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Vol. 12 No. 10

October, 1983

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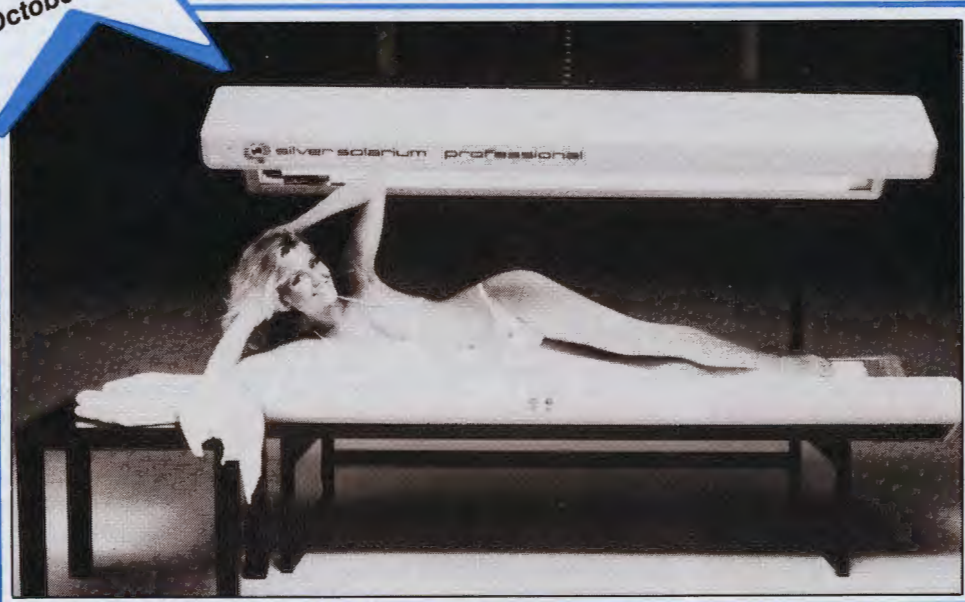
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On the cover . . .

James Sikking, co-star of the critically-acclaimed NBC-TV series, "Hill Street Blues," has some thoughtful and poignant comments on one of his favorite sports, racquetball. For an in-depth look at why "Lt. Howard Hunter" is a racquetball nut, turn to page 8.

—Photo by Kathy Amerman

Next issue . . .

A profile of Martha Byrd-McDonald along with two of the nation's top amateur players, Dan Ferris and Renee Herbert, plus National Racquetball's annual gift guide for the Holiday Season, and all our usual departments and features.

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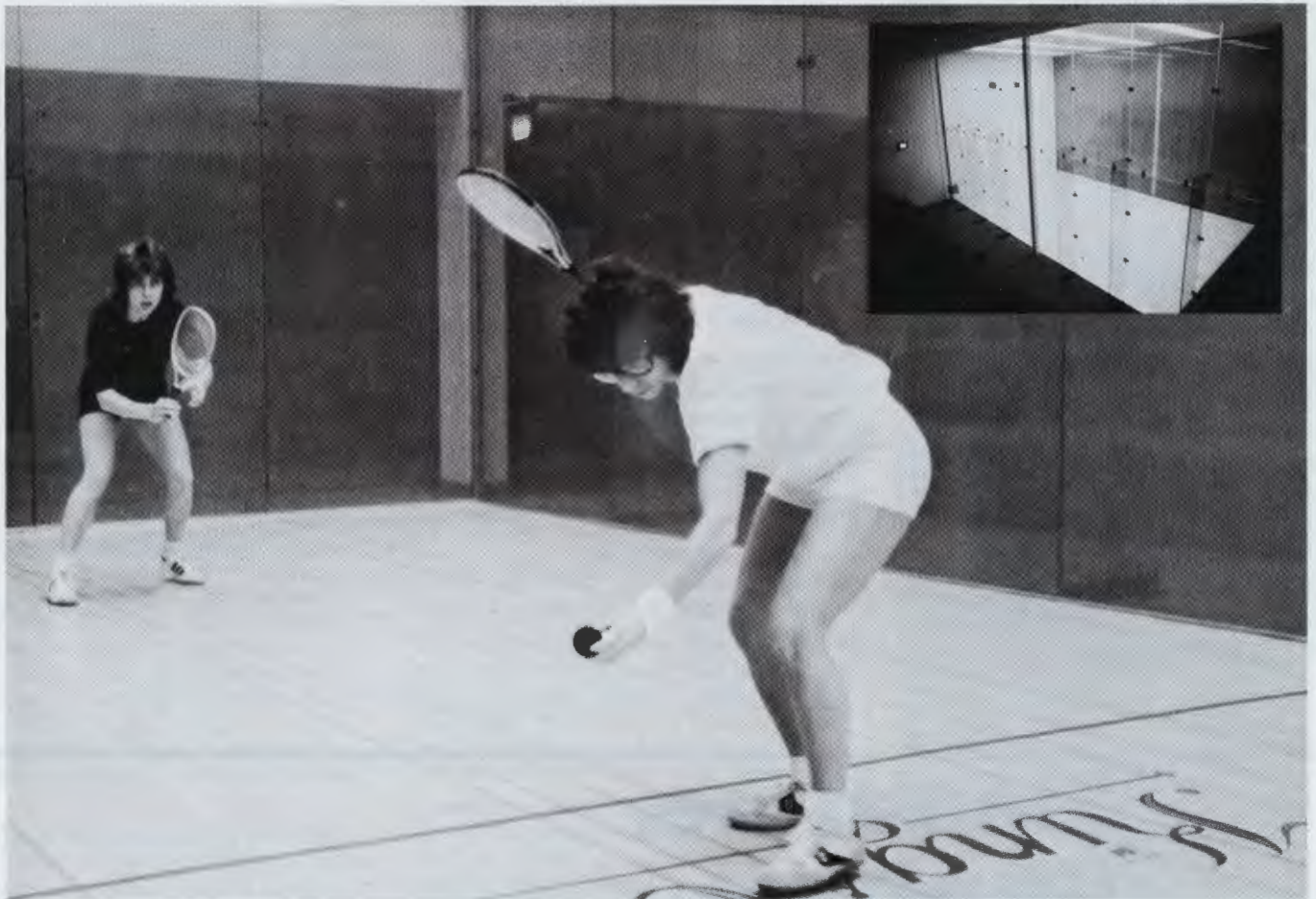
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Letters

P.R.O

Dear Editor:

On behalf of the P.R.O., (Professional Racquetball Organization) I wish to thank you for your fine editorial in the *June '83* issue. As you mentioned, the P.R.O. was formed in an attempt to put professional racquetball back on its feet.

The concept of a men's player's association certainly isn't new. While past organizations never prospered, they didn't have the complete support of the male players. Today's professionals see the need for an association in order to put an end to many of the injustices that have occurred over the past few years. They are committed to promote racquetball in a positive manner and further its development.

The P.R.O. has been communicating with various sponsors in order to organize an international tour. A tournament schedule is being compiled involving independent tournaments and their sponsors. Certain criteria have been developed in order to allow these events to become sanctioned events.

In our May meeting, the players elected Kyle Kamalu, Bud Muehleisen, and Jerry Hilecher to serve on an interim advisory committee. No officers have been elected. This committee will serve until January when there will be an election of a full board of directors.

Thank you for your magazine's support and the acknowledgment that a strong player's association is vital for the continued growth of racquetball.

Jerry Hilecher
For P.R.O.

Nice Picture Anyhow!

Dear Editor:

When I returned recently from a trip out west I picked up the *August* issue. Needless to say, I was surprised at the picture above my name. Probably, Bette Covington was just as surprised, since it was a picture of her.

However, I and my family enjoyed reading the article. Say "hi" to Carole George when you see her next.

Mary Low Acuff
Blacksburg, VA

Playing In Las Vegas

Dear Editor:

Being from Las Vegas I thoroughly enjoyed your article, *Vegas Can Be A Racquetball Bargain*, in the *July* issue. However, you stated that the Las Vegas Athletic Club was where most top players in our city play. That is incorrect.

All the top players in Las Vegas take great pride in the fact that they all play at the Las Vegas Sporting House, including Bret Harnett (number three ranked in the world), Shannon Wright (top women's pro), and Matt Rudich (three-time nation junior winner).

In fact, when Marty Hogan visits Las Vegas, he also uses our facilities.

I just felt I should set the record straight.

Jim Clark
Las Vegas

(Consider it straight, and thanks Jim.—Editor)

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Court Conduct

Dear Editor:

Bravo!!

Your editorial on the conduct of our so called professional racquetball players really made sense. It's very refreshing to see an editor of a national racquetball magazine scold them for their conduct rather than praise them for being *competitors*. The current players attitudes will do more than destroy the Pro Tour, they are examples to our young players, and at this time not very good ones!!!

Ed Martin, Coach
U.S. National Racquetball Team

Dear Editor:

Tch-Tch! Would you please explain to me, how my skips affect your calls? Then I'll explain how your calls affect my game. I think you blew that one.

It has always been a source of amazement to me that so much time and energy is wasted in debating the on-court behavior of tournament racquetball players when it is so easy to control. That is, if you have enough guts to use the rules you have against the loud-mouthed so-called stars that the circuit kow-tows to. Or is it the entrepreneur of the circuit everybody defers to?

The rules are simple and if the referee goes down on the court before a match and explains them—there is never a problem. Technicals are called for poor sportsmanship, etc. First tech - loss of serve or point as case may be; second tech - loss of game; third tech - loss of match. That's pretty darned simple, isn't it? Seven technicals indeed!

A referee brooks no argument - tolerates no interference and controls that match *consistently* and that's the key word. Of course, he misses a call now and then—so what? That's part of the game. He has tools to control the match and should use them and when he does you will find that the loud mouths, the intimidators and such will cease and desist when they find it does them no good.

I enjoy your magazine immensely and wish you every continued success.

Leonard Marks
St. Louis, MO

Anybody Else Want One?

Dear Editor:

Thank you for your generous donation to the United Airlines Fourth Annual Cablecar Classic held July 16 and 17 at Royal Racquet Club, Burlingame, CA.

Our door prize winner was very excited when he won your magazine subscription.

Your donation was especially appreciated and certainly contributed to the success of the tournament. Thanks again, for your generosity.

John A. Kollen
Director

It was our pleasure, John. By the way, anybody else looking for sample copies of National Racquetball for promotional purposes need only call our circulation director, Judi Bayer, for details at (312) 724-7856.—Editor

Yellen The Champ

Dear Editor:

Your article, "The Baton Passes," was absolutely fascinating to me. I was present at the 1977 National Juniors in Southfield, MI serving as floor manager for the tournament. It was at that tournament that I first met Mike Yellen.

I recall very vividly speaking with Mike. At 17 he was a full-fledged adult in his attitude toward racquetball and the future it held for him. I was immensely impressed with his dedication to becoming the best in the game.

Mike never altered his goal and he sincerely deserves success because he made it happen. His "control" play is a pleasure to watch and he is always a worthy opponent. Mike is an asset to racquetball.

One last point—don't count Marty Hogan out. He'll be back! And furthermore, it is more than obvious that Hogan will be remembered as the greatest of the past decade.

Irv Zeitman
Louisville, KY

(No arguments on any of the points, Irv.—Editor)

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From The Editor . . .

Hairy Truth

Once in my life I grew a beard and until this very day, it adorned my face. You probably noticed it in the photo that usually accompanies this column.

Right now you're probably noticing that this month's photo shows some other person. No beard. No sideburns. No mustache.

And while, yes, this is the October issue, no, it's not somebody in a Halloween costume. It's me! I did it! I shaved my beard!

"Big deal," my friend said just a few hours ago. "So you cut off your silly hairs. The beard looked lousy anyhow. What's any of that got to do with racquetball?"

Well, I'll tell you. But before I do... It started about four years ago when during a vacation I oozed laziness which led to a marvelous week-long, rough cheeked, mini-beard. Finding shaving to be one of the curses of the male species, I rather took to the growth and began grooming it, playing with it, chewing on it and generally falling in love with it.

But funny things have been happening since I grew my beard. And most of these occurrences have been negative. After a while you wake up and realize that what you thought was coincidence is really cause and effect. As you will see in a few minutes, there was no choice. The beard had to go.

When I first allowed those original black hairs (many are now grey) to live longer than three days without being sliced to smithereens it was during a time when racquetball was king. Well, if it wasn't king then it sure looked like the heir apparent.

Play was up. Number of players was up. Ball sales were up. Racquet sales were up. All equipment was up. New courts continued to go up. Up, up, up. It would never end. We all knew that.

Some of you may remember the time. Get a club up, any kind of club with courts and you'll make a mint. One way trip to the bank. Get a racquet, any racquet, and it'll sell. Sign a player, any player. Sponsor a tournament, any tournament, it's worth it.

The bandwagon became so crowded that it eventually stalled. And that's because I grew my stupid beard.

The pro tour flourished *before* my beard. Today it struggles to remain an entity, let alone the major league sport we all envisioned. Prize money was



doubling every year, sponsors were clamoring to associate themselves with the sport, the sky was the limit—*all before my beard.*

Even Marty Hogan hated my beard. He rarely lost a tournament until I grew those itchy black ones on my chin. Now he struggles to win any tournament, and his foes are the same guys he used to clobber—*before my beard.*

So it was my love of racquetball, my desire for the spirit of optimism return to the game, for us all to rejoin that road to the promised land of sports, yes, for all this, I shaved my beard.

Now that it's gone we can expect recession to become expansion; empty courts to become full; prize money and sponsors to line up at racquetball's door. And when the time comes, there I'll be, saying, "Thank you, thank you, yes, I know, it all happened because I shaved my beard."

My friend was hardly convinced. "Are you trying to say that racquetball's problems a few years back were because you grew a beard and now that you've shaved it, a racquetball renaissance will occur."

"That's right." I said.

"Well, I don't buy it," he said. "I think you're giving me a lot of you-know what. Why did you really cut it off?"

"The real reason?"

"Yea, the truth, the whole truth and no more of the bull."

"My wife said if the beard isn't gone by tomorrow I can forget it. And I've got a good memory." ●

Chuck Line

EXTRA!

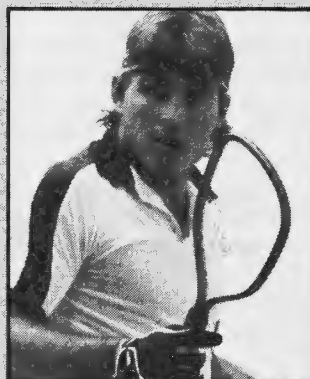
Peck Signs With SyberVision

Dave Peck, 1982 National Champ and third ranked player in professional racquetball, has signed a contract with SyberVision Systems, Inc. a California research and development firm specializing in "futuristic" training films.

Essentially, Peck will model his racquetball skills for SyberVision which will develop a videocassette—*SyberVision: Muscle*

Memory Programming for Racquetball.

The SyberVision experience, according to president Steven DeVore, is "through an intense sensory exposure to a perfect racquetball model such as Peck, you will be able to vividly recall in your mind the vision, sound, rhythm and emotion associated with a picture perfect stroke. And more importantly, you'll be



able to use this memory, instinctively, as a blueprint to guide your own actions on the court."

SyberVision has developed successful programs in tennis (Stan Smith), golf (Al Geiberger) and skiing (Jean Claude Killy) along with cross country skiing and bowling.

Filming was scheduled for late September.

Racquetball Today Ceases Publication

Racquetball Today, once the nation's largest circulated racquetball publication has ceased operating, according to publisher Phil Simborg. The monthly newspaper, which had suspended operations during the summer, made the final decision in a statement by Simborg.

Citing a lack of paid advertising and subscribers, Simborg indicated he simply didn't have the time nor desire to put the necessary effort and funds into help it reach its full potential.

"There was a time I thought we were going to do all right," said Simborg. "But

the recession hurt our publication as well as my other businesses. While I won't be able to keep *Racquetball Today* going, I certainly intend to maintain my active role in racquetball."

Simborg has been an extremely vocal member of the AARA Rules Committee

as well as being active in Illinois racquetball circles, as a sponsor, tournament director, referee, and volunteer.

At its peak in 1980, *Racquetball Today* was circulating 100,000 copies a month to subscribers and facilities, including four regional editions.

American Medical Assoc. Takes Eyeguard Position

The House of Delegates of the American Medical Association (AMA) considered a resolution entitled, "Eye Protection for Racquet Sports," at its Annual Meeting in Chicago, June 19-23.

The resolution noted that indoor racquet sports, particularly racquetball, have enjoyed "explosive" growth during the past several years; however the general public is unaware of the

potential ocular hazards.

The AMA notes that eye injuries are preventable, while citing player experience, ordinary eye glasses and "open types" of eyeguards as inadequate protection.

The AMA resolution endorses the use of industrial safety lenses (plain or prescription) exceeding standard Z87.1-1968 established by the American National Standards Institute.

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Hill Street Blues' James Sikking: 'Playing Racquetball Because It's Fun'

by Fabian Craig

James Sikking is that wonderfully exciting face we've loved to hate and hated to love. He has given us drama, comedy, tragedy, and hilarious farce... but we can't quite place the name. This state of affairs has changed rapidly, however, since James began his co-starring role as Lt. Howard Hunter on NBC-TV's critically acclaimed *"Hill Street Blues."*

Hunter is a character not easily forgotten; a madman who sees himself as absolutely correct; the commander of "EATers" (Emergency Action Team) who is a fusion of Neanderthalism, neo-Fascism, with the polysyllabic vocabulary of a Gore Vidal.

"I've been trying to be very careful, because it's a thin edge," said Sikking. *"I don't want him to be a buffoon. He's mad as a hatter, but from his point of view, totally sane and right."*

Totally sane and correct would more accurately describe James Sikking, racquetball player, who attacks the 20 x 40 room not like Lt. Hunter, but rather, like the steady, control player that he is.

"I play racquetball because it's fun," he says. *"It's a very intensive, exhausting workout in an hour. If you want exercise, I think that it is the best sport."*

"I'm absolutely a control player. I can't play a power game with the young guys because they'll blow me off the court."

Sikking's acting career has been extremely successful in recent years including roles in *"The Electric Horseman,"* which starred Robert Redford and Jane Fonda, *"The Competition,"* starring Richard Dreyfuss, and the Academy Award winning, *"Ordinary People,"* starring Mary Tyler Moore, Timothy Hutton and Donald Sutherland. His most recent movie role was with Sean Connery in *"Outland."*

Ironically, both Lt. Hunter of *"Hill Street"* and Sgt. Kenneth Montone, who Sikking portrayed in *"Outland,"* both played racquetball. Since most of the cast and many of the writers on *"Hill Street"* play the sport, it was only natural that racquetball would come up in the story line.

"Howard is the very kind of character I wouldn't want to play racquetball with," said Sikking. *"He's a highly competitive person who's out to be a winner. His job is to defeat his opponent, and that's the way he plays."*

"His ego is involved in his game—if he wins, he's better than the person he played; if he loses, he's not as good as the person he played, and he's angry at himself."

"I think that's a silly way to play sports. If the measure of your mental health is whether you win or lose a game, then you have other, basic problems and should seek help."

Montone in *"Outland"* was the opposite of Hunter, much more like Sikking himself, who feels there is a joy in competing and competing well, by playing the best you can.

While playing each of these characters, James had to play their style of racquetball.

"It was very interesting," he said. *"When I was doing one or the other of those characters, I had to change my game. I played as if I were them."*

James is a native of Los Angeles, attended El Segundo High School, the University of California at Santa Barbara, the University of Hawaii, and UCLA, where he not only won his B.A. degree in Theater Arts, but also met his future wife, Florine. His higher education took nearly nine years to complete, because he was re-called to military service during the Berlin crisis at the time of the Kennedy administration.

He comes from a family of three brothers and a sister and is the youngest of the family.

A self-admitted C player, Sikking switched to racquetball after years of handball. Like many racquetballers in their mid-40's, his object is have fun, to play for the enjoyment of the game.

"Winning isn't as important as it used to be, because as you get older, your chances of winning decrease. I play racquetball for pleasure. It gives me a good workout and I meet interesting people."



'I can't play a power game with the young guys because they'll blow me off the court.'

"The game is highly competitive, but I'm not interested in humiliating anyone or in being humiliated. Though the object is to win, at my stage, the object is to keep playing."

As a well-known celebrity, Sikking meets plenty of those interesting people at various charitable functions, including plenty of racquetball tournaments. Not normally a tournament-type guy, James still does more than his share.

—Photos by Kathy Amerman



'If the measure of your mental health is whether you win or lose a game, then you have other, basic problems and should seek help.'

"If I can help raise funds for very worthwhile causes, then I'm happy to do it," he says. And James does it in many other sports too, including skiing, running and golf.

One of Sikking's major cares is to avoid injury, knowing full well that any type of serious injury would have a negative effect on his career.



'My goal is to play my sports to the end of my life and not to burn myself out next month or next year.'

"I always do between 10 and 20 minutes of stretching exercises and get a pretty good sweat going before I start to play," he says. "My goal is to play sports to the end of my life and not to burn myself out next month or next year. I could perform some miraculous feat on the court and never be able to play again. What good would that do?"

"I've learned to play only those people whom I've observed playing, or with whom I've already played. I want to be playing racquetball when I'm 80."

A confirmed control player, Sikking's brand of control is as much to play under control as it is to put placement over power. Thus you won't see James diving around the court or racing for shots that he can't retrieve anyhow.

"I have to play strategy," he said. "You can extend yourself for some shots but there are those you have to concede. If I dive, I might make it; but while I'm on the floor, the guy's next shot puts me away."

The power game is just not for him, but it doesn't bother him. In fact, he much prefers the concentration of the control game to the blind blasting of the power racquetballers.

"Some days I play well and some days I don't," he says. "Just because I don't play like Marty Hogan doesn't mean I can't have fun with the game."

One of Sikking's favorite benefits of racquetball is the fact that he can get a game no matter where he might be in the country. Not only can you play the sport all year, but there's always somebody of your skill level.

Conversely, his pet peeve is the local hotshot who's looking to add a celebrity's name among the notches on his gunbelt. James has no love for the guy who wants to take on the celebrity to blow him away.

"I'm not interested in scalps," he says. "I like a good, healthy, vigorous game. If it's important for the local hotshot to say he's beaten me, I give him license to spread the word, even if we've never played."

His philosophy on racquetball more generally is his philosophy on all participation in sports.

"Plan your own game, participate, get caught up in the pure pleasure of the exercise, and allow yourself to experience the joy. You can't lose doing that."

Amen. ●

Fabian Craig is a free-lance writer from Los Angeles.

The 'Home Court' Advantage

by Lori Cotton

This is a racquetball court? It sure is—Lou Cotton's court as seen from the north and east sides of his house. Nice job, Lou!



—photos by Marc Kosa

Anyone who has an interest in playing racquetball can tell you that one of the most frustrating aspects of the game is trying to get a court exactly when you want one. Sometimes the club is all booked up; sometimes it is after hours when you get the urge to play; and many times you are just a few points away from finishing a good match when you hear that "tap tap" on the door and someone yelling, "Time's up, it's my court now."

Consequently, most racquetball players have thought about how nice it would be to have a court of their own. Then they could play anytime they wished for as long as they wanted. But how do you get a court of your own?

If you have the space for it, you can have a contractor build one, but that is very expensive and most of us cannot afford it. The alternative is building one yourself.

"What, build a court myself? That would be next to impossible."

Granted, it is a big undertaking and will take a certain amount of money for the materials. Many people would say it can't be done but yes, it can and has been done!

A good example is located on a farm just 50 miles northeast of St. Louis, MO. That's where Lou Cotton and his family settled down after he retired in 1973 from a career as a pilot with the U.S. Air Force. In addition to his duties as a pilot and weather forecaster for the AF, Lou's big interests in life were handball/racquetball and "doing it yourself."

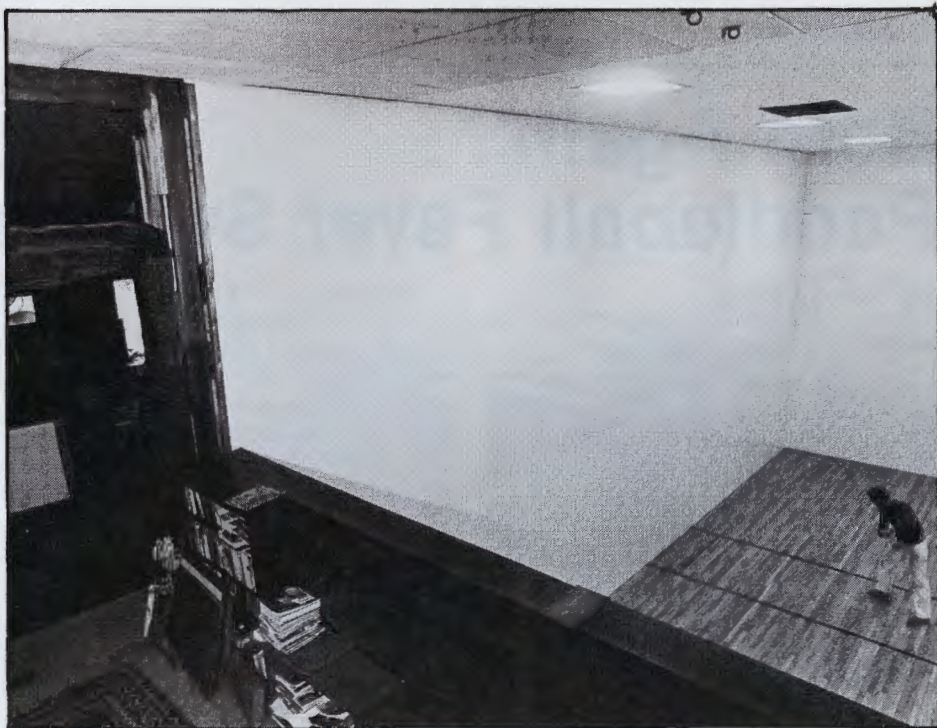
Lou had always dreamed of designing and building his own home, but like most people who are not in the construction trades, the idea was always too intimidating and overwhelming to

actually try it. However, in the fall of 1977 fate took a hand; the old farm house they were living in burned to the ground.

Since he had more time than money, Lou decided to give it a try and started to plan his dream home. A racquetball court was a definite part of the dream, but where do you put a room that is 20 x 40 x 20 and still have a nice looking house? A room that large tends to make any house look like a big box.

One solution that came to mind, and also fit in with the energy conservation techniques which Cotton wanted to employ, was to sink that court 12 feet into the ground. This was done by cutting a notch in a south facing hillside so that the court was mostly underground, but the living area of the house was all open on the south side.

Ah, that's more like it. An inside look at Cotton's own court. Four years and an estimated \$4,000 later.



It took six years for Lou and his wife, Stella, to build the house, and they did it all themselves. It is just about finished now with only a whirlpool tub remaining undone (the sauna is already completed). The racquetball court was the first thing to be completed.

The first question that most people ask is "How much did it cost?" Since it is an integral part of the house, it is difficult to say, but Lou estimates that it cost about \$4,000 in addition to the cost of the rest of the house.

He used concrete for the lower part of the walls and plywood on 2 x 8 studs for the upper part. The floor is made from oak flooring which was salvaged from another building. In fact, the majority of the house was made from salvaged material. By tearing down other buildings, Lou not only got a lot of good lumber, but he also learned a lot about construction.

Another concern of many people is how to heat such a large room in the winter. Lou solved this by designing the whole house with energy conservation in mind. He uses solar heat and two efficient wood burning fireplaces, and that is all it takes to heat the entire house. Since he has 20 acres of woods that he can cut for firewood, there is no shortage of fuel. Except for the cost of gas for the chainsaw, his heating bills are zero.

A major problem in the summer was water condensation on the lower part of the concrete wall due to the low temperature of the ground at a depth of 12 feet. This was solved by running a copper pipe around the court under the

floor and pumping solar heated hot water through it. This warms the wall just enough to stop the water from condensing.

Was it a hard job? Yes!! It took a lot of time and very hard work, but that was due in large part to the fact that he was building a complete house. To build just a court would not be that big a job. Cotton believes that anybody who is reasonably handy and has learned the basic rules of construction can build one.

How do you start? The first thing you have to do is find out if it is legal to build the court at your location. Check out all the local building codes and zoning regulations to see if there is any restriction on putting up a court. As long as you do not plan to make a commercial operation out of it, there should be no problem.

Then you need to ask a lot of questions about how a court is built. Talk to club owners, builders, manufacturers and anyone who can give you information and ideas about how to build one. There are a lot of different ways to go about it, such as concrete walls, stud walls, concrete block walls, etc. Each have their advantages and disadvantages.

The lights in the court are the same as those found in the local club courts. The concrete walls have been painted, and everyone who has played on the court says it is as good or better than club courts. It even has two strong plexiglas windows in the rear wall and the usual viewing balcony above the rear wall.

You need to gather a supply of good tools. This is one area you should not skimp on; it is well worth it to pay a little more and get really good tools. You will do a better job with less effort and stand much less of a chance of injury. The tools and equipment which are too large, expensive, or only needed for one time can be rented. In addition, you do need some inspiration, audacity, and a lot of support from your family and friends.

Was it worth it? Do Lou and his family get enough use and fun from the court to justify the work and expense? Definitely, yes! He says that it will probably add 10 years to his life having the court there for exercise. It has turned his house into a meeting place for all his friends, even the ones who do not play racquetball.

And last, but not least, he feels it is worth it just to meet other players at tournaments and other clubs, and be able to answer the question "Where do you usually play?" with a smug smile and answer "In my home; I have a court in my house."

Anyone who is contemplating building a court themselves and would like to talk to Lou about the project is welcome to write him. The address is: Lou Cotton, R.R. 2, Sorento, Illinois 62086. ●

Lori Cotton is a free-lance writer, racquetball player and daughter of Lou Cotton.

Born Again . . . Paddleball Fever Sweeps Michigan

by Randy Hice

Earl Risky, paddleball's founder



It's 1979, late spring . . . two fierce combatants square off against one another in the grim, wooden courts of the ancient Intramural Building of the University of Michigan. The tiny gallery is filled with about three dozen rowdy spectators. Some dangle from ventilation ducts above the court, others teeter precariously from the railing that encircles the spiral staircases that descend into the subterranean courts.

Spaghetti-haired Steve Keeley steps into the service zone and bounces the ball a half-dozen times before turning to smile at his muscular opponent whose identity is clearly delineated by five oversized block letters across the back of his shirt . . . H-O-G-A-N.

Keeley unleashes his deadliest serve, a fluttering lob into the backhand corner. Hogan scrapes desperately at the ball as it gently kisses the wall about head-high, but manages only to choke up a weak return that is neither a lob nor a pass. Keeley effortlessly punches the ball into the right front corner for game point: Keeley 21, Hogan 4.

A tipsy spectator taunts Hogan between games, "*Hey Marty, let's get going, I've got 20 bucks on you.*" Hogan looks up, fixes a steely gaze on the man, smiles malevolently, and replies, "*. . . you better double your money, I'm going to take the next two games.*"

Confused? Any racquetball aficionado knows that Hogan and Keeley didn't battle it out in Michigan that year. Furthermore, when did Keeley ever thrash Hogan that badly? For one thing, this wasn't a racquetball match. The scene actually took place at the National Paddleball Singles Championships in Ann Arbor. Incidentally, Hogan's prophecy did come true, he took Keeley in three to win the national title.

By winning, Hogan joined an elite list of the finest racquetball stars who successfully crossed over to paddleball to win a National Singles Championship; Charlie Brumfield, Bud Muehleisen, and Keeley, all shared that distinction in this fascinating analog to racquetball that, for the most part, is played only in Michigan.

But many believe that will change soon. Like weeds taking over an abandoned parking lot, paddleball is pushing out, threatening to traverse the state border that has long contained it. The art of paddleball is mushrooming, and the reasons for this sudden surge are intriguing.

Four-wall paddleball, as opposed to the one-wall game popular in New York City, has been around since 1930 when the late Earl Risky first soaked the furry cover off a tennis ball with gasoline, and turned out a couple of paddles in his basement to beat the soft rubber sphere around the, then new, courts of the Intramural Building at U. of M. Risky was disturbed that the courts were not being fully utilized because the difficulty of learning to play handball intimidated all but the most masochistic of athletes. He continued to develop the game at the university, luring passersby into the courts with his warm smile and easy-going personality.

The game boomed in Ann Arbor, and as U of M students filtered out around the state, they carried the word with them.

Soon, East Lansing, Flint, Bay City, and Kalamazoo developed pockets of paddleballers. By the '60's paddleball had diffused throughout the Midwest, and the National Championships were held in places like Milwaukee, St. Louis, and Minneapolis.

Brumfield and Muehleisen dominated in the late sixties. Things couldn't be better for paddleball, even with racquetball, in its embryonic stages, beginning to enter the picture.

Then, disaster. The tennis boom, indirectly, almost extinguished paddleball. In the early '70's, when tennis fever was spreading throughout the land, paddleballs were still made from the inner rubber core of tennis balls. Only one company really produced paddleballs, using leftover stock at the end of each manufacturing run to pump out the balls, which never really netted them a realistic profit.

When tennis went nuts, the company had no excess stock, since the demand for tennis balls was so great. Existing stockpiles of paddleballs dwindled steadily until 1974; and then there were none, anywhere, at any price.

A mass exodus of paddleballers took place as they converted to racquetball, where no such shortages were evident. The National Paddleball Championships in 1974, utilizing hoarded balls, and featuring both singles and doubles, drew only a few dozen participants. Clearly, paddleball was blinking out of existence, and no savior could be found . . . seemingly.

Enter Tom Ballentyne of Flint. A stubborn man with a great deal of drive and determination, Ballentyne decided to try a last-ditch effort. He boldly called the company that made paddleballs and asked about the lack of production. The company brushed Ballentyne off, explaining that there was no longer a market for paddleballs, and the company wasn't in the habit of perpetuating a losing enterprise.

Ballentyne is not the type of man who can be easily dissuaded. Somehow, he convinced the company that the National Paddleball Association (NPA), of

which he was a board member, would guarantee the purchase of a certain volume of balls if they would give it one more chance. Reluctantly, they agreed, and Ballentyne and his close friend, Louie Giampetroni, were then faced with the task of drawing enough players back into the game to create a market for the balls.

Fortunately, the paddleballers who had been dormant were easily enticed back onto the courts. Ballentyne, Giampetroni, and the rest of the NPA, restructured the tournament organization, and growth began.

Now another problem became evident, manifested by the previous ball shortage. Any young players who were in the process of learning the game had cashed in their chips and moved into other sports. The average age of the paddleball fanatics was then about 35 or 40. Without new blood, paddleball would slowly flicker out.

Older players sought out young lions to indoctrinate. Many younger athletes took the bait, and pockets of 18-25 year-old players began to appear.

But over in the southwest corner of Michigan, in Kalamazoo, a lucky chain of events gave paddleball a sudden shot in the arm. Most of Kalamazoo's older paddleballers played at the local YMCA, where local tournaments were conducted. Meanwhile, the youngest players in town were waging their paddleball wars on the courts of Western Michigan University.

One day, a notice of a paddleball tournament at the YMCA appeared on a bulletin board. Word got around that the average age of players at the Y was about 45, and visions of golden trophies danced before the lit eyes of the young upstarts, who decided to go over to the Y and clean up on the old fossils.

A couple of young players who had enjoyed a great deal of campus success, winning intramural tournaments, sauntered into the doubles tourney, and as they eyed a couple of social-security aged opponents, they began to recall proper cardio-pulmonary resuscitation techniques. As it turned out, they were

It's Keeley versus Hogan—in paddleball!



in the court with a couple of Golden Master division champions who gave the youngsters a short lesson in control paddleball. Failing to score more than 5 or 10 points in the match, the upstarts went back to the drawing board.

After about six or seven years of tuning, Andy Kasalo and Andy Mitchell now have two Open Division National Titles under their belts. Kasalo and Mitchell, after graduating from college, put their long-term career plans on hold and took jobs in the local racquetball clubs to further polish their paddleball games. They drew many of their young friends into the courts, and today, Kalamazoo is the undisputed capital of paddleball. In the 1983 National Doubles Championships, Kalamazoo teams won five of seven men's titles.

There are several additional reasons why paddleball is rapidly taking over the state again. First, many racquetball players are now integrating paddleball into their training diets. Some racquetballers insist that the difference between the sports are an invaluable tool

to boost their racquetball skills. To find out why, we must examine those differences.

The major difference is obvious enough; paddleball paddles are wooden paddles having no strings, and are not the precision instruments that their racquetball counterparts are. Probably 97% of all paddles used by NPA members are made by one manufacturer, Marcraft. Almost all are customized to some extent by their owners. The grips are shaved down in some cases, but the most common alteration is the drilling of the holes into the solid paddle face to give the paddle a balance that is unique to the owner.

The ball, and there is only one used in NPA tournaments, is made by Penn. It is nonpressurized, and is far less lively than the slowest of racquetballs. The deadness is further enhanced by a pin-sized hole in the ball.

Since the ball is so dead the types of shots employed in paddleball are much different than racquetball. For example,

Tom Ballentyne, credited with saving the sport from extinction.



the ceiling ball in racquetball is the shot that moves one's opponent into the back court. In paddleball, where a ceiling ball would drop into the middle of the court, like pennies from Heaven, to be quickly killed in the front court, a lob is used to accomplish the same task, hit with a stiff-armed motion to, theoretically, float the ball over the head of the opponent where it dies in the back court. That may sound easy, but effective lobs are very difficult shots to execute, and the player who can't lob, usually finds himself out of the tournament early.

Paddleballs don't pick up the wicked spins that racquetballs do, so they act differently off the walls. The ball tends to come out at approximately the same angle that it goes in, thus, the bounce can be read more logically. Of course, the lack of strings on the paddle further cuts down on the spin.

Power serves are not effective for their power, but for their placement. Sheer velocity is not enough to guarantee a successful serve, and aces are rare in paddleball. The service of choice is a high arching lob that drifts down close to the side wall, preventing a clean return. Perfectly hit, such a serve increases the chances of the server retaining center court position.

Because a paddleball moves slower, passing shots rarely reach the back wall. When passed, a player must run down the ball to effectively return it. Slams into the back wall for the purpose of prolonging the rally in desperation, are also rarities. And since the strings aren't there for that extra 'zip', the paddleballer must generate his own power when lunging for the ball, so a more complete swing is required.

These last two reasons are attractive to the racquetballer who wishes to strengthen his swing. Many racquetballers feel that the paddleball habit of swinging through the ball is beneficial to their racquetball game, and being forced to run down passing shots gets them out of the habit of taking the ball into the back wall to save a rally thus aiding their running skills.

One real alluring benefit of the slower ball is that paddleball is perfectly suited for doubles. Since there are no ceiling balls, there are fewer ways to get hit. One can, in many cases, sidestep a paddleball shot that is enroute for a rendezvous with somebody's back. Also, the advent of lighter, drilled-out paddles has been a major factor in drawing more women into the game, and many a mixed doubles team can be observed on a Friday night.

Economically, consider that the most expensive paddles cost about \$20. Balls are about \$1 each, and they never lose pressure. Again, this is a welcome respite from bank account anemia.

But the foremost thought in the minds of all paddleballers is expanding the game... teaching it, turning people on to it. This is why the paddleballers are welcoming the racquetballers with open arms. Good racquetball players soon become good paddleball players, thus increasing the number of good players in the sport.

Last year, Intercollegiate racquetball champ, Larry Fox, was enticed into playing in the National Paddleball Singles Tourney; he subsequently won it. And paddleball players never complain when a Marty Hogan enters a paddleball tournament, even though he makes a living in that 20' x 40' box.

There is no monetary rewards in paddleball tournaments, pride is the motivating factor.

The rules are nearly identical to those of racquetball with one interesting deviation; the trend in racquetball is moving toward 11 point games. The NPA has moved in the opposite direction, eliminating the 11 point tie-breaker, and re-instituting the 21 point third game. The philosophy here is that conditioning should be a major factor, and the normally masochistic crowds love to see three-hour death-matches.

In paddleball, the referee plays a minor role. He keeps score, and rules on disputed skips or hinders, but does not call hinders for the players unless, in a rare instance, a physical injury is imminent. And refs are frequently overruled, in favor of one's opponent. The honor system still works in paddleball.

So paddleball continues to snowball in Michigan, and once again it looks as though the fever will catch hold. From a few dozen players 10 years ago, to over 300 at the State of Michigan Doubles Championships, which were televised on cable TV.

Paddleball seems destined to become an accompaniment to racquetball, with benefits that will flow both ways. And never again will spectre of extinction loom over the sport that is half a century old... and counting. ●

Randy Hice is a free-lance journalist from Kalamazoo, MI and one of the nation's best doubles paddleball players.

Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to Mike Yellen, c/o *Ask The Champ*, *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.



Question: How does it feel to be the National Champion? Is this the beginning of the Yellen Era?

Yellen: It feels great. Especially in a sport where one man, Marty Hogan, dominated for so many years. Many professional players have never won a major tournament because they were never able to beat Hogan. And that will be true throughout their careers. I'm very fortunate because not only was I able to beat Hogan, I was able to win a national championship.

Frankly, I didn't think I would finish the season as strongly as I did. I always knew that Hogan was going to be there right down to the wire. This season was no exception. Hogan had a great year, better than the year before when Peck took number one.

At the beginning of the season I had played fairly well, but I was working on a few things that materialized by mid-season. From Toronto on out (April), I won the last four tournaments of the year, building the confidence and consistency needed to get to the top.

There was a time I thought I'd never beat Hogan. He used to beat me in every tournament in the semi's. I used to believe that if he was on top of his game there was no way I could win. I think those thoughts go through most player's minds. It's something only confidence can overcome.

Whether this is the beginning of the Yellen Era is something else again. They tell me that staying on top is much more difficult than getting there. Well, let me tell you, it was plenty tough to get there. It took me more than six years.

All I can do is work hard on my game, try my hardest, maintain my concentration and let the chips fall where they may.

Question: What changes did you make in your game to boost yourself to number one?

Yellen: The most important change was in the offensive aspect of my game, specifically the splat shot. It's taken me a good two years to develop a solid, consistent splat and to hit it effectively in a match.

Once I had the forehand and backhand technique, I saw that the splat was an effective tool that gave me a big advantage. By adding it to my offensive shots I was able to mix up my shots and keep my opponents more off balance than before, when my game was primarily straight-in and pinch shots.

When you get another shot that you know you can score with it helps build all-around confidence in your entire game. I feel I have an advantage with the splat; my opponents can't sit back and wait for my shots any more.

I'm not saying that I gave up the control game, because I've always been a control-first type of player. With me, power came second. But I don't think my success will cause the pendulum to swing back toward control and away from power. Too many young players have seen Hogan have too much success to turn their back on power.

A lot of people who've seen me play in the last 12 months may not even be aware that I hit for control first. They often think I'm a serve and shooter.

That's because it doesn't really matter if you start at power and add control or the other way around. If you're going to make it to the top, eventually you'll have to have both.

Question: What type of conditioning program do you use to prepare for your tournament season?

Yellen: I've found over the years that variety works best for me. I'm not the type of guy who can spend five or six hours day after day hitting racquetballs. I need more than that to keep me mentally sharp. So I mix up my workouts.

In a typical week I'll jog three or four days, running three to five miles each time. Of course, I'll play plenty of racquetball, four or five days a week, either hitting alone or playing some top A players and using different handicapping systems.

The most fun for me in training is playing squash. I play a lot of squash, actually, more squash than racquetball, at least four or five times a week. It's not unusual for me to play both racquetball and squash on the same day. Squash is a good workout and the angles are nearly the same. I think it really helps my game.

I would say that I spend a minimum of three hours on a court, probably more, every single day. How much racquetball or how much squash depends on how I feel on a particular day.

If I have a specific shot that I want to work on, either because it's giving me trouble or because I want to add it to my arsenal, I'll do that in the half hour or hour prior to my scheduled workout.

Then I lift weights, usually working on a Nautilus machine, once every four days or so, about twice a week. I also jump rope and watch my diet.

Dieting, or watching what I eat is extremely important. I have a tendency to gain weight; I'll definitely gain if I don't watch my intake and work out hard. I'll never be thin, that's for sure. ●

Drills To Improve Your Game

by Kathy Williams



One reason drills are an indispensable part of your training regiment is that they permit you to isolate a specific part of your game—a shot that you don't use in game situations because you don't have enough confidence in it, or a pattern of movement that you need to perfect in order to strengthen a given shot.

Often in a game you will pass up the high percentage return or the more aggressive shot because it doesn't feel entirely familiar and you can't execute it naturally and automatically. Drills can help make those tricky movements automatic, and sharpen your overall game by allowing you to think about *strategy* rather than the mechanics of shot-making.

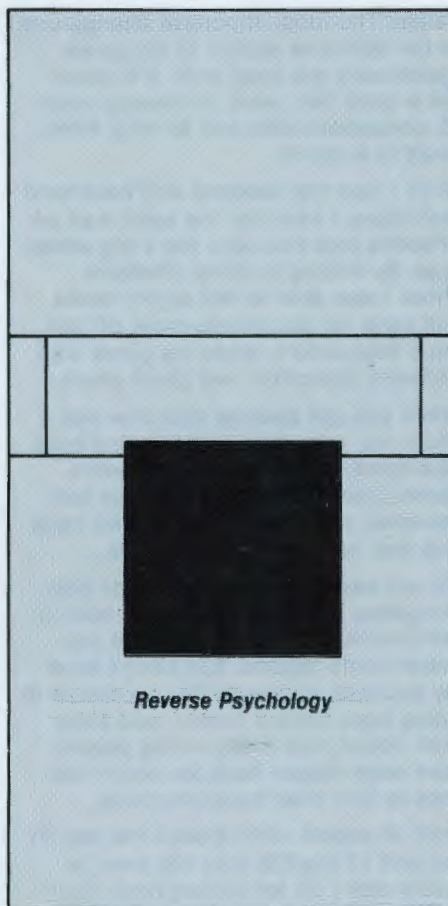
This month's drills highlight this aspect of the game.

Reverse Psychology

If you have ever taken racquetball lessons I know you have been constantly reminded of the importance of *center court positioning*. To my total amazement, this reverse psychology drill really works with beginners.

Start

With masking tape, mark off the center court position on the floor as in the illustration above. Play an 11 point game with the added rule that you cannot occupy the taped off center court area. You may pass through that space to get to the ball, but after your shot you must vacate that area.

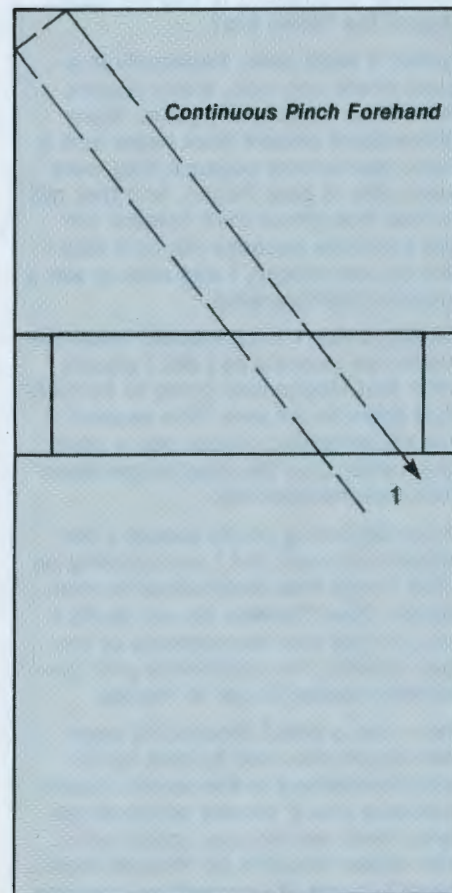


Notes

Most beginners seldom occupy center court to begin with, but when I tell a student they are not allowed into that area it produces amazing effects. Fellow pro Dave Glander taught me this drill and through its use I have found that beginning students become more aware of the importance of center court positioning. At a higher level of play I have found this drill to be a good conditioner and enjoy playing a game with these rules just for the fun of it all.

Continuous Pinch

This is a continuous *pinch* drill done alone on the court. The objective is to try and keep the ball going as long as



Do the same with the backhand. You should be able to keep going for at least 20 continuous hits.

Notes

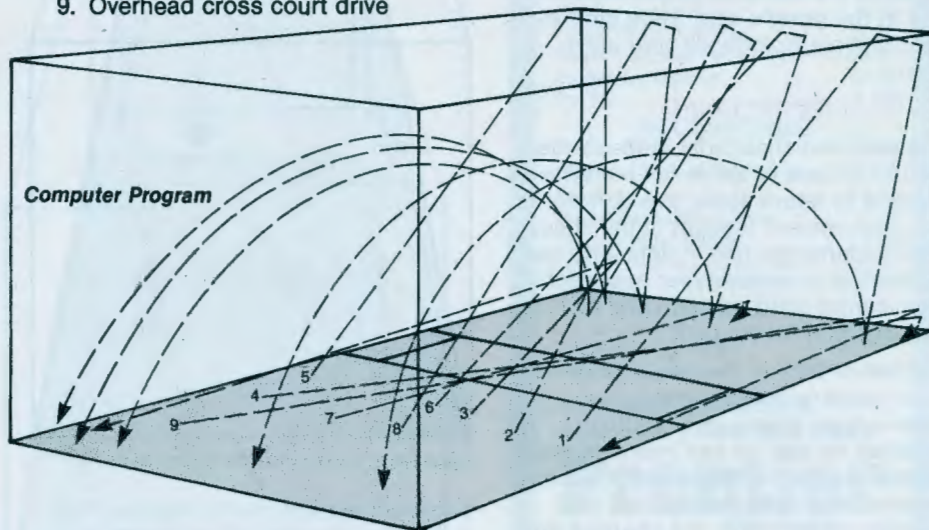
This is a good footwork and accuracy drill. These are not kill shots but rather a continuous rally drill. It's easy to keep a ball in continuous play by hitting the front wall, but hitting the side wall first is an added difficult element. This is a racquet control and discipline drill that's harder than it sounds.

Computer Program

This is another drill that you can do alone or with a partner. I have found it a good *conditioning* drill as well as an *exercise for the mind*.

The elements:

1. Ceiling ball right wall
2. Ceiling ball cross court
3. Down-the-line drive left wall
4. Cross court drive to right corner
5. Ceiling ball left wall
6. Ceiling ball center court
7. Straight-in kill to center court
8. Ceiling ball to left corner
9. Overhead cross court drive



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

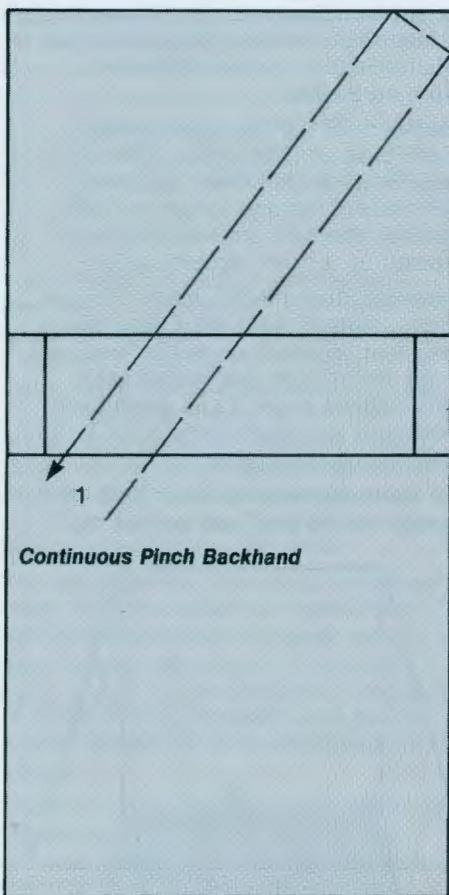
Start

Begin by picking five shots that you are going to perform. Let's say I select ceiling ball, cross court drive, down-the-line drive, ceiling ball, and kill shot. The objective is to hit every shot in their correct order. You can do this alone or with a partner who must also hit that exact shot. Begin with five shots and see how many you can build up to.

Notes

I like this drill because it's good for both mental and physical practice. I've done this drill with a number of people and have kept adding shots to our original five until we have had 20 or more. The problem was not so much performing the shots as trying to remember what was next.

Sit down and write all the different shot selections there are in the game, from pinches to fly kills. See if you can do every shot that you wrote down in their exact order. Years later, I still have my routine memorized. ●



possible without a miss. It's a good drill for foot movement and a good mental discipline drill for hitting the side wall first.

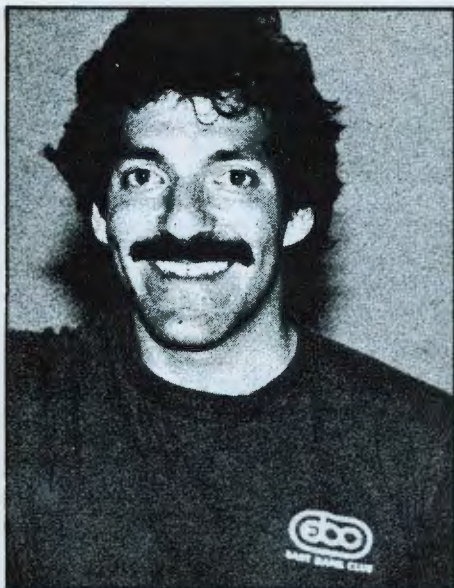
Start

The diagrams here are for a righthanded player. With your forehand, standing a step behind the short line next to the side wall opposite the corner you're hitting to, keep the ball in play as long as you can by hitting the side wall first. The ball will rebound to the front wall and should return to your starting position. Hit the ball high enough on the side wall so that you can keep it going.

Steve Mondry's Racquetball Clinic:

5 Ways To Return Serve Effectively

by Steve Mondry



In case you have to ask, center court is the position you want because you have both an offensive advantage (shortest distance to front wall and variety of shot options) and defensive advantage (central location makes for best court coverage).

Now, let's see how we can get that server out of there.

2) Down The Line

We are in an era of offensive racquetball. Ten years ago you would hit a ceiling ball return 90 percent of the time and let it go at that. Not today.

Since the shortest distance between two points is a straight line, your return of serve will reach the back court quicker if you hit it straight down-the-line (*Diagram 1*). That's why I like the down-the-line return better than, say, an angle pass, which takes longer to get past the server.

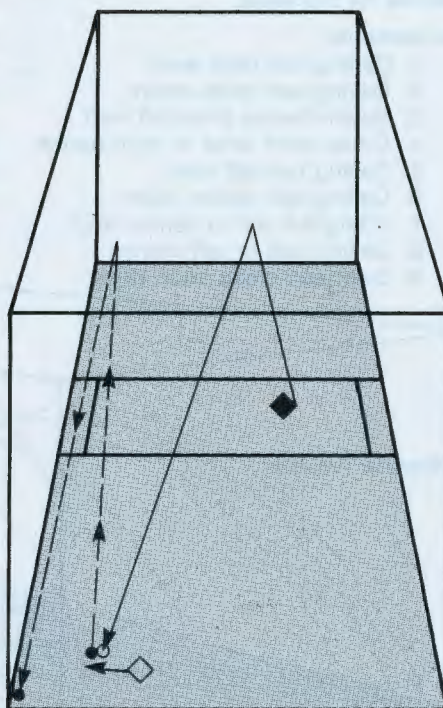


Diagram 1. Down-the-line return of serve.

I said we're in an era of offense. The hard, down-the-line return forces the server to react quickly in order to cut the ball off before it reaches back court. If he can't get there, he'll have to

scramble pretty well to retrieve; and if he makes a definite attempt to cut off the pass, as misses, he'll never recover in time to go get it in deep court. You'll win the rally.

Thus, you've forced the server to do two things. First, he must make that split second decision whether to cut off the ball or move to deep court; second, he must move quickly making it more difficult for him to hit an effective return on the run.

You need not kill the down-the-line return of serve. That's why I called it a pass. However, kill shots are always nice and I'm not one to turn my back on a kill. The best strategy is to set yourself up for the "accidental kill."

Plan your down-the-line return of serve to be a perfect pass. Hit it only two or three feet off the floor on the front wall. If you mis-hit high, the ball will still carry to deep court; if you mis-hit low, you've got your "accidental kill." Two possibilities, both good.

The down-the-line shot must be hit far enough off the side wall so that the

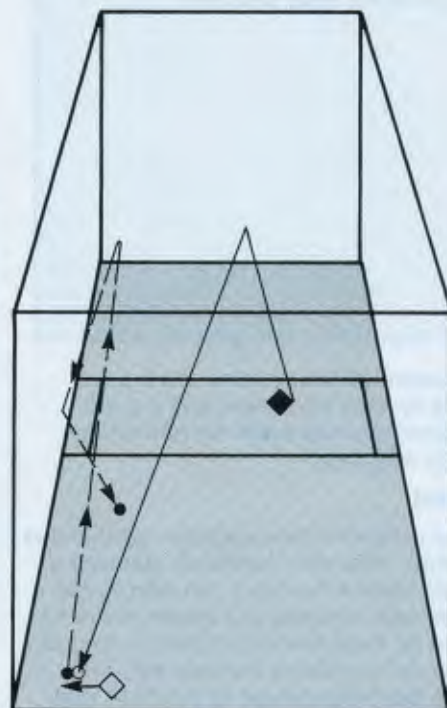


Diagram 2. Mis-hit down-the-line return of serve.

Few players can win without a strong serve. There are even fewer players who can win without a strong, effective return of serve. With the exception of the serve itself, there is no other shot in racquetball that can account for the vast majority of points scored during a match.

A player who can return serve effectively will strip away the advantage enjoyed by the server, thus putting himself in the driver's seat. Here are five helpful hints to improve your serve return.

1) Think Center Court

I believe wholeheartedly in the *Center Court Concept of Serve Return*. When I prepare to return serve, this concept is the predominant thought in my mind. The fundamental rule in defensive racquetball is to remove your opponent from center court position and gain that position for yourself.

The server begins the rally with center court position. His choice of serve—type, speed and location is selected so that he can maintain that center court advantage. Your job as receiver is to remove him from that position. If you don't, the chances are that you'll lose the rally. It's that simple.

ball's natural spin or your angle does not force it into the side wall before it reaches back court. This is the hazard of the down-the-line return, for if the ball does hit the side wall, it will carom out to center court, and guess who'll be waiting for it? That's right—the server (Diagram 2).

I like to keep the shot at least two feet off the side wall when it strikes the front wall. This will allow the ball to reach back court without hitting the side wall, plus a margin of error. Your accuracy with a down-the-line is more important vis-a-vis the side wall than the floor.

3) Cross Court

The cross court pass is another effective return of serve, especially when it is used in tandem with the down-the-line pass. In baseball, the pitcher who uses just his fastball will eventually get hit. He needs to mix up some other pitch, usually a curve or slider. I like to think of my down-the-line return as my fastball, and my cross court return as my curve. Just when the server is looking for one, I hit him the other.

The values of the cross court return are many. For one, a well hit cross court shot will have nearly the same effect as a down-the-line, i.e., it'll force the server out of center court and force him to move quickly. Secondly, you have a greater margin of error with the cross court.

Watch for your opportunity to use it. As the server starts to inch over to the left wall in anticipation of your down-the-line return, surprise him with a cross court. But don't get careless. On the assumption that your opponent is right handed, your cross court pass will have to pass his forehead, and that is dangerous territory.

You need to hit the ball so that it impacts the front wall two-three feet high at or near the middle of the wall, angling toward the deep, right corner (Diagram 3). You need to hit it with enough force so that the server is unable to cut it off at mid-court. If he does, he's got a simple, right corner kill with you stuck in the deep, left corner. Good bye rally!

4) Old Buddy Mr. Ceiling

"When in doubt, put it up," is the old return of serve adage, and it's not bad advice. The ceiling ball has been and will remain a primary return of serve shot. It's safe, it's dependable, and it accomplishes mission number one—moving the server out of center court.

Of course, the ceiling ball is a defensive shot, one that is not designed to win you a rally, but rather, to merely put you on an equal footing with the server. If the server truly has an advantage over you, the receiver, then the ceiling return, which normally is returned with another ceiling ball, takes away that advantage. The player with the best ceiling game will generally get the first offensive opportunity in the rally.

Of course, it is difficult to return an ankle high drive serve just over the short line to the ceiling. Such an attempt will result in an offensive set up for the server. So it's important to know when to use each return as well as how to hit them.

Pages and pages have been written over the years describing how to hit a

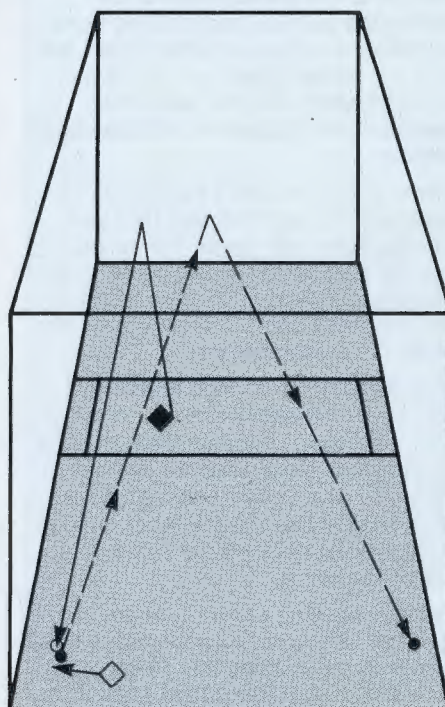


Diagram 3. Cross court return of serve.

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ceiling ball. From about shoulder height, strike the ball so that it hits the ceiling about three feet in front of the front wall. The ball will carom down, strike the front wall, floor and rebound into deep court.

As I said, the ceiling ball will remove the server from center court, however, the dangers of the ceiling ball are primarily that of time. Over the years, better players have become extremely skillful at killing mis-hit ceiling balls, either the kind that catch the side wall and come up short or the kind that are hit too hard and rebound off the back wall.

However, I would still make the server prove to me that he can kill these shots. In other words, don't be afraid to go to the ceiling, especially early in the match, and if you should mis-hit a ceiling shot, put the pressure on your opponent to kill the ball.

I happen to think that you're better off mis-hitting off the back wall than having the ball come up short. Therefore, I tend to play it safe by making sure that my ceiling ball doesn't have a chance to kick into the side wall. I make sure that I have the ball hit the ceiling a good three or four feet from the side wall.

Remember, your first task is to get the server out of center court. A ceiling ball, even one that rebounds straight down the middle of the court, still accomplishes that goal. You might not get many offensive opportunities from it, but you'll neutralize the server's advantage.

5) Short Hop

One of racquetball's long time "unwritten" rules was that if you wanted to offset a power player's power, slow down the game, particularly on the serve. Thus, many control players (those of us who can't hit it a zillion miles an hour) found the garbage or half-lob serves to our liking. It forced the power player to wait for the ball to come up to shoulder height and he'd have to take it to the ceiling.

Ah, those power players, though, are resourceful! And they've now figured

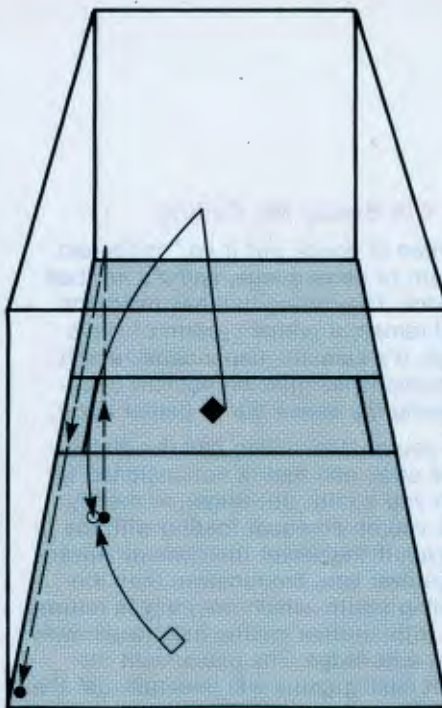


Diagram 4. Down-the-line return of garbage serve on short hop.

out how to blast even a good garbage serve. It's the short hop return and better you should learn it now, or be at a distinct disadvantage later.

Today's power player is so hungry to hit and hit hard that he has developed his short hop return into an effective antidote to the garbage serve. By rushing the half-lob and striking it on its upward bounce just after it hits the floor, the power player (or you or me, for that matter) rips the ball either down-the-line (*Diagram 4*) or cross court (*Diagram 5*).

I prefer the cross court version for two reasons. First, just the fact that you rush the serve will freeze the server, thus opening up the cross court lane. Second, your margin of error is greater with the cross court, and with a frozen server, it's even more so.

Be careful not to infringe on the five foot line or the plane of the short line with your swing or follow through. And for goodness sake, keep an eye out for the server who serves and then backs out of the service zone without looking. He might just back up right into your rush of the serve.

A simple warning to him that you do rush that serve now and then should be enough to either keep him frozen, or cause him to put that arrow back into the quiver.

* * *

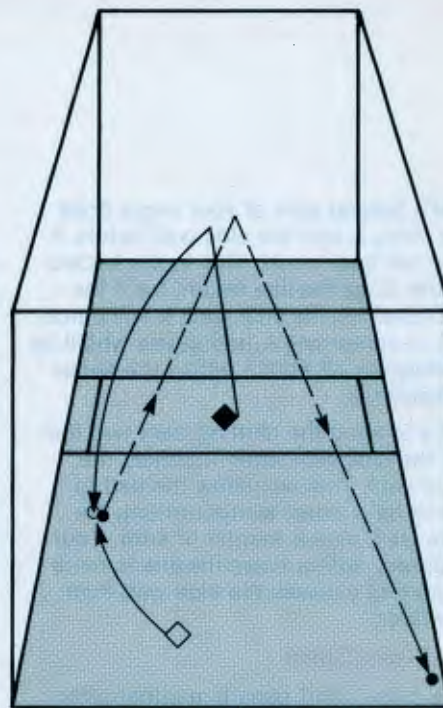


Diagram 5. Cross court return of garbage serve on short hop.

In order to hit effective serve returns, remember to keep your objectives firmly in mind. Your first priority is to think about center court and how you're going to move the server out of it. Next you should look for offensive opportunities, and third, if the offensive shots are too risky, play defense with the ceiling.

You'll note that I haven't discussed the kill shot among the returns of serve. I can only say that if you get a poorly hit serve that you can set up on, then go for the kill. This article was written, however, on the assumption that the server will not be so generous.

Another vital point to remember is to do everything you can to make sure that your return of serve hits the front wall someplace. No skips, please! It's much more effective to hit a less offensive shot, but at least a return that forces your opponent to do *something*, rather than go for an offensive shot that you bury into the floor.

You want your opponent to execute the shot that will beat you, rather than you beating yourself with errors. Put these principles into practice and you'll play a lot better. Good luck! ●

Steve Mondry has been a top touring pro for six years and is author of numerous instructional articles on racquetball, conditioning and weight training.

Doubles Coverage Makes the Difference

by Steve Keeley

Double, double toil and trouble. This describes racquetball doubles in the absence of a court coverage plan. This article aims to take some of the toil and trouble out of doubles by looking at the main strategies of court coverage. We'll also bring up some of the teams who have utilized these strategies down through the years.

Most pros warn racquetball beginners against taking up doubles because someone is likely to get clobbered with ball, racquet or body. Court newcomers generally don't know where to stand or where their opponents should stand, much less where the ball is supposed to go. The result is blow-ups, smash-ups and racquetball enemas, all of which make matters downright dangerous.

On the other hand, top-flight doubles among better players is almost a ballet. There is an ebb and flow of bodies in and out of center court, almost as if the four players were conveying their locations telepathically. It isn't mind-reading; it's experience, which amounts to knowing when and where to stand, and when and where to hit shots. We're talking court coverage.

The term court coverage refers to how the two members of a team split the court to return shots. It gives each person a general area of responsibility, a section of turf where he knows he should cover shots and where he can assume he won't crash into his partner.

It isn't hard to spot a doubles team that has no plan of court coverage. It's like bumper cars - confusion and collisions. There are three common methods of court coverage: 1) *side-by-side*; 2) *front-and-back*; and 3) a *hybrid* of these two.

The *side-by-side* method (*Diagram 1*), also called the *half-and-half* system, is by far the most common means of coverage. The court is divided in half by an imaginary line drawn down the center of the floor from the front to the back wall. Each player of a team is responsible for returning shots from his side of the court. The "forehand player" takes balls on the right side of the imaginary line, the "backhand player" takes balls on the left side.

Keep in mind that the dividing line is an aid to coordinate coverage, not a strict barrier which must never be crossed. Indeed, crossings will occur on almost every long rally when one man has to cover for a teammate who is either out of position from having chased down the previous shot, or who is physically blocked out of play by the rival team.

Another aspect of this particular strategy concerns who should play which side of the court. When both members of a team are right handed, the one with the stronger backhand usually takes the left. The exception is the right hander who has a weak backhand and wishes to improve his weak stroke by playing the left during practice games, which is a terrific idea.

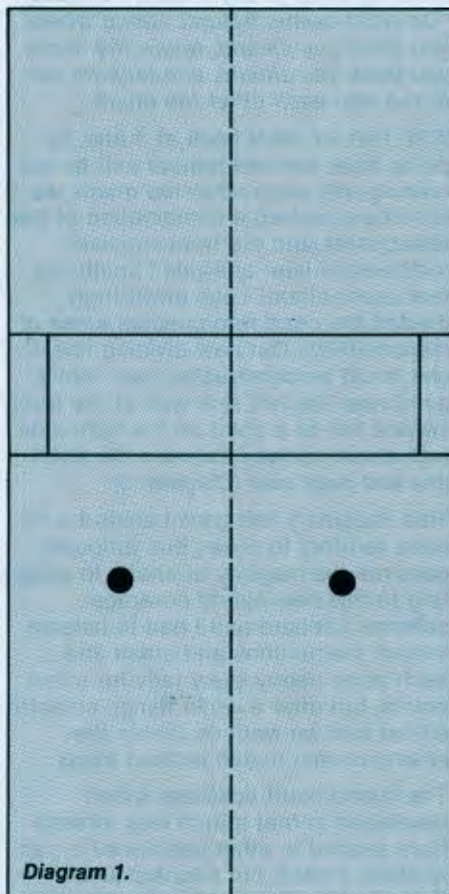


Diagram 1.

Side-By-Side Doubles Formation

Front-And-Back Doubles Formation

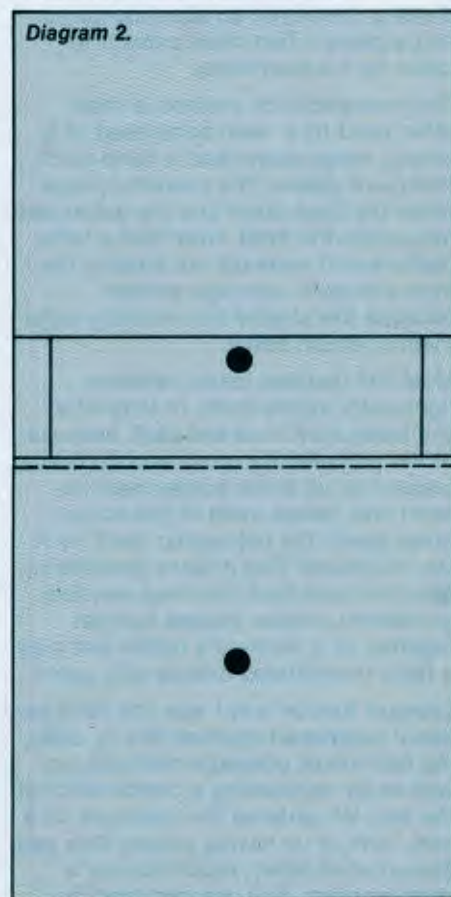


Diagram 2.

On the other hand, when a righty and a lefty team up, the southpaw usually takes the left side and the righty the right. The side-by-side method is tailor-made for the righty-lefty team since the majority of shots during the rally go toward or come off one of the side walls - to a strong forehand - rather than come down the center of the court to a weak backhand.

The second method of court coverage is the *front-and-back* configuration (*Diagram 2*), sometimes called the *I-formation*. An imaginary line is drawn at about mid-court (near to and parallel with the short line) from side wall to side wall. The "front player" stands approximately in the service box and takes balls in the front court. This means he covers most kill attempts, especially the pinches.

The "back player" stands and takes shots in back court. These are usually passes, ceiling shots and anything that comes off the back wall. Again, this

dividing line is not an absolute barrier and a player often must cross it to cover for his teammate.

The front-and-back method is most often used by a team comprised of a strong, rangy player and a hand-quick, foot-quick player. The powerful player takes the back court and his quick partner covers the front. Note that a lefty-righty would normally not employ the front-and-back coverage pattern because the side-by-side strategy suits them so much better.

Most top doubles teams, whether righty-lefty, righty-righty or lefty-lefty, shy away from front-and-back because of the potential for crash and confusion created by all those bodies near the short line, where most of the action takes place. I'm not saying don't try it. Do, but realize that it takes practice to play front-and-back, whereas any two competent singles players can get together at a moment's notice and play a fairly coordinated side-by-side game.

Leonard Baldori and I won the 1974 national paddleball doubles title by utilizing both court coverage methods, as well as by concocting a combination of the two. We entered the nationals on a lark, both of us having played little paddleball at all lately, much less as a doubles team. Still, we managed to squeeze by our early rounds using ad lib strategy and the old dependable side-by-side coverage system.

As the teams got tougher, however, we had to improvise. In one match we were losing so badly in the third game that I called a time out and told Leonard we had to change something - anything. If a team is doing the best it can with a present strategy and is still losing, then something is amiss with the strategy and it should be changed.

To that end, I told Leonard that since we were getting stomped with our side-by-side coverage, why not go to front-and-back. I remember he said, "What's front-and-back?" This necessitated my calling another (back-to-back) time out to rush around the court drawing imaginary lines with my paddle handle and explaining who would theoretically cover what shots. When play resumed, we weren't exactly two parts of a smooth machine but we did manage to confuse our opponents more than ourselves to eek out the win.

The same thing happened the next day in the championship match. Leonard and I started side-by-side, and then, out of desperation in the second game, went to front-and-back. This time the switch didn't work against these better players. They kept out-shooting us with down-the-line kills which were too near the side walls for front court Baldori to reach and too close to the front wall for back court Keeley to get to.

Leonard and I were losing, not used to it, and starting to get on each others nerves. Nothing serious, just a few protracted glances which said, "It's your fault" or "That was your shot." This time it was my partner who had the sense to call time-out to regroup.

We huddled in silence at the back wall kind of staring at each other and not knowing what to say. Finally I offered, "Do what seems natural. Stand where you think you should, return the shots you think you should, and let's try not to run into each other too much."

With that we went back at it and, by doing what seemed natural and by not running into each other too much, we somehow evolved a combination of the side-by-side and the front-and-back methods. In later analysis I could see that Leonard and I had unwittingly divided the court into unequal areas of responsibility. Our new dividing line, if one could be constructed, ran from a point near the left side wall at the front service line to a point on the right side wall about midway between the short line and back wall (Diagram 3).

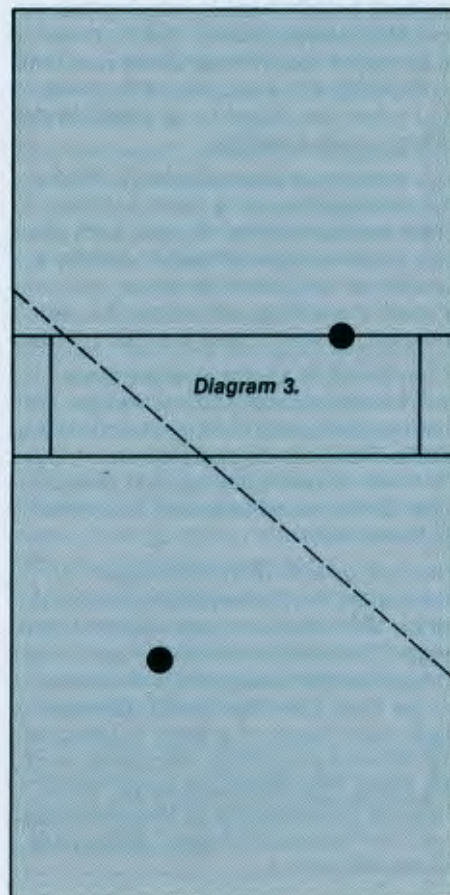
This imaginary line gave Leonard a lot more territory to cover, but curiously gave me the majority of shots. In adapting to this new *hybrid* coverage scheme, Leonard and I had to scream instant instructions and crash into each other nearly every rally for a few points, but after a while things smoothed out and we went on to win the championship match without injury.

The hybrid court coverage which developed in that match may already have existed in other paddleball or racquetball circles, but Leonard and I figured either we had invented it or it had invented itself that day.

Despite its seemingly askew dividing line, the hybrid is actually a very effective means of appropriating doubles territory - if a team takes time to practice it before the third game of a championship match. Here's how it works in brief, though I warn you it must be experienced to be appreciated.

The player in the left-rear section of court takes all shots in deep court, as well as anything on the left side of the court - except short corner kills in left front court. The player in the right-front court covers kill shots on both sides of the court, as well as having at times to backpedal on the right side to cover wide angle passes. There are admittedly a lot of gray areas of responsibility, but as I said, this method must be experienced to be appreciated, then practiced to be executed well. The hybrid system might be worth a few points for your team and, if not, at least worth a laugh.

Hybrid Doubles Formation



The strongest doubles teams have always been righty-lefty combos. A right and a left hander should use the side-by-side pattern, as I've explained. Charlie Brumfield and Bud Muehleisen were, in my opinion, the best team in the history of the game. They won every event they entered in the early 1970's when doubles popularity was at its height among top-ranked players.

No one knows doubles strategy and can shoot the left corner better than southpaw Dr. Bud, and no one can match shots and throw elbows on the right as well as the Brum. Charlie used to run circles around me on the right side and I recall just wanting to get off the court as quickly as possible to avoid further embarrassment and bruises. Bud and Brum used the side-by-side most of the time, but it really didn't matter.

The second strongest combination in doubles - after the righty-lefty pair who play side-by-side - is two right handers where one player has a strong forehand and the other a powerful backhand. This arrangement usually calls for the side-by-side coverage, with the strong backhand playing the left side. The early 1970's team of George Rudyz and Mike Luciw exemplified this combination, with Luciw's forehand rarely missing on the right and Rudyz's booming backhand never tiring on the left. They won the national title in 1972, startling everyone that two right handers could become the best in the country.

The lefty-lefty doubles combo that wins big tournaments is a rare case. The only double southpaw team I know of that went anywhere was forehand machine Charlie Drake and backhand blaster Steve Serot in the early '70's. They were made for each other. Drake had a Granny Goose Backhand but didn't need it on the left side, while Serot had a crutch for a forehand but didn't need it on the right.

Another odd doubles combination boasts a Mr. Power hitter and a Mr. Quick reflex player. The front-and-back method should be considered here, where the big hitter plays back and the jack rabbit plays front. Typically, Mr. Power plods silently around the court

and is oatmeal above the eyebrows, while Mr. Quick is a hyperactive pogo stick who does the team's strategy making and psyching up or out.

I quickly add, before offering examples of this type of team, that these traits don't always apply. The previously noted Keeley-Baldori team could be considered a Mr. Power-Mr. Quick combination. Better than we were Mike Zeitman and Ken Porco, two gorillas out of Louisville who utilized both the front-and-back and the hybrid patterns to win many tournaments, including the national title in 1971.

These forementioned guys - Muehleisen Brumfield, Drake, Serot, Baldori, Luciw, Rudyz, Zeitman and Porco - are just a

few representatives from racquetball's past who helped develop the shots and strategies of present day doubles. The most important strategies they contributed were those of court coverage: the side-by-side, front-and-back and hybrid combo of the dance called racquetball doubles.

Can you hear the call of the ball on the front wall? It's time to climb into your new tennies, stick on your best eyeguards and pick a partner - as well as a coverage strategy so you won't step on each other's feet, or worse. ●

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Tips On Becoming A Good Referee

by Jean Sauser



The differences in scoring between these three organizations are significant. To add to the confusion, many tournaments use their own scoring systems which are sometimes based on a combination of all three!

To make it clear for yourself, make sure you know for your tournament how many points in a game, how many games in a match, how many points the tie-breaker is and if the players can score on every rally or just on the serve.

Time Between Games: This time varies from tournament to tournament. Make sure you know what your tournament rule is on this matter.

Number of Time Outs: Know how many time-outs are allowed per player or players during each game. Understand what constitutes a legal time-out and what does not. Know how long a legal time-out is and the penalty for exceeding that time.

Forfeits: Know which situations dictate a match forfeit. The three main reasons for a match forfeit are tardiness, injury and unsportsmanlike conduct. Get a clear definition of all three.

Procedures: Make sure you understand the tournament referee procedure, which keeps matches running smoothly. Factors such as when and where to

pick up score cards, and towels; where to turn in the scorecard when the match is over; and whether or not there are line judges are all things you'll need to know.

Ask to see the scorecard that is the official tournament scorecard. Make sure that you understand it. If you have any questions about how the scorecard works make sure the clinic director answers them.

The referee's clinic will answer all your questions about the general racquetball rules and the tournament rules governing match play. It will ensure that you have all the information you'll need to do your refereeing job properly.

Step 1: Develop A Confident Style

You've read the rules and attended the clinic. You feel confident. To assure that your confidence will build during the match, follow this very simple method that nearly all successful referees use:

Go on to the court (just prior to the match and introduce yourself to both players. Learn their names. This starts all three of you off on the right cooperative foot. Discuss with the players, the possibility of court hinders. Establish which ones, if any exist. Whatever you decide, the match will honor that decision.

Stress to both players that you are making all the calls with the exception of the safety hinder. Tell them that if one player holds up his swing before a shot is taken, you will award him a safety hinder and the rally will be replayed. Explain that once the shot is taken, the player cannot call a safety hinder and must live with the results of the shot. Of course, a player can't call safety hinder if the ball is nowhere nearby either.

If you have no line judges, explain to the players that all your calls will stand unless they *both* disagree. In that case, you'll be happy to reverse your call. If you make a call and one player agrees with you while the other does not, your call must stand due to the fact that two out of three people observing the same situation agree. When you explain this to your players, you'll see that their attitudes will be one of respect for you and one of cooperation toward the operation of a *fair* and *honest* match.

When you do have line judges make sure that the players understand that to appeal the call, they must address you, *not* the judges, *not* each other, and *not* the audience. Inform them that once they appeal the call to you, you will then address the line judges. They will in turn vote on whether your call was right or wrong. Make sure that the players understand this orderly procedure for appealing calls.

A major contributing factor to the success of any racquetball tournament is the competence of the referees. Since most tournaments can't afford paid professional referees, the players themselves must do the job. If you intend to play in racquetball tournaments, then it becomes your responsibility to know how to referee.

Most players shy away from refereeing due to lack of experience. This is the classic Catch-22. You can't gain experience if you won't get started.

It is important that your first refereeing experiences build solid foundations of knowledge and confidence for all your future efforts. There are three major steps you can take to ensure that your first refereeing attempts will be successful.

Step 2: Know The Rules

Everyone playing racquetball knows three general rules. What is surprising is how few people know the specific rules. Unfortunately this has become apparent in far too many tournaments. If you are going to referee, you must read and understand the rules.

Most state racquetball associations provide rule pamphlets free of charge. So do the major racquetball manufacturers, the American Racquetball Association (AARA), and most clubs. In addition, most racquetball books have a complete set of rules, but be careful here because they're sometimes out-dated.

Once you've got a detailed copy of the rules, read and study them closely. Pay special attention to the following areas because they occur frequently in match play:

Hinders - Know what situations are hinders. This assures that you can help make the match you're calling a safe one.

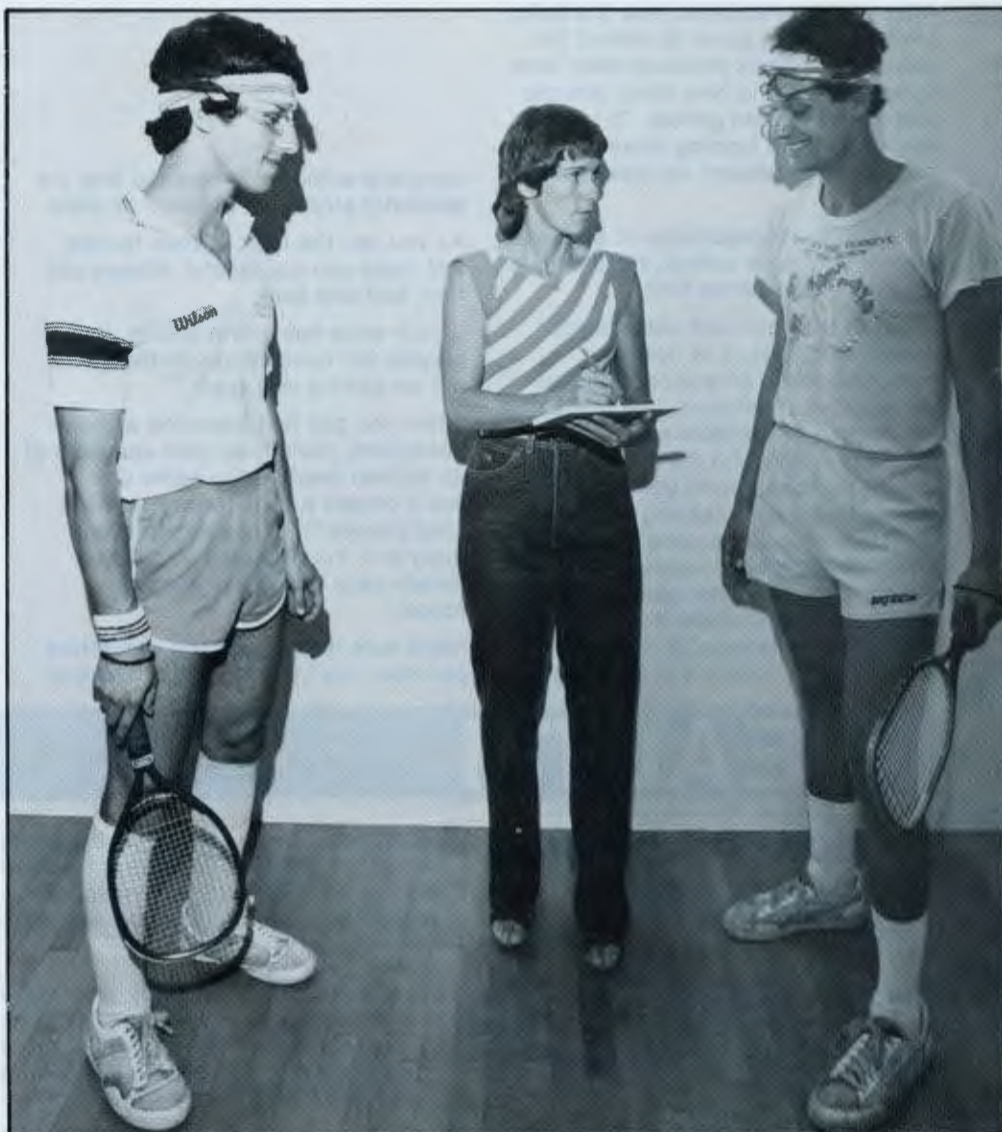
Avoidable Hinders - This is probably the one call that is not made often enough. Why? Because most referees do not understand the difference between a hinder and an avoidable hinder. Remember, the penalty for an avoidable hinder is more severe than a hinder, so it is important that you feel confident in recognizing and calling the difference between the two.

Ten Second Serve Rule - This rule is designed to keep the pace of the match smooth and orderly between the server and receiver. You must be aware of how this rule applies to both players.

Technical Fouls - If these calls were made by more referees, the unsportsmanlike behavior that plagues racquetball today would be a thing of the past. Make sure that you know the proper procedure for giving a player a technical. It will save you the grief of taking any unwanted abuse from the offender.

Five Foot Line - This is the one rule that has been changed and reinterpreted the most over the past few years. Find out where the receiver must stand, when he can move, where he can move to, and how far he can go after he hits the ball.

After you've read the rules, re-read them to jot notes and questions you



may have on gray areas. When you have access to a tournament director, pro or other competent authority, you'll be able to ask those questions and improve your understanding of the rules.

Step 3: Go To A Referee's Clinic

A referee's clinic can be fundamental in answering your questions and otherwise clarifying the rules. Most referee's clinics are held in conjunction with upcoming racquetball tournaments. If you've entered such a tournament or know that one is being held in your area, make sure you attend it. If you are going to referee in the tournament,

the clinic will inform you on any local rules or interpretations being used as the game rules. Don't be afraid to ask questions and pay specific attention to the following:

Scoring System: Know which set of racquetball rules are being used in your tournament. There are at least three different types of scoring systems in racquetball today: one for the women pros, one for the men pros, and one for the AARA - sanctioned amateur events.

Check to see that your line judges know how to signal agreement or disagreement with your call. Most importantly explain to the players which calls they cannot appeal.

After you've established how the calls are being made, go on to remind the players how many time-outs they have during games and how many minutes they have between games. This will keep the match running close to schedule and prevent the abuse of rest time.

After you've touched base on all these factors for match control, flip a coin to determine who serves first.

Walk off the court and assume your referee's position. It is now your responsibility to announce to the audience what division you are refereeing, what round of the tournament the match is in and who the players are. You might even inform the audience that cheering and clapping will be appreciated only if it is done in a sportsmanlike, controlled manner, *between* rallies. Once spectator participation reaches the level where it is impairing your ability to referee, or the players ability to concentrate you have the

complete authority to demand that the spectator stop such behavior or leave.

As you call the match, three factors will make you successful. Always call firm, fast and loud.

If your voice has a firm quality, the players will concentrate on the game, not on picking you apart.

When you call fast (meaning without hesitation), you'll keep your accuracy at its highest level. At the same time you'll project a confidence that will keep players from questioning your every call. You will also establish a steady pace that the players can follow.

Make sure the players and spectators can hear you by calling loud. There is

nothing more irritating to the players than being unable to hear the call or the score. It can cause lost tempers.

Knowing the rules, attending referee's clinics and having a solid refereeing style that the players respect will help you to become a competent referee.

Racquetball needs qualified referees to control the sport and make it presentable to the general public. It is important that all racquetball players participate off the court as referees as well as on the court as competitors. The quality of racquetball competition will improve with the quality of it's referees.

And all of us can benefit from that! ●

HEALTH

How Tough are Your Eyes?

Not tough enough. Laboratory tests show that some eyeguards will allow a racquetball to contact the eyeball even when properly worn.

Chairman of the Canadian Standards Association Committee on Eye Protection, Dr. Easterbrook talked with NR.*



"It has been proven that any open eyeguard on the market can be penetrated by a racquetball traveling at only 50 miles per hour and the average beginning player hits the ball over 70 mph."

"Polycarbonates are by far the best impact resistant material we have for eye

* National Racquetball May '82

protection. They're even better than industrial safety thickness plastic (known as CR-39). Street wear plastic, as normal glasses, does break," says Easterbrook.

In his opinion, *"Anybody who plays racquetball without eyeguards is nuts, to put it another way, there is more energy in a racquetball traveling at high speed than there is in a bullet."*

We have the reasonable alternative to open eye protection. Compare Action Eyes' features against any other eye protection:

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SERVICE — QUALITY — PRICE

New Products



New Racquetball Shoe

A new leather racquetball shoe, the latest addition to the Reactor series of shoes, has been developed by Etonic and will be available in the stores in August.

The new shoe is made of Nu-Buck leather in an appealing soft greyish color. The men's shoe is accented with a navy-blue z-bar and heel tab, the women's with white accents.

The new Reactor is available in sizes 6-12 and 13 for men, 5-10 for women. Look for it at your local pro shop, or contact Etonic at 147 Centre St., Brockton, MA 02403. (617) 583-9100.



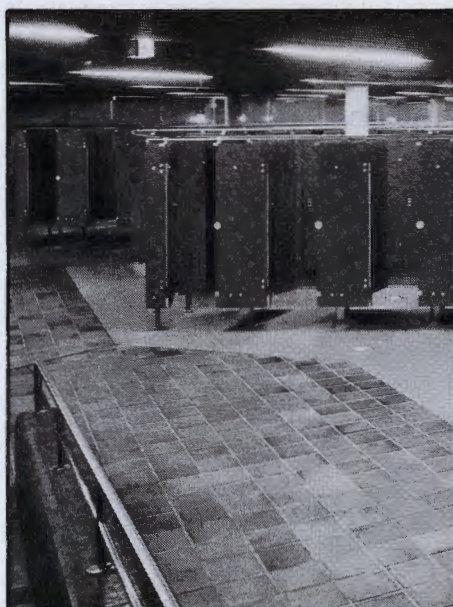
Wooden Treadmills

Haden Industries, Inc. announces its appointment as U.S. importer of the Haden Woodway treadmills. The Haden Woodways' slatted belt system was designed for fitness and sports training, stress testing and sports medicine, and rehabilitation.

Designed by Swiss engineers and handmade by West German craftsmen, the treadmill is virtually frictionless. Allowing no heat build-up and no pressure on its parts, it is described as a lifetime machine.

Features include stainless steel roller bearing, individual cog drive system, cushioned surface for maximum protection, waist-level operation panel, and adjustable speeds from .6 - 10.6 mph.

Contact Haden Industries for more information: Haden Industries, P.O. Box 59958 Dallas, TX 75229 (214) 241-3552.

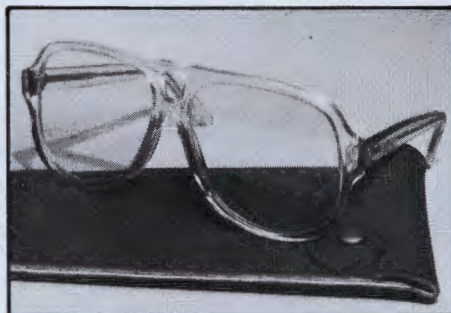


Partition System From W & W Glass

The Cabrillant Partitioning Systems were designed for high traffic areas that require strong, permanent partitions, cubicles, and lockers.

Made of specially enamelled tempered glass, this system can be customized color coordinated and built to meet almost any design scheme. There are no joints to accumulate mold, mildew, or germs. It maintains a new appearance throughout its use since it cannot be scratched with a knife or written on with a pen or marker, virtually eliminating marring or vandalism.

For a Cabrillant brochure and details contact Ron Haber, W & W Glass Products, Ltd., 200 Airport Executive Park, Spring Valley, NY 10977, (914) 425-4000.



Safety Glasses

Unique Sports Products has introduced a new product for eye safety, Fashion Racquet Specs. Frames meet ANSI standard 287.1 and are available in three colors - clear, amber, and rose. Lenses are made of shatterproof polycarbonate and can be replaced with prescription lenses. Two sizes are offered, small and large.

Contact your pro shop or contact: Unique Sports Products, 5687 New Peachtree Rd., Atlanta, GA 30341.



Tacki-Mac Grips

Tacki-Mac Grips, Inc. announces the introduction of their R/15 racquetball grip. By utilizing Kraton, a thermoplastic rubber compound, Tacki-Mac has developed a grip with an exceptional "Tacki" feel.

This one piece slip-on grip is durable and applied quickly and easily with no glue. It will not chip, rot, decay, discolor or separate. The result is a consistent feel that holds on tight.

It is available in black, brown, tan and rust/red. Call or write: Tack-Mac Grips Inc., 15 Curtis Rd., Saundertown, RI 02874, (401) 295-0291.



Active Wear

Ektelon recently expanded its clothing line for 1983 with the introduction of completely new action-wear for men. Designed to accompany Ektelon's existing selection of racquetball apparel, this line is ideal for all-around recreational wear.

The complete men's actionwear line can be seen in Ektelon's new 80-page catalog along with the rest of their racquetball equipment and accessories.

For further information write Ektelon, c/o Phillips Organisation, 2206 Balboa Ave. San Diego CA 92109.

The Knee

by William Southmayd, M.D. and Marshall Hoffman

The knee, the most famous joint in sports, is the junction of the upper leg bone (known as the *thighbone*), called the *femur*, and the lower leg bone, called the *tibia*. These two bones are held together by a series of tissues called *ligaments*.

The knee is much more than a meeting place. It is both a hinge and a lever. It is at the center of the system that allows you to stand up, climb a stair, run, walk, and kick.

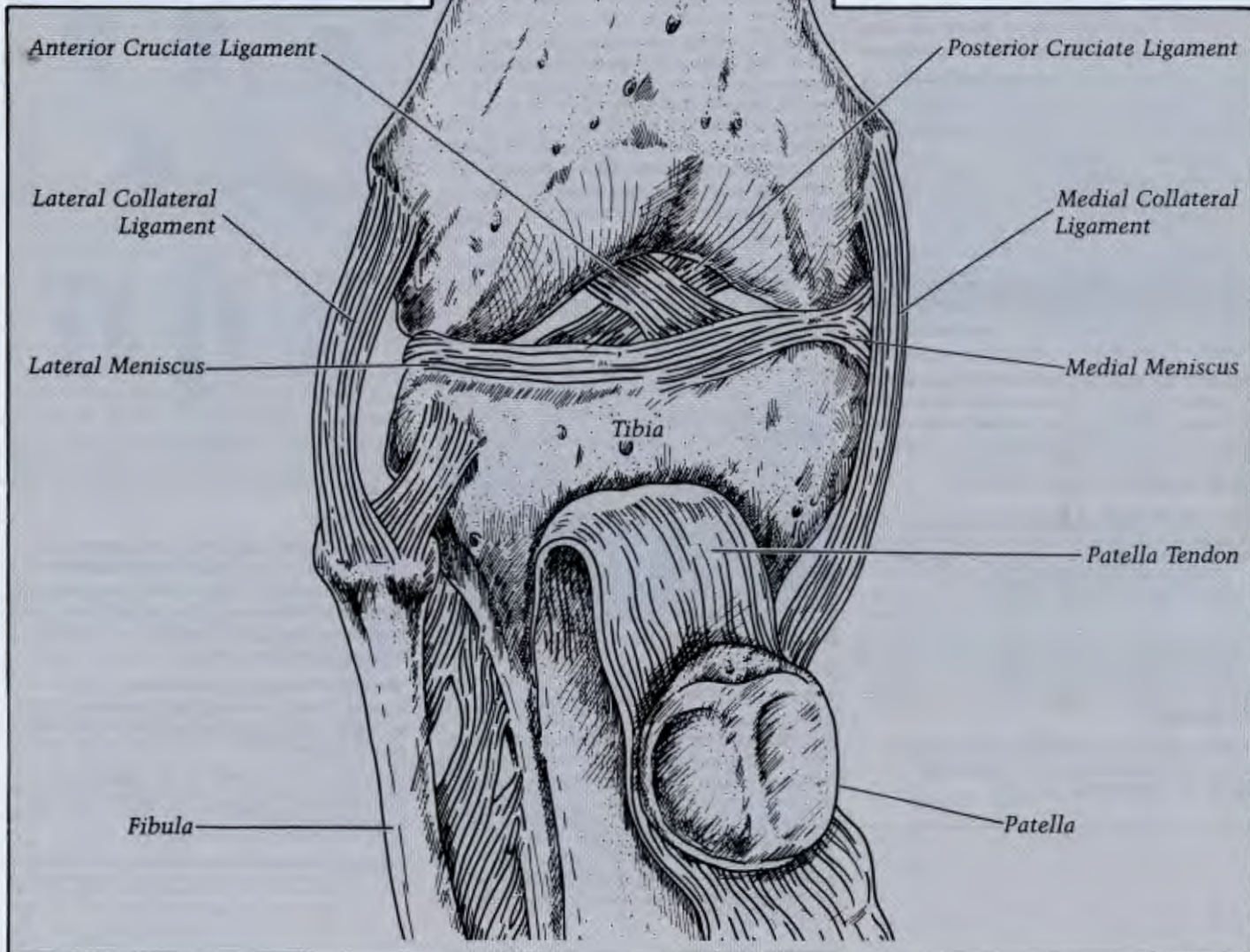
You have four large muscles on the front of the thigh called the *quadriceps*. These muscles power the extension of the leg. The quad connects to the quad tendon, which attaches to the kneecap. The kneecap is attached to the tibia by the kneecap tendon. Thus, when the quad contracts (shortens), the tibia lifts.

Anatomy of the Knee Joint

At least 50 percent of the thigh is involved in this extensor mechanism.

Like all joints in the body, the knee joint is a trade-off between mobility and stability. For example, the shoulder is extremely mobile but quite unstable. It is easy to dislocate. The hip is not very mobile, but it is very stable. It can be dislocated only when the socket is fractured. When compared to the hip and the shoulder for stability, the knee is somewhere in the middle.

The knee is one of the most mobile joints in the body. You can bend your knee 150 degrees. When sprinters run full out, maximum bending or *flexion* of the knee is reached; this is when the foot, after striding, almost touches the buttocks. Water skiers and sprinters who stride out achieve full straighten-



ing of the knee. Almost all injuries to the knee restrict this normal range of motion.

When the knee is fully extended, it is like a stick. It is totally stable. When it bends, it has play in it—from front to back and from side to side. It can even be slightly rotated. You need this flexibility to change directions quickly. Have you heard a running back called a "good cutter." An anatomist would say that he has a flexible knee.

The bones of the knee are held together by ligaments. These are the gristle-like structures that join the femur and the tibia. They make the knee sturdy and keep it from wobbling.

The knee has two major ligament systems. One forms the sleeve-like connection between the two bones. This is called the *knee capsule*. Certain parts of this capsule are thicker than others. These thickened portions—and there are five of them—are distinct ligaments. They are like stripes sewn on the sleeve of your shirt.

Besides the five capsule ligaments, the knee has two additional ligaments that occupy the middle of the knee joint. Because they cross, they are called *crossed* or *cruciate* ligaments. The knee ligaments are what I term the "static knee stabilizers." The ligaments are static because they are girder-like.

The muscles and their tendons are the dynamic stabilizers of the knee. They are dynamic because they can quickly spring into action.

The geometric shape of the femur and the tibia add to knee stability. The end of the femur has two knobs, called *condyles*. They are round and smooth. They fit into the two shallow sockets in the top of the tibia. The ball and socket with the accompanying joint cartilages are rarely mentioned as a knee stabilizer, but they give the knee 10 percent of its stability.

Because of its design, there are at least five places where the knee can be injured: the ligaments, the cartilages (called *menisci*), the muscles around the knees, the kneecap (a bone in front of the joint), and the tendons.

Here are some of the injuries to the knee and the extensor mechanism: sprained ligaments, tears of the knee cartilages, fractures of the bone joints,

wear and tear on the kneecap and the muscle tendons, and contusion and tears of the quad muscles. You know some of these ailments as runner's knee, jumper's knee, knee sprains, Osgood-Schlatter's disease, and the charley horse.

A Knee Ligament Sprain

Causes

A sprained knee is a rip or a tear of one or a combination of the seven knee ligaments. It is one of the most common injuries in sports. It can be the result of a strike, or *trauma* in medical parlance, or an overextension of the knee. I have seen knee sprains on football and soccer fields, in racquetball matches, and even in bathrooms.

Any injury to the knee ligaments leads to some instability of the knee. The knee will be looser and more wobbly than normal. The degree of injury to the knee ligaments depends on the amount of force applied to them at the time of injury and how long the force was applied. The greater the force—and the longer it was endured—the greater the injury.

All ligament sprains can be separated into three degrees of severity. Hold a tissue with both hands. Begin to stretch the tissue apart. As you begin to pull, note the weakening of the center of the tissue as the fibers start to separate. This is a grade I sprain. If you pull harder, the tissue will separate in some other areas. This is a grade II sprain. When the tissue rips in half, this is a grade III sprain.

Diagnosis And Treatment

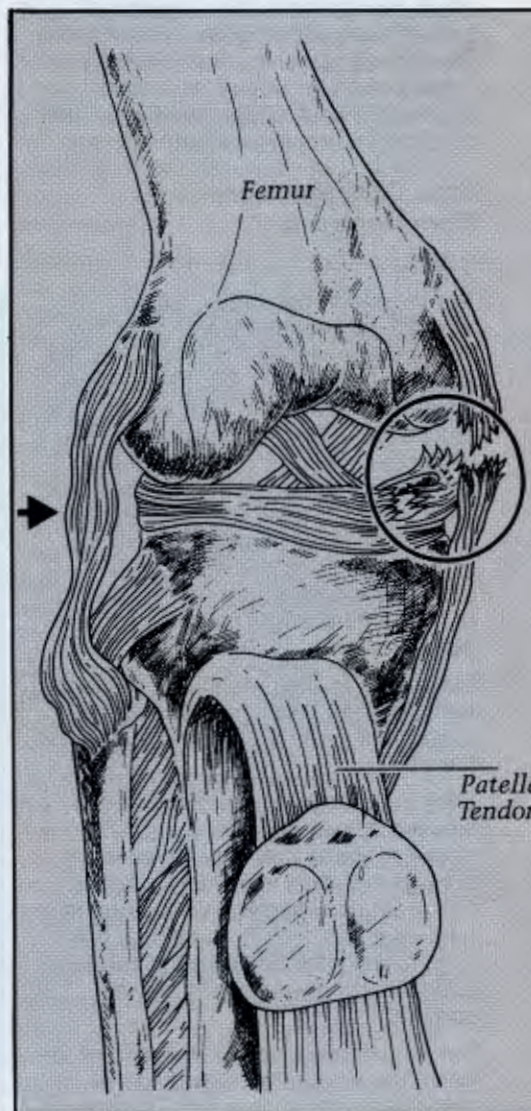
When you sprain your knee, you will feel pain. The degree depends on the severity of the rip. The immediate treatment is RICE—rest, ice, compression, and elevation.

When a knee ligament injury happens, you have a 20-30 minute grace period before the swelling starts. If I examine a knee sprain immediately, I get an excellent idea as to whether it is a grade I, grade II, or grade III injury. This is because when the sprain first happens, there is very little bleeding and no muscle spasm. Therefore, I can put stress on the injured ligament and determine whether it is just mildly stretched, partially torn, or completely torn. This is extremely important information.

A grade I sprain is relatively trivial and usually costs the athlete or fitness buff about seven days of idleness. A grade II injury requires two to three weeks to heal. A grade III injury must be operated on to stitch the ligament back together. Without an operation, your knee will never again work right.

If you do not get examined for six to 12 hours after the injury, it is often difficult to be sure what grade of ligament injury has been sustained. As in shoulder separations, the muscle around the knee goes into spasm. Swelling occurs around the ligament. The knee joint often fills with blood, thus making it very painful to move and test the knee.

Often, I remove the blood from the



joint. This makes the examination more comfortable and more accurate. I used to insert Novocain inside the joint when I removed the blood. My hope was that the anesthesia would relax the muscle, but I have found this method very disappointing. People who exercise have very strong muscles, and once these muscles go into spasm, they are difficult to relax.

What I worry about is not recognizing a grade III injury—a complete disruption of the ligament. A strong muscle in spasm will make the joint appear more stable than it really is. Therefore, I do not hesitate to give injured people general or spinal anesthesia to completely relax their muscles. If I do not determine whether the ligament has been completely severed and fail to stitch the ligament back together, I have left the patient with a permanently weakened knee and future disability. Thus, when your doctor asks to examine your knee under anesthesia, do not protest. It is in your best interest.

Knee Cartilage Injury (Torn Meniscus)

Causes

The knee joint cartilages, called *menisci*, sit between the ends of the bones that make up the joint. They act like knee shock-absorber pads. Sometimes, I think of them as a washer in a faucet. They deepen the sockets into which the knobs or condyles of the femur fit. In this way, they increase the stability of the joint. They are identical to the socket-deepening effect of the glenoid labrum in the shoulder. In fact, both of these structures are made out of the same biologic material, called *fibrocartilage*.

In addition to their stabilizing influence, the knee joint cartilage also helps expand the surface area of the femur and the tibia.

They are triangular in shape and are wedged between the bone ends. Because of the shape, they increase the contact area between the two bones. For example, when you walk, there is less wear and tear on the bones that form at the knee because the cartilage distributes the weight over a wide surface.

The covering surface of the ends of the bone, the joint surface cartilage, is much like a tread on a tire. This tread

will wear down more quickly if there is a great deal of force applied to it per square inch. The knee cartilage seems to prevent this type of wear and tear. Loss of any tread on the surface of the joint is called *arthritis*.

Knee cartilages have no blood supply of their own; they are unique in the human body. Because of this biologic fact, a tear or a rip cannot heal itself. That is why so many athletes end up needing surgical treatment for a torn knee cartilage.

A torn knee cartilage is the third most common injury to the knee. Nationally, it is estimated that 52,000 knee cartilages are removed each year from football injuries alone. At least twice that number are removed from other sporting injuries.

How does cartilage get torn? It is very much like tearing the washer in your faucet. If you twist down hard enough on a washer, it will rip.

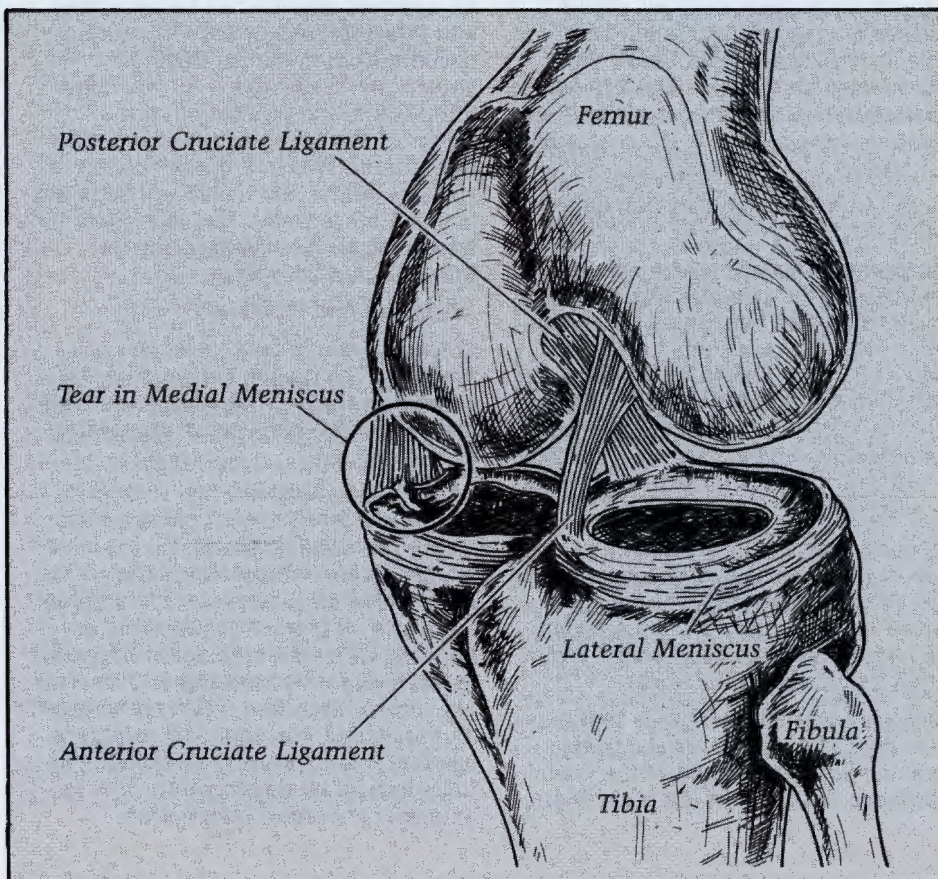
It is practically impossible to tear your knee cartilage by just running or cutting under your own power. The rip usually stems from a direct contact in collision sports or by falling awkwardly

when rebounding in basketball or running into an outfield wall in baseball or a racquetball court wall.

In these injuries, the femur acts as a grinder on the cartilage. The tibia is fixed on the ground, the cartilage is fixed to the tibia, and the body weight comes down on the knee through the femur. The cartilage is firmly compressed between the two bones. If you start to turn the femur on the compressed cartilage, the forces exceed the strength of the cartilage. At this point, the cartilage fails. It rips or tears.

The inside knee cartilage (the medical meniscus) is torn four times more frequently than the outside knee cartilage (called the *lateral meniscus*).

If you get a tear in your cartilage, it is torn for good. A tear may be quite small initially, but then with further sports participation, it extends. When a cartilage tears completely, from front to back, the torn portion often flips into the center of the joint and lies against the cruciate ligaments. In medical parlance, this tear is called a "bucket-handle" tear of the meniscus, because it is shaped very much like a handle of



a bucket. The reason that surgery is almost always necessary is that the torn meniscus tears up the knee joint itself. It destroys the cartilage on the ends of the bones (the joint surface cartilage). This leads to arthritis.

Diagnosis And Treatment

When the meniscus rips, you have a sensation that something is giving way in the knee. Gradually, over the next six hours, the knee fills with synovial fluid. This is extra joint fluid produced by the lining of the joint. I describe this as the knee "crying over what has happened inside." With this excess fluid, your knee becomes stiff and impossible to bend fully.

The pain is usually on the side of the knee where the cartilage has been injured. If it is the medical meniscus, the inside of your knee hurts. If it is the lateral meniscus, the outside of your knee hurts.

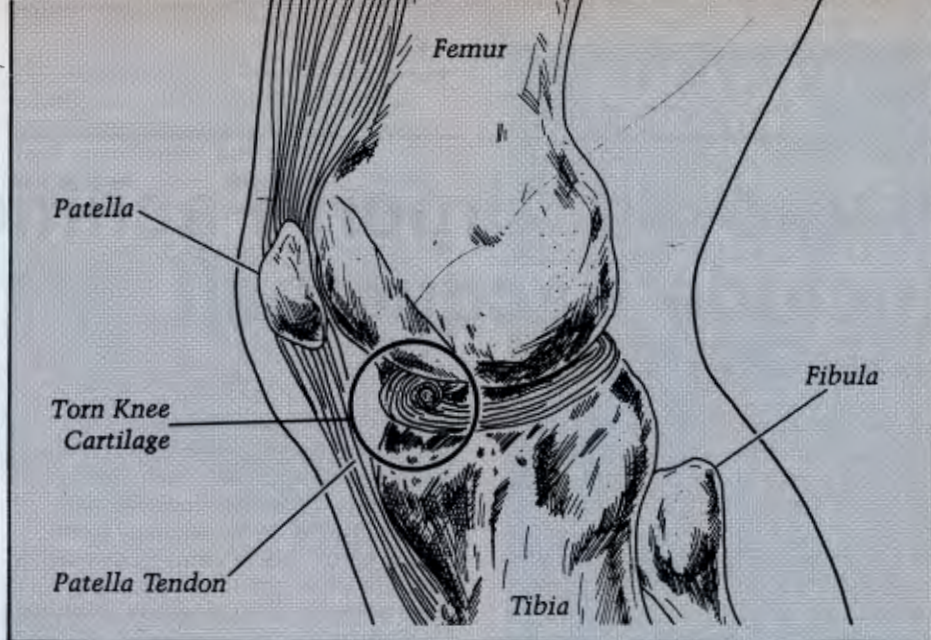
If the cartilage tear is large enough, the torn piece of cartilage slips into an abnormal position in the knee. This acts like a marble slipping into a gear work. In this situation, you are unable to fully straighten your knee and must walk with a limp. This is called a "locked knee."

If there is a very small tear in the cartilage, and the knee does not lock, you will be able to recover in three or five days and return to normal activities. Remember, however, that the cartilage cannot heal. Therefore, the torn knee joint cartilage will continue to plague you.

You will have good and bad days. Sometimes, your knee will feel absolutely normal. However, at other times your knee will "buckle," or give way in an unexpected fashion. You will lose confidence in your knee function because you will never know when it is going to give out.

You may experience momentary episodes of locking when your knee cannot straighten. This happens especially when you sit down. With your knee bent, the torn piece of cartilage sometimes slips into the joint. When you get up, you cannot straighten your knee. Over time, you learn a little dance to do to readjust the piece of cartilage within the joint.

After one of these episodes of giving way, or locking, the knee will swell again. It will be stiff for three to five days and then gradually recover. You



will continue to have an aching sensation on the inside or outside of the knee depending on which cartilage is torn. You will find it difficult to perform cutting motions because the torn cartilage will be pulled when you turn on your knee. Unfortunately, no amount of taping can change this sensation because it is inside the joint.

Often, the type of cutting motion reveals which cartilage is injured. If you have a torn inside cartilage on your right knee, it hurts to run bases in a counterclockwise fashion (this is an inside cut). However, it would not hurt you to run the bases in the opposite direction (this is an outside cut).

If you have a torn knee cartilage, you will feel uncomfortable not only in athletic activities, but also when you turn over in bed at night or try to get out of your car. Whenever you put a rotational force (called a *torque* force) on your knee, you are likely to experience pain.

The physical examination to determine whether or not you have a torn cartilage is extremely important. Nowhere in diagnostic orthopedics is there more emphasis on "dead reckoning" of the anatomy.

It is important to know the status of the knee cartilage as soon as possible. I have had bad experiences twice with athletes continuing to play where there was a suspicion of knee joint cartilage injury. These athletes sustained dramatic malfunctions of the knee. When surgery was eventually performed, they not only had large tears in their knee cartilage, but also had suffered knee ligament injury (anterior cruciate ligament injury). My suspicion is that if the cartilage problem had been dealt with quickly, their knee ligaments would have been preserved. There is a big difference in the long-term function of the

knee if it is only a cartilage problem versus a cartilage and ligament combination.

Once I know the status of the meniscus, I can treat the patient intelligently. Because the menisci have no blood supply of their own, they cannot heal. Once torn, always torn. The symptoms never disappear. Sometimes the knee will feel absolutely normal, but at other times it will lock or buckle. It will continue to swell intermittently. The knee will not perform normally in either the long or the short run. The patient's athletic performance will be diminished as a result.

Even if the short-term symptoms could be overcome, there are long-term consequences of leaving a torn cartilage in the knee joint. The ends of the bone and their covering material—the knee joint surface cartilage—rub against the damaged meniscus. This acts like a file on the joint surface. Eventually, the surface material wears down in an uneven and irregular way. This is arthritis. Thus, if you leave a torn meniscus in your knee at an earlier age, you will end up with an arthritic knee. For 60 years, surgeons have been removing torn menisci.

What can you expect of the knee once the meniscus has been removed? The knee is not 100 percent normal. After all, it has absorbed an injury of sufficient magnitude to cause the torn meniscus in the first place. Next, a surgical procedure has to be performed. Considering both of these facts, it is unrealistic to think that your knee would emerge as good as new.

Do not despair. Hundreds of professional athletes have had their meniscus removed. Most of their knees function normally. As long as you have had no knee ligament damage, there is no need for taping or a knee brace for support. ●

Improved Airport Facilities Include Racquetball

by Victor Block

With a few hours to kill following his last meeting of the day, and before the scheduled take off for the flight to his next destination, Roger Crosscourt picks up the telephone, dials the office of a business acquaintance and makes arrangements for a few games of racquetball.

Unpacking his equipment, he checks his suitcase at the airport, takes a five-minute limousine ride to a nearby hotel and soon is matching serves and passing shots with his opponent. He takes advantage of between-game pauses to tout his company's latest product to his friend.

After the end of play, a fast shower and a change of clothes, Roger promises to fulfill the request of his acquaintance to have the home office send more information about his company's product. Then he returns to the airport and catches the flight to his next destination.

It wasn't very long ago that this scenario would have been rare, if not impossible. Few racquetball facilities were located at or near airports, and those that were generally were restricted to play by members only.

Today, this picture has changed. For one thing, a growing number of racquetball clubs located within a short drive of an airport are opening their doors—and courts—to travelers on a space-available basis. Furthermore, more and more airport hotels themselves have racquetball courts for the use of their guests, and in some cases others as well.

The upgrading of airport hotels in recent years has been a boon to travelers. Once for the most part somewhat second-rate places of accommodation for weary passengers seeking a place to snatch a few hours of sleep, airport properties now are operated by some of the leading names in the hotel business.

And with the growing popularity of racquetball among men and women who travel often for business—a major component of guests who stay at airport hotels, and use them as convenient meeting places—more and more have been adding racquetball courts, or making arrangements with nearby clubs to admit their guests.

There's no complete list of which hotels located at or near airports have racquetball courts, or arrangements with nearby facilities. However, the knowledge that this possibility exists should be of help to racquetball-playing travelers when planning their trips, whether going for business or pleasure.

If you make your own travel arrangements, check to see what hotels are located in close proximity to each airport to which you'll be flying. Then ask which, if any, have courts or arrangements that will allow you to play.

If your trips are set up by a corporate travel planner, or you use a commercial travel agent, ask him or her to try to find an airport hotel which has racquetball available.

The next time you visit Atlanta, for example, you might consider staying at the Atlanta Airport Marriott. This first-class 652-room hotel, located just five minutes from the new Midfield Terminal at Atlanta Airport, has two racquetball courts at the health club located on the parking lot which are available for free use by guests. In case you failed to plan ahead, loaner racquets may be used at no charge.

Among other recreational facilities at the Atlanta Airport Marriott are an indoor-outdoor swimming pool, weight room, sauna, two lighted tennis courts and hydrotherapy pool. For additional information or to make reservations, call the Marriott toll-free telephone number: (800) 228-9290.

For travelers to California, the Marina City Club Resort, on the waterfront in Marina del Rey, is about a five-minute ride from Los Angeles International Airport by taxi (fare about \$10-\$12) or plush hotel limo (\$15-\$20). The three racquetball courts at the hotel are for use primarily by guests at a charge of \$5, although some area residents pay a fairly stiff membership fee for use of the racquetball and other recreational facilities.

These include six lighted tennis courts, two lighted paddle tennis courts, three heated outdoor swimming pools (one warmed by the sun), sauna, Jacuzzi, and men's and women's fitness centers. Call toll-free throughout the

United States (800) 282-2212; in California call (800) 221-8843 for additional information or reservations.

Perhaps the ultimate in airport accommodations with racquetball facilities is the Amfac Hotel & Resort located inside the Dallas/Fort Worth Airport in Texas. Touted as "*America's first airport resort*," this vast complex—with 1,450 guest rooms in twin towers, seven restaurants, three lounges and extensive meeting facilities—boasts a list of recreational amenities that indeed rival those at many traditional resorts.

Of primary interest are the 10 air conditioned racquetball courts located on the lower level of the Bear Creek Racquet Center, about a five-minute ride from the hotel via courtesy limousine. Sharing the clubhouse are four outside and three covered Laykold tennis courts, locker rooms and a machine snack bar. Amfac Hotel guests pay only \$4 for use of the racquetball courts at any time, while the charge for others is \$7 during prime time, \$5 at other hours of the day. The racquet rental fee is \$2.

Among other recreational facilities at the Amfac Hotel & Resort are two 18-hole golf courses, named by *Golf Digest* magazine among the top 50 municipal links in the country, and a health spa with swimming pool.

Travelers to the Dallas-Fort Worth area may take advantage of a special sports package. The \$78 per night room rate (double occupancy) includes two hours of guaranteed racquetball or tennis court time, plus additional use of courts on a space-available basis, and a six-pack of chilled Lone Star beer for cooling off after playing. The package requires four days advance reservations.

Those facing a brief layover at the Dallas/Fort Worth Airport may catch the courtesy van to the racquet center and make use of the racquetball courts at the non-guest public rate. It's also possible to arrange to take a lesson from the resident professional. For information or reservations, call toll-free (800) 227-4700 throughout the U.S.; (800) 622-0838 in California.

The beautiful Amfac Hotel & Resort, located on the grounds of the Dallas/Fort Worth Airport, has racquetball courts for the use of guests.



Whether you plan to stop between flights for a few fast games or are looking for a place to stay in another city that has racquetball facilities, remember to check the airport hotels. Today, many are equal in atmosphere and amenities to downtown properties and in some cases even to outstanding resorts. And a growing number of them have racquetball courts on the premises, or arrangements with nearby clubs for the convenience of their guests. ●

Readers are encouraged to send your racquetball travel questions to Victor Block, c/o National Racquetball, 1800 Pickwick Ave., Glenview, IL 60025.

Victor Block is a free-lance travel writer for newspapers, newsletters and magazines; a state editor for Fodor's Guidebooks, and a member of the Society of American Travel Writers. When not on the go researching travel articles, he lives in Washington, DC.

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Upcoming Events

5th Annual White Rose Classic

October 21-23, 1983

Sawmill Racquetball Club

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Tournament Directors: Bill Richards,
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Tournament Results

Ohio

4th Annual Double Feature

Mentor Backwall Athletic Club

Mentor, OH, April 29-31, 1983

Sponsor: Lakeland Inn

Tournament Director: John Barkan

Men's Open

Semi-finals: K. Deighan/Riehl d. Ganim/Ledne; T. Deighan/Lambert d. Staskos/Lavikka

Finals: K. Deighan/Riehl d. T. Deighan/Lambert

Men's B

Semi-finals: Ruth/Mosier d. Comanor/Stemple; Valko/McGraith d. Stewart/Carpenter

Finals: Valko/McGraith d. Ruth/Mosier

Men's C

Semi-finals: Ganim/DeFabio d. Everhart/Huhn; Brancheau/Fisher d. Holder/Rudd

Finals: Brancheau/Fisher d. Ganim/DeFabio

Womens's Open: 1st—Perlic/Conlin; 2nd—Mardas/Cullen; 3rd—Martin/Cavotta

Women's B

Semi-finals: Kowalski/Zerkowski d. Fairman/Balala; Basilone/Chaka d. Valko/Print

Finals: Basilone/Chaka d. Kowalski/Zerkowski

Mixed Open

Semi-finals: Ganim/Mardas d. Sanders/Strickland; Deighan/Perlic d. Ledne/Patterson

Finals: Ganim/Mardas d. Deighan/Perlic

Gramercy Tennis and Racquetball Club

New York, NY, May 13, 1983

Sponsor: Penn

Director: Gary Cymrot

Men's C

Quarter-finals: Pinski d. Katzman 15-6, 15-11; S. Mack d. Cox 15-9, 15-12; Brown d. Fischer 15-8, 12-15, 11-4; I. Mack d. Eder 11-15, 15-10, 11-2

Semi-finals: Pinski d. S. Mack 8-15, 15-14, 11-6; Brown d. I. Mack 15-7, 15-9

Finals: Brown d. Pinski 15-14, 15-12

Vermont

The Budweiser Light 2nd Annual

Racquetball Tournament

Springfield Racquet Club

Springfield, VT, May 13-15, 1983

Directors: Shawn Brown, Peter Kamel

Men's Open: Panarella d. O'Neil

Men's B: McCumber d. Garrison

Men's C: Cernigliola d. Fagan

Men's CC: Wieland d. Greer

Men's Novice: Smith d. Patria

Women's B, C: Saffo d. Vitagliano

Women's Novice: Courtney d. Savage

New York

Gramercy Tennis and Racquetball Spring
Tournament

New Hampshire

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- Dues structuring
- Guidelines to the Feasibility/proforma report
- Sample proformas
- Small population markets
- The pro shop
- Exercise programming/equipment
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- Court Club philosophy
- Product sources
- Pre-opening sales campaigns

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Court Club Enterprises, 8303 East Thomas Rd.,
Scottsdale, AZ 85251, (602) 991-0253.

Manchester, NH, May 13-15, 1983
Directors: Lance Bloom, Gayann Bloom

Men's A: Shields d. Polopek

Men's B: Brewer d. Vaillancourt

Men's C: Driscoll d. Pollock

Men's Novice: Bienvenue d. Symington

Men's Doubles: Shields/Anagnost d. Polopek/Rapoport

Women's A: Levondowski d. Drewniak

Women's B: Ouellette d. Trembley

Women's C: Lawrence d. Spiewak

Women's Novice: Annis d. Gagne

Women's Doubles: Mullen/Francis d. Drewniak/Levondowski

Finals: Armentrout d. Orth 21-18, 12-21, 11-5

Men's D

Semi-finals: Ralph d. Lineman 21-15, 21-8; Bryant d. Foss 21-12, 6-21, 11-4

Finals: Ralph d. Bryant 21-12, 21-7

Men's Novice

Semi-finals: Gegen d. Mains 21-4, 21-8; Bladera d. Killion 21-13, 21-14

Finals: Baldera d. Gegen 21-16, 21-7

Men's 35+

Semi-finals: Brown d. Bruenger 21-6, 21-8; Rathbone d. Daerr 21-7, 21-17

Finals: Brown d. Rathbone 21-12, 21-18

Men's 45+ (Round Robin): 1st—Maggard; 2nd—Fredrick; 3rd—Bowersock

Boys Jr. Under 14 (Round Robin): 1st—Knight, 2nd—Richards, 3rd—McGraw

Women's Open

Semi-finals: Jacquot d. Stucky 21-15, 21-15; Scholl d. Conn 21-12, 21-14

Finals: Scholl d. Jacquot 21-20, 21-11

Women's B (Round Robin): 1st—Taylor; 2nd—Skaggs; 3rd—Dougan

Women's C (Round Robin): 1st—Washburn; 2nd—Pearce; 3rd—Brooks

Women's D

Semi-finals: Jones d. Squires 21-9, 21-15; Knipp d. Johnson 21-17, 21-10

Finals: Jones d. Knipp 21-6, 21-18

Women's Novice

Semi-finals: Batton d. Fesler; Oringerff d. Welliever

Finals: Oringerff d. Barton

Arizona

2nd Annual Lite Beer Pro/Am
The Cochise Racquet Club
Sierra Vista, AZ, May 19-22, 1983
Sponsor: Lite Beer from Miller

Men's Open: Romo d. Corcorran

Men's A: Goodwin d. Sevesen

Men's B: Stein d. Kessel

Men's C: Stokely d. Blackman

Men's Novice: Toothman d. Snyder

Men's Senior B: Legill d. Kennedy

Men's Open Doubles: Corcorran/Romo d. Pearson/Swenson

Junior's 15 (and Under): Legill d. Lombard

Women's Open: Swenson d. Walsh

Women's B: Celaya d. Pearson

Women's C: Celaya d. Moy

Women's Novice: Yares d. Gannon

Kansas

Wichita Spring Open
Supreme Court East Club
Wichita, KS, May 13-15, 1983
Sponsors: Wilson, Shamrock Tires, Annex Lounge
Director: Johnny Comilang

Men's Open

Semi-finals: Davis d. Piper 21-5, 21-8; Biggs d. Fortune 21-17, 21-9

Finals: Biggs d. Davis 21-20, 13-21, 11-5

Men's B

Semi-finals: Caire d. Ryan 17-21, 21-17, 11-2; Crimes d. Luper 21-15, 21-17, 11-2

Finals: Caire d. Grimes 21-19, 21-15

Men's C

Semi-finals: Armentrout d. Kleven 21-7, 21-5; Orth d. Hoop 11-12, 21-13, 11-4

Michigan

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Grand Rapids, MI, May 20-22, 1983
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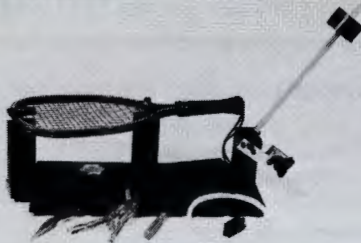
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Men's Open

Semi-finals: Newman d. Moskwa 11-5, 11-4, 9-11, 11-9;
Amatulli d. Vantrese 11-2, 11-7, 11-7

Finals: Newman d. Amatulli 11-10, 11-6, 11-9

Men's A

Semi-finals: Stopinski d. Loew 11-3, 2-11, 11-2, 11-3; Bannon
d. Miller 11-5, 7-11, 11-9, 6-11, 11-3

Finals: Stopinski d. Bannon 11-5, 11-9, 11-5

Men's Seniors B 35+

Semi-finals: Chouinard d. Jones; Dionise d. Gray

Finals: Chouinard d. Dionise

Men's B

Semi-finals: Sawko d. Corby; Ryan d. Mohr

Finals: Sawko d. Ryan

Men's D

Semi-finals: French d. English; Tolger d. Anderson

Finals: Tolger d. French

Women's Open

Semi-finals: Fletcher d. Lubbers 11-1, 11-0, 11-3; Pritchett d.
Erhart 11-5, 11-4, 11-10

Finals: Fletcher d. Pritchett 11-1, 11-1, 11-5

Women's A

Semi-finals: Hamel d. Szpont 11-3, 11-10, 5-11, 11-9; Lozon d.
Kishigan 11-7, 5-11, 7-11, 11-8, 11-9

Finals: Hamel d. Lozon 11-8, 11-9, 7-11, 11-10

Women's B

Semi-finals: Sienko d. LaMore; Lenburg d. DeYoung

Finals: Lenburg d. Sienko

Women's C

Semi-finals: Grit d. Kliment 11-6, 11-7, 11-7; Carlson d.
Spagnuolo 11-10, 11-9, 11-5

Finals: Grit d. Carlson 11-6, 11-6, 9-11, 11-5

Women's D

Semi-finals: Bock d. Caruso 11-9, 11-0, 11-2; Keigley d. Rader
11-1, 11-1, 11-2

Finals: Bock d. Keigley 11-2, 11-6, 11-1

Massachusetts

Women's East Coast Championships
Racquetball International
Seconk, MA, May 21, 22, 1983

Women's Open: Alba d. Burke

Women's A Doubles: Fishman/Low d. Burke/Daly

Women's 35+ B/C (Round Robin): 1st—Paolozzi;
2nd—Smith; 3rd—Green; 4th—Klingaman

Women's B: Daley d. Taylor

Women's C: Whittet d. Cramer

Women's Novice: Allen d. Lewis

Phillipines

"Let's Get Physical" Open Racquetball
Tournament
Clark Air Force Base
Republic of the Phillipines, May 21-23, 1983
Sponsors: AMF Voit, Clark AB MWR
Director: Mike LaBelle

Men's Open

Semi-finals: Brown d. Wittort 21-8, 21-10; Dickey d. Holcomb
21-7, 21-15

Finals: Dickey d. Brown 21-14, 17-21, 11-7

Women's Open

Semi-finals: Freeman d. Melendez 21-4, 21-8; Urolia d. Arm-
strong 21-0, 21-10

Finals: Freeman d. Urolia 21-4, 21-8

Massachusetts

The First Annual Ridge Racquet Club Open
Ridge Racquet Club
Braintree, MA, April 22-24, 1983
Sponsors: Miller Lite, Ridge Racquet Club
Director: Jim Bove

Men's A: Ranson d. Shlapiro

Men's B: LaBrache d. Donovan

Men's C: Matera d. Tsoumas

Men's Novice: Keenon d. Kennedy

Men's Seniors: Luciw d. Schultz

Women's B: Stauley d. Ridge

Women's C: Ellis d. Wilson

Women's Novice: Wedutis d. Simmons

New York

21st Point Club Flag Day Open
Point Club, Albany, NY, June 10-12, 1983

Men's Open: Wolanin d. Czapliski

Men's Doubles Open: Wolanin/Lecuyer d. Czapliski/Ryan

Men's B: Brown d. Goedeke

Men's C: McCarthy d. Stapf

Men's Novice: Anzola d. Gardner

Women's C: Charton d. Beals

Mixed Doubles: Lecuyer/Lecuyer d. Pleper/Pleper

Florida

Region IV Qualifying Sunshine State Games
Quadrangle
Coral Springs, FL, June 24-26, 1983
Sponsor: Tamarac Air Conditioning
Director: Fred White

Men's Open

Quarter-finals: Campbell d. Fernandez 11-1, 11-5, 11-7;
Gautier d. O'Flarity 11-1, 11-6, 11-4; Hansen d. Mollenberg
11-1, 11-3, 11-10; Gonzales d. Ehring 11-4, 11-4, 11-8

Semi-finals: Campbell d. Gautier; Gonzales d. Hansen

Finals: Gonzales d. Campbell 11-3, 11-7, 11-9

Women's Open

Semi-finals: Britton d. Morick 8-11, 11-10, 11-7, 11-3; Curtis d.
Maxwelle 11-10, 2-11, 11-9, 7-11, 11-10

Finals: Britton d. Curtis 11-10, 2-11, 11-9, 7-11, 11-10

18 & Under: Campbell d. Pironiczka 8-11, 11-1, 11-3, 11-8

Boys 16 & Under: Binnix d. Pironiczka 11-5, 11-7, 7-11, 11-4

Boys 14 & Under: Blaess d. Suarez 11-1, 11-3, 11-7

Men's B

Semi-finals: Cunningham d. Fuentes 11-10, 11-9, 6-11, 11-7;
Gystrom d. Alvarez 11-3, 11-4, 11-9

Finals: Gystrom d. Cunningham 11-10, 7-11, 11-5, 11-8

Women's B: Mann d. Brady

Men's C

Semi-finals: Ross d. Sinclair 11-5, 11-10, 11-0; Pawlowski d.
Brady 9-11, 11-1, 4-11, 11-3, 11-3

Finals: Ross d. Pawlowski 9-11, 11-1, 4-11, 11-3, 11-3

Women's C

Semi-finals: Tanner d. Chalfetz 11-10, 11-8, 3-11, 11-5; Rubin
d. Sinclair 8-11, 11-8, 11-5, 11-3

Finals: Rubin d. Tanner 11-9, 7-11, 11-3, 11-4

Men's D

Semi-finals: Alvarez d. Wels 11-1, 11-7, 6-11, 8-11, 11-7; Seib d.

Ives 11-8, 9-11, 11-6, 11-7

Finals: Alvarez d. Seib 11-3, 11-6, 7-11, 11-5

Women's D

Semi-finals: Brady d. Whittington 11-8, 11-5, 11-4; Reynolds d. Fredricks 11-5, 10-11, 11-10, 11-3

Finals: Brady d. Reynolds 11-10, 11-8, 11-3

Women's 19+: Britton d. Curtis 11-10, 2-11, 11-9, 11-7

Women's 25+: Filinn d. Mann 11-7, 10-11, 11-1, 11-3

Women's 30+: Maxwell d. Falso 11-3, 11-0, 10-11, 11-9

Women's 35+: Uhl d. Laney

Men's Open's Doubles

Semi-finals: Hansen/Gautier d. Morris/Hunter; Ferro/Hernandez d. Dunn/Montano

Finals: Hansen/Gautier d. Ferro/Hernandez

Men's 40+ Doubles

Semi-finals: White/Blaess d. Almis/Boss; Ramos/Ross d. Af-ford/Gowing

Finals: Ramos/Ross d. White/Blaess 11-5, 11-10, 11-8

Men's 19+

Semi-finals: Gonzales d. Shortly; Fernandez d. Hunter

Finals: Gonzales d. Fernandez

Men's 25+: Jupiter d. Ehring

Men's 30+: Squire d. Chapman

Men's 35+: Allen d. Chapman

Men's 40+: Ross d. White

Men's 45+: David d. Gonzales

Men's 50+: Harper d. Ramos

Pleasantville, NJ, June 24-26, 1983

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Men's Open Doubles: Messic/Platas d. Martin/Carter

Men's B Doubles: Ressidivito/Zoellers d. Carver/Taber

Mixed Doubles: Yard/Platas d. Ablaza/Messic

Men's Open: Carter d. Platas

Men's A: Schaupp d. Lutz

Men's B: Ressidivito d. Faddis

Men's C: Platin d. Papaleo

Men's CC: Klein d. Nigro

Men's Novice: Sutton d. Jenkins

Women's Open: Fischl d. Yard

Women's B: Skickney d. Fakelman

Women's Novice: Gable d. Kostas

Indiana

6th Annual Three Rivers Festival

Championships

Court Rooms of America Racquetball and Fitness Club

Fort Wayne, IN, July 14-17, 1983

Director: Brad Beauchamp

Men's Open: Bartlett d. Tillapaugh

Men's A: Berkshire d. Hutcherson

Men's B: Rode d. Reilly

Men's C: Dell d. Schad

Men's Open Doubles: Bartlett/Disher d. Bushfeld/Derickson

Men's Seniors: McClure d. Mildworm

Women's B: Bloomfield d. Murray

Women's C: Widaman d. Ankenbruck

Women's Novice: Shank d. Miller

Alabama

Stroh's Summer Classic

Courthouse Racquet Club

Florence, AL, July 15-17, 1983

Directors: Boogie Stansell, Don Haldimann

Men's Open

Semi-finals: Ray d. Gries 15-2, 4-15, 11-3; Roberts d. Vincent 15-2, 15-1

Finals: Roberts d. Ray 11-15, 15-9, 11-10

Men's A

Semi-finals: Dunn d. Jensen 8-15, 15-6, 11-7; White d. Duff 15-5, 15-12

Finals: Dunn d. White 8-15, 15-2, 11-9

Men's B

Semi-finals: Hanby d. Burleson 15-6, 15-14; Flournoy d. Smith 15-8, 15-6

Finals: Hamby d. Flournoy 15-10, 5-15, 11-8

Men's C

Semi-finals: Ashley d. Pieroni 15-9, 3-15, 11-7; Wright d. Stone 15-10, 15-12

Finals: Wright d. Ashley 15-10, 1-15, 11-8

Men's Novice

Semi-finals: Russell d. Henry 13-15, 15-1, 11-3; Quinton d. Dixon 5-15, 15-9, 11-10

Finals: Quinton d. Russell 7-15, 15-12, 11-10

Men's Junior Veteran

Semi-finals: Semanes d. Jensen 15-12, 15-13; Vincent d. Flournoy 15-9, 15-9

Finals: Semanes d. Vincent, default

New Jersey

Atlantic City Summer Classic
Tilton Racquetball Club

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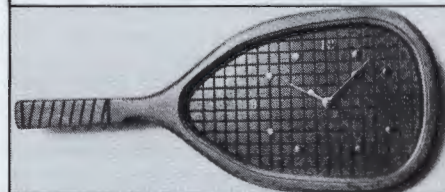
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Women's A

Semi-finals: Pieroni d. Livingston 15-5, 15-9; Sims d. Massey 15-5, 15-6

Finals: Pieroni d. Sims 15-3, 12-15, 11-4

Women's C

Semi-finals: Stallings d. Willingham 15-12, 15-9

Women's Novice

Semi-finals: Borden d. Henry 15-7, 15-13; Bevis d. Gifford 15-5, 15-9

Finals: Borden d. Bevis 15-9, 4-15, 11-4

Men's B

Semi-finals: Legill d. Badmaev; Armour d. Shaffold

Finals: Legill d. Armour

Junior Boys

Semi-finals: Oxman d. Manring; Schwitters d. Cone

Finals: Oxman d. Schwitters

Women's A/B

Semi-finals: Arnold d. Bradley; Heather d. Barnett

Finals: Heather d. Arnold

Women's C/Novice

Semi-finals: Smith d. Shaeffer; Garcia d. Stringer

Finals: Garcia d. Smith

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Directors: Joyce Rosati, Doreen Hindo

Men's Open

Semi-finals: Young d. Barrett 6-15, 15-9, 11-4; Guinter d. Montague 5-15, 15-3, 11-8

Finals: Young d. Guinter 12-15, 15-5, 11-6

Men's A

Semi-finals: Johnson d. Cooper 15-8, 15-14; McKinney d. Hindo 15-6, 15-5

Finals: McKinney d. Johnson 15-2, 15-11

Men's B

Semi-finals: Lewis d. Ashworth 15-14, 15-11; Kunz d. Deegan 15-2, 15-4

Finals: Lewis d. Kunz 15-9, 15-5

Men's C

Semi-finals: Steinkershner d. Mulroy 15-13, 15-2; Dubowsky d. Launsbury 11-15, 15-11, 11-3

Finals: Dubowsky d. Steinkershner 14-15, 15-4, 11-5

Men's Open/A Doubles

Semi-finals: Young/Stemp d. Barrett/Dittrick 8-15, 15-3, 11-6;

Montague/Hottenstein d. Leib/McCready 14-15, 15-8, 11-3

Finals: Young/Stemp d. Montague/Hottenstein

Men's B/C Doubles: Kovack/McElhony d. Henricks/Ashworth 15-14, 5-15, 11-6

Women's Open/A: 1st—Fischl; 2nd—Latini; 3rd—Gatarz; 4th—Reuben

Women's B/C: 1st—Tratnik; 2nd—Guidon; 3rd—Hess; 4th—Seebold

Women's Novice

Semi-finals: Piskerla d. Reitman 15-6, 15-0; Turnquist d. Seebold 15-6, 15-1

Finals: Turnquist d. Piskula

Arizona

Summer Sizzler
Old Pueblo Courthouse
Tucson, AZ, July 15-17, 1983

Men's Open

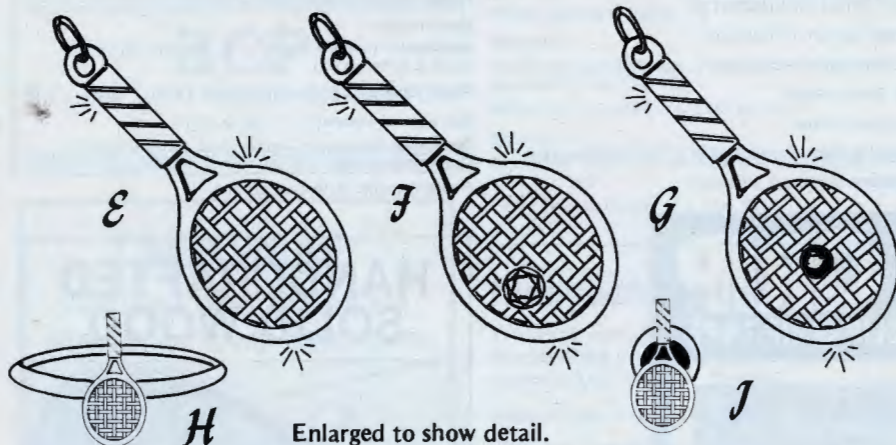
Semi-finals: Thompson d. Goodwin; Linn d. Lemmert

Finals: Linn d. Thompson

Pennsylvania

Barbecue Blast
Racquettime USA
Hatfield, PA, July 15-17, 1983

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Rhode Island

Racquetball Grand Prix
Celebrity Courts
Warwick, RI, July 15-17, 1983
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Directors: Janell Marriott, Frank Rawcliffe

Men's A

Semi-finals: Panarella d. Savino 15-0, 15-0; Drew d. Dogan 15-13, 15-12

Finals: Panarella d. Drew 15-6, 15-9

Men's B: Bucci d. Kardi 15-13, 15-12

Men's C: Lyman d. Fishman 15-7, 15-12

Men's Novice: Rowe d. Boucher 15-8, 15-4

Men's 35 + C

Semi-finals: Graham d. James 15-7, 15-3; Farals d. Wargat 15-7, 14-15, 15-9

Finals: Farals d. Graham 13-15, 15-5, 15-11

Men's 35 + B: Wise d. Patalano 15-8, 15-9

Women's A

Semi-finals: Steere d. Drescher 15-8, 15-5; Couture d. Feole 14-15, 15-4, 15-2

Finals: Steere d. Couture 15-7, 13-15, 15-12

Women's B: Culver d. Lambert 15-6, 15-8

Women's C: Boni d. Skerry 15-12, 15-10

Women's Novice: Francesoni d. Fertig 15-9, 15-12

Women's 30 +: Feole d. Whittemore 15-10, 7-15, 15-9

Correction

The *September Issue* inadvertently carried an inaccurate tournament result in the Women's A division of the 1983 Minnesota State Championships. The correct result should have been, 3rd—Ormodt; 4th—Erger. We apologize for the error.

Why Are The Women Ignored?

by Lynn Adams

Opinion gives you, the reader, the opportunity to state your views on any of various topics current in the racquetball industry. If you'd like to submit your Opinion, please do so to Opinion Editor, 1800 Pickwick Ave., Glenview, IL 60025. All manuscripts must be no more than four pages, typed, double spaced.



I will not be silent anymore! Let it be known that women are legitimate athletes who work and train very hard, deserving respect not only from fellow athletes, but from the media.

I've been involved with professional racquetball for almost five years now and have seen an unfortunate trend over those years—heaping coverage, articles, editorials, magazine covers and focus on the men pros, while the women seem almost an afterthought.

By picking up the latest racquetball magazines, you would surmise that men's racquetball is the only game in town. There are articles about whether there will be a tour, what Marty Hogan said about his competitors, Mike Yellen's rise to number one, what happened to Dave Peck, the amazing Ruben Gonzales, etc., etc. Don't misunderstand me; these articles are all interesting, valid and they let the racquetball public in on what's going on. But there's just as much going on in women's racquetball and it's positive, inspiring stuff.

Let me fill you in on what's been going on in the Women's Professional Racquetball Association (WPRA).

The WPRA is a highly organized, united group of women racquetball players who are working hard to 1) promote racquetball so it keeps getting stronger; 2) have a strong tour in which to exhibit their racquetball skills; 3) to provide a means by which one can earn a living through racquetball. Those are sound, unselfish and group-oriented goals, which we are accomplishing.

We work hard with the tournament sites to get the most professional visibility possible. All of the players are available for TV, radio and newspaper interviews. Racquetball and referee clinics are held, free of charge, to stimulate players and educate them on the rules. If a press party or social gathering takes place, you will see all the women in attendance, getting to know the local people.

The WPRA has a clinic program that has players available to go to clubs and do complete programs. IMG, the marketing company that handles the WPRA, helps tournament sites with the organization and promotion of a professional event.

One thing we're excited about which we're putting into effect this season is our promotion of the Women's Open Division at a pro stop. Any woman who enters the open division gets a free entry fee into the qualifying draw. The winner of the open division receives a \$200 cash award to be used toward coming to the WPRA National Championships in Fort Worth, Texas. We want to promote both pro and amateur racquetball, and will continue to find better ways to do it.

Our tour, which consists of between 12-16 stops, has grown dramatically over the years. When the WPRA first formed over four years ago, we had a few tournaments, playing for a total season purse of \$50,000. This season the purse will total between \$140,000 and \$160,000. A big reason for the growth and solidity of the women's tour

has been IMG. They have brought consistency and professionalism to racquetball, which the WPRA feels is important for continued advancement of the sport.

Because of the rapid growth of the WPRA tour, more money is getting into the hands of more players. The WPRA has always believed in doing what's best for the majority. We structure our pay scale so everyone gets a check. We think it's important that if someone makes the main draw of a professional tournament, she should be rewarded. Travelling costs are expensive and we encourage players to play, so every bit helps. Last season we implemented doubles, with the money coming from the organization itself, so players had a double opportunity to earn money and play more matches.

We have a clinic program which is designed so players can earn extra money at home or in surrounding areas to help pay those travelling expenses. We also have a program to teach players how to instruct, so that clinics are a realistic form of income.

These are just a few of the things that happen in the WPRA. Above all we try to bring humanness and warmth to a tournament, showing that competition, sportsmanship, and an intense will to win can go hand-in-hand.

In my opinion, a large portion of the blame for neglecting the women's side of racquetball falls on the media (newspapers and magazines). A majority of print is spent on informing the racquetball public about the happenings on the men's tour, both positive and negative. That's great, except some major events in women's racquetball have been overlooked.

This past season, for example, Vicki Panzeri broke through a barrier that hadn't been broken by any player for over three years. She beat me in the semi's of a major tournament, going on

to lose an extremely close match to Heather McKay. For two-and-a-half years I had never gone out of a tournament before the finals and Vicki broke that string.

The very next week, she went on to beat me again (boy I hate writing this) and to also beat Shannon Wright in the finals, to become the first player in almost four years to win a tournament other than myself, McKay or Wright—that's big news! Yet not one racquetball publication did any type of special or feature article on Vicki.

I hope Ruben Gonzales isn't going to be offended at my next comment, but he has gotten a lot of ink lately because of his wins at the Ektelon Nationals and his finals appearance against Mike Yellen at the Catalina Nationals, and deservedly so. But he has yet to beat any one of the top four players. Where was Vicki's deserved recognition?

This is the most obvious example, but there are many more.

Laura Martino took away Marci Greer's number four ranking and at the year end rankings remained number four. Marci held that spot for over three years. Terri Gilreath, a newcomer to the tour, rose from a number 26 ranking, all the way to number four at one point during the season. She beat Wright, the only other player besides the top two and Panzeri to beat her.

When was the last time you saw a feature on McKay? She has one of the most consistent records in racquetball and at the age of 42 is still thrashing most of her opponents.

My record for 1982 was 35-2 plus a National Championship. I won the Nationals again in 1983. Whenever Marty Hogan wins a second or third title, it's big news—you see his face on the cover of magazines.

I'm not saying these things to nag or whine. I merely want the media to be more responsible in their coverage, acknowledging and reporting the advancements that are taking place in women's racquetball. We grow and produce each year and work hard to get what we have. We don't have anyone taking care of us but ourselves, but we're strong and very united in our common goals. That in itself is newsworthy in today's racquetball arena.

It's possible some people might be offended by this article. I'm just trying to let you know what's going on. I'm proud to play racquetball—it's a great sport—and I feel privileged to be involved with a professional organization of women. Hopefully the media will take care of letting the public know what's going on in the future, by giving the women's organization the recognition it deserves. ●

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