

# National Racquetball

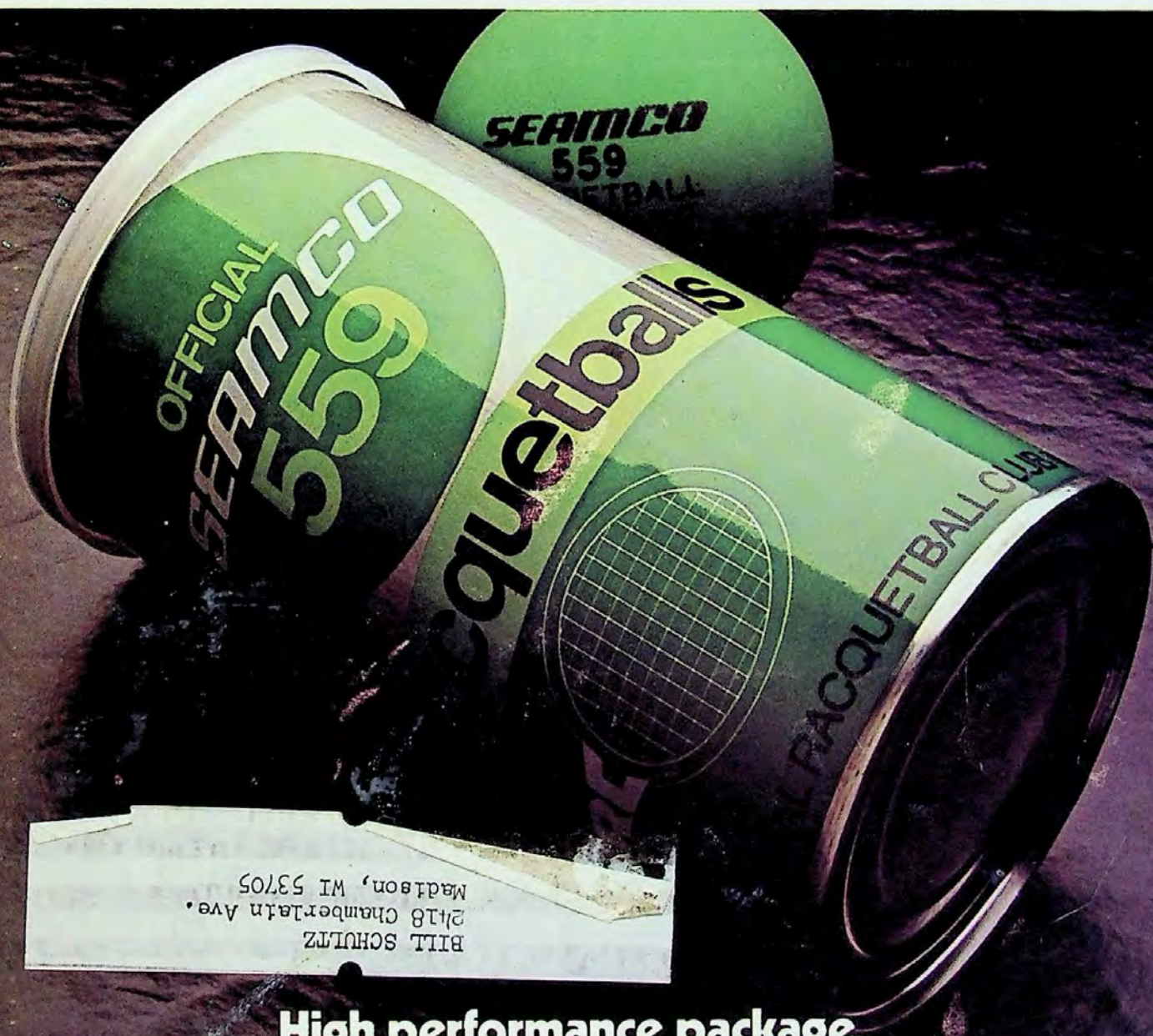
THE OFFICIAL VOICE OF THE U.S. RACQUETBALL ASSOCIATION

Volume 2 Number 4

*Happy Holidays*



December, 1974



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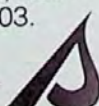
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# National Racquetball

THE OFFICIAL VOICE OF THE U.S. RACQUETBALL ASSOCIATION

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# Super Season Climax To Be in Las Vegas

*By Chuck Leve*

What a year racquetball is having! As we near the mid-point of the winter season the racquetball scene has really been booming. More tournaments, more activities, new products, and most importantly, national attention has begun to come to our fledgling sport.

I haven't witnessed so much excitement in the racquetball world since the initial boom in the game three years ago. Membership is up, royalties are up, more court clubs are going up and it is everything we can do to service the needs of the thousands of new players picking up the game every week. The U.S. Racquetball Association is proud to be one of the reasons for the fast pace of the sport's growth.

Our National Racquetball Club's Pro-Am tour has gone exceptionally well this season with three tournaments already under our belt and another five to go. The pro tour has attracted hundreds of amateurs as well, playing both against the pros and in their own separate brackets. Each tourney builds more momentum as we strive closer to the grand finale, the National Championships in Las Vegas next April.

What a great thrill it is to see so many people involved, — from players to administrators, manufacturers and sponsors. To watch 16 and 17-year-old youngsters playing top grade racquetball encourages us to keep the ball rolling, to provide these kids the opportunity to play the best competition to improve their game and continue their interest.

There no longer are the abrasive complaints from handball players around the country in regard to our sport. Handballers have come to accept racquetball as here to stay.

And any who have seen the pro racquetballers perform their skills unquestionably agree that it is as exciting a sport as can be seen.

With the growing number of new courts continuing its upward surge, we all know there is room for

## You Are A U.S.R.A. Member

Welcome to the United States Racquetball Association! That's right, you, the subscriber to NATIONAL RACQUETBALL magazine, are now an official member of the U.S.R.A. for the duration of your subscription. You will shortly be receiving your official membership card.

As a member in the U.S.R.A. you will continue to receive NATIONAL RACQUETBALL magazine. But NATIONAL RACQUETBALL is but one of the many benefits of U.S.R.A. membership.

You have probably already been sent the free rule booklet as part of your membership, and you can take advantage of U.S.R.A. life insurance by noting the information on page 40.

In addition, your tournament can receive free rule books, draw sheets and scorecards from the U.S.R.A., just for the asking.

From now on all subscriptions will be processed as U.S.R.A. memberships. To receive the magazine you will join the Association.

So, welcome aboard, N.R.C. subscribers. You just joined the U.S.R.A.!



LEVE

both games to grow and we happily cultivate this line of thinking.

And it is to this kind of thinking that the people at the Tropicana Hotel have adhered. We expect the racquetball Las Vegas Classic to be as big or bigger than the handball Classic, — and it will be.

Las Vegas will be the clincher. With over 500 entries in the 12 brackets of play, with \$15,000 prize money in the professional bracket, and with many, many large firms in attendance, racquetball will never again be "just another minor sport."

This issue is strong on instructional material, highlighted by an exceptional article by Steve Keeley on the box theory and offensive theory of racquetball. This article is must reading for any player wishing to improve his game in general, and his kill shot ability in particular. Keeley's ability to advance theories and exercises to aid your game is one of the reasons he stands as the game's most outstanding instructor.

Another good article deals with the controversial and often misinterpreted five foot line and the rules that encompass it. Once and for all, players will be able to understand these rules themselves, and the reasons for them.

On the upcoming schedule in Sunnyvale, California in January, Lansing, Michigan in February, Milwaukee in March, and the National Championships in Las Vegas in April. Set your sites on these events. We want you to experience the thrills, excitement and camaraderie for which U.S.R.A.-N.R.C. events are becoming so well known. It'll be a joy!



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# Ladies' Prize Money

## Now A Reality

### On N.R.C. Pro-Am Tour

By Joe Ardito

A new era in racquetball has dawned, — the era of prize money for women. The National Racquetball Club was proud to present a total purse of \$500 to the ladies at the Midwest Pro-Am Racquetball tournament November 14-17 in Aurora, Illinois.

Kathy Williams, of Hazel Park, Michigan became the first female player to ever win cash, when she accepted the \$250 first place check from N.R.C. president Bob Kendler. Sue Carow captured the \$150 second place, while Betty Johnson and Teri Davis each received \$50 for their semi-final finish.

And although it wasn't much, the girls were grateful, and recognized the fact that at least it is a start in the right direction.

"I'm thrilled to win it," said Kathy. "And I would like to thank Bob Kendler and the N.R.C. for moving ahead in this direction. Women's racquetball needs this kind of promotion and it's nice to see the N.R.C. is giving it."

The fine women's play was just one part of a tremendously successful tournament, that found 73 participants in the amateur open, along with the 24 pros and 14 women. And they all put on a fantastic show.

And we must thank all the wonderful people at the Aurora Y.M.C.A., especially physical director Jim Stotz, executive director Tim Rusch and president Irv Vickers for their fine help, direction and co-operation. They and the entire staff of the Y.M.C.A. did an outstanding job.

Other bravos go to the many players who refereed during the course of the tournament. This thankless job was handled very well by all concerned. The last two

rounds of pro matches were aided by the use of linesmen in the three walls of glass spectator court at Aurora, which made refereeing much easier.

...

We continue to receive comments and inquiries from all over the country about the National Championships in Las Vegas, April 20-25, 1975. It's really just around the corner and I urge all players who anticipate playing in Vegas to make their room reservations early. A small deposit is all that's required and you will avoid the last minute rush that always occurs.

All room reservations for the Tropicana are being handled exclusively by the N.R.C. since the Trop will be tournament headquarters, and can be obtained by completing the form on page 8, or by writing the Las Vegas Racquetball Classic at our office. So don't hesitate, especially if you'll be staying at the Tropicana.

And what a tournament Las Vegas will be! The players are playing better this year than ever before. If you haven't had a chance to watch Steve Serot, Steve Keeley or the other top pros perform, you have really missed some great entertainment. And Las Vegas, the capital of entertainment, will be the greatest of them all.

Ticket sales for Las Vegas are going well, and once again, be sure to get your tickets well in advance. The ticket form is on page 11, but if you don't want to rip your magazine, just drop me a line with all your necessary ticket information.

...



ARDITO

One of the rewards of working with the U.S.R.A. and N.R.C., traveling around the country and running countless tournaments, is seeing how involved the nation's youth is in racquetball. I find it heartwarming, indeed, to watch the youngsters holding their own on the court with the veterans. Every year more and more top-flight teenagers make their way up the racquetball ladder.

And I don't mean established talent like 18-year-old Steve Serot, this year's leading money winner, and for years one of the best. I mean newcomers to the upper echelon of play, — guys like 18-year-old Rich Wagner from San Diego and 16-year-old Marty Hogan from St. Louis. These are the kind of players who add the excitement and drama to many matches. Their reckless abandon on the court, their bold confidence against even the most grizzled of veterans is a treat to watch.

Each passing day brings more and more youngsters closer to the highest levels of racquetball. It's a testimonial to our sport that these kids will devote the time and energy necessary to raise their skills to this level. Such dedication to racquetball is what the future is made of, and we at the N.R.C. and U.S.R.A. are delighted to be part of nurturing that future.

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# National Championships in Las Vegas To Be Racquetball's 'World Series'

The excitement of anticipation grows each week as the time moves closer for the U.S.R.A.-N.R.C. Pro-Am National Championships April 20-25, 1975. The Tropicana Hotel and the University of Nevada at Las Vegas are busily readying their facilities for the biggest event in the history of racquetball.

Over 500 entries are expected to converge on the Tropicana during that Sunday through Friday in April. There will be 12 brackets of play in Las Vegas, highlighted by Professional Singles for Men and Pro Singles for Women. The 10 other events will be amateur and range from open to golden masters to ladies. And there will be doubles as well.

The U.S. Racquetball Association does not believe in mandatory qualifying tournaments. Therefore, the Las Vegas Racquetball Classic is open to anyone who wishes to enter. No entry will be refused.

## *N.R.C.-I.R.A. Pro Showdown?*

The prospect of a head-to-head battle in Las Vegas between the professional players of the N.R.C. Pro-Am Tour and the pros of the I.R.A. is now a virtual certainty in light of the I.R.A.'s decision to lift the ban imposed on its players that had prohibited them from competing in N.R.C. tournaments.

At this point there are no restrictions on any player by any organization. It is legal for all players to compete in the National Championships in Las Vegas.

Can racquetball's top pros Steve Serot, Steve Keeley and Ron Rubenstein top the I.R.A.'s Charlie Brumfield, Steve Strandemo and Bill Schmidtke? The test will come in Vegas.

We are happy to note this change in policy by the I.R.A. The great pressures that were brought about by the entire racquetball world in opposition to the ban have had their effect. We thank all racquetball players everywhere for voicing their protest of this action. All of racquetball is grateful.

With so many competitors rushing to the tournament site at one time we continue to urge players and spectators to make their travel arrangements now. For the player's convenience the N.R.C. is handling all reservations at the

Tropicana. Players should use the room reservation form in this issue (below) or write directly to the N.R.C.

The professional brackets prom-

to page 57

## OFFICIAL TROPICANA ROOM RESERVATION

There are 250 rooms available for the April 20-25 Racquetball Classic at the Tropicana Hotel in Las Vegas. They will be reserved on a first come, first serve basis. We urge you to get your reservations in as soon as possible. All rates are at \$28 plus tax (total — \$29.68), double occupancy. In other words, two in a room would be approximately \$15 each day. Three in a room — \$6 additional, or approximately \$12 per day each.

At least \$50 deposit will be necessary to confirm these rooms. \$25 will be refundable if you cancel this reservation at least 90 days prior to the start of the tournament; \$25 non-refundable. This \$50 deposit will be applied toward your six day-five night stay.

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Please reserve, and confirm by return mail, ( ) room(s) at the Tropicana Hotel, Las Vegas, for five nights, six days, April 20-25, 1975. The rates are understood to be \$29.68 per day, doubles occupancy, with \$25 of my \$50 refundable if reservation is cancelled at least 90 days before the April 20, 1975, start of the tournament. Three in a room at \$6 additional per day.

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Enclosed is \$\_\_\_\_\_ to cover my reservation for ( ) room(s) at \$50 per room reserved.

# Official Entry

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**FACILITIES:** 13 indoor, four-wall courts.

**DATES:** April 20-25, 1975.

**ENTRY FEE:** \$25 per person for first event. If player enters second event, that event is \$15. PRO SINGLES - \$50 (\$25 of which goes directly into prize money).

**SANCTION:** By the National Racquetball Club (N. R. C.) and U. S. Racquetball Assn. (U. S. R. A.).

**OFFICIAL BALL:** Seamco 559 (green).

**RULES:** U. S. R. A. — N. R. C. rules and regulations apply. If two events entered, players may have back to back matches.

**TROPHIES:** To first four places in each event. First two places in consolation.

**ENTRY DEADLINE:** In our possession by 6 p. m. April 10, 1975. Prescribed fee must accompany signed entry form. Entries received after the deadline or unsigned, or without the fee will not be accepted. Open doubles deadline, 6 p. m. April 21, 1975.

**MAIL ENTRIES:** Las Vegas Racquetball Classic,  
4101 Dempster St.,  
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Check must accompany signed entry form.

-----  
Please enter me in:

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|----------------------------|-----|-----------------------------------|-----|-----------------------------------|-----|
| AMATEUR OPEN SINGLES       | ( ) | GOLDEN MASTER SINGLES (55 & over) | ( ) | MEN'S MASTER DOUBLES (45 & over)  | ( ) |
| PRO MEN'S SINGLES          | ( ) | LADIES AMATEUR SINGLES            | ( ) | GOLDEN MASTER DOUBLES (55 & over) | ( ) |
| SENIOR SINGLES (35 & over) | ( ) | OPEN DOUBLES                      | ( ) | LADIES DOUBLES                    | ( ) |
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I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the U.S. Racquetball Assn. or National Racquetball Club, their respective agents, or any facility used for this tournament, for any and all injuries which may be suffered by me in connection with my competition in said tournament.

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PARTNER'S SIGNATURE \_\_\_\_\_ PH. \_\_\_\_\_

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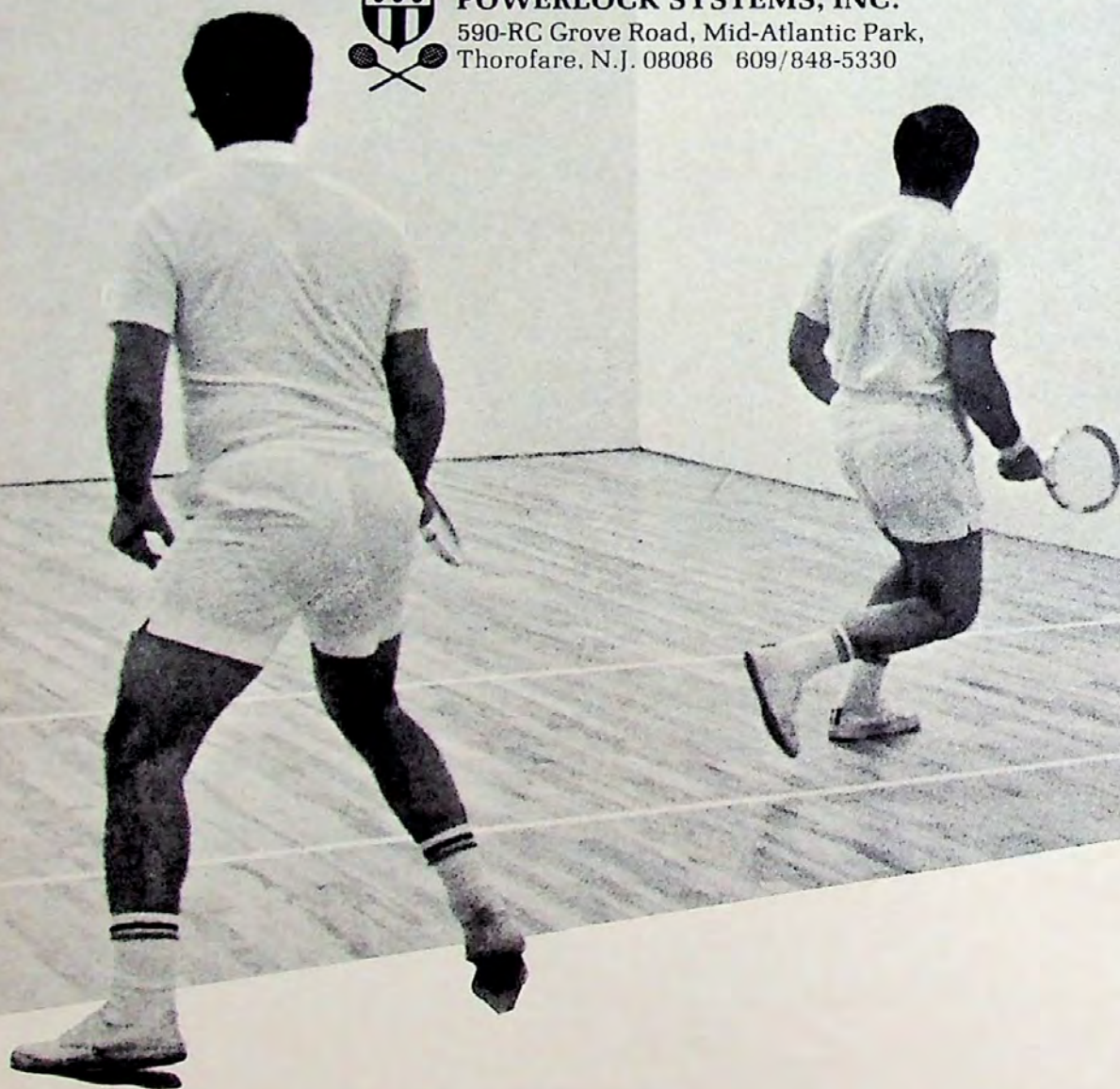
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# This Is How The Game Is Played

*Putting on a show the likes of which had never been seen in these parts, Steve Serot (right, front) and Steve Keeley wowed the fans in Aurora, Illinois.*

For the third time in as many N.R.C. Pro-Am tournaments Steve Serot and Steve Keeley met each other in the finals. With each standing at one match apiece, the championship of the Midwest Open was viewed as the rubber match between these two racquetball giants. And for those who came to Aurora hoping to see the best in racquetball competition, their hopes were rewarded.

Twenty-four professionals, 73 amateur men, and 14 women entered the tournament and their play was the best ever seen in these parts. The pros, with names like (other than Serot and Keeley) Rubenstein, Alder, Strom, Zeitman, Stafford, Bledsoe, Hogan, Santino, Kelly, Wong, Ikier and many others, showed this suburban Chicago borough and the entire midwest, what the game of racquetball is all about.

And when it came to the showdown match, the final round between Serot and Keeley, the excitement and anticipation was nearly unbearable. Could Keeley, the crowd favorite, mold his seemingly erratic game into victory? Or would Serot turn on his blazing power and take the title?

We won't play games with you, — Serot won, in three. But the highlight of the match was not really the way Serot won, but rather the great effort given by Keeley while losing.

For a long time the match seemed to have no intention of becoming a Serot win. Far from it. After initial jockeying for the first advantage Keeley leaped from a 7-all tie to a 14-7 command, raising the thought of a rout in the minds of many. At this point in the game he had out-killed Serot 15-3, an unbelievable statistic. The key to the run was a five point ninth inning in which Keeley scored on two passes, two kills and a Serot skip ball. The game was his, but not for long.

In an amazing change of momentum Serot came back, putting his game into high gear. He grabbed three unanswered points in the 12th, added one in the 13th and 15th and finally tied the score at 14-all with two more on a kill and pass of his own. When Keeley hit a fine pass shot down the right lane for the side out, the fans braced for a nip-and-tuck battle down to the wire. Not this day.

Keeley never lost the serve, running the necessary seven consecu-

tive points for the game. A picture-book right corner kill with his forehand started the journey, a couple of Serot errors helped, two excellent drive passes picked up a few more, and Keeley finally ended the game with a backhand left corner kill, 21-14.

Neither man talked much during the five minute lull between games, as they gulped Gatorade and collected their thoughts.

"I concentrated well," said Keeley. "I felt good."

"I played like bleep," was all Serot would say.

And he began game two playing like bleep, as after four and one-half innings Keeley held a 6-0 lead with visions of two straight for the match. No way. Serot crept back, picking up two here, one here and finally tying the game at seven. Keeley grabbed the lead back at 8-7, but it was all downhill from there.

"I can't figure what happened," said the curly haired Steve, who made six errors in the next three innings. "I just blew it."

What he blew was the game as Serot, gathering momentum, buried Keeley, by outscoring him 18-2 in the final nine innings of the





*Steve Keeley unleashes a forehand drive from the short line in right court. Note the concentration and eye contact Keeley has as he looks his shot toward its goal. Concentration, eye contact and fundamentals are the basics which make up the game's of the top players.*

game. The final insult was the 21st point, scored on an ace to Keeley's forehand.

The third game, in which all expectations were for a close battle throughout became one of the weirdest battles in a very strange match.

Leading 6-3 after four frames, Serot ripped six points in the fifth inning to bolt to a huge 12-3 lead. The romp was on. Two more in the sixth and another in the seventh and eighth took the score to 16-4, complete domination of play by Serot. It looked to be a dismal end to an otherwise great event.

The game picked up slightly when Keeley managed four points in his half of the eighth, but Serot's two points in the 11th made the score 18-9 and left all Keeley supporters with little hope. Even his three points over the next two innings failed to stir anyone. Serot was three points from victory, he could get them any time.

But the 15th inning changed the game's complexion rapidly. Neither man had been able to score for three innings and Keeley only needed a break to be able to get back into the game. Serot gave it to him, — in the form of three consecutive errors.

Rushing the serve, which has become a favorite ploy of both of these top combatants, failed Serot in this instance. His fly kill attempts skipped in for two quick Keeley points, and another kill attempt made it 15-18, and all Keeley had done was put the ball into play. It got tougher from there.

After a long, long rally, diving gets and impossible shots, Keeley won the point with a perfect pass into the left back wall corner. Even Serot, who amazed the fans with his retrieving ability, was unable to dig this one from out of where the wood and plaster and glass all meet in Aurora. Now it was 16-18.

Once again the two performers, with Leach emblazoned across their backs, went sliding across the floor, desperately body surfing to keep every shot in play. And once again Keeley set himself up, this time forcing Serot to return the ball into the back wall. Keeley buried the resulting plum ball, watching it roll out of the front wall as point 17 was announced by the referee.

But there the comeback dream



*Ron Strom following through in his victorious third place effort against Ron Rubenstein. It was a perfect match, few hinders, great action, superb play.*

ended. The price Keeley paid from having to come back from 4-16 was too high. He had given a great effort that fell short. In an attempt to quickly regain the serve his fly kill backhand attempt skipped into the front wall, giving Serot the point 19-17. The next rally found Serot connecting on a backhand kill straight on from three-quarters court, 20-17. And point 21 again came on Keeley's fly kill attempt on the serve. Again a skip. The match was over.

The Serot-Keeley final was but the climax of a tremendous tournament. All phases of the event were done expertly, from the play, to the organization, to the administration. Tournament chairman Jim Stotz, physical director of the Aurora Y.M.C.A. did a great job. Jim deserves all the praise in the

world.

Competitively the tourney was outstanding. In the semi-finals Serot topped Chicago's Ron Rubenstein and Keeley defeated Minneapolis' Ron Strom. Strom took third place from Rubenstein on Sunday afternoon, 21-14, 21-17.

The semi's Saturday night, were terrific. In the lower bracket Keeley, who needed three games to get by Ken Wong in his quarter-final match, met Strom, the rising north star. The first game was close most of the way, with both players, (they had never met in tournament play before) feeling each other's game out. Keeley took control in the last fourth of the game and grabbed a 21-16 win.

Unfortunately for Strom, who picked up \$600 for his weekend's work, Keeley got hot in the second

game. The tanned San Diegan used the ages-old strategy of, "I'm up one game, might as well shoot everything, cuz if I get hot, it's all over fast." He did and it was, 21-2.

The match of the semi's and most likely the tournament, to the partisan Illinois viewers, was the Serot-Rubenstein encounter. No one was sure how the match would go. Ruby, at age 35 has begun to feel the rigors of father time, and he had a tough 21-10, 21-19 win over Mike Zeitman earlier in the day. In addition, the only previous meeting between the two resulted in a 21-9, 21-11 Serot rout. But it was Ruby's home court, filled with Ruby's fans, and Serot, as will be explained later had not yet really unlimbered in the tournament.

The young champ with the reputation against the talented veteran and local folk hero, — you couldn't ask for a better match. And few have been. Using all his wit, all his *sachel*, and all his guts, Ruby gave Serot a real battle. Steve had to reach back, for the extra effort, both mentally and physically. It was there and he squeezed by the grimacing Rubenstein 21-18, 21-20.

So the Illinois state champ has played two N.R.C. pro events this year and lost both of his semi-final matches, to Serot once and Keeley once, by the scores of 21-19, 21-20, 21-18, 21-20. Seven points in four games!

The quarter-finals were good, strong racquetball matches. Wong gave Keeley fits as he usually does, losing 21-19 in the first, pulling out the second 21-15, but finding Keeley hot as a pistol in the third, for a 21-4 score.

"I think I ran out of gas," said the St. Louis whiz.

Strom was entertaining Dan Alder in the other bottom bracket and Ronnie had too many shots for Dan this day. The left-handed drives and pinch shots had Alder befuddled. Danny gave it a good run in the first game, won by Strom 21-16, but never could get into the second game, with Ron jumping out to a huge lead and coasting 21-9.



*Semi-final action shows Serot's strenuous follow through after shooting for the right corner against Rubenstein. Knowing the full power of Serot's shots, Ruby is forced to hold his position near the short line in center court. If Steve's shot rolls out, Ron knows he'd never get it anyhow.*

*N.R.C. National Director Chuck Leve presents the first and second place awards to Serot (in red) and Keeley. At Keeley's left is N.R.C. National Commissioner Joe Ardito, while in the back are tournament and Y officials (l. to r.) Tim Rusch, Chuck Lehwald and Benn Eilert.*



*Strom versus Keeley in more semi-final play, finds Strom's deadly fore-hand driving another kill toward the left corner. Keeley on this play is, obviously, far out of position. Note how low Strom (a newcomer on the N.R.C. tour) has bent as he goes for the all-important kill shot.*

Rubenstein and Zeitman, both five year tournament veterans, found themselves in the court together during a tournament for the first time in their lives.

*"It's hard to believe we've never played before," said Ruby. "It just never happened."*

Although Rubenstein controlled most of the first game, which finished 21-10 in his favor, the match easily could have gone three as the second game was tight all the way. It finally broke to Rubenstein, 21-19.

The last quarter-final match never really materialized as Randy Stafford, with ease the hard-luck kid of the tourney, dislocated his shoulder early in the match and had to forfeit to Serot.

At the time the score was tied 8-all in the first game and Stafford was playing exactly the type of game that it takes to beat Steve, — he was killing the ball. The two players were engaged in a long, exciting rally, each man diving to the floor more than once, when Serot blasted a backhand kill attempt toward the left corner. The shot was too high for a kill, but as sometimes happens with Serot's inhumanness, the ball's speed turned it into a highly effective pass. Stafford dove for the ball near the short line, landed on his shoulder, which popped.

His shriek of pain sent chills up the spines of all in attendance. With the aid of Serot, and later Jack Strommen the arm was forced back into the shoulder socket. Next stop for Randy was the hospital, where he was pronounced healthy, but no racquetball for a couple of weeks.

The night previous Stafford was struck in the eye by an overhead shot off the racquet of Charlie Drake, who was beaten anyhow by the polite Memphian 21-15, 21-14. That injury necessitated a trip to the hospital after the match.

*"I think I'll stop in at the hospital on my way to the airport," said Randy. "I'd like to say good bye to the people I spent all my time with at this tournament."*

*In the women's final, Carow (in blue) and Williams found the going often tight as in this play.*

Kathy Williams was the story in the women's pro-am open, for she became the first female player ever to win prize money in a racquetball event. Kathy picked up \$250 for her finals victory over Sue Carow.

*"I know it's not a great amount," said the nation's first female court club manager, "but it's a start. I think it's great that the N.R.C. is thinking about the girls."*

The finals was a typical Williams-Carow match. Hard-hitting Kathy against peppery little Sue. Would Kathy make enough mistakes to allow Sue's never-make-a-mistake game to win? Not this time.

Kathy's shooting touch was not on, but she scored enough to make

it just a little too tough for Carow, whose drives and passes kept her in the match. The scores were 21-19, 21-17 and it was very well played.

Teri Davis, Williams' club pro in Livonia, Michigan's Racquettime court club, took third place 21-17, 21-12 over San Diego's Betty Johnson. Each lady pocketed \$50 for their semi-final finish. Carow's second place earned her \$150.

Carow had no problem over Johnson in the bottom semi-final, topping the blonde Californian 21-11, 21-4. Same was true as Williams bested Davis 21-9, 21-11.

Mary Heinecke, Appleton, Wisconsin captured the women's consolation trophy, defeating Gail Rowe, Carol Stream, Illinois 21-14,



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## FINALS

### Game 1

Serot 1 1 0 0 2 0 0 2 1 0 0 3 1 0 1 2 — 14  
 Keeley 0 1 1 2 0 0 3 0 5 2 0 0 0 0 7 — 21

Kills — Keeley 20, Serot 11; Passes — Keeley 9, Serot 9; Errors — Keeley 10, Serot 7; Aces — None; Times outs — Keeley 1; Hinders — 2.

### Game 2

Keeley 1 2 2 0 1 0 1 0 0 1 0 0 0 1 0 0 — 9  
 Serot 0 0 0 0 1 2 0 2 2 3 3 2 1 1 3 1 — 21

Kills — Serot 21, Keeley 12; Passes — Serot 6, Keeley 3; Errors — Serot 9, Keeley 9; Aces — Serot 1; Time outs — Keeley 1; Hinders — 6.

### Game 3

Serot 0 3 1 2 6 2 1 1 0 0 2 0 0 0 0 3 — 21  
 Keeley 1 0 1 1 0 1 0 4 0 1 2 1 0 0 5 x — 17

Kills — Serot 12, Keeley 15; Passes — Serot 11, Keeley 5; Errors — Serot 12, Keeley 12; Aces — Serot 1; Time outs — Serot 1; Keeley 1; Hinders — 6.

21-4 in the finals.

The amateur men's title came down to an all University of Illinois match, pitting undergrad champ Jeff Bowman against undergrad runner-up Charlie Rish, in a repeat of their U. of I. battle. This time, however, each came through a far larger and immensely tougher tournament.

Seventy-three entrants made the start in amateur open singles representing states like Tennessee, Indiana, Florida, Iowa, Kentucky, Wisconsin, Ohio, Michigan, Texas as well as Illinois. But it was the two kids from Champaign who made the final round.

Bowman, showing too much experience and control kept Rish at bay in each game 21-14, 21-12.

Neither man had a great deal of trouble in the semi's, with Bowman "routing" Paul Nigro 21-7, 21-10 in the upper bracket and Rish topping Gil Schmitt, Northbrook in the bottom 21-4, 21-19.

Schmitt and Nigro had a good match for third with Gil capturing the prize 21-14, 21-20.

Some big names in Illinois racquetball fell by the wayside as the tourney unfolded. Top-seeded Fred Blaess was a victim of Bowman 21-12, 21-2 in the quarters; Second-seeded Shelly Clar was beaten by Schmitt in another quar-

ter 21-8, 11-21, 21-15; Schmitt also topped Urbana's Don Webb in the fourth round 21-8, 21-13; Rish beat third seed Terry Fancher, Madison, Wisconsin 3-21, 21-17, 21-12 in his quarter.

Hats off to hard-working Benn Eilert, Geneva, Illinois and Aurora Y.M.C.A. stalwart, who captured the consolation championship with a 21-15, 17-21, 21-4 win over

Don Shepson, Wheeling, Illinois.

### NOTES OF THE TOURNAMENT

... Dan Alder set the pace for this terrific success by putting on a clinic-exhibition Wednesday night prior to the tourney. Over 70 people attended despite a heavy snowfall in the Aurora area. Dan stayed on and gave three days of personal lessons at the Y after the tournament.

There were some outstanding early round pro matches like 16-year-old Marty Hogan's win over Memphis' Davey Bledsoe; Joe Ycaza's tough victory over St. Cloud, Minnesota's Jack Strommen; and Gordon Kelly's topping of Graham Moore ... Hogan gave Zeitman a second round tussle before bowing 21-16, 21-19. Another up and coming youngster, Rich Wagner, San Diego lost to Strom 21-15, 21-20 in the second round. Wagner will be heard from shortly ... It was amazing to see old pro Rubenstein diving to the floor against Serot, an unseen phenomenon to long time Ruby watchers ... Thanks to LaVonne, Peggy, Ellen Kendler and Jan Lehman for their help during the week ... and to all the referees, pros and ams alike.



*Serot shows the fatigue of constant diving and great getting can reach even the best of players. Here he pauses a moment after an unsuccessful attempt of a body-surfing retrieve.*

Steve Serot entered the winner's circle for the first time in the 1974-75 N.R.C. Pro-Am tournament tour at the LaBatt's Pro-Am Open in Vancouver October 24-27. The flailing left hander totally dominated Steve Keeley in the finals, topping the tour's first 1974-75 winner 21-10, 21-14.

Serot did it with control, committing a measly four errors in the first game, in which he held at one time an overpowering 18-5 lead. The second game found Serot down 14-11 before he ran the next 10 points, shutting out Keeley the last nine innings of the game.

The semi's saw Serot top Mike Zeitman by the unusual scores of 21-3, 18-21, 21-6 while Keeley destroyed Dan Alder 21-4, 21-6.

The tournament was held in conjunction with the B.C. Open Amateur Racquetball championships with hosts the Men's Athletic Recreation Center (M.A.R.C.), the Vancouver Athletic Club and the Vancouver Jewish Community Center.

All phases of the tournament were well run, with most plaudits going to Orville Hamilton, the tournament director and his fine staff. The spectators were treated to some outstanding racquetball during the weekend tournament, with pros and amateur alike displaying tremendous skills on the court.

The finals began ominously for Keeley when Serot scored seven consecutive points on his first service. Keeley was forced to call an early time out at 6-0 to stop the momentum, and although he came back with three points of his own in the bottom of the first inning, the pace was set.

After Serot managed a 10-5 lead, Keeley went into another long dry spell, a dangerous flaw that has crept increasingly into his tournament matches. During the next six innings Serot added eight points to his total, while Keeley was unable to dent the scoreboard.

"Serot can do that," said Keeley. "When he gets hot, all an opponent can do is hold on and hope to ride it out."

Game two was far more exciting. Keeley's early 5-1 lead vanished in the fifth inning, and the two vied back and forth with ties at nine, 10, and 11. When Keeley inched to a 14-11 advantage, the fans were an-

# Vancouver

## First '74-'75 Win

### For Serot

*Steve Serot topped Steve Keeley in the finals at Vancouver's Men's Athletic Recreation Centre. He shows his form (right) shooting from deep court, and gives himself a charge of encouragement (far right).*



ticipating a three gamer.

But it was not to come. Nobody realized it then, but Keeley had tallied his final point of the tournament. Three points in the last of the 14th frame on a Keeley error and two quick Serot kills knotted the score at 14 and the younger Steve never looked over his shoulder.

A point in each of the 16th and 17th innings gave him a slight

amount of breathing room and his three unanswered points in the 20th put the game out of reach. And it may have been a strategic error on Keeley's part that paved the way.

Early in the match, the curly-haired veterinarian had been fly shooting Serot's serve effectively, for instant side outs, or at least putting Serot on the defensive.

But at 17-14 Keeley attempted to shoot the Serot serve and skipped the ball into the left corner with his backhand. At 18-14, the very next serve, again Steve shot the serve and again he skipped, — two crucial points on poor percentage shots.

In order to understand the semi-finals, one must go back to the quarters, played the same day. In

## FINALS

### Game 1

Serot 7 2 1 2 0 2 2 2 0 0 0 2 0 1 — 21  
 Keeley 3 2 0 0 0 0 0 0 1 1 1 0 2 x — 10  
 Kills — Serot 20, Keeley 12; Passes — Serot 8, Keeley 8; Errors — Serot 4, Keeley 8; Aces — Keeley 1; Time Outs — Keeley 1; Hinders — 4.

### Game 2

Keeley 0 1 4 0 2 0 0 0 0 4 2 0 1 0 0 0 0 0 0 0 — 14  
 Serot 0 1 0 2 4 1 0 1 0 2 0 0 0 3 0 1 1 0 0 3 1 1 — 21  
 Kills — Serot 23, Keeley 20; Passes — Serot 10, Keeley 8; Errors — Serot 10, Keeley 11; Aces — None; Time Outs — Serot 2, Keeley 1; Hinders — 6.

one match Alder faced a rapidly improving Charlie Drake in a closely fought and physical match. Alder came out on top, but did it the hard way 19-21, 21-11, 21-16. The match was a good one, but took much out of Alder, as he prepared to meet Keeley in the semi's.

Zeitman played Canadian champ Wayne Bowes in his quarter and again it was a difficult match. Mike scored the "maximum" 62 points, winning the first 21-10, losing number two 21-20, and finally capturing the match 21-6. This time it was Bowes who was gasping for air at the finish.

Other semi-final scores found Serot topping San Diego's Jim Trent 21-11 in both games, while Keeley bested up and coming Richard Wagner, also playing out of San Diego 21-12, 21-15.

By the time Alder reached Keeley he was through. The tough match with Drake had robbed him of not only his physical prowess, but also the high emotional pitch which marks his game. He never got into the match and Keeley rolled, 21-4, 21-6.

"Keeley is so good," said Dan later, "that in order to hope to beat him you have to be at your best, both physically and mentally. Unfortunately, I was not at my best in either case."

In the Zeitman-Serot semi, Mike showed signs of his true potential, at least in one of the games. It wasn't the first, however, as Serot was devastating, and boomed to a 21-3 win.

The second game was different, much to the surprise and delight of the fans, who expected another Serot romp. But Zeitman's concentration was sharp, as were his shots and he bewildered Serot and

everybody else with a highly entertaining 21-18 victory.

In the 10 minutes between games Serot entered an almost self-hypnotic psych-up period and came out in the third in his top form. Zeitman used all three of his time outs strategically in an effort to slow down the rampaging southpaw, but to no avail. The score indicates the domination, 21-6.

### Amateur Winners:

OPEN SINGLES . . . Finals, Steve Dunn, Hayward, California defeated Wayne Bowes, Red Deer, Alberta; Third place, Gene Altman, Bellingham, Washington defeated John Chambers, Vancouver.

OPEN DOUBLES . . . Finals, Bowes and Bob Daku, Red Deer, defeated Bill Contradow and Wayne Smyth, Vancouver; Third place, Tom Hilton and John Chambers, Vancouver defeated Ross Brown and Baz Pantages, Vancouver.

SENIOR SINGLES . . . Finals, Dr. Peter James, Bellingham, defeated

Werner Forster, Vancouver; Third place, Jim Trent, San Diego defeated Ron Collins, Vancouver.

SENIOR DOUBLES . . . Finals, Dale Pond and John Godfrey, Vancouver, defeated Al Rossi and Lou Concha, San Francisco.

MASTERS SINGLES . . . Al Rossi defeated Dewey Houston, Bellingham.

B SINGLES . . . Dunc Williams, Vancouver defeated Brian Swartz, Vancouver; Third Place, Keith Anderson, Vancouver defeated Bob Mason, Seattle.

WOMEN'S SINGLES . . . Audrey Leach, winner.

Our thanks again to Orville Hamilton for his outstanding job, and to his entire staff. Also, Tevie Smith whose great refereeing made the matches move on smoothly. Tevie can ref in my ball park anyday. It was nice to see Howie Rankin again, informing us of court club activities in the Alberta area. Bobby Riggs stopped in one day to catch a few glimpses of the game as it should be played. And a special thanks to Herb Capozzi, owner of the M.A.R.C. for his gracious hospitality.

## Sandusky, OH

The Y.M.C.A. of Sandusky County, Ohio will hold a Women's Racquetball tournament for Class A and B players. The dates are February 14-15-16, 1975.

The Y is located at 1000 North Street, Fremont, Ohio 43420. Persons wanting additional information should contact Larry W. Garvin, physical director.

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## N.R.C. PLAYER MONEY EARNINGS

| Rank | Player         | Starts | Total Earnings | Average Earnings Per Event |
|------|----------------|--------|----------------|----------------------------|
| 1    | Steve Serot    | 3      | \$3,300        | \$1,100                    |
| 2    | Steve Keeley   | 3      | 2,900          | 966                        |
| 3    | Ron Strom      | 1      | 600            | 600                        |
| 4    | Ron Rubenstein | 2      | 1,000          | 500                        |
| 5    | Dan Alder      | 3      | 1,200          | 400                        |
| 6    | Mike Zeitman   | 3      | 880            | 293                        |
| 7    | Randy Stafford | 1      | 200            | 200                        |
| 8    | Ken Wong       | 1      | 200            | 200                        |
| 9    | Richard Wagner | 3      | 410            | 136                        |
| 10   | Jim Trent      | 2      | 215            | 107                        |
| 11   | Charlie Drake  | 3      | 265            | 88                         |
|      | Joe Ycaza      | 3      | 265            | 88                         |

Eighteen other players have won \$50 or less. Statistics complete through first three N.R.C. tournaments.



Part of the color of the Midwest pro-am shows (above) the Kendler family taking in some of the action (l. to r.) Bob, Evie, daughter Kim and her husband Roger Guerry. (Above right) Jim Stotz presents complimentary souvenir t-shirt to U.S.R.A. prez Kendler during a lull in the tournament play. (Right) Gail Reitze catches her mentor, photog Arthur Shay, as he does his thing.

Our thanks and great appreciation go to photographer Arthur Shay for his truly fantastic work both color and black-and-white of the Aurora tournament. Art's student, Gail Reitze, also is to be commended for producing outstanding black-and-white photos. We only wish words could describe the great indebtedness we owe to these fine people for the pictures in this issue. The action shots make the words in the columns jump out at our readers and we're sure you appreciate this great example of photo-journalism. We have never seen better.





## N. R. C. PRO-AM SCHEDULE

| Date          | City              | Site                                | Prize Money |
|---------------|-------------------|-------------------------------------|-------------|
| January 16-19 | Sunnyvale, Calif. | Supreme Court                       | \$5,000     |
| February 6-9  | Lansing, Michigan | Lansing Y.M.C.A.                    | \$5,000     |
| March 6-9     | Milwaukee         | Milwaukee HB/RB Club                | \$5,000     |
| April 20-25   | Las Vegas         | Tropicana Hotel/<br>Univ. of Nevada | \$15,000    |

# University of Nevada At Las Vegas Opens Eight Racquetball/Handball Courts



Dave Pearl, key man in organization and promotion of handball and racquetball in the Las Vegas area, surveys the newly finished eight courts at the University of Nevada at Las Vegas. Pearl was instrumental in getting the University to build these excellent courts and he himself witnessed the construction to be sure that they became the finest possible facility.

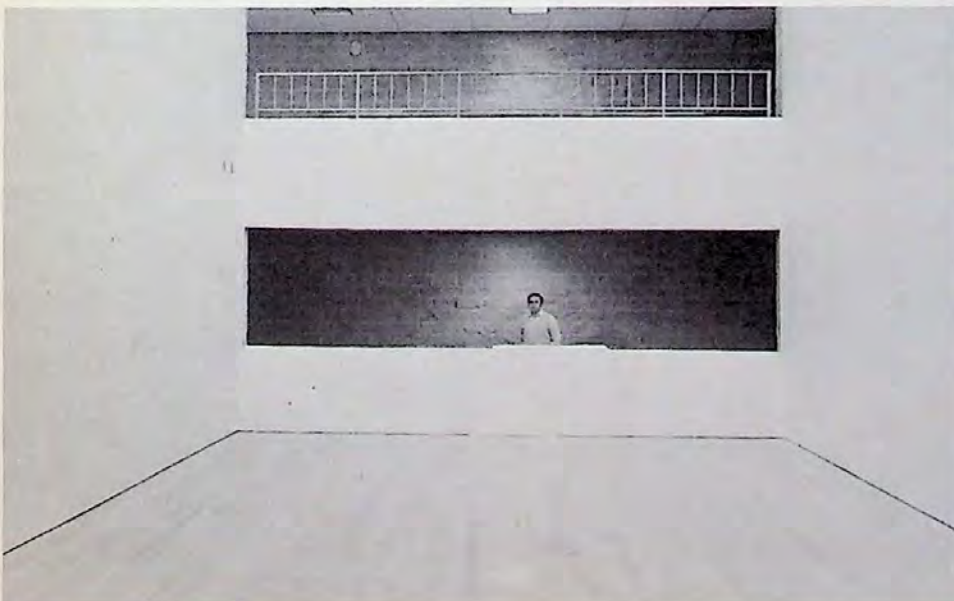
The U.S. Racquetball Association and U.S. Handball Association will utilize the University of Nevada for many of the matches during the twin National Championships in April. The courts are built of solid concrete block and plaster and are as true as can be.

In the upper picture to the left Dave overlooks court number four. This shot gives a good panorama of the balcony area where floor managing and refereeing will take place. The other four courts occupy the same space on the other side of the building.

"We expect the University of Nevada at Las Vegas to handle a great deal of the play," said U.S.R.A. National Director Chuck Leve. "The courts are beautiful, the grounds equally so, and the U.N.L.V. people have been most generous in their offer of usage."

In the bottom picture to the left, Dave stands behind the glass window in the back wall of court four. Most top matches held at the University will be on this court which can accommodate about 75 spectators.

The University is only about two miles from the Tropicana, site of the remainder of play.



# Keeley Captures Oceanside Pro-Am

*Putting together the perfect game of racquetball, underdog Steve topped Steve Serot in the N.R.C.'s first pro-am of the season.*

Golden boy Steve Keeley, the San Diego veterinarian, opened the 1974-75 N.R.C. Pro-Am tour with stunning consistency and found himself \$1,200 richer for his efforts.

Keeley, the 25-year-old ex-Michigan native, turned in two solid victories in the finals over young Steve Serot, who was beginning to find the final hill to first place steeper than ever. Scores of the match were a close 21-15, 21-17, with each game as well played and exciting as could be asked for.

The victory was performed at Mel Gorham's Sport Center in Oceanside, California, and attracted over 150 entries in the many amateur as well as the one pro bracket. And Gorham's was buzzing during the finals.

The first game saw favorite Serot, last year's leading money winner, jump to a quick 6-2 lead, only to have Keeley come back for ties at eight and nine. But a seven point surge over four innings

mid-way through the game lofted Keeley to a 15-9 advantage which he never lost.

The closest Serot came after that was 14-18 and then 15-19, but Keeley was up to the challenge. He put out the lanky lefty in the 20th inning with a pin-point pass down the right lane and reached game point on a Serot skip ball on the very next rally. After trading hand-outs Keeley came in at 20-15 and this time hit a beautiful backhand kill in the left corner for the win.

Game two had all the suspense of a Hitchcock thriller. After Keeley jumped to a 7-1 initial advantage Serot narrowed the margin and the two battled point for point nearly the rest of the way. Ties occurred at seven-all, nine-all (during which six different serves were exchanged with no points scored), 10-all for five serves, and then the ice broke.

Serot, whose devastating kill game had been under wraps the entire match to this point, really unloaded. After an error on his own



*Keeley celebrates in the locker room after his championship win with a can of his favorite brew. High on nutrition, it beats papaya juice any day.*

service, Serot re-grouped quickly and flattened a forehand to regain the serve at 10-10. He then scored three quick points on identical photon kills, and all Keeley could do was signal meekly for a time-out.

"When he gets like that," said Keeley after the match, "there's nothing you can do. You call time out and pray. When he's hot, he's the best there is."

Keeley, however, did more than pray. Figuring Serot was getting the hot hand, the older Steve decided to shoot first, rather than sit and wait for the mistake that Serot was not going to give him.

The strategy paid off. After the time out Keeley rushed the serve and killed it in the left corner to regain his service. He then tallied two rapid points of his own to close Serot's lead to 12-13.

Serot was not done, though. He built the lead to 15-12 and 16-13 before Keeley began inching back. Many great rallies ended lost in the maze of statistics as handouts or hinder re-plays. At 16-15 Serot was robbed of point 17 when Keeley, in literal self defense of a Serot rapid-transit, watched the ball settle into the crotch like a dying quail, off the racquet's edge.

## FINALS

### GAME 1

Serot 3 0 3 0 1 0 1 1 0 0 0 0 1 1 1 1 0 0 1 0 — 15  
Keeley 1 1 1 0 2 0 3 2 3 0 2 0 2 0 0 1 1 0 0 1 1 — 21

Kills — Keeley 24, Serot 20; Passes — Keeley 10, Serot 7;  
Errors — Keeley 8, Serot 8; Aces — None; Hinders — 9; Time  
Outs — Keeley 1.

### GAME 2

Keeley 2 1 1 3 0 0 2 0 0 1 0 0 2 1 2 0 2 1 0 0 3 — 21  
Serot 0 1 0 2 1 3 2 0 0 1 0 3 2 1 0 0 0 1 0 0 x — 17

Kills — Keeley 28, Serot 20; Passes — Keeley 2, Serot 9;  
Errors — Keeley 8, Serot 10; Aces — Serot 1; Hinders — 10;  
Time Outs — Keeley 3, Serot 1.

That shot, however, only made up for one of Serot's bumper-guard kills, made after diving right and hitting the backhand super pinch off the racquet handle.

In any event, after another typically long rally, Keeley finally tied the score at 16-all on a Serot error and then took the lead 17-16 himself with a kill with his backhand in the left corner. When the score reached 18-17 in Keeley's favor the real jostling took place. Nine different times one of the finalists stepped up to serve with the score the same, and after dives, kills, flails, time outs, overheads and everything else imaginable, Serot finally erred. Not once, — but three times in a row with Keeley serving.

At 18-17 the St. Louis southpaw attempted an overhead kill from deep court, a shot on which he had been successful at only a 50 per cent rate during the course of the match. The ball skipped, and point 19 went to Keeley. Scarcely seconds later he shot again, this time a backhand wide pinch, side wall-front wall, — and again the ball skipped, for Keeley's 20th. And finally, the match point came on another error, this one off the serve, a hard drive right by Keeley, that Serot shot but missed.

The real victory in the match went to Keeley's game plan, executed to perfection and calling for aggressive play to take the action away from Serot.

*"The longer you keep the ball in play against him, the more chances he has to kill it,"* said the Coors drinking winner. *"So you just make your move first."*

This Keeley did and it was proved out in statistics which showed that of the 78 rally ending points in the second game 40 of them were ended by Keeley. The margin in game one was even more 42-37. And this against Serot, who usually doubles his opponent in rally ending marks.

There were many other brackets at the Oceanside Pro-Am, and

these amateur events were sanctioned by the new U.S. Racquetball Association and played as the California State Championships. It was fitting, then, that a Californian should capture the open singles title. And there was no doubt about that fact as Union City's Bill Dunn battled San Diego's Dave (D.C.) Charlson in the finals.

In a well played match, Dunn emerged on top 21-20, 14-21, 21-10.

The semi-finals found top seeded Dunn besting a much-improved Ken Creese 14-21, 21-7, 21-7 while second seeded Charlson defeated Trey Sayes 21-12, 21-5. Creese had upset fourth seeded Craig McCoy in the quarter-finals 14 and 17, while Sayes had an exciting win over Bill Fearing 5-21, 21-13, 21-20 with match point being awarded on an avoidable hinder.

The professional semi-finals found fifth seeded Dan Alder against Serot in the top bracket, on the strength of his 21-14, 21-10 win over Mike Zeitman. The other semi-finalist was veteran Ron Rubenstein, the Chicago shooter who was matched against Keeley, and almost pulled the upset of the infant year.

Rubenstein came into the tournament as an unknown quantity, due to a string of summer injuries

that hampered his court time and training. Just how well he would perform was the cause of much discussion, especially when he had to fight for a 21-17 first game win over B player Stan Wright in the first round. But Ruby got on track, took Wright in the second 21-3 and went on from there. In the quarters he topped Roger Ehren, first round winner over Charlie Drake, in routine fashion 21-10, 21-11. And that put him against an old nemesis, — Keeley.

Neither man could establish much superiority in the first game, although Rubenstein seemed to be working much harder than Keeley. But then it could be that a 35-year-old racquetballer looks more tired than does a 25-year-old. In any event, Ruby found himself with a 20-18 lead which he couldn't hold. Keeley came in at 18-20 and captured the needed three points for a 21-20 win.

Knowing Rubenstein couldn't (or probably wouldn't) go three games, the fans looked for a Keeley romp in the second. Apparently, so did Keeley. His play was lackadaisical and Rubenstein's was aggressive, amounting to an 18-12 Ruby lead.

From there Keeley made his move, whether on the strength of Ruby's unwillingness to go three, or fatigue, or just putting out on

*Serot tries to get his head together during a time out against Keeley. The youngster just wasn't on his game.*





(Left) Ron Rubenstein, who surprised many with his fine showing and close loss to Keeley in the semi-finals.

(Right) Tourney director Paul Haber co-ordinated all the brackets, floor managed, refereed, played, and still managed a good time.



Keeley's part. In any event, Steve managed to pull the game out 21-19.

"I'm glad he won in two," is all Rubenstein would say.

The Serot-Alder match was not too close on the scoreboard, but much too close on the court. Both players played needlessly near the other, in immature efforts at intimidation. What a glorious difference the Keeley-Rubenstein match was, with both players just playing their game, cleanly, with the only verbalisms being mutual respect on a nice shot.

But Alder was on Serot's back, and Serot was crowding Alder, and they bored the fans, with their



"evil" stares, and their fake time outs and bickering with the referee. Finally, they got down to playing racquetball.

Serot won 21-7, 21-11.

Senior singles was won by Jim Trent, San Diego, over another Southern Californian Bruce Russell. And what an amazing victory! After losing the first game 21-15, Trent was down 19-7 in the second and ran the next 14 points in seven innings for the 21-19 win. The third game was close throughout and it was finally Trent who took the match again, 21-19.

Jim topped Jerry Northwood 16 and 13 in the semi's, while Russell beat Jim Moore in the lower bracket 11 and 13.

#### OTHER WINNERS:

Masters Singles: Luis Concha 21-10, 21-14 over Gene McDonald. In the semi's Concha topped Earle Castle 21-10, 21-10 while McDonald won by default of Al Rossi.

Open Doubles: Charlson-Strandemo defeated McCoy-Dunn 21-9, 21-11. D.C. and Strandemo topped Fearing and Gayner in the upper semi, 9 and 12, and Craig and Bill defeated Starkman and McDaniel in the lower half 19-21, 21-17, 21-9.

B Singles: Al Portune 21-10, 21-7 over Joe Ogilvie. Semi-finals saw Portune top Gayner 1-21, 21-11, 21-16, while Ogilvie bested Phil Ivaldy 4 and 17.

B Doubles: Marrs and Alvarez over the Portune brothers 21-9, 21-13 for the title. Semi-final losers were Concha-Haber 16-21, 21-15, 21-20 to Marrs-Alvarez and Ivaldy-Cormier 21-8, 17-21, 21-8 to the Portunes.

Dan Alder, displaying a much-improved game, topped Mike Zeitman in his quarter-final match and played well against Serot in the semi's.

Women's B Singles: Linda Siau in a thrilling 21-20, 21-19 victory over Barbara McGowan. McGowan had topped Jan DeWolf 14 and 15 in one semi and Siau bested Judy Clemens in the other seven and nine.

Women's Novice Singles: Debbie Somes 14-21, 21-17, 21-16 over Leslie Jackson in the finals. Somes over Nancy Steinbacher 21-19, 21-8 in the semi's with Jackson 21-7, 21-3 over Sue Ward in the other semi.

C Singles: John Davidson topping Mike Alderson 15-21, 21-7, 21-15 for the title. Alderson beat Mike Burgener 20-21, 21-12, 21-13 in his semi-final match while Davidson stopped James Owen 3-21, 21-20, 21-20.

C Doubles: Gerosin-Alderson 21-14, 21-14 over Spencer-Bloom. Semi's: Gerosin-Alderson over Conn-Hart 21-6, 21-11; Spencer-Bloom over Lantry-Frolenko 21-17, 21-17.

Juniors Singles: Beaver Wickham 7-21, 21-9, 21-20 over Carlos Sanchez in the finals. Sanchez topped Larry Meyers 7-21, 21-19, 21-20 in the top bracket and Wickham defeated Chuck Weed in the bottom 21-6, 21-10.

NOTES OF THE TOURNAMENT ... Paul Haber, commuting between Gorham's two clubs in Pacific Beach and Oceanside, did an outstanding job in his organizational efforts and in the actual running of the tournament as floor manager. His wife Mary did

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## Oceanside

*From previous page*

yeoman service in bookkeeping, keeping track of entries, hospitality and registration desk. Bob Gorham was always on the scene as were many others . . . Thanks to Mike and Sherri Zeitman for their hospitality and special thanks to Mike for his outstanding photographs of the tourney . . . Hats off to all those people who unselfishly donated their time and energy in refereeing, especially those who called matches on the glass court, possibly the toughest referee's court in the nation . . . Didn't see too much of Mel Gorham, busy with the grand opening of his newest venture, the Tucson Athletic Club . . . Always nice to get down to P.B. and Brown's for some action . . . special thanks to Lisa Ornstein for boosting Chuck Leve's ego on the court one day. His futile attempt at playing racquetball in the tournament deflated it in a hurry . . . Haber became the first player to enter both a pro handball and pro racquetball event. Haby lost his first match to San Diego's Bill Stevens.



*Some of the smiling faces in the gallery at Gorham's.*

## Dillon Wins In Eau Claire

The Eau Claire Wisconsin YMCA held its first Women's Open Racquetball Tournament recently. The very successful tournament attracted women from Illinois, Indiana, Iowa, Kansas, Kentucky, Minnesota and Wisconsin.

Ev Dillin, Elk River, MN, won the singles championship by defeating Sue Carow, Glenview, Ill., in the finals 21-17, 21-17. In the semifinals, Dillin defeated Sheryl Richardson, Bloomington, Ind., 21-6, 21-10; and Sue Carow overpowered Terry Seaborg, Hopkins, MN, 21-3, 21-1.

Nancy Cato, Elk River, MN, took the consolation championship by defeating Jody Saccamano, Fort Wayne, Ind., 21-20, 11-21, 21-13.

The doubles championship title went to the team of Richardson and Carow when they defeated Sandy Melms and Diane Ertel,

Sheboygan, WI, 21-9, 21-3. Melms-Ertel defeated Mary Berseeth and Rose LaPoint, Eau Claire, WI, in the semi-finals 21-8, 21-9; and Richardson-Carow beat the Cato-Dillin team 21-17, 21-16 in the semi-finals.

Thanks go to the very active women's racquetball club in Eau Claire, the "Swingers", and the men's club, the "Racqueteers", for providing the man and woman

power necessary to put on such a successful tournament. Ektelon graciously provided racquets and T-shirts for a drawing at the fine hospitality room provided by Left Guard Steak House. T-shirts were provided by Randall's Food Stores. Tournament chairperson was Judie Ohm, and tournament director was Eileen Joslin, Women and Girls' director of the Eau Claire YMCA.



*Eau Claire winners (l. to r.) Sue Carow - 2nd place; Terry Seaborg, 4th; Ev Dillin, 1st; Sheryl Richardson, 3rd.*

# Santino, Carow Win Midwest Amateur

Some of the top names in mid-west amateur racquetball turned out for the first annual Midwest Invitational Racquetball tournament held September 13-14-15 at the Court House in suburban Northbrook, Illinois.

And when all the smoke had cleared it was top-seed Jim Santino, Lansing, Michigan who copied top honors in the field of 32 men, whose homes ranged from Ohio to Missouri.

Santino had no easy time of it, however, and had to go three games in both the finals and semi-finals. In the championship match he bested 16-year-old Marty Hogan, the latest fast-rising youngster to come out of St. Louis.

Sue Carow maintained her Midwest excellence with a convincing victory over Indianapolis' Camille McCarthy in the women's finals.

The tourney had many unusual occurrences both on and off the court, which started with the no-show of second-seeded Tom Kutas of Cincinnati, thus throwing the tourney draw out of balance. When sixth-seeded Shelly Clar of Northbrook was ousted in the first round, and third-seeded Galen Johnson, Green Bay, lost in the second round, Hogan remained the only seeded player in the bottom bracket.

But the biggest surprise of the entire event was the emergence of 19-year-old Charlie Rish, a University of Illinois sophomore, who took fourth place. Rish defeated much-favored Fred Lewerenz, Detroit in a great first round match 21-9, 19-21, 21-19, then topped Joe Bechard, Clar's defeater, 10-21, 21-20, 21-19, and finally defeated Ron Johnson, Indianapolis, the man who topped Galen Johnson, 21-20, 13-21, 21-14. It finally took Hogan to stop the Rish express 21-10, 21-13 in the semi-finals.

The spectators at the Court House, the first pure racquetball/handball court club in the metropolitan Chicago area, were not expecting the closest of matches in the men's finals. For one, Santino had come through the



*Carolyn Kessinger, wife of Chicago Cubs All-Star shortstop Don Kessinger, closes her eyes in disbelief at missing a shot. It was Carolyn's first tourney.*

much tougher bracket looking strong, while Hogan had the weaker bracket and was somewhat hobbled with a slightly twisted left ankle. But you never could tell as the first game went right down to the wire with Santino just pulling out a 21-20 win. Game two was all Hogan as the little curly-haired righty shot and killed from all parts of the court, romping to a 21-6 victory. So the final match went three, and it was Santino in a physical but clean match win 21-16.

In the women's bracket the two top seeds each emerged on top of their respective brackets with Glenview, Illinois' Carow meeting McCarthy in the finals of the 16-gal draw.

In a match where apparently no love is lost between the combatants, Carow showed more consistency and fewer errors in taking the match. But it didn't look that way the entire time.

McCarthy, shooting well, and cutting off the vaunted Carow pass at shoulder height made it look like the finals would be a routiner as she jumped off to a 14-4 first game lead. But Carow turned the game and match around with a devastat-

ing seven point inning midway through the game to make it 14-11 and finally evened the game at 18-all.

"I knew I had her at that point," said Sue. "I just tried not to blow it."

She didn't, running out the next three points and notching the first game of the match on her belt.

Game two found Camille at a loss for control, erring repeatedly and just unable to get her game together. Carow raced to an overpowering 14-1 lead and McCarthy could never get into the game, losing 21-9.

"I don't know what happened," said Camille. "I just didn't play my game."

In the semi-finals Carow topped Teri Davis, Plymouth, Michigan 21-15, 21-13 in their third meeting in as many tournaments. It was too much control again on Carow's part as she kept Teri just far enough away to secure the wins.

The bottom bracket, meanwhile was witnessing a couple of surprises. First, was Jean Sauser, a top eight nationals finisher this year, totally destroying Nancy Zelson, the third seed in the second round 21-2, 21-3. Southpaw Zelson never got out of first gear as Sauser completely controlled the match.

As hot as Jean was, plus the home town fans supporting her, she figured to be able to top McCarthy in the semi-finals, at least that was the talk at the Court House. However, Camille had other intentions, and emerged on top with well-played 21-15, 21-16 victories.

Sauser then grabbed third place against Davis 21-18, 21-10.

In the men's semi-finals, Santino met fourth seeded Jerry Zuckerman, the national juniors champ, in a match that many people felt should have been the finals. Both players played well enough, but again it was the case of control overcoming shooting that meant victory. Santino easily won the first 21-7, and Zuckerman had little

*To next page*

more trouble in the second 21-12, but the big third game never materialized as it was Santino all the way 21-11.

In the bottom bracket Hogan dealt Rish a solid shellacking 21-10, 21-13. Charlie seemed slightly out of gas after going three tough games in each prior match, playing twice each day. Hogan, hobbling noticeably shot more than is his style and came through.

Zuckerman easily took third place 21-5, 21-7.

Clar captured the men's consolation tournament 15-21, 21-8, 21-14 over Chicago's Lee Duda, while Zelda Pollack, Des Plaines, Illinois won the women's consolation 21-18, 21-15 over Gail Klein, Deerfield, Illinois.

**NOTES OF THE TOURNAMENT**  
... Fred Blaess, house pro of the Court House and president of the Illinois Racquetball Association did a great job organizationally and

competitively, losing to Santino 18 and 18 in the quarter-finals. Other quarter-final men losers included John Hart, Chicago 16 and 4 to Zuckerman, and Paul Franks, Northbrook 21-14, 12-21, 21-13 to Hogan. Ladies quarter's losers included St. Louis' Goldie Hogan 3 and 10 to Carow, Northbrook's Shirley Lind 13 and 9 to Davis and Bev Franks 12 and 16 to McCarthy ... Making her first tournament appearance (and dropping two straight) was Nancy Kessinger, pretty wife of Chicago Cubs star shortstop Don Kessinger. When Nancy gets the baseball out of her swing, she'll save both her elbow and her game ... U.S.R.A. prez Bob Kendler took in some of the action on Saturday, as did each of the investor/owners of the Court House. One of them, Bob Fitzgerald entered upon Kutas' absence and lost soundly ... Other dignitaries included N.R.C. reps



Fred Blaess, tourney chairman.

Joe Ardito and Chuck Leve as referees and floor managers. Our thanks to everyone included in the tournament, it was great fun.

## The New Kid In Town - Anonymous

F., 44 years old, 6'3", 190 lbs., former local high school football star, went on to Duke, city champ in racquetball for the past three years, gracious, a southern gentleman.

Z., the new kid in town, yankee by way of California, a little fella with good hands, quick, former short-stop, wears a headband, a little nervous, the challenger.

F., gracious, flips Z. the ball and says, "You serve".

Z. considers saying "No, let's lag for serve," decides that F.'s right, he's the champ here, it would be ungracious (New England competitive, even New York aggressive) to pressure for the lag. When in the gracious south there is no choice but to graciously accept.

He serves, a low cross-court serve to F.'s backhand, but it plops up too far out of the corner and F. hits a backhand kill shot to the left front corner. F. serves, gets four quick points — Z. is nervous, hits no point-losing shots but hits no shots strong enough to gain control of the play. Then, he hits a side wall-front wall kill shot to the right corner, and gets the serve, 0-4.

Z. gets three points, 3-4, loses the serve, gets it back, wins

another, 4-4, loses the serve. Again he gets it back, and gets four quick points, 8-4. Loses the serve, F. takes three, 7-8. They're jockeying, the volleys are getting longer, more ceiling shots, more barely-gotten-to alley shots, perspiration is visible.

Z. for a quick four, he leads 11-7. F. gets back the serve, and gets two, 9-11. but four more for the yankee, the youngster, the inter-loper. He's in control, he is making no mistakes, his shots are precise as he drills them off the cube's six walls and into the corners. 15-9.

But F. is strong, and he starts to hit his stride, to gain control of the play, he gets three, it's 15-12. He serves again, it's a long volley, back and forth, each struggling to gain control, to possess the center of the court. F. hits a backhand to the side wall-front wall left corner, it starts to drop perfectly but Z. dives for it, throws his racquet out, and gets it up high to the backhand. Z. struggles to his knees, barely gets on his feet to get F.'s return, but then — a break — F. hits a skip shot. The point is prevented, Z. stops F.'s momentum, gets the serve and gets one, 16-12.

Then F. gets one, 13-16, Z. gets one, 17-13. F. for three, he's hitting the ball well now, Z. is on the de-

fensive more often, trying to hold off the charge. 17-16. Z. gets two, 19-16, he's close, he knows he's close, he wants this one. F. does not let up, he gets two, it's 19-18. Z. serves, it's a long volley, Z. is hitting a lot of ceiling shots to F.'s backhand, trying to drive him back into the back left corner, hoping he can either keep him out of position or, better, get him to make a mistake. Z. gets a close low set up and rifles a kill shot to the right front corner, 20-18. One more.

Another long volley, but then Z. gets a backhand, a set-up for the new shot he's been practicing when alone, but not one he's comfortable using in close games. He starts to hit the backhand kill shot to the right front corner, changes his mind in the midst of his stroke, plays safe, hits it higher to make sure it doesn't skip — it's not a putaway shot but a set-up, and F. kills it. 18-20.

F. gets two, 20-20, he's moving, Z. is up against the wall. Another long volley, Z. is forced to dive again, he's back on his feet, he's back in the volley, but F. is in charge, he gets his shot and blasts the last shot of the game, a hard alley shot down the backhand wall. All over, 21-20.

# Keeley, Serot-Zeitman Top L.A.

The first west coast tournament sanctioned by the newly formed U.S. Racquetball Association was a rousing success. The event was the Los Angeles Racquetball Open, held at the beautiful Los Angeles Athletic Club (L.A.A.C.). Eleven brackets of play were held, with the big matches coming in the Open Singles arena.

There Steve Keeley topped Steve Strandemo in the finals 19-21, 21-11, 21-13 in a well played and thrilling match. Bill Thurman captured third place in a win over Bill Dunn.

In the semi-finals Keeley topped Dunn 21-17, 21-10, while Strandemo bested Thurman 21-3, 18-21, 21-10.

Some very good players went out in the round of eight, including Mike Zeitman who was beaten by Standemo, Dan Alder, who lost to Thurman, Dave Charlson, who lost to Dunn and Craig McCoy who came up short against Keeley.

In open doubles Zeitman teamed with Steve Serot and the lefty-righty duo bested another, Craig McCoy and Charlie Brumfield in the finals 21-9, 21-17.

Neither team had an easy time reaching the championship match, with Serot-Zeitman needing three games to top Dunn and Charlson 11-21, 21-6, 21-13, while Brumfield-McCoy squeaked by Alder and Keeley 21-17, 21-18.

Dunn-Charlson captured third place with a good 21-17, 21-18 victory over Alder-Keeley.

Thirty-two entrants made up the B singles bracket, where number two seeded Bill Stevens captured first place, dumping the top seed, Al Portune 21-8, 9-21, 21-19. Scott Gayner took third, defeating Rick Bryson. Bryson had lost to Portune 21-14, 21-15 in one semi-final match, while Stevens was defeating Gayner 21-19, 12-21, 21-9 in the other.

Bryson and Roger Ehren teamed up for the title in B Doubles with a 20-21, 21-17, 21-12 win over Ralph Grijalva and Stan Wright. To get there Bryson-Ehren topped Gayner-Jim Brande in the upper bracket semi-final match and Grijalva-Wright defeated Rick Marrs and Stan Alvarez in the bottom bracket 11-21, 21-11, 21-12.

The C singles bracket captured an amazing 126 entrants with Chuck Ohleman finally surviving the fatiguing pace with a 21-18, 21-17 win in the finals against Rich Sheinbaum.

In the semi-finals Ohleman defeated John Davidson 7-21, 21-4, 21-20 while Sheinbaum topped Bennett Rogers 21-6, 21-8. Davidson took third place 21-15, 21-17 over Rogers.

Thirty-seven teams made up the C Doubles draw and the second-seeded of Rusnick-Gibson defeated top seeded Bowers-Gilbert 21-10, 21-4 for the title. Rusnick-Gibson had eliminated Rosvall-Cubitt 18 and 19 in one semi-final and Bowers-Gilbert topped White-Crown in the other 17 and 18.

Cubitt-Rosvall won third place 15 and 16 over White-Crown.

Masters Singles found two veterans battling it out and in a fine match Bud Muehleisen bested Myron Roderick 5-21, 21-9, 21-19. Muehleisen had defeated a stubborn Jim Trent 12-21, 21-9, 21-2, while Roderick had an easy time disposing Mark Wayne 3 and 3. Wayne defeated Trent for third.

And to no one's surprise the two masters pros combined to take the doubles title as well as Muehleisen-Roderick easily defeated the team of Zehntner-Moore 21-2, 21-2.

In Super Masters Singles Stan Berney defeated George Holland in a marathon 21-19, 13-21, 21-19. Alex Boisseree defeated Bill Carroll for third place.

Holland also fell short in the Super Masters Doubles bracket as he and partner Don Green couldn't get past the team of Saylen and Kimble in the finals. Carl Loveday and Berney took third.

In the women's singles bracket, the incomparable Peggy Steding captured the title, never going three games, as usual, and never allowing an opponent to score in doubles figures in any one game. She topped Janelle Marriott in the finals 21-6, 21-9. Marriott had defeated Bette Weed in one semi, 10-21, 21-11, 21-1, while Steding eliminated Camille McCarthy in the other 21-4, 21-5. McCarthy managed to gain third place 21-14, 21-15 over Weed.

In women's novice it was unseeded Judy Clemens topping the rest of the field, including Shirley Topley in the finals 21-15, 21-16. Clemens got by Beryl Lorenzen 21-8, 21-9 in one semi-final and Topley topped Kari Bradfield in hers, 21-17, 20-21, 21-19.

And so it went. A huge tournament, making a huge success. Our thanks to Mike Chaet, Phil Ivaldy and the entire Los Angeles Racquetball Association for doing such a superb job. The U.S.R.A. will now donate to the winners of open singles and open doubles, their air fare round trip to the Las Vegas National Championships April 20-25, 1975. Thanks also to Athletic Director Duke Llewellyn of the L.A. A.C. for his kind hospitality and to all other persons who helped make the L.A. Open a great tournament.

*April 20-25, 1975*

## See You In Las Vegas!

# 1975 N.R.C. SUPREME COURT PRO-AM OPEN

## January 16-19

### Supreme Court I, Sunnyvale, CA.

SITE: Supreme Court I, 405 N. Mathilda, Sunnyvale, CA 94086

Phone: 408-739-1250

Tournament Chairmen: Don Jackson, Len Stream

#### EVENTS:

- |                                                      |                                                             |
|------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Professional Men's Singles  | <input type="checkbox"/> Men's B Singles                    |
| <input type="checkbox"/> Professional Men's Doubles  | <input type="checkbox"/> Women's B Singles                  |
| <input type="checkbox"/> Men's Open Singles          | <input type="checkbox"/> Men's Senior Singles (35 and over) |
| <input type="checkbox"/> Women's Pro-Am Open Singles | <input type="checkbox"/> Men's Master Singles (45 and over) |
| <input type="checkbox"/> Men's C Singles             | <input type="checkbox"/> Men's B Doubles                    |

ENTRY FEE: \$25 per player in pro singles; \$30 per team in pro doubles; \$10 per player in amateur events. Players may enter two events only. Entry fee also includes: Hospitality, souvenir t-shirt, general admission ticket to first two days of tournament.

OFFICIAL BALL: Seamco 559 (green).

AWARDS: Professional Singles: \$4,000 prize money. Professional Doubles: \$1,000 prize money. Women's Open: \$500 prize money. Amateur events: trophies.

ENTRY DEADLINE: All entries must be received on or before January 9, 1975. No exceptions. All entry fees must accompany entry. Mail to: Don Jackson, Supreme Court I, 405 N. Mathilda, Sunnyvale, CA 94086. Make checks payable to: Supreme Court I.

INFORMATION relative to starting times will be available Tuesday, January 14.

MARK above the event(s) you wish to enter.

HOUSING INFORMATION AVAILABLE.

(PLEASE PRINT)

Name \_\_\_\_\_ Club/Y \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel. No. \_\_\_\_\_

# How To Score More In Racquetball

By  
Forrest D. Wendt

*Forrest D. Wendt has been selected as National Director of Court Construction for the U.S. Racquetball Association and U.S. Handball Association. His architectural firm of Wendt Cedarholm Tipples, Inc. of Northfield, Illinois has been involved in numerous racquetball-handball facilities (including the Court House in Northbrook, Illinois) as well as other multi-use recreational projects throughout the United States.*

*Mr. Wendt brings great knowledge and experience to the fast-rising "court club" business. The U.S.R.A. and U.S.H.A. want those people interested in building such facilities to have the very best in planning and expertise. For this reason Mr. Wendt has joined our organization.*

The scenario has become too common, even in these days of tight money and income slippage: Harry and Joe are having lunch in an athletic club. Over the second drink the conversation shifts to sports and Harry, a recent handball convert, tells how crowded the two courts in the club are now, how popular the sport is and the difficulty of booking time on them.



FORREST D. WENDT

"... Umm, maybe we should open our own club. I've always been wanting to learn handball, or that newer game, racquetball, and certainly we both have had a lot of managerial experience, you as a doctor and me as a jeweler, and we should be able to find some money," Joe suggests.

We will stop this story before it reaches its frequently sad conclusion. Sometimes lightning strikes and the chance combination works but more often than not wasted time and money are the result of that combination. We both know that the Harry-Joe method is not the way to go, unless they start to surround themselves with knowledgeable input. As architects in the field we know that handball-racquetball is a growth industry. We know that you can be more successful in achieving your goal if you follow a consecutive program, and that is what I would like to outline here.

Our firm, Wendt Cedarholm Tipples, has designed a number of racquetball-handball facilities as well as other recreational structures such as: indoor swimming pools, ice rinks and tennis clubs. In every case each facility had unique design considerations because of site location and site conditions.

Someone does have to be a mover, a Harry or Joe, to get a project started, but soon, preferably when you are ready to take an option on your property, consult with an architect. The architect can prevent that often fatal wheel-spinning by providing input immediately on site selection and then help with other important considerations as: governmental hurdles, size and amenities, project costs, construction options, scheduling, and feasibility.

Let's be honest about it. No one can tell you with 100% certainty that a location or particular building will be a success or failure, but there are yardsticks which can be applied to location, degree of saturation, income level and other variables that can give a fairly precise reading on how successful your proposed location will be. Consul-

itants know those variables and how to interpret them. Use that expertise. It is bound to pay off at the bottom line, but also remember that other expertise will be required to help you create your market.

One of the pluses of racquetball-handball operation is that it lends itself to so many different mutations. You may find that an older loft building can be remodeled at modest cost. You might find that it is cheaper to start from scratch.

I recall one situation in which we were called in to evaluate the merits of such a loft building. It was felt that the building was basically sound and that really all that would be necessary would be to rip out the second floor to provide a proper height. It was too sound. The second floor had been designed to support parking. By the time we would have ripped out all that concrete, it would have been cheaper to start from scratch, but don't let that incident deter you. Many older buildings are in excellent condition, have an ideal location near good business and transportation centers and you can be a positive force in rehabilitating a changing area.

Should you think big and aim for the biggest facility you can finance the first time around or should you start smaller and expand from retained earnings? Who can give a black and white answer? It depends entirely on individual situations, but, based upon current spiraling costs and the strength of your market, our feeling would be to build as much as you can now, within the limits of retaining a sane amount of operating capital. Contractors we are working with now will not guarantee their quotations beyond a month and the situation will get worse before it gets better.

We feel that same philosophy applies to construction options where your question might well be: Should we use more expensive materials for greater longevity and

*To next page*

# Handball Court Club Development

*From previous page*

less maintenance or less expensive materials in the knowledge that we will be writing maintenance into our overall costs? It sounds as if I have stacked that one but I haven't and you will realize it when you start evaluating estimates.

We are less open minded when we start talking about building options and services for your facility. Take a lesson from our cousins in the tennis business. Like it or not, your patrons have become sophisticated. They will be demanding the same or better in your club — whether it be exercise and sauna equipment, a restaurant-bar, nursery facilities or other amenities.

The cost of building materials will depend upon the location of your club and it would be foolish for us to be adamant on that point. There are subtleties though that can be quite costly if you are not aware of them from the start. If you play the game you know the ball has to sound right as it hits the wall, like the close of a door on a new car. We have found prefab panels to be an excellent wall material, but they have to be mounted properly or you will hear complaints and your members will feel cheated. You have to have the proper amount of light but not glare. Player comfort and sense of well being are a must.

In a related area, women can make or break a club and you must aim at amenities for them. When that first spade is turned, you are assuming the men will come aboard, but you can't make that assumption about women.

Allot space for a nursery and adequate parking is a "must" for both men and women, but women will fill those courts during the slack daytime period if you give them what they want. A well stocked pro shop should be included in your thinking, too.

Back to the nitty gritty, you and your architect will have to satisfy the appropriate body that you are not fouling up the flood plain or that you are not going to create a traffic jam. It would be wise to

check with the Environmental Protection Agency, and, more obviously, with your local zoning bodies and building departments who will have to give final approvals. Various bodies will have to determine if your street access and exit plans from the property are correct. Your business and residential neighbors will be on hand for any hearings and you will want to make certain your club fits into the neighborhood and is not vulnerable to the charge of urban sprawl.

By this time you have probably become so disillusioned at the whole idea of developing a club that you have quietly put your funds into gold stocks.

I hope you haven't. We see a tremendous future for racquetball-handball clubs IF their reason for being is carefully researched and if you follow a logical pattern in developing them. Indoor tennis clubs have already launched the boom and provided marvelous research facilities for us.

For perspective too, the idea of the Sunday afternoon five hour football orgy seems to be on the way out. The tube is still on, but the numbers are beginning to fade away. Baseball and basketball simply can't hold the audience either. The trend definitely is back to participatory sports and we know that you can put six of our courts in the space occupied by a single tennis court. Our sport is

much easier to learn than tennis. Our sport appeals to all age, income and sex groups. It adds up to a tremendous potential market.

All that has really been needed has been some intensive marketing, some national exposure and the U.S.R.A. and U.S.H.A. are well into that. Visibility is the key and new converts will come fast once they see how easy it is and how much fun it is. You and I know how great it is to rid us of nerves and anxiety. Even in a recession you still have to have some kind of physical release and ours is the ideal vehicle. The proof is that WCT is receiving more inquiries now than it did before the money crunch. It is, in a sense, a recession-proof sport.

It is not a tangible benefit that you can take to the bank, but one of the decided pluses of working in this new area is just that, the fascination of working with something totally new, finding new approaches to building a better court or a better structure.

The sport is wide open to new approaches to marketing. Owner-members we've talked to reflect this enthusiasm. That probably is the best answer to our title question: If you apply sound business principles to that pervading enthusiasm and avail yourself of expertise where you need it, you are bound to 'score' more in your club.

## *Need A Rule Book?*

The new U.S. Racquetball Association-National Racquetball Club rule book is now available free of charge to all U.S.R.A. members and National Racquetball Magazine subscribers.

Just fill out the coupon below and we'll send you a rule book. No strings attached. Limit one per person.

-----  
Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

# Third National Court Clubs Assoc. Seminar Held October 4-6 in Chicago

Third National Court Clubs Association seminar-meeting was held Oct. 4-6 at the Flying Carpet Motor Inn, near Chicago's O'Hare Airport. There were 65 in attendance at this specially scheduled get-together; mainly to further orientate those interested in the Court Club enterprise. Further, it was instigated to form a committee to study ways and means of strengthening the Association and work toward solidarity amongst all Court Club owners/managers. John Wineman, one of the owners of the Northbrook (Ill.) Court House, has been designated as interim president of the NCCA, and will work closely with Mort Leve, executive director, to make this a viable organization.

Along these lines meetings will be held with Jack Alworth, executive director of the National Indoor Tennis Association, and Alan Schwartz, owner of the 14-court facility Mid-Town Tennis Club in Chicago. Alan, a Harvard University business school graduate, has worked closely with the Michigan State University management course, and it is hoped that the Court Club management phase will be added in the near future. Both Alworth and Schwartz appeared on the slate of speakers. Alworth talked of group buying benefits, and general aids for Association members. Schwartz stressed the importance of a take-charge manager and his impact on the membership.

Wineman expounded on developments of the first Court House venture, and the follow-up planning of two more similar operations in the northwest suburbs of Arlington Heights and Schaumburg (Chicago).

Most critical point of discussion over the weekend, and in constructive criticism of the overall program, was the need for more information on ways and means of financing. In the tight money market and rising construction costs it is felt banks shy away from the Court Club backing merely be-



All-day Saturday session at Flying Carpet Motor Inn (near Chicago's O'Hare Airport). Architect Forrest Wendt, USHA's official court consultation representative, addresses group. That's Joe Ardito at lower left, and Dan Callahan at right.

cause they don't have enough history at hand, moving, rather into business enterprises of which they have more knowledge.

In talking to most Court Club owners, they have found it necessary to put their own credit lines firmly behind themselves in order to get any sort of loan. "As much money up front as is possible" would then be the route to follow. Actually, with the format of general partners, with limited partners, every effort should be made to fully finance the Court Club and avoid the high interest rates as much as is possible.

Joe Harkins, who with his wife, Marge, is a leading Midwest sports distributor, spoke of "Orderly Buying Practices For Profit". The Pro Shop can be a solid, profitable adjunct to the Court Club business. The owners and/or managers should obtain full information, attend trade shows, and subscribe to such national trade magazines as the Sporting Goods Dealer, and National Sporting Goods Association journal.

Art Shay, himself a handball buff, and a nationally-renowned free

lance photographer, emphasized the availability of "free advertising" through good photo journalism. There are several ways a picture story can gain space with the local neighborhood publications, house organs of the players' companies, and metropolitan dailies and magazines.

Bob Leckie, owner/operator of the Sportsman's Club at Lake Hopatong, New Jersey, spoke of how he learned through trial and error that squash was not a feasible operation, so he eliminated the two courts in favor of more locker room space and lounge area, added two more handball/racquetball courts . . . and, now finding that his three outdoor three-wall courts are not getting enough action, will convert them to indoor four-wall courts to give him a total of seven. He also improved his floors.

A full checklist on planning of a Club was given by Arthur Alschuler, tennis consultant. Arthur has worked with developers of the combination tennis-handball/racquetball facility and feels there is a definite market for this type of club.

The Robbins Flooring Company

was again represented, this time by John Byrnes. He favors their lock-tite, channel clip maple flooring as most ideal for a court installation. "The costs may be 20% more than the 'floating floor' but it has the firmness and will eliminate any possibility of 'dead boards'".

Teena Snyder, D.B. Frampton Co.'s executive manager, introduced Dwight Zeck of Madison, Wisconsin, who spoke of that company's developments with panel construction and its long haul assurances of non-maintenance. The Frampton Company has done much in research in conjunction with the U.S. Gypsum Company, and offers a full planning service.

USHA President Bob Kendler, pioneer in use of glass, told of the most recent developments in use of glass, and urged all Court Club planners to include at least one court with use of glass as a "show case", exhibition-clinic, and tournament court. **"You will find that the glass court can bring you profit to your Club in more ways than one, and will be completely maintenance free over the years. Also, it should be pointed out that the racquet can do no damage to the glass."**

Forrest Wendt, architect, who has worked on several handball/racquetball and tennis facilities, and is also official architect for the U.S. Handball and Racquetball Associations, talked of the various

aspects of court construction, and the need for thorough study and research. Forrest is also working closely with Bob Kendler on the possible development of the portable glass court.

A rented bus was available to take the group to the Court House on Saturday night for a cocktail party hosted by NCCA, and informal handicap tournament play in both handball and racquetball. Fred Lewis, handball's national champion, was in attendance, and won laurels despite giving away 19 points up to his final round match with Kenny Smolack (gave him 8). Dan Callahan, USHA national rules chairman, was also in attendance and gave a rundown on the possibility of incorporating courts with a Shakey's Pizza franchise, as will be done in Bellingham, Washington.

Joe Ardito, national commissioner of the National Handball Club, spoke Sunday morning on Club tournament planning and the need for gallery.

Red Lerille, owner/operator of a Court Club in Lafayette, Louisiana, spoke on the feasibility of the combination health club-handball/racquetball and tennis in a community such as his with 75,000 population. **"Without the health club I just couldn't make it. I've maintained many of the same health club members for 12 years. I also found that a Summer youth racquetball program went over very well. The youngsters take to the game**

**quickly and enjoy themselves thoroughly."** It was, of course, pointed out, that the health club exercise programs need competent supervision and good planning. Red, himself Mr. America in 1960, has trained two other Mr. Americas in the past decade.

The National Court Clubs Association now plans an extensive program that will dictate its future success:

(1) Getting Court Club owners/managers together in sizeable numbers to exchange views freely and have a program slanted directly for their benefit.

(2) Issuance of regularly-scheduled newsletters, giving news of current developments and whatever aids are being offered by NCCA.

(3) Work toward a simple reciprocal arrangement whereby the member of one NCCA Court Club can use the facilities of another on a cash basis provided court rental time is available. This is one area where the N.C.C.A. can be extremely helpful to clubs and players alike. Reciprocal arrangements are an aid to all.

(4) Continue to offer services to interested Court Club planners. We feel in these early stages of the Court Clubs there is a need for such assistance to further promote more Clubs and thus generate more handball and racquetball players.

## 3rd Seminar Booklet Ready

Please renew our membership for 1975 in NCCA and send me the full report booklet of the Third Annual Seminar-Meeting of the NCCA held Oct. 4-6, 1974, in Chicago. I will also receive periodic newsletters and other information about the Association. Renewals will cover through 1975.

( ) \$25 for official Court Club membership. ( ) \$10 individual membership.

( ) \$10 Products manufacturer for Court Sports. This fee includes second year membership with all literature coming out of the NCCA headquarters, and the official booklet covering the third seminar meeting, Oct. 4-6, 1974.

### NEW MEMBERSHIP:

Please accept my application for membership in NCCA.

Name \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Court Club \_\_\_\_\_

Court Club \_\_\_\_\_

Make checks payable to: National Court Clubs Association.



DEAR EDITOR:

....now that I have your attention....

### *End Waste; Recycle Balls*

Dear Editor:

My husband, John, and I share your love of racquetball, regretting only the lack of sunshine and more importantly fresh air, so vital to the cardiovascular system during so strenuous a workout. Ergo, we supplement our racquetball diet with many other vigorous "outdoor" activities.

The purpose of this letter is not to complain about these facets of the game even though I would hope that especially the fresh air aspect might be considered in future court construction. It is to thank you for your magazine which we thoroughly enjoy and the opportunity it affords me to bring to your and my "brothers" and "sisters" attention something which has troubled me since I began to play the game. The "energy crisis" served to heighten my awareness of the problem. And now I can remain silent no longer.

I do not know the statistics regarding the length of time a discarded racquetball remains intact, but could guess at the nutrients left for the soil after it's decay.

Can not an efficient reclamation program be set up to prevent this extravagant expenditure of our natural resources? I am assuming, of course, that racquetballs can be recycled, but with today's technology I feel safe in my assumption.

I appeal to each of you to use your influence with your clubs and with Seamco to initiate programs.

We as privileged beings upon this earth must also become **responsible** beings. This being only a small part that each of us can do every day.

And what about all those aluminum beer cans and bottles that are thrown away at tournament time?! Let us care!!

I am writing to Seamco but would greatly appreciate your understanding, acceptance and co-operation in this recycling of racquetballs.

Thank you, sir, for hearing my plea and for any assistance you may offer in answering it.

**NANCY STEINBACHER**  
Carlsbad, Calif.

### *Court Club Owner Happy With Tourney*

Dear Mr. Kendler:

All of us associated with the Court House were very pleased with the U.S.R.A. Tournament that was held at the Court House last weekend. We were happy to be a part of this tournament and hope we will have many future events at our club.

You are to be congratulated for your continuing efforts to promote racquetball and handball. If we can be of any help to you and your organizations, please let us know.

JOHN S. WINEMAN, Jr.  
The Court House  
Northbrook, Ill.

### *Air Force Captain Asks For More Info*

Dear Sirs:

I have been playing racquetball regularly for about 10 years, since joining the military. I would like to compliment you and express my appreciation for your publication and the work you are doing for the amateur racquetballer.

Until NATIONAL RACQUETBALL magazine was published there was a definite lack of information about the game, its rules and fundamentals. There is still not much reading material available, — how about some information on the latest publications, books, articles, etc., on a regular basis in each issue?

The September issue really showed class, I think especially with all the color photos. I look forward to each issue.

Keep up the good work, believe me, it's appreciated.

FRED A. GUILLOT  
Capt., U.S.A.F.



LA MIRADA (California) COURT CLUB being built in Mall. (l to r) — Fred Katz, general manager of the Mall; Bill Fearing, responsible for marketing, activities director, and racquetball 'pro'; George Hunter, president and general manager. Scheduled for opening in January, 1975.

## La Mirada Court Club Latest In Southern Cal.

The La Mirada Racquet Club, La Mirada, California's OWN Racquet Club, is to be located in the La Mirada Mall. The Club will offer a "Unique and Private World of Recreation" to its members. The Club will be a *private* membership club, with facilities and activities designed to meet the "Total Activity Needs" of the members.

Personalized programs, facilities and services will be offered to members and their families. The Club will offer complete facilities, personalized services and a well-trained staff to members.

The membership sales program will be directed toward the activity minded business executive, the professional man and woman, employees of local business firms and the residents of La Mirada and the surrounding communities.

Membership will require an initiation fee (a one-time fee) and regular monthly dues. All types of memberships will have full Club

privileges, including the option of bringing guests to the Club.

The Club will be located in a two level building, with basic outside dimensions of 125 feet by 72 feet. Facilities offered on the first floor include the following.

Reception area and lounge; Office - Pro Shop - Snack Bar; Men's Locker Room and Spa which includes cooling lounge, lockers, Hydro-Massage pool, sauna, restroom and showers, shaving bar and grooming area, and laundry

room.

There's a Multi-Purpose room for half court basketball, badminton, table tennis and exercise. Also spectator viewing areas and of course, the six handball/racquetball courts.

The courts will highlight large rear wall viewing windows, glass viewing upstairs and two tournament courts with full glass back walls.

In the upstairs (mezzanine) level are the women's locker room and spa, with identical facilities as the men, and a general member's lounge with billiards, television, sports library, "Hall of Fame" and game tables. The second floor also includes a child care room.

Walking areas on each floor will be fully carpeted, except where ceramic tile and hardwood floors are used.

In addition to the beautiful Club Building, two outdoor tennis courts, a tennis patio area and spectator viewing areas will be provided for members. The tennis courts, along with the seven indoor activity areas, provide the most unique "total racquet sports" activity center yet developed in the southland.

Personalized service is the key to successful Club operation. The La Mirada Racquet Club will offer a complete facility and a well-trained staff to provide these very essential services to members and their families.

President and General Manager of La Mirada is George W. Hunter, who will personally direct the design, construction and operations of the Club. George's Activities Director and Racquetball Pro will be Bill Fearing, who has been instrumental in organizing and promoting racquetball in the Orange County area as well as general recreational programming.



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Buy term insurance and invest the rest. The USRA Family Term Life Insurance Plan is a good bargain these days and a great way to prepare your family against the rising cost of living.

Bob Kendler, President of the United States Racquetball Association, announced a special enrollment period open to all USRA members. Members can apply for up to \$30,000 of coverage, the spouse for \$2,500, and each dependent child for \$1,000 — all at low group rates.

During this enrollment period, there's a special offer for any member who normally might have trouble getting life insurance coverage. All American Life & Casualty Company has agreed to issue a policy to all actively working members under age 60 who have been actively working for the past 90 days, have not been hospitalized during the past 6 months and who are not already insured in the plan. Acceptance is guaranteed.

For more information, learn how the USRA Family Term Life Insurance Plan can work for you. Complete this coupon and mail it to the USRA Group Insurance Administrator.

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RUSH me information now during the Charter Enrollment Period for the USRA Family Term Life Insurance Plan.

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mail to: Albert H. Wohlers & Co., Administrator  
**USRA GROUP INSURANCE PLANS**  
720 Garden Street  
Park Ridge, Illinois 60068

## San Antonio Court Club Set To Open

Plans for The Racquetball and Handball Club of San Antonio, a private sports complex specifically for racquetball and handball play, have been announced by Tom Nissalke, San Antonio Spurs coach and one of the club owners.

Currently under construction, the 15,000 square foot facility is to be located across Loop 410 from North Star Mall in front of the La Plaza Apartments. It will house eight regulation racquetball and handball courts, men's and women's locker rooms, sauna and steam rooms, a complete pro shop, a glass exhibition court and an observation gallery.

Completion of The Racquetball and Handball Club of San Antonio is slated for the first of the year.

Nissalke has brought in Bruce Hendin, former Director of Health and Physical Education for the St. Louis Jewish Community Centers Association and a coordinator of



*The Racquetball and Handball Club of San Antonio was introduced at a media conference by Tom Nissalke, left, a club owner, and Bruce Hendin.*

several national tournaments. Hendin will serve as President of San Antonio's new racquetball and handball facility.

Hendin and Nissalke noted that racquetball is the fastest growing indoor sport in America today. Climate controlled indoor courts allow the game to be played at any hour of the day in any kind of weather.

**"The demand for handball and racquetball courts is strong in San**

**Antonio,"** Nissalke said. **"In the past few years there has been a great interest in exercise and health oriented recreational games. Racquetball provides good exercise, takes little time to learn and may be played by men, women and children. Also, racquetball and handball are relatively inexpensive sports compared to golf and tennis."**

Hendin said that it only takes a ten-minute lesson to learn enough of the fundamentals of racquetball to enjoy the game. He noted that a good hard workout is assured because the ball can't go far within the confined walls of a racquetball court.

Hendin pointed out that an advantage to the private membership concept of The Racquetball and Handball Club of San Antonio is the availability of courts. Members may reserve courts from 6:30 AM until 11:00 PM, Monday through Friday, and from 8:00 AM until 10:00 PM Saturday and Sunday. The club will be open 365 days per year.

Charter membership fees have been set at \$65.00 per year for an individual membership and \$95.00 per year for a family membership. A nominal hourly court rental fee will be charged.

Principal owners of the Racquetball and Handball Club of San Antonio are The Barshop Interests, Harris Sterling, Tom Nissalke and Bruce Hendin.

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# 1975 N.R.C. MICHIGAN PRO-AM OPEN

## FEBRUARY 6-9

### LANSING, MICHIGAN Y.M.C.A.

SITE: Lansing Y.M.C.A., 301 W. Lenawee St., Lansing, Michigan 48914  
Phone: 517-489-6501  
Tournament Chairmen: Jim Pruitt, Larry Scramlin

#### EVENTS:

- ( ) Men's Professional Singles
- ( ) Amateur Open Singles
- ( ) Women's Pro-Am Open
- ( ) Men's Novice Singles (Michigan residents only)
- ( ) Men's Masters Singles (45 & over)
- ( ) Women's Novice Singles (Michigan residents only)

ENTRY FEE: \$12 per player. Players may enter one event only. Consolation in all events EXCEPT Men's pro. Entry fee also includes: Hospitality, souvenir t-shirt, general admission ticket to first two days of tournament.

OFFICIAL BALL: Seamco 559 (green).

AWARDS: Men's Professional Singles: \$4,000 prize money. Women's Pro-Am Open: \$500 prize money. All other brackets: trophies. Trophies for all consolation winners.

ENTRY DEADLINE: All entries must be received on or before January 30, 1975. No exceptions. All entry fees must accompany entry. Mail to: Larry Scramlin, YMCA, 301 W. Lenawee St., Lansing, MI 48914. Make checks payable to: Michigan Pro-Am '75

INFORMATION relative to starting times will be available Tuesday, February 4.

MARK above the event you wish to enter.

HOUSING: Capitol Park Motor Hotel, (across the street from YMCA) 517-482-1491

Name \_\_\_\_\_ Club/Y \_\_\_\_\_  
(PLEASE PRINT)

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel. No. \_\_\_\_\_

# 1975 N.R.C. MILWAUKEE PRO-AM OPEN

March 6-9

## Milwaukee Handball/Racquetball Club

SITE: Milwaukee Handball/Racquetball Club, 2930 N. 117th St., Wauwatosa, Wisc. 53222

Phone: 414-475-0777

Tournament Chairmen: Rod Lanser, Bob Keenan

EVENTS: (    ) Professional Singles (limited to 32)  
(    ) Amateur Open Singles  
(    ) Women's Pro-Am Open

ENTRY FEE: \$10 per player. Players may enter one event only. Consolation in Amateur Open Singles and Women's Open. Entry fee also includes: Hospitality, souvenir t-shirt, general admission ticket to first two days of tournament.

OFFICIAL BALL: Seamco 559 (green).

AWARDS: Professional Singles: \$5,000 prize money. Women's Pro-Am: \$500 prize money. Amateur Events: trophies. Trophies for all consolation winners.

ENTRY DEADLINE: All entries must be received on or before February 30, 1975. No exceptions. All entry fees must accompany entry. Mail to: M.H.R.C., 2930 N. 117th St., Wauwatosa, Wisc., 53222. Make checks payable to: Milwaukee HB/RB Club.

INFORMATION relative to starting times will be available Tuesday, March 4.

MARK above the event you wish to enter.

HOUSING INFORMATION AVAILABLE.

Name \_\_\_\_\_ Club/Y \_\_\_\_\_  
(PLEASE PRINT)

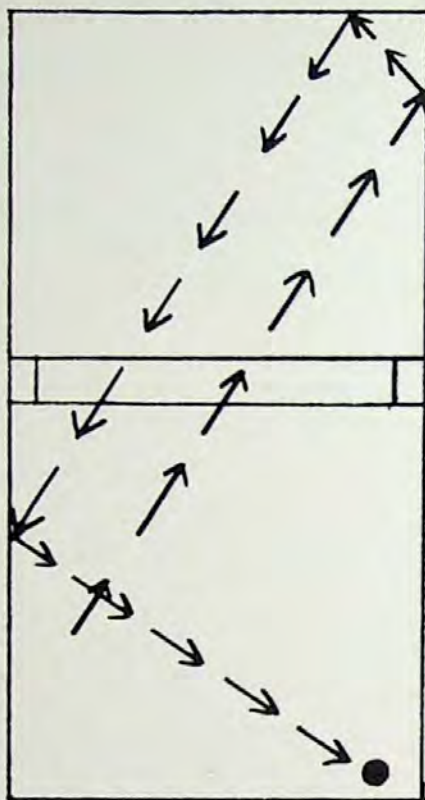
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel. No. \_\_\_\_\_

## More Keeleyisms, or If you can't play the game at least be able to speak the language

In a seemingly nonterminating series of written regurgitation I have presented numerous racquetball terms. Now more Keeleyisms — or if you can't win tournaments, get your name in the magazine by writing articles. Illustrations again by Jan Campbell.

**Around-the-wall ball** — Also referred to as around-the-world ball by racquetball rookies. This is classified as a defensive shot in that it usually results in a return set up rather than an instant point. The ball is propelled off the racquet from deep backcourt most often and travels cross-court to strike first the right side wall (about three feet down from the ceiling and three feet back from the front wall). Then it hits the front wall, then the left side wall, finally returning from the court stratosphere to bounce on the floor in the forehand backcourt. Especially effective in doubles, I also frequently utilize the around-the-wall ball to return ceiling balls on the backhand side of the court in singles. See diagram.



Around-the-wall ball

**Bumblebee ball** — A real stinger. This shot is not to be practiced; rather it is a very freaky shot which accidentally comes up often at the most opportune of times. It is the hole-in-one of racquetball. The shot itself transpires when the ball rebounds off the frame of the racquet rather than the strings. The little green thing is immediately transformed (some say genetically) into something which wobbles and gyrates weirdly toward the front wall. It emits a buzz-buzz type sound if one listens closely.

Besides being the hole-in-one of racquetball, it can be termed the game's knuckleball, for it floats unpredictably up and down as it approaches the front court. Upon striking the front or side wall the bumblebee ball rebounds in an unanticipatable maniacal manner due to the fantastic english it possesses. The bumblebee ball was obviously termed as such due to its characteristic insect like movement and sound. Note: it may send receiver into temporary mental bummer or, at worst, mild

psychological convulsions.

**Butt butt** — A corollary of the donkey kick which, as you will recall from a previous issue, involves diving for and returning the ball simultaneously tripping up one's opponents legs with your own. The

butt butt is even more graphic and far more frustrating to the one on the butt end of the deal. The execution of this ruse involves receiving a set up on the left side of the court. Instead of hitting the shot with the backhand as normal, run around the ball and set up to strike it with the forehand stroke. Often times your opponent will find himself caught between your body and the left side wall. Trapped like a fly in a spider's web, he is completely immobile.

In this position you now kill the ball in the right hand corner simultaneously thrusting your buttocks forcefully backwards into your opponent. If properly performed the ball rolls off for a winner and your competitor is squashed against the sidewall. This double movement: the swing and synchronous thrust of the posterior posterior, is a very natural one actually, and can be mastered with little practice.

**Mercy ball** — This is a situation where one player holds back his swing because, had he hit the ball, the ball or racquet would have hit his opponent. That is, if one is about to shoot a ball but notes that his competitor is directly in the line of fire he should gentlemanly refrain from swinging and say "mercy ball." In San Diego it does



## Toronto

Sunday, August 25, 1974 was the season's first Toronto Y.M.H.A. Racquetball Club Singles Tournament. Everything looked good for the big event with top seeds going to Bill Sherman and Edward Khan. 18 players in all entered this competition including our good friend Carol Cummings, the only lady representative.

Games were fast, with sweat and plenty of kill shots being made. Wally Jankus and Hy Beck set the pace with a tremendous exhibition. Hy took the first game 21-16, but lost the next two 10-21 and 15-21. Alan Lackstone and Fred Bowler keeping up the bottom half of the draw went three beautiful games 17-21, 21-17 and 21-18 in Fred Bowler's favor.

The finals held at 6:30 Thursday evening turned out to be all Bill Sherman's show, who just overpowered Edward Khan with fine placement shots and driving passing shots to take the Championship by 21-13 and 21-16. Congratulations to all players, who made this tournament possible.

MIKE JENNINGS



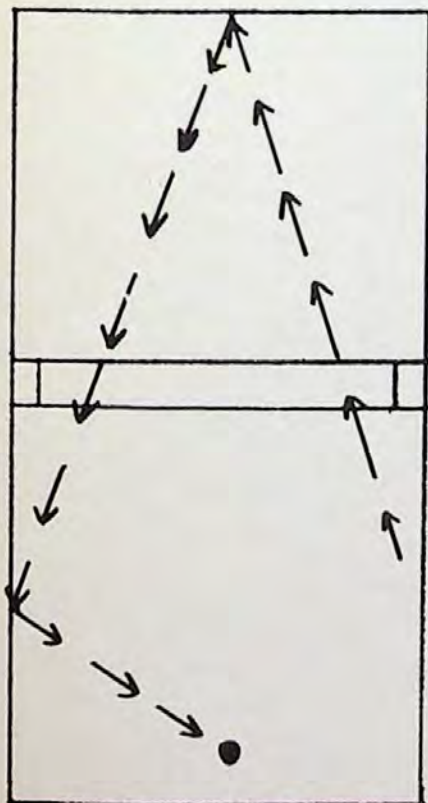
not usually work this way. That is, if one is about to hit a shot but notes that his competitor is directly in the line of fire he does not gentlemanly refrain from swinging but after hitting the other guy with a photon

proclaims logically, "It was either that or hold up my swing." Not recommended if your opponent is bigger than you.

**Sawdust ball** — Also termed a skip ball, short shot, oilwell ball, scoop, splinter ball, dirt ball, ground ball and peanut butter (skippy) shot.

**V ball** — A cross court drive. This drive shot is hit from, for example, the right rear corner and rebounds off the front wall ending up in the left rear corner. The main problem most players encounter in carrying out this play is that their ball rebounds off the front wall only to travel directly within their opponent's ready reach instead of angling past his backhand (for a right handed player). Visualize the court as a gigantic pool table with the racquetball as the cue ball, as in the diagram. To propel the ball from the right rear corner to the left rear one, one must bisect the angle by hitting the front wall equidistance from either side wall. Thus a firmly hit shot striking the middle of the front wall about three to five feet up from the floor will go for the proverbial perfect V pass ball.

Next issue thrill to continuing phraseology including such terms as the choke, hypotenuse shot and mickey mouse theory.



The V-pass

## Wisconsin

For the second straight year, Joe Wirkus, Wisconsin's reigning champion, captured the Janesville Y.M.C.A. Fall Open held October 25-27.

A total of 32 of Wisconsin's best participated in the singles event with Wirkus topping Bob Schultz of Madison, Wisconsin in the singles finals 21-12, 21-9. Enroute to the title, Joe lost only one game. His biggest challenge was in the quarter finals when he came up against his nationally ranked doubles partner, Galen Johnson of Green Bay. Johnson dominated the first game, besting Wirkus 21-15. In the second game, Wirkus had to overcome a ten point deficit with a come-from-behind win 21-19. Wirkus won the third game 21-17. Third place went to Tom Wirkus of Fond du Lac over Jerry Hoff from Eau Claire, Wisconsin. In consolation, it was Madison's Brad Armstrong over Bob Keenan.

# Vitamin 'C' Can Aid Your Back Pain

*Note: The following report appeared in EXECUTIVE HEALTH, "the report that briefs you on what to watch," copyright by Executive Publications. The author - Dr. James Greenwood Jr., Professor of Neurosurgery at Baylor College of Medicine and Chief of Neurosurgery at the Methodist Hospital in Houston. Report - on the value of vitamin C in the prevention and treatment of back pain.*

\* \* \*

As a neurosurgeon,\* I am interested in backaches, since the spine not only supports the body but also protects the spinal cord and nerves. May I give you a little background on the problem?

Back pain may signal an impending threat to the neurological tissues from spinal cord tumor (rare), ruptured disc, or spondylosis and nerve root pressure (common), although usually backache is transient, not serious, and easy to relieve.

Most cases recover on adequate conservative treatment, and only those with sciatic pain radiating to the leg or other neurological signs eventually require surgery.

Sciatic pain, however, is usually preceded by back pain which frequently disappears when the sciatic pain comes on, because of rupture of the intervertebral disc. Surgery may be indicated in the severe cases of pain lasting longer than three months for those who cannot recover on conservative treatment.

Disc degeneration, disc injury, and disc rupture all tend to get well with time. There was no great backlog of ruptured discs or "sciatic rheumatism," as they were called in 1934<sup>1</sup> when it first became apparent that these patients could be relieved by surgery. It was obvious that conservative treatment was indicated in most of these patients before consideration of surgery. Surgery, however, was not deferred in cases of unbearable pain where the patient had no relief from narcotics, was unable to sleep at night, and obviously was miserable.

If a patient was able to obtain relief by resting, was not in severe pain, and was able to work even part-time, conservative measures resulted in relief at least two-thirds of the time.

It became important to both the orthopedists\*\*, who treated patients in the early and the late phases, and the neurosurgeon who frequently received them later for disc surgery, to consider methods of prevention of ligament strain and disc rupture and the reduction of long periods of conservative treatment. It also became apparent in conferences with our orthopedic colleagues that the health of the ligaments, discs, and side joints which make up the spine was largely dependent upon *motion* for their nutrient fluids and that *regular exercise*, graduated in degree, was of paramount importance in restoring tissues and alleviating back pain due to poor condition of the muscles and ligaments.

Disc degeneration, often called osteoarthritis, is a slower process than rupture of the disc, occurring in most people with age but also in others who are relatively young and who have not broken down their tissues by excessively heavy work, lifting, and strenuous activities. Adequate protein intake in diet was obviously a factor of great importance, but the variation in degeneration of the disc and occurrence in some people of this condition at a relatively young age indicated that some *deficiency factor* also might be involved.

## The story of vitamin C and the spine

Original studies of mine and experiments on my own back, which had given trouble for years, indicated that vitamin C (ascorbic acid) intake was a major factor.<sup>2</sup> The lumbar disc is a type of joint, and there are in addition side joints (zygapophysial) alongside the spine and posterior to the vertebrae which allow for movement. These, with all the ligaments of the joints, have no significant blood supply and are dependent upon motion for the introduction and distribution of nutrient fluids. Repeatedly I had read that in vitamin C deficiency, hemorrhages into the joints in young people was one of the early signs and became curious about this condition. We found also in scurvy that the discs were totally broken down, that one vertebra ground against the bone of the vertebra below it, that the ligaments degenerated and fell apart, and that all the tissues became weak and fragile since vitamin C is responsible for the strength of all of the connective tissue ground substance of the body.

In his classic *"Treatise on the Scurvy"* James Lind<sup>3</sup> recalled that autopsies in the latter part of the seventeenth century by Poupourt, Willis, and others had shown loss of connective ground substance of the body with the total separation of the vertebrae. Lind also in the first recorded clinical medical experiment in the history of the world was able to show that when treatment of scurvy with vitamin C was started just a few days before the impending death, nearly all patients recovered.

The possibility that vitamin C would be a major factor in preservation of disc integrity thus suggested itself and relieved my own back pain. This relief for me has been consistent since 1957, when I started with small doses of 100 mg. three times a day, gradually increasing to some 500 mg. three times a day.

As in experimental animals (guinea pigs), substantiated by Roger Williams<sup>4</sup> in the Clayton Biochemical Institute, human needs probably vary widely among individuals. (What is enough for me may be too much or too little for you.) Some guinea pigs get scurvy very quickly and easily and others not so easily on a scorbutic diet<sup>5</sup> indicating that some of them at least partially synthesize vitamin C. This variation seems clinically true for man. The

favorable long-term reaction to vitamin C in my patients with disc disease, disc rupture, and disc strain before rupture indicated that ordinary ligament strain, usually treated by our orthopedic surgeons, can be relieved more quickly by vitamin C in addition to rest, heat, exercise, massage, etc. Indeed in some cases vitamin C seemed to be the most important factor.

*Incidentally, vitamin C's most dramatic, immediate effect was to prevent or relieve acute muscle soreness from unusual exercise, such as a duck-hunting trip, wading the marshes, sailing on weekends, etc.* The muscle pain was almost totally prevented or greatly reduced in most cases by taking 1,500 mg. of vitamin C a day ahead, indicating that the vitamin was certainly being utilized.

### How focal infection causes back pain

The importance of vitamin C in all healing processes has been known for a great many years and well proved following operations, injuries, etc., but the importance of the vitamin in *injections*, really established for a great many years but not accepted, has been greatly reinforced by the studies of Irwin Stone<sup>6</sup> and Linus Pauling,<sup>7</sup> and the relationship to back injuries was evident to me shortly after I experienced relief.

Our patients included all types of back pain, sciatic pain, neck pain, and radicular arm pain. Many back and leg pain patients were referred to us by urologists whose patients had *cystitis*\*\*\* or *prostatitis*\*\*\*\*. It had been known that any infection greatly reduces the amount of vitamin C in the blood plasma. If large doses of vitamin C were given to the patients with severe infection, little if any of it spilled over into the urinary tract, so it was known that vitamin C was used up in infections; and it would seem that an active chronic infection, such as cystitis, would obviously steal the vitamin C from the blood stream and from the other tissues of the body, including the spine. It has also been shown that although the vitamin C in the blood plasma dropped to zero or very low levels during an infection, it appeared in the white cells and was used to fight infection. More and more it became obvious that vitamin C was not just a vitamin but a constructive material used in mobilizing and building collagen\*\*\*\*\* and other ground substance of the body which held the tissues together and a material used by white blood cells in fighting infection.

Although the vitamin C given for our sciatic pain and back pain patients irritated the bladder, we felt it would eventually be tolerated, and that the addition of vitamin C would improve the back pain, which it did. As might have been guessed, cystitis also was favorably improved. Our urologists in increasing numbers are now using it in treatment of cystitis.

*"Optimum Vitamin C Intake As a Factor in the Preservation of Disc Integrity,"* my first paper, was published in 1964, and although original with me at that time, I later learned that McCormick<sup>8</sup> had written about the possible relationship between vitamin C and disc degeneration ten years before. My work indicated that a significant percentage of patients with early disc lesions were able to avoid surgery by

the use of large doses of vitamin C. After a few months or a year, many of the patients stopped vitamin C and symptoms recurred, as was noted by me in my own case.

(As a rule, symptoms begin to recur within about three months after vitamin C is stopped and conversely maximum relief is experienced in three months as the collagen and connective tissues ground substance is built up.)

Following disc surgery the degree of recovery was better with vitamin C and the number of re-operations was reduced. Although improvements were occurring in the technique of disc operations, it was felt that vitamin C was one of the major factors in producing and maintaining a good recovery, either with surgery or without, and I found I was often correct, (when seeing a patient returning five years later with recurrent symptoms) that he had stopped taking his vitamin C.

One of the most impressive facts was that those patients who were able to defer surgery for a reasonable period of time following the use of vitamin C, but could not recover, would have a tough, rubbery disc rupture removed which had *simply healed quite well, but out of position, and was not the soft degenerated disc material which is so often found*, the removal of which will give a good surgical result but may not maintain relief.

(The history of the development of vitamin C for preservation of disc integrity would not be complete without mentioning Dr. Paul Harrington, a very re-

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markable orthopedic surgeon and a close friend, who separately was using vitamin C in the treatment of back injuries by some several years before we began what we thought was original work with the vitamin. *He called our attention to the fact that we were not using enough vitamin C.*)

Even so, a questionnaire sent to a group of our operated patients before the publication of my paper in 1964 yielded 144 replies, indicating that at least 80% of them experienced a much more comfortable back with increased ability to do heavy work when on vitamin C, and an additional dividend was a reply to the special question on relief of severe muscle soreness on exercise, 93% feeling this was a distinct and dramatic occurrence.

### How much vitamin C?

The *varying* need for vitamin C from person to person was illustrated in one of our patients, a very nice lady who is now 62 years of age, weighs 110 pounds, and who practices ballet one hour four times a week among a group of very much younger students. Reports say that she is very good and the star of her class. She was operated upon for a disc rupture eight years ago when she was already taking 500 mg. of vitamin C daily to prevent colds. This should have told us that she was a patient who needed more than the average amount. With her weight of 110 pounds, which is her weight today, 500 to 750 mg. was thought to be adequate. She did well after her disc operation and her vitamin C was increased to 750 mg. daily. Several years later when she began to take ballet lessons, her knees began to give great difficulty and her back also became painful. Vitamin C was increased to 1000 mg. daily, which was felt to be adequate, but by her own observation, she found that on 1000 mg. she barely got by but on 1500 mg. (later increased to 2000 mg.), she was able to resume her ballet classes with perfect comfort. *Later she was able to tell me that I did not even know the optimum dose of my own vitamin C.* (It, as Dr. Williams<sup>5</sup> has shown, is always a matter of your biochemical individuality.)

Incidentally, it is believed that prehistoric man was essentially a vegetarian and those who were not, such as Eskimos who are essentially meat eaters, obtained adequate vitamin C from the eating of liver and kidney which are exceedingly high in vitamin C in contrast to steaks and other muscle meats which have practically none. The tiny adrenal glands, concerned with stress, have by far the greatest concentration of vitamin C in the body. The eagle, when he makes his kill on a small animal, first penetrates the back and eats the adrenals. Is he looking for vitamin C, or the power of adrenalin, or both? It is easy to calculate, as in the vegetarian diet of other primates, that man as a vegetarian would receive at least 750 to 1000 mg. of vitamin C a day, and if there were any chronic infection in his body, more would be needed, not only to fight the infection but also to protect all of his tissues, particularly in his back and entire spine.

### How we use vitamin C

The need is not the same for all persons but today we usually start all of our patients on 1500 mg. a day

(500 mg. with each meal), and reduce it if they have excessive stomach irritation, but increase it if the back symptoms do not improve satisfactorily.

(It is especially important in those cases that have had sufficient disc degeneration to result in ruptured disc or in those in whom the X-rays show at an early age evidence of chronic degenerative disc disease with osteoarthritic spurring.)

At the moment it appears that the combination of the regular synthetic vitamin C and the slow-release type may be the best treatment, 1500 mg. water soluble (500 mg. three times daily) and 1000 mg. slow-release (one 500 mg. capsule every 12 hours). There is no evidence that the "natural" vitamin is superior to the synthetic.

There are no known serious contraindications to large doses of vitamin C. The impact of ascorbic acid (vitamin C) on the *empty* stomach, however, cannot be ignored, although many patients take 2000 to 4000 mg. without ill effects.

### On the use of vitamin C for bleeding ulcers

Vitamin C prevents bleeding of peptic ulcers and helps them to heal but at least in the beginning it must be given in small doses and well buffered with milk or antacids.

(The use of slow-absorbing or *time-release* vitamin C seems to be quite effective in spite of the fact that some of the vitamin C may be destroyed in the alkaline alimentary tract. The chief disadvantage of increased gastric acidity due to vitamin C can be overcome by the use of the slow-releasing capsules.)

### Importance of both vitamin C and exercise

I would not imply that vitamin C is anything more than one adjunct to strengthen the spine, but it is nevertheless a very essential element in a high percentage of individuals for preservation and maintenance of strength of the spine and all tissues.

(Roger W. Williams<sup>4</sup> has indicated as a *dividend* that the two vitamins most concerned with longevity are vitamin C and vitamin E.)

A very high percentage of chronic intermittent back pain is caused by disc injury or damage. When this is followed by rupture of the disc, the pain in the back is often relieved, since there is no longer pressure on nerves within the annulus (rim around the disc) or disc capsule. The pain may continue to

**EDITOR'S NOTE.** In the past we have had so many requests asking us where vitamin C can be purchased by mail that at this time we are giving you the essential information again. Vitamin C (ascorbic acid) in soluble, fine crystal powder form is available in one pound or one kilo jars. A ¼ level measuring teaspoon supplies approximately one gram (1000 mg.). To take 500 mg., at a time, simply half-fill this same ¼ size teaspoon. Then add to fruit juice or water. This is the most economical and easiest way to use ascorbic acid. You can purchase vitamin C in 500 mg. time release form in 100 and 250 capsules. Both types are available from Bronson Pharmaceuticals, 4526 Rinetti Lane, La Canada, CA 91001. It is our understanding that this firm will handle orders postpaid by mail to all U.S. and Canadian addresses.

be relieved after disc rupture unless the rupture directly impinges upon a nerve root, in which case sudden, extremely severe sciatic pain radiating into the thigh and leg eventually may follow, necessitating surgery if the ruptured cartilage does not find a place of rest away from one of the nerve roots.

Vitamin C is needed for *prevention* of weakness and degeneration of the disc and the *healing* after rupture occurs. Vitamin C is also needed for healing in ligamentous strains and injuries, and to prevent or alleviate severe muscle soreness due to excessive exercise.

In addition to the use of vitamin C, I cannot emphasize too much the importance of mild, regular exercise for circulation of nutrient fluids and metabolism of discs, tendons, ligaments, joints, and all tissues of the body.

As the editors of *Executive Health Report* have so often pointed out: "If one lives too far from his office to walk to work, he should park his car one or two miles away from his office and walk. In this way he would have at least one or two, up to four miles a day of regular walking.

"There are other exercises for the busy executive. When he gets to his office he should climb the stairs. If his office is up too many flights, he should climb the first two or three flights and go up the rest in the elevator.

"These are minimum requirements. If anyone carries on this routine, walking to and from work four or five miles a day, he probably will get enough exercise. Less than this is too little. During the day, the minimum exercise time should be an hour, seven hours a week.

"If you stop to think of it, *walking is as natural for you as breathing*. The mechanics of walking are built into your body in much the same way as the mechanics of breathing. For sheer efficiency these nature-built mechanisms surpass anything devised by man. Your body is built *poorly* for sitting, *not much better* for standing, but for walking it is *superb*. You must remember, your spine is *not* a straight vertical rod but a jointed and double-curved *spring*. When you sit at your desk, your top-heavy head and shoulders are constantly pulled forward by the force of gravity, and your flexible S-curved spine is hard put to keep its shape against this distorting gravity pull. As a result, when you sit at your desk day after day, fatigue and irritability build up from this long-continued stress. As time goes on a succession of headaches, stiff necks, gastric distress, and lower back pain problems build up in you. Some of these bad effects do not become evident for a long time . . . for example, dangerous effects on your cardiovascular system. There is no question that you *sit* too much at your executive job and that you do it at your peril . . . if you lack the necessary *antidote* of regular *daily* walking."

TO SUM UP: Vitamin C (ascorbic acid) is not a vitamin in the ordinary sense of the word but is a construction material used in relatively large amounts to help collagen hold the body together, and is used by the white blood cells in maintenance and repair of the body tissues and in the control of

infections. It should be taken with food in doses which total 750 to more than 2000 mg. a day, in optimum amounts far greater than the minimum requirement to prevent lethal scurvy.

Maintenance of connective tissues, ligaments, tendons, joints, and muscles as well as the preservation of disc integrity is dependent upon optimum values of vitamin C and it should be used in all back strains or injuries along with physiotherapy.

Surgery should not be considered for any disc or back condition for at least three months unless pain is unbearable and unrelenting. If there is reasonable improvement, surgery should be deferred further, up to six months or a year. With meticulous technique, surgery may provide a most dramatic cure for the patient in agony, but while saving time, surgery is not superior to healing under conservative treatment nor does it insure against additional disc or ligamentous difficulty in the future.

Adequate nutrition including *optimum* vitamin C, and *daily* exercise will eliminate most back pains, strains, and disc ruptures.

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\*Neurosurgery: the branch of medicine dealing with the surgery of nerve tissue. <sup>1</sup>Mixter, W.J. and Barr, J. S., "Rupture of the intervertebral disc with involvement of the spinal cord," New England J. of Med. 211:210-215, 1934.

\*\*Orthopedists: specialists who deal with treatment of disorders of the spine, bones, joints, muscles or other parts of your skeletal system.

<sup>2</sup>Greenwood, J. Jr., "Optimum vitamin C intake as a factor in the preservation of disc integrity," Med. Ann. District of Columbia 33:274, 1964.

<sup>3</sup>Lind, James, "Treatise on the scurvy," Sands, Murray, and Cochran for A. Kindaid and A. Donaldson, Edinburgh, 1753.

<sup>4</sup>Williams, Roger, "Individuality in vitamin C needs," Proc. Nat. Acad. Sci. 57:1638, 1968.

<sup>5</sup>Stone, Irwin, *The Healing Factor, "Vitamin C," Against Disease*, Grosset and Dunlap, New York 1972.

<sup>7</sup>Pauling, Linus, *Vitamin C and the Common Cold*, W. H. Freeman & Co., San Francisco 1970.

<sup>8</sup>McCormick, W. J., "Intervertebral disc lesions. A new etiologic concept," Arch. Ped. 71:29, 1954.

\*\*\*Cystitis: inflammation of the urinary bladder.

\*\*\*\*Prostatitis: inflammation of the prostate gland.

\*\*\*\*\*Collagen: the major protein of the white fibers of connective tissue, cartilage and bone.

<sup>7</sup>Williams, Roger, "Individuality in Vitamin C Needs," Proc. Nat. Acad. Sci. 57:1638, 1968.

April 20-25, 1975

## When Did You Last Play Racquetball In Las Vegas?

# The Box Theory: Improve Your Kill Shots

By Steve Keeley

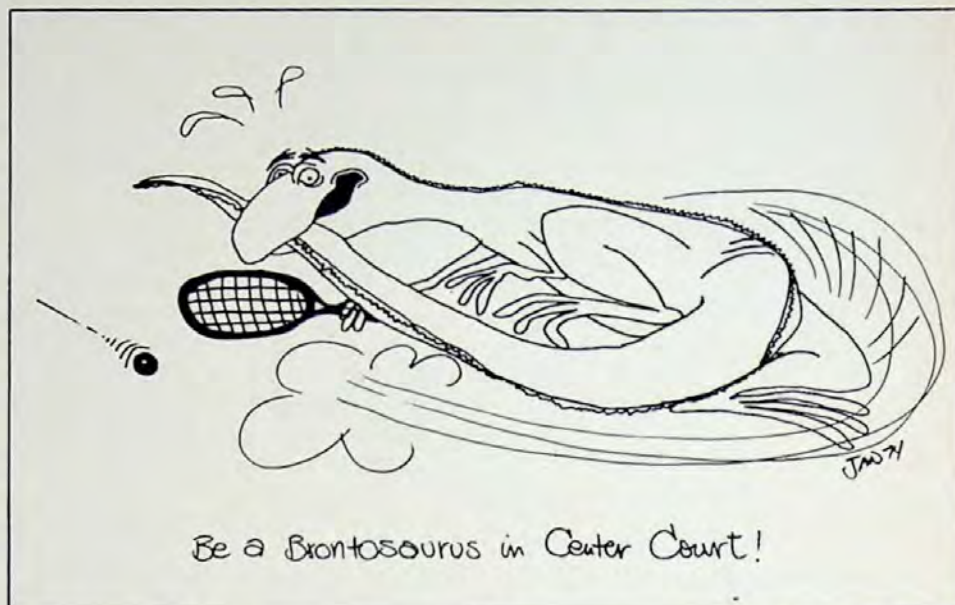
Baseball has the home run, golf the hole-in-one and racquetball has the kill shot. Rolling the ball off the front wall within inches of the floor is the name of the game. Without kills in his repertoire one cannot hope to make the jump from class C to B player. If the reader desires a step-by-step explanation of the kill shot stroke, an instructional book might prove more useful than this article. Rather than a picture frame type enumeration, this brief script will deal more with the kill shot strategy, specifically the box theory.

## Where and How To Kill

It is assumed that the reader is satisfied with his stroke and is ready to add a little sophistication to the offensive portion of his game. Before introducing the box theory, one very important strategic point must be made, understood and put into practice: most (about 80%) forehand kills struck from the forehand side of the court should be placed into the forehand corner (i.e., the righthand corner for righties and the left for portersiders). Note the diagram.

Again, this refers specifically to the kill shot and not to placement of lobs, passes, freak balls or what have you. Repeating, most forehand set ups, whether it be off a short ceiling ball, back wall or pass, should be put away in the forehand corner. Similarly, this holds true for backhands directed toward the backhand corner.

Why? Watching any nationally ranked player execute proper placement of kill shots should be proof enough. It is simply the percentage play. Reasons: 1 — the shortest distance from the forehand set up on the forehand side of the court to the front wall is a line from the set up point to the forehand corner. 2 — the natural side-spin english imparted to the ball by the racquet face tends to cause the ball to neatly "wrap" or run around the corner on a side

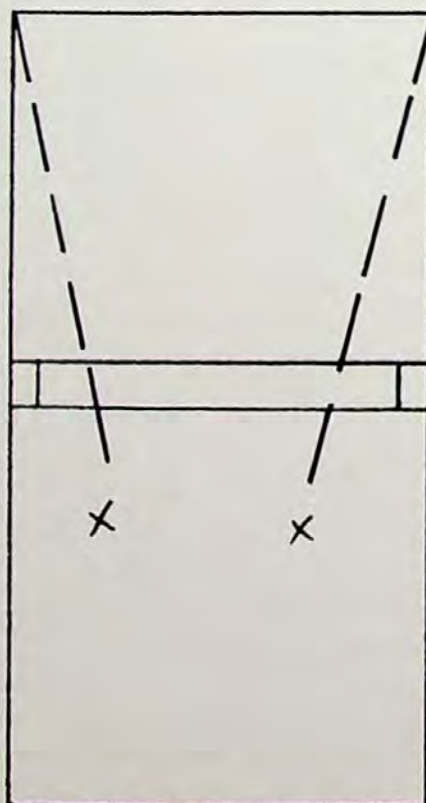


wall-front wall kill (pinch shot). 3 — when the offensive player is positioned in front of his opponent in respect to the front wall (as is often the case) a forehand shot sent into the forehand corner is a "100% play." That is, if the shot rolls out for a winner a point or side out is scored. If the ball is left up for

a two-foot high kill (squash shot kill) which would normally be covered and re-killed, the offensive player has his opponent blocked out visually and physically from getting to the ball. A hinder is called as long as you make an attempt to get out of the way and the shooting player has lost nothing. Note diagram.

Charlie Brumfield, former national champion, is especially adept at putting reason number three above into effect for the 100% play. With an open stance like a bowlegged gunslinger, a wide backswing and a follow through encompassing about as much area as a brontosaurus chasing its tail, and with a powerful lower torso as broad and planted as a century old oak, the obstacle named Brumfield is extremely difficult to circumnavigate in order to get the ball. And visually all one can see from behind Charlie is one immense posterior and the two corners of the front wall.

Back to the reasons. 4 — Finally, from the defensive player's standpoint, the natural tendency for most court dwellers forced into having to cover a kill shot will be to hang back at mid-court or slightly anterior in anticipation of the cross-court kill or drive (V-ball). The forehand corner on a forehand set-up therefore usually remains open for the roll off.

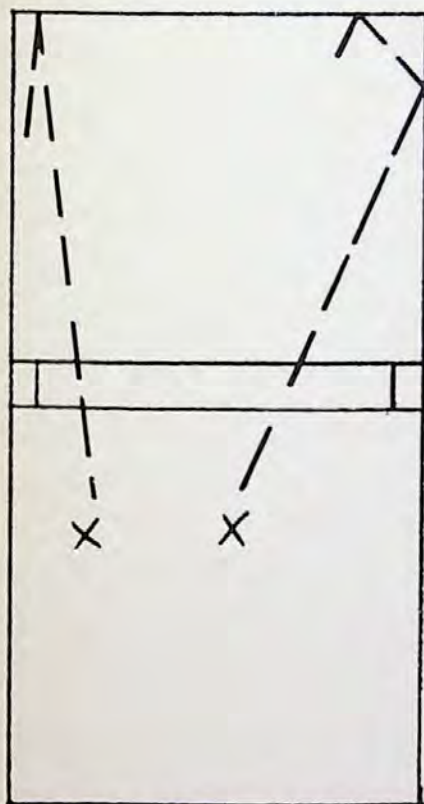


Shoot For The Corners

Now that the reader is convinced as to the proper placement of corner kill shots, a question may arise, — which is better to attempt, the side wall first corner kill (pinch shot) or the front wall first kill (straight-on kill)? The answer is that it normally does not matter which wall the ball hits initially, as long as it is low enough. This is rather obvious.

It is generally best to aim low for the crotch, i.e., the intersection of the front and side walls. However, if one feels more comfortable in shooting for a certain wall first, then by all means do so. Racquetball is 90% feeling comfortable and confident in oneself.

For example, Steve Serot, 1974's leading pro racquetball money winner, the Evel Knievel minus wheels of the court world, favors the straight-on kill. Ron Rubenstein, Chicago's tanned court superman, is a sure bet to pinch side wall-front wall almost every kill attempt.



The straight-on kill (left), and the corner kill.

### The Box Theory

And now to the box theory of racquetball. All it takes is a little imagination. Walk into a court in your neighborhood Y.M.C.A. or court club. Gaze intently at the

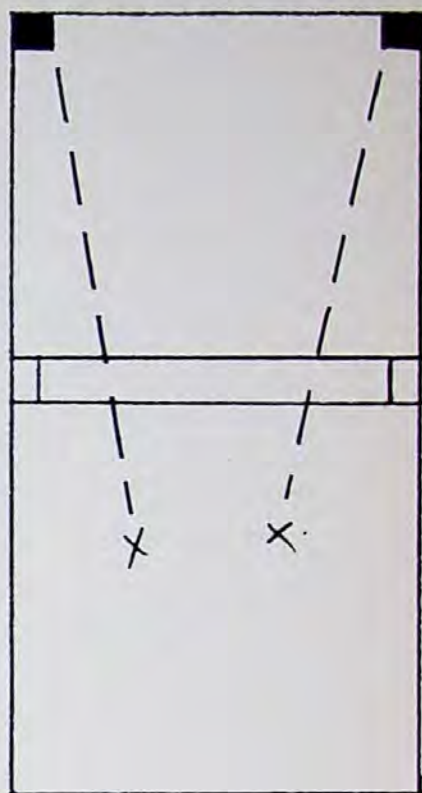
right front corner of this 20x20x40 stucco-ceilinged sweatbox. Soon a little box will appear in that corner resting placidly amid the plaster chips and dust. The color of the cubicle is not important; most players cannot hallucinate in color, anyway. The size, however, is significant. The box you are presently pondering is one foot high, one foot wide and sticks out one foot from the front wall. Lo! It is a one foot cube gathering cob webs there in the corner! Such a simple yet significant device has not been set forth since the development of the non-wooden racquet, atom bomb and birth control pill.

For it is at this target, the one foot cube, that the reader is about to direct his kill shots. The idea is to knock the box to smithereens with the rubber sphere. If you smote above the one foot zone you miss the box (and you have hit too high a kill shot which can be easily covered by the enemy). If the ball hits the floor before reaching the foot cubic bin, you have erred, — a skip ball. (note diagram).

The concept behind the box theory can best be understood by an analogy in archery. If one stood at 39 feet from the front wall in a racquetball court armed with a bow and arrows and aimed for a quarter taped on the front wall, undoubtedly one would score a miss. Not only a miss, the arrow would probably go awry very wide of the target. But if one taped a paper plate to the front wall and pasted the quarter in the center of the plate, it would be a different story. Most of the arrows would strike within close proximity of the silver George Washington; certainly most would contact the paper plate.

Such is the case with the kill shot in racquetball. When this author/instructor teaches students to shoot the ball at a general area rather than aim for a particular bullseye on the front wall, it is apparent the students are more relaxed in their physical motion and more mentally sure of themselves. The result is many more roll offs and fewer wild shots. Execution in any sport, once one possesses the required physical skills, i.e., proper strokes, is purely psychological. Use a psychological crutch; disturb those dormant cob webs, plas-

ter chips and dust piles in the corner nearly every time by shooting at the box.

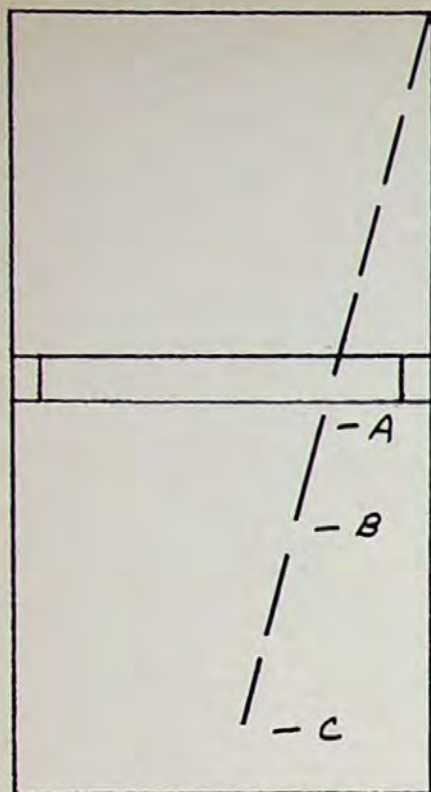


The box theory: aim for a general area.

### No Success Via Osmosis

Words are of little use. Any athletic instructor, despite his genius and his pupil's natural prowess, could expound verbally for hours with little transmission of talent from teacher to student. Now that the reader is aware of the box theory it requires only diligent practice to fully realize what an aid this can be. Not just looking at the box sitting in the corner; not just observing better players in action; not solely taking lessons and not just practice matches and tournament play. All these ingredients make up the pot of success, but the major component is solo practice. For when one practices alone in the court he can concentrate on one specific shot or strategy without the interruption of other shots and strategies. The solitary player also hits about four times as many shots in a given amount of time as he would if playing a game with someone else.

How to practice alone? Here are six basic kill shot exercises for the forehand. Backhand exercises are



Kill shot exercise #1, from three positions.

the same only use the backhand stroke to direct kills toward the box occupying the backhand corner near the front wall. Note the diagrams.

1. **Drop and kill.** This is self-explanatory. Drop the ball and attempt to kill it. Do this exercise from three positions on the court as indicated on the diagram. Go for the box.

2. **Set up and kill.** Give yourself an easy rebound set-up off the front wall and try to kill it. Done from two positions on the court. Aim for the box.

3. **Back wall kill.** Toss the ball into the back wall and kill after the first bounce off the floor.

4. **Back wall set up and kill.** Stand just behind the short line and give yourself a set up off the back wall, as might occur during a game. Gallop back after the ball, set up and kill into the proper corner. (Do not initially stand near the back wall to make the set up on this exercise. After all, you will not be clairvoyantly stationed here for a back wall set up during an actual game).

Advanced Exercises:

5. **Ceiling set up and kill.** Hit yourself a ceiling ball that falls short of the back wall (at about

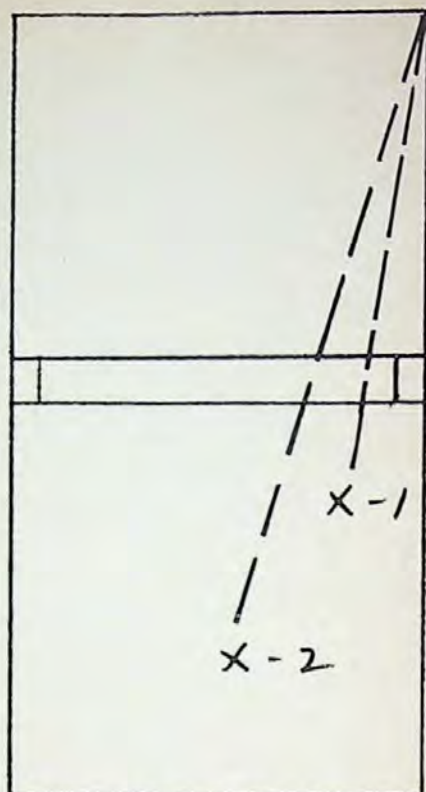
three-quarter court). Shoot for the box.

6. **Fly kill.** The last shot to be mastered in racquetball, paddleball or handball is usually the fly kill. From two positions on the court, rebound the ball off the front wall such that you have to strike it before it bounces on the floor. In this exercise especially the box theory is helpful.

The last two advanced exercises give many players problems but are well worth spending time on, since similar shots occur frequently under game conditions. Once a certain adeptness has been developed with exercises five and six, the first four will seem routine. How much should you practice? The time spent is directly related to the skill extracted. Brumfield used to spend hours daily swatting scores of balls from each position for the various exercises. Serot did the same, as did any ranking player. Remember, patience is a virtue. Although you practice what you know and can already do, you will discover and conquer things you did not know and could not do.

### The Offensive Theory

Aggressiveness in most sports leads to victory. In baseball, the teams that swing away rather than take pitches usually hit better; the teams that take the extra base score more runs. This idea holds true in racquetball as well. A good kill shot producer will generally trounce a decent kill shot coverer because of the nature of the game and its utensils. Perpetually chasing down a ball so lively struck by a racquet strung so powerfully is



Kill shot exercises #'s 2 and 6.

something like Tom Thumb pursuing a superball gone wild in a garbage can.

Out of this somewhat imaginative analogy is spawned the "Offensive Theory of Racquetball." As applied to the advanced class A player it reads, simply: **"Given any shot during the course of a game, one's first thought should be to kill the ball."** If the elusive sphere happens to be speeding along at Warp-9 in deep court or if one is not set, then the second most offensive shot in racquetball should come to mind, — the drive (cross court usually, though it may be up and down the backhand line). Only if the kill or drive cannot be executed should the third most offensive shot (actually one of three defensive shots) be attempted. This would be the ceiling ball, Z-ball or around-the-wall ball.

Two important notes to remember: First, the offensive theory is prescribed for the A player who is able to shoot the ball consistently and drive pass shots with control. Second, the intention of this concept is not that every ball should be an attempted kill. The idea is to play offensively; when the awaited set up finally presents itself do not squander the opportunity by hit-

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ting a conservative shot. Among certain top ranked players in the country the entire game has been reduced to the following type of rally: the serve is returned with a ceiling ball to the backhand corner, initiating a ceiling rally of eight or 10 ceiling shots until one player makes a weak return. This plum ball is then put away for a point or side out.

The most striking example of the offensive theory in practice is portrayed by Serot's game style. Steve's repertoire of shots seems to consist of just two, the ceiling ball and the roll off. Every now and then an intended kill shot will rise a foot or so for a winning pass.

Another very offensive oriented performer is national amateur champ Bill Schmidtke. Bill's forehand is the most potent in the game and he utilizes it to wallop a kill at every opportunity. His game plan is best described by the handball sword and shield concept. That is, the backhand is used conservatively to avoid errors, thus patiently anticipating a set up to the forehand, at which time the coup de grace is applied.

But who possesses Serot's unerring eye for the booming bottom board kill or Schmidtke's sword and shield? Not this writer (**the writer can do both, — ed.**) nor 99% of this writer's readers. Nevertheless, improvement is just a shot away. The path is practice, the guide is patience and the attitude one of positive thinking.

### Summary

1. Regarding kill shots, put most forehands in the forehand corner and backhands in the backhand corner. Become conscious and possessive of the center court position.

2. The box theory — aim for a general region rather than an impractical bullseye. Shoot the ball right through that one foot cubic kill shot coffin. If this cubicle is too large for your precise shots, use your imagination to shrink it down to a more acceptable one-half foot cube.

3. It takes practice. Four basic and two advanced exercises were presented for voluntary partake-ment. Iron out the kinks in your strokes with this daily half-dozen.

Then concentrate on consistently hitting the box. Become non-thinking, effortless, almost robot-like in your actions. If unemotional, logical executing Mr. Spock of the tube show **Star Trek** played racquetball he would be galactic champ.

4. The offensive theory. For the advanced players who play the patient ceiling game and then

capitalize offensively upon the resulting set up.

5. Think positively. Whether practicing alone or playing under pressure in a tournament think positively and exude confidence. Apply psychocybernetics. Envision the ball trickling out of the corner for winner after winner. If it does not roll out, it should have and the next one will.



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# The Five-Foot Line Is No Barrier To Fly Return

By Chuck Leve

Three of the least understood rules in racquetball are those that relate to the five foot line. I speak specifically of the *Receiving Line* (Rule 2.1(b)(5)), *Return of Serve* (Rule 4.7(a)), and *Fly Return* (Rule 4.7(c)). All three of these rules can be grouped under the single heading of the Five Foot Line, because it is at this point that the confusion begins.

Rule 2.1(b) (5) reads: "*Receiving Lines. Five feet back of the short line, vertical lines shall be marked on each side wall extending three inches from the floor.*" Unfortunately, many courts do not have these lines, a factor which adds greatly to much of the unclearness.

All we can say, is that where no five foot line exists, it is up to the referee to inform the players that he will still enforce such rule, as if the line did exist. The referee should also call the player's attention to the receiving line and fly return rule.

However, let's deal in realities, i.e., those courts that do have the five foot line. And that brings us to the Receiving Line rule.

## Wait For Serve

Many players, perhaps a majority of those playing racquetball misinterpret this rule which reads, "*the receiver or receivers must stand at least five feet back of the short line, as indicated by the three inch vertical line on each side wall, and cannot return the ball until it passes the short line. Any infraction results in a point for the server.*"

Now that's simple enough. You can't cross the line until the server hits the ball. Fine. It does NOT mean that you have to wait until the

ball passes the short line. If that were true, how could a receiver ever hope to return a serve he hits near the crotch just behind the short line? All you have to do is wait until the ball is struck by the server.

Yet, I don't know how many times I have to defend myself when I attempt to enforce this correct interpretation of the rule. And the reasons for such a rule are relatively easy to comprehend.

As with almost all racquetball playing rules, they have been included for the prevention of injury. No sport that I know of or care to participate in can be fun if you have

to get hurt to compete. And racquetball is included in that category.

The Receiving Line rule is for the protection of the server. If it were not there, you would have receivers rushing serves and taking them out of the air in front of the server's box, and driving the ball past the server. The chances of the server being injured by the receiver's racquet will have multiplied by huge numbers.

Secondly, the rule establishes some order and continuity to the commencement of each rally. Imagine the chaos on the court that would occur if in doubles the receivers could stand wherever they wanted? You'd have one guy way up front, another player deep, or maybe one partner would stand on the server's back and harass him in some way.

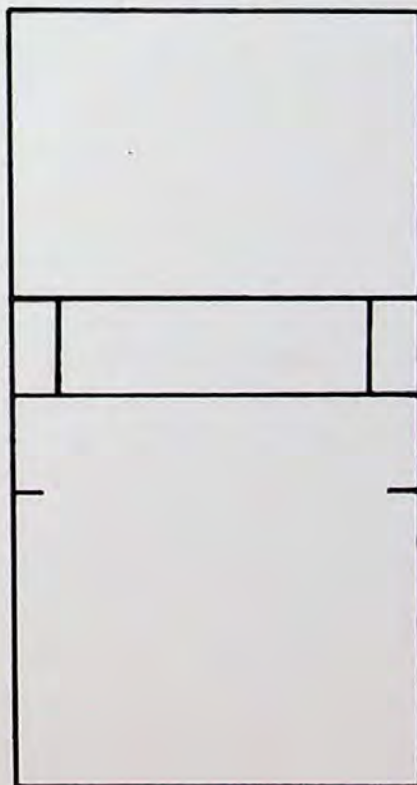
So the rule is there to preserve some order within the framework of the competition.

Now that we know where and when a player must wait for the serve, what happens when he decides to rush that serve. That shifts us to another rule, five feet closer.

## Fly Return

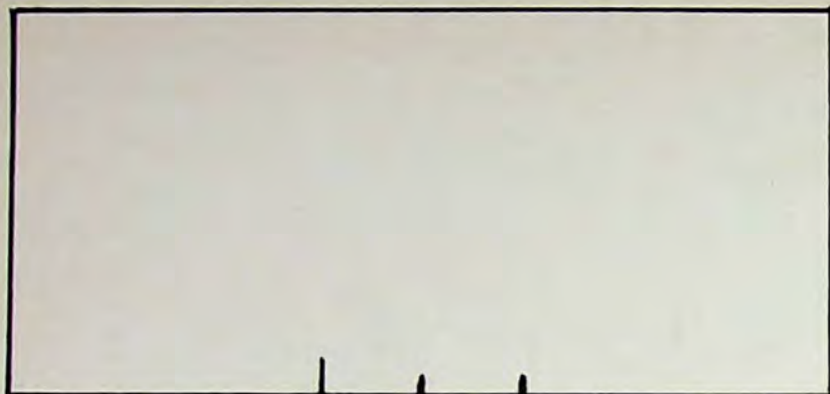
"*In making a fly return the receiver must end up with both feet back of the service zone. A violation by the receiver results in a point for the server.*" So Rule 4.7(c) states clearly the limits imposed on the receiver as he rushes the serve and takes the ball out of the air.

This rule, in co-ordination with the receiving position, places all the limits necessary on the re-



Five-Foot Line: many courts are not marked.

To next page



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*Five foot line: side view.*

*From previous page*

ceiver. Thus, a legal rush of the serve will go something like this:

The server will bounce the ball and strike it with his racquet. As his

racquet strikes the ball the receiver, who has been standing behind the five foot line, will move forward. Once the ball has passed the short line, the receiver, as long as he, too is behind the short line, is

free to strike his return. As he follows through, neither of his feet may enter the service zone. And play goes on.

The five foot line is an important part of the racquetball court. The rules that cover this part of the court are important and serve a useful purpose, mainly the elimination of needless injury. There should be no real difficulty in learning or following these rules, for they are plain and simple as written.

## Playing On Glass Helps Your Game

As more and more private clubs dot up around the country, similarly, more and more of these facilities erect exhibition courts of some kind, utilizing glass walls.

Although few clubs have put up courts with three full walls of glass like the beautiful Long Beach Athletic Club, for example, and none to date has ever put up a court with four walls of glass, there still remains many, many courts with one wall, two walls or windows of glass.

The purpose of this article, then, is to determine what the problems are, when playing on a glass walled court, and how to overcome these problems.

Of course, tournament players almost to a man (or woman) prefer glass courts to regular courts, mainly because they are used to these walls, having to perform on them constantly. A secondary reason is the fact that a player enjoys a large spectator-filled gallery of persons who appreciate the skills that he is performing.

But how many times have you walked into your club and with the spectator court open, had your opponent say, "Hey court six is open, let's play in there instead." Such a person for some reason fears the glass walls.

Now we know that the fear is not breaking the glass, for there has never yet been a handball/racquetball court to our knowledge that

has been broken or shattered due to impact. Is the fear justified by a "I can't see the ball on the glass?"

### *I Can't See The Ball*

Reason (or excuse) number one.

is when the player won't play on glass because he or she "can't see the ball." Although in many cases we would argue that the real reason is "everybody will see me," let us accept the initial reason at face value.



*Playing on glass above is Ron Strom at the Midwest Racquetball Pro-Am. Note the reflections that make it so difficult for the untrained to perform on glass. Strom did just fine, taking third place and \$600.00.*

It is a falsehood that you cannot see the ball on glass. The ball is in the court, it does not disappear, just as it is in a concrete and plaster court, or a prefabricated panel court, or an outdoor court or a wooden court, or a clay court or any court. The ball is there. Why the feeling, then, of "I can't see it?"

The biggest reason, most likely, is because you aren't looking at it. Paul Haber, former handball champion and still one of the game's greats, once said, "I even keep my eyes on the ball during a time out." And the statement holds much in the way of lessons to be learned.

If we rated the professional players as players with 100 per cent skill then everybody from the 90 per cent mark and down, at some time or another, (the rate of frequency increases with the decrease in percentage number) takes his eye or eyes off the ball. You may get away with this bad habit on a regular court, but not so on glass. Watch the ball!

In this case all the glass court does, is force you to perform one of the fundamentals of racquetball, i.e., keeping your eyes on the ball. Such a basic is not written only for courts 20 x 40, with white paint, and no glass. It is written for all play, indoors or out, glass or no.

As you take your eyes off the ball, you have a much more difficult time in picking it up again. So the idea is to keep your eyes on the ball at all times.

Solutions to this problem are simple: concentration and concentration. Instead of shying away from the glass court, play in it at every opportunity. By having a difficult time in picking up the ball, you will force yourself to concentrate that much harder on keeping it in sight at all times.

To illustrate the point try the following. You and your opponent as an experiment play the first two games of a three game match (or the first 40 minutes out of an hour) on the glass-walled court at your club. For the last game or final 20 minutes move to a regular court. What you find will amaze you! You will be seemingly faster in getting to your shots and quicker in retrieving your opponent's shots. You will marvel at your improvement! Why? Because the glass has taught you to concentrate on one of the fun-

damentals of the sport. It has helped your game, not hurt it.

## *I See Two Balls*

Another common "problem" in playing on glass is one of depth perception, or put simpler, when you see the mirror image of the ball off the glass and don't know which one is the real ball. The "I see two balls," syndrome.

We all agree there is only one ball in the court. Since to this date there are no courts with glass front walls, all balls at one time or another during a rally hit the front wall and therefore are see-able. When such a ball in the course of the rally strikes at or near the glass the player clacks around that portion of the court like a blind man. Why?

You are looking at the glass, not the ball. Watch the ball. For whatever psychological reasons, players expect the glass to have a reflection (it does have a little one). In so expecting, the player subconsciously has got to find out how much of a reflection it really is.

It's a sort of game the player plays with the glass. He challenges the glass. "All right, glass, let's see your big ol' reflection. I'll beat ya anyhow." In order to determine the extent of the reflection and his ability to cope with it, the player must

look at the glass, thus removing his vision from the ball itself. Therefore, he'll either miss or miss-hit the shot, - every time.

Now, there are some courts that have been inadequately lit in such a way that it makes the depth perception problem harder than usual. This comes from those courts that do not have at a minimum, equal lighting on the outside of the court as on the inside. The better the lighting on the outside of the court, the smaller the shadows will be. Thus a jai-alai type amphitheater with all lights out except those on the court will be virtually impossible to convert to racquetball. There must be at least equal lighting on the outside of the court.

Additional problems occur if there is a large gallery of spectators, but most of us never will be fortunate enough to play before such large crowds. Those players who do reach that pinnacle, are the ones who are most able to handle the visual problems.

Glass walls are not there to intimidate you. They are becoming an increasingly familiar phenomenon, one that does much to aid the explosion of racquetball. Use these glass courts to your advantage, they can be helpful and you can learn from them.

## National Championships

*From Page 8*

ise to bring the finest competition of the tournament, highlighted by the biggest purse in the history of racquetball. Male professionals will be competing for \$15,000 in total money, with \$5,000 going to the winner of the tournament. Female professionals will play for an undetermined amount, but it will be worth the ladies' while.

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one," said one manufacturers rep. "This is the biggest thing that's ever happened to racquetball, and we want to be a part of it. Any company who's involved in racquetball that doesn't show up here is crazy."

With potential television coverage in the offing, all systems for the tournament remain "go." If live T.V. coverage is not available, an expert television producer will cover the tournament for the N.R.C., edit the film and present the package to the national networks. As we all know, once the drama and thrills of a top match is properly produced, it can't help but sell the networks.

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