



National Racquetball

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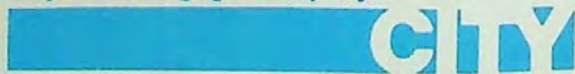


1988 SUMMER SCHEDULE

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June 15-19	June 17-19	Beaverton, OR.
June 22-26	June 24-26	Denver, CO.
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July 3	July 1-3	Minneapolis, MN.
July 6-10	July 8-10	Chicago, IL.
July 13-17	July 15-17	Grand Rapids, MI.
July 20-24	July 22-24	Columbus, OH.
July 27-31	July 29-31	Pittsburgh, PA.
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National Racquetball

May 1988 - Volume 17, Number 5

Features

- 3 **ED ANDREWS** - The man behind the racquet.
by Jean Chastain
- 6 **THE ST. LOUIS REVOLUTION**, Part 1 - Secret of the JCCA. *by Ken Wong*
- 12 **HARNETT DEFEATS SWAIN IN VANCOUVER** - Another top notch men's pro stop.
- 20 **WATER OR SPORTS DRINK?** Which does a body better? *by Robert Bernstein*
- 22 **COFFEE DEBATE** - A look at the pros and cons of caffeine use by athletes.
- 24 **TORONTO GOLF & RACQUET SHOW** - An unusual event showcases racquetball and squash and thrills spectators.
- 28 **GRAND RAPIDS** - Last stop before the nationals. National championship title still up for grabs.
- 30 **A SPECIAL LADY FOR SPECIAL CHILDREN** - Julia Nathan Eisenberg devotes her time to teaching racquetball to special kids.

Instruction

- 14 **Ask The Playing Editors** - Advice from Bret Harnett, Egan Inoue and Lynn Adams.
- 15 **Twisting & Turning** - Upper body stretches for racquetball. *by Keith W. Strandberg*
- 16 **Taking Advantage of Your Most Potent Weapon: The Serve.** *by Dave Peck*
- 18 **A More Effective Drive Serve or Basic Stroke.** *by Fran Davis and Jim Winterton*
- 35 **The Racquetball Medical Forum.** *by Dr. Paul Ross*
- 36 **Home Workouts** - The simple but effective push-up. *by Dan Obremski*

Departments

- 2 **From The Editor...**
- 34 **Penn Official Rankings**
- 38 **Letters To The Editor**
- 39 **What's The Call** *by Michael Arnolt*
- 40 **Association Roundup**
- 42 **Products - Something New**
- 46 **Passing Shots** *by Norm Blum*



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From The Editor...

Twenty Years Old...

I'm a James Garner fan. When his new movie, *Sunset*, made the local theater, it didn't take me long to find time to view it. He plays the role of Wyatt Earp, an ex-marshall consulting on location for a 1920's Hollywood mogul.

I enjoyed the movie. Near the end, I saw something which reminded me of racquetball — the Academy Awards. The director, I would guess, could not resist a touch he knew would bring appreciative chuckles from the audience. It worked.

It was the Academy Awards, all right — the first annual Awards. In this movie, the entire Hollywood group easily fit into a small hotel convention room.

Every person in the theater instantly transposed that scene onto another one they had seen recently, an Academy Awards ceremony with thousands upon thousands present, and millions watching across the world via television. The chuckles, of course, resulted from the simplicity of those first Awards.

It reminded me of racquetball because it showed that everything great must have a start, one which is usually unnoticed. When Joe Sobek first took a strung paddle onto a handball court, there was little fanfare. The first Nationals in the late 1960's drew a straggling few from across the country.

Now millions play racquetball; the amateur nationals in Houston draw entrants numbered not in dozens like the first one, but in the hundreds. Racquetball has bit parts in movies (*Splash*), television and commercials. Our sport is part of our culture.

Yet, racquetball is barely 20 years old. We forget that easily, when in itself the sport has grown and matured. It doesn't hurt to step back once in a while and remind ourselves of that.

It's frustrating to see comparable individual sports apparently doing better. Two which draw our comparisons are golf and tennis. Every weekend, golfers and tennis players fill our television screens, then our sports pages. Worse, they make money by the bucket.

What about racquetball, it is easy to ask. Why don't our pros make big bucks? Why don't we get the exposure? Surely our sport is as exciting and beautiful to watch as golf or tennis.

If you begin by looking enviously at our "bigger brothers", don't let the comparisons stop there. Written records of golf date from the 15th century in Scotland, where the traditional international rule-making body (Royal and Ancient Club of St. Andrews) was founded in 1754. The PGA Championship did not begin until 1916 — 162 years later. Granted times have changed in the last two centuries, but our professional game began within racquetball's first five years. (Prize money for winning the first U.S. Open at Pebble Beach was less than the green fees it costs for a round of golf there today.)

Tennis originated in 15th century France as indoor court tennis and took two more centuries to become outdoor lawn tennis. The first Wimbledon Championship was held in 1877. Yet, in the late 1950's the sport needed television to rescue it; professionals were barred from play in the U.S. Open until the mid 1960's.

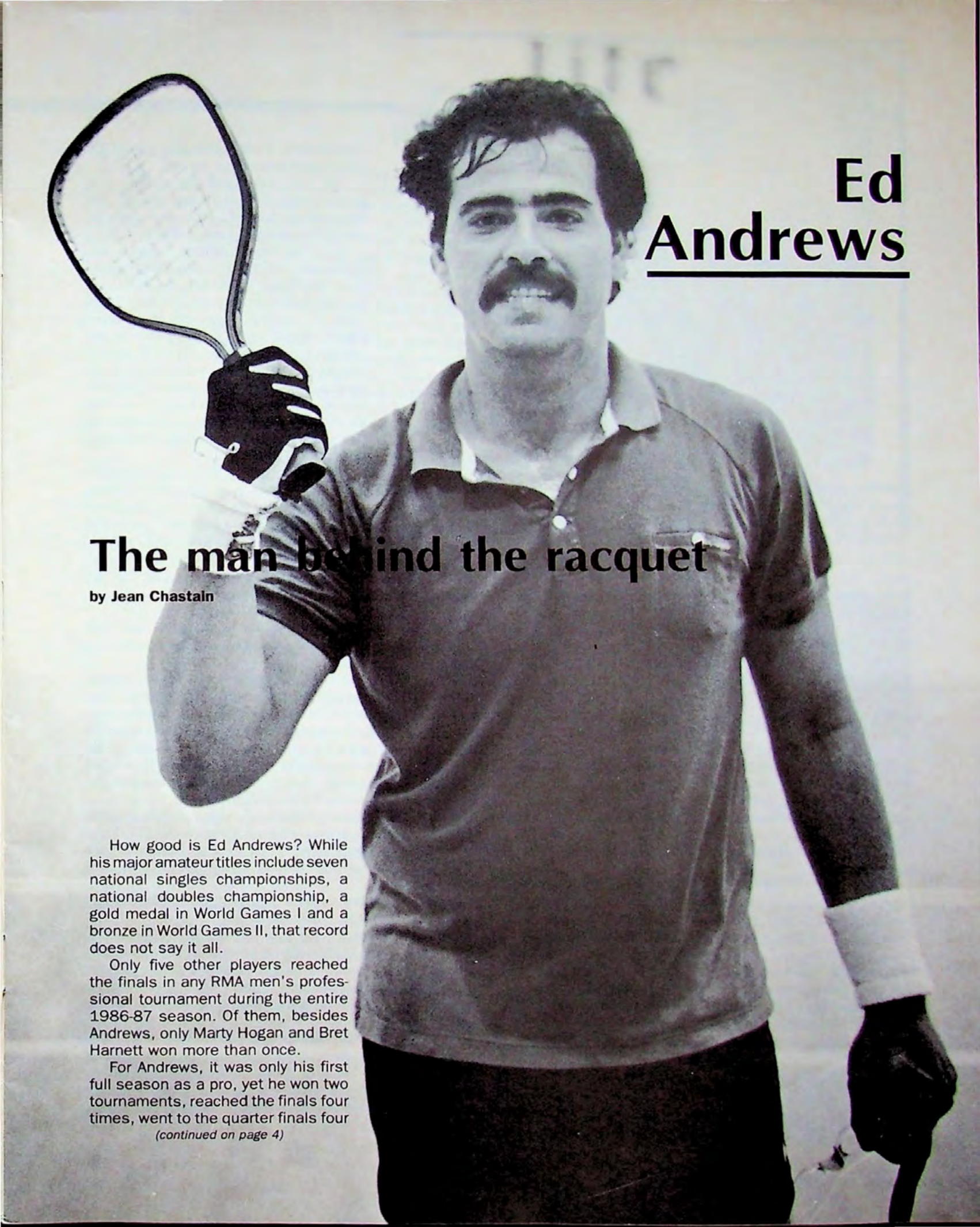
Need more comparisons? Tennis is played in approximately 80 countries. It's an outdoor game and courts can be dirt (pardon the pun) cheap, especially compared to racquetball courts. Yet after only 20 years, racquetball is played in nearly half as many countries.

Do the racquetball rule changes and association shuffles at the professional and amateur levels of the 1970's show instability? Ho-ho. Look at football, hockey and basketball. How many professional leagues have come and gone, glory to dust?

In 20 short years, racquetball has gone from a single YMCA court to hundreds of sleek clubs across the continent. Racquets have gone from wooden paddle racquets to million-dollar-design graphite wonders. The AARA, IMPRO and WPRA are all growing, stable and very functional. Racquetball is even poised on Olympic status, probably ours within the next decade.

These, of course, are the arguments you might be tempted to use the next time someone asks you how racquetball is doing. On the inside here, we, the people who play, don't really need to know how well our sport is doing, for one simple reason.

We play because we enjoy it. ○



Ed Andrews

The man behind the racquet

by Jean Chastain

How good is Ed Andrews? While his major amateur titles include seven national singles championships, a national doubles championship, a gold medal in World Games I and a bronze in World Games II, that record does not say it all.

Only five other players reached the finals in any RMA men's professional tournament during the entire 1986-87 season. Of them, besides Andrews, only Marty Hogan and Bret Harnett won more than once.

For Andrews, it was only his first full season as a pro, yet he won two tournaments, reached the finals four times, went to the quarter finals four

(continued on page 4)



times, lost once in the round of 16's and forfeited once. The forfeit — a knee injury — was a major factor in his single early round loss.

In this, his second full season, Andrews has again been dominant. His ranking has never been below fourth and he has made the finals twice and the semifinals twice.

Ed Andrews has had an unusual career. Before they are out of their teens, most professional players master the physical aspects of racquetball and start conquering the mental pressures it takes to win among the best players in the world. When Andrews picked up a racquet and entered the court for the first time, he was 20.

"When I started playing racquetball, I was an adult," says Andrews. "I just grabbed a racquet and started swinging it. I did enough exercise to keep my weight down, and I just played enough racquetball to keep my skills up."

Soon after, in 1977, he made a major racquetball discovery; he learned that the sport had tournaments. Andrews entered the novice division at the Muehleisen Courts in San Diego, and won the division. His natural talent for the game did not escape the alert eyes of Dr. Bud Muehleisen, racquetball's first national champion. At the time, Muehleisen was coach to almost all the men and women pros, and was a top professional himself.

Within two years, Andrews was playing A level racquetball. By then, he and Dr. Bud were friends, working together on Ed's game.

"With his rapid rise from novice to A's, Ed realized his potential," Dr. Bud says. "He wanted to get some professional teaching, so I took him under my wing as a friend

and student. Ed was probably one of the finest students I ever taught.

"He was attentive, disciplined, and would practice what he was taught. He was always modest and knew there was always something else to learn."

With his newly refined talents, Andrews entered the pro ranks and moved from San Diego to the Los Angeles area to play more tournaments with less travel time. It was the beginning of a career which would keep Ed Andrews in an amateur/professional eligibility status for more than seven years. His role as an amateur who played occasional professional tournaments gave him more major championships, honors, and awards than any player in the history of amateur racquetball.

"I played my first Nationals in Florida and paid my own way," he says. "Those are the things you have to do. Your chances depend on how hard you want to work or how badly you want to play. Many guys don't play the amateurs long

enough to build a name for themselves. I played to get recognition because I wasn't sponsored."

In his first four years of serious racquetball, Andrews won the AARA, USRA, Ektelon/Perrier and AMF Voit/Self Magazine amateur championships. With these wins, he was ready for the pros.

Luck was not with him. Despite his incredible record of wins, the recognition he played for did not arrive. After a year of negotiation, he was turned down for sponsorship. This major disappointment caused him to lose his motivation and a major tournament. After analyzing his mistake, he returned to the amateur circuit, to win yet another AARA singles championship. He also won the singles championship in World Games I.

Again, Andrews was ready for the pros. Again, another setback. Changes shook the tour structure in 1980 and early 1981. New management of the tour believed more visibility would be attained for the sport by selecting certain players. During this period of time, only 12 hand-picked players were allowed on tour. Other professionals could qualify only occasionally.

Denied access to the tour, he played wherever he could. Ed's green Dodge van became a familiar landmark at every major tournament in the west. He dominated the open division while keeping a good ranking among the pros. As a result, amateurs began to question the system.

"They felt I was infringing on their territory," says Andrews. "At that time, my career wasn't going all that well and I wanted to play World Games II to defend my title. I was an amateur playing the pros. The misunderstanding happened because people thought I was a pro

playing amateur."

Among the amateurs, he became legendary. Many good racquetball conversations meant trading second or third-hand comments Andrews had made during earlier matches. On one occasion, in Stockton, CA, Ed played against hometown favorite Scott Oliver; every point was hard fought and the scores were close. Each Oliver point brought cheers of approval, as did every miss by Andrews. It became so bad that the crowd continued its cheering for Oliver, even as Andrews readied himself to serve. Andrews stopped and turned to the crowd. He glared, the anger obvious in his stony face. After that, Andrews served each time in complete silence, despite the tension of 100 spectators jammed into space for 50.

His reputation as the best amateur player in the world did not escape the notice of the professionals. The reputation, however, didn't appear to be worth much. Before an upcoming match with Andrews, tour player Marty Hogan told a broadcaster during an ESPN appearance that top amateurs were no match for professionals, and that he would have no difficulty beating Andrews.

"That was my most memorable event ever in pro racquetball," says Ed, at that time struggling for recognition as a legitimate contender among the world's best players. "It was my third pro tournament. Marty and I played a three and a half hour match. It was the best I had ever played in my life and I finally won 11-9 in a tiebreaker."

The racquetball world could no longer ignore the big man with the mustache. He proved himself with long, fluid strokes and a concentration almost unrivalled. For two years he has been among the best on the tour, despite his late start and the frustrations which kept him from playing professionally for so many of the important years in an athlete's career.

How does Andrews, in his early 30's, keep up with the younger players on the tour? "In some respects, with age comes wisdom. You learn to conserve energy. Plus I'm in much better shape, which is a function of age. I'm getting older, so I exercise more."

He exercises hard, but in no set routine. He cycles, plays squash, golf, runs, skis, hits the free-weight routines and plays racquetball. "I don't play racquetball to stay in shape, I play racquetball to stay sharp."

"I hope to play racquetball another two years, or as long as I am competitive."

Looking ahead, far ahead, to when his children might want to follow in his footsteps, Andrews thinks carefully, and his comment says a lot about his own career.

"When I told Mom and Dad that I wanted to travel and live out of a suitcase, Dad thought I was crazy, but both parents were real supportive when I started playing racquetball. If that's what I had set my mind to do, they wanted me to do my best."

"That's all you can ask. For my children, I'll go along with whatever they do, as long as it is constructive. Professional racquetball is a good healthy thing to do. It is a good sport."



How much better it will treat Ed Andrews remains to be seen. Going into the final tournament of the year, the Nationals, he only needs to win to become the national champion. Then, the long struggle for recognition will have paid off. ○

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The St. Louis Revolution

Part 1

by Ken Wong

They called it the 'J', short for JCCA. The Jewish Community Centers Association. From this St. Louis club, came not one, not two, but three players each of whom, at one time or another, held the lofty ranking of number one in the world. Another made it into the top four, and still a half dozen more made the top 15.

Incredible as this spawning of glory may seem, it is not the entire story of the J. These players not only became the best in the sport, they molded it to fit their games. The strategic rallying for position painstakingly endorsed by the San Diego players — the Charlie Brumfields and Steve Keeleys — crumpled to the revolutionary blast-and-shoot abandon. The three who reached the top — Marty Hogan, Jerry Hilecher and Steve Serot — changed racquetball completely.

In 1972, the J was the site of the Nationals. Charlie Brumfield defeated Steve Serot for one of his five national titles. Last January, 16 years later, Brumfield and Serot returned

to the J during a major tournament to replay that match. Many of the old players returned as well, somehow managing to reach inside for one last glorious burst of adrenalin. For one of the spectators, Ken Wong, it brought back a flood of memories.

In this two-part series, Ken (who was one of the other half dozen world-class players from the J) recalls the excitement of the revolution, the enthusiasm of the kids who led the revolution, and explains what made this small club in the mid-west so extraordinary.

If San Diego was the mecca of racquetball in the 1970's, then surely St. Louis was its oasis. All of the top players — Steve Keeley, Steve Strandemo, Rich Wagner to name just a few — on their way to or from San Diego in the early 1970's, made a point of spending some time in St. Louis before continuing their journeys. Even the great Brum (Charlie Brumfield) spent a good deal of his sabbatical time in St. Louis, sounding out his theories to the coach of all the J's players, Joe Zelson, and testing his theories on the cadre of players who roamed the courts.

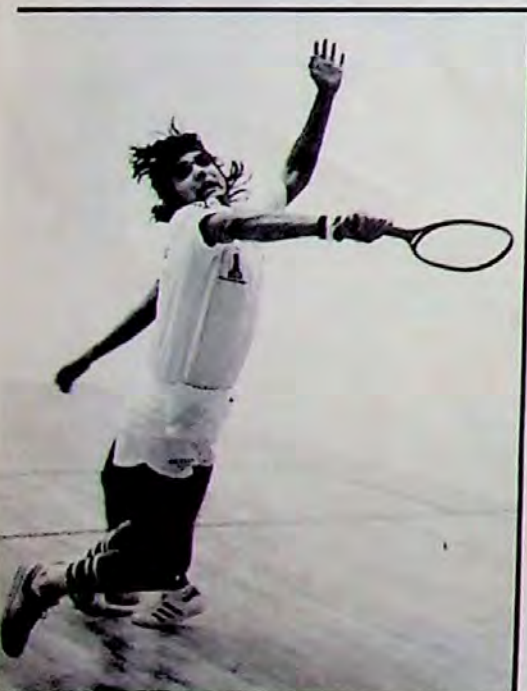
The St. Louis game was the antithesis of the San Diego game. The San Diego game was one of cautious offense, percentages, and jab and counter-punch. The St. Louis game was one of go-for-broke offense and knockout punches.

Like western thought, the San Diego game was very analytical. Everything had to be compartmentalized, to follow from evidence and logic. If something didn't fit within the existing framework, it was dismissed as a quirk of no lasting value. San Diego players were pursuing truth, knowledge and beauty, using their university-acquired intellectual skills. I remember listening with fascination for hours as Charlie Brumfield detailed the whole of racquetball knowledge, even drawing analogies

to golf, tennis and badminton. My scientific training at M.I.T. said that he must be the prophet or perhaps even the messiah of the game.

On the other hand, I don't ever remember having an intellectual discussion on the game with any of the top players at the J in those early days. Of course, there was Joe Zelson, a championship doubles player and astute theoretician. But as a performer, his age and late introduction to the game made him a counselor to the elite, not a member of it.

Perhaps the following conversation with then fast improving Marty Hogan summed up the intellectual content of my conversation with all of



Ben Koltun



Ken Wong

the great St. Louis players. When I asked Marty how he hit his devastating backhand, he would reply with a grin, "Gosh, I don't know. It just feels right." When I asked him where he was aiming the ball, he would reply with a puzzled look on his face, "For the bottom board of course."

Silly me; weren't the answers obvious? These two replies summed up most of the knowledge on shot execution and strategy in the St. Louis School of Racquetball in those early years.

Later, as I read some writings of the ancient philosophers of the Far

East, the truth in Marty's words came sharply into focus. The essence of the writings of such writers as Lao Tzu, the father of Taoism, points out that there are some things which cannot be expressed in words but can only be felt. This is the difference between rational and intuitive knowledge.

Western science is based on rational knowledge. Far Eastern thought on the other hand emphasizes intuition. Rational thought — the way of Brumfield — could explain the complicated mechanics of the backhand and show how all of the pieces fit together. On the other hand, Far Eastern thought might tell you that the essence of the backhand cannot be explained in words.



Jerry Hilecher (rear) and Steve Serot — tough competitors.

That's how it was at the J. These were youngsters unschooled in the classic approach to problem solving. They either stood alone on the court for hours and searched for the right

feel of a shot, or they stood toe-to-toe on a court and slugged it out with complete abandon, searching for the right feel of the game. They watched, they felt, and they experienced. They did this two to three hours a day, every day of the year. In this environment, the spirit of the shots, of the game, eventually rooted itself in the very depth of their souls.

The birth of this school can be found in the likes of Steve Serot and Jerry Hilecher. They laid the beginning ideas for others to follow. Since then, Marty Hogan, Ben Koltun, Jerry Zuckerman, Doug Cohen, Dave and Andy Gross, and many others less known have

(continued on page 8)

Steve Serot

Steve Serot was noted for his hustle and awesome backhand. He could consistently kill the ball during a flat out dive and make it look normal. His coverage technique made for exciting rallies, especially when he played Charlie Brumfield or Steve Keeley. If it weren't for Brumfield, Steve would have dominated the tour in the early 1970's.

Brumfield was the Ali, and Serot the Frazier. Brumfield would plant himself in the middle of the court and give Steve the tour of the court, point after point. But Steve would just keep coming at him with all of his physical talents. Steve would score four or five points at a time, then Brumfield would run Steve around the court and confuse him with change-up shots. Failing that, Brumfield would resort to verbal abuse mixed with warm fatherly advice on such matters as how slowly Steve was hitting the ball. Steve was clearly a superior physical specimen compared to Charlie, but Charlie always made Steve doubt that they deserved to be on the same court. Other players would avoid hitting to Steve's backhand; Charlie time and again attacked Steve's backhand, hoping to make Steve doubt the

potency of his greatest weapon.

Serot started playing at age 8 in 1964. His father played handball, but he bought Steve a wooden racket and Steve was hooked. In those days, everyone had two forehands because they were allowed to switch hands. Steve is right-handed, but an arm injury while playing baseball forced him to play left-handed. The fact that he pitched two no-hitters, one right-handed and one left-handed was indication of his athletic abilities. He was only 15 years old when he finished third in the Invitational Singles in 1971.

In the early 70's, his booming backhand was the best around. You have to realize that the ball didn't even resemble the modern day ball — quite frankly it was dead. There were probably less than 10 players in the world who had a good backhand ceiling ball. Steve was one of the few who would stand alone on the court and hit ceiling ball after ceiling ball trying to find the right touch. He depended on that shot and a powerful backhand kill. His typical winning rally was 10 or 15 ceiling balls followed by a ferocious rally terminated by a backhand roll out.

He could execute this simple strategy time and again because he was one of the biggest, strongest, and fastest players in the game. His physical attributes

made him a finalist in almost every tournament he entered during his prime. From 1973 to 1978, he finished every singles tournament in the semis or higher and won every National doubles tournament which he entered with Charlie Brumfield. The early 1970's were fun times. Steve was young, and there was no pressure.

But Steve moved to San Diego in 1974; slowly the fun in the game began to disappear and the fire within him began to fade. Along with the disillusionment and pressure, two deficiencies began to surface in his game as the ball became livelier: a mediocre forehand and power drive serve. The super ball introduced in the mid 1970's gave anyone with a power drive serve an equalizing weapon with which to attack him. Second, the exciting rallies he gave us took a tremendous toll on his body. Finally, Steve left the tour in 1981.

He left as one of the game's most exciting players. The game gave him the drive which he channeled into a new career as a very successful insurance representative. He's 32 now and married to the former Nancy Zelson (yes, Joe Zelson's daughter) and they have two daughters. He's still in the St. Louis insurance business and continues to be a high performer in his career. ○



Left to right: Charlie Brumfield, a dark haired Chuck Leve and young Marty Hogan at the JCCA.

Jerry Hilecher

Jerry's greatest assets are his determination and his durability. He still plays in pro events and makes a respectable showing. Jerry, who has been playing for over 20 years, learned the game from his father, and started playing at the age of 10, about the same time Steve Serot did. Both he and Steve were national caliber junior handball players at the time.

After high school, he went to the University of Missouri in Columbia, which is about two hours outside St. Louis. Every Friday afternoon he would roll into the J about 3:30, walk onto Court Five and proceed to look like one of the most pathetic players in the game. You could see him smirk as he hit the third straight ball off his racquet frame. Some time Saturday, after he had played two or three hours, his timing began to come back and you could see an inkling of things to come. By Sunday, he was in high gear, with adrenaline pumping through his veins and fire raging in his eyes.

On Monday he went back to Columbia and began the routine of no racquetball until Friday. During tournament weeks,

he would miss classes, come in late Wednesday, play a few games to get some of his timing back, and fly off to the tournament. Even with his hectic tournament schedule, he managed to finish his degree on time and graduated in 1977.

After graduation, he moved to San Diego and eventually worked for Ektelon. His game matured and improved with input from Mike Yellen and Dave Peck. Hilecher's record speaks for itself. He seemed to have a strangle hold on the number four and five positions for most of the 1970's. Even into the 1980's, he clung onto a top eight ranking for a good part of the time.

He is very unorthodox, independent minded, and very determined. There was, and is, no one with more drive than Jerry Hilecher. He is like a pit bull; players have to scratch for every point they win from him. He is another great diver and his matches at the J with Serot were classics. It was all out warfare even when they played their practice games.

Hilecher is an inventive and clever player. He was one of the first players to use movement in the drive serve to increase the deception, and he introduced

the short-hop attack return on half lob serves. I often heard from his opponents, "Hilecher screwed up my game. It's going to take two weeks to fix it."

Probably his most memorable season, and the one which most typifies his personality, was in 1981. It was the season in which Charlie Drake of Leach Industries formed a closed tour and Jerry was locked out. Not one to turn the other cheek, Jerry first sued to get on the tour. Then, for his first tournament, he was forced to qualify in California — this was the fourth ranked player in the world! To the astonishment of many and to the chagrin of Charlie Drake, Jerry won that tournament.

Jerry is 34 years old now and still plays a few tournaments a year. During the January tournament at the J, I was surprised to see that his fire burned just as brightly as it did in the early 1970's. For the most part he plays for recreation on a daily basis and mixes in some squash at the J. He has been involved in real estate for some time now and just started to get into the retail business. He has a 9-year-old son Justin, and has recently married Marcy Klaven. ○

(continued from page 7)

followed along the same path.

My introduction to both St. Louis and San Diego racquetball actually began in Memphis, TN at the 1971 International Racquetball Association Nationals. I had been playing racquetball for about nine months since finding there were no public squash courts in Indianapolis. I was there as part of the U.S. Army and I loved to run for miles. I played racquetball like a squash player. Slice all shots to keep the ball off the back wall, and pass deep until a winner was almost guaranteed.

My friend Earl Nixon had conned me into going with him to Memphis because, as he saw it, "there were probably only a few players in the country who could beat you." As Earl and I were looking at the draw sheet in the hospitality room, Earl loudly announced in his enthusiastic voice, "Why Kenny, you've got a clear shot all the way to the finals." Almost immediately a bearded, spectacled player with a cup of beer in hand shot out of his seat, affixed himself to the back of my right shoulder, and proceeded to jabber about his protege whom I would meet in the second round if I was so lucky. Sure enough, fate carried me to the match.

The match was tough for both of us. I had never seen a ceiling ball. My opponent had never seen two-foot-high kill shots and a player running as if possessed. When the match began to slip from his hands, the bearded, spectacled player appeared in the gallery to both instruct his protege on proper strategy, and to ask me if I recognized the importance of my match (i.e., did I know what a choke was). It was, of course, Charlie Brumfield. He gave his protege a scouting report on my weaknesses and a review course on the perfect ceiling ball and the theory of complementary shot patterns. Brumfield was a great theoretician and lecturer. What he didn't count on was that I was a fast learner, and I won the match using his lecture!

Since I had been introduced to the San Diego theory of racquetball, it was only appropriate that I should be introduced to the St. Louis version. As I left the court, Ron Rubenstein (then ranked second behind Brumfield) pulled me aside and said, "Kid, you can't win in this game unless you kill the ball. Let me show you

what a kill shot looks like."

He dragged me over to the next court where a young kid was down 12-4 to former national champ Bill Schmidtke. Then, I saw for the first time what a kill shot was and what St. Louis racquetball was about. Sometimes screaming at himself for hitting the ball too high and passing up kill shots, and at other times chanting words of encouragement. This kid proceeded to run around his backhand to roll out ball after ball with his forehand from some of the most impossible court positions I had seen — all to the encouragement of a fan yelling, "that's my Jer, give me one more." It was Jerry Hilecher, cheered on by his father Dan.

On the next court was a doubles game featuring another youngster wearing a green surgeon's cap and violently throwing his body from one side of the court to the other, making one impossible rally-saving dive after another to finally end each point with an explosive backhand. Steve Serot. So this was real racquetball!

I was stunned — and intrigued. In squash, there is a proper way to stroke the ball and all the other ways are frowned upon. Also, you don't scream at yourself. And the cardinal sin is to go for an early winner. I had just seen something unique and electrifying.

I watched a lot of other players at that tournament. Ron Rubenstein's racquet skills and maturity. Jim Austin's backhand. Paul Lawrence's analytic skills. Bill Schmidtke's desire and forehand kill. And finally Charlie Brumfield — the court general, comedian, and whatever else he wanted to be. But I never saw anyone else like these two kids, Jerry Hilecher and Steve Serot. On my way home from the tournament, I tried to grasp what I had seen but everything was too foreign.

I was missing too many pieces of the puzzle. I came away with a ceiling ball and a sense that I had a lot to learn, then I forgot the names Hilecher and Serot. ○

Next month: The secret of the JCCA, The JCCA secret of success. Marty Hogan's irrepressible approach to the game on Court Five. Brumfield and Serot face each other in a re-creation of the 1972 Nationals.

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Harnett Defeats Swain In Vancouver

Bret Harnett (left) and Cliff Swain (right) battle it out in the final match.



Predictable yet astonishing, usual yet surprising are the ways to describe the RMA tour's invasion of beautiful Vancouver, British Columbia. Prior to this event, every tournament had been riddled with numerous first and second-round upsets, but this time every match went exactly as expected. All top seeds advanced in every bracket with only one exception.

A small qualifying draw gave many newcomers the opportunity to reach the round of 32's. In fact, five of the qualifiers — including four Canadians — were playing in the main draw for the first time.

The most exciting early round match was between world amateur champion Andy Roberts and number twelve seed Mike Ray. During the Dallas tournament a week earlier, Andy had upset number one seed Bret Harnett and made it as far as the semifinals before losing to Mike Yellen. It looked as if Andy's upset string would continue as he defeated Ray 10-2, 10-8 for a 2-0 lead in games. Ray strategically changed the pace, forcing Andy to shoot from deep court. This resulted in Ray winning the final three games and averted an upset.

All other first round matches went as expected with the higher seeded players advancing to the next round. Only three of the 16 matches lasted

more than three games.

Why, after a series of unusual tournaments was this one so predictable? Perhaps it was the result of playing three events in as many weeks after a long six week layoff. The top players seemed to have refined their consistency and intensity. The continued pressure of professional competition definitely improved everyone's game.

In the 16's, the top eight seeds advanced. Although the matches were somewhat closer than the previous round only one match went to a tiebreaker and it became one of the season's most unusual. Gregg Peck, who has been steadily improving all season, fell behind Mike Ray 2-1 in games. Incredibly, the roof came down on Ray as Peck crushed him 11-0, 11-0 in games four and five. Mike could only say he had been hit by "a loss of timing".

In somewhat more restrained style, Bret Harnett struggled past an 11-10 first game to defeat hometown favorite Roger Harripersad in three straight. Egan Inoue blasted his way past Steve Lerner in three games and Mike Yellen continued to improve his early season's slump by frustrating Gerry Price 11-8, 11-3 and 11-5. Ruben Gonzalez, confused by Aaron Katz's unorthodox game style, struggled to win in four games.

Cliff Swain, also bewildered by Dan Obremski's unusual tactics, seemed to lapse into periods of unconsciousness. Obremski would play great in streaks only to hold up his shot to ask for a questionable hinder. These numerous breaks in action broke Swain's momentum but hurt Obremski as well. The crucial factor became Cliff's dominating serve, which eventually allowed him to survive.

Marty Hogan also faced an old nemesis in Corey Brysman. Brysman's game style always gave Marty problems and this time was no exception. Each game was close but Marty won in four.

In the quarter finals, again every match went as seeded, except for the Gonzalez-Yellen battle. Ruben had moved ahead of Mike in ranking for the first time this season; he was seeded number three while Mike had dropped to five. Yellen, putting on his usual late season surge, had lost the previous tournament finals match in an 11-10 tiebreaker to Cliff Swain. In this Vancouver match, he had no problem with Ruben, turning him back in three straight games.

Bret Harnett continued his drive toward his first national title by outlasting Egan Inoue. Their first two games went as expected — both players attempting to out-blast the

other. Egan's inexperience and lack of concentration allowed Bret to fight from a 10-3 deficit in game two to win 11-10. Egan was never able to recover and only managed a total of five more points in the match.

Ed Andrews, enjoying one of his best seasons ever, finessed his way past Gregg Peck, 11-7 in a tiebreaker. Ed's mental toughness continues to amaze opponents. Ed has only been on the tour for three years yet has the concentration capabilities of someone with much more experience. Down 2-1 in games, Ed varied his aggressive short-hop receiving game with an array of different serves to win the last two games.

In the tournament's most exciting match, Cliff Swain defeated Marty Hogan 11-10 in the fifth game. In the tiebreaker, Swain's lead had been as commanding as 10-5. Marty edged back to 10-7, then on the seventh point became the first player this season to use all of the five appeals allowed during one game. It meant he could not appeal again in the match. This was an error in judgment which came back to haunt him as Cliff dove for a shot at 10-8 (Hogan serving) and returned the ball for a sideout. The get was close, with some fans in the audience arguing it was two bounces, but Marty could not appeal.

At 10-10, Cliff pulled off a miracle service return by hitting a backhand splat from shoulder high. Marty smiled in bewilderment as Cliff walked to the service box to serve and win the match.

In the semifinals, Harnett continued his dominance of Ed Andrews, making it three straight wins over the number four seed. Bret has been able to overpower Ed in their previous meetings and this time was no exception. Harnett won in four.

In the other semifinal, another unusual event occurred — a tiebreaker donut score to Mike Yellen. Although Yellen is noted for his toughness in tiebreakers, on this day Cliff Swain had his number and blanked Yellen 11-0.

The final, as so many have been this season, was almost anti-climactic. Bret Harnett easily controlled a tired Cliff Swain and won in three games. It was obvious that Cliff's tiebreakers against Yellen and Hogan

had taken their toll. The zip in his serve was gone and he was unable to generate any real offense. By winning, Harnett again retained his first place ranking.

Despite his current number one ranking, at the end of this tournament, there was still no sure way to know who will be national champion at the end of the season. With only the Grand Rapids pro stop left, it is obvious that the question won't be answered until the end of the season. ○

Tournament results

Round of 32

Bret Harnett d. Jack Nolan 5,4,5
Roger Harripersad d. Dolwain Green 10,2,7
Steve Lerner d. Jeff Plazak 6,8,7
Egan Inoue d. Mike Ceresia 3,3,(8),2
Gregg Peck d. Woody Clouse 7,8,10
Mike Ray d. Andy Roberts (2),(8),8,2,6
Jack Newman d. Dave Johnson 4,9,10
Ed Andrews d. G. Humphrey 1,2,2
Ruben Gonzalez d. Bobby Rodriguez 5,9,2
Aaron Katz d. Aaron Embrey 6,8,5
Gerry Price d. Dave Peck 4,6,4
Mike Yellen d. Shane Nyquest 8,3,3
Marty Hogan d. Jeff Evans 6,4,(7),7
Corey Brysman d. Enson Inoue 8,7,7
Dan Obremski d. Dan McQuarrie 3,4,5
Cliff Swain d. S. May 0,1,5

Round of 16

Harnett d. Harripersad 10,1,4
Egan Inoue d. Lerner 6,8,3
G. Peck d. Ray 9,(5),(7),0,0
Andrews d. Newman 7,7,(7),8
Gonzalez d. Katz 5,(10),10, 5
Yellen d. Price 8,3,5
Hogan d. Brysman 8,10,(7),9
Swain d. Obremski 9,(8),4,9

Quarter Finals

Harnett d. Egan Inoue (10),10,1,4
Andrews d. G. Peck 6,(8),(5),1,7
Yellen d. Gonzalez 9,2,1
Swain d. Hogan (2),8,7,(4),10

Semifinals

Harnett d. Andrews 4,6,(6),9
Swain d. Yellen (3),7,8,(10),0

Finals

Harnett d. Swain 6,10,7

RMA Tour Results This Season

RMA #1 Cliff Swain d. Marty Hogan

RMA #2 Bret Harnett d. Ed Andrews

RMA #3 Bret Harnett d. Ed Andrews

RMA #4 Ruben Gonzalez d. Gerry Price

RMA #5 Cliff Swain d. Mike Yellen

RMA #6 Bret Harnett d. Cliff Swain



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Bret Hamett

Bret Hamett, I play a power-type game. I try to hit hard down-the-line and cross court and I like to kill the ball as often as possible. Lately, I've been losing to someone who drives me crazy by throwing off my rhythm with off-pace shots and delays between serves. How do I deal with this? *S. Hermery, Houston, TX*

You have already started by realizing that the player is deliberately trying to slow the game down. This tactic becomes obvious when he or she takes as long as possible between serves, loafs around getting ready for serves and hits lob serves and junk shots.

When you recognize these tactics, don't change your game plan. Changing your game is exactly what your opponent wants. If your opponent starts playing a slower paced game, you've still got to keep up your tempo and intensity.

Remain patient, however, in your shot selection. The slower game is geared to get you to try low percentage 35-foot shots from shoulder-high. Wait two or three shots later for a better chance to apply your power properly. The other person is not playing a simpler game. It's extremely difficult to hit a good junk shot; by sticking to your game style, you can add more pressure.

In essence, whoever is better at their own game will win. Both styles demand that players reach the shot and place it properly. As a power player, you still need a good deal of control. With that control, you should be able to win against players with less power. In other words, by sticking to your own game, your opponent must be a better junk player than you are a power player to win.

Egan Inoue, you're one of the top-ranked players, yet you learned the game in Hawaii which is certainly not a hotbed of racquetball. Could you tell me how to get better despite the fact that there seems to be little competition in my small town? *J. Fletcher, suburb of Indianapolis, IN*

The first step is evaluate your

strengths and weaknesses — and when and why they occur. Is your backhand strong? How about your serving game? Are your pinches fine from front court and poor from the back court? Why are your overheads so consistent? Can you improve your retrieving game?

Then ask yourself which methods of practice will correct the weakness. For example, if you serve well, spend a little less time practicing it, and more time improving another aspect such as your backhand.

Choose specific strategies for practice games. If you know you can defeat a weaker opponent easily, work on the parts of your game which need help. Did you decide your backhand could be improved? Try to hit only backhands during the entire practice match. Put yourself at a disadvantage by hitting all of your forehands to the ceiling. The game will be closer (more exciting for both of you) and your backhand will improve.

Does your retrieving game need work? Against a weaker opponent, play a passing game. Don't go for kill shots, no matter how well you are set up, and prepare yourself to chase every ball.

This process is based on your individual game, of course. To be most effective, you must invent and use the best methods to improve your own game when you play weaker opponents.

Lynn Adams, I like the idea of using the overhead as an offensive shot, but I spray my shots everywhere. Any tips? *L. Sanchez, New York, NY*

You should first decide if your height helps or hinders overhead attempts. I hate to say it, but being short puts you at a disadvantage. Unless you are over 5'5", it is difficult to put the necessary downward angle on the ball for an effective overhead shot. (The plus side, however, of being a short player, is that you have a lower center of gravity which helps every other aspect of your game.)

(continued on page 41)



Egan Inoue



Lynn Adams

Twisting And Turning

Upper body stretches for racquetball

by Keith W. Strandberg

When you think about it, the upper body is the key to success in racquetball. Sure, your legs are important because they get you to the ball, but according to the rule book, kicking the ball doesn't count. To play racquetball, you must hit the ball with the racquet, which means using your upper body, and using it effectively.

There are plenty of ways to strengthen your torso and arms, including free weights, exercise machines and calisthenics. When it's time to play, however, you don't want to be concentrating on strength, strokes. This takes a good range of motion.

Range of motion is the extent to which a limb can move through a joint. Your arms, for example, can normally move up and down almost in a full circle, or a 360 degree range of motion. To play racquetball at your highest level, you need to have as full a range of motion as possible. If you have been reduced to lifting your arm only as high as your shoulder, your overheads are going to suffer severely. On the other hand, if your range of motion is complete, you won't have any trouble reaching the ball, and hitting your best shot.

Putting a muscle group through at least 75 percent of its range of motion increases its power tremendously. When you take a full swing, you generate more power than if you had merely blocked the ball. Range of motion in your arms and shoulders

increases your ability to reach shots, while flexibility in your hips and back makes quick changes of direction easier and makes bending in all directions less of a chore.

First to get the most from flexibility exercises, you need to know how to stretch correctly. Your body is like a finely tuned car, so you should warm it up before expecting high performance from it. Before you stretch, warm up with an exercise such as walking, jogging, bike riding or swimming. You want to get blood circulating freely through the large muscle groups. This reduces the chance of a pulled muscle and increases the benefit from stretching.

Flexibility exercises should be done slowly, at a relatively low stretch intensity and should be held in each position for as long as is comfortable. This will give you permanent elongation of muscles, so that the flexibility stays with you. Stretching too hard and bouncing tends to give elastic elongation, meaning that your muscles become like a rubber band — they may stretch further but will also snap back into place later.

There should never be any pain when you stretch; there may be some slight discomfort (a stretched feeling in the muscle), but if you feel any pain, stop!

Because range of motion is so critical to racquetball performance, here are some of the most important ways to stretch before and after play, practice or exercise.

The Stretches

1. **Arm circles.** Stand with your feet about shoulder-width apart, knees bent. Swing your arms slowly and smoothly in circles, trying to make the circles as large as you can. Circle your arms clockwise then counter clockwise — this will warm up your shoulders.

2. **Arm crosses.** In the same standing position, hands stretched out flat in front of you, cross your arms slowly in front of your body, then back out to the sides. Repeat 10 to 15 times.

3. **Elbow swings.** Bring your knuckles together in front of your body with your elbows up. Swing your left elbow as far to the side of your body as possible, turning your hips but keeping your head forward. Repeat with the other side and do this 10 times. (photos 1 and 2.)

(continued on page 41)

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Taking Advantage Of Your Most Potent Weapon: The Serve

by Dave Peck

The serve is probably the most important weapon in your game, but it's one of the misused and overlooked aspects of the sport. Serving is the only time during the match in which you have complete control of the situation. You are stationary, the ball is in your hand — it's important to take advantage of this. However, first you must ask yourself: What am I trying to accomplish with my serve? Too many racquetball players just rush right into the serves. They drop and hit the ball without purpose. Serving is an offensive weapon. It can win or lose a match, and if you don't know what you're trying to accomplish you might as well get into a car and go for a drive without any destination.

Serving is something of a chess match, so it's doubly important to experiment, at least at the outset of a game.

Probe your opponent's game. Discover his or her weaknesses. Then exploit them. Find out what serves force your opponent into weak returns that permit you to put the ball away.

To start with, scout out your opponents. If you're playing a tournament, spend time checking out your division. Some players are afraid to watch future opponents. They feel this will actually psych them out. But it won't if you go into the scouting with a clear mind and a laundry list of what to look for. For example:

1. Does your opponent have problems with the drive serve?
2. Does he or she have a tendency to lean in one direction, anticipating a certain serve?
3. Does your opponent like the ball into the body, up, down?
4. Does he or she have a good ceiling game?
5. Is your opponent aggressive with

the ball or does he or she prefer to play defense?

6. Does your opponent react to the shot down low or does he or she continually take it up high?

Once you discover an opponent's strengths — stay away from them. Conversely, there's always a weakness, a particularly vulnerable part of an opponent's game, and you owe it to yourself, once you find it, to take advantage of it. I realize that in most friendly "let's have a beer afterward" games it's difficult to watch a pal struggle with say, high lob serves to the backhand as you pound away point after point. You may want to let off the pressure, particularly if your

run, so to speak.

Hit a drive serve to the backhand. If it gets killed, hit it again on your next serve. The first shot may have been a fluke. If your opponent rolls out the second time, it's obviously an indication he or she doesn't mind drive serves. So change it up: Kick in a half-lob, a Z, altering the speed and angle. Then watch the reaction. I remember playing pro Scott Hawkins in a tournament and discovering he hated, absolutely hated, a slow Z to the forehand. It took some time, but I found his weakness. So be patient. The worst thing you can do is say: "I'm gonna go hit that drive serve until hell freezes over." Well, hell

won't freeze over — the game will be over. So think adjustment, making your opponent do what he or she doesn't want to do.

"Serving is something of a chess match, so it's doubly important to experiment, at least at the outset of a game."

opponent is buying dinner and you're famished! So hit a couple of serves to the forehand.

Also, if you're scoring all your points off serve, you're losing the exercise and sweat factor of the sport. You decide. Sometimes a compromise works best. One of my workout partners is so susceptible to half-lob serves to backhand, I kill him everytime I use that tactic. But what's it worth to me? Not much. So I hit the drive to his forehand, which he jumps on, clicking his entire game into gear. Of course, when it gets close, you know where my serve is going...

Serving Against Someone For The First Time

Let's say you've had no time to scout out an opponent. The referee says, "Play ball," and it's your turn first. What do you do? Well, there's a rather systematic approach to getting to know your opponent on the

Service Motion For Power Serves

The forthcoming advice applies to the power drive and the power Z. (The Z is a serve which hits the front wall, then the side wall, before it bounces into the back court off the other side wall, parallel to the back wall.) It's important, given deception as the key to serving, that you *always serve with the same motion*. That's one of John McEnroe's biggest assets in tennis. Whether he's hitting a bullet down the service line or kicking a high shot to your backhand, his service motion never varies. You can't anticipate shots because the service motion itself varies only slightly — it is the ball that is dropped in different areas according to the serve.

Where And How To Stand

Your placement in the service zone will vary with the type of serve, but for the moment place yourself in the



middle of the box, your right foot (if you're a righty) on the short line. The left foot should be 12 to 18 inches in front and your feet should be 4 to 5 inches apart. I prefer this wider base because it offers stability and balance, indispensable qualities if you want to keep control of the serve situation.

Now lean back on the back foot. Slowly extend the racquet arm, bringing the opposite hand, which is holding the ball, into contact with the strings of your racquet. Drop your knees and slowly ease down, but not too far; one of the most common mistakes is to bend too far. This only serves to fatigue the legs in a long match and increases your range of motion, which invites mistakes. Keep it simple. Dip down 6 to 8 inches and don't bend at the waist, as this causes wasted motion and may result in a back injury.

Setting Up The Serve: The Step And Drop

Properly serving and deceiving your opponent comes from mastering and performing three separate functions almost simultaneously. Simply, it's step, drop and lift arm into the ready position. This must be done in one fluid, never-changing motion. To begin, take a step back with your right leg even with the short line. How far back depends on the length of your legs. My brother Gregg has long legs and big feet, and he steps farther back than I do. But what's important is not to step back too far, leaving you off-balance as the serve motion begins.

Common Mistake: Don't twist your back leg around your front leg when stepping back. It limits the distance between you and the front line and rotates the hip toward the back right corner, turning your back to the front wall. This is excess motion, excess

shoulder rotation, and your power is generated not from the shoulder rotation, but rather from the hips.

The drop aspect of the serve is often completely overlooked — and with disastrous results. As in the tennis "toss", the drop in racquetball, if executed properly, adds a consistency to your serve. You can't keep changing your drop location and expect to put the ball into tight spots.

So first, don't pull the ball away from the racquet; it's inefficient and inconsistent, and affords the returner an unnecessary look at the ball. Just drop the ball as if you're petting a dog on the head or the back. Your drop hand should move 4 to 6 inches forward. This adds overspin to the ball (you'll be "rolling over" the ball). As you step back you should prepare to put your hand into "petting" position. Now bring the racquet up and into the ready position as the ball drops into the power zone, the contact point will be the inner thigh, front foot angles at 45 degrees. The hips then shift through the swing, generating power.

Serving is very individualistic, but generally the contact point for a drive serve is between the shin level and the knee level, depending on the angle of the shoulder. But remember, you want to take the ball up at an angle where your shoulders are on the same plane as your swing. This means not bending down with your shoulder, leaning over into the shot, then trying to "scoop" the ball up from shin to knee. And don't isolate on racquet movement. The trajectory of the racquet is based on the angle of your hips and shoulders. So get those shoulders and hips lined up at a spot on the front wall and you'll be in the driver's seat before you know it. ○

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Playing Under Pressure

by Dot Fischl

Pressure can lead to one of the most devastating experiences in racquetball — failing by folding under that pressure. There's nothing more frustrating than practicing hard, yet still consistently losing close matches. You can change that, though, by becoming a clutch player through "pressure practice" and "pressure thinking".

The old adage, "How you practice is how you'll play", is an excellent theory and very applicable here. Work on pressure practice during the last 15 minutes of your court time.

Put yourself and your opponent at a 13-13 score, and let your opponent serve. Allow yourselves only lob serves. Remember, while on defense don't give the point away by skipping a low percentage shot. Make your opponent earn points by hitting his or her own good shots. When you are serving, you can gamble more; if you do miss, you won't lose anything but your serve.

We all know that you can't compete against a good player too conservatively and expect to win. However, your shot selection should change in a close match. Play safe until an opportunity arises and you have a set-up; you then must have the confidence to take your winning shot.

What is "pressure thinking"? Tell

yourself from the beginning of the match, "The only way I'm going to lose is if he hits a winner. I won't lose because I missed the shot."

Be in a hurry to win, but don't be in a hurry to lose. If you're ahead, play aggressively. However, if you're behind, slow down and take smarter shots.

Remember, by practicing pressure situations you'll be ready

for pressure games. It also helps make practice more meaningful and fun. Good luck always helps, but good pressure playing wins! ○

Dot Fischl is a PARI professional and ranked WPRA player. She instructs at the Allentown Racquetball Club in Allentown, PA.



Instructional From Fran & Jim

Sit Down On A Chair To Hit A More Effective Drive Serve Or Basic Stroke!



Figure A



Figure B

How many of you reading this article feel you need a more consistent and effective drive serve or basic stroke?

If your answer to this question is "I do", then you have come to the right place. We can help you achieve that consistency and effectiveness you have been searching for.

One of the most common mistakes we see in our travels amongst racquetball players, is people bending at their waist rather than bending at their knees. Two problems occur when you bend at the waist: 1) You put

undue pressure on your lower back; 2) Your center of gravity is no longer directly below you.

If while reading this you are shaking your head and saying, "Yes, I do that" remember you are not alone. More people bend at their waist than you would imagine. A good trick to help train your body to bend at the knees rather than at the waist is to imagine sitting down on a chair.

Bring a chair on the court, as Fran has done in Figure A, and bend your knees so you barely touch your butt to the seat of the chair. This assures you bent knees not a bent waist. Now take the chair away and remain in that same bent knee position for the low hard drive serve, as Fran is doing in Figure B. It works everytime.

In summary take advantage of the largest and most powerful muscles in the body, your legs, and "take a break today and sit for a while". ○

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Water Or Sports Drink —

Which does a body better?

by Robert Bernstein

How much water will you lose during your next game of racquetball? If it is more than you drink for replacement, it can hurt you, as well as your performance.

In fact, all racquetball players need to replace the water they lose as sweat. A trained athlete can lose between one and a half to two liters of water an hour; non-trained athletes sweat even more, up to three liters an hour. This means for sufficient water replacement, athletes should drink between three-quarters of a cup to a cup of water every 15 minutes during exercise.

With brand after brand to choose from, there are a few things to consider before you forsake a trip to the water fountain for a sports drink. Whether or not a sports drink will benefit an athlete depends on how quickly the body can absorb the drink and the sugar in the drink. Stomach emptying — the rate at which the body absorbs the drink — is affected by the number of particles in a solution. Water alone, for example,

passes almost immediately from the stomach, through the intestinal track and then to the muscles where it can be used.

This process, can be delayed when sugar is added to the drink. In one test, half of an 18 percent carbohydrate solution remained unabsorbed in the stomach after two hours. When liquids stay in the stomach during exercise, diarrhea and discomfort may result.

According to Sarah Short, a professor of nutrition at Syracuse University, much less than an 18-percent concentration still hampers stomach emptying of water. "The textbooks are still saying that drinks over 2.5 percent have a delay in getting out of the stomach."

Fortunately for athletes, recent

scientific studies have found that the percentage of carbohydrates in sports drinks can be even higher, yet still enhance an athlete's performance in certain circumstances.

The study, done in conjunction with the Human Performance Lab at Ball State University in Indiana, tested the affect of sports drinks on the performance of bicyclists. The cyclists were given about five ounces of a carbohydrate drink of various solutions every 15 minutes.

Tests showed that a sports drink containing between five and seven percent carbohydrate could help performance if the activity lasted over an hour; the body generally has sufficient energy reserves until then. The longer racquetball players are on the court in one day, the more good a

Before switching to a sports drink keep the following in mind:

- Labels will often list only the grams of carbohydrate per given ounces of serving. To convert this to a percentage, divide those grams by the given ounces multiplied by 28.35. For example, Gatorade has 10 grams of sugar in a six-ounce serving. The formula looks like this: $10 \div (6 \times 28.35) = 5.8$ percent sugar.
- A six to eight ounce serving of the drink should be consumed every 15 minutes during exercise. Drink the first glass just before the activity begins.
- Some drinks have salt, often advertised as electrolytes. For those trying to limit their salt intake, nutritionist Sarah Short recommends speaking with a doctor before using the sports drink.
- Try various types of sports drinks before committing to one brand during a serious competition. Some drinks may irritate your stomach. Although sports drinks are designed to taste good, some may have an undesirable aftertaste which could affect your game. ○

Sports Drink and Manufacturer	Type of Sugar (ranked most to least)	Recommended % of Carbohydrate	Amount and Type of Electrolytes	Calories
BREAKTHROUGH Weider Health & Fitness	glucose polymers fructose	4.6	sodium 21 mg potassium 16 mg	30
EXCEED FLUID REPLACEMENT AND ENERGY DRINK Ross Laboratories	glucose polymers fructose	7.5	sodium 38 mg potassium 34 mg chloride 60 mg magnesium 5 mg	—
GATORADE (all flavors) Quaker Oats, Co.	sucrose glucose	5.8	sodium 85 mg potassium 20 mg	40
GOOKINAID E.R.G. Gookinaid E.R.G.	glucose fructose	5.2	sodium 48 mg potassium 76 mg magnesium 1.6 mg	36
MAX The Coca Cola Co.	glucose polymers	7.5	none	53
MUELLER SPORT DRINK Mueller Sports Medicine, Inc.	sucrose corn syrup solids fructose dextrose	7.6	potassium 170 mg	53
RECHARGE (lemon flavor) Knudsen & Sons, Inc.	fructose	7.6	sodium 23 mg potassium 64 mg	53
RPM ENERGY DRINK General Sports Aides Corp.	fructose	7.4	potassium 53 mg	49
SUDDEN IMPACT Unipro, Inc.	fructose glucose polymers	7.1	sodium 70 mg potassium 46 mg	53
ULTRA ENERGY Procyon Industries, Inc. (a food replacement drink)	glucose polymers dextrose sucrose	34.0	magnesium 7 mg calcium 18 mg	138
ORANGE JUICE	fructose	9.7	N/A	68
COCA-COLA CLASSIC Coca-Cola Co.	high fructose corn syrup or sucrose	11.0	sodium 7 mg potassium less (than 1 mg)	72
MILLER LITE Miller Brewing Co.	N/A	0.8	N/A	48

The Alternatives

A good sports drink has advantages over soda, beer and even fruit juices.

- Soda is bad for three reasons. The sugar level is too high for quick stomach emptying, and the carbonation in sugar can also cause excessive gas in the athlete, which will probably hinder performance. The third problem with drinking soda during exercise is the caffeine. Caffeine is thought to mobilize fats into providing energy, which is why some athletes consume something with caffeine right before competition. (See The Coffee Debate, this issue of *National Racquet*—

ball.) However, the benefits of caffeine are not clear and the down side is that caffeine acts as a diuretic, which does not help athletes.

- Beer is a popular beverage after working out, but stay away from it before or during matches. Not only is it a diuretic, but beer's alcohol content hinders reflexes on the court.
- Fruit juice can be as good as a sports drink, but it should be diluted because of the high sugar level and amount of acidity. Orange juice is about 9.7 percent carbohydrate, which is higher than the limit suggested as a result of the Ball

State University tests. A bigger problem of fruit drinks is acidity. The fruit juice acid from orange juice can upset the stomach during exercise. Adding water to fruit juice will lower the carbohydrate percentage and lessen the harshness of the natural acid.

Sports drinks are also a better way of consuming carbohydrates during exercise than eating a candy bar, or a similar snack. The drink's carbohydrates are absorbed faster by the body because of the water dilution. Save the candy bars or pieces of fruit for between matches. ○

sports drink does.

The second thing to consider is the sugar in a sports drink. Two types are commonly found in sports drinks, and each have their pros and cons.

One sugar type is glucose, a sugar often processed from corn. To help speed up the absorption process, many sports drinks contain glucose in a polymer form — several molecules linked together to make one big molecule. Since stomach emptying depends on the number of particles in a solution and not the size of these particles, the absorption process becomes quicker. The fewer the number of larger glucose polymers are absorbed more quickly than many smaller glucose molecules. Other sports drinks contain fructose, the sugar found in fruit. These drinks leave the stomach more slowly, but give energy over a longer period.

Choose the type of sports drink that will suit your needs. During a racquetball match, a quick energy boost may be what is needed, so the most suitable drink would be one with a glucose polymer — commonly listed on the product label as malto-dextrin. Over the course of a tournament — when the need for energy is constant — a drink with fructose may be better.

Finally, besides the percentage of carbohydrates, there is another sports drink factor which needs attention — the salt content. Some drinks include electrolytes, (mineral salts), such as potassium and sodium which are needed for optimal muscle function.

Because sweat tastes salty, it is a common misconception that players need to replace salt during exercise. Although sweat does contain some salt, sweat is mostly water. In fact,

there is less salt in sweat than in the water inside the body. This means that as you sweat, salt concentration in your body is actually going up, so it is more important to replace water than salt.

The body's warning signals for lack of salt are much better than those for lack of water. An athlete may lose three glasses of water before feeling thirsty, but the body lets you know right away when you need salt. In other words, there is no need for athletes to look for sports drinks

which contain electrolytes.

Going into the fifth game of a match, you will most likely be parched. A sports drink may be all you need for those last 11 points, and it may not.

Do a little research before you eagerly down a water substitute. Look for drinks which contain the sugar you prefer, and note the percentage of that sugar. If you have questions, check with your physician for a final okay. Then go on the court in confidence, knowing your body won't let you down. Or vice versa. ○

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The Coffee Debate Heats Up

Can Coffee Make You A Better Racquetball Player?

by Mark VanSchuyver



In 1987 the average American racquetball player drank 26.3 gallons of coffee. New findings indicate that coffee can have a staggering impact on athletes who sip before they serve. So next year the consumption of coffee by athletes may be even higher as sports-minded people everywhere rush to the coffee pot.

However the answers are not final. News is still coming in which compares the relative benefits of coffee use with the negative side effects and possible long-term damage caused by this tasty substance. The best advice for racquetball players is to weigh the facts carefully before making a rush for the coffee pot.

Since the 1940's, doctors and scientists have suspected that caffeine is a performance enhancing substance (an ergogenic aid). Eventually the Olympic doctors became involved and in 1976, discovered significant levels of caffeine in the urine of large numbers of Olympic athletes. This finding was partly responsible for additional research which indicated that caffeine use by Olympic athletes could provide unfair advantages to certain individuals.

One of the experiments which led to the Olympic decision to restrict caffeine use involved cross-country skiers who, given caffeine, finished a 23-kilometer (approximately 50 minutes) race in two to three percent less time than they were able to without caffeine.

A separate study on the effects of caffeine on athletes suggests that caffeine can increase the quantity of strength from skeletal muscle. These are just a few of the studies that ultimately led to the decision by Olympic officials to restrict caffeine use by athletes.

Of all substances found in nature and commonly consumed by humans, coffee has the most caffeine. In fact,

coffee has approximately three times more caffeine than tea. Cocoa has some caffeine in it, but it's not even in the race with coffee. A few soft drinks have up to 60 milligrams of caffeine, but none come close to brewed coffee with its average of 100 to 150 milligrams per cup. Instant coffee comes in second with around 85 milligrams per cup.

In his book, *Eat To Win*, Dr. Robert Haas describes caffeine as a natural food substance — a substance which has no nutritional value and one which the body does not require for normal function. Although caffeine occurs naturally, it is considered a drug. It merits this classification because of the stimulating effect it has on the body, and in particular, its effect on the central nervous system.

Over the years coffee has received a lot of bad publicity. In spite of this, most Americans drink at least two cups of coffee each day.

The good news is that some tests indicate that coffee may have positive side effects for some people, including migraine headache victims. Dr. Haas writes, "It (caffeine) can dilate the coronary arteries that supply your heart muscle with blood, markedly increasing blood flow while, at the same time, constricting the small arteries (arterioles) that serve the brain...Because of its effect on the arteries in the brain, migraine headache sufferers have used caffeine for years as a quick and easy way to control pain."

Caffeine has a stimulating affect on the cerebral cortex which is believed to control the intellectual functions of the mind. According to Haas, the stimulation to this area of the brain induced by caffeine encourages clearer thought formation and flow.

Many asthma medicines contain caffeine. Dr. Haas says that caffeine causes the smooth muscles of the bronchi to relax. Relaxation of these muscles improves breathing in the

asthmatic patient.

Caffeine affects people in different ways. The fact that it appears to have helped some migraine headache victims and some asthmatics does not necessarily mean it will work for everyone. As always, it is best to clear the use of caffeine or any substance with a physician and a nutritionist before using it for medicinal purposes.

The Bad News

Coffee tastes great and generally causes the drinker to feel uplifted. But there are several reasons why coffee may not be worth the lift it gives to some athletes or to every reader of the morning paper. Not the least of these bad qualities is the addictive nature of caffeine.

Doctors consider caffeine to be "mildly" addictive. Anyone who drinks 500 or more milligrams of caffeine per day (about 5 cups) is probably a caffeine addict. Less than five cups per day does not necessarily let the coffee indulger off the addiction hook. Certain coffee products have more caffeine than others. This includes different brands and different blends within the same brand. Coffee addicts may be plagued with unpleasant "withdrawal" symptoms if they miss their morning cups.

"Approximately 18 hours after your last caffeine dose, you feel fatigue, irritability and a throbbing headache that tends to get worse with exercise," writes Liz Applegate, Ph.D. "Needless to say, these withdrawal symptoms can interfere with your physical performance."

Coffee, with its mega-doses of caffeine, causes the body to pass water more quickly than normal. The diuretic effect of caffeine usually forces the kidneys to expel urine

within 15 minutes to two hours after coffee has been consumed.

The rapid loss of water is particularly hazardous to athletes who are already losing great amounts of water through sweat. The body of a caffeine using athlete suffers from faster-than-normal dehydration. Coffee can also be inconvenient to those who don't like to interrupt their workouts for extra trips to the restroom.

Dr. Jack Dobbins, director of athletics at Northeastern State University in Tahlequah, OK advises players with high blood pressure to take the advice of doctors everywhere and avoid caffeine prior to a match. "Coffee and cigarettes may adversely affect individuals with high blood pressure," he says.

Even healthy people who abuse coffee may be headed for long term problems. Some of the worst possibilities include: sleep disorders, pancreas cancer, indigestion, breast disease, and depressive mood swings. All of the studies from which the above information was derived were done with coffee itself, not with pure caffeine. It is therefore possible that the damage was done by some other ingredient inside the coffee, and that the caffeine itself was not to blame. However, caffeine is the principle suspect in these findings.

Common Sense

Exactly how much coffee can an individual drink each day without risking his or her health? The argument continues to rage (with debaters on both sides sipping two to five cups per day while they await the latest results).

At this time, most doctors say that small quantities of coffee are entirely safe. An informal survey of nutritionists in the Southwest show a general agreement that two cups of coffee per day is non-harmful for the average healthy person.

Dr. Applegate adds strength to this argument for athletic as well as health reasons. In her writing, she refers to a test in which athletes were given varying amounts of caffeine. She states that out of three groups who were scientifically tested, the first group did not receive any caffeine, while the second got 300 milligrams (equal to approximately two strong cups of brewed coffee) and the third group 600 milligrams.

"The 300-milligram group reported

the fastest reaction times," Applegate continues. "Yet the group that ingested twice the caffeine reacted no faster than the group receiving none."

Coffee And Racquetball

Can coffee help an athlete win a racquetball tournament? Dr. Dobbins tried a personal coffee experiment which yielded disappointing results.

"I found no significant benefit or hindrance to endurance exercise," Dobbins' research into the effects of coffee was consistent with that done by researchers Butts and Crowell (Research Quarterly For Exercise and Sport). Some endurance athletes will not receive a boost from coffee, others will. But, nobody gets much from coffee in sports events which last less than ten minutes.

Coffee is only effective as a performance enhancer for endurance sports. According to research findings, caffeine helped trained cyclists achieve seven percent more work in two hours after ingesting caffeine compared with their performance when fed a placebo. Caffeine increases workout from endurance athletes because it helps the body burn additional fat during exercise. Short term, fast-paced sports do not last long enough to benefit from the fat-burning side effects of caffeine.

Caffeine researchers N.K. Butts and D. Crowell write, "One female increased her cycling time by more than 50 percent with caffeine...in this specific case, caffeine appeared to be the definite aid to her performance."

Many variables affect the results of such tests, including the personal motivation of the athlete, physical condition of the athlete, and individual variability in response to caffeine itself. Many studies have been done, and the only conclusion is that caffeine affects people differently. It increases the output of some and not of others.

In a separate study subjects were given 730 mg of caffeine one hour before exercise. Their bodies did not have an increase in fat oxidation and their performance was not enhanced. However, individuals who were given 250 mgs of caffeine before a two-hour exercise session and a second dose of 250 mgs during the workout, demonstrated significant increases in fat oxidation and work output.

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Butts and Crowell write, "Possibly ingesting moderate amounts of caffeine during exercise may have more influence on substrate utilization than larger amounts taken prior to the activity." To the athlete who is wants to improve performance this means that less may equal more. While one or two cups might increase performance, drinking a whole pot of coffee may have the same effect on work output as drinking none at all.

The Bottom Line

Unless new and especially damaging research results appear in the near future, some racquetball players may decide to drink more than their full 26-plus gallons of coffee this year. Realizing that a sip before the serve might just make the difference in a match against a tough opponent is a strong incentive.

But the question remains for those who like to ignore their doctors advice. Are the possible performance benefits of caffeine worth the possible health risks? The answer of course is, maybe. ○

The Toronto Golf and Racquet Show

For a sports junkie, the Toronto Golf and Racquet Show was paradise. A tennis court captured attention at one end, and at the other, a portable racquetball and squash court. It only took a short stroll between the two to view badminton, golf and platform tennis as well. If that wasn't enough, there were fashion shows, sports medicine seminars and booths displaying the latest in sporting goods.

The show, which took place near Toronto's International Airport in Ontario, Canada, not only gave visitors the chance to actually try all of the racquet sports, it let them see some of the best players in the world in action. The portable racquetball and squash court, for example, had clear side and back walls, showcasing the action

which drew spectators from all over the show.

In racquetball, top Canadian players Haydn Jones and Mike Ceresia cranked up their games against each other to the delight of hundreds of spectators. Crystal Fried, once number two in the AARA, played fellow WPRA tour players Carol McFetridge and Sue MacTaggart at different times during the weekend. Jim Hiser, commissioner of the RMA men's professional tour, took on ex-professional quarterback Chuck Ealey in another match.

As a squash court, the portable court again drew hundreds of spectators, especially when 70-year-old Hashim Khan accepted a challenge from his son, Sharif Kahn, who is in his mid-forties. In squash, the Kahn name is as

legendary as the Hogan name in racquetball, except more so. Three generations of Khans have won world championships in the hardball game.

Hashim, despite his age, amazed the crowd with his uncanny ability to guess where his son would attempt to hit winning shots. Sharif, enjoying his role as spoiler against his father, the crowd favorite, lost the first game

and won the final two. Between games, Sharif and Hashim answered questions from the crowd regarding squash and their own start in the game. Other top squash players who demonstrated the game throughout the weekend, included Mark Talbot, Bill MacDonell and Kenton Jernigan.

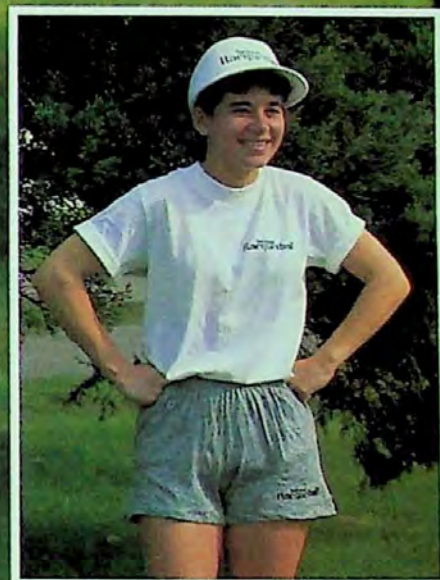
Despite the excellence of the

spectator events, the Golf and Racquet Show was called a participant's show, and lived up to its billing. Tennis and racquetball players were invited to test their serves with a radar gun. Passersby had the chance to play some of the best badminton players in the area. Golfers could practice at a mini-driving range, groove their putts or have their strokes analyzed. For those just browsing, nearly 40 booths displayed the latest in racquetball, golf and tennis fashions and equipment.

This was the first year for the Golf and Racquet Show, and it proved itself to be a successful and unique way to bring the excellence of sports to the public. Next year should be even better. Look for it. ○



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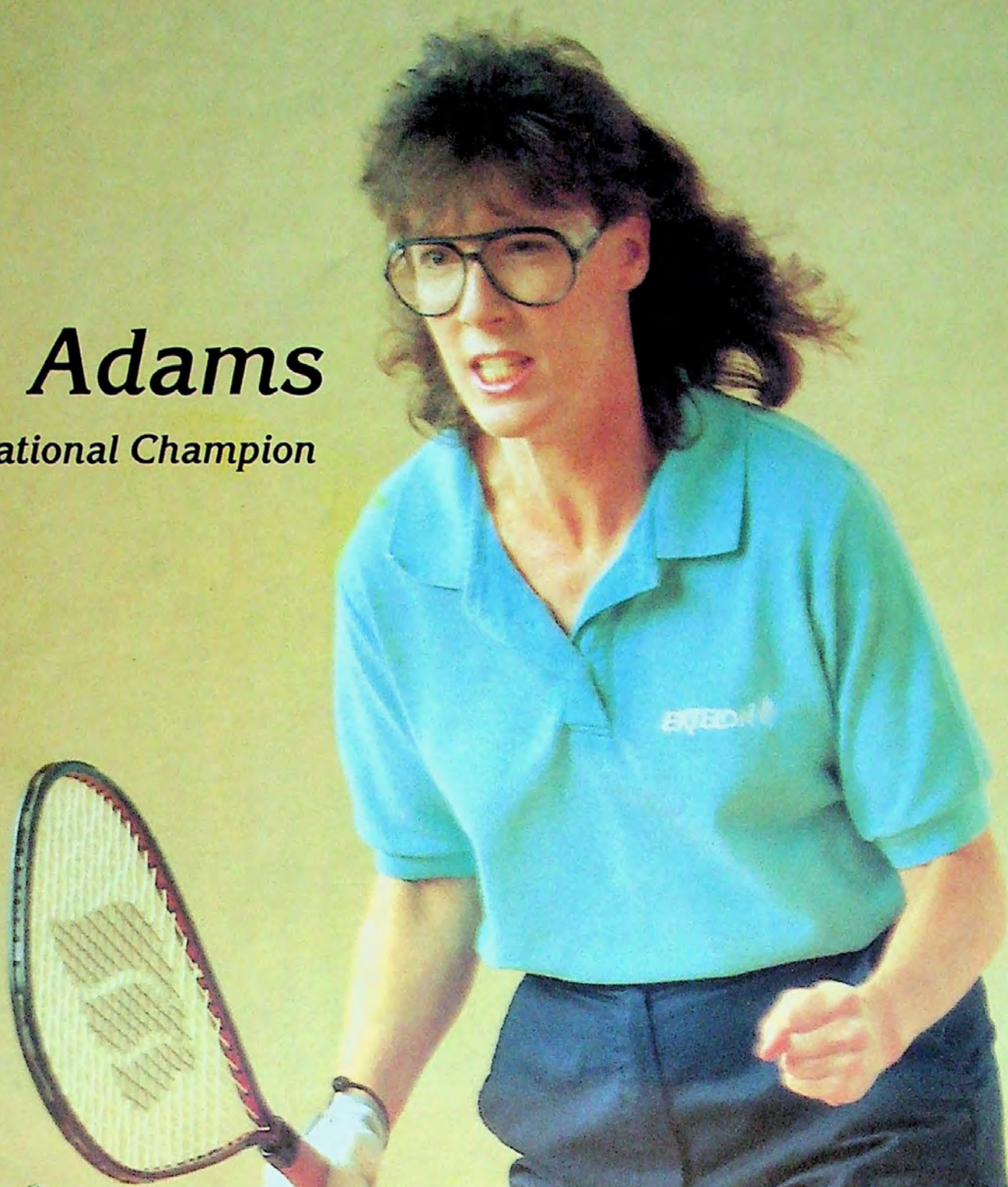
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Grand Rapids

Last Stop Before The Nationals

by Sigmund Brouwer

Call the last regular stop of the season a farewell to Mike Yellen and Marty Hogan. There, when the bells tolled, the mournful sound carried both their names. For the first time in 12 years — the entire era of modern racquetball — neither player has a shot at winning the national championship.

Will it be a permanent changing of the guard? Only next season will tell, but at the ETV Trucking Pro/Am in Grand Rapids, MI, racquetball one notch better and a pack of players many times hungrier ensured that both Yellen and Hogan will not be national champions in 1988.

As a result of this stop, winner Egan Inoue will have a long shot at the title in Seattle. Four others — Bret Harnett, Cliff Swain, Ruben Gonzalez, and Ed Andrews — all have very real chances at the championship.

Predicting the outcome is impossible after watching this tournament. Egan Inoue's cannon aces accounted for nearly a quarter of all his points in Grand Rapids; he didn't lose a single game until the finals and outscored his opponents 132-45.

Ruben Gonzalez, the other Grand Rapids finalist, is playing the best racquetball of his career. At 37 years of age, he has not lost before a semifinal round in the last four tournaments. Bret Harnett, despite the hot and cold streak which stopped him in the quarter finals, is probably the game's ultimate racquetball machine, and is still ranked number one. Cliff Swain, stonewalled by Gonzalez this tournament, has won two events this season. And Ed Andrews, if his arm heals in time, could recapture the game which took him to the finals in two previous stops.

In other words, this tournament proved there is no such thing as an easy ride. After a round of 32 upset by Dave Peck over Dan Obremski,

the round of 16 shakedown began.

First to go was Ed Andrews. Seeded number three, he had to fight a sore arm and a sizzling Roger Harripersad. Andrews took one game, but only scored four points in the other three. Harripersad's only problem was that he had to face Egan Inoue in the quarter finals.

Bret Harnett survived a lack of edge which was to hurt him later in the tournament. Against Jack Newman, Harnett's destruction game mis-fired. His roll-out pinches and flat down-the-lines became barely retrievable, and Newman was in a running mood. He took Harnett to four close games before losing.

Mike Yellen wasn't so lucky. His game was still there — a terrifying mix of wide-angle passes and tight pinches — but Mike Ray would not be fooled. Yellen, his pre-season ranking of number one already down to number six, lost in four games.

The quarter final matches were spectacularly short or push-and-grunt long. Dave Peck gutted out yet another upset, continuing his surge at this tournament by beating first seed Bret Harnett. The match was almost a remake of their first meeting of the season in Davison, MI at RMA stop number one. Then, Peck lost in five games, three decided by 11-10 scores.

In this match, the first three games also went 11-10; Peck won the first two. Despite his probable retirement next season, Peck's game style is based on determination, determination and determination. Because of a freak blood-pressure injury which nearly led to amputation of his right leg in 1983, Peck is forced almost to hop-step to every shot in every rally. In fact, as he receives serve, he puts



Egan Inoue (back) and Ruben Gonzalez fight for first place.

one foot up against the back wall to push himself into play.

Combined with Harnett's fractional mis-hits, Peck's determination swung the match. Each ball Harnett failed to roll, was a ball that Peck managed to pinch or pass just out of Harnett's reach. In the only game of match not decided 11-10, Harnett lost 11-4. Despite losing the match, he is still ranked number one.

The other no-holds-barred quarter final war took place between Cliff Swain and Mike Ray. Egan Inoue may have the fastest serve on the tour, but Swain's is close in speed and makes up for that slight difference with deception. Mike Ray, though, at 6'2" has the reach to nullify almost any serve, and he proved it time and again from deep court. Ray won games two and three to set up a tiebreaker, only to lose 11-4 to Swain's consistent forehand pinch from front court.

Spectacularly short was the Egan Inoue match against Roger Harripersad. Inoue serves with little deception, but has no need for it. His cannon is set for only one position — deep left court — and it only takes the blink of an eye to miss the ball. Crunching serve after serve, Inoue hit aces or forced weak returns. Three games and less than 45 minutes later, Egan had won.

Ruben Gonzalez did virtually the same thing to Marty Hogan, except the Gonzalez weapon was a backhand pinch. One of the pros watching commented that "it was the worst Hogan has been beaten in a long time".

Gonzalez is fast of feet and fast of hands. What Hogan put down, Gonzalez retrieved, often diving two or three times to win the rally. What Hogan left up, Gonzalez put down, often hitting rollout pinches from the backhand side which left even seasoned spectators breathless. Hogan scored only eight points in three games.

The semifinal matches only took six dizzying games. Dave Peck's march finally ended against Egan Inoue. His backhand, which had returned fire with fire against Bret Harnett the day before, could not take the boom of Inoue's serve. Brother Gregg Peck, who had lost three straight to Inoue in the round of 16, was sympathetic as he watched.

"When Inoue's serve is on," Gregg said, "It is almost impossible to deal with. It makes you look bad, because you are always cross-footed or off balance. Then, when you finally have a chance to hit a winner, you are under such pressure that you try too hard and miss."

Inoue's serve was on. He hit outright aces for three points in game one, and downed weak returns for four more easy points. In game two, he scored on four aces and in game three — an 11-0 victory — Inoue aced Peck six times. All told, the Inoue cannon fired 13 aces in 33 points.

Against Swain, Gonzalez made it a three-game match as well. While left-handed Swain put power and deception in his serves to the right side of the court, Gonzalez perfected a slice serve which regularly cracked out short and soft to Swain's backhand on the other side.

This meant that rallies would make the crucial difference between the two. Gonzalez plays in a different time zone, one accelerated two steps faster than anyone on the tour. He creates pressure with his retrieving, but unlike most roadrunners, backs his game with a short deadly snap-stroke.

Swain was ahead 9-5 in game one, but the Gonzalez pressure forced him into four straight skips and two more weak returns. Game one, once firmly

Swain's, became a Gonzalez victory.

In game two, Swain roared to a 9-2 lead, but once again, the Gonzalez stonewall action began. He chipped away, dive after dive, to bring it to 10-10. Incredibly, serving at game point for the second time, Swain unloaded two short serves to doublefault. It was the only gift Gonzalez needed; a serve and three shots later, he led the match 2-0.

Game three was the deep hole Swain could expect from dropping



Egan and Ruben in action on the court.

big leads to a player with Ruben's patience and experience. After reaching 6-6 in the third game, Ruben played errorless ball. Fifteen minutes of traded serves and rallies later, Gonzalez had a 9-8 lead. Finally, Swain skipped point number 10 and Gonzalez immediately aced point number 11 to end the match and become the only real threat to Inoue's dominance of the tournament.

Their trade-off in skills was obvious. Gonzalez has retrieving abilities; Inoue has the serve. Gonzalez has a tremendous backhand pinch; Inoue has the serve. Gonzalez has the experience; Inoue has the serve. Ruben has quick hands and quick feet; Inoue has the serve.

Throughout this tournament, no player had survived the Inoue serve long enough to seriously test other parts of his game. Ruben, with his unerring hands handled enough of the serve to get into rallies. From the first rally of the finals however, two things were apparent. While Ruben could handle the serve, Inoue could handle Ruben.

In rallies which drew four or five dives per player, Inoue matched the

Gonzalez retrieving game. With quick-gun kills from center court, Inoue matched the Gonzalez pinch. Under pressure from all angles, Inoue matched Gonzalez in quickness and cool.

Inoue won 11-5, 11-3 before dropping the third game 6-11. In the fourth game, Inoue jumped ahead 9-5, but Ruben screwed down the pressure to come back to 8-9. This, surely, was the situation where Gonzalez, who has played since Inoue was in grade school, could handle the heat and play clutch racquetball.

Instead, during a ceiling ball rally that went 10 shots, Inoue faltered to set-up Gonzalez on the right side, but the veteran mis-fired into the floor.

Gonzalez fought back to serve for the game at 10-9, but again skipped another set-up. When Inoue scored the next point to make it 10-10, it was all he needed. He cracked an ace on the backhand side. It was his first tournament victory of the season and gave him an outside chance at the national championship with his current fifth place ranking.

For Egan, the tournament was even sweeter because his coach and manager, Dr. Fred Lewerenz (*NR*, October, 1987) was watching from the front row. Earlier, after a month of travel away from his native Hawaii, Egan had counted on meeting his friend and mentor. Instead, the planned meeting failed. "It took the wind out of my sails in the Dallas tournament, expecting to meet Fred, but finding out we had missed each other. I called his house right before a match there to arrange our meeting and they told me he was in Hawaii. So he made a special trip to see me here and it really helped my game."

The ETV Trucking Pro/Am in its first year as a pro stop became the cauldron of upsets and grace-under-pressure competition which leads to finding a new champion. As a deciding tournament before the national championships, the ETV Trucking Pro/Am did much more than its job. The jousting at the top only proved that none of the contenders — Harnett, Swain, Gonzalez, Andrews, Inoue — will be certain of the final rankings until the final echo of ball on hardwood in Seattle.

(Results can be found on page 41)

A Special Lady For Special Children

by Sigmund Brouwer



Julia Nathan

"Never before had Jennifer Wright and Michael Blackwell been invited inside a racquetball court. The challenge excited them," wrote a sports columnist in a northeast newspaper last September. "Both have problems with concentration and coordination. Victims of Down's syndrome aren't able to jump rope, roller skate or engage in the explosive fun and frolic that goes with the playful years of being a child."

Yet on the racquetball court in Baltimore, MD, they were able to play and enjoy racquetball, despite the syndrome which makes them special. Michael is actually participating in a sport and making progress; Jennifer is so thrilled she packs her gym bag a week before each session.

For their coach Julia Nathan Eisenberg, the children's joy is worth

her efforts every Saturday morning. "The only reward I want is to see the

look in their eyes, the contentment they discover and the hug most of them give me at the end of our practice session."

She receives that reward often. Saturday morning coaching sessions are only a small part of her efforts to help special children. Julia has been working with mentally handicapped children on the racquetball court since the summer of 1987, when she used her vacation time to travel to South Bend, IN for



Michael Blackwell in action.

the Special Olympics.

Racquetball is not an official sport at the Special Olympics. Only the events which are part of the World Olympics are included. However, Julia went to South Bend to participate in a program there which introduced racquetball through a clinic. She called it the most rewarding challenge she has faced.

The program's goal was to introduce the sport, to encourage the students to return, and to let them have fun. Racquets were donated to the cause, and North Carolina's Davey Rhodes received the first one. When he finished playing, he thrust his hands high in the air in triumph; he had overcome yet another hurdle, he could play. A photograph of Davey with his parents revealed pride and emotion beyond description, and is guaranteed to leave the viewer smiling.

Not all of Julia's charges were as successful as Davey, but each in their own way were giant achievers. One student, a wheel-chair bound girl required the assistance of four people merely to carry her to the court. The demonstration of their determination almost overwhelmed Julia.

As a result of that trip, she decided that the mentally handicapped should be given the opportunity to play racquetball, so on Saturday

Schedule of Summer Games

State	Location	Dates	Phone Contact
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DELAWARE	Dover/Delaware State College	6/03-04	302-368-6818
IDAHO	Moscow/Univ. of Idaho	6/02-05	208-342-5226
ILLINOIS	Normal/Illinois State Univ.	6/18-20	309-438-2551
INDIANA	Terre Haute/Indiana State Univ.	6/03-05	812-237-3444
IOWA	Ames/Iowa State Univ.	6/02-04	515-278-2513
KANSAS	Wichita/Wichita State Univ.	6/03-05	913-236-9290
KENTUCKY	Richmond/Eastern Kentucky Univ.	June	502-227-7296
MAINE	TBA	6/10-12	207-839-6030
MARYLAND	Towson/Towson State Univ.	6/10-12	301-529-3105
MASSACHUSETTS	Boston/Boston Univ.	6/17-19	617-774-1501
MICHIGAN	Mt. Pleasant/Central Michigan Univ.	6/02-05	517-774-3911
MINNESOTA	St. Paul/Macalester College	6/07-09	612-333-0999
NEVADA	Las Vegas/Univ. of Las Vegas	6/02-	702-786-8222
NEW HAMPSHIRE	Durham/Univ. of New Hampshire	6/03-05	603-226-2676
NEW JERSEY	Princeton/Princeton Univ.	6/28-7/1	201-562-1500
NEW MEXICO	Albuquerque/Univ. of New Mexico	6/03-05	505-883-5525
NEW YORK	Buffalo/Univ. of Buffalo	6/10-12	518-370-4816
NORTH DAKOTA	Grand Forks	6/04-05	701-746-0331
OHIO	Columbus/Ohio State Univ.	6/25-27	614-239-7050
PENNSYLVANIA	Penn State	6/10-12	215-630-9450
VIRGINIA	Richmond/Univ. of Richmond	6/03-05	804-644-6071
WASHINGTON	Ft. Lewis/Ft. Lewis Army Base	6/03-05	206-362-4949
WEST VIRGINIA	Huntington/Marshall Univ.	6/03-05	304-422-1868
WISCONSIN	Stevens Point/Univ. of Wisconsin	6/09-11	608-222-1324

At right: Ryan Anthony Jack from Trinidad, West Indies won four gold and four silver medals. Far right: From left Alex McGill, Julia Nathan and Michael Blackwell.



mornings she coaches children like Jennifer and Michael.

Her own determination does not let her stop there, however. For starters, she spends her free time writing to Special Olympics children in this country and around the world. Her invitation by mail states that if they would like to play racquetball, all they need to do is let her know. To anyone who replies, she sends a packet which

includes a racquet, a can of balls and a rule book. She only asks recipients to attempt to scrawl a thank you note in return. She also works hard at promoting her program, "Racquets For Friends",



which solicits donations of used equipment to send to Special Olympians all over the world. Donated equipment is sent, along with a letter asking the athlete to correspond with the person who sent the equipment. Ike Rasbury of Baltimore, for example, sent Ryan Jack of Trinidad a racquet and a can of balls.

"They say the joy is in the giving,"
(continued on page 32)

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Special Olympics

(continued from page 31)

Ike says. "So when Julia approached me about donating a racquet for her program, I did. I don't want to overdramatize the situation, but nothing can express the good feelings I had when I received a thank you letter from Ryan and later realized it took him over a month — with help from his teacher — to write the letter. It sure put a lot of things in perspective, and I have a pen pal as well."

Julia also helps organize a fund raising tournament in the Baltimore area. Called "A Very Special Tournament", it was held in January and included 400 participants from 10 states and raised \$11,000 for Maryland Special Olympics. A tournament exhibition of wheelchair racquetball helped increase community consciousness of the abilities of disabled athletes. Next year's tournament will be held January 13-15 at the Merritt Athletic Club-Security in Baltimore.

She finds time for all this work after her full-time day job as a computer systems analyst at the Social Security Administration in Baltimore. Julia is 35 years old; she showed her determination early. At the age of nine, with the support of her parents, she bucked the local recreational council long enough and hard enough to begin the first girl's softball league in the area.

After a divorce in 1983, she turned to racquetball seriously, and now plays B level racquetball in Maryland. She is also the only woman among 10 instructors at her racquetball club. She uses her coaching experience when she works with the children.

With the help of other volunteer instructors, Julia makes sure each child receives individual attention, understanding and encouragement. The children may fan the air 15 times in a row, but they refuse to be discouraged, and that is heartening for the instructors.

San Francisco Special Olympics And Racquetball

Racquetball and Special Olympic athletes also join forces on the west coast. In San Francisco. The What-A-Racquet Athletic Club assists these athletes in three ways.

From January to April of each year, under the guidance of the San Francisco Special Olympics office, athletes meet at What-A-Racquet for weekly practice sessions which culminate in a grand celebration and exhibition in late April. The club is also involved in a special pilot work program for special-needs students, which gives them on-the-job training under supervision.

Perhaps the biggest contribution by this club is its yearly benefit tournament for San Francisco's Recreation Center For The Handicapped. Last year, with help from Lynn Adams, the WPRA's top-ranked racquetball star, this tournament raised \$6,000. This year the total should be even higher as Lynn plays Marci Drexler as part of the tournament's exhibitions.



Lynn Adams (left) receives a gift from Recreation Center for the Handicapped participant, Camille Holvoet.



She also encourages others to volunteer time for similar programs. "Instructors may be working with athletes who are severely retarded, or with those who have great athletic ability. After some instruction, they may be able to play a game, or they might only be able to make contact with the ball," she says. "What do you get out of it? Your payment will be a smile and a hug that money could never buy."

To her, and all the instructors in her program and in Special Olympic programs across the United States, teaching is a learning process. They all profit from the Special Olympic creed: "Let me win, but if I cannot win, let me be brave in the attempt."

Special Olympic Summer Games are held in each state one weekend every year. For information on how to become a volunteer instructor for the Special Olympic racquetball clinics, or for details on the Racquets For Friends program, write to: Julia Eisenberg, P.O. Box 1288, Sykesville, MD 21784. ○

At left: Davey Rhodes from North Carolina.



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Milwaukee, WI	July 20-24	July 22-24
Detroit, MI	July 27-31	July 29-31
Columbus, OH	Aug. 3-7	Aug. 5-7
Baltimore, MD	Aug. 10-14	Aug. 12-14
Long Island, NY	Aug. 17-21	Aug. 19-21
Long Island, NY	Aug. 24-28	Aug. 26-28
Manchester, NH	Aug. 31-Sept. 4	Sept. 2-4

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RMA Pro Tour Official Rankings March 10, 1988

1	B. Harnett	9,523
2	C. Swain	8,445
3	E. Andrews	8,145
4	R. Gonzalez	7,920
5	M. Yellen	7,901
6	M. Hogan	7,214
7	E. Inoue	7,143
8	G. Peck	5,739
9	G. Price	5,667
10	C. Brysman	5,023
11	S. Lerner	4,617
12	M. Ray	4,039
13	D. Obremski	3,867
14	A. Gross	2,842
15	R. Harriersad	2,792
16	J. Newman	2,739
17	A. Katz	2,717
18	D. Johnson	2,695
19	D. Peck	2,525
20	J. Cascio	2,064
21	D. Gross	1,989
22	L. Gilliam	1,689
23	D. Green	1,639
24	J. Hilecher	1,617
25	J. Evan	1,392

ton, CO; 6-P. Miller, IN; 7-R. Stillman, MN; 8-B. Folsom, ME; **Mens 60+:** 1-S. Lesser, NY; 2-V. Sacco, NY; 3-G. Melvey, ND; 4-A. Goss, CO; 5-M. Roberts, FL; 6-E. Acuff, VA; 7-R. Caretti, MI; 8-N. Sans, FL; **Mens 65+:** 1-L. Wilde, UT; 2-A. Goss, CO; 3-E. Acuff, VA; 4-N. Sans, FL; 5-D. Goddard, MT; 6-B. Cloud, IL; 7-M. Friedman, ME; 8-P. Neff, MA; **Mens 70+:** 1-J. Pearce, TX; 2-A. Shepherd, MD; 3-H. Minor, CO; 4-I. Gumer, KY; 5-G. Goldstein, NJ; 6-A. Beetle, WY; 7-T. McEachern, CA; 8-J. Neal, CA.

Womens AARA Official Rankings March 31, 1988

Womens Open: 1-K. Kuhfeld, IN; 2-S. Morgan, FL; 3-D. D. Fischl, PA; 4-J. Hastings, MI; 5-C. Evon, IL; 6-M. Dee, NH; 7-D. Green, FL; 8-C. Doyle, NY; **Womens A:** 1-L. Butler, TX; 2-C. Collins, MI; 3-A. Maldonado, NY; 4-V. Fisher, CA; 5-S. White, MI; 6-L. Merrill, MN; 7-L. Pastor, MN; 8-D. Roforth, MN; **Womens B:** 1-L. Butler, TX; 2-D. Hood, UT; 3-B. Tadej, WA; 4-J. Heller, OH; 5-S. Rice, NJ; 6-S. Elins, FL; 7-L. Campbell, TX; 8-A. Stoeke, MN; **Womens C:** 1-L. Williams, NJ; 2-K. Locke, MN; 3-C. Morales, CO; 4-B. Maynard, FL; 5-K. Perry, CA; 6-P. Saad, MI; 7-K. Benkert, TX; 8-A. Kilbane, MN; **Womens D:** 1-K. Roller, UT; 2-W. Rudov, TX; 3-N. Sloan, IN; 4-M. Bailey, WA; 5-D. Bates, CA; 6-A. Dickerson, MI; 7-F. Egnezo, NJ; 8-B. Hendrickson, MA; **Womens Novice:** 1-R. Braville, MN; 2-S. Beverly, NY; 3-H. Cohen, NJ; 4-L. Moore, TX; 5-A. Roehler, PA; 6-M. Zak, MA; 7-S. Klein, NY; 8-H. Peterson, MN; **Womens 8NB:** 1-J. Newton, AL; 2-V. Tulao, AL; 3-J. Quinlan, FL; 4-J. Degutis, OH; 5-D. Gates, IL; 6-S. Goddard, AL; 7-J. Koppel, TX; 8-S. Henning, WI; **Womens 8:** 1-J. Quinlan, FL; 2-D. Gates, IL; 3-L. Patton, FL; 4-B. Knitter, WI; 5-J. Newton, AL; 6-J. Degutis, MI; 7-V. Tulao, AL; 8-A. Hagenah, MI; **Womens 10:** 1-D. Derr, FL; 2-D. Gates,

WPRA Official Rankings April 24, 1988

1	L. Adams	178.8
2T	K. Kuhfeld	133.0
2T	C. McKinney	133.0
4	M. O'Brien	100.0
5	M. Drexler	94.0
6	Jackie Paraiso	75.0
7	V. Panzeri	66.0
8	L. Alvarado	65.0
9	C. Doyle	52.5
10	T. Bevelock	44.0
11	M. Lynch	39.0
12T	Joy Paraiso	30.0
12T	L. Porter	30.0
14	D. Fischl	28.8
15T	C. Baxter	26.3
15T	F. Davis	26.3
17	S. MacTaggart	23.8
18	C. Evon	22.0
19	A. Katz	20.0
20T	T. Petrocy	12.5
20T	R. Whitmire	12.5
20T	C. Mcfetridge	12.5
23T	R. Goblish	10.0
23T	S. Robson	10.0
23T	K. Langlotz	10.0

IL; 3-S. Feaster, DC; 4-A. Akers, AL; 5-J. Newton, AL; 6-J. Quinlan, FL; 7-S. Torst, CA; 8-S. Simmons, FL; **Womens 12:** 1-E. Icenogle, CA; 2-B. Engel, FL; 3-H. May, CA; 4-D. Derr, FL; 5-A. Roehler, PA; 6-A. Akers, AL; 7-J. Willems, WI; 8-J. Meyer, CO; **Womens 14:** 1-J. Lee, PA; 2-T. Alonzi, CO; 3-A. Simonetta, FL; 4-H. Spector, FL; 5-D. Culverhouse, AL; 6-T. Dodson, CA; 7-A. Simmons, FL; 8-M. Gates, IL; **Womens 16:** 1-D. Sibell, MN; 2-T. Dodson, CA; 3-H. Gray, VA; 4-S. Ali, NY; 5-S. Cox, FL; 6-D. Culverhouse, AL; 7-C. Pellowski, WI; 8-A. Simonetta, FL; **Womens 18:** 1-M. Gilman, OR; 2-L. Coutu, DE; 3-K. Pulis, CA; 4-D. Sibell, MN; 5-S. Ashton, WI; 6-C. Doyle, NY; 7-R. Levine, CO; 8-D. Cumberworth, MI; **Womens 19+:** 1-C. Gudinas, IL; 2-K. Hallender, FL; 3-R. Olson, MA; 4-D. Richardson, CA; 5-T. Troszak, MI; 6-C. Healy, GA; 7-L. Cardwell, MN; 8-K. Hallander, FL; **Womens 25+:** 1-C. Evon, IL; 2-K. Mays, MN; 3-R. Whitmire, GA; 4-G. Grigsby, KY; 5-D. Green, FL; 6-C. Haller, CO; 7-S. Warfield, MN; 8-K. Stellema, MI; **Womens 30+:** 1-S. Morgan, FL; 2-J. Hastings, MI; 3-D. Adams, CO; 4-P. Clark, MN; 5-G. Woods, LA; 6-B. Harrison, OH; 7-L. Davis, IL; 8-I. Chmura, MI; **Womens 35+:** 1-E. Tuckman, FL; 2-I. Chmura, MI; 3-R. Fish, FL; 4-N. Kronenfeld, IL; 5-A. Falso, FL; 6-D. Chastain, MN; 7-G. Touhy, IL; 8-M. Kelley, CA; **Womens 40+:** 1-A. Falso, FL; 2-J. Schmidt, FL; 3-M. Kelly, MA; 4-T. Dever, UT; 5-J. Kenyon, FL; 6-G. Touhy, IL; 7-B. Hartz, MI; 8-M. Weidlin, DE; **Womens 45+:** 1-J. Schmidt, FL; 2-M. Johnson, TX; 3-J. Kenyon, FL; 4-M. Gwinn, NC; 5-S. Sawyer, UT; 6-J. Wriggley, PA; 7-M. Crawford, NY; 8-J. Serabia, TX; **Womens 50+:** 1-J. Kenyon, FL; 2-K. Mueller, MN; 3-M. Walker, CA; 4-S. Eigaway, FL; 5-J. Atherley, FL; 6-M. Crawford, NY; 7-D. Hathaway, UT; **Womens 55+:** 1-C. Gautreau, TX; 2-J. Atherley, FL; 3-M. Acuff, VA; 4-J. Kirker, PA; **Womens 60+:** 1-M. Acuff, VA; 2-B. Stone, TX; 3-C. Gautreau, TX; **Womens 65+:** 1-M. Acuff, VA.

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The Racquetball Medical Forum

by Dr. Paul Ross

If you would like Dr. Ross to address a specific medical problem, send your question to MEDICAL EDITOR, National Racquetball, P.O. Drawer 6126, Clearwater, FL 34618.

Dr. Ross: I'm recovering from an ankle injury which required a cast for a torn ligament. Before the injury, I had played four to five times a week. Any advice you could give me on strengthening and preventing re-injury would be appreciated. Mary Compre, St. Augustine, FL

Dear M.C.: Ankle injuries can be devastating. It is important, after proper healing of the ligaments has occurred, that you begin appropriate strengthening exercises. Without these, the ankle will become chronically weak and be susceptible to re-injury.

Strengthening exercises should be directed to the muscle and tendon structures on the outside part of the lower leg. There are several varieties to use. A common one requires that

you lie on you back, elevate your leg six to ten inches and trace the alphabet in capital letters with your foot. Repeat this three times a day.

In the same position, turn your foot outward and then point the toes toward your head. Hold that for 30 seconds, then relax. Then turn your foot inward and point toes toward your head and hold for 30 seconds. Repeat these exercises three times a day.

When you play, an ankle brace is necessary. Those available are the Air Cast, BauerFind Malleotrain, Mueller ankle brace and Stromgren ankle brace. Using three-quarter or high-top racquetball shoes will help prevent future injury to the ankle.

Dr. Ross: I've been told recently that I have a stress fracture in my foot. Three weeks after the diagnosis it did not feel any better. Is this normal, or should I be concerned and seek further medical attention? William Vries, Ontario, Canada

Dear W.V.: Stress fractures most



often develop after repeated microtraumas (injuries) to a weakened area. This increased trauma causes the periosteum (bone covering) to become slightly separated from the underlying bone. This increases inflammation and swelling to the area. A bone which undergoes a stress fracture becomes fatigued to such an extent that if these repeated microtraumas aren't discontinued, a break through the bone will occur in that area. Therefore it can take six to eight weeks for a stress fracture to heal, assuming the original and repeated trauma has ceased. ○

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Home Workouts

The simple but effective push-up

by Dan Obremski

When he aces a serve at match point, it is a fitting end to yet another battle for victory for the epitome of power racquetball, Marty Hogan. He is a thickly muscled, stocky athlete who some say has made the claim of never lifting a weight. Rumor has it that Marty reached his level of strength through exercises which every reader can perform at home. This series of articles on home workouts, will cover the functions, benefits, and applications of exercises available at home or during trips — away from the fancy equipment of a club.

The simple push-up, done properly, is the exercise which works the most body parts. Variations of it can change the amount of stress, or work, done on particular muscle groups. With push-ups, the chest, shoulder, and triceps muscles are primarily involved. Angles of the push-up and hand position and feet position will dictate the amount of work each or all of the specific muscles perform.

Remember, to begin your push-up program, build the amount of exercise slowly to avoid injury, and be consistent to ensure strength gains.

Basic Push-up

The basic push-up is done with the hands pointing forward and shoulder-width apart. It's important to keep your toes on the ground and your body straight. Raising your rear end only reduces the benefit of the exercise.

For a proper push-up, look straight ahead, lower your chest to the floor (no rest), pause with elbows pointing out to the sides, and finally push your body up to the top position. At the top position, flex your triceps and chest, then repeat the motion. The mid-chest, shoulders and triceps are all worked in this push-up.

Kneeling Push-up

This exercise is usually for beginners, who cannot do a regular push-up. The motion and hand position are the same as a basic push-up but it is done from a kneeling position which eliminates the weight of the legs and makes the exercise easier. A series of these over time will increase your strength enough to eventually do basic push-ups.

Wide-Grip Push-up

This is done as a basic push-up, except the hand positions change. Place your hands six to 12 inches wider than shoulder-width apart, and exercise in the same manner as the basic push-up. By placing your hands wider on the floor, you're concentrating a greater work load on your chest muscles.

Close Grip Push-up

Again, this exercise is the same as the basic push-up, except the hands are closer together. Place them close enough to touch thumb to thumb and forefingers to forefingers. If done properly, this will focus work on the triceps and the inner chest. (Although I haven't mentioned the isolation of the shoulder muscle, it's understood that the shoulders are worked on every type of push-up.)

Decline Push-up

This is a more advanced push-up for those interested in building a bigger upper chest. In this exercise, your feet should be positioned above your body, perhaps up on a coffee table. Your hand positions may be regular, wide or close-gripped. These push-ups are done in the same way as basic push-ups. Note: When lowering yourself, at the bottom of the push-up turn your head to the side to ensure a full range of muscle motion.



Begin wide grip push-up



Begin close grip push-up



Begin decline push-up



Begin between the chair push-up



Wide grip push-up, mid-point



Close grip push-up, mid-point



Decline push-up, mid-point



Between the chair push-up, mid-point

Between The Chair Push-up

For a tougher push-up, again put your feet up (on the coffee table), and place your hands on chairs shoulder-width apart, effectively suspending yourself above the floor. Lower your chest below the level of the chair. This movement is the best type of push-up because it allows a maximum stretch of muscle across your chest and triceps, working both areas efficiently. The shoulders also work hard because they must push farther than with normal push-ups.

One-arm Push-ups

This exercise requires strength and balance. A wide foot stance is necessary and a tremendous amount of balance is a must in order to push to the top. (Refer to photos for proper form.)

Begin your home push-up routine by doing three different exercises during each workout. One set of each until failure (until you can do no more) is sufficient until the day you can do 15 of each of the three exercises.

Then it's time for two sets of each until failure, until eventually you can perform three sets of three exercises, with 15 reps of each. If you can do that now, a good way to make the exercises more difficult is to do the last five push-ups of every set on a 10 count. Five seconds up and five down.

Remember, do the exercise slowly with two counts down and two counts up. This will help you avoid injury and increase your power on the count. ○

Dan Obremski is a top-ranked player on the RMA men's professional racquetball tour. He conducts fitness clinics regularly at the Olympic Training Center in Colorado Springs, CO for the National Elite Training Camp.

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Eyeguard Use In Photos

I was reading my March issue of *National Racquetball*, including your "From The Editor" page. I agree with what you are saying about the safety factor of using the proper eye protection.

However, you talked about the "united voice out there" promoting the use of lensed eyewear, yet five photographs in your magazine show players on the court not wearing some sort of eye protection. These photos are on pages 6, 8, 37, 46, and 47.

This is the first time I have ever written to any publication; I found this so incongruous that I had to write.

C.A. Brenner, Orlando, FL

Ed. Note: As you note, our editorial stance clearly promotes the use of lensed eyeguards. But we are also committed to portraying racquetball the way it is, not the way we feel it should be.

Letter From A Fan

I want to say congratulations on finally recognizing two quality players, Dan Obremski and Doug Ganim.

I enjoy reading about Hogan, Yellen, Peck, and Harnett. But why not recognize the many personable talented, awesome and phenomenal racquetball players who don't win the big money tournaments.

I had the pleasure of watching Doug play on several occasions. Awesome! and the time and dedication that Doug puts into the Super Seven can't be measured.

Dan Obremski, what more could you possibly say about his talent. Amazing! I know I'm prejudiced because Dan is one of Pittsburgh's greater players. I'm sure there are just as many throughout the racquetball cities who have the same great talent.

Just because they don't win big, every tournament, that doesn't mean they are not good.

Pat Grieco, Pittsburgh, PA

Ed. note: We couldn't agree with you more. We hope you noticed recent profiles of Mike Ray, Aaron Katz and Roger Harpersad, other talented professionals.

Ouch, Ouch & Ouch

I just renewed my subscription, but I'm not sure why. I guess I'm hoping you will return to the "real" instructional information I used to read in the early 1980's. *National Racquetball* was full of excellent instructional pages, with diagrams and explanations of particular shots by different pros.

For the past 13 months I have been disappointed. It appears that the maga-

zine is taking on the appearance of a 'circus' magazine. I fully expect to find a foldout of Eddie Van Halen next month.

I would like to see topical issues with 10-12 pages of meaty instruction from men and women pros, and also an issue devoted to the serve. Also give us a list of instructional books and tapes which can be purchased. Your March issue was good except for the lack of heavy duty instructional material.

George Pennington, Inwood, WV

Ed. Note: We're working on the books and tapes, and plan a serve instructional soon. Most of our readers have been pleased with our centerfolds (we'll take Bret Harnett over Eddie Van Halen anytime) but we would like to hear everyone's opinion.

New Concept For Racquetball

A few months ago I played racquetball with a friend. He is approximately six feet tall and weighs around 170 pounds. He reached all my passing shots, and retrieved all my pinch-shots — even those which stayed three feet in front of service line. My only defense was to keep saying, "good hustle" and "nice get".

Okay, I'll admit that I'm a little heavy. I can't compete with speedy, lightweight guys who get to everything. Sometimes these guys get to shots I never dreamed even Superman could reach.

I'm also a YMCA tournament director. After my friend won all five games, I decided something had to be done about the situation. I took action just in time for our next major tournament.

As a result, here in Fairfield, OH at the YMCA, all of us heavier people no longer have to compete with speed demons. If they want to play us, they'll have to train by eating, because we now compete in our own division — the Heavyweights. It is restricted to players who weight at least 210 pounds.

At first I was worried. Would other "big" players feel as I did? I didn't worry for long. The very first tourney application I received was for the the heavyweight class. I knew this player, and he will probably qualify for the superheavies next year, unless he does something stupid, such as going on a diet.

In fact, the response to this event was massive. (Pardon me.) It turned out that quite a few large players feel the same as I do. We simply want to compete with others equally slow of foot, who have a hard time turning their shoulders square to the side wall and, most importantly, who have a hard time bending.

The weights in this new division ranged from a very light 216 pounds to a heavy 256 pounds. One of the things I enjoyed about this division as a tournament director was that when the guys called in for times, they weren't really worried about

when they played as much as how their opponents weighed. I was also asked why this division wasn't incorporated sooner.

Adjustments had to be made though. As with heavyweight fights, we had our own "tale of the tape". The most important aspect to the new division was a weigh-in to make sure no one cheated.

We didn't stop there, though. Each entrant was required to list his favorite food, which we then posted on the bracket sheets for all to see. The foods were the foods all Heavyweights enjoy: gourmet delicacies such as Twinkies, pizza, Bud Lite, banana cream pie, doughnuts, especially chocolate ones (those are my favorites), and any type of candy or ice cream.

At the weigh-in, the watching crowd made expected cat-calls. "Check to see if his feet are on the scale", "Does he have anything in his pockets?" or "Hey, don't let him eat pizza on the scale."

The first two heavyweights squared off at 10 Friday evening. Mark these names down. Mike Saunders and Jim Wyrick. Believe it or not, these guys warmed up by eating pizza.

When all was said and done, Mark Steinride and I were finalists in racquetball's first Heavyweight division. Spectators watching this match were shocked. Our speed was non-existent. The problem I had with Mark was that he weighed only 216 pounds. I will only say I weighed more. The final score was 15-6, 15-6.

What's our plan for next year? I am going to see if I can get a heavyweight figure to put on top of the trophy... do they make such a figure?

Sometimes I dream of the year 2000, when we make this division an Olympic event. Yes, it all started here at the YMCA of Fairfield, OH.

Can you imagine how exuberant the spectators will be to watch the first two heavyweight contenders walk on to the court for the first time? This majestic moment will go down in the annals of racquetball history. I hope when it happens I am not too caught up in the moment to capture it on film. Tears will most probably come to my eyes. I wonder if one of the racquetballers will say something like, "One small step for racquetball, one giant step for heavyweights."

Now I have a new problem. The tournament guys who weigh 240 pounds are complaining that the racquetballers who weigh 210 pounds are too light. Next year, I guess, there will be two divisions. Heavyweight and Superheavyweight. To be a superheavyweight calls for at least 240 pounds of racquetball might.

There may be doubles ahead of us. My only question is: Can the 'Y's' panel walls hold 1,000 pounds of beef for super-heavyweight doubles?

Chuck Osso, Heavyweight Contender

What's The Call

by Michael Amolt

John Warget, the AARA State Director from Rhode Island, responded to a request for questions which may be used in a revised Referee Certification Test.

As a primer, I suggest interested readers write their own answers before reading those I have provided. Several of John's questions are thought-provoking. Several of the answers may not be found directly in the rulebook, but require application of the intent of the rules. Before reading my answers, I suggest you write your own from the choices offered at the beginning of each answer on a note pad, then compare.

Q: The server stands next to the right wall to execute a drive serve to the left side of the court. In the service, motion, the server throws the ball against the right wall and serves the ball as it bounces off the floor after rebounding from the wall. What's the call?

A: (1) Out serve; (2) Fault serve; or (3) No call. It's a legal serve. It is a fault serve. Rule 4.2 and 4.3 clarify that the ball must be bounced within the boundaries of the service zone. The side wall is not part of the service zone. The penalty is bound in 4.10.g.

The Risk Of Diving

Q: During a rally, Player A dives to retrieve a shot and makes a good return. The ball rebounds off the front wall over the body of Player A, who is on the floor. Player B, moving to play the ball, is forced to pass on an opportunity to return a chest high fly return shot because Player A is in his path. What's the call?

A: (1) Dead-ball hinder because the ball is too high to make an offensive shot; or (2) Avoidable hinder? Looking at the scenarios and comments which may arise — the ball was high enough to be playable off the back wall; Player A was trying to get out of the way; and the call depends on the skill level of the players involved — the answer will come out the same in this case. Avoidable hinder. Rally to Player B.

Winning racquetball is a game of position and opportunity. Regardless of the skill level of players in this situation, the best opportunity for a winner was to hit an easy pass shot that Player A could not retrieve. Unintentional though it may be, Player A's position on the floor interfered with Player B's movement and stroke (4.16.a and b.).

A Swing And A Miss

Q: Player A, attempts to return a shot in the rally, swings and misses. The ball strikes Player B who is standing right behind Player A. What's the call?

A: (1) Screen ball because B couldn't see it; or (2) Rally goes to Player A. Player

A wins. Player B chose her court position, the wrong choice as it turned out. There are two rule applications: even after a missed swing, a player may pursue the ball until it bounces twice (4.14.e.) and a rally ends when a player is struck by his own shot (4.14.c.5.).

Contact On Follow-Through

Q: Player A, on the left side of the court, hits a cross-court shot and on the follow-through strikes Player B on the upper arm with the racquet. Player B continues to play while Player A stops. Player B hits a down-the-line shot which dies at the back wall. Player B claims the rally, but Player A wants the rally replayed. What's the call?

A: (1) Dead-ball hinder because of contact; (2) Avoidable hinder on Player B and rally to Player A; or (3) Rally to Player B. Don't bother to look in the rulebook. It's not there in any form, but there is an answer.

First, it's important to note that Player B, the defensive player, put himself in a position to get hit. Had he been felled or stopped play because of being struck by the racquet, the rally would be awarded to Player A.

The issue is, the offensive player, A, stopped. Player B correctly moved for the ball and is entitled to an opportunity to play it. If the referee determines Player B's subsequent shot was irretrievable, the rally should be awarded to B. But because Player A most likely froze because of the concern for the safety of Player B, and Player B's shot clearly is retrievable, the ref may call a dead-ball hinder and stop play.

Based on the question, however, Player B wins this rally.

Hand Signals For Timeout

Q: The server serves a short serve. Second serve is called by the ref. The server checks the receiver, who is in a ready position. When the server turns to the front wall, the receiver turns to the back wall, makes a "T" sign to indicate timeout and walks off the court. After the receiver made the "T" sign, the server starts his motion and serves a good lob serve. What's the call?

A: (1) No call, because he signaled timeout; (2) Point to server because server didn't verbally ask for a timeout. Good judgment is required in this situation. The rulebook uses the words "called" and "calling" when referring to a request for timeout, but hand signals traditionally have been accepted. In the situation as described the timeout should be honored. Certainly, there is a burden on the receiver to make the signal in clear view of the ref. ○



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Association Roundup

New Directions

by Luke St. Onge - AARA

I am most pleased to report that the first ever Ektelon/U.S. National High School Racquetball Championship was a fantastic success. Although the number of players was modest by most National standards, competition in two divisions of play by over 100 high school athletes from 28 schools predicts a great future for the "High Schools."

Keeping in mind that the concerted effort to emphasize high school play is only a little over a year old, enthusiasm for the newly formed High School Council is both promising and an indication of how important this promotional vehicle can be to the development of junior racquetball. A recurring theme at the High School Championship was that racquetball offers national recognition to high school athletes that few, if any, other sports offer. There are no comparable high school championships in football, basketball or baseball. The opportunity we have to give high schoolers national recognition and introduce racquetball to a whole new audience at the same time is an important one.

A personal thanks to all those who became the pioneers of high school racquetball during that weekend. Michael Arnoldt, owner of the Indiana Athletic Club; the Indiana Racquetball Association; Ektelon; Penn Athletic Products Company; Renee and Mike LaBonne; Jack Fogle, Manager of the Indiana Athletic Club; and all those players, coaches and parents whose commitment helped ensure the success of this historical event. Mark my words — within 5 years, the High School Championships will surpass all other national events, with the possible exception of National Singles, in both numbers and prestige. It has that much potential.

Rumors of Racquetball's Death Are Premature

by Bill Houldsworth - CRA

I can't count the number of times since

I began working in racquetball some two years ago, that people have informed me that the sport of racquetball is dying. I feel like shouting from a mountain top that racquetball is alive and well in Canada. This is not to say that we do not have our problem areas, but we are far from dead.

People are getting this thought in their heads because of court conversions to aerobics, nautilus, squash and office space that they see or hear about. What they seem to forget, or have never realized in the first place, is that racquetball is no longer going through the massive growth that it did during the late 1970's and early 1980's. It would appear that because of this massive growth period



the sport of racquetball (in general) overbuilt and when the levelling off it gave the impression that the sport was falling, due to the many court conversions. In addition, club owner/operators have realized that they cannot survive with only one sport and that they must be more of a multi-sport facility. This would appear to be why so many clubs across Canada are adding nautilus and aerobics to their list of facilities as these can be added without great capital expense.

In the last three to four years racquetball in Canada has levelled off in participation. However, if the growth which we have experienced in the first quarter of this year continues, we should be up approximately seven percent over last year. It is important to note that industry sales have not fallen any great amount over the past two years and according to informal discussions with manufacturers/distributors at the 1988 Sporting Goods Show, they expect to have another good year in the sale of racquetball equipment.

So the next time some one asks you what sport you play for enjoyment and they mention that they heard that racquetball is dying, quickly explain to them that it is not dying and that in several parts of Canada it is growing at a reasonable rate.

You might also add that the rumors of racquetball's death have been greatly exaggerated. ○

Racquetball/Squash

by Jim Hiser - RMA

I recently attended the \$100,000 Canadian Open Squash Championships in Toronto, Canada. Rumors have it that the Canadian Open cost Xerox close to \$500,000. There was approximately \$75,000 in prize money with first round losers picking up \$650.00 each. The setting was elegant with the portable court surrounded in blue and white draped private boxes and private hospitality tents for players, VIP's and Xerox personal.

But squash has its problems similar to racquetball. I attended a Sunday afternoon game at 1:00 p.m. and watched the fourth seed player defeat the number 21st ranked player. There were only 24 people present and I'm sure half of those were players. As the tournament progressed I'm certain the stands became more populated, but unfortunately I was unable to stay beyond the 32's.

Squash is a good game. I don't feel it is as exciting as racquetball to watch, but this of course may be a personal bias. The association is well organized and very professional. I also think the game is a great cross-over sport especially for racquetball players. Yes, I like squash and would like to see some joint squash and racquetball events in the future. The portable glass court makes the conversion from racquetball to squash a simple task, and I think you would be surprised to see how talented some of the top racquetball players are at squash.

Unfortunately, some of the squash people don't share my enthusiasm. During a recent squash meeting at the IRSA convention, the speaker (a highly ranked squash player) only berated the sport of racquetball. Although the topic was supposedly "how to promote squash", the conversation centered around "how to get rid of racquetball". This bias only hurts both sports.

Hopefully, in the future we will work closer together and further promote both sports. There is no doubt we will never be "kissing cousins", but mutual understanding will only enhance both activities. ○



Upper Body Stretches

(continued from page 15)

4. **Side stretch.** With one arm up, and the other across your body, bend down to the side as far as you can. Hold it for a 10 count, then go to the other side. (photo 3.)

5. **Trunk rotations.** With your hands on your hips, move your upper body in large circles — as far to the front, side and back as possible. You can vary this exercise by making a diamond with your thumbs and forefingers, then stretching your arms in front of you as you rotate your trunk. Reverse the direction periodically.

6. **Arm pulls.** One, bring your arm up behind your head and pull gently on the elbow, stretching out the shoulder and upper arm. Hold for a 10-count, then switch sides. Two, cross your arm in front of your body and pull gently on the elbow again, stretching the shoulder, upper arm and upper back muscles. Hold for a 10-count, then switch. (photos 4 and 5.)

7. **Racquet arm swings.** With your racquet in hand, swing your playing arm in large circles. The added weight of the racquet increases flexibility, and gets your arm ready to play.

8. **Slow stroking.** Before you begin to play, warm up your arm by slowly going through all your strokes. Concentrate on your form as you groove your stroke. Keeping the cover on your racquet adds resistance, which helps increase your strength as well.

9. **Wall stretches.** Stand close to a wall and put your arm straight up the wall, then incline your body slowly towards the wall. This will stretch your shoulder and upper arm muscles. Do each arm separately, then do both arms together.

Range of motion is important for everyday life — reaching the top shelf, answering the phone, getting the quarter that falls behind the sofa — and many other routine activities. But in racquetball, where that extra 20 degrees of range of motion can be the difference between winning and losing, stretching is vital. So warm up and stretch your upper body before you step on the court. You'll start getting to shots you never reached before. ○

Ask The Playing Editors

(continued from page 14)

The key to hitting overheads with accuracy depends on the angle of the racquet face as you contact the ball. Surprisingly, swinging straight ahead and straight through the ball is the wrong way to attempt this shot. When you swing with the straight-ahead approach, your racquet face tends to be angled to the side wall. This might explain why you are spraying shots.

If you start from the outside of your body, and swing slightly inside as you bring the racquet down, the angle of the racquet face straightens out. Experiment with that "sideways" approach to an overhead until you feel comfortable with it.

After that, hit overhead drives down the sides of the court when your opponent has moved forward, and go for the occasional overhead pinch when your opponent is in deep court and waiting for a ceiling ball or overhead drive shot. ○

Grand Rapids (from page 29)

Results

Round of 32

Bret Harnett d. Jeff Plazak 8,3,2; Jack Newman d. Jerry Hilecher 3,6,8; Dave Peck d. Dan Obremski (10), 7,9,7; Gerry Price d. Ron DiGi-
acomo 6,1,2; Egan Inoue d. Joel Bonnet 10,2,1
Gregg Peck d. Chris Cole 4,1,(10),10; Roger
Harripersad d. Jeff Evans 2,10,8; Ed Andrews
d. Dolwan Green 1,(9),(7),3,5; Ruben Gonzalez
d. Tim Doyle (9),1,8,5; Andy Roberts d. Aaron
Katz (9),9,5,(9),3; Corey Brysman d. Enson
Inoue (0),2,0,4; Marty Hogan d. Bobby Ro-
driguez 2,9, (9),2; Mike Yellen d. Mike Cere-
sia (9),3,3,4; Mike Ray d. Lance Gilliam
5,6,(7),4; Dave Johnson d. Tom Montalbano
7,3,(5),(4),6; Cliff Swain d. Tim Sweeney
2,0,10

Round of 16

Harnett d. Newman (10),7,10,4; D. Peck d.
Price 6,9,8; Inoue d. G. Peck 7,6,1; Harriper-
sad d. Andrews 2,(10),2,0; Gonzalez d. Roberts
9,7,0; Hogan d. Brysman (10),4,9,5; Ray d.
Yellen 7,10,(5),6; Swain d. Johnson 9,4,2

Quarter finals

D. Peck d. Harnett 10,(10),10,4; Inoue d. Har-
ripersad 4,7,2; Gonzalez d. Hogan 1,1,6; Swain
d. Ray (8),4,(5),4

Semifinals

Inoue d. D. Peck 4,1,0
Gonzalez d. Swain 9,10,8

Finals

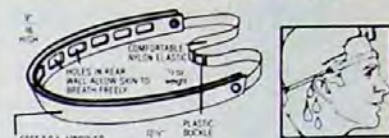
Inoue d. Gonzalez 5,(3),6,10

RMA Tour Results This Season

RMA #1 Cliff Swain d. Marty Hogan
RMA #2 Bret Harnett d. Ed Andrews
RMA #3 Bret Harnett d. Ed Andrews
RMA #4 Ruben Gonzalez d. Gerry Price
RMA #5 Cliff Swain d. Mike Yellen
RMA #6 Bret Harnett d. Cliff Swain
RMA #7 Egan Inoue d. Ruben Gonzalez

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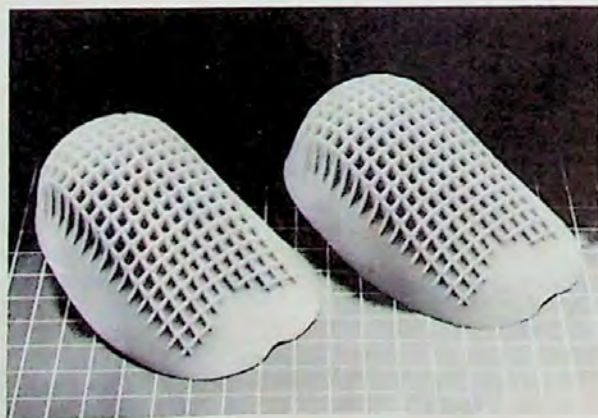
The Sharper Image

The Sharper Image, a specialty retailer of unique products, has recently released its newest catalog. The first completely new bike design in 95 years, the world's smallest underwater camera, and phones with pictures or in the shape of a shoe are all new products in the April 1988 catalog of The Sharper Image, the San Francisco-based retail and mail order firm. For more information, circle **Reader Service No. 7**



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National Junior Championships

From June 25-29, Lakewood, CO will be the site of the 1988 Ektelon/United States National Junior Championships. This tournament will include competition in 24 singles divisions and 22 doubles divisions for boys and girls.

Last year, the tournament drew 800 participants from across the United States. Junior players qualify for the event at one of 15 regional tournaments.

The national champion in both the Boy's and Girls 18 & Under events will receive an automatic berth on the U.S. National Team which will compete in the 4th World Championships in Hamburg, Germany in August. ○

Hogan's Tournament Series To Help Prevent Blindness

A fundraising series of tournaments held across the United States, the 4th Annual Coors Light/Marty Hogan Classic, will this year be donating proceeds to the National Society to Prevent Blindness.

The series culminates in the Classic Finals, held August 12-14 at the Las Vegas Athletic Club. The finals will feature pro/celebrity matches with Marty Hogan, other top-ranked professionals and television and sports celebrities.

Racquetball players must win one of 16 qualifying events in six states to advance to the Las Vegas Classic Finals. These qualifying tournaments are held in California, Nevada, New York, Texas, Massachusetts and Missouri. For further information, contact Stacy Okonowsky at 18653 Ventura Blvd., #250, Tarzana, CA 91356, (818) 344-3148. ○

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Passing Shots

by Norm Blum



THE REST OF THE STORY, PART II — Last year we reported that **Paul Harvey's** nationally syndicated radio show featured world champion **Lynn Adams**. The story described **Lynn's** ordeal with arthritis and how she overcame the obstacles inherent with the ailment to become the game's top player.

Last November **Lynn**, who is known on the tour as one of the fittest players on the tour, began having persistent spinal problems. The medical experts were dumbfounded and conjecture centered on the possibility of multiple sclerosis, a debilitating disease.

To **Lynn's** relief the tests ruled out MS, but a neurologist said she had a deteriorating Milan Sheath, which is in the middle of the back and conducts nerve impulses to the muscles and tells the muscles what to do. For four months she could not exercise. When she was given the green light to resume physical activity, she had to drastically reduce her workouts because excessive exercise exacerbated the condition. Doctors couldn't trace the causes other than genetic possibilities.

Needless to say, **Lynn** didn't know what to expect heading into the Hershey, PA pro stop in April. With her practice schedule reduced, she emphasized the mental aspects of racquetball, literally planning her game attack.

Adams went on to win the tournament, defeating **Caryn McKinney**. As **Paul Harvey** might say, "the story continues."

AARA UPDATE — Last year's national champions, **Diane Green** and **Jim Cascio**, continue to reap the rewards of winning the prestigious title. They'll join other athletes representing Olympic, Pan Am and member organizations of the United States Olympic Committee at a reception at the White House and will also be honored at a joint session of Congress...The tournament of the Americas Championship, which includes players from North, South and Central America, took place in Bolivia in

April. As expected, the U.S. dominated. Next year's tournament will be in Quito, Ecuador and will be in Miami in 1990...The first high school national racquetball championship could be a trend setter. Look for other sports to copy the formula. Bradenton High, coached by **Pat Powers**, was the runaway winner. And for you history buffs, the first racquetball wave was done by LaDue High School in St. Louis, MO, at the tourney.

POTPOURRI — Ohio's **Racquetball Paul** predicts the following: "The in-thing in racquetball next year will be thin racquet string."...This might be hard to believe, but some say **Egan Inoue's** brother has an even faster serve...Everyone must know a tournament player who plays like he's in the dry cleaning business. "In at five, out by nine."...Last year I asked Ektelon's **Teresa Nunn**, who is in charge of the player department, to give my club pro, **Susan Morgan**, an Ektelon sponsored player, a little publicity by screen printing her name on the back of her shirts. She complied. Morgan, the 1987 national 30+ champ, won the open division in the 1988 southeast regionals which included two national champs, **Diane Green** and **Trina Rasmussen**, along with **Martha McDonald**, once a top professional player and the three-wall outdoor champ...Free Advice Dept.: One pro tells us he's tired of hearing about grandiose plans for professional racquetball. "I would keep my mouth shut until it was a done deal. I wouldn't say one word until it's signed, sealed and delivered." Congratulations to **Sigmund Brouwer**. This issue marks his one-year anniversary as editor of National Racquetball...AARA President **Van Dubolsky** and his wife, **Becky**, had a babyboy — **Mitchell** — in April...Eight years ago Washington Redskins coach **Joe Gibbs** won the national 35+ championship title...

According to one club owner, the International Racquet Sports Association's annual convention did little

in the way of promoting racquetball. "Eighty-nine percent of it was fitness-related."...At the WPRA pro stop in Hershey, PA, each participant received a bevy of chocolate surprises...The WPRA has come out with its own newsletter...**Heather McKay**, the WPRA national champion in 1980, 1981 and 1984 is living in Australia. **McKay**, a world squash champion, before taking up racquetball and winning 19 of 42 tournaments she entered, is back on the squash scene. At the Australian Institute of Sport, she is one of three coaches in charge of the scholarship holders in the squash unit.

TIP OF THE MONTH — Five-time national champ **Mike Yellen** offers this practical and useful drill. "Try watching the ball hit the strings of your racquet and don't lift your head until your hear the ball hit the wall. Exaggerate the drill, by keeping your head down longer than usual. This will be helpful to players on all levels and will enable you to concentrate more."

THINGS I LIKE — The motivating story of **Lynn Adams**; playing opponents slightly better than you but not to the point where you're humiliated; properly air-conditioned courts, clubs that make eyeguards mandatory.

THINGS I DISLIKE — Playing someone who hits the ball out of play every two minutes and wants you to climb the stairs to get it; NBA racquetball — when your opponent constantly bumps into you and players who call screen serves after they skip the ball.

QUOTE OF THE MONTH — Racquetball expert Randy Floyd compares the top players of today with those of 15 years ago: "Obviously today the competition is a lot better from No. 5 ranked player to No. 24. However, when you talk about the top five, there's no way you or anyone else is going to tell me the top five today are better than those of 12 years ago. The reason racquetball is stronger is that the sport has been around long enough that you're getting the top athletes." ○

President's Column

by Van Dubolsky

Professional vs. Amateur. Over the past few months, we have received many inquiries regarding professional players competing in amateur events and requests for clarification of the rulings governing classification of players as either amateur or "pro." The wealth of questions in this area have prompted this month's column, which should provide all the needed information.

"Amateur" status is governed by Article III of the American Amateur Racquetball Association [AARA] By-laws and is defined as — any player (male, female or junior) who has not accepted prize money (regardless of the amount) in any "pro sanctioned event" so deemed by the AARA Board of Directors. Article III further specifies amateur rules.

Money or prize winnings earned by an amateur at a "non" sanctioned "pro" event are permissible and need not be reported to the AARA. In "sanctioned" professional tournament play, however, an amateur who wishes to retain his/her status must submit all winnings to the AARA along with an expense report. The AARA would then issue an expense check to the player in the amount reported.

A pro may play in any amateur tournament where prize money is offered. A pro cannot play in any amateur event where there is no prize money. A pro may petition the AARA Board of Directors for return to amateur status if he/she has not accepted prize money for at least one year. The board must approve all such petitions and files are kept in the national office and used to review such requests. At present, any RMA or WPRA tournament is considered a "pro" sanctioned event. In the past, NRC, PRA, IPRO and NARP events were also placed in this category.

If you have any questions concerning amateur vs. pro status, please address them to the national office and we will give you an official determination. ○

Starting It All: The First National "Gut Paddleball" Tournament

by Bill Schultz

On May 26, 1968, my dad Bill Schultz, two of my younger brothers and I climbed into the family station wagon to begin an 80 mile trip from Madison to Milwaukee. We were bound for the Milwaukee Jewish Community Center for the championship match of the "First National United States Gut Paddleball Association Paddleball Championships" — the first in a series of national racquetball championship tournaments over the next two decades. Little did we know as we began our trip, we would witness an event that would launch racquetball, and start it on its way to becoming the great sport it is today.

That tournament in 1968 was a fitting place to crack a bottle of champagne on the bow of the ship we call racquetball, but even then 18 years of history and planning had preceeded the event. From Joe Sobek's original brainstorm in 1950, the game of "paddle rackets" had spread quickly throughout the northeast and points west through a mail-order business serving St. Louis, Memphis, Detroit, Chicago and Milwaukee. Throughout the late 50s and early 60s two games — paddle rackets and paddleball — evolved and gained popularity at a steady pace.

In the sixties it was Larry Lederman, a top handball player and former Olympic wrestler, who was primarily responsible for promoting and organizing the first national "paddle rackets" championship. Using the U.S. Handball Association as a model, and with the leadership of Bob Kendler, Lederman was able to attract 77 players (40 in singles and 20 doubles teams) from 17 states to the tournament, which had an entry fee of \$5.00.

As a 17-year-old, there were two things at this tournament which made lasting impressions on me. One was sitting in the health center of the JCC, listening to Bob Kendler talk about how he wanted to organize and pro-

mote racquetball the way he had handball. The other was the championship match between my dad and Bill Schmidtke.

The singles title was up for grabs between my 44-year-old father, and 26-year-old Schmidtke, a staff member at the Madison, Wisconsin YMCA. This was still in the days when a match was the best 2 out of three games to 21 points, and I had been asked by the referee to keep the score card for him. I remember how nervous I was during the match, especially in the third game.

The entire final had been a tough one, with Schmidtke winning the first game 21-14, my dad taking the second 21-12. In the third game I recall Schmidtke being in the lead and looking as though he would win the match, when he hit my dad in the left elbow with the racquet, knocking him to the floor. This seemed to be just the thing to fire my dad up, and he went on to win the match and the tournament with a final score of 21-18. Although Schmidtke lost on this occasion, he subsequently went on to win two national singles titles in the 1970s, along with many other major championships during his career.

Recently, I talked with my dad about the tournament and he recalled, "the tournament was tough, possibly tougher than the national paddleball tournaments that I'd played in. The draw from top to bottom was very strong...there was a lot of glamour and excitement. The news media was there; on Saturday night there was a banquet and seats were sold for many of the matches."

Having won the singles title, my dad established himself as one of the country's foremost players, simply by experimenting. He explained his preparation for the tournament: "A few weeks before the tournament I bought four racquets and two dozen balls and we put our wooden paddles

(continued on page 48)





Starting It All

(continued from page 47)

aside and just played with the gut rackets. It didn't take me long to get used to it because I had also been a squash and badminton player. At the time we thought paddleball was the best game and paddle racket players thought their game was the best. Of course, the rivalry was good natured, but the tournament did give the top players from both games a chance to play each other."

By then my dad had already won the wooden paddleball national championship in 1968 and had been the runner-up in 1962, '64, '65 and '66. He gave exhibitions around the country and Sportcraft marketed a wood racquet that he had designed, calling it the Bill Schultz Autograph model.

Possibly the biggest surprise of the tournament was in the doubles division. With my dad teamed with Schmidtke, and many other top paddleball/paddle racket players in the draw, no one expected the title to go to a couple of handball players. Although they were nationally ranked doubles players, the win by Jim White and Simie Fein of Milwaukee was still startling. The lefty-righty team beat fellow Milwaukeeans Dan Trost and Dave Glinberg, 14-21, 21-11, 21-9.

White, a three-time Wisconsin squash champion, recalls the tournament, "I'd never played in a racquetball tournament before...Simie was my handball partner and said 'we'll just play like we play doubles in handball.'" White thinks that strategy earned them the title, saying, "In those days, they didn't use the ceiling ball or big Z serve; that's what you used in handball. I think it helped us win the tournament." Fein agreed, adding "Jim and I had played for years as partners in handball and the strategy was exactly the same. Our teamwork was there, in fact that was our big edge. We had, hands down, the best teamwork."

It was undoubtedly an historic

"Lederman on Racquetball"

by Bill Schultz

When he became involved in racquetball, Larry Lederman was serving as the athletic director of the Milwaukee JCC, a career that had spanned 40 years by the time he retired in 1979. Today he stays active with workouts at the center and with his activities as secretary of the Wisconsin AAU. He fondly recalls the first tournament and the events that led up to it.

On Paddleball: "I had heard about paddleball way back in the early 1940s, but the game never made it in Milwaukee. The solid, wooden paddle was too cumbersome and the noise made by the ball hitting the paddle was nearly deafening."

On the Racquet: "Although our people never took to it, I always felt the game had merit, especially if someone could fool around with the paddle/racket."

On Development: "I wanted to get them [the USHA] involved, and the reason I wanted them involved was because I wanted the magazine. I wanted 12 pages of the handball magazine for racquetball — otherwise it would smolder. I knew what had happened with handball. It went along at a very even pace, but nothing happened for over 25 years until Kendler came along and put the magazine out. Then it just burst like an explosion, and knowing that, I knew what I didn't want to happen. I wanted racquetball to get off with a bang, and that's why I wanted to get Kendler involved."

On Handball Players: "...the handball players were much opposed to it. They were afraid it would take away their popularity, their players and their courts. It was hard to get courts at that time. They had no idea that there'd be an explosion of courts as a result of racquetball."

On Kendler: "I knew what I had to sell, but Kendler was quite concerned [that handball players were so opposed to it]. Finally on my third visit to Kendler, I said to him 'I'm coming to you because you're a humanitarian and the reason I believe in racquetball is that it could put about 20 more years of life into a man than handball.' Bob just sat there and didn't say a word for one moment (I think it was a long minute) and all of a sudden said 'I'll do it.' This was about a year before the tournament in 1968." ○

weekend for the winners at the Milwaukee Jewish Community Center in May of 1968. As we climbed back into the station wagon for the return trip to Madison, dad was tired from the long weekend of tough competition, but very happy with his performance and a second national championship title. My brothers and I were excited and could hardly wait to get home to tell our mom and the rest of the family about the great match he had played and all the fun we had watching him.

Who would have guessed that the seed planted by Larry Lederman at

the "First United States Gut Paddleball Association Paddleball Championships" would grow into the great sport of racquetball today? When I look back 20 years to that tournament, and think of all the millions of people who play racquetball now, I feel all of us owe a big "thank you" to Larry Lederman for establishing a fine tradition. ○

About the author: Bill Schultz has been playing racquetball since 1972. He is a member of the Wisconsin Racquetball Association Board of Directors.

The Eketlon/U.S. National High School Championships

by Luke St. Onge

The First Annual Eketlon/United States High School Racquetball Championship was dominated by players from Manatee High School of Bradenton, Florida. A total of 120 athletes representing 28 high schools from across the country competed in this inaugural event held at the Indiana Athletic Club in Noblesville, Indiana in February.

Manatee swept the Boy's divisions, winning in doubles and in both the #1 and #2 brackets of singles, plus taking a third place award in the #1 singles. Manatee's young women finished second overall, after a strong showing in doubles by sisters Linda and Martha Gates of Clifton High School in Clifton, Illinois.

In singles competition, Jimmy Floyd of Bentley High School [Burton, Michigan] defeated a very talented Bart Turner of Rogers High School [Toledo, Ohio] with scores of 15-3, 15-8 to win the Boy's #1 division, while Holly Gray of Broad Run High School [Sterling,

August.

At a special organizational meeting, a national High School Council was formed by the AARA and Rick Lukasek was named as the National High School Commissioner. Under

Lukasek's direction, the council will be responsible for the promotion and development of High School racquetball throughout the United States.

Many thanks go to Michael Arnoldt, owner of the Indiana Athletic Club; Jack Fogle, manager IAC; Mike LaBonne, President of the Indiana Racquetball Association; and the entire local organizing committee.

RESULTS

Boys #1 Singles:

1st - Jim Floyd, Bentley HS, Burton, MI d. Bart Turner, Rogers HS, Toledo, OH, 15-3, 15-8. **3rd** - Robbie Walden, Manatee HS, Bradenton, FL d. Jason Waggoner, Ft. Myers HS, Ft. Myers, FL, 15-7, 15-8. **Boys #2**

Singles: 1st - Al-

lan Engel, Manatee HS, Bradenton, FL d. Scott Sagel, Horton Watkins HS, Ladue, MO, 15-6, 15-1. **3rd** - Marv Riley, Davison HS, Davison, MI d. Scott Barnes, Parkway West HS, Ballwin, MO, 15-12, 15-11.

Boys #3 Singles: 1st - Chris Conway, Manatee HS, Bradenton, FL d. Bill Doty, Horton Watkins HS, Ladue, MO by forfeit.

3rd - Brian Berkelhemer, Parkway West HS, Ballwin, MO. **4th** - Mike Dunn, Davison HS, Davison, MI. **Girls #1 Singles:**



Left to right: Linda Gates, Holly Gray and Sue Cox.

1st - Holly Gray, Broad Run HS, Sterling, VA. **2nd** - Linda Gates, Clifton HS, Clifton, IL. **3rd** - Sue Cox, Manatee HS, Bradenton, FL. **4th** - Jen Yokota, Hazelwood West HS, Hazelwood, MO. **Girls #2 Singles: 1st** - Martha Gates, Clifton HS, Clifton, IL d. Dee Robertson, Manatee HS, Bradenton, FL, 15-5, 15-0. **Boys Doubles: 1st** - Robbie Walden/Allen Engel, Manatee HS, Bradenton, FL d. Jason Waggoner/Andrew Caudill, Ft. Myers HS, Ft. Myers, FL, 7-15, 15-11, 11-0. **3rd** - James Garrow/Robert Garrow, Davison HS, Davison, MI d. Jason McKinstry/Tim Sauer, Parkway West HS, Ballwin, MO, 15-7, 15-10. **Girls Doubles: 1st** - Linda Gates/Martha Gates, Clifton HS, Clifton, IL d. Sue Cox/Dee Robertson, Manatee HS, Bradenton, FL, 15-1, 15-13.

Boys Team Overall

Manatee HS, Bradenton, FL	80
Horton Watkins HS, Ladue, MO	46
Ft. Myers HS, Ft. Myers, FL	37
Davison HS, Davison, MI	35
Parkway West HS, Ballwin, MO	29

Girls Team Overall

Clifton HS, Clifton, IL	27
Manatee HS, Bradenton, FL	18
Broad Run HS, Sterling, VA	10
Hazelwood HS, Hazelwood, MO	2

Boys and Girls Combined Overall

Manatee HS, Bradenton, FL	98
Horton Watkins HS, Ladue, MO	46
Ft. Myers HS, Ft. Myers, FL	37
Davison HS, Davison, MI	35



Larry Liles congratulates Jimmy Floyd as Jeane Hasen looks on.

Virginia] bested a strong round-robin field to win the Girl's #1 bracket. Both Floyd and Gray received personal invitations to the U.S. Team qualifying trials this summer from U.S. National Team Coach Larry Liles. At these trials the two teens will see members of the U.S. Team compete against each other for the chance to represent the U.S. at the World Championships in Hamburg, Germany in



1988 Ektelon/U.S. National Intercollegiate Championships

by Linda Mojer

In a late "spring break" over the weekend of April 7-10, 275 undergraduates were welcomed to the Gold River Racquet Club in Rancho Cordova, California for the 16th annual U.S. National Intercollegiate Racquetball Championships. Forty-five colleges and universities were represented by teams ranging in size from one to seventeen members, with each player earning points for their school as they advanced through singles and doubles divisions.

Rhode Island's Providence College team was one of the largest in number with 17 first- and second-string players in four singles and two doubles brackets. Only the local team from California State/Sacramento equalled the Providence roster, followed closely by Memphis State University with a 14-member team and Southwest Missouri State University with a squad of 12. Lone players also traveled from as far as Florida and New York to compete in the event in the hope of earning a spot on the U.S. National Team for 1988.

Sacramento State jumped into an early lead in the overall point standings, fielding strong teams of both men and women to win the Intercollegiate Team Trophy for the third year in a row. Led by #1 division players Mike Bronfeld and Robin Levine, Sac State players made it into the finals of all but one of the twelve divisions of play, and won nine of those matchups. Memphis State players advanced into ten of those same finals, bringing home silver medals in eight divisions and gold in two. After the final tally, the two universities split on the men's and women's team wins, with Memphis State maintaining a 13-year undefeated team record for its men.

Michael Bronfeld, a 21-year old business major in his junior year at Sac State, played beautifully throughout the weekend, using a combination of backhand cross-court passes,

pinches and straight-in roll-outs to defeat all opponents in his half of the 48-person draw. His forehand was just as accurate, and a series of well-placed drive serves to that side were especially effective against James Lorello of MSU in the final. There Bronfeld took control almost immediately, using the drive to force the younger Lorello to take on a ceiling game defense early in the match. That defense quickly became a pattern, as did Bronfeld's ability to take advantage of every opportunity to end rallies.

Robin Levine, an 18-year old sophomore studying business and finance at Sacramento State, also played at the height of her talents in order to earn her place on the national team. A dream of hers since 1983, being on the team came to her, literally, from the thin air between herself, a racquetball in play, and the floor. Levine covered the entire court many times over during her final match against Joanne Slater of MSU. She leapt, dived, lunged and propelled her recently reduced frame from one wall to another to retrieve shots that Slater had counted on as winners. When not in mid-air, Robin made skillful use of having both feet firmly planted on the ground to execute an array of pinch shots which never came back into play.

All in all, the 1988 Ektelon/U.S. National Intercollegiate Championships resembled a sneak preview of National Singles, with youth, strength, talent and determination paving the way for highly qualified players to join the U.S. National Racquetball Team. The two intercollegiate representatives from California State University/Sacramento are certain to keep their end of bargains made with team Coach Larry Liles — sealed when they each accepted coveted USOC sweatshirts along with their first place awards on court six of the Gold River Racquet Club, Sunday, April 10.

Results are as follows:

Men's Divisions — M1S: #1 Mike Bronfeld (Sac St.) def. #3 James Lorello (MSU) 10,5; **M2S:** #1 Mike Lowe (Sac St.) def. Mark Isley (SMSU) 9,9; **M3S:** #1 Dave Simonette (MSU) def. Mark Heckman (CMU) 6,13; **M4S:** #1 Shawn Fitzpatrick (Sac St.) def. #2 Rick Komistek (MSU) 2,(14),4; **M1D:** Brian Bliss/Mark Isley (SMSU) def. Todd O'Neil/Rick Komistek (MSU) (10),8,9; **M2D:** James Lorello/David Simonette (MSU) def. Steve Moody/Shawn Fitzpatrick (Sac St.) (7),8,1;

Women's Divisions — W1S: #1 Robin Levine (Sac St.) def. #2 Joann Slater (MSU) 5,5; **W2S:** #1 Mona Mook (Sac St.) def. #3 Carrie Healy (MSU) 1,6; **W3S:** #1 Lisa Anthony (Sac St.) def. #2 Janet Burke (MSU) 8,4; **W4S:** #1 Kelly Pulis (Sac St.) def. Nikki Anthony (Sac St.) 3,3; **W1D:** Mona Mook/Lisa Anthony (Sac St.) def. Joann Slater/Mischa McCrory (MSU) 6,5; **W2D:** Robin Levine/Kelly Pulis (Sac St.) def. Carrie Healy/Janet Burke (MSU) (14),5,8;

Consolation Rounds — M1S: Ken Marks (SMSU) def. Josh Taekman (Saddleback); **M2S:** Kris Youngberg (U/Utah) def. Eric Brown (Davis); **M3S:** Curt Acheson (TX A&M) def. Chris Dallas (SMSU); **M4S:** Mark Ruiz (U/TX, Austin) def. Ed Schipul (TX A&M); **M1D:** Tollen/Bernardo (Albany) def. Halverson/Birkland (Montana State); **M2D:** Arms/Stokes (American River) def. Sadd/Barone (TX A&M); **W1S:** Lisa Foltz (Purdue) def. Suzanne Meier (Stanford); **W2S:** Jill LePlaunt (USMA) def. Diana Galindo (TX A&M); **W3S:** Maggie Del Rosario (Berkeley) def. Laura Kirkpatrick (Albany); **W4S:** Janeen Lima (Albany) def. Lisa O'Brien (Providence); **W1D:** Deer/Bendsen (SMSU) def. Kain/Quirus (Penn State); **W2D:** Smallcomb/Murphy (Providence) def. Fullmer/Wood (Utah State)

Overall Team Standings

- #1 = Sacramento State [CSUS]
- #2 = Memphis State University [MSU]
- #3 = Southwest Missouri State Univ. [SMSU]
- #4 = Central Michigan University [CMU]
- #5 = Washington State University
- #6 = Texas A&M
- #7 = Providence College
- #8 = Ferris State University
- #9 = Penn State
- #10 = University of Minnesota.

Men's Team Standings

- #1 = MSU
- #2 = CSUS
- #3 = SMSU

Women's Team Standings

- #1 = CSUS
- #2 = MSU
- #3 = Providence

AARA Schedule of Events



June 3-6

Spring Classic
Metrosport
501 Douglas St.
Durham, NC 27705
Bob Book 919-286-7529

June 3-5

Sunshine State Warm-Up
Suncoast Courthouse
2147 Pine Forest Dr.
Clearwater, FL 33516
Doug Chase 813-531-8933

June 3-5

4th Annual Coors Light/
Hogan Classic #8
Reno Athletic Club
920 Matley Lane
Reno, NV 89502
Dennis Kaufman/Tim Murdock
702-788-5588

June 7-11

Orem Rec. Doubles
Orem Rec.
580 W. 165 S.
Orem, UT 84058
Roger Flick 801-224-7155

June 10-12

Billy Bowlegs
Bluewater Racquet & Fit. Ctr.
4400 Hwy. 20 East
P.O. Box 5129
Niceville, FL 32578
Steve Hancock 904-897-4376

June 10-12

Chuck Prince
So. FL Racquetball Club
5555 Ravenswood Rd.
Ft. Lauderdale, FL 33312

June 10-12

4th Annual Coors Light/
Hogan Classic #9
Telegraph Hill Club
1850 Kearny St.
San Francisco, CA 94131
Ann Grace 415-982-4700

June 16-18

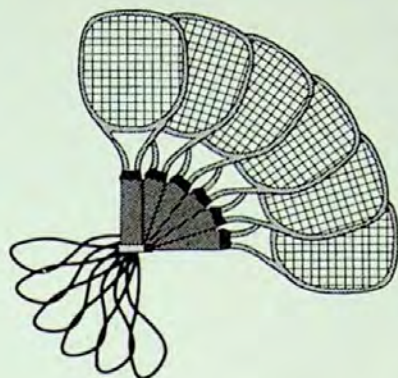
Arkansas State Doubles
Championships
Sawyers Fitness Center
Ft. Smith, AR 79102
Rex Benham

June 16-19

Pepsi Cup/Colorado Club
Championship
12087A Athletic Club
2953 South Peoria
Aurora, CO 80014
John Foust 303-750-3210

June 17-19

Orlando Sports Festival



The Club
825 Courtland St.
Orlando, FL 32804

June 17-19

4th Annual Coors Light/
Hogan Classic #10
Sports Courts
6001 Fair Oaks Blvd.
Carmichael, CA 95608
Dawn James 916-485-0714

June 23-25

Miami Court Club Open
Miami Court Club & Fit. Ctr.
9395 Bird Road
Miami, FL 33165
Dino Michaels/Oscar Alvarez
305-226-4014

June 24-26

White River Park State Games
Logansport, Elkhart, Ft. Wayne,
Muncie, Richmond, Terre Haute,
Columbus, Evansville
Renee LaBonne 317-255-7730

June 24-26

10th Annual Firecracker Open
Court House One
47 Hartford Turnpike
Vernon, CT 06066
Dottie Wittenzellner
203-649-0597

June 24-26

4th Annual Coors Light/
Hogan Classic #11
The Claremont Club
1777 Padua Ave.
Claremont, CA 91711
Sally Torrez 714-625-6791

June 24-26

4th Annual Coors Light/
Hogan Classic #12
Charlie Fitness Club & Hotel

9009 Boone Rd.
Houston, TX 77099
Rick Pedigo 713-530-0000

June 25-29

1988 Ektelon/Junior Nationals
The Sports Club
3333 South Wadsworth Blvd.
Lakewood, CO 80227
Luke St. Onge 303-989-8100

July 1-3

Sun Coast Fitness Open
Sun Coast Fitness Center
581 Venice By Pass North
Venice, FL 34293
Bill Clark 813-488-7255

July 7-10

Sunshine State Games
Racquet Power
3390 Kori Rd.
Jacksonville, FL 32223
Mary Lyons 904-268-8888

July 8-10

White River Park State Games
Racquetball of Greenbriar
1275 W. 86th St.
Indianapolis, IN 46260
Renee LaBonne 317-255-7730

July 8-10

4th Annual Coors Light/
Hogan Classic #13
Rolling Hills Athletic Club
2600 Airport Dr.
Torrance, CA 90510
Doug Colson 213-530-9820

July 8-10

4th Annual Coors Light/
Hogan Classic #14
Narrows Fitness Center
1736 Shore Parkway
Brooklyn, NY 11214
Russ Mannino 718-996-6900

July 12-16

Tri-City Open
557 E. State
American Fork, UT 84403
Dave Rasmussen 801-756-5224

July 15-17

4th Annual Coors Light/
Hogan Classic #15
Las Vegas Athletic Club West
3315 Spring Mountain Rd.
Las Vegas, NV 89102
Ken Snow 702-362-3720

July 15-17

6th Annual July Jam
The Courthouse Racquet Club
1545 Helton Dr.
Florence, AL 36630
Judy Willingham/Ken Irby
205-764-0034

1988 Major Events

June 25-29

Ektelon/U.S. National
Junior Championships
Sports Club
333 S. Wadsworth Blvd.
Lakewood, CO 80227
303-989-8100

August 4-5

World Congress
Hamburg, Germany

August 6-13

World Championships
Hamburg, Germany

October 27-30

Ektelon/U.S. National
Doubles Championships
Merritt Athletic Club
2076 Lord Baltimore Drive
Baltimore, MD 21207
301-298-8700



Regional Reports

REGION FOUR REPORT: Florida, Georgia, North & South Carolina

Evidently relieved at having completed their taxes just in time, close to 300 players took a long weekend off to compete in the 1988 Ektelon Region Four Championships in Jacksonville, April 14-17. Although the tournament was for singles play only, the expert doubles team of Mary Lyons and Susan Morgan paired up to run the tournament with the help of Curtis Winter, Charlie Krestul and Margaret Frost. Between the five, matches ran within fifteen minutes of their scheduled times throughout the weekend, problems were resolved with good humor and players were kept happy and well-fed to the bitter end.

Florida kept its share of regional titles at home by winning 24 of the 31 divisions of play, assuring good seeding positions at the upcoming National Championships in Houston. Georgia and South Carolina also enjoyed good showings in the semifinals and up, while the long travel distance for North Carolina players clearly affected attendance from that state. The final results of a long, but worthwhile, tournament effort were:

M0: Tim Hansen (FL) def. Charlie Nichols (FL); **MA:** Chuck Call (FL) def. Greg Neimeyer (FL); **MB:** Doug Chase (FL) def. Ken Green (FL); **MC:** Jim Clark (FL) def. Steve Moss (FL); **MD:** Sergio Ybirin (FL) def. Paul Metlin (FL); **MN:** Joseph Moran (SC) def. Wayne Adinolfi (SC); **M19:** Curtis Winter (FL) def. Glenn Warren (FL); **M25:** Mark Morrison (FL) def. Vinnie Ganley (FL); **M30:** Jim Adkins (SC) def. Mitt Layton (FL); **M30B:** Claude Crocker (SC) def. Bob Horne (SC); **M35:** Mitt Layton (FL) def. Jim Adkins (SC); **M40:** Jay Schwartz (FL) def. Roger Wherle (GA); **M40B:** Charlie H.U.S.sey (SC) def. Gerry Peart (FL); **M45:** Roger Wherle (GA) def. Graig Shaak (FL); **M50:** Tom Rumsey (FL) def. Sonny MarcU.S. (FL); **M50B:** Norman Kershner (FL) def. Dave Kelly (FL); **M55:** Don Alt (FL) def. Mal Roberts (FL);

M60: Mal Roberts (FL) def. Earl Acuff (VA); **W0:** Susan Morgan (FL) def. Martha McDonald (FL); **WA:** Mary Jo Murray (FL) def. Linda Mojer (FL); **WB:** Nancy H.U.S.sey (SC) def. Lynne Balthazor (FL); **WC:** Denise Leon (FL) def. Colleen Seitter (FL); **WD:** Mary Stewart Reese (SC) def. Cathy Brickell (FL); **W19:** Kersten Hallendar (FL) def. Lori Basch (FL); **W25:** Mary Lyons (FL) def. Brenda Grossnickle (FL); **W30:** Susan Morgan (FL) def. Martha McDonald (FL); **W30B:** Lynne Balthazor (FL) def. Frances Braun (FL); **W35:** Janis Smith (FL) def. Mary Jo Murray (FL); **W40:** Agatha Falso (FL) def. Judi Schmidt (FL); **W45:** Judi Schmidt (FL) def. Shirley Elgaway (FL); **W50:** Jo Kenyon (FL) def. Shirley Elgaway (FL)

REGION FOURTEEN REPORT: California, Nevada & Hawaii

"Coors Light/Marty Hogan Classic"

The 1988 Coors Light/Marty Hogan Classic Series is "rolling out" as sweetly as one of the champ's best shots. This year the Classic expands into new territory and has



Marty Hogan takes on Bret Harnett and Ted Lange in a "Battle of the Racquetball Stars".

teamed up with one of the country's oldest voluntary health organizations, the National Society to Prevent



Left to right: Ted Lange, Marty Hogan, Bret Harnett and open women's second place finalist Dee Feirria.

Blindness. This unique partnership is certain to be a winning one, promoting both racquetball and innovative NSPB programs designed to prevent blindness.

This year some of the country's best amateurs will be playing for over \$15,000.00 in cash and prizes. Men's and Women's divisions of all levels will be offered, as well as brackets for the more "mature" player, doubles and a new mixed doubles division.

With sights set on 16 qualifying tournaments in 1988, the Classic has become the largest amateur racquetball tournament series in the U.S. Racquetball legend Marty Hogan and Coors Light will host tournaments in six states, including California, Nevada, New York, Texas, Massachusetts and Missouri. These qualifying events will be held through July. Winners at each site will advance into the Classic finals set for August 12-14 at the Las Vegas Athletic Club, where top ranked pros, as well as television and sports celebrities, will be on hand to compete.

For more information about the series and qualifying events near you, please check the AARA calendar or contact ShoBiz Productions at (818) 344-3148. ○

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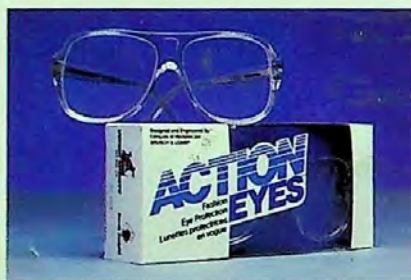
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Left: Standard models available in crystal (shown) and tortoise.

Below: Caryn McKinney, #2 on the WPRA pro tour, uses Action Eyes exclusively.

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