Inc., Mountain View, CA. If you're an experienced player, you might like to pass these articles along to a friend who's just starting the game.

Conditioning

This chapter is an important one, especially if you are over 25 years old. It is wise to condition yourself first; do not just rush to the court and start playing because you could cause yourself serious injury. Be sure you are in good physical health, especially you older people. Check with your doctor if you have any minor heart problems or even think you have them. Once you have the okay, start conditioning yourself before running to the courts.

You have to warm up!

The Warm-Up

You warm up by limbering up before you play. The idea is to stretch these body muscles gradually and get them ready for more strenuous activity. For example you can stand on your tiptoes 20 times, do a few pushups or situps, and so on. Moderate running or jogging will also start the muscles working to maximum efficiency.

Exercises

Here are some simple exercises to get you warmed up for playing:

Toe Reach

Keep feet together and arms out in front; rise up on your toes — hold position for three seconds. Then lower your arms as you return to a normal standing position. Repeat.

Knee Bends

Put hands outstretched in front of you; now assume squatting position; rise up slowly. Repeat.

Situps

Lie on your back with knees bent and feet hooked under a chair rung. Put your hands behind your head and sit up with your right elbow touching

your left knee and then repeat with your left elbow touching your right knee. Repeat.

Touch your toes

Keep your feet apart and bend forward to first touch both hands to your left foot, then to your right. Straighten up and repeat.

Pushups

Keep your body and legs straight as you lie on the floor face down. Raise up on your arms and slowly return to floor position. Repeat.

Practice

Simply batting a ball with a tennis racquet against a wall is also good warm-up. Fifteen minutes of this conditioning helps immensely to get you ready for the courts. And any old wall will do.

Start Slow

Once you have limbered up or are in fair condition again, do *not* run out and play two hours of racquetball the first day. It is better to start off with a half hour (even if you pay for one hour). Or if you must play the full hour, play moderately without rough competition. Just hit the ball; do not worry just yet about strategy or winning points.

If you play once or twice a week, after a few sessions you can start the more strenuous competitive game. Certainly in a month you will be ready for competition, and indeed should have some then. You can now play confidently because you will not be straining or pulling any muscles. You have warmed up your body. Your muscles will be more flexible, so some straining and stretching will not cause any accidents. In short take it

easy the first few times, gradually increase the pace and then, in a month or so, you will be in good shape.

Physical Problems

If you want to play racquetball but have had or still have back problems, first consult with your doctor. Some back problems can be severe; whether you should take racquet in hand at all depends upon your own individual back. Only a doctor can advise you.

If after a while you become exceptionally winded, develop muscle spasms, or encounter other problems, again consult your doctor. Do not keep playing if that leg gives out or the back feels out of whack. It is best to stop and have the problem treated before you do any serious damage.

General Hints

If you are going to play sports, almost all experts agree that you should do it regularly after gradually working into it. If you have played racquetball for three months, say, and then stop for three months, do not just plunge back into it. Once again you should condition yourself.

After you play a strenuous hour, do not rush out into cold weather. Instead relax, take your shower, and change into fresh clothing. Most racquetball courts have suitable locker rooms and shower accommodations. ●

Next month: Playing the Game

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Ask an Expert . . .

by Dan Bertolucci

In recent racquetball referee clinics that I have had the pleasure of conducting I've found that there is some confusion about the system of appeals and the use of linesmen.

The National Racquetball Club's pro tour uses linesmen in every round of play whenever possible. However in both the mens and womens events linesmen are mandatory from the second round through the finals. This added dimension was brought into play to enable players to appeal certain calls, a situation when the player believes the referee made a wrong call. In top level pro play, with its tremendous pressure on the referee, the use of linesmen takes some of that pressure off of the referee and gives the player recourse in case of a poor call.

Prior to the use of linesmen a player has been at the mercy of the referee's eyes and judgement and his opponent's honesty and sportsmanship. Situations have arisen that have led to arguing between both players and refs about short serves, skip balls, double bounces, etc. We feel linesmen will eliminate unnecessary bickering and waste of time.

We encourage all tournament hosts and directors to consider the use of linesmen in their tournaments to allow for a smoother, more enjoyable event for players, spectators and referees.

Positioning of the Linesmen

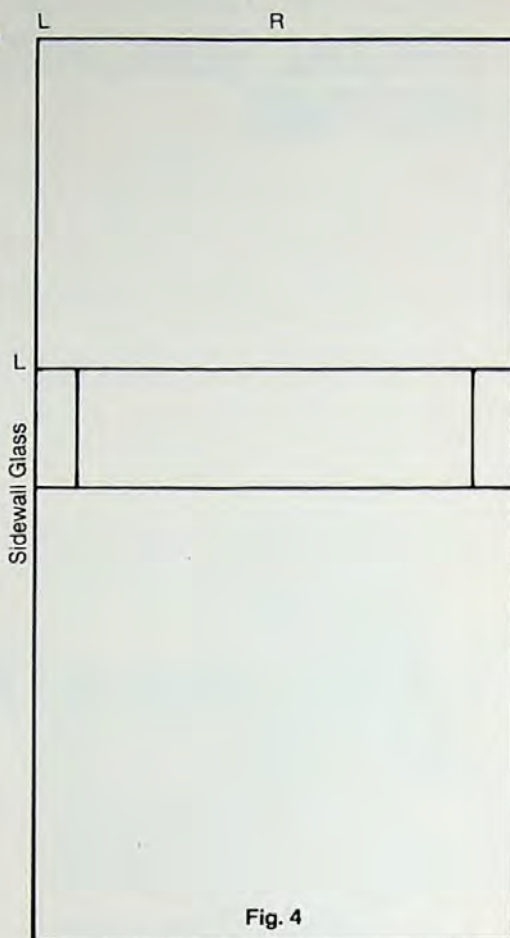
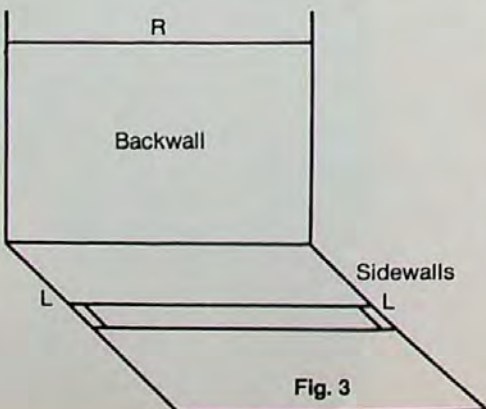
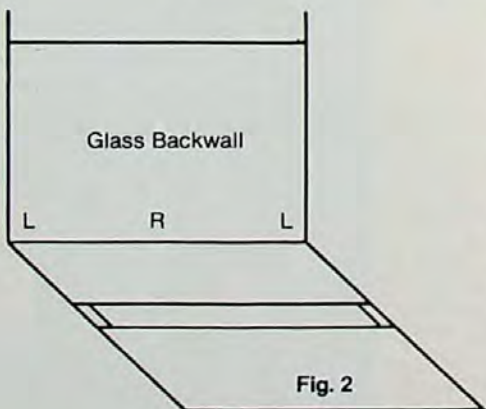
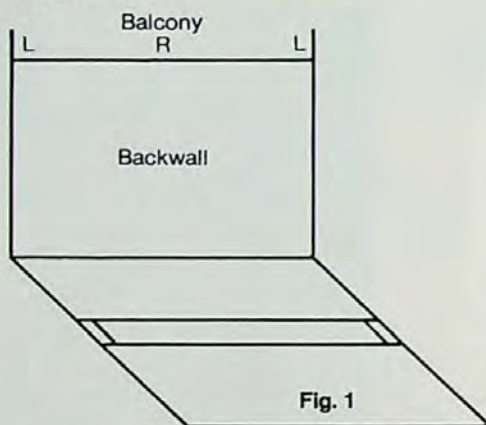
Where the linesmen are placed is really dependent upon the type of court on which the match is being played. In all cases the linesmen should have positions as different from the referee and the other linesmen as possible. There should be two linesmen plus one referee.

On a standard racquetball court with no glass and regular balcony viewing the ref should be centered equidistant from each side wall and each lineman at each of the two side walls. Figure 1.

In a court with one glass back wall the same holds true, with the referee in

the center and the linesmen on each of the sides. On occasion if there are bleachers behind the back wall the linesman and referee can position themselves higher for better viewing. Figure 2.

On a court with glass side walls the linesmen should be positioned at or just behind the short line on opposite sides of the court. The ref, ideally, should be centered behind the back wall if there is balcony viewing. Figure 3.

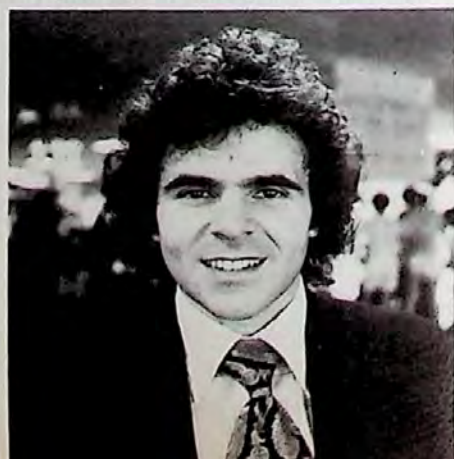


On a court with just one side wall of glass the referee again is in the middle of the back wall or up top in the balcony with one linesman at the short line area along side of the court and the other linesman along the same side wall at the same level as the referee. Figure 4.

You can modify linesmen's positions to accommodate spectator areas, etc. ●

Next month: Linesmen's duties

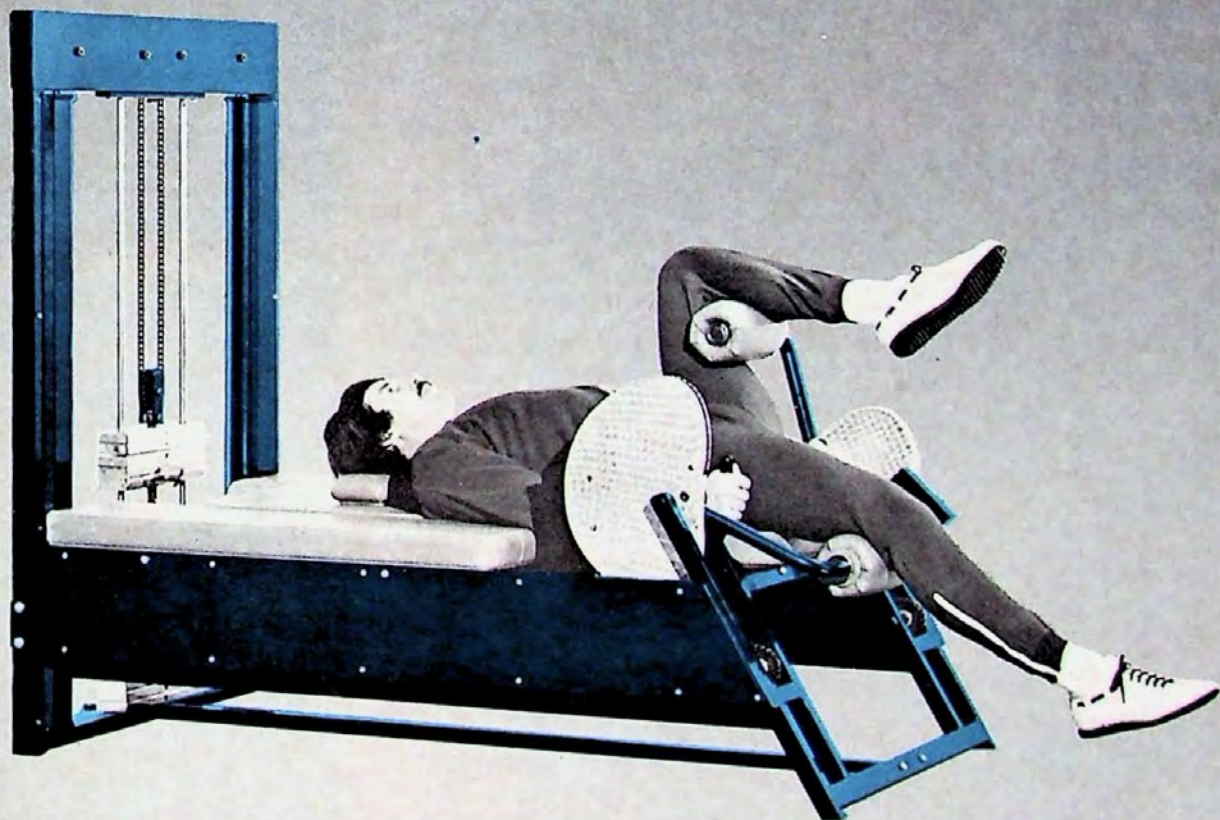
Dan Bertolucci is director of the NRC, governing body for professional racquetball, and is a longtime racquetball referee. Send him your questions about rules c/o *National Racquetball*, 4101 Dempster, Skokie 60076.





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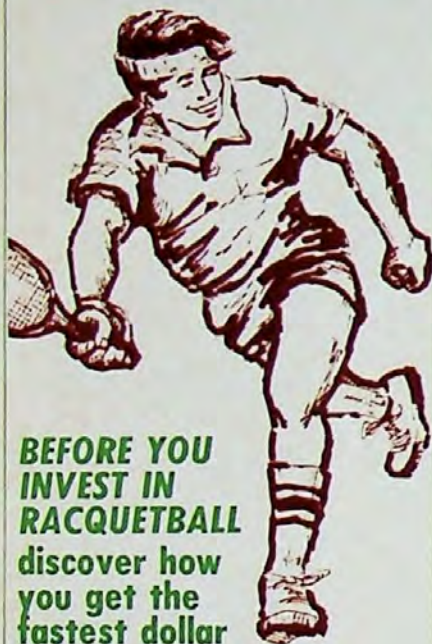


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Beyond the Open

Better than a Facelift

When Jan Luedke, a 22-year-old student at the University of Arizona, recommended that *National Racquetball* write a story about her mother, she said "Joan Luedke, 50, looks like 30 years old with NO FACELIFTS."

Since peace of mind helps ward off wrinkles, Joan Luedke would concede that racquetball is her current fountain of youth.

"Racquetball is marvelous for letting up pent up emotions that develop during the day," says the Rockford, IL, woman who just opened her own woman's clothing store in a hundred year old frame house she and her husband restored on Main Street.

"When you're in business for yourself, you wonder what's going to happen. You wonder about the economy — if it's the right time to start a business — if you're in the right location — if you're making the right purchases — if you'll be able to handle the strain of working so hard selling, buying, receiving.

"Racquetball makes me forget all of that. I have a regular game every Wednesday morning at 8 with another woman and in the winter I play with my husband every night after work."

Joan Luedke and her husband, Walter, who moved his ad agency in the floor above Joan's shop, have no trouble getting court time. Their son, Jeff, owns the club.

Which is how mother got into racquetball in the first place.

"I started playing a year ago when Jeff opened Courtside IV here in Rockford. I knew right away that I'd never encountered anything I enjoyed as much."

The new entrepreneur is grateful for racquetball because there's hardly time now for the other interests she's pursued with her husband since they were married 30 years ago.



— Chris Welsh photos



"We've hunted out west for deer and elk, we've owned and ridden horses, we sail a boat. But racquetball is the one thing I can do and still keep a close hand in my business."

She keeps a firm grip on her racquet too, says 26-year-old Jeff, a top Illinois racquetball player whose older brother, Craig, is one of Detroit's better handball competitors.

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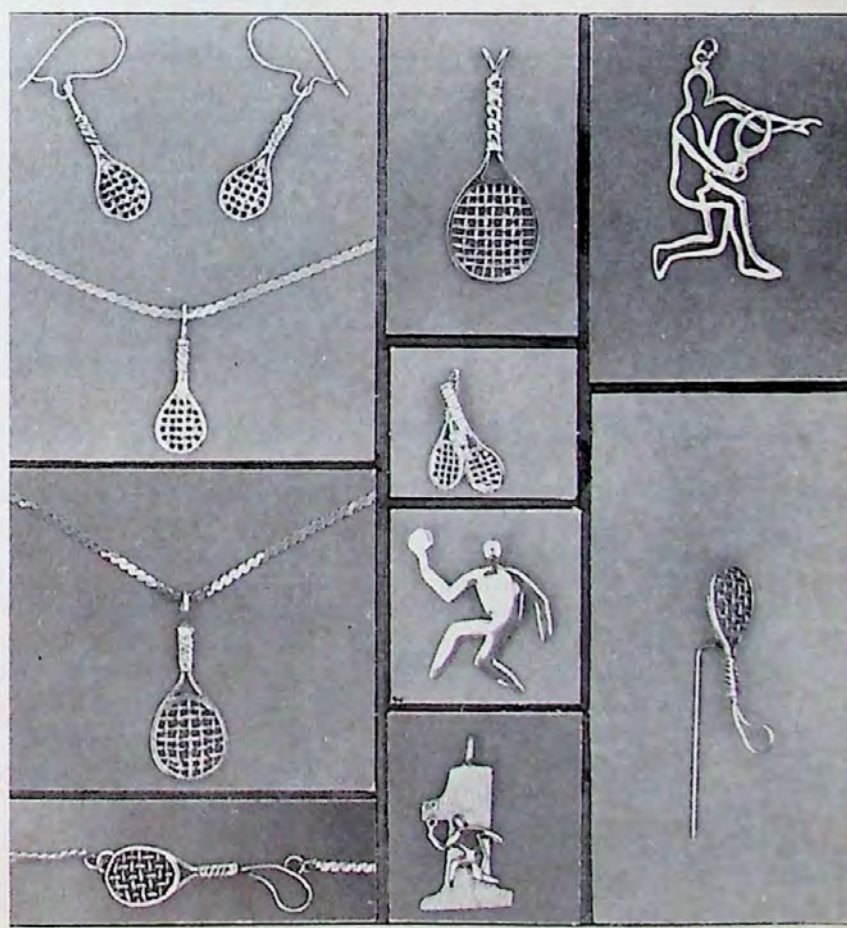
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Skiing in the Wasatch Mountains — pictured here at Snowbird — drew Janell Marriott and Karin Walton to Utah State University. Both women learned to play racquetball there and are now among the country's top ranked pros.



— photo courtesy Snowbird Ski and Summer Resort

Feature

•••Moving Racquetball to the Mountain•••

Their Life Will Be Racquetball and Skiing

Susie Hunt and Chuck Lockett are doing what most people only dream about. After living in San Diego for most of their lives they packed up their skis and racquetball racquets and moved to the Mammoth Mountains in California's high Sierras. While many vacationers spend a weekend or two in the mountains — skiing, playing racquetball, hiking, riding motor-cross and fishing — Chuck and Susie plan to spend the spend the next year or so on vacation there.

Well not exactly. Chuck will be continuing in construction work by helping to build Mammoth's only racquetball facility, Snowcreek Racquet Club, due to open next fall. Susie plans to work at miscellaneous jobs in the resort area and then sign on as an instructor at the new club.

Twenty-three-year-old Susie has only been playing racquetball for three years, but already she is an Open

player, has worked for a racquet manufacturer and has a year's experience teaching and working at Stadium Racquetball Club in San Diego. In 1978 she was the runner-up in B's to Sheryl Ambler at the pro stop in Tempe, AZ. Before that she met Chuck, who she converted from a tennis player into a racquetball fanatic.

"Susie used to beat me consistently," Chuck remembers. "I had to practice all the time by myself so it wouldn't be so embarrassing. Now I'm finally starting to win once in a while."

by Carole Charfauros

Chuck Lockett, left, and Susie Hunt



— Carole Charfauros photo

Places to Play On Your Ski Vacation

This — *National Racquetball's* third annual ski-racquetball guide — is almost a dozen names longer than last year's list — an indication that more and more vacationers want to pair downhill runs with down-the-line passes.

National Racquetball has added two resorts with racquetball within their walls and skiing just out their doors, along with clubs no farther than an hour away from skiing. With a few exceptions that are noted these clubs accept outside guests. Just call and make a reservation for apres ski or a full day of racquetball when snow conditions are less than excellent.

California

Sierra Tahoe Athletic Club
2565 Lake Tahoe Blvd.
South Lake Tahoe 95729
916-544-6222

Open 24 hours a day the club is 10 minutes from Heavenly Valley and Sierra Ski Ranch and an hour from Kirkwood. Court time costs only \$3.50 a person from 10 p.m. to 6 p.m.

Snowcreek Racquet Club
Mammoth Lakes 93546
Call 714-934-8511 for information about the club due to open in fall of 1980.

Colorado

The Aspen Club
1450 Crystal Lake Rd.
Aspen 81611
303-925-8900

It's members only here, but you can buy a one week membership or a three month winter membership.

Aspen Athletic Club
720 E. Hyman
Aspen 81611
303-925-2531

Colorado Court Sports
12120 Ralston Rd.
Arvada 80004
303-422-8001

Depending on the weather Breckenridge, Dillon, Copper Mountain and Keystone are 60 to 90 minutes away via the Eisenhower Tunnel. It takes 45 minutes to get to Arapahoe and 30 minutes to Loveland basin.

Susie explains "Before when I used to go skiing on the weekends every winter, my legs would always be sore because I never used those muscles except during ski season. Now that I play so much racquetball, though, I can go skiing for a long period of time and never get tired."

Skiing in Mammoth will also benefit their racquetball games because the high altitude (Snowcreek Racquet Club will be at 8,000 feet) increases wind and stamina. And they'll learn to adjust to the speeded up ball at that height.

Even though there are only 2,000 permanent residents in Mammoth, a good weekend will pull in eight to ten thousand visitors. The one racquetball court which is at the main lodge is booked constantly even though it has concrete floors and dingy lighting. So there is a demand for racquetball in the area.

The Snowcreek Racquet Club will be a major facility, featuring racquetball courts, tennis courts and a weight and exercise room.

"The people in Mammoth are so nice and really helpful," says Susie. "I already have three job offers. And what's neat about the jobs is you get time off to go skiing because they realize that's what most people are up there for. That way we can avoid the weekend crowds."

Chuck and Susie will miss their family and friends in San Diego, along with the beaches and top competition in racquetball, but they won't mind leaving the noise and congestion of city life behind for the tranquil, healthy atmosphere in the mountains.

"That's why we're leaving everything open," says Chuck. "Once we get up there, we just might want to live there permanently."

Susie adds "Of course if they weren't building a racquetball club we wouldn't be going at all."

Chuck has always been involved in sports. Twelve years ago, at the age of 15, he took up surfing, the one thing he misses in Mammoth. Actually Chuck finds that skiing is quite similar to surfing because they have the same turns.

Chuck and Susie have been skiing for approximately seven years, but only the last two together. They both noticed an improvement in their strength and stamina on the slopes since taking up racquetball.

Grand Junction Athletic Club
2515 Foresight Cir.
Grand Junction 81501
303-245-4100

Powderhorn is 45 minutes from this club,
where — if you're a USRA member or belong
to a club — you can play for \$5 an hour.

Montbello Sporting House
4780 Oakland St.
Denver 80239
303-373-4550

Guests at the nearby Hilton Hotel and
Stouffer's Inn can reserve courts through their
hotels. The public is welcome when courts are
available. Denver is an hour from Loveland and
is the gateway to Colorado's major ski areas.

Pilot Nobb Racquet Club
Telluride

Call Larry Holmgren (home 303-728-3371,
office 303-728-3504) about this club due to
open early this winter.

The Racquet Club
P.O. Box 1437
Vail 81657
303-476-4840

Racquetball privileges are included if you rent
a condominium here.

Stapleton Plaza Hotel and Athletic Center
333 Quebec
Denver 80207
303-321-3500

Hotel guests, including those in the Athletic
Center's Shape-up-for-the-Slopes program, can
reserve court time when they book a room.
Walk-on courts often are available to the
public.

Storm Meadows Athletic Club
P.O. Box AAA
Steamboat Springs 80499
303-879-1036

Vail Athletic Club
352 E. Meadow Dr.
Vail 81657
303-476-1304

Guests at the Vail Athletic Club Hotel can use
courts at an hourly rate.

Idaho

The Club House
First and Fourth Streets
Ketchum 83340
208-726-8847

The club has added new courts to accomodate
the influx of skiers at Sun Valley, just minutes
away.

Michigan

Little Traverse Racquetball Club
P.O. Box 170
Petoskey 49770
616-347-5450

Little Traverse, 15 minutes from Boyne and
Nub's Nob, will take guest players in groups
only. Write for advance arrangements.

New Hampshire

Hampshire Hills Racquet and Health Club
Emerson Rd.
Milford 03055
603-673-7123

Hampshire Hills is a half hour away from Pat's
Peak and Crotched Mt.

Nevada

Capitol Courts
3759 Gross Cir.
Carson City 89701
702-882-9566

Heavenly Valley is 20 minutes away from this
full facility club that includes an indoor
running track.

Incline Court House
300 Northwest Blvd.
Incline Village 89540
702-831-4212

This is the closest racquetball for Squaw
Valley skiers (an hour's drive) and is 15
minutes away from Ski Incline and North Star.

Pennsylvania

Seven Springs Mountain Resort
Champion 15622
814-352-7777

Four triple chairs and five doubles, as well as
surface lifts, serve 19 runs and trails at
adjacent Laurel Highlands ski area, and the
resort has four racquetball courts.

Utah

Deseret Gymnasium
First North and Main
Salt Lake City 84104
801-328-2071

The Towne House Athletic Club
158 S. 3rd East
Salt Lake City 84111
801-328-8633

Salt Lake City is 30 minutes from Alta and
Snowbird and 45 minutes from Park City.

Vermont

Brookside Tennis and Racquetball Club
40 Curtis Ave.
Rutland 05701
802-775-1971

Brookside is 20 minutes from Killington and
Pico.

The Court Club
70 Farrell Rd.
South Burlington 05401
802-862-6428



Racquet's Edge

4 Morse Dr.
Essex Junction 05452
802-879-7734

Both Court Club and Racquet's Edge are
about 45 minutes from Stowe, Smuggler's
Notch, Glen Ellen, Sugarbush and Mad River
Glen.

Wedgewood Tennis Center
Berlin 05602
802-223-3218

Stowe, Sugarbush, Bolton Valley and Mad
River are 20 minutes away.

Wisconsin

Olympia Resort and Spa
1350 Royal Mile Rd.
Oconomowoc 53066
414-567-0311

The resort's facilities include a ski hill with
four chairs and four racquetball courts.

Wyoming

Jackson Hole Racquetball Club
P.O. Box 2214
Jackson 83001
307-733-3990

Racquet Court Club
Star Route
Box 362H
Jackson 83001
307-733-7004

The club is in a condominium complex, The
Aspens, four miles south of Jackson Hole ski
area.

Canada

Mirabel Racquet Club
Point Claire, Quebec
514-697-5610

Mirabel is 40 minutes from the Laurentians. ●

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Women In Racquetball



Carol Brusslan

Racquetball's Beauty Marks

Janell Marriott puts on knee socks to hide them. Sarah Green slips into long pants. Karin Walton's don't show under her perpetual California suntan.

And Shannon Wright wears hers like badges of glory when she stands in center court racquet high above her head after a pro tour win.

The subject is ball marks, those circles ranging from purple to gold, depending on the length of time that's passed since a hard hit ball slammed against a fast moving leg while players fight for points in a racquetball court.



The topic of ball marks came up during a series of interviews for Judith Neisser's racquetball beauty story which you'll find on the pages that follow. When asked how *she* deals with those bruises that distinguish our sport, Marci Greer — just off of her first pro tour win — said *"I try my hardest to prevent them. If I see the ball coming, I jump."*

One top level club player says *"every woman in our all city AA league has to live with those marks. When your opponent hits a hard ball and you get into position to return the ball, all you need is a slight mis-hit to get banged in the leg."*

The same player recommends wearing nylons to combat ball bruises. The rubber weapon seems to slide right off.

But Greer says that even bare legged there's a way to avoid ball marks: *"Hit every shot so well that your opponent can't return the ball."*

Did you ever notice Marty Hogan's legs?

Unscathed.



Beauty Guide For Racquetball Players

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Beauty Guide For Racquetball Players

by Judith Neisser



Beauty is in the eye of the racquet holder. At least that's the way it is with racquetball players.

As racquetball zooms into the public eye, racquetball players, like golf and tennis enthusiasts, appear to be increasingly interested in presenting a smashing image on the court.

Says Roy J. Karrell, beauty and treatment service manager of the Chicago Elizabeth Arden Salon: "A woman is obligated to look as attractive as possible at all times. After all the human species is the only one which allows a female to outdo the male as far as appearance. So why not make the most of it?"

With this in mind *National Racquetball* has consulted with Karrell as well as several other health and beauty experts to gather as much knowledge as possible about how to best deal with cosmetic problems concerning almost every active sportswoman.

Hair

Karrell recommends that racquetball players "wear their hair either short or long — nothing in between. Medium length hair is more difficult to keep under control. A player shouldn't have to worry about her hair falling across her face. Obviously this has a bad effect on her game.

"Long hair can be pulled back and firmly secured with a thread covered rubber band. The hair should be held very tightly. DO NOT DEPEND ON BARRETTEES OR RIBBONS TO SECURE THE HAIR (especially women with fine hair)."

For those women who insist on having medium length hair, or on wearing it shorter around the face, Karrell recommends a terry cloth headband as "the most successful device for keeping hair under control."

He encourages players with straight hair to have a light permanent. "It releases a woman from a dependency on rollers or round brushes. With a perm, she can just wash her hair and blow it dry . . . or let it dry naturally.

"The active player should shampoo her hair after every match," Karrell advises. "While playing a vigorous game, a player perspires heavily and secretes a tremendous amount of body waste (acids) and oils which sit on the scalp and lubricate the hair shaft, causing the hair to be greasy and out of control. Also since body waste is a form of acid, when it isn't washed away, it dries out the scalp and produces dandruff."

Karrell, however, is quick to point out that women with very dry hair, who do not perspire a great deal, "SHOULD NOT SHAMPOO EVERY DAY." For these people "TOO MUCH WASHING REMOVES THE NATURAL OILS AND CAUSES HAIR LOSS AND BALDING."

What kind of shampoo does he advise using? "Any quality product such as Elizabeth Arden, Sassoon, Pantene," to name a few. Karrell negates harsh detergent shampoos and emphasizes the importance of gently cleaning agents for women with color-treated hair.

Makeup and Skin Care

"Do not wear a foundation (makeup base) while playing racquetball," Karrell instructs vehemently. "It's absurd to start off your game looking flawless and end it looking a mess. When a woman perspires, the makeup literally rolls off of her face. I would rather see a woman wear a little powder blusher or cream rouge, a little lipstick and a little eye shadow." He suggests that when applying lip color a woman also outline her lips with a pencil lipliner. "The pencil liner has a wax base; lipstick has a cream base. Therefore a pencilled outline creates a boundary which helps prevent lipstick from smearing."

According to Karrell mascara is out! "Every active woman involved in sports should tint her lashes and save her mascara for when she is 'going out' (both daytime and evening). Tinting darkens the lashes; it does not thicken them. A woman involved in sports doesn't need to look glamorous while playing," he explains — "just attractive."

For women who prefer to have a little more coverage because of acne scars or skin defects Karrell suggests using a "tiny bit of moisturizer and a face powder." He is also convinced that most women should apply wrinkle lotion (firming lotion) to their faces before going out on the court. "While playing one tends to twist the face into all kinds of extreme expressions, and little creases develop. A firming lotion will help prevent those little expression lines from turning into wrinkles over a period of years."

Scent

If a woman feels naked on the court without perfume, Karrell suggests that she wear a signature scent such as Arden's Cabrielle or Revlon's Charlie, to name two. "These are daytime working scents; they are very casual. To wear a perfume such as Chloe on the court is ridiculous," he says. "That should be saved for the evening or when you wish to feel special."

Feet

According to Chicago podiatrist Dr. Stan Pritikin "in order for your feet to look attractive, they must be healthy. There is no question that corns, callouses, bunions and other unsightly problems can be diminished by proper foot care."

A spokesman for Scholl, Inc., the firm specializing in foot comfort, points out: "The human foot is one of the most intricate and sensitive parts of the body. Formed by a network of 26 bones, held together with 120 ligaments, it is activated by at least 20 muscles."

"Although nearly everyone starts life with healthy feet, an estimated 90 percent of the American adults experience some kind of minor foot problem."

To keep feet comfortable and trouble free Scholl researchers offer the following advice for daily foot care:

"Because the feet are one of the most active parts of the body, they're great dirt collectors, too, and special care begins in the bath."

- Work up a lather with a wash cloth or brush and wash feet thoroughly.
- Use a pedi-brush to scrub in and around toenails to remove excess dirt and grime.
- Rub a pumice stone on dry, flaking patches that accumulate on heels and bottoms of feet. (Use on knees and elbows, too.)

- Damp-dry feet thoroughly, especially in between toes.
- While still damp smooth up feet, legs and entire body with a moisturizing, softening lotion. Applied with a gentle massage it will stimulate circulation.
- Before stepping into socks or shoes, sprinkle skin with a light layer of foot powder; use fingers to flick between toes."

Pritikin recommends protecting sore, tender areas on the feet with moleskin. He also advocates frequent whirlpool baths for the active sportsperson because "it stimulates circulation and relaxes tired foot muscles."

He cannot overstate the importance of "WEARING CLOGS AND KEEPING BARE FEET OFF OF WET SURFACES IN CLUB LOCKER ROOMS AND SHOWERS. THIS IS THE BEST WAY TO PREVENT WART-CAUSING VIRUSES AND FUNGUS INFECTIONS SUCH AS ATHLETE'S FOOT."

Both Pritikin and Scholl Inc. fitness experts emphasize the importance of proper fitting socks (heavy cotton or wool that fit smoothly) and athletic shoes. "Whether the game is soccer, frisbee or racquetball, feet are an athlete's most important equipment. While they're covering ground and providing push-off-power, they absorb between three and five times the body's weight with each step . . .," a Scholl spokesman explains.

To insure an accurate shoe fit:

- Shop in the late afternoon when the feet have expanded to their maximum size.
- Have both feet measured for length and width and buy for the larger foot.
- Wear socks, orthotics or inserts you'll play in when trying on new shoes.

Pritikin offers this final footnote: "Visit your podiatrist once a month. If you need special supports, he can custom make them for you. Also, there is no question that with regular footcare, there is a much greater chance that serious foot problems will be arrested before they get out of hand."

Undergarments

Underpants bearing a cotton crotch are a must for the active sportswoman! Not only are they more comfortable because they provide more absorbency, but they also guard against health problems.

Dr. Eliot Silbar, a highly respected Chicago-area gynecologist explains: "Synthetics can cause problems because they are less permeable to air and promote increased heat and moisture in the perineal area which in turn can support an overgrowth of organisms that cause infection. Cotton, on the other hand, absorbs moisture and lets air in."

And now the bra. In the last two years a lot more information has been garnered on this subject. Says Dr. Christine E. Haycock, a trauma surgeon and associate professor of surgery at the New Jersey College of Medicine, in the November, 1978, issue of *National Racquetball*: ". . . girl athletes who have average or larger breasts are going to be more comfortable, and I think, are going to play better wearing a well-fitted bra." She goes on to explain in this well researched article why breasts are so vulnerable to motion: "They're sitting right on top of the pectoralis muscles — the chest muscles that you use in active sports — ergo the breasts get bounced around. Plus breasts don't have any very good natural support structures. The pectoralis ligaments aren't true ligaments at all; they're actually just made of fibrous tissue that stretches easily."

Some Ways Four Pros Stay Beautiful

"Of course a girl with a larger than average bust is going to be twice as sensitive to these factors, because the heavier the breast, the greater the force exerted on it in action." cautions that because "the bosom Haycock has little built-in support, girls who run around braless have to expect that they will wind up with long, pendulous breasts when they're middle-aged."

So girls . . . watch out! To help you cope with this ponderous problem here are some support systems, many of them from a list in *Women's Sports* April, 1979, issue:

All-Sport (Bestform)

Bali-Go-Active

Bound to Win (B.T.W. Co., P.O. Box 2797, Oxnard, CA 93034)

Foerster Sports Bra (Medical Engineering Corp., 3037 Mt. Pleasant St., Racine, WI 53404)

Get Moving (Warner's)

Jembra (6753 Hollywood Blvd., Suite 212, Hollywood, CA 90028)

Jogbra (SLS Inc., P.O. Box 661, Burlington, VT 05402)

Leotard Bra (Danskin, Inc.)

Marathon Competition Bra (Design Corps International, 719 S. Los Angeles St., Suite 727, Los Angeles 90014)

Runderwear (Athletica, Inc., P.O. Box 13357, Philadelphia, PA 19101)

The Running Bra (Formfit Rogers)

The Sport Bra (Lily of France)

The Winner (Henson-Kickernick, P.O. Box 1026, Greenville, TX 75401)

And now for a final word from beauty expert, Roy Karrell:

"A woman should not feel guilty about wishing to enhance her appearance. Many women are confused about that natural look. Let's face it . . . Being natural is boring; there's nothing exciting to look at. You want to make people aware of your positive features. Don't be afraid to play them up!"



— Arthur Shay photo

Karin Walton

"I shampoo three times a day every time I shower. My dermatologist told me that four hours after shampooing the oils are back in my hair . . . I use a light glossy pink nail polish and then put Hard as Nails over that."



Sarah Green

"I wear my hair short, out of my eyes . . . I don't wear any cosmetics when I play because I have sensitive skin to start with, and it just can't handle makeup."

Making Waves

"A perm is easy to take care of, ideal for racquetball players," reports Carole Charfauros, who took this picture of Shannon Wright, left, beating Lynn Adams Sept. 3 at the annual Los Angeles Open. Since Charfauros — herself a player with a permanent — took this photo, Adams made her march to the beauty shop and is now traveling the pro circuit with short, curly hair.

— Carole Charfauros photo



Racquetball Rhyme

How I Learned to Be Humble

by Jane Sellers

Racquetball,
Fun for all
That's how they got my attention.
You'll lose some weight
You'll feel just great
A few things they didn't mention.

Well I signed my name
To play the game
I was now in the Ladies League.
But I have to admit
I'm not very fit
The thing I felt most was fatigue.

Court 3, Game One

Court's so cold I see my breath,
I know for sure I'll catch my death.
I'm all fired up — now I'm hot
How could I have missed that
shot?

I'm feeling great . . .
You said she's got 21 and I
have 8?

Court 3, Game Two

I'm back on the court
Determined to win,
My first serve is short
I stifle a grin,
I've got her scared —
just a matter of time
Time's going by —
I'm zero, she's 9.

I seem to be choking,
I've got to quit smoking.
Look at that serve,
She's got her nerve
(She knows I can't hit off the wall.)
"Good shot — Beautiful,"
I'm still very nice
And I smile at the player who's
beaten me twice.

Back in the locker room
The excuses for losing
And taking abusing
Fly faster than Hogan's serve:
I'm really not well
My game's shot to hell
This bad luck, I don't deserve."
"You think you're bad off
Get a load of my cough
And all my five kids have the flu."
"I can't concentrate
When my opponent is late
And it's that time of the month
For me, too"

"Well I've got what it takes
But today my head aches
And my wrist hurts whenever I
swing"
"You girls are all crazy
You're just being lazy
I'm here with my arm in a sling."
"That's rather bad news
But check out this bruise
It's a wonder I can lift up my feet."
"You think you're afflicted —
My family's evicted
By 2 we'll be out in the street."

It goes without stopping,
Each story topping
The tale that was told before.
The locker room woes
Everyone knows
You forget when you walk out the
door.

Court 3, Game three

Just one more game
But it's sheer futility.
Today's lesson
Has been one in humility.
My shorts are too tight,
I must look a fright.
I have to keep smiling,
I must behave
Three men are looking
Oh! My legs need a shave.
I wish I could leave
I can't even breathe,
Can't she win faster?
I know she's my master.
My feet are like lead
My face is beet red
The sweat's pouring down
I think I might drown.
It's finally over
"Enjoyed it," I babble
What ever happened
To that dear game of Scrabble?



Marci Greer

"I wear glasses and I want my hair to stay away from my glasses. I don't wear a headband even though at the end of a match the sweat begins to dribble into my eyes. I don't like to wear anything on my head, and that's why I keep the front of my hair short."



EKTELON

Jennifer Harding

"I wear the same makeup I wear all the time — very little. Just a light foundation, lip gloss, blush and mascara. No problem with anything running since — unlike most of the women pros — I don't perspire . . . I always use a conditioner after I wash my hair, to combat the drying from the blower."

Who's Playing Racquetball

Susan Keyser: The Omelette Queen

Susan Keyser has created a life to taste. With a dash of business sense, a knack for cooking and the determination to spend "quality time" with her nine-year-old son, she has perfected the recipe for her existence.

And she still has time to play racquetball.

As owner and operator of The Omelette Queen in Baltimore, MD Susan takes her egg cooking ability on location. Armed with French pans, propane gas and a "Big Chef" hat she and her crew cater anything from private parties to business meetings.

"My philosophy about this business is to keep it as simple, as nutritious and as tasty as possible," Susan says. "Big Chef" and up to three assistants have served omelettes to as many as 350 people. Their basic menu consists of variations on a mushroom, onion, cheese, spinach and spanish sauce theme, but they're open to experimentation.

Cooking is nothing new to 31-year-old Susan, who has been running the business for three years. "All my life I've been around food," Susan says. "My parents were both excellent cooks." Susan ran a cheesecake business prior to her current venture. But the hours were too long so she looked around for another culinary outlet. "There was this man in (Washington) D.C. called the Omelette King, and I figured if he could be the King, I could be the Queen."

One of the moving forces behind The Omelette Queen is Susan's desire to remain close to her son. "My time with my son is the most important thing in my life," says Susan, who plans her business events around his school hours.

And the flexibility afforded by The Omelette Queen's schedule offers other advantages as well.

For the past two years Susan has been able to play racquetball



Susan Keyser mixes a good share of racquetball into her life as The Omelette Queen. Here she shops with her son, Erik in preparation for a post-tournament party at the Padonia Court Club.



Estelle Meister photo



Anne Tomak photo

several mornings a week. As a member of the Ladies Challenge at the Padonia Club in Baltimore Susan plays with different people between nine and noon three days three a week. "It gets me started for the day," says Susan.

Susan is especially enamoured of the physical benefits of the sport. "I went back to a class reunion and I was in better shape than three-fourths of the people there."

Her devotion to the sport is so great that she and a friend took off for Steve Strandemo's Racquetball Camp at Seven Springs, PA where she says she improved her game and "got a great workout."

With Susan racquetball at this point is more than a game. Her assistants come from friendships she has formed through the sport, and a nice percentage of her business is racquetball-related.

For while Susan swears she is not into competition, The Omelette Queen has been seen catering more than one tournament.

— Jennifer Alter

If you know a woman who plays racquetball and whose job or hobby would make her a good subject for this series, send her name, address and phone number to Carol Brusslan, National Racquetball, 4101 Dempster, Skokie, IL 60076.



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Kids Flock to "Kids Are People, Too"

Jan Sarno's ready for Saturday morning league.



Everyone wears eyeguards.



"On the first day of racquetball, My teacher gave to me, A forehand in the shape of a V" sing 40 five-through-12-year-olds as they begin their course, "Kids Are People, Too" under Pro Jan Sarno's direction at Chalet Sports Core in Willow Springs, IL.

Since the Chalet replaced a sparsely attended children's round robin with Sarno's 12 week league, parents have to sign up early to be sure their boys and girls have a place in the \$25 series, which includes balls, T-shirt, instruction and a final party.

Eyeguards are mandatory for the small players who start out their lessons with a racquetball book Sarno makes out of multicolored construction paper. Other parts of the book cover game procedure, attendance, vocabulary and conduct, all phrased for children ("In baseball you get three tries to hit the ball and you're out; In racquetball you get two tries to make your serve good and you're out. . . Sportsmanship is to be nice on or off the court whether you're winning or losing.")

Sarno divides her students into Magnums, five-through-eight (playing a half court game), and Cobras, nine-through-12 (playing 15-point, 8-point tie-breaker games on the full court). Both groups keep score at least once when they're not playing, before they go into the practice court.



"A racquetball player is like a baseball player at home plate," Sarno explains, pointing to a pillow. "The baseball player waits for his pitch just the way we want you to."



Even kids need warm-ups.

New Court Club Listings

Sarno says teachers have to be careful about form because "everything gets imitated — even facial expressions."



All Sarno's players display sportsmanship, coming in and going off the court.

Sarno says "I made believers out of all the people who told me I was crazy — that I'd never be able to control 40 kids that age. I don't think I could have done it without the help of Jean Sauter's book, and Sesame Street. I got a lot of ideas from that show by watching it with my own three-year-old." ●

Check the Court Club section for upcoming stories on other successful programs for children, including team racquetball at The Courtrooms in Ft. Lauderdale, FL.

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Columbus, IN 47201

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Ft. Wayne, IN 46805
4646 W. Jefferson Blvd.
Ft. Wayne, IN 46804

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DEPT. NR 7

Back Up Your Game With a Sound Spine

An Expert Tells How Racquetball Players Can Keep Their Backs Out of Trouble

by Mary Jane Bezark

What part of that racquetball playing body of yours is most important to scoring the winning point? Your arm?

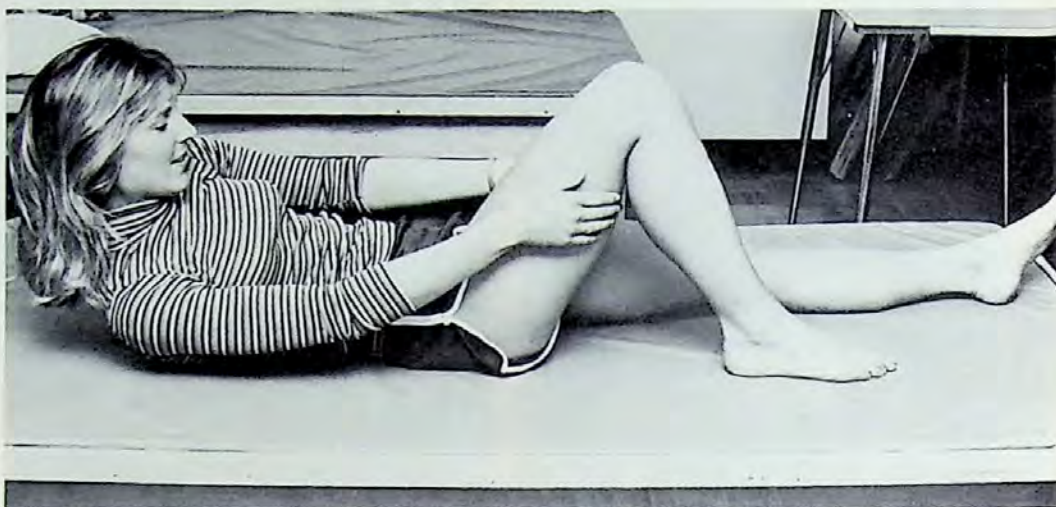
Maybe. But unless you've had some trouble with it, you may not have considered what an essential piece of racquetball equipment your back is. Key muscles you need to move your arm when you're making those powerful shots are anchored at your spine, and your spine plus the trunk muscles attached to it support you so you can stand up to play. Besides, if your back went out, you'd be in too much pain to swing at the ball, let alone move fast to retrieve it.

Because your back is so critical to your game, and because too many people lose weeks and even months of play due to back problems, *National Racquetball* consulted an expert for advice on how racquetball players can keep their backs out of trouble.

Robert G. Addison, M.D. is not only a back expert — he directs the Rehabilitation Institute of Chicago's Low Back and Pain Clinic and is clinical associate professor of the Department of Orthopedic Surgery and assistant professor of the Department of Physical Medicine at Northwestern Memorial Hospital — but he is also a racquetball player. He works off the tension that comes with his occupation by playing two, or when possible, three times a week.

"A racquetball player's back is most vulnerable when he or she is out of balance, out of control, and reaching and twisting to make a shot."

"Some athletes seem to have an almost inborn understanding of the positions and moves that are natural, safe and effective. The rest of us have to learn good body mechanics," Addison says.



Rehabilitation Institute of Chicago Occupational Therapist Susan Beaman is one of nine tournament level racquetball players in her department. Here she demonstrates a knee bend exercise to strengthen her back. She bends her knee as she rises from a prone to sitting position and pulls her knee toward her chest.



Remember This Rule

The fundamentals of good body alignment that he stresses for racquetball players: when you're anticipating a shot, you should have both feet firmly on the floor with your weight evenly distributed between them; your knees and hips should be

bent; you should tighten your stomach and buttock muscles, and you should be at right angles to the ball. At no time should you reach for the ball with your feet and knees heading in one direction and your shoulders and torso twisted in another.

Robert G. Addison, M.D. points to the lumbar spine area that's often involved in low back pain.

To understand how the approved stance can prevent back disasters it helps to know a little back anatomy.

In *Living With Your Bad Back*, a book which he authored with science writer Theodore Berland, Addison says "Your spine is a string of 26 bones arranged somewhat like a swaying stack of poker chips." The weight of the head, shoulders, arms and chest are all supported by that swaying stack.

Muscles and ligaments support and hold the spine in position. The muscles that run parallel to it are the ones that pull the spine erect, and muscles along the side of the torso rotate the spinal column. Less obvious but essential control is provided by the abdominal muscles. Firm, well conditioned abdominal muscles lend support from in front; back muscles can't do the job alone.

Addison notes that "Most people who take up sports and are in moderately good condition probably have satisfactory back muscles. But these people might have a problem all of us in this mechanical modern society need to watch out for — out-of-shape abdominal musculature.

"When we slack off on conditioning, the abdominals are the first muscles to go and the last to come back."

As for the back bones (vertebrae) — they are round and thick in front with a thinner, craggy section in the rear. The craggy protrusion forms a ring around the spinal cord which extends from the neck to just below the waist. Two nerves branch off the spinal cord between each pair of vertebrae.

The thick, round part of a vertebra is cushioned from the ones above and below it by disks — round cartilage-like pads with relatively tough skins and softer filling. These pads are the notorious villains of the slipped disk



drama. As you may know, they don't actually slip, but under pressure they may bulge out painfully against a nerve. Or under great or continual pressure their covering may rupture so some of the center filling squeezes onto the nerve.

Bend From Your Hips

Protecting your disks is one of the good reasons for bending from your hips and knees instead of your waist to get down to the ball. If you happened to make the unfortunate mistake of picking up a 44 pound

National Racquetball asked Dr. Addison to evaluate how the players in these photos were treating their backs.

package by bending at your belt line, you would be subjecting one of your disks to 384 pounds of pressure. Bending from the waist while making a forceful shot similarly puts a great deal of unnecessary pressure on that disk.

There's another big asset for your back and your game that comes from bending your knees. It brings your powerful leg muscles into play.

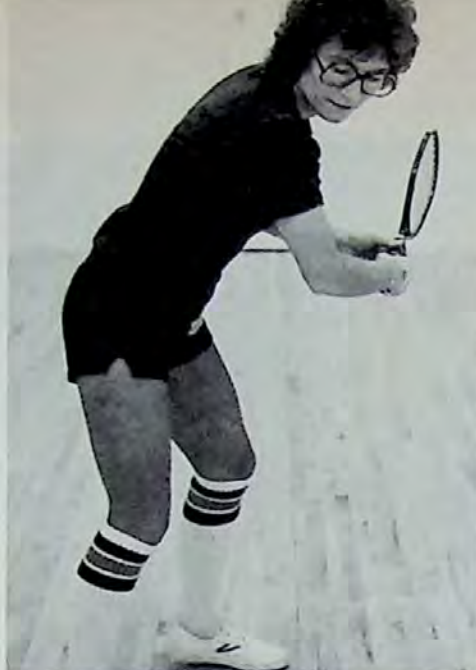
Two other back structures, ligaments and joints, are significant to racquetball players. One ligament that runs down the front of the spine and another that runs down the back let the spinal column act like a spring. The joints that let one vertebra move against another are on either side of the craggy part of the bone.

Addison likes to use a model of the spine with its vertebrae held together by rubber and plastic to demonstrate what happens to a racquetball player's back when the player gets out of balance.

"First let's look at your back when you make a controlled move. You're moving synchronously, and your spine and its supporting structures are in a natural position."

"But see what happens when you're out of balance and are twisted and reaching while your knees and feet are going in one direction and your arms and torso in another. You can see the vertebrae are pulled out of line. All the tissue that's attached and between them — ligaments, muscles and nerves — are being stretched and torn. In other words it's getting strained and sprained. And of course there's a lot of unnecessary pressure on the disks."

Now Addison points out that during an abnormal move the bodies in the spinal joints are straining against each



"This person is about to put her back at a disadvantage. As you can see, the ball's coming in low, and she's in anticipation with her knees too straight and so is going to have to bend from the waist to make her shot."



"When her opponent returns the ball to her backhand, this player is going to be in trouble. She won't be able to get to her backhand without getting tremendously off balance and twisting her spine."

other. *"Putting spinal joints through abnormal ranges of motion is like having someone sit on your knee when your leg is straight and push the joint counter to the way it normally bends."*

Contract Your Stomach Muscles

Next to using the right stance, Addison is convinced, the most important thing racquetball players can do for their backs is learn to contract their abdominal muscles just before moving. *"Your body needs to*

"In this sequence you can follow a player who's subconsciously aware of balance at all times, so his back is getting maximum protection. Here you see him at right angles to the shot he's anticipating."



know what moves your mind is planning so your tissues can accommodate. Contracting your abdominals gets your whole body ready."

"You can see a good example of this principle when Karate experts yell 'oof' just before they break a board with their hands. What they're actually doing by making that sound is contracting their stomach muscles."

Like using good body mechanics, tightening abdominals should become so entirely automatic that your muscles memorize the position and correct themselves without conscious directions from you.

One way to contract your abdominals correctly is to learn the pelvic tilt. Lie on the floor with your knees bent and, by tightening your buttocks and stomach muscles, try to press the small of your back against the floor. After you can do that 10 times and can feel your stomach muscles pulling up and in while your buttock muscles are pulling down and forward, try doing the same thing with your legs straight.

When you're on your feet and want to be sure you're doing a good pelvic tilt, stand with your back to the wall. Contract your abdominal and buttock muscles and try to get the small of your back to touch the wall. Holding that posture walk away for a minute, come back to the wall and check yourself again.

"Now you see both his feet are planted on the ground; his left arm is out to the side as balance; his knees and hips are bent."



"As he starts to come through his knees begin to bend more."



"When he finishes off he comes through with his right arm, and his left arm comes in adding to the balance."



Ten Pelvic Tilts

Doing 10 pelvic tilts twice a day should go a long way toward helping you tighten your abdomen before each stroke. And you'll see that pelvic tilts top the exercise list on these pages for strengthening abdominals.

You'll also find two warm-up exercises included on the list after the muscle builders. Everybody's heard that athletes should warm up before strenuous play, but not all of us are sure why.

"Tissues at rest undergo a kind of jelling. There's a substance called collagen in muscles, ligaments and joint linings that thickens like grease in an unused car engine unless you're moving," Addison explains.

"If you go directly into heavy exercise without warming up you're not only apt to strain back muscles and ligaments, but that's a time you're likely to rupture heel cords and ham strings."

Addison likes to start his own pregame warm-up on cold days by dressing in the sauna. *"I get warm, my clothes get warm and the air in the racquetballs gets warm, so they bounce better,"* he notes.

Warm-up time gives a player who's back is stiff a chance to find out if it really is no more than right or whether

he or she has a problem and should pass up the game and perhaps see a doctor. *"A player who's just stiff starts to feel pretty good as he warms up; he's not aggravating his back, and he's not changing his stroke to compensate for discomfort."*

In a final word on back care for players Addison recommends cooling

down gradually if it's cold out so back muscles don't chill and go into spasm. *"We hot-walk horses after a run; we ought to be willing to do at least that much for ourselves."*

Following that bit of advice, like the rest of the racquetball-playing physician's counsel, can keep your back ready to play when you are. ●

Muscle-building and Warm-up Exercises for Your Back

General Instructions

1. Do the following exercises on a firm surface like the floor or an exercise mat; a bed is too soft.
2. Lie on your back.
3. Keep your stretches smooth and controlled. Breathe steadily and regularly.
4. Continue with each exercise until you begin to tire or, if your back is stiff, until your discomfort increases.

Abdominal Muscle Builders

1. Pelvic tilt — Bend your knees and, by tightening your buttocks and stomach muscles, press the small of your back against the surface you're lying on. When you have mastered the tilt with your knees bent, progress to doing the exercise with your knees straight.
2. Straight leg raises — Assume and hold a pelvic tilt. While keeping your knee straight and your ankle flexed upward, slowly lift your

right leg off the floor as high as possible and then return it to the floor. Repeat with the left leg.

3. Knee to nose — Assume and hold a pelvic tilt. Keeping your left leg flat, bring your right knee to your chest and your nose to meet the knee. Return your right leg to the floor and repeat with the left knee and then both knees. You may use your hands to pull your knees into your chest.

Warm-ups

1. Crossover — Keeping your knee straight, touch the big toe of your right foot to the floor on your left as you turn your head to the right. Repeat touching the big toe of your left foot to the floor on your right as you turn your head to the left. Keep your shoulders flat on the floor.
2. Lower trunk rotation — Bend your knees and bring your feet up to your hips. Keeping your shoulders flat on the floor, rock your knees to touch the floor on the left and then the right.

EXTRA!

Racquetball: Cure for Executive Loneliness

Racquetball would seem to be the tailor made antidote for executive loneliness, described in *Insurability*, a newsletter edited by Benjamin Lipson. Lipson writes that Dr. Richard C. Proctor of the Bowman Gray School of Medicine, Wake Forest University, finds "loneliness a common condition

among executives, often stemming from their inability to confide in their associates or underlings for fear of being thought weak . . . Apart from the psychological effects of loneliness (most commonly depression or misuse of authority) there are frequently physical reactions as well . . . having trouble sleeping,

feeling worse in the morning and better in the afternoon; loss of weight and/or appetite; indigestion."

Insurability reports that "occasionally a busy executive will be so involved in his job that he won't even be aware of his 'loneliness' until his body lets him know."

Lipson says Proctor's remedies "are so simple they're often dismissed unjustly as being too obvious."

"Pursuing hobbies, exercising, making new friends is vital."

Which is another way of saying: start playing racquetball.

Kidsworld TV Show Does a Racquetball Repeat

Kidsworld, the national TV show that young viewers catch in 80 cities, will air a racquetball segment in 1980, just as they did in 1979.

This time the subject will be 13-year-old Darin Eyring of Mercer Island, WA, in a match against Robby Katz, also 13, who came down from Canada last summer to play for the TV cameras. Darin's cousin, Cheryl Eyring, is commentator.

The entire Eyring family started playing racquetball



Cheryl Eyring interviews her racquetball playing Uncle Gary and her cousin, Darin, for *Kidsworld*.

two years ago. Now Darin beats his mother, Anita, and his older brother, Chris, but not his father, Gary, an A player.

Last spring *Kidsworld*, which covers subjects suggested by its eight-to-14-year-old audience, ran a three minute segment on four Las Vegas junior players. Check local television guides to learn when the latest *Kidsworld* racquetball segment will be on the air.



Racquetball



Bob Keenan

Our Second Decade Begins in Las Vegas

Repeating last year's all out success the United States Racquetball Association will gather together the heads of all 50 of its state organizations at its 1980 national convention.

Our second decade will begin with our Second Annual State Convention Jan. 11-13 at the Tropicana Hotel in Las Vegas.

Building around our goal of promoting amateur racquetball we will be discussing all the issues that will make the job of state chairman easier and more efficient. Among them: goals and programs of the National Racquetball Referees Association, which has begun testing and certifying racquetball referees for pro and amateur tournaments; making the state associations a helping hand to the court clubs via special promotions and sponsorships for amateur events; guidelines to aid state chairmen; proposed participation in the Special Olympics on state levels; a proposed coordinated national calendar for USRA/NRC state, national regional and intercollegiate events and new money-saving advantages to USRA membership, including a member's discount program.

In addition to the work sessions the convention will offer USRA heads of states the first state chairmen racquetball championship and free tickets to the finals of the Coors All Pro competition.

Tom Street Steps down from Illinois Post

Thirty-eight-year-old Tom Street, after three years of dedicated leadership, announced his retirement as president of the Illinois State Racquetball Association.

As a direct result of Tom's leadership Illinois became one of the USRA's strongest and most loyal allies. The USRA's firsts are many. The largest State Championship Tournament ever held, a total of 803 entries, in 1978 came under Tom's guidance; Illinois became the first state with a ball and shirt program; the ISRA Referees Committee is recognized as one of the most knowledgeable and efficient in the country; the ISRA became the first state with a mandatory eye protection rule for Juniors. In addition Tom's promotional ability has helped to increase the membership to well over 3,000.

The ultimate tribute came from "Mr. Racquetball" himself, Bob Kendler. *"Tom Street is one of a kind and they'll never make another one like him. He has made the Illinois association the envy of many and the USRA is extremely proud and thankful for what he has done. The impressive thing is he didn't do this for a living; he really dedicated himself to the game."*

Tom who will remain on the ISRA's Board of Directors, said *"What I'll miss the most is the friendship and camaraderie that developed over the years. In my opinion racquetball people are the best in the world"*.



by Dan Bertolucci

What can you say about a guy who dedicated himself to one of the things in life that he truly loves? That he's great, a class guy, good friend, tremendous person, etc., all seem too empty when you refer to Tom Street. It's been a real pleasure knowing Street over the years — he is one of those guys you can count on when it comes to integrity, loyalty, courtesy and just being a friend. He's a sincere, warm guy who takes pleasure out of seeing others enjoying themselves. He's done it all in the sport with no fear of failure. He's done it with class, pride and respect for everyone and has been a credit to the industry and to those of us who have made racquetball part of our lives.

In his own way he's given many of us pleasure in Illinois racquetball. As I see racquetball as always being a part of my life, I see Tom Street sharing a place within it. Thanks, Tom...



Jim Stevens Salutes Racquetball

And We Salute Jim Stevens

In this issue — and in future issues — we will salute those state chairmen, as well as rank and file USRA members, who have been a vital part of the USRA's success. We begin with Jim Stevens, Indiana state chairman, whose contributions include running a program to certify referees in his state and writing the following:

I Am Racquetball • by Jim Stevens

I am the joy of health; the heritage of competition; the epitome of sportsmanship.

I am desire and determination; satisfaction and comfort; the winner's prize; the swift hand of victory; the silent partner of thousands of successful persons.

I am the solace of the loser; the security of experience; the shield against misfortune. I am admired by my peers and accepted graciously as both a friend, and a player of worth.

I am the product of ingenuity. I bear the fruit of toil and sacrifice. Opponents respect me; yet, I am humble. I stand before every player as an equal, bidding them know me for what I am, and accept me as their friend and companion.

I am the attainment of skill; yet no stranger to the futility of despair. Though I may seem complacent, my intensity surges forth — never failing, never ceasing. I seek to prosper. I grow in value as a person.

I am time. And time is my aid. The years find me younger. Competition heap up my gain. I pursue excellence. I defy unpreparedness and lack of confidence — for they are the roots of defeat.

I am a pillar of strength. I am positive. I am action. People learn to believe in me. Invariably they succeed and become envied. Along the way some falter or withdraw. But I survive — for I am dedicated to the pursuit of happiness and prosperity.

I am inspiration. I generate pride and self-confidence. I represent achievement. I am the foundation of success. Yet I am so common that thousands, unthinkingly and unknowingly, pass me by.

I am the enthusiasm of the present, and the spirit of the future. I am challenge. I am opportunity. I am progress. I am fun. I am a winner. I am racquetball. Come play with me!



Hugging the Huggers

Clinics Click at Special Olympics

by Jim Winterton

Being in charge of racquetball clinics at the 1979 International Special Olympics August 8-11 at Brockport State University near Rochester, NY, made me a different person than I was before I watched dozens of handicapped children respond to racquetball.

Let me describe what happened:

Wednesday. Starting at 6:30 p.m. two special education kids from the Work Experience Center in Rochester — Joe Mazzola and Kenny Erickson — put on a racquetball exhibition amidst cheers from the gallery. Then the Kentucky basketball team from Marshall County stopped by to impress us all with their athletic skill, just as they were to do every day before the Olympics ended.

Thursday. About 500 young men and women tried racquetball at our morning and afternoon clinics. These special education people included two Koreans who spoke no English, and Timmy, a Downe Syndrome child who had only one-tenth normal vision. The Koreans must have run a hundred miles on the court in 20 minutes; what they lacked in skill they made up in exuberance. Timmy struggled to hit the ball to the front wall for five minutes, and ended up hitting four or five times in succession. Smiles were the order of the day.

Thursday is the day a blonde boy from Syracuse made his first visit to our clinic. He stayed all day and came back Friday and Saturday.

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Friday. Sam DiChristina and Joanne Pokorny, who teach at the Towson Court Club in Baltimore, drove in for the clinics. The gallery was packed as Sam played with our first wheelchair pupil. Churck Wurzer, vice president of APRO, the teaching organization, did some instructing, and Maureen McCormick (Marcia on *The Brady Bunch*) came by to play everyone. Maureen was typical of the celebrities who went all out to help the kids have a good time. Muhammad Ali boxed an exhibition and got knocked out upstairs in the P.E. building.

Saturday. Hank Aaron came to play a racquetball exhibition, and we found that being a great wrist hitter in baseball gave him *some* forehand for our game. One of my buddies came back again, so I gave him my coaching hat and let him teach. He did a good job, too. In special ed if one or two kids can get that kind of responsibility, they shine. As the Olympics came to a close Eunice Kennedy Shriver reminded us that a normal athlete competes and the struggle is over, win or lose; but a special athlete competes even after the event, and the struggle is never over:

What made the Special Olympics so special was the atmosphere of love — only the people who love the children volunteer to work.

For four days we taught to packed galleries. The spectators came to see the kids learn and have fun. Two open players played on a court and the crowd ignored them, moving on to the next court hoping to see instruction and the kids having fun. The people cheered wildly for a good shot or any shot hit by an Olympian. Outside on the track special volunteers called huggers hugged the kids as they finished their races. One reporter saw a volunteer sobbing uncontrollably and two athletes hugging her. The writer in the local newspaper wrote that in the end *"the huggers were hugged"*.

We came to help and were helped. We came to teach and were taught. We came to give joy and received it. Most importantly we came to give love and received more than we could possibly have given. We were not volunteers; we were paid more than we could ever bank in our life time.

Doug Reighly and Jim Winterton, of the New York state association, (and with the cooperation of USRA headquarters) are working to make racquetball a regular Special Olympics sport. To qualify 10 states must hold racquetball competitions for the handicapped. If you would like to help organize your state, write Bob Keenan, USRA, 4101 Dempster, Skokie, IL 60076.

Special Olympics Racquetball Volunteers

From Upstate New York Racquetball Association: Sam Cianfaranno, Bruce Clark, Denise Powers Clark, Debbie Derleth, Laverne Dickerson, Jim Dollinger, Ann Kelly, Mike Levine, Donna Meger, Lori Nave, Sam Poletta, Doug Reighly, Mark Renzi, Sue Winterton, Jim Winterton, Kathy Witzig, Chuck Wurzer. From Pennsylvania: Francine Davis, Tom Onachuk, Melanie Taylor, From Maryland: Sam DiChristina, Joanne Pokorny



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National Racquetball's Most Improved Players

A junior, a state competitor and a club player we're picturing this month represent the variety of winners in *National Racquetball's First Annual Most Improved Player* contest.

Save records of your progress through next June so you can enter the 1980 *National Racquetball Most Improved Player* contest.



Scott Perry, Kansas

The day that Scott Perry, 15, picked up a racquet at the Hutchinson YMCA his potential was apparent. He won first in the YMCA Open Juniors that very month — April, 1978. By the following March he'd won first in the State USRA 15 and Under Juniors, and he was competing — and doing well — in Open Doubles events. Larry Swank, YMCA associate executive director, says "Scott's enthusiasm and capabilities to learn, encouragement and support by his family, and instruction from local and state players have contributed to his . . . record." Swank calls Scott Perry an "all around" player who "volunteers to help run tournaments and is willing to referee."



Caryn McKinney, Georgia

Caryn McKinney, 21-year-old student at Woodrow Wilson College of Law, started playing racquetball in December of 1978 and won her first club open tournament at the Atlanta Sporting House two months later. A first in women's B in the USRA Southeast Regionals last March was the start of a series of wins including taking the winning spot in the Georgia Ladies Invitational Tournament last summer.



Bill Pilkey, Michigan

Bill Pilkey, 28, started to climb up the B ladder of the Backwall Racquetball Club in Madison Heights as soon as he came to the club to learn more about the game. By the following June he was seeded second in the club and had been named an instructor. Club Pro Vicki Anderson says "Bill often practices by himself for hours at a time and can now play any kind of a game, ranging from one filled with fast kill shots to a slow controlled place shot game."



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Tournament Results

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Allow two months or more for your tournament writeup to appear here.

Maine

The fourth annual USRA Harvest-Time Tournament, sponsored by Olympia Sports Center, was held Sept. 28 - 30 at the Mall Playoff Club in South Portland.

Results

Men's Open

Quarters: G. Fitzpatrick d. J. Simmons 21-8, 21-10; B. Folsom d. N. Bernier 21-12, 21-17; S. Larrabee d. B. Simmons 21-10, 21-14; D. Janelle d. J. Ward 21-5, 21-9
Semis: Fitzpatrick d. Folsom 21-15, 21-14; Janelle d. Larrabee 21-8, 21-9
Finals: Fitzpatrick d. Janelle, 21-5, 21-7 **Consolation:** — Steve Dubord

Men's B

Quarters: J. Duckett d. F. Coyne 21-10, 21-15; B. Basinet d. J. Daye 21-17, 21-16; H. Warden d. J. Hammond 21-10, 21-16; B. Beauchemin d. J. Hawkes 21-20, 21-18
Semis: Basinet d. Duckett 21-7, 21-15; Beauchemin d. Warden 21-17, 4-21, 11-5
Finals: Beauchemin d. Basinet 21-18, 21-17 **Consolation:** B. Tarling

Men's C

Finals: B. Cannan d. K. O'Donovan 21-15, 21-17
Consolation: 1st — D. Harvey

Men's Novice

Finals: D. Wright d. T. Dube 17-21, 21-20, 11-5 **Consolation:** R. Langmaid

Men's Seniors

Finals: M. Donahue d. R. Burdo 10-21, 21-14, 11-9
Consolation: T. Gagne

Men's Doubles

Finals: N. Bernier/ D. Janelle d. G. Fitzpatrick/ J. Ward 21-10, 21-14

Women's Open

Semis: M. Callahan d. S. Churchill 21-10, 21-5; E. Ehrlich d. V. Wyse 21-12, 21-4
Finals: Ehrlich d. Callahan 14-21, 21-8, 11-7 **Consolation:** 1st — J. Flahive

Women's B

Semis: B. Lovejoy d. S. Thomas 21-9, 21-16; M. Carlson d. S. Ruggles 21-9, 21-15
Finals: Carlson d. Lovejoy 21-8, 21-12 **Consolation:** J. Adams

Women's C

Finals: A. Kassler d. M. Donovan 21-19, 18-21, 11-9
Consolation: J. MacLean

Women's Novice

Finals: J. Washburn d. L. Downes 20-21, 21-8, 11-6
Consolation: A. Bailey

Women's Doubles

Finals: E. Ehrlich/ S. Belanger d. S. Churchill/ J. Flahive 21-15, 21-17

Florida

The second annual Greater Orlando City Championships took place Aug. 17 - 19 at The Racquet Ball in Orlando. Co-sponsors for the tournament were the March of Dimes and Winter Park Jaycees. Over 200 entrants participated.

Results

Men's Open: 1st — Mark Morrison, 2nd — Vinnie Ganley, 3rd — Bob Stoermer

Men's B: 1st — Joe Porta, 2nd — Bill Greaney, 3rd — Mike Smith

Men's C: 1st — Bill Lewin, 2nd — Ross Stein, 3rd — Lee Handley

Men's Open Doubles: 1st — Blackard/ Morrison, 2nd — Nico/ Owens

Women's Open: 1st — Quinn Lovingood, 2nd — Terri Mele, 3rd — Janine Pardee

Women's B: 1st — Barbara Lazar, 2nd — Jean Jarvie, 3rd — Pat Schapanski

Women's C: 1st — Maria Fulmer, 2nd — Marty Anderson, 3rd — Pam Thomas

Women's Open Doubles: 1st — Mele/ Lovingood, 2nd — Thomas/ Fulmer

Men's B Doubles: 1st — Hewitt/ Warden, 2nd — Sobell/ Schwarzrock

Juniors 14 - 17: 1st — Brian Shorthouse, 2nd — Tom Kelly, 3rd — Rick Shorthouse

Juniors 8 - 13: 1st — Louis Steinmetz, 2nd — Scott Sobel, 3rd — Jack Roberts

Indiana

Racquetball East, West, and South of Indianapolis hosted the first WNAP/KARMA Circle City Open, Aug. 24 - 26. The Circle City Open was the largest tournament held in Indiana with 325 participants in nine divisions.

Results

Men's Open:

Quarters: Ron Johnson d. Jeff O'Malley, Marc Boulais d. Paul Kruger, John Kruger d. Jim Knauer, John Knauer d. Eric Rigby

Semis: Johnson d. Boulais 21-19, 21-17; John Knauer d. John Kruger 8-21, 21-2, 11-4

Finals: Knauer d. Johnson 21-5, 8-21, 11-4; **Third** — Marc Boulais; **Consolation** — Rex Lawler

Men's A

Quarters: Don Davis d. Geoff Gooch, Barry Lutz d. Charlie Gunn, Phil Howard d. Jim Crosley, Paul Evans d. Peter Sakon

Semis: David d. Lutz 17-21, 21-7, 11-0; Howard d. Evans 15-21, 21-3, 11-6

Finals: Davis d. Howard 21-14, 21-8; **Third** — Paul Evans; **Consolation** — Don Hollanbeck

Men's B

Quarters: Mike Arnolt d. Jerry Kraus, Bruce Shafer d. Hal Spiro, Kim Kroll d. James Vianco, Mark Beamon d. Mark Lasbury

Semis: Arnolt d. Shafer 21-14, 17-21, 11-6; Kroll d. Beamon 19-21, 21-18, 11-1

Finals: Kroll d. Arnolt 21-14, 21-7; **Third** — Mark Beamon; **Consolation** — Bruce Lowe

Men's C

Quarters: Bill Atherton d. Terry Elser, Bruce Naylor d. Chris Carroll, Ed Rankin d. William Benz, Dave Vallancourt d. Doug Wotring, Vince Griffin d. Kerry Blue

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Semis: Naylor d. Atherton 21-8, 21-17, Griffin d. Rankin 21-10, 21-4

Finals: Naylor d. Griffin 21-10, 21-4; **Third** — Bill Atherton; **Consolation** — Perry Faith

Men's Novice

Quarters: Dave St. Laurent d. Gary Zucker, Edmond Brown d. Steve Castner, Steve Schmidlin d. Mike Goldenberg, Ron Hanson d. Louis Saba

Semis: Brown d. St. Laurent 21-13, 21-19; Hanson d. Schmidlin 21-11, 21-20

Finals: Hanson d. Brown 21-16, 14-21, 11-7; **Third** — Steve Schmidlin; **Consolation** — Phil Brewer

Men's Seniors

Quarters: Gerald Beauchamp d. Marvin Baker, David Wilbur d. Chan Frothingham, Charles Douglass d. Bill Lindner, Leo Cox d. Denny Owen

Semis: Beauchamp d. Wilbur 21-18, 17-21, 11-3, Cox d. Douglass 21-8, 21-16

Finals: Cox d. Beauchamp, forfeit; **Third** — Charles Douglass; **Consolation:** Stuart Tilton

Women's B

Quarters: Carol Fox d. Mary Van Hoy, Jill Guthrie d. Sally Renfro, Becki Faith d. Jane Eaton, Betty Stevens d. Becky Kiesel

Semis: Fox d. Guthrie 21-4, 21-7; Faith d. Stevens 21-10, 21-16

Finals: Fox d. Faith 21-4, 21-11; **Third** — Betty Stevens; **Consolation** — Sally Renfro

Women's C

Quarters: Debbie Adams d. Pam Mathews, Debbie Schmidt d. Arlene Sebert, Linda Green d. Robin Streets, Teresa Shideler d. Judy Sartlin

Semis: Adams d. Schmidt 21-9, 20-21, 11-1; Green d. Shideler 21-15, 21-14

Finals: Green d. Adams 10-21, 21-11, 11-5; **Third** — Debbie Schmidt; **Consolation** — Kathie Arvin

Women's Novice

Quarters: Angela Casso-Haines d. Elizabeth Bandy, Kim Pipkin d. Debbie Shuck, Jean Schraudner d. Karen Sheperd, Lynn Rumbaugh d. Barb Knauer

Semis: Casso-Haines d. Pipkin 21-13, 21-6; Rumbaugh d. Schraudner 21-17, 21-10

Finals: Rumbaugh d. Casso-Haines 21-20, 21-19; **Third** — Jean Schraudner; **Consolation** — Diana Huffer

Ohio

The second annual USRA State Tournament took place Sept. 14 - 16 at Circuit Courts in Dayton under sponsorship of Gold Circle.

Results

Men's Open Singles: 1st — Clark Pittman, 2nd — Kevin Deighan, **Finalists:** 1st — Tom Travers, 2nd — Phil Stepp

Men's Master Doubles: 1st — Haering/ Lapierre, 2nd — Kosicki/ Smith, **Finalists:** 1st — Morris/ Redden, 2nd — Gomez/ Vantrease

Men's Senior Doubles: 1st — Soble/ Stern, 2nd — McKinley/ Helton, **Finalists:** 1st — Perna/ Sanz, 2nd — Marsh/ Huss

Men's Master Singles: 1st — Fred Zitzer, 2nd — Paul Haering, **Finalists:** 1st — Frank Redden, 2nd — Otis Chapman

Men's Senior Singles: 1st — Jack Soble, 2nd — Kent Fusselman, **Finalists:** 1st — J.D. DeBoskey, 2nd — Elijah Helton

Men's B Doubles: 1st — Barasch/ Schneider, 2nd — Miller/ Frees, **Finalists:** 1st — Lillis/ Cardullias, 2nd — Straw/ Parks

Men's Open Doubles: 1st — Abrams/Clifford, 2nd — Sipes/ Pittman, **Finalists:** 1st — Vantrease/ Vantrease, 2nd — Reinhart/ Moore

Men's B Singles: 1st — Barry Hart, 2nd — John Lewis, **Finalists:** 1st — Brian Deighan, 2nd — Charlie Parks

Men's C Singles: 1st — Matt Rosenblum, 2nd — Ed Schmidt, **Finalists:** 1st — Tony Laquintano, 2nd — Ed Lutz

Men's C Doubles: 1st — Spence/ Rauhoff, 2nd — Lutz/ Bates, **Finalists:** 1st — Walton/ Langdon, 2nd — Miller/ Butler

Boy's 16 and 17: 1st — David Rosenblum, 2nd — Brian Deighan, **Finalists:** 1st — Justin Vantrease, 2nd — Adam McKay

Women's B Singles: 1st — Sally Forristell, 2nd — Robin Blessing, **Finalists:** 1st — Nancy Vaughn, 2nd — Kathy Bell

Women's C Doubles: 1st — Hyre/ Wolff, 2nd — Sander/ Lavis, **Finalists:** 1st — Ladd/ Morford, 2nd — Kramer/ King

Men's Novice Singles: 1st — Redden, 2nd — Ken Bussell, **Finalists:** 1st — Alex Gamber, 2nd — Rick Rounds

Women's Open Singles: 1st — Becky Callahan, 2nd — Julie Selm, **Finalists:** 1st — Trish Morphew, 2nd — Laurie Thomas

Women's B Doubles: 1st — Sturt/ Revenaugh, 2nd — Langenderfer/ Wentland, **Finalists:** 1st — Maxwell/ Snell, 2nd — Dolgin/ Rober

Women's Novice Singles: 1st — Linda Bressi, 2nd — Justina Saxby, **Finalists:** 1st — Beth Happe, 2nd — Priscilla Miller

Boy's 13 and Under: 1st — Ken Stern, 2nd — Matt Reed, **Finalists:** 1st — Tom Wetherbee, 2nd — Adam DeBoskey

Women's Open Doubles: 1st — Strickland/ Thomas, 2nd — Wachtel/ Robinson, **Finalists:** 1st — Gifford/ Ogden, 2nd — Retterer/ Shalkhauser

Women's C Singles: 1st — Claudia Mapes, 2nd — Deb Shartle, **Finalists:** 1st — Ellen Costanzo, 2nd — Joan Sander

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Delaware

The Greenville Racquetball Club and the Delaware Racquetball Association hosted the 1970 Delaware State Doubles Championships April 29 - May 1.

Results

Men's Open: Orval Foraker/Pat Kelly d. John Chelucci/Jack Chelucci

Women's Open: D.C. Lantz/Debbie Waltner d. Gail Van Deusen/Diane Rossell

Open Mixed: Lantz/Foraker d. Waltner/Don France

Men's Senior: Charlie Robertson/Ronald Hitchens d. Bob Drovini/Bill Moody

Men's B: Lee Carter/Paul Homgren d. Bob Hood/Jamie Brown

Men's B

Quarters: Jack Van Kuiken d. Bob Doogan 21-19, 21-9; Tom Creal d. John Ness 21-18, 21-1; Steve Little d. Joe Olivieri 21-21, 21-19, 11-9; Bruce Scholtens d. Tom Joy 21-11, 8-21, 11-5

Semis: Van Kuiken d. Creal 21-17, 21-12; Scholtens d. Little 21-13, 21-15

Finals: Scholtens d. Van Kuiken 21-10, 21-13

Men's C

Quarters: Fred Kuypers d. Mike Bielec 17-21, 21-14, 11-6; Bruce Lefeck d. Wayne Kuhn 21-20, 21-14; Al Stanek d. Dick Christensen 21-18, 21-12; Joe Vellenga d. Bill Smith 14-21, 21-7, 11-8

Semis: Kuypers d. Lejeck 21-19, 21-5; Vellenga d. Stanek 21-8, 21-11

Finals: Kuypers d. Vellenga 21-10, 21-10

Men's D

Quarters: Joe Wojcik d. William Barton 21-19, 21-7; Leonard Schultz d. Ken Kehl 21-17, 21-10; William Schmeier d. Bob Kirby 21-5, 21-8; Mike Anasewicz d. Bill Edger 21-9, 17-21, 11-6

Semis: Wojcik d. Schultz 12-21, 21-17, 11-9; Schmeier d. Anasewicz 21-2, 21-8

Finals: Schmeier d. Wojcik 21-12, 21-16

Consolation Rounds: A — Gary Saretsky, B — Tom Joy, C — Pat Whyte, D — Mark Monje

Illinois

Sept. 13-15 the Tinley Park Racquetball Club hosted the second annual Men's Open Southwest Side Shootout.

Results

Men's Open

Quarters: Steve Butler d. Dale Eggert 21-20, 21-10; Jack Newman d. Bob Stoy 21-10, 21-19; Harvey Miller d. Ron Johnson 21-20, 21-8; Marshal Waldo d. Gary Saretsky 21-4, 21-4

Semis: Newman d. Butler 12-21, 21-20, 11-8; Miller d. Waldo 21-19, 15-21, 11-5

Finals: Miller d. Newman 21-14, 21-20

Texas

Pretournament Open division favorite, Linda Schulte, was beaten in her first match by Lisa Lynch for the only major upset of the second annual Tri-State Women's Open Racquetball tournament at the Amarillo YMCA.

Results

Novice

Quarters: Carla Swain d. Treva Hohmann 20-21, 21-2, 11-5; Carrie McGavock d. Rita Sheperd 21-15, 21-7; Monette Ross d. Diane Gorrie 21-1, 21-2; Sue Lesly d. Belva Maloney 21-13, 21-16

Semis: McGavock d. Swain 21-9, 16-21, 11-2; Ross d. Lesly 21-1, 21-0

Finals: Ross d. McGavock 21-3, 21-2 **Consolation:** Jana Sharp d. Rita Sheperd 21-9, 21-11

C

Semis: Peg Stallings d. Tandy Medford 21-14, 21-10; Debbie Bray d. Diana Dooley 21-5, 21-11

Finals: Stallings d. Bray 21-10, 21-11 **Consolation:** Melody Owens d. Jo Roberts 21-4, 21-17

B

Semis: Candy Smith d. Tandy Medford 21-20, 9-21, 11-6; Linda Roles d. Myrna Clark 11-21, 21-12, 11-9

Finals: Roles d. Smith 11-21, 21-12, 11-9 **Consolation:** Elaine Watson d. Tomi Parr 21-9, 21-12

Open

Semis: Lisa Lynch d. Linda Schulte 9-21, 21-18, 11-4; Nita Smith d. Ann Wootton 21-5, 21-16

Finals: Smith d. Lynch 21-15, 15-21, 11-7 **Consolation:** Linda Schulte d. Doris Reed 21-4, 21-3

Doubles

Semis: Linda Roles/Pam Scroggins d. Doris Reed/Candy Smith 21-12, 10-21, 11-1; Nita Smith/Ann Wootton d. Marilyn Trolinger/Linda Schulte 21-15, 7-21, 11-4

Finals: Smith/Wootton d. Roles/Scroggins 21-3, 19-21, 11-10 **Consolation:** Mary Lou Armstrong/Elaine Watson d. Lana Stokes/Debbie Bray 21-5, 15-21, 11-1

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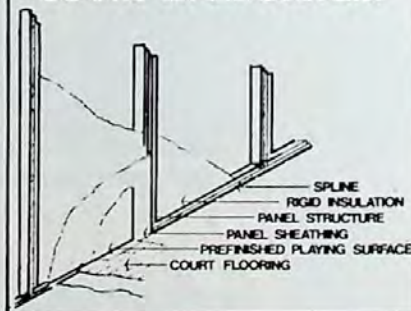


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California

Racquetball World and Aerobic Health Center in Fountain Valley was the showcase for the Gourmet Classic Open Sept. 13-16, which drew more than 300 entrants. Racquetball World's three glass courts provided viewing for the over 400 spectators.

Results

Men's A: Ed Andrews d. Steve Lerner 21-6, 21-18

Men's B: Dave Doeher d. Tom Malone 21-19, 21-7

Men's C: Ben Jenkins d. Bob Holcomb 20-21, 21-8, 11-1

Men's Novice: Todd Monzo d. Randy Markley 21-20, 21-11

Men's 35: Ronald Adams d. Ed Moriyana, forfeit

Men's 45: Vance Lerner d. Duke Libby 21-12, 11-21, 11-9

Junior's: Ken Krammer d. Nathan Martin 21-12, 21-13

Women's B: Carolyn Kottman d. Janet Preleyko 21-5, 21-6

Women's C: Patricia Nishi d. Linda Seymour 21-3, 21-5

Women's Novice: Cindy Krammer d. Virginia Weber 21-1, 20-21, 11-1

Men's B Doubles: Lerner/ Lerner d. Mason/ Ruiz 21-15, 15-21, 11-7

Men's C Doubles: Seals/ Washko d. Painter/ Tafarella 21-11, 21-8

Women's C Doubles: Casdinale/ Esser d. Cline/ Fabiani 21-3, 21-5

Mixed B Doubles: Staub/ Perryman d. Higbee/ Leppa 21-14, 21-15

Mixed C Doubles: Esser/ Montoya d. Gonzales/ Bahnsen 13-21, 21-17, 11-6

Missouri

Tony Upkes and Mary Herling captured the open competition titles in the Jefferson City Racquet Club's Lite Beer Racquetball Tournament Sept. 21 - 23.

Upkes beat Ted Podgorny for the Open title, with John Gardner placing third and Dave Mathewson winning consolation.

Herling beat Anne Wyrick for the Women's title, with Hirm House third and Carol Gardner the consolation champion.

Other trophy winners were **B:** 1st — John Bartarelli, 2nd — Joe Schwert, 3rd — Darren Doyle, Cons — Greg Miller; **C:** 1st — Randy Higgins, 2nd — Doug Puterbaugh, 3rd — Glen Caby, Cons — Neal Jones.

Missouri

The Third Annual WJC — Steinhoff Fall Racquetball Classic was held Oct. 27 - 30 at West James Courts in St. Charles. John Bowles, a senior at Francis Howell High School, took first place in the Men's Open by defeating Ron Wickers. Dave Schwent took third place in that class when Jay Manzoor forfeited because of muscle cramps. In the

Men's B division Chuck Sharamitaro defeated Dick Davis for first place with Asif Manzoof coming in third over Bill Haar. Brad Morse, sophomore at St. Charles High School, gave Rich Mohrmann a good fight in the Men's C final, but Mohrmann came out on top. Third place went to Kevin Lowey with a win over Gary Porterfield. Kevin Buehrle, another young St. Charles player, defeated Luther Faulkner in the tie-breaker of the Men's D finals. The third place trophy was won by Greg Chrun who defeated Joe Sommerville. The finals for Men's Novice (those who have played 6 months or less) was a matchup between two players from Granite City, IL — Jim Greenwald and Mike Burton. Greenwald took the first place trophy after winning the tie-breaker, and Mike Sullivan defeated Don Wester for third place.

In Women's C Lani Becker fought back after losing the first game to Rita Stewart and won the second 21-16 and the tie-breaker for first place. Third place went to Cindy Whitehead who defeated Donna Ebner in another close match. Kathy Stuk defeated Dianne Ellison to take the Women's D Class title, and Juanita Whiteid won her match with Kathy Bremer to take third.

Consolation round winners were: Men's Open — Bill Schmelzer over Craig Nelson; Men's B — Denny Honer over Ray Morse; Men's C — Ron Pisciotto over John Armour; Men's D — Jeff Knoderer over Roy Rahn; Men's Novice —

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Robert Blake over Chuck Hubbard 21-10, 21-20;
Women's C — Ola Patty over Kathy Schmelzer
21-18, 21-20; Women's D — Rita Fisher over
Karen Neuner.

— Rosie Epps

Pennsylvania

Kings Court Racquetball Club in Erie and
Strohlight held a Labor Day Racquetball
Classic Aug. 31 - Sept. 3.

Results

Men's Novice Singles: 1st — Chris Connors, 2nd — Jeff
Harayda, 3rd — Dave Cunningham

Women's Novice Singles: 1st Mary Beth Uht, 2nd — Sue
Weber, 3rd — Patty Eller

Men's Novice Doubles: 1st — Tom Dolan/ Dave Berti, 2nd
— Ken May/ Bill Klaes, 3rd — Dave Campbell/ Mike Weber

Women's C Singles: 1st — Barb Teufel, 2nd — Lori
Patmore, 3rd — Julia Appletree

Men's C Singles: 1st — Doug Bagnoni, 2nd — Pete
Millamaci, 3rd — Tom Niland

Men's B Seniors: 1st — Dave Wagner, 2nd — Dennis
Tobin, 3rd — Jack Larsen

Men's B Singles: 1st — Chuck Sasala, 2nd — Bruce
Horniek, 3rd — Scott Bush

Women's B Singles: 1st — Karen Gray, 2nd — Kim
Schloss, 3rd — Diana Prindle

Women's B Doubles: 1st — Cheryl Frazier/ Paula Beck,
2nd — Becky Tobin/ Karen Gray, 3rd — Jane Peganoff/
Judy Racine

Men's B Doubles: 1st — Bruce Horniek/ Keith Eller, 2nd
— Jim Labrozzi/ Bruce Byler, 3rd — Scott Bush/ Mike
Pancerev

Men's Open Seniors: 1st — Rudy Van Hulten, 2nd — Stan
Linder, 3rd — Al Schattner

Women's Open Singles: 1st — Melanie Britton, 2nd —
Diane LoCastro, 3rd — Mary Juchno

Men's Open Singles: 1st — Jim Jones, 2nd — Mark
Rapaport, 3rd — Brad Strobel

Men's Open Doubles: 1st — Dave Sissmore/ Mark
Rapaport, 2nd — Al Schattner/ Jim Jones, 3rd — Pete
Ponnel/ Brad Strobel



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Craig McCoy



Cast in Role of Lefty

by Tom Reinman

What does Craig McCoy, racquetball professional, have in common with Horatio Nelson, British naval hero, that he doesn't have in common with Judy Garland, Clarence Darrow, Michaelangelo, Harry Truman, Cole Porter and Babe Ruth?

You couldn't have guessed it. He's not left-handed.

But playing left-handed as McCoy does, people logically assume he's a lefty.

This is the Craig McCoy sponsored on the pro racquetball tour by Leach Industries, the guy with the muttonchops who came into the current season ranked ninth on the circuit and eighth among money winners.

This is the Craig McCoy who takes immense pride in his profession as a racquetball player and claims his best career performance was probably a semi-final round loss in the 1979 Nationals at Tempe.

Yes this is the Craig McCoy who has been seen hitting racquetballs with a Graphite 100 clutched in his left hand.

No this Craig McCoy is not left-handed.

"I don't think this has ever been printed," he says in an interview in his Riverside, CA home, *"but I'm not really left-handed."*

"When I was 13 or 14 I was lifting weights, and once I was working with about 20 pounds more than what I weighed, which was ridiculous. Well I couldn't handle it, and I looked and saw the bar coming down, and the next thing I knew my right arm was shattered."

Craig McCoy, right, provided Marty Hogan with his toughest competition at the 1979 Nationals.



— Arthur Shay photo

Cursory research doesn't make it clear why right-handed Amiral Nelson's close friends came to call him "Lefty", although it is known that Bob Cousy's fabulous basketball career was born of a broken right arm and the intense desire to play ball at the same time. Same idea with McCoy, different ball.

"I was playing racquetball at the YMCA in Riverside at the time," explains McCoy, who was introduced to the game there by Lee Ellis, a man who still aids the young pro. "I had just picked the game up when I hurt my arm, and I liked it, so I played with the cast on. Some guys were a little leery of playing me, and my game needed a little work, but after some practice time I really began to get serious about it."

The cast stayed on for six weeks, and rehabilitation took a few more and months later Craig McCoy was posing as a left-handed racquetball player.

Serves to the Forehand

You know about lefties. They're crazy. Jimmy Connors, Jack the Ripper, Charlie Chaplin. And when they hit racquetballs, crazy things happen; they spin and skip, come at you on the wrong side, look funny, psyche you out.

"Oh, I don't know," says the only professional racquetball player with a 44-gallon gas tank in his van. "There may be a slight advantage, but among the pros, since we play together so often, I don't really think there's such a thing as a psych-out anymore."

"The thing is that everyone else is a righty, which means they naturally serve to my forehand. They try and play their game, but when they see

what they're doing they sometimes try to change it, and that puts me at an advantage."

One player who doesn't alter his game against McCoy is Marty Hogan, and with good reason.

"I think Marty's been great for the game," says McCoy. "Every sport that has really become popular has had one outstanding star — Borg in tennis, Muhammad Ali in boxing."

"But later on I don't think it's so good to have one dominant player, and as the sport grows and more good players come into the pros there'll be more tourneys and more winners. I think we're coming into that stage right now, although Marty was overwhelming at the Nationals."

Indeed Hogan was virtually unstoppable at Tempe where, aside from his 21-16, 21-17 win against McCoy and a first round 21-15 victory, he allowed 14 points or less in every other game. But McCoy seems to think there may be signs of chinks in Hogan's armor.

"Power is going to win these days because power is in," McCoy reasons. "I started out as a control player and I've had to change my game to half control and half power. When the situation is right I like to play control, but you can't do that when you can't see the ball coming at you."

"When I first started playing the ball was conducive to running a guy around the court, long rallies, tough points. Then came the power guys and the ball became much faster."

"I don't know what the makers' philosophy is now, but it seems like that ball we've been using lately is slower than those of the last couple of years. If that trend continues, the control players will have a little better time of it. What few problems Marty has had have come at tournaments where they've used the slower ball."

So although McCoy can pound with some of the best of them, he seems to favor the advent of the relatively slower ball.

Teenage Hero

Another favorite of McCoy's is Charlie Brumfield, whose style first enthralled McCoy as a teenager visiting San Diego to watch a tournament. The feeling seems to be mutual.

"Craig McCoy probably has more potential than anyone else who's ever played the game," says Brumfield. "If you were to draft a player you'd look for size, speed, endurance, ability, hand-eye coordination. He's quick, he's a masterful stroker, he's got great technical skills."

To learn how to beat a left-handed opponent turn to Steve Strandemo's instructional article on page 30.

"And few people realize he's a great doubles player. That's saying something because most players today would be absolutely lost in a doubles match. He was winning doubles tournaments before many of these guys were playing the game."

"We were a team for years, in fact we won the National Doubles once. I was looking for a partner and that's how Howdy and I got together in the first place."

Howdy?

"We were playing the Canadian Nationals in Vancouver when Craig was 14," recalls Brumfield. "He was very quiet, stoic, really showing very little emotion over anything. And he looked just like a wooden puppet, the spittin' image of a dummy. I called him Howdy Doody and everybody started calling me Buffalo Bob because I did all the talking for the team," he adds with a chuckle.

"I'm one of the few Charlie doesn't try to manipulate on the court," kids McCoy. "Oh he used to go into his rage, but that doesn't happen anymore because I don't retaliate. In fact I usually give in to him on the court and that's worked out better for both of us."

Brumfield has nothing but praise for McCoy but admits that in the past he's had to keep the rising star motivated with an assortment of coaxing and admonition.

"Craig's main problem has been motivation," Brumfield says. "Once he was playing Bill (Done) Dunn of San Francisco at Agajanian's in Long Beach. It was 20-20 with Dunn serving

for the game, and I look over and saw McCoy adjusting his hair in the reflection of the sidewall."

McCoy admits as much. "I'm friendly with a number of guys on the tour, naturally with the guys sponsored by Leach. It's a little tough sometimes to get up to play them. When I'm not playing them, I'm pulling for Marty and Charlie to win."

Randy Floyd, a Leach administrator, and probably as close to McCoy as anyone else in the game, knows the feeling. "It's almost like family for Howdy sometimes with Leach players. But put him in against some of the other guys on the tour and he's like a different man. He's beaten Steve Strandemo five straight times."

No Psych-outs

McCoy tends to downplay that. "Oh I might have a little thing going there. But once I had him 14-4 and he came back to win. There's really no psych-outs anymore. Things just go along based on how you feel day to day."

That's just how McCoy takes things in the off season — day to day. "I do absolutely nothing for about a month after the season," says the 22-year-old who is studying to earn a real estate salesman's license. "I keep close to top shape in the flow of things, going to the beach to swim, playing football or basketball. I usually play racquetball about once a week, just enough to keep my hand in. It's not tough to get back into top form once the season starts if I just stay close during the off season."

McCoy stays close at the court in Riverside where he plays two-on-one with good A players, rather than leave family and friends for the racquetball Mecca, San Diego, only about two hours away.

"I know of guys who have gone to San Diego and haven't gotten that much out of it. I mean, the top guys aren't hanging around playing each other all the time. I'd rather stay at home where I'm more comfortable."

Lee Ellis still gives McCoy pointers on his game, even though the pro has progressed beyond the teacher. "He can't play so well," says McCoy, "but he sure knows what's going on. He can watch me for awhile and tell me my feet are in the wrong place or my swing is off and why. I don't have a coach, really, but I have Lee Ellis."

He also has, along with Steve Serot, the toughest, if one of the few left-handed games on the court.

Says Brumfield "One basic problem for McCoy is that he learned to stroke the ball rather than flail it. Unfortunately for the spectator and for the game, it's now a game for sluggers. Racquetball has to go back to what it was or it will not flourish."

"Craig McCoy was and is very competitive in two different generations and I find that very admirable."

And coming from Charlie Brumfield, who has seen most of them come and go, that is no left-handed compliment. ●

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Tournament Results

The



Unexpected Always Happens

Marty Hogan even wins the first stop of the season for the first time in two years.

by Terry Muck

After 15 years of playing handball and writing up more than 300 handball tournaments *National Racquetball's* assistant to the publisher, Terry Muck, is doing his first story on a professional racquetball tournament. Muck, the country's third ranked handball pro, and editor of *Handball* magazine, is also a fine racquetball player, though he can't beat Charlie Brumfield and Marty Hogan the way he knows he could at handball.

All photos of the Lombard pro stop by Arthur Shay

You expect to see a few set pieces at an NRC Pro Racquetball Tournament like the one held Sept. 27-30 at the Glass Court in Lombard, IL.

You expect to see Marty Hogan win, for one thing. And win he did, defeating a surprisingly stubborn Jerry Hilecher 21-18, 21-15.

You expect to see wheeling and dealing behind the scenes, people maneuvering the sport and its players in their own private game of Monopoly, although it's obvious to anyone who cares to see (surprisingly few, I would guess) that only one person can own Boardwalk and Park Place, and the rest will be left scrambling for the Oriental Avenues of life.

You expect to see the pro players scuttling back and forth among one another like so many crabs looking for bigger and better shells.

You expect to see bawling players who just can't believe *that* many referees can be *that* bad. The whack, whack, whack of ball meeting racquet and the silent thwack, thwack of ego-driven psyches all add up to the atmosphere of racquetball's big show.

All those things you expect to see, so if you really want to enjoy a racquetball tournament you should go looking for the unexpected. And sure enough, the Lombard Pro Stop provided some of the unexpected nuggets a diligent, golden-eyed fan could pick up, polish and take home to put in his racquetball hope chest.

Take Jerry Hilecher for example. He came to the tournament with limited hopes for any success: *"I didn't expect too much here. My wife and I just had a new baby (a son, Justin), and that took up most of my time this summer. I only really trained for two weeks before this tournament, and that's not enough for me to get in real good shape."*

En route to the finals Jerry won three tough tie-breaker matches, something you can't count on doing when not in top shape. *"I was pleased to win them, of course, but it wouldn't have crushed me to lose any one of them. As it turned out, I deserved to get to the finals, but I wouldn't have bet on it before the tournament began."*

Craig McCoy fell to Hilecher in the sixteens 4-21, 21-18, 11-5, and Ben Koltun came up short in the quarters 21-16, 5-21, 11-8. The Koltun-Hilecher match had plenty of fireworks. In addition to the pyrotechnic displays on the court, where the players let all their emotions hang out in a profusion of primal screams and gestures that suggest they might spend a little too much time watching late night B movies on television (*"Let's win one for the Gipper"*, etc.), the fans got into the act, feeling free to express themselves, and that led occasionally to an overexuberant cheerleader being asked by tournament officials to calm himself. This happened in this quarter-final match where one man persistently exhorted Koltun to *"Shoot lights, Benny"*, an exhortation Ben did his best to follow in extending Jerry to the tie-breaker.

It's the men's finals battle against Jerry Hilecher and Marty Hogan muscles his shot in for a winner with form you won't find in the instruction books.

Rich Wagner, front, is Marty Hogan's victim in the semis, one of three rounds that ended with a tie-breaker win for the Lombard pro stop men's champ.

The "Shoot-lights-Benny" fan didn't appear to be very unusual, and indeed it was hard to see why he was singled out for disciplinary action when almost everyone associated with a pro racquetball tournament displays a refreshing candidness about his feelings, so that if somebody wants something from you, he simply asks for it. No Emily Post etiquette here, or Caspar Milquetoast restraint. At Wimbledon people might be genteel, but at Lombard they're real. At Augusta a golfer may mis-hit a shot, at Lombard he chokes it.

The players are remarkably uninhibited during the course of their matches and their disappointment over missed shots and joy over successful ones registers as plainly on their faces and in their comments as President Carter's ineptness registers in the Gallup poll.

Take the Hilecher-Bledsoe semi-final match as an example. Bledsoe entered the court really pumped up, especially since he was just coming off a big quarter-final win against gutsy Steve Strandemo, the dynamite match had gone to 11-10 in the tie breaker. Bledsoe put Hilecher out on his first serve, and his shrill comment as he prepared for his own initial service was "Points." This, and variations of that theme, became his rallying cry for the match: "Points, we need points"; "Points, let's get points"; etc. As the first game wound down to its conclusion, Bledsoe found himself in a position to win and he became more poetic, as in:

"Give me four and out the door."
(at 17-10)

"Give me three and I'll jump with glee."
(at 18-11)

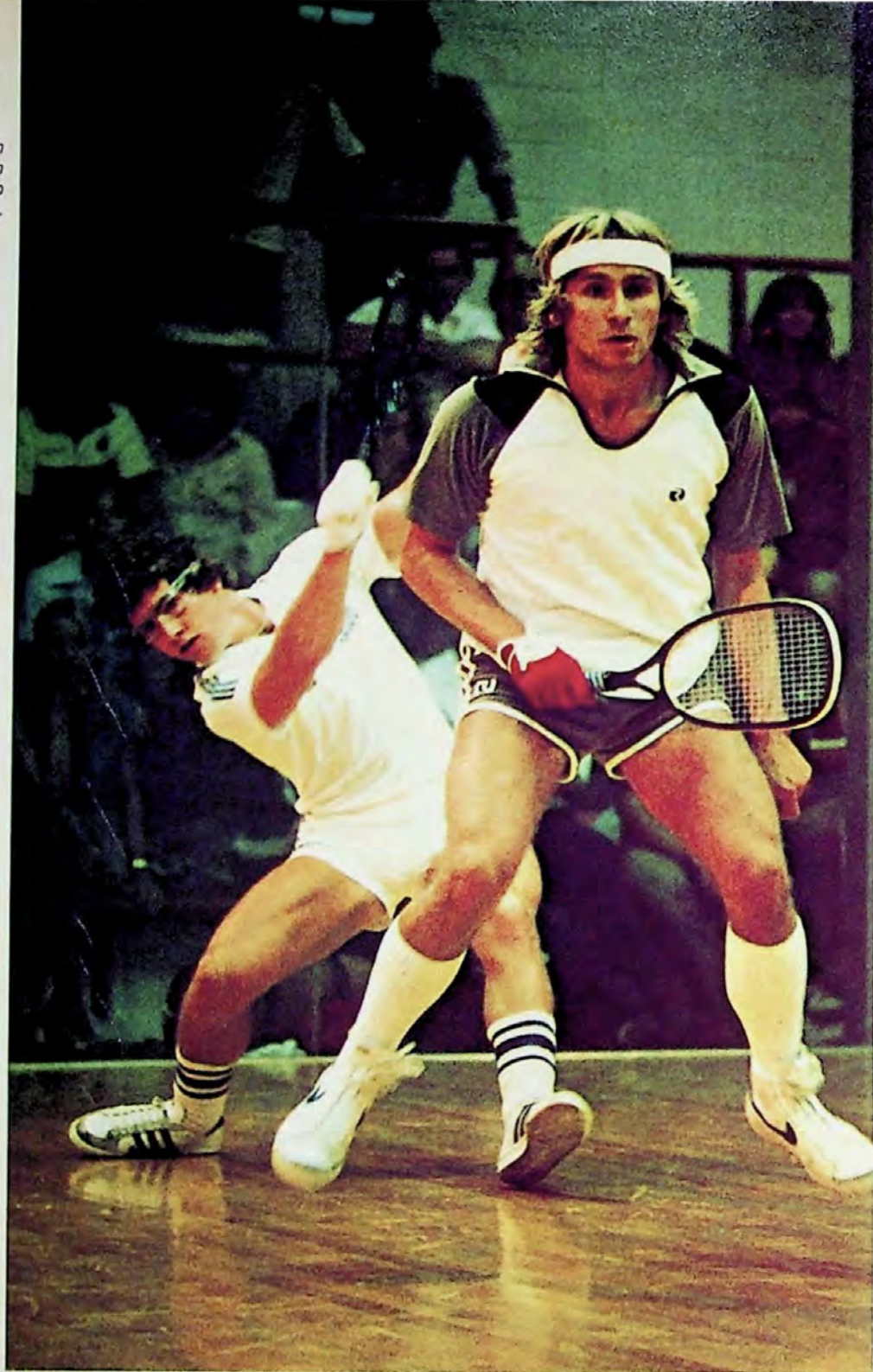
"Give me two and I'll be through."
(at 19-12)

"Give me one and I'll be done."
(at 20-13)

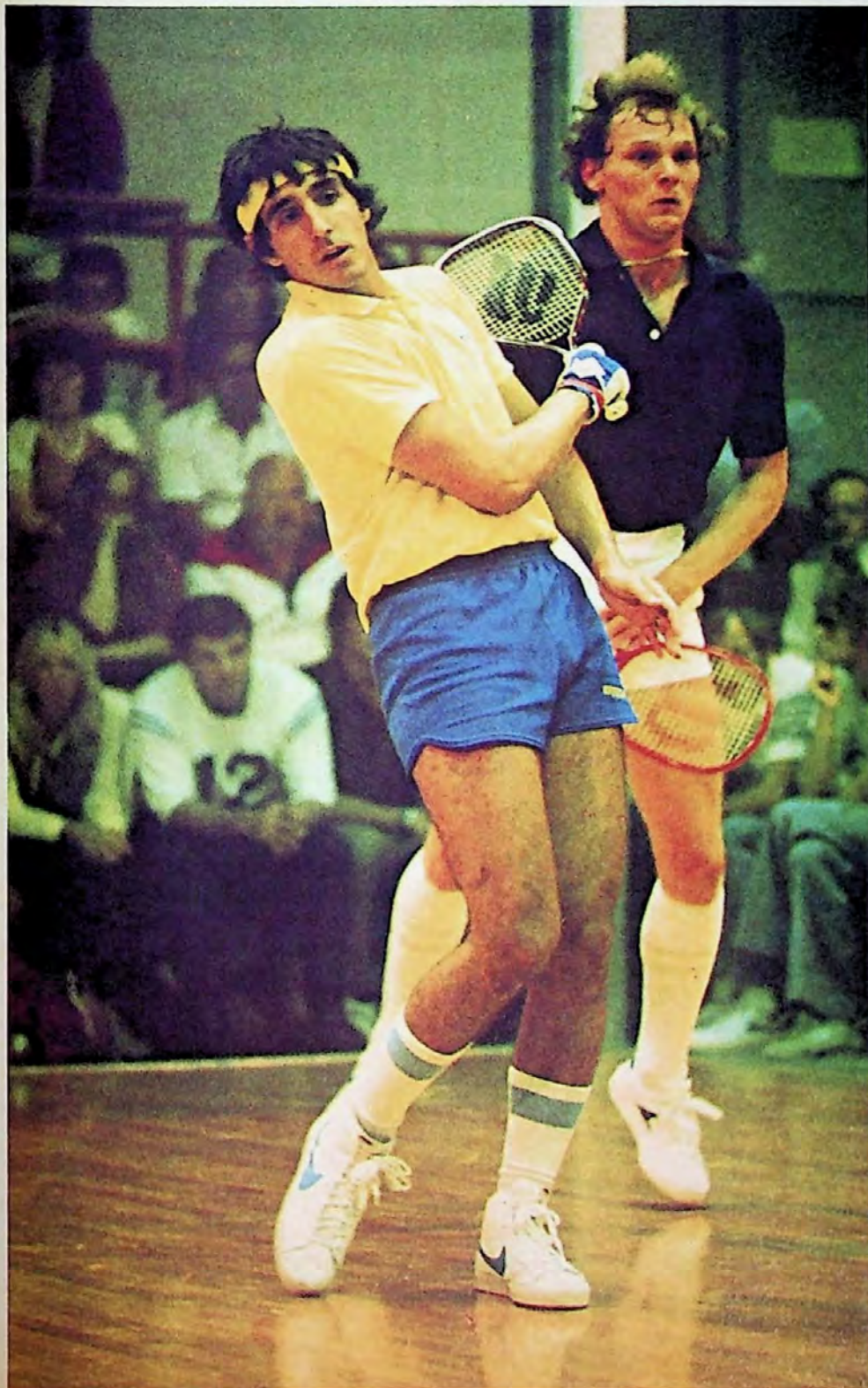
The poetic muse couldn't sustain Bledsoe against the steady, serve-and-

shooting Hilecher in the second game, nor through the first half of the tie-breaker, where Jerry built up what looked like an insurmountable 9-1 lead.

Something, however, began to answer Bledsoe's cry for points, and he scored nine of them to knot the tie-breaker at 10-10. The last point wouldn't come for Bledsoe; Hilecher got it and the match to advance to the finals.



Dave Bledsoe bows to Jerry Hillecher in a nip and tuck semis match.



"I felt I deserved to win," said Hillecher afterwards, "or should I say I felt I deserved to win when the score was 9-1. At 10-10 I wasn't so sure, and if Davey had won I would have just shrugged my shoulders and said, 'So be it'."

Commenting on his upcoming final match with Hogan on Sunday Jerry said, "I know I'll have to play very well against Marty or else he'll embarrass me."

Although everyone expects Marty Hogan to win every tournament he enters, it is still an unexpected pleasure to watch him play. You feel the excitement as he rips forehand and backhand kills and passes by helpless foes.

Marty claimed he wasn't playing well this tournament, and the fact that he went to the tie-breaker three of the five matches he played would seem to bear this out. But even at sub par his skill was impressive. He dominated his opponents in every aspect of the game: shotmaking, power, shot selection and confidence.

Yes confidence most of all. As usual his court demeanor said to fans and players "I know I'm going to win and you know you're going to lose." That is a very difficult thing to overcome, even for players as skilled as Doug Cohen, Mark Morrow, Dave Peck, Rich Wagner and Jerry Hillecher, Hogan's five opponents.

He went three games with Cohen, Morrow and Wagner, but, as he was to say later, he really wasn't challenged in any of the tie-breakers.



A packed gallery watches the last men's quarter-final match of tournament in which Hogan beat David Peck.

Scores were 11-6, 11-4 and 11-6.

Hogan's match with Wagner was the most eventful. Marty won the first game relatively easily 21-14. In the second Rich got very hot and built up a huge 19-2 lead. Unfortunately for Wagner he couldn't score the last two points and put the game away immediately. Hogan, meanwhile, kept creeping back, and actually looked as if he might win the game. He drew back to 19-15 before Wagner was finally able to scramble for the final two points he needed for the win.

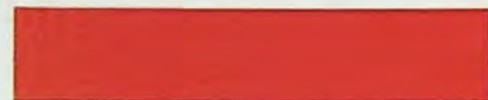
The difficulty of scoring those two points appeared to create a crisis of confidence in Wagner's mind. By the end of that second game you could almost feel the high strung thoroughbred pressing badly for the winners, and it could justifiably be said that he went into the tie-breaker against the world's best player in a bad frame of mind.

Actually the match was a fine example of the value of never giving up a seemingly lost game. At 19-2 had Hogan let the game go to Wagner, the tie-breaker could conceivably have been a much more competitive affair. By pressing Rich to the limit, however, Hogan set himself up for a dominating tie-breaker performance. He won 11-6.

Wagner was up for his match and that probably accounted for his fine performances against Hogan. A perfectionist Wagner's concern is playing up to a self imposed standard: *"I learned something against Marty. I always learn something when I play. My biggest problem now is getting too discouraged when I lose big matches."*

Wagner's quarter-final match against Brumfield had all the aspects of a soap opera, with Rich upset with referee and opponent alike. Charlie was delivering throwaway lines with the sang-froid of a Groucho Marx. This combination of a volatile straightman and a stand-up comedian brings slapstick comedy to a highly skilled racquetball match. Very entertaining.

Brumfield had commented to the local press before the tournament that he was beginning to feel the pressure of maintaining his top 8 ranking. His lengthy bout with hepatitis last year was making it tough for him to stay close to the younger players. He made it to the quarter-finals with a win over Bob Bolan, but he couldn't get past the fired up Wagner.



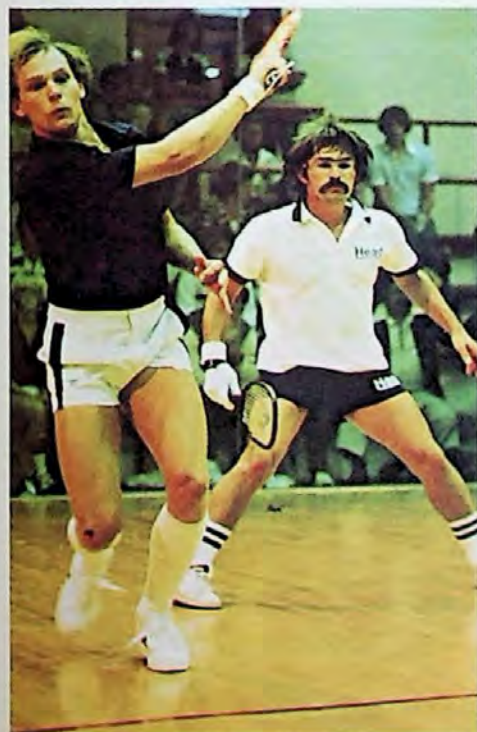
Rich Wagner slips by Charlie Brumfield, left, to win his quarter-final round.



His comments after the game ranged from the self-deprecating (*"I just don't have any quickness"* and *"I made two kill shots last three games"*) to a revolutionary demand for reform (*"The ball's too fast," "The referees are too bad"* and *"The serve's too dominating"*). And there are many who will tell you that the father-to-be Brum has mellowed!

Despite the sideshows and the unexpected happenings surrounding the tournament the number one and two seeds made it to the finals. On Sunday it was Hogan and Hilecher playing for the \$5,800 first place prize money. They both played well.

Two old friends from St. Louis meet again in the quarters with Jerry Hilecher, right, beating Ben Koltun.



Hilecher jumped out to a 4-1 lead, but Hogan scored seven straight points to take an 8-4 lead, and Hilecher took a time out. After the rest Marty extended his lead to 12-5, but Jerry inched back to a 12-12 tie. The best strategy against Hogan seems to be to limit his scoring bursts to three to four points and then wait for what seem to be periodic letdowns, which is about the only time you can score points against this racquetball machine.

That's exactly what Hilecher did. And at 12-12 he blasted two straight ace serves to lead 14-12. Marty then scored three of the fastest points you ever saw and took the lead for good on a diving, running rally that took both players all over the court and all over the floor.

It doesn't take long to figure out that that is what racquetball fans come to see. The most sustained ovations of the match followed these incredibly exciting rallies that see the players demonstrating the blinding-fast reflexes that make them the great athletes they are. Ace serves and flat kills are appreciated, but they are nothing compared to the impossible retrieves.

Dave Bledsoe comes through three match point reversed appeals to win his quarter-final match against Steve Strandemo.

Hogan was to say after the match that his goal anytime he plays Hilecher is to make him move so he has to shoot on the run. "Jerry will kill you if you let him stand still and shoot. I have to make him run to get him off the dime. Standing still he's one of the best shooters in the game."

Marty successfully executed his game plan the rest of the first game winning 21-18. But the beginning of the second game was all Hilecher as Jerry built up a 7-2 lead. Even as he was building up the lead, however, you could feel the powder keg that was Hogan getting ready to explode. This game it was Hogan who caught Hilecher at 12-12, and he was never really headed after that. The final score was 21-15, and Hogan, for the first time in three years, had won the opening Pro Stop of the season.

"I don't think I played particularly well," commented Hogan after the match, "but I played hard. I really wanted to win this one, because I have lost the first tournament the last two seasons, and I didn't want it to happen again."

Marty went on to say that he doesn't play too much racquetball in the summer and that's why it's hard for him to get going again each fall. "The first tournament is the toughest. After that I haven't lost in two years."

On the other side of the locker room Jerry Hilecher wasn't sounding too discouraged: "I lasted longer than I thought I would. I lost my arm about halfway through the second game,

Marci

The men's winner's check passes from Bob Kendler to Marty Hogan.



First-Time Winner Battles Tough Draw Including Sarah Green, Shannon Wright and – Finally – Rita Hoff

Friends turned foes in the finals of the Women's Pro Stop at The Glass Court in Lombard, IL on Sept. 30.

Marci Greer, San Diego, beat her friend, Rita Hoff, St. Louis, 21-8, 21-7 for the \$2,600 first place check.

Actually the situation of friend meeting friend in a big match is not a very unusual one on the close knit women's professional racquetball tour. The best players find themselves pitted against one another almost every tournament as they wind their way cross country in the peripatetic lifestyle that is the pro tour. Friends turn foes for the two hours or so match, and then it's back to the back of the pants slapping comradeship that makes playing tournaments half the fun it is.

That the women thrive in this atmosphere is to put to death the old saying that "friendship between two women is always a plot against one another." Although plotting, wheedling and cajoling have an ingrained place in the pregame psyching of this most elemental of one-on-one confrontations, enough genuine caring takes place between the women to convince the most cynical observer that true friendship and respect exists.

and with that my big serve went. That hurts. At 12-7 I had a chance to go to 14-7, but couldn't convert the shots. That turned out to be the game."

And the tournament. Marty Hogan won another one. With Hogan, whether it is expected or unexpected, you can bet he's going to win. It always happens. ●

Men's Pro Results

(Qualifiers): Cohen, Bowman, Bolan, McDowell, Niederhoffer, Bos, Williams, Christensen.

(First Round): Hogan d. Cohen 21-16, 19-21, 11-6; Morrow d. Handley forfeit; Zuckerman d. Serot 21-1, 21-15; Peck d. Bowman 21-17, 21-15; Brumfield d. Wirkus 21-9, 21-17; Bolan d. Fleetwood 17-21, 21-18, 11-9; Zeitman d. Stephens 21-15, 21-6; Wagner d. McDowell 21-7, 21-9; Meyers d. Yellen 21-18, 21-19; Bledsoe d. Niederhoffer 21-9, 21-10; Thomas d. Chase 21-3, 21-13; Strandemo d. Bos 21-16, 21-7; Koltun d. Williams 21-11, 20-21, 11-1; Myers d. Keeley 18-21, 21-19, 11-5; McCoy d. Mondry 21-19, 21-7; Hilecher d. Christensen 21-5, 21-12

(Second Round): Hogan d. Morrow 21-10, 13-21, 11-4; Peck d. Zuckerman 21-8, 21-13; Brumfield d. Bolan 20-21, 21-19, 11-1; Wagner d. Zeitman 15-21, 21-5, 11-8; Bledsoe d. Meyers 21-8, 21-7; Strandemo d. Thomas 15-21, 21-16, 11-3; Koltun d. Myers 21-5, 12-21, 11-4; Hilecher d. McCoy 4-21, 21-18, 11-5

(Quarter-finals): Hogan d. Peck 21-9, 21-15; Wagner d. Brumfield 21-19, 18-21, 11-4; Bledsoe d. Strandemo 21-11, 8-21, 11-10; Hilecher d. Koltun 21-16, 5-21, 11-8

(Semi-finals): Hogan d. Wagner 21-14, 15-21, 11-6; Hilecher d. Bledsoe 13-21, 21-12, 11-10

(Finals): Hogan d. Hilecher 21-18, 21-15

Marci Greer displays the spirit that led her to her first pro stop win.

Greer Grabs Opener





For one of the few times in the finals match Rita Hoff has front court advantage over Marci Greer.

The women watch one another's early matches, partly out of interest in their friends, partly out of self interest — scouting possible future opponents for weaknesses and flaws that might aid them in their quest for victory.

From the beginning of the tournament Marci Greer played like she was destined to win. She easily disposed of her first two foes, Sue Carow of Chicago (21-8, 21-11) and Joyce Jackson of Norman, OK (21-4, 21-5). Her vigilant friends commented on her sharpness, intensity and her discarded knee brace.

It was clear to anyone who cared to see that the fourth seeded Greer was going to challenge strongly the first three seeds — Shannon Wright, Janell Marriott and Jennifer Harding. But Marci's first real test came in the quarter-finals against Sarah Green:

"It was the toughest match I played, and it was also the best match I played. It could have gone either way (you can see that by the scores — 21-18, 19-21, 11-8). When I won that match, I had high hopes for the rest of the tournament."

Anticipation for the finals was high. Small wonder. A lot rode on the outcome, including the first prize of \$2,600. Neither Hoff nor Greer had ever won an official pro stop, although both had been to the pressure-packed final round before.

You could feel the excitement of the match as you walked into the gallery. Interest in a championship match comes from what Author Franz Kafka called the *"intensity of the situation."* The more important you make an event, the more bangles and beads you attach to the actual play of the game, the more challenging and difficult the event becomes. Players sense this and play tense; fans sense this and get excited.

A large share of the fans at a women's pro match come from the ranks of women players, both pro and amateur, who want to learn from the best of their sex. New shots and new strategies often originate in this hot house observatory; if you look around at the women watching, you can almost hear the wheels turning and feel the sympathetic sweat start to flow.

I couldn't help but overhear the conversation of two of these admirers who sat behind me; their conversation ran along the themes of a student sitting at the feet of her teacher:

Faith Forehand: *"Hoff and Greer sure hit the ball hard, don't they? But have you noticed how differently they hit it? I can't quite figure out why their swings look so different."*

Hope Backhand: *"That's easy to see. Greer has an inside-out swing that is wristy all the way through. Hoff has an outside-in swing that is more stiff armed; she doesn't bring the wrist into play until her arm is fully extended. It's interesting that both of them can hit the ball so well with such different methods."*

Faith: *"Otherwise they play pretty much the same game, wouldn't you say? Serve and shoot, with lots of power."*

Hope: *"I don't know that much about either one. But everyone plays that way, anyway, so you can pretty much say it's true. The only one I saw use many different shots was Shannon Wright when Greer beat her yesterday. She hit overhand kills from 39 feet, and hit an overhand three wall shot into the left side wall that was a nice alternative to the ceiling shot all the girls hit occasionally."*

Faith: *"I watched that match too. 11-5 in the tie breaker. You know what I noticed? Both girls had coaches they went and talked to during breaks in the games. That's a good idea. None of the men do that; I think the girls are more realistic in getting someone to tell them what they're doing wrong and what they can do to correct it. Maybe men are too macho for that."*

Hope: *"Don't you think Shannon looks nice with her new curly hairdo?"*

Faith: *"Coiffures don't make killshots, sweetie."*



Marci Greer begins to sense victory as she beats Shannon Wright, left, in the semis.

Hope: "No, I guess not. What does make kill shots? Greer brings that racquet back so high with that loop at the top of her backswing; Hoff just powers the racquet through. And they both roll them. I'll tell you what they all do, though, especially Wright. As soon as they hit one shot they take that racquet back and get ready for another. And they run to get in position. They must be in fantastic shape."

Faith: "They must be aching tired by now. After that match Greer played against Wright yesterday I don't see how she could even get out of bed this morning."

Hope: "You know what it is? They're playing on emotion right now. I was sitting outside the door to the court yesterday when Greer came out after upsetting Wright. You know what she said? 'This is the first time I ever cried after winning a match.' Can you beat that? You don't think they want to win bad? Marci was walking two feet in the air the rest of the day."

Faith: "Tell me, why doesn't Greer wear a glove? She just wipes her hand every so often on that little towel she carries at her waist."

Hope: "Personal preference I guess. Same reason some of the women wear watches, earrings and necklaces. Can you imagine wearing a watch when you play racquetball?"

Faith: "Maybe they have to be done by a certain time."

Hope: "Shhh. The match is starting."

Faith: "Not yet. They're just introducing the players. Who do you think will win?"

Hope: "Well Greer has been hotter than a firecracker, and after beating Wright yesterday she'll be ready. But Hoff really steamrollered Karin Walton 21-14, 21-1. Can you imagine beating the national champion that badly? You have to really be on your game to do that. Hoff had the most trouble with Elaine Lee, who came out of nowhere to upset Janell Marriott. So it seems like six of one, half a dozen of the other."

Faith: "Finally they're ready. Look at them shake hands. They're good friends, you know."

Hope: "A good argument is the real test of true friendship. Let's see how they act after the match."

The match was almost anticlimatic. Greer played so well she never gave Hoff a chance to get going. Everything Marci tried, worked.

Rita said after the quick, 21-8, 21-7 loss: "I felt good, I didn't get nervous and I didn't play badly. But Marci just played so well she made all her shots, forced errors from me, and I didn't have a chance. Marci and I go back a ways, but she holds the edge after today."

On that gracious note Hoff left the scene of battle to her friend and conqueror, Marci Greer. Marci was ecstatic. She won her first pro stop, and she had played superb ball to do it:

"This makes me feel so good. I had a tough draw, and it really makes it worthwhile to win a tournament when you beat such good players. The match against Sarah [Green] was the toughest, the one against Shannon [Wright] I wanted to win so badly because she's number one, and of course against Rita I knew I would have to outthink her to win. Yesterday against Shannon I played on emotion; today against Rita I tried to be more calculating. Everything I did seemed to work."

1979 Nationals Winner Karin Walton, right, fell out of the running in the new season's first stop as she lost to Rita Hoff in the semis.

Indeed everything did seem to go her way. The cracks, the kills and the calls all favored her throughout the final match. And Marci was obviously enjoying it. As a group the women tend to display their emotions—great pleasure at their good shots, shrieks of dismay at their bad ones. It is not unusual to see both women burst out laughing at an odd shot, or a ridiculous call by the referee. Their flare-ups of anger don't seem to carry over from shot to shot. According to Greer this is not entirely an accidental posture:

"It clears your mind to get the emotions out in the open. By yelling out loud you don't get angry at yourself, and the bad consequences don't affect the next few points. You have to be happy with yourself at all times; you can't stroke the ball properly when you're mad."

Apparently the day held no anger for Marci. She stroked the ball beautifully. And she counted it a privilege to play her friend in the finals.

"Actually it was Rita's turn to win this match. But that will have to wait. You know it's not easy to maintain friendships with people who are constantly at sword's points. That's part of what makes the pro tour so challenging. It makes you grow up in so many ways, not just playing-wise.



Kendler Scholarship Fund Raiser Nets \$11,000



In every match you reach a point when you know you're going to win. I reached that point at about 16-6 in the second game today. It's such an exciting feeling that it actually makes your heart jump a couple of inches. But at exactly that same time you realize your opponent is going to lose. In the mature racquetball player the two feelings should balance one another."

As Marci Greer strides towards racquetball excellence, it's obvious she also desires personal maturity. And her bank account gets larger along the way. ●

One-year-old Samantha Thompson admires the racquet that Bob Kendler, right, gave her when she was born. Samantha and her mother, Jayne, watched Illinois Governor James Thompson play in the celebrity-pro event at Chicago's Downtown Court Club that raised \$11,000 for the Robert W. Kendler scholarship fund.

Other celebrities who competed in the round robin team exhibition the night before the Lombard pro stop were Len Ziehm, *Chicago Sun-Times* sports writer; Neil Armstrong,

Chicago Bears coach; Tim Weigel, WLS-TV sports announcer and local radio personalities Dave Baum of WIND and Bob Sirott of WLS.

Pros taking part were Bobby Bolan, Karin Walton, Don Thomas, Steve Mondry and Lindsay Meyers.

Nine young men and women from six colleges around the country — winners of USRA Junior National and Intercollegiate tournaments — are now attending school with help from the Kendler scholarship fund. ●

Women's Pro Results

(Qualifiers): Callahan, Shields, Prina, Jackson, Peterson, Sawicki, Dostal, Tennesen.

(First Round): Wright d. Callahan 21-3, 21-4; Thompson d. Oeschger 21-13, 21-15; Prefontaine d. Shields 21-5, 21-16; Adams d. Sauser 21-13, 21-16; Green d. Prina 21-10, 21-15; Steding d. Davis 18-21, 21-11, 11-6; Jackson d. Panzeri 21-10, 11-21, 11-7; Greer d. Carow 21-8, 21-11; Harding d. Peterson 21-14, 21-17; Dugan d. Weisbach 21-18, 5-21, 11-4; Moore d. Sawicki 21-17, 21-1; Walton d. Stoll 21-3, 21-4; Hoff d. McCarthy 21-7, 21-10; Schmidt d. Dostal 21-7, 21-14; Dee d. Tennesen 20-21, 21-16, 11-2; Lee d. Marriott 21-12, 9-21, 11-7.

(Second Round): Wright d. Thompson 21-6, 21-7; Adams d. Prefontaine 21-16, 21-10; Green d. Steding 21-7, 21-7; Greer d. Jackson 21-4, 21-5; Harding d. Dugan 21-18, 5-21, 11-4; Walton d. Moore 18-21, 21-13, 11-1; Hoff d. Schmidt 21-4, 21-15; Lee d. Dee 11-21, 21-3, 11-10.

(Quarter-finals): Wright d. Adams 21-9, 21-15; Greer d. Green 21-18, 19-21, 11-8; Walton d. Harding 21-5, 21-4; Hoff d. Lee 21-11, 8-21, 11-7.

(Semi-finals): Greer d. Wright 15-21, 21-17, 11-5; Hoff d. Walton 21-14, 21-1.

(Finals): Greer d. Hoff 21-8, 21-7.

Notes of the Tournament

Spectators got a lot of viewing for their money at the Glass Court in Lombard IL, among the first clubs in the country to build a three wall glass arena. Partial glass in another three courts gave the crowd a change to watch some exciting preliminary pro rounds and amateur matches (450 amateurs competed) . . . Top amateur honors went to Susie Dugan, who beat Mary Dee in the finals of the Women's Open, and to Dennis McDowell who was finals winner over John Klearman in the Men's Open . . . Among those responsible for the smooth running of this first of the 1979-80 pro stops were Jim Bronner, Glass Court co-owner; Peggy Nielsen, club manager; Triple S Promotions (Tom Street, Al Shetzer and Phil Simborg), who ran

the amateur end of the tournament, and a host of congenial volunteers that included Diane Gabrisko, Bob Troyer, John Greene, Andy Witt, Sean Moskwa and Jack Moskwa, the man who kept the hospitality room stocked with Italian U Boats, among other notable edibles . . . Distinguished guests included Seamco's Al Mackie, Leach's Charlie Drake and Dave Armstrong and — from Sweden — Rolf and Ulla Soderstrom, who were learning all about racquetball from their host, Bob Kendler, for whom the tournament was named . . . Ann Hilecher, pro Jerry Hilecher's mother, was showing a line of V/R jewelry which she's now selling after reading about it in last May's *National Racquetball* magazine gift feature. ●

Men's and Women's Pro/Am Tour • 1979-1980

Those events marked with an asterik (*) are approved. All others are sanctioned. Check future issues of *National Racquetball* for updating on tour sites and additional tour stops.

- **December 13-16**

Tanner/Coca Cola Classic
Memphis, TN
Open

- **January 31-February 2 ***

Kunnan/Leach Tournament of Champions
Coral Gables, FL
Invitational

- **February 20-24**

Coors Classic
Denver, CO
Open

- **March 19-23**

Catalina Classic
Los Angeles, CA
Open

- **April 16-20**

Seamco Classic
Undetermined site
Open

- **May**

Site and date to be determined
Open

- **June 1-7**

Colgate National Championships
Las Vegas, NE
Open

- **June 26-29 ***

CBC International Classic
Winnipeg, Ontario, Canada
Invitational

- **July 10-13**

Hawaiian Sports Week Pro/Am
Honolulu, HI
Invitational



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