

Who Are The Players Of The Year?

RACQUETBALL

ILLUSTRATED

March 1980 \$1.25

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Dick Van Patten

A family game for
a family man

Make Room for the Children

How To Cope With

Anger On The Court

The Secrets of Hitting

the Drive Serve

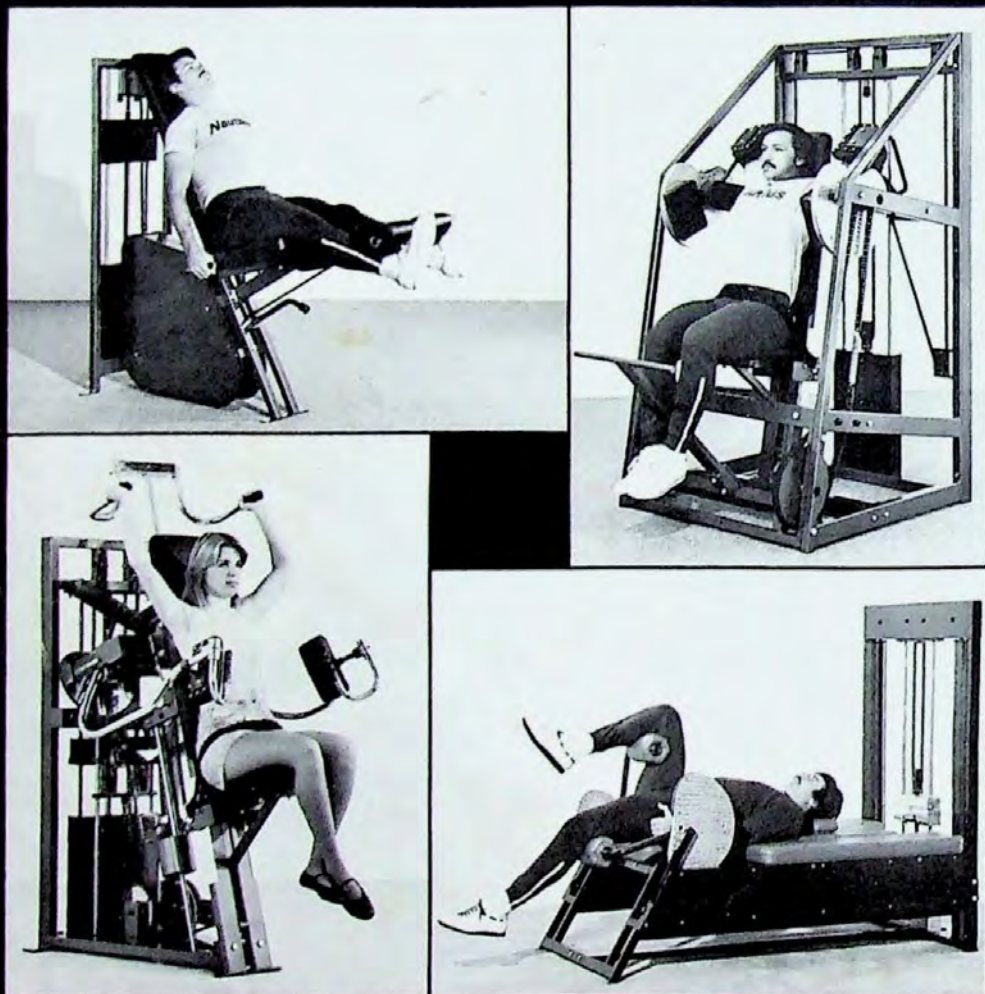
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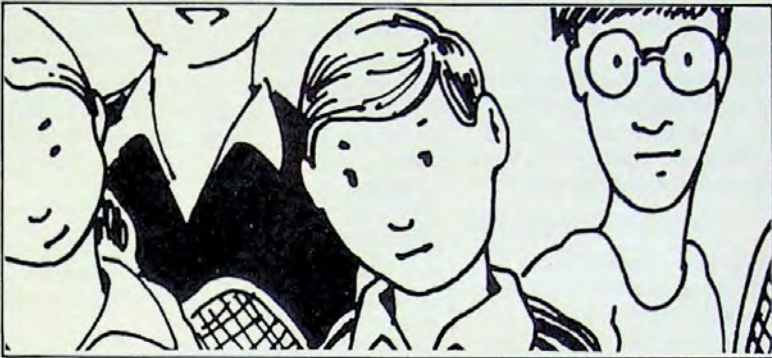
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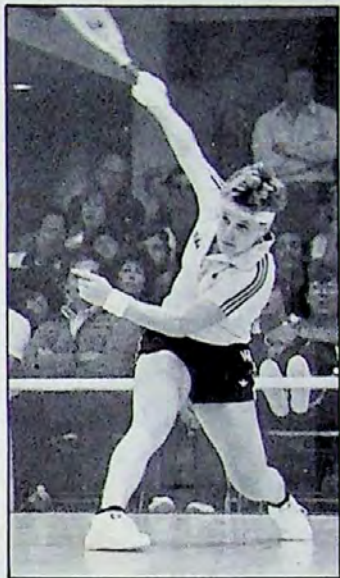
RACQUETBALL

ILLUSTRATED

March 1980 Vol. 3, No. 3

FEATURES

- 10
HOW TO COPE WITH ANGER ON THE COURT The best player is the one who learns how to channel his emotions. *By Mark Weintz.*
- 14
PLAYERS OF THE YEAR Marty Hogan, Shannon Wright and Marci Greer earn the public's vote.
- 20
ADAMS, ANDREWS IN THE DRIVER'S SEAT A pair of Datsuns go to the champions of the AMF Voit-Self Magazine Nationals. *By Ben Kalb*
- 25
WHEN THE FLOOD HAD GONE Rapid City, S.D. has regrouped after that disastrous flood of 1972. *By Don Theye*
- 38
SUNDAYS WILL NEVER BE THE SAME Football is behind Ed Marinaro, acting and racquetball ahead. *By Barry Janoff*
- 41
PORTRAIT OF A RACQUETBALL FAMILY Racquetball plays the major role in the life of Goldie, Marty, Linda and the rest of the Hogans. *By Denice Santangelo*
- 44
MAKE ROOM FOR THE CHILDREN A few clubs have successful kids programs, most don't. *By Sandra Segal*
- 49
THE FAMILY THAT PLAYS TOGETHER Dick Van Patten heads a large and athletic family. *By Mathew Tekulsky*



INSTRUCTION

- 28 **How to Concentrate** by Rita Hoff
- 29 **Secrets of the Drive Serve** by Jay Jones
- 32 **The Importance of a Time Out** by Janell Marriott
- 34 **Second Serves** by Lynn Adams
- 36 **Center Court** by Jerry Hilecher

DEPARTMENTS

- 4 **Up Front**
- 5 **Side Out**
- 6 **Players**
- 52 **Rx For Winning—Knee Injuries**
- 54 **Club News**
- 55 **Short Shots**
- 58 **Tournaments**
- 64 **Fashion**
- 69 **Club Directory**
- 72 **Off The Wall**

UP FRONT



The votes are in

When it comes to awards, there is a hesitancy to allow the public the honor of choosing the winners. More often than not, the public votes for its favorites, not necessarily the best, and what, in effect, you have is not the most valuable but the most popular.

The Academy Awards, for example, are not chosen by the public but by members of the Motion Picture Academy. Sports' most valuable players are chosen by the writers and broadcasters who cover the teams, not the public. Baseball's All-Star Game is picked by public ballot, and often some of the selections are not warranted. The public tends to choose its heroes even though the hero that year may be batting .222 with no home runs and one run batted in.

So, it was with some anguish that RACQUETBALL ILLUSTRATED gave the vote to the public for its first annual "Player of the Year" balloting. In short, we were afraid your choices would be based on popularity, not quality of play. It was an experiment on our part.

But we underestimated you. The voting tended to support the players' records.

Marty Hogan easily won the male "player of the year" balloting and really there is no other person in all good consciousness who deserved the honor. Hogan won every tournament but one in last season's pro tour.

Shannon Wright won female "player of the year" balloting in a relatively close vote over Karin Walton, Jennifer Harding and Janell Marriott. Wright was the most consistent woman player in 1979 but she was also one of the most unpopular. The racquetball public, to its credit, took into account quality of play as opposed to popularity.

Marci Greer was voted most improved "player of the year" with Dave Peck second. Greer wasn't even considered one of the top 15 players at the beginning of the 1978-79 season but wound up rated in the top five, including a spot in the Nationals' semifinals and her first NRC victory last September in Chicago.

We received roughly 335 ballots, or about 235 more than we expected. We weren't sure how interested the public would be in this type of voting and, frankly, we are not really sure this is the way we want to go in 1980.

Even though the public gets good marks

for its voting habits, we will probably modify the balloting for 1980. Although final details have not been worked out yet, we will probably pick a board of racquetball representatives to vote on the players of the year and let the public vote on the most popular.

If any of the 335 voters would like to comment on the matter, we will be glad to hear from you.

...

This issue has a family theme, and we feature three articles dealing with the family. One is about the Hogan family of St. Louis starring mother Goldie, son Marty, daughter Linda and a supporting cast of other Hogans. We also have an excellent article on racquetball for kids and we have a feature on Dick Van Patten, the father of all those Bradford kids in "Eight Is Enough" and in real life, the father of a very large and athletic family. Our instruction section is highlighted by Jay Jones' article on the drive serve and Rita Hoff's tips on how to concentrate.

One other article we recommend is the feature on "How To Cope With Anger On The Court." Florida free-lance writer Mark Weintz interviewed Dr. Robert Singer of Florida State, head of the sports psychology division of the United States Olympic Committee, and Dr. Thomas Tulko of San Jose State, one of the most respected sports psychologists in the country, as part of his research for the article.

Ben Kalb

Ben Kalb

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SIDE OUT

Idaho Tourney

I would like to call your attention to a pro stop in which I played in Boise, Idaho last month. It is encouraging to see racquetball enthusiasts such as Bob Peterson find the motivation to put together a first-class pro stop.

Racquetball parties, hospitality rooms, outstanding media coverage and shuttle service, are all important ingredients for a pro stop, but have been lacking for a number of years.

The Boise Cascade Charity Pro-Am was a great example of what a local club can put together with the backing of sponsors and the top pros.

Jerry Hilecher
San Diego, Calif.

Editor's note: Jerry Hilecher, a member of the Ektelon advisory staff, is one of the top-ranked touring pros in the country.

Instruction Guide

I have been reading your magazine since its birth and I would like to congratulate you on your January issue.

I have been waiting for something like your "Instruction Guide." It was the best instruction issue I have ever seen in any magazine. It took us back to the basics, which everybody needs to do once in a while.

Simon Trattner
Chevy Chase, Md.

Twain Article

I would like to congratulate Steven Stern on his article "Racquetball According to Mark Twain."

It was well written and had just the right touch of humor.

I have always been a Twain fan and, although I wouldn't put the writer in the same class, it had enough of a Twain touch to make me enjoy it.

I would also like to congratulate your magazine for running such an article. Other sports magazines seem to have this fear of running fiction and humor. They like to run features of football players who say the same thing time after time.

Linda Anderson
San Diego, Calif.

Illustrations

Nice illustration on the Mark Twain article in your January issue and nice illustration on "The Comedians" in the December issue.

I also enjoy good cartoon work. Have you found your cartoonist yet?

Richard C. Arrington
San Mateo, Calif.

Editor's note: One cartoonist we plan to use over the next several issues is Tony Saltzman of Grand Rapids, Mich., who made his debut on our pages beginning with the February issue. The illustrations were done by Jeff Weekley.

New England

I have been a racquetball player for years now and I have always wondered why I don't see articles on racquetball in New England.

Please try and do something on New England racquetball. Don't forget us. We love the game as much as other people in the country.

Tony Bithoney
Dedham, Mass.

Editor's note: We have articles upcoming on "Racquetball in Cape Cod" and also a feature on former New England Patriot Randy Vataha, owner of clubs in Massachusetts and Rhode Island.

Marine Players

Lima Company's General Cup racquetball team would like to thank Racquetball Illustrated for its acknowledgment of the popularity of racquetball among military personnel on Okinawa in your November issue.

As a team we utilize your instruction pages to improve our game and we enjoy your magazine in its entirety.

Lightning Lima Racqueteers
United States Marine Corps
3rd Battalion 4th Marines
FPO San Francisco

Comparing Issues

Your December issue wasn't up to par but your January issue more than made up for it.

I went through your December issue in about 15 minutes. Except for the instruction, it wasn't really racquetball oriented. I don't care too much about Aspen and Denver and the story on the comedians was cute, but, so what? The gift guide was just a bunch of advertisements.

But January, oh January. Beautiful. Great Instruction Guide. Super story on Mark Twain. Good reading on the "State of the Sport" and an interesting article on short vs. tall players.

Andrew
Canton
Hartford, Conn.

Gamble on Life

I would like to compliment Richard Hatch on his philosophy to "go for it, take a chance on yourself."

There are too many people in this world who are content to sit back and watch life pass them by. They are too afraid of taking chances. Life is only here once. You might as well make the most of it.

If you ask me, there is no such thing as luck. The people who are "lucky" are the ones who aren't afraid to gamble on life a little. They have the feeling that they can accomplish something.

Or as I once read on a fortune cookie, "Daydreams can be pleasant but accomplishments are more satisfying."

Gerald White
Santa Monica, Calif.

Protective Wear

I look forward to reading your magazine every month. It is very informative and also entertaining.

There is one thing that does disappoint me, though. I very rarely see anyone wearing eyeguards in any of the pictures in the magazine.

Here in Columbus, we feel that this is an integral part of the game. As a matter of fact most of the local tournaments state on the entry form that eyeguards must be worn.

It does take a little while getting used to but after wearing them once, it is just like wearing another piece of clothing.

Ron Rosenberg
Columbus, Ohio

Editor's note: Racquetball Illustrated encourages players to wear protective eyeguards when playing but as far as photos are concerned, the decision is left up to the individual subject.

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PLAYERS

Photo courtesy Michael Dalling Co.

Bruce Boxleitner and Peter Jason (in back) engage in a game of racquetball during filming of scenes for Film Fair's "The Baltimore Bullet," starring James Coburn, Omar Sharif, Ronnee Blakley and Boxleitner. The story deals with two pool-playing hustlers (Coburn and Boxleitner). In this sequence, Boxleitner has "hustled" Jason. Jason wins at racquetball, but Boxleitner later takes \$ 500 from him in a "friendly" pool game. The sequence was shot at The Racquet Centre in Universal City, Calif.

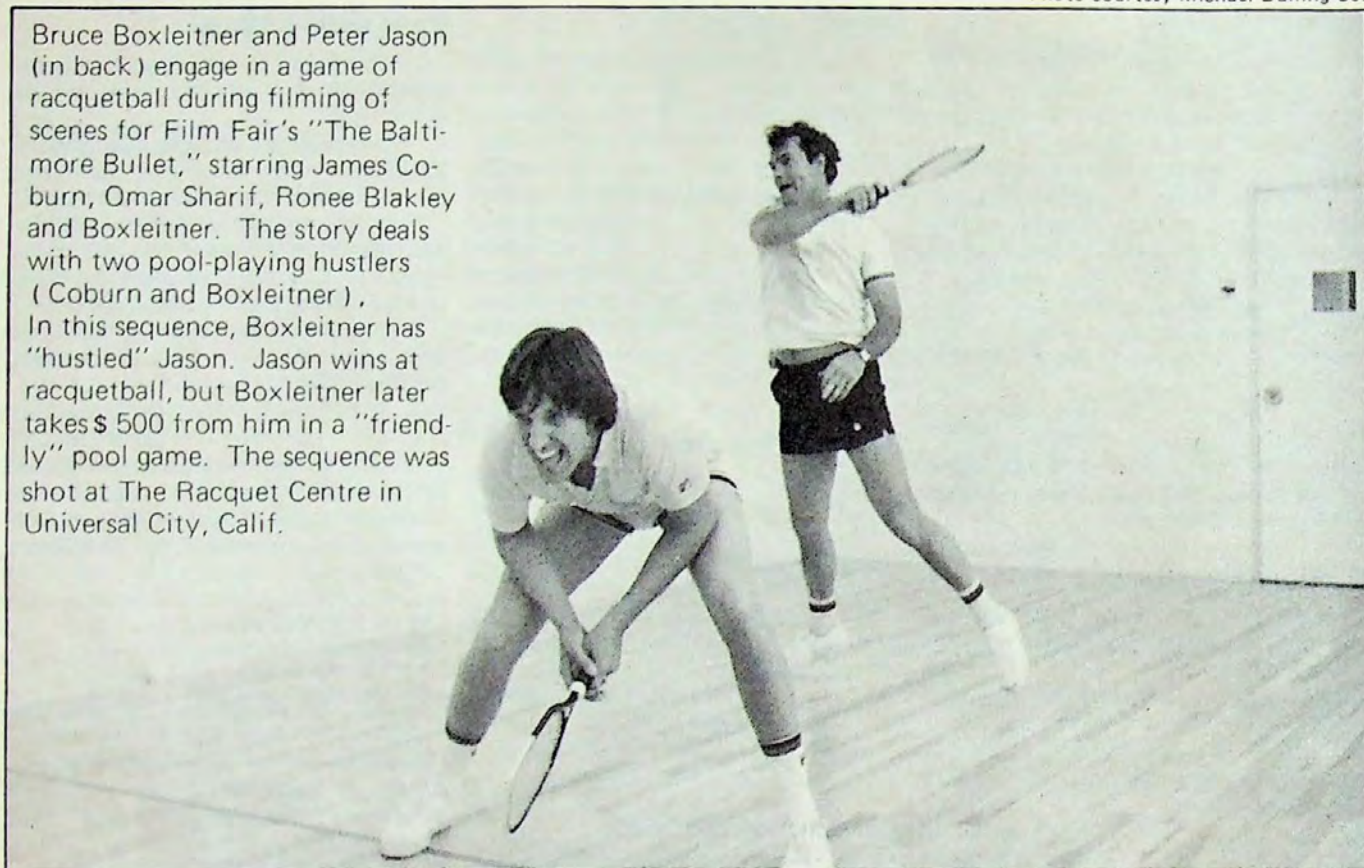
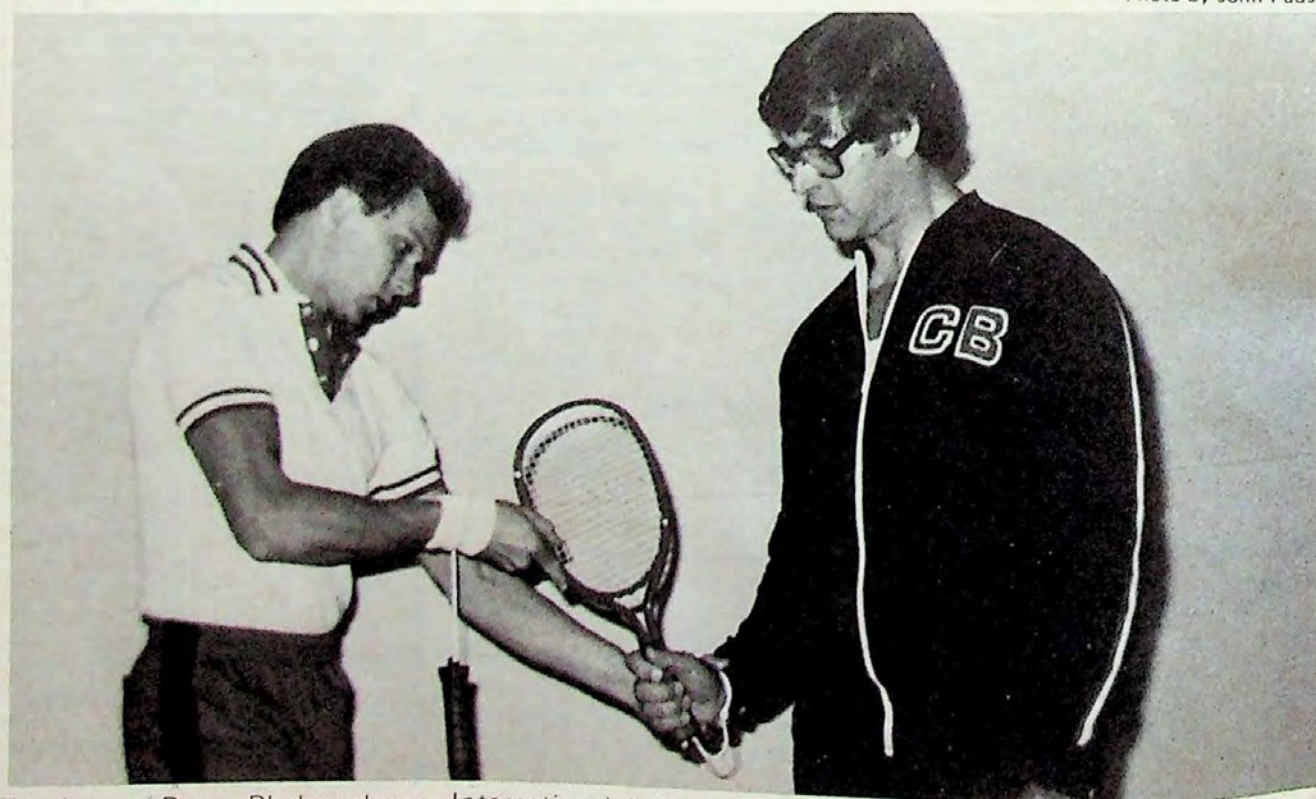


Photo by John Faust



Touring pro Davey Bledsoe shows Richard Prowse the proper way to grip a racquet at a clinic at the

International Athletic Club in Denver. Most people won't recognize Prowse but he has been

seen by millions of people in every city in the country. He played Darth Vader in Star Wars.

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is Select 6, a lightweight aluminum alloy. This advanced material gives you a racquet that weighs less than most other aluminum racquets—amazingly, with equal durability. Quick and light as fiberglass, but designed to take fast-paced abuse, it's the best of both worlds. Test-play the demonstrator model at selected pro shops. And see why it's called the Advantage.

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Actress Cathy Lee Crosby gets in a little racquetball playing with talk show host Paul Ryan at The Sports Connection in Santa Monica, Calif. Crosby was star of the movie "Coach" and co-star with William Devane and Richard Jackel of the movie "The Dark." Ryan hosts a 30-minute interview program on a cable network and has had minor roles in such movies as "Coma," "Butterflies Are Free" and "Washington: Behind Closed Doors."

Photo by David M. King



Photo by Carole Charfauros

Racquetball pro Charlie Brumfield works out on the weight equipment with San Diego Clippers center Bill Walton at Lance Alworth's Racquetball club in San Diego. Walton has only played racquetball a couple of times, preferring basketball and volleyball. "I don't have to bend over so much," he says.

Touring pro Janell Marriott does a little "arm wrestling" with former New England Patriot wide receiver Randy Vataha prior to their challenge match at Vataha's club in Braintree, Mass. Vataha won.



Photo by Wendell Davis



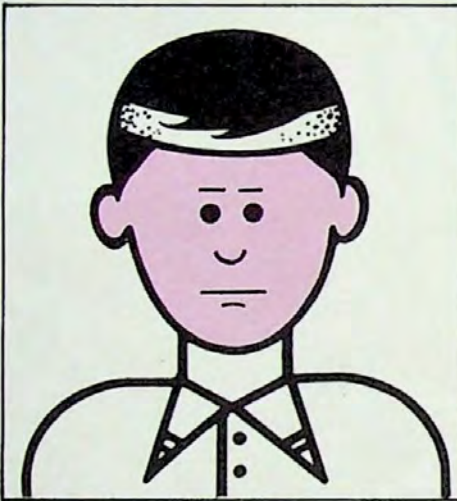
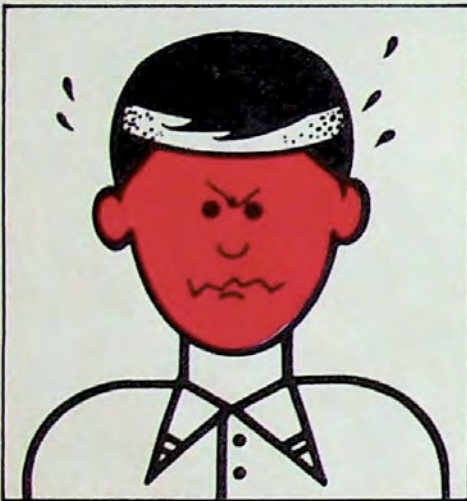
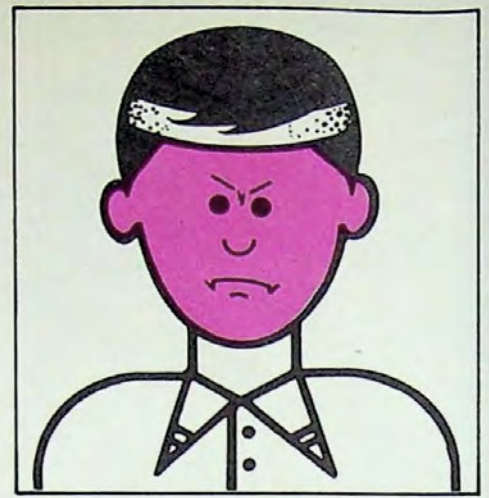
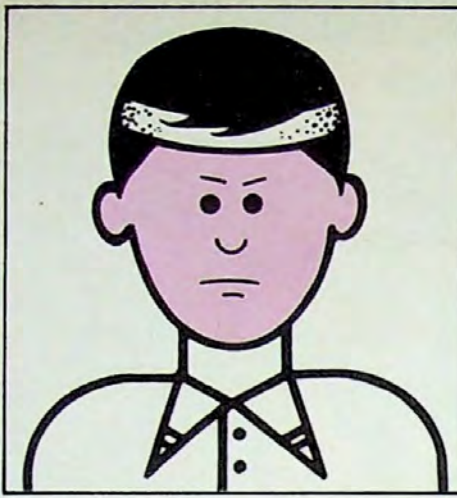
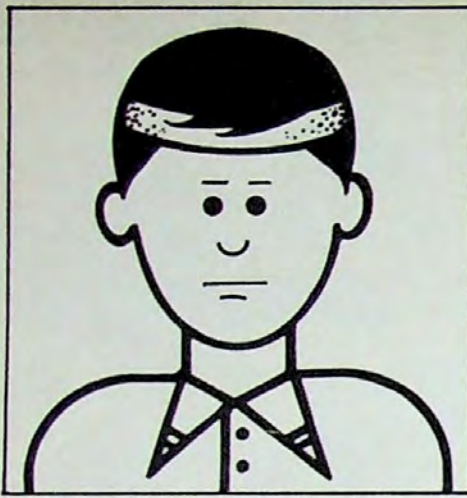
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HOW TO COPE WITH **ANGER** ON THE COURT

Anybody can become angry—that is easy; but to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way—that is not within everybody's power and is not easy. —Aristotle

The early moments of the game surprised everybody, especially Jack. He bolted into the lead against his experienced opponent and now held a two-point edge.

Seemingly unaffected, his opponent stepped into the serving box and served quickly, changing his service pace from moderate to fast. The unexpected variation caught Jack off guard enough to lose the point.

Jack swore under his breath.

The next serve again came quick and crowded Jack's backhand. He swatted furiously, rattled that the serve required one of his least efficient returns. The return never made the front wall. Jack swore again. Openly.

The referee called a technical.

In a matter of seconds, Jack went from a two-point lead to a one-point deficit. And the impact was highly visible. His naturally short fuse had burned and he exploded into anger. His face flushed, his lips twisted in a silent curse, his muscles were as taut as tightropes. The spectators could see it, and his opponent could see it.

Play resumed and the next serve came out slow—just what Jack was looking for—he smacked the ball full force. But he made no attempt to place the ball, just slaughter it. The ball came fast but nicely back to his opponent who deftly killed it in the corner.

Jack failed to score another point in that game and lost the match.

This match, though imaginary, is analogous to racquetball games that take place every day. But in looking at the match synopsis from another perspective, perhaps it is clear there is more to the game than solid play and strategy. Jack represents countless players who frequently snatch defeat from the jaws of victory with the aide of an accomplice—anger.

You don't have to be around racquetball long to encounter anger. But have you ever stopped to consider the multi-faceted impact of it on the game?

If you haven't, you may be overlooking one of your greatest allies or enemies on the court. And it could be causing you the loss of countless points.

"I suppose if I can summarize what we think we know about anger it would be that some individuals can cope very well with anger outbursts and can recapture their attention. And there are other people who have anger outbursts and can recapture their attention. And there are other people who have anger outbursts and will lose the next couple of points because of it," says Dr. Robert Singer, professor of movement sciences and physical education at Florida State University.

Singer, who also heads the sports psychology division of the United States Olympic Committee, stresses that it is difficult for research into anger and sports to be exacting because there are too many variables: Individual differences, situational differences, and external differences such as hunger, illness, and fatigue. Nonetheless, Singer says, "If I had to generalize—all things being equal—I would

say that there are probably more people who cannot control their emotions and therefore have a difficult time afterwards and therefore it is more desirable if one can channel emotions well and try not to let emotions get in the way of their best play."

But whether you are professional or amateur, controlling your anger can be as difficult as sailing into a headwind. Teri Mele, club pro at The Racquetball in Central Florida, explained what happened to her during a recent tournament. "My partner and I were playing doubles in the Men's Division at an out-of-town tournament. Well, guys don't like girls to play in their division anyway and these particular men started trying to psych us out. They said we were too good, really cute . . . just one comment after another. And a while it started to work because we both got really angry—and we are both generally calm players. Anyway we couldn't concentrate on the ball because we were too busy worrying about the things they were saying to us. You have to ignore them, but this time I just couldn't. We would have won, I think, if I could have ignored them more, but they got to me. What they were trying to do worked."

It is reasonable to assume that had the men been playing two other men instead of two women the strategy would have been different. This backs up what Singer and most experts affirm from the onset: Definitive information about anger is difficult to document in the research lab, almost impossible to verify on the court because sex is just one of countless variables in anger emoting.

"When you are talking about anger, you are on a darn tricky subject," says Torchy Clark, professor of coaching psychology and head basketball coach at the University of Central Florida.

"Anger", says Clark, "can be the little motivating thing to make a person go but it also can turn it the other way. It all depends upon the person's disposition. Some people are so nonchalant it can be good for them. However, if you lose your head with it you are really going to be in trouble. I think the person who isn't angry is generally in the driver's seat."

But Clark and others concede anger can have positive affects because at times in an emotional state, anger can trigger physical changes.

"Things we might ordinarily be cognizant of take a minimal role when anger sets in. Things like digestion, hunger, the sex response. All those become very minimal because the body is preparing to protect itself. Your concentration is up at that point. Body chemistry is such that the vision gets sharper, muscles become much more in tone, your hearing increases. All of these things become more efficient because these are mechanisms that protect the body," says Dr. Thomas Tutko, professor of psychology at San Jose State University. "Anger is preparing the body for battle."

The degree in which the body responds is relative to the individual. Simple enough. But what happens when anger surges into a racquetball game where action is already intense,

"Some individuals can cope very well with anger and other people will lose the next couple points because of it."



where the body has already triggered some of these responses?

Tutko, who has done quite a bit of research into the psychology of sports, feels the injection of anger into an already sizzling situation compounds the bodily reaction. More adrenalin, more energy. He says this can be good or bad. "The idea is not to burn up too much energy and to maintain that high level. You have to contain yourself and some people are able to do it well. Whereas other people go super fast and burn out. I think the key is to pace yourself."

Tutko and Singer agree that while anger is usually a destructive force it can still be controlled and channelled.

"There are many kinds of approaches," says Singer, adding that it is a "reasonable hypothesis" that one can train oneself to use anger to turn a losing game around.

"Yes, I think there would have to be a series of steps that you have to go through," Tutko says.

"Number one you have to recognize the anger. Some people don't until they are overwhelmed with it . . . literally smashing their racquet against the wall.

"Number two is training yourself to redirect anger into effective play. Now that really requires being emotionally cool. What I mean by emotionally cool is being able to say, 'Yea, I know I'm upset. I know things are going wrong.' But rather than directing it outside

ANGER

yourself (trying to pay the guy back with revenge) you direct it inside.

"Number three you must come up with a game plan: 'How can I take my emotions right now and think effectively and hit the ball more accurately, with more force'."

To do that, Tutko says, requires training over a period of time "because most of us have practiced our destructive methods over a large number of years." Consequently, Tutko exhorts, you will not be able to productively channel your anger the first time you try. It will take time and practice and finding the method that works best for you. He suggests you ultimately need to calm down and concentrate on the game. Take a deep breath, make a fist, squeeze your racquet. Whatever. But do not let your emotion or your response to it get out of control (unclench your fist or get your normal racquet grip back before play) and do not vent your anger on your opponent. "Take it out on hitting the ball. Perhaps I will try and hit the ball as hard as I can and then progressively I will use that technique to hit the ball not only hard, but accurately."

By and large, Singer agrees: "You are typically a product of your past experiences and if you have been playing in contests with those kinds of outlets (racquet-smashing and cursing) you cannot automatically turn them around. You have to be consciously aware of what is going on and have to work toward control of emotions. We take a cognitive approach to emotional control, namely, for people to realize what they are doing in the context of how these kinds of reactions can be detrimental to their performance. Many times people don't even realize it."

Singer, a former tournament racquetball player who now plays once a week, says that if you do not catch and control your anger before it overwhelms you, you're bucking the odds of good play.

Exactly what fires anger in your system is something only you can answer. Think about it. What gets your hackles up? A bad call? A taunting opponent? Missing a shot? Getting hit with the ball? Lack of sleep? Whatever the reasons are, you should be aware of them *before* they get to you in a game. That will allow you to maintain control. Then when you get riled up, take a stab at using it productively instead of thinking about taking a stab at your opponent.

Mele is quick to remind that you can take a time out. She also refers to a subsequent game with one of the men who taunted her during the doubles match. "I played against one of those guys later in another tournament and he tried the same thing but I just didn't pay any attention. I didn't say anything except 'nice shot' until the game was over. And I won. When I controlled my anger I won."

Unfortunately, even if you do learn to control your anger you are still many mantras away from true enlightenment about this enigmatic emotion. After all, you will still have to know

"Research confirms that you can learn to channel emotions and control them."



how to deal with anger when it captures your opponent.

Tutko, who has written a book on sports psyching, says it is imperative that you realize how you react to anger in your opponent. You should recognize, for example, that you might get intimidated by another person's anger if it compels him to make wild swings with his racquet. He says there are players who take a sadistic glee in their opponents' anger and this can cause long-term negative reactions in both players, especially if one eggs the other on. The best thing, he says, is to try and play your own game and be silent. If the situation does develop into emotional morass, take a time

"I don't feel bad capitalizing on an opponent's emotional outbursts as long as I don't feel I have directly contributed to them."

out. Much of sports psyching, he indicates, is involved in trying to elicit anger.

"I think the fatigue factor enters into the game quite a bit. In racquetball you can get so exhausted you are mentally taut and you blow quicker," says Clark. "I always figure that when a guy is under stress, I don't need to worry about what he says to me."

"And if you were playing a guy who is a great racquetball player and he wasn't playing well and then all of a sudden he got angry, well, he could turn around and play to the level he is capable of playing. I would rather keep a guy like that sleeping."

"I've read a number of articles where it talks about psyching out your opponent (getting him mad and doing little things to upset him to win). Morally speaking, I'm not sure that is where it is really at," says Singer. "I think it is kind of a shame that we have to work on maneuvers to try and anger the opponent. To me the whole thing is enjoyment of the competition. And personally, it would be a long time before any opponent would really anger me, cause me to lose my control, and I don't want to do that to any opponent I play against. I think sports would be at a higher level of communication and competition if a lot of this nonsense was taken out. However, I don't feel bad capitalizing on an opponent's emotional outbursts as long as I don't feel I have directly contributed to them. I think the wise competitor is on the lookout for changes in the ability of the opponent and certainly where emotions might be involved you want to capitalize on any change in the emotional status of your opponent, be it getting more anxious, more angry, or whatever else might be going on."

In other words: Don't cause your opponent to anger, but don't get psyched out because of his anger, and if an opponent is a big enough guy to play racquetball, well, you needn't mollycoddle him. Go ahead and throttle him with solid play.

"If your opponent should think you are cheating and become angry," says Mele, "then I would just get off the court. I wouldn't play with him. It's not worth it. But I think it is generally your less experienced player who gets uncontrollable."

"I think one of the problems with beginners is that often times they focus in on a model skill player, a guy who seems to be appealing in temperament and style of play and a beginner will try to emulate that. Sometimes it is a problem. Like in tennis, you have young kids throwing their racquets all over the place and being nasty to the officials because they see some idiot professionals doing the same thing. You know there are a number of top-flight athletes who can react successfully in a number of different directions to the pressures of competition. But I think the average player and the beginner would be better off learning how to direct emotions, stay cool, and maintain a sense of concentration in spite of the things that might frustrate other people."

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RACQUETBALL ILLUSTRATED'S

PLAYERS

PLAYERS

PLAYERS

PLAYERS

OF THE YEAR



1979



MARTY HOGAN

There really was no other choice for male player of the year. Marty Hogan was a notch above the crowd in 1979. He won every tournament on the 1978-79 NRC tour except the initial stop in his hometown of St. Louis. He won the 1979 Nationals in Tempe, Ariz and he also won the Outdoor Nationals in Costa Mesa, Calif. He has given more publicity to the sport of racquetball than any other player on the tour. Already in the 1979-80 season, Hogan has won tournaments in Chicago and Tempe. His only loss was an invitational in Maine—this after he had to travel all night from Taiwan to get there. About the only criticism of Hogan from the voters is his lack of competition in tournaments in which a slower ball is used. "I'd like to see what Hogan can do playing in a tournament that doesn't use the Seamco green ball," said one voter. "Until then, his title is suspect." Hogan, of course, claims he can win with any type of ball. Outside of racquetball, Hogan, who will make over \$200,000 in 1979 from endorsements, clinics, prize money and whatever else he has working for him, competed and won his division of the Superstars competition.

Mike Yellen was second in the voting, due mainly to his performance in the Nationals in which he finished second to Hogan. Yellen did not win an NRC stop. His biggest victory came in the \$25,000 Boise-Cascade Pro-Am in Boise, Ida. Jerry Hilecher was the "bridesmaid" of the tour, finishing second more often than anyone else and winding up second in bonus money at the end of the NRC tour. Rich Wagner also had a good season, finishing second in most of the tournaments in which Hilecher didn't. Charlie Brumfield was the only player to receive more than three write-in votes, which was surprising considering he was sidelined most of the year from hepatitis. The votes he did receive were due to his performance in the Nationals in which he lost to Yellen in the semifinals as well as a sentimental vote for all the past championships he has garnered.

Male Player Of The Year

1979

Final Voting	
Marty Hogan	196
Mike Yellen	95
Jerry Hilecher	17
Rich Wagner	12
Charlie Brumfield (write-in)	6



**Female
Player
Of The Year**
1979

SHANNON WRIGHT

In what proved to be the closest voting in all three divisions, Shannon Wright took top honors by a narrow margin over Karin Walton. Even though Wright did not win the Nationals in 1979 (she won the past two years), she was still the most consistent woman player on the tour, having won all the NRC stops except St. Louis and Los Angeles. Although Wright is one of the least popular players on the tour, the voters still recognized her racquetball talent.

Walton is one of those rare players who seems to get up for the big ones. She did not win any of the regular NRC tournaments but she did win the NRC Nationals in Tempe, Ariz. and the Voit-Perrier Nationals in Las Vegas. Jennifer Harding, one of the most popular players on the tour, won the first stop of the season in St. Louis but had an up and down season overall. Janell Marriott, another popular player on the tour, and president of the women's players organization, won the Los Angeles pro stop and lost to Walton in The Nationals.

No write-ins received more than three votes.

Final Voting	
Shannon Wright.....	108
Karin Walton.....	89
Jennifer Harding.....	77
Janell Marriott.....	52



MARCI GREER

This category was a sweep for Ektelon-sponsored players with Marci Greer outpolling teammates Dave Peck and Dave Fleetwood (Peck and Fleetwood spent most of last season under sponsorship of Wilson before switching to Ektelon).

Greer came out of nowhere to rank in the top five during the 78-79 NRC tour, never winning a championship, but consistently placing in the semifinals. She made it to the semis in The Nationals. Then, it all came together at the first pro stop of the 79-80 season in Chicago when she finally took home prize money for first place.

Peck improved over the season, losing in the finals of the Voit-Perrier Nationals and in the finals of the Boise-Cascade Pro-Am and in the finals of the 1979-80 NRC tourney in Arizona.

Fleetwood surprised many people by improving enough to make it to the finals of the NRC stop in Connecticut before losing to Hogan. He also compiled enough points during the late part of the season to get in on some of that bonus money.

As the year went on, more and more people began to notice Linda Prefontaine, especially after her semifinal finish at the Denver pro stop. Heather McKay, world squash champion who is now trying her hand at racquetball, won the NRC National Amateurs, made it to the quarters of the pro division in the Nationals and then won the Arizona stop of the pro tour in November.

Mike Yellen received three write-in votes.

Most Improved Player Of The Year

1979

Final Voting	
Marci Greer	137
Dave Peck	92
David Fleetwood	44
Linda Prefontaine	40
Heather McKay	12
Mike Yellen (write-in)	3

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ADAMS, ANDREWS IN THE DRIVER'S SEAT

By Ben Kalb

When big, important tournaments are held, often times there are those little ironies or omens that affect the winners, which sends thoughts through people's minds that there is some supernatural power involved.

Lynn Adams doesn't know about any supernatural power, or even one of those minor league interplanetary powers. All she knows is that she hit a racquetball better than anyone else and came away with the top prize in the 1979 AMF Voit-Self Magazine Nationals held at the Las Vegas Sporting House.

Top prize for the tourney was a 1979 Datsun B210, valued somewhere in the neighborhood of \$5,000. This comes in quite handy for Adams. Enter one irony. The week before the tournament, while driving home to Southern California from another tourney in San Francisco, her 1967 Volkswagen broke down and she left it for a premature burial on the highway just north of Los Angeles.

Adams earned her new car by defeating Vicki Panzeri, 21-16, 21-15, in the women's finals. Ed Andrews, a relative unknown in pro racquetball competition, won the men's open division and a new Datsun by upsetting Ross Harvey, 21-20, 21-12.

The victories were somewhat tainted in that only a handful of the top pros were in town for the tourney. Other top pros had qualified for the Voit-Self affair but they opted for the Leach-Seamco pro stop the same weekend in Memphis.

Said one player: "It was no coincidence. It [the Memphis tourney] was purposely planned to conflict. But that's the type of people you have running racquetball."

Adams, ranked in the top ten in the country and the top seed at the Voit-Self tourney, decided not to play in Memphis.

"I was fairly confident I could win this tourna-



Lynn Adams watches and waits at center court while Vicki Panzeri attempts backhand kill in women's finals of AMF Voit-Self Magazine Nationals in Las Vegas. Adams won in two games, earning her first place prize of a 1979 Datsun.

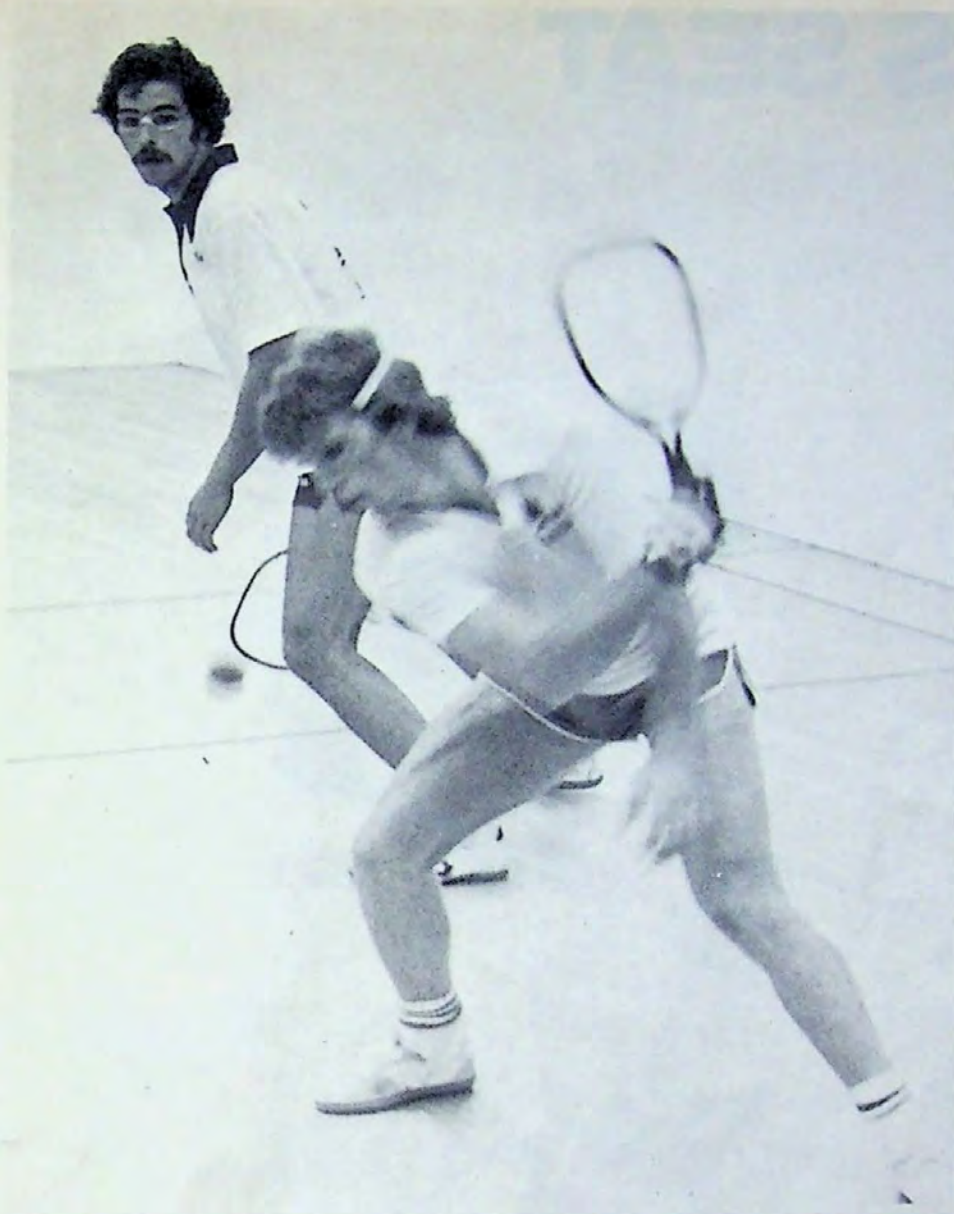
ment and I would much rather have a \$5,000 car than \$1,800," said Adams. "I knew most of the top players would be forced by contract to play in Memphis. Besides, Voit has done a lot for me and I felt I owed it to them to come to their tournament."

Adams is not under contract to a racquet company yet. She has had offers but nothing she is happy with. "I don't want to put myself in a bind by signing a contract for two or three years for small offers," said Adams. "I consider myself one of the top players in the world

and I'll pay my own way until I get the type of contract I want."

Adams broke a 13-13 tie in the first game against Panzeri and jumped out to a 20-13 lead. Panzeri cut it to 20-16 before Adams closed it out. In the second game, Adams led 9-4 before Panzeri came back at 11-10. But from there it was no contest. Adams moved out to 18-10. Panzeri managed to cut it to 18-15 and then Adams scored the last three points.

To reach the finals, Adams defeated Peggy



Photos by Bil Mannina



Top: Ross Harvey attempts backhand kill in men's finals match against Ed Andrews. Andrews won in two games to also earn new Datsun. Left: Dr. Bud Muehleisen reaches for shot against Bill Dunn in men's senior finals won by Dunn. Above: Muehleisen gives one of his coaching signals to Lynn Adams during women's finals.



DRIVER'S SEAT

Gardner, 21-17, 21-9, in the semis and Elly Hertz, 21-5, 21-2, in the quarters.

"I didn't really play well this tournament. I was physically off a little," said Adams. "Peggy [Gardner] played well against me. Vicki [Panzari] seemed to give up against me in the second game. That's one thing about me. I never give up."

Adams also credits a little of her victory to Dr. Bud Muehleisen, who has been working with her game, and even coached her in the finals during time outs.

Muehleisen actually scored a double of sorts, having coached Andrews also during his final match against Harvey.

The pair were tied at 10, 11 and 13 before the 19-year-old Harvey broke out to a 20-13 lead. Then, suddenly the momentum changed and Andrews caught up 20-20. Harvey had a chance to win it but couldn't score that final point. After the change of serve and a time out, Andrews served a Z, which Harvey returned rather weakly, giving Andrews an easy kill shot for the game.

In the second game, Andrews never trailed. He led 6-1, 10-4, 15-5 and 17-7 before Harvey cut it 20-12. But that was as close as he got.

To reach the finals, Andrews, sixth-seeded, upset third-seeded Dennis McDowell, 21-10, 21-19, in the quarters and then defeated second-seeded Bill Hildebrand, 21-13, 21-15, in the semis. The fourth-seeded Harvey defeated Dave Bush, 2-21, 21-9, 11-2, in the quarters and then upset top-seeded Mark Morrow, 16-21, 21-15, 11-5, in the semis. Morrow had competed in Memphis but lost in the early rounds, allowing him enough time to fly into Las Vegas.

Harvey, who won the Voit-Self New York stop, is a volatile character. He's an excellent player, having beaten Ben Koltun and Mike Yelien in a Montreal tournament a month prior. But he's also one of a new breed of players who thinks it's cute to get angry on the court, spurt out vulgarities and throw racquets at the front wall.

"I do it only when I play bad," says Harvey. "I'm not normally like that. It's a mixture of my playing badly, feeling terrible and wanting to win."

Harvey is only a short step from the pro tour but if he is to get a sponsor, he will probably have to clean up his act. He was raised in Montreal but recently moved to San Diego. He is currently sponsored by a Canadian businessman.

A few weeks prior to the tournament, while competing in a San Diego area tourney, he defeated Andrews, 21-10, 21-8. This time things were different.

"I had never heard of him before, so I took him lightly then," said Andrews. "He was up for that one and he flat out beat me."

Andrews actually thought he would lose the



The thrill of victory: Ed Andrews acknowledges the cheers of the gallery after defeating Ross Harvey in men's open finals of Voit-Self tourney.



To the victor goes the spoils, to the vanquished a lonely spot in the corner, contemplating what could have happened only if. . .



Results

MEN'S OPEN

Quarterfinals: Mark Morrow def. Mark Martino, 21-12, 21-4, Ross Harvey def. Dave Bush, 21-21, 21-9, 11-2, Ed Andrews def. Dennis McDowell, 21-10, 21-19, Bill Hildebrand def. Steve Sulli, 21-16, 2-10.

Semifinals: Harvey def. Morrow, 16-21, 21-15, 11-5, Andrews def. Hildebrand, 21-13, 21-15.

Finals: Andrews def. Harvey, 21-20, 21-12.

WOMEN'S OPEN

Quarterfinals: Lynn Adams def. Elly Hertz, 21-5, 21-2, Peggy Gardner def. Pat Schmidt, 20-21, 21-2, 11-0, Sue Carow def. Hope Weisbach, default, Vicki Panzari def. Jean Oeschager, 21-18, 21-18.

Semifinals: Panzari def. Carow, 21-6, 21-10, Adams def. Gardner, 21-17, 21-9.

Finals: Adams def. Panzari, 21-16, 21-15.

MEN'S SENIORS

Quarterfinals: B. Muehleisen def. J. Herron, 21-9, 21-3, D. Loe def. S. Knox, 21-20, 21-11, J. Conine def. F. Lewerenz, 20-21, 21-16, 11-5, B. Dunn def. B. Bible, 21-13, 21-6.

Semifinals: Muehleisen def. Lose, 21-9, 21-11, Dunn def. Conine, 21-8, 21-11.

Finals: Dunn def. Muehleisen, 21-10, 21-20.

WOMEN'S SENIORS

Quarterfinals: J. Clemens def. B. Smith, default, Topley def. S. Porter, 21-10, 21-3, B. Weed def. Spinks, 21-11, 21-6, L. Siau def. G. McDonald, default.

Semifinals: Siau def. Weed, 21-19, 21-13, Clemens def. Topley, 21-9, 21-5.

Finals: Clemens def. Siau, 21-19, 6-21, 11-5.

MEN'S B

Quarterfinals: N. Barnett def. G. Keefe, 21-19, 21-11, G. Texira def. M. Isaacs, 19-21, 21-15, 11-8, S. Jenkins def. M. Kaplan, 20-21, 21-11, 11-5, B. Sell def. R. Charles, 21-7, 21-6.

Semifinals: Sell def. Jenkins, 21-13, 21-13, Barnett def. Texira, 21-13, 21-19.

Finals: Barnett def. Sell, 21-11, default (knee injury).

WOMEN'S B

Quarterfinals: A. Young def. C. Heatherton, 21-9, 21-10, J. Harding def. L. Mullan, C. Fisher def. M. Gutierrez, 21-17, 21-19, K. Choate def. L. Marchini, 21-11, 7-21, 11-6.

Semifinals: Fisher def. Choate, 21-11, 21-9, Young def. Harding, 21-15, 21-13.

Finals: Young def. Fisher, 21-15, 21-13.

MEN'S C

Quarterfinals: D. Matthews def. R. Atwood, 21-18, 21-11, J. Peinado def. M. Yocky, 21-10, 21-10, L. Mendoza def. J. Crane, 21-3, 21-18, H. Sher def. D. Eddie, 20-21, 21-15, 11-5.

Semifinals: Sher def. Mendoza, 21-18, 21-14, Peinado def. Matthews, 21-11, 21-18.

Finals: Peinado def. Sher, 21-12, 21-7.

WOMEN'S C

Quarterfinals: D. Gossick def. L. Ortiz, 21-3, 21-3, L. Seymour def. N. McArthur, 21-19, 16-21, 11-9, C. Evon def. D. Williams, 21-6, 21-3, R. Thomas def. S. Novak, 21-17, 21-3.

Semifinals: Evon def. Thomas, 21-6, 21-7, Gossick def. Seymour, 21-9, 21-11.

Finals: Gossick def. Evon, 21-14, 21-17.

first game what with Harvey ahead 20-13. "I just kept hacking away and it worked," said Andrews, who is also looking for a pro sponsor. "Winning that first game fired me up and in the second game I played it smarter than him."

Muehleisen may get credit for assists to Adams and Andrews but he lost out on his own championship plaque in the seniors competition. Bill Dunn defeated Muehleisen, 21-10, 21-20. In women's seniors, Judy Clemens defeated Linda Siau, 21-19, 6-21, 11-5. The senior champions received the "Gorgar" talking pinball machine (Williams Electronics) valued at \$2,000.

Nick Barnett defeated Bill Sell, 21-11, default, in the B finals. Sell injured a knee and couldn't continue. In the women's B division, Ann Young of Las Vegas defeated Cindy Fisher, 21-15, 21-13. Young was the only non-Californian to win a title. The B champs each won Hitachi Audio Systems valued at over \$1,000.

Joe Peinado defeated Howard Sher, 21-12, 21-7, in the men's C finals and Dee Gosick defeated Chris Evon, 21-14, 21-17, in the women's C finals. Each winner received \$1,000 worth of airline tickets from American Airlines.

Other prizes, given out to quarterfinalists and higher, were awarded by Rollei, Airlite Earhart Luggage, Robert Bruce clothes, Danskin, Voit, Fred 2 and Johnson and Johnson. Plaques were awarded by Self magazine and Racquetball Illustrated and rings were given to the champions by AMF Voit.

June 9, 1979. 5:30 a.m. A lone jogger moves at a casual pace on the cement bike path paralleling Rapid City, South Dakota's Rapid Creek. Her even breathing is harmonized by a chorus of awakening birds calling from the upper branches of some of the cottonwood and poplar trees lining the creek.

The path carries the runner left, across a narrow bridge into Sioux Park and the bird songs are silenced with the crescendo of rolling water. Once across the creek she hears another sound, as prevalent as the sounds of the birds or the creek. It is the cadence of a racquetball rebounding off the wall of one of four outdoor courts just ahead.

The runner sees all four courts are busy and momentarily halts to watch the action. Several people await their turns on the court, silently appraising and learning from those already at play. When a shot rolls out, cheers are offered

When the Flood was Gone

Wild Bill Hickok is not in Rapid City any longer but racquetball is.

in appreciation. When a shot skips, it earns a low groan.

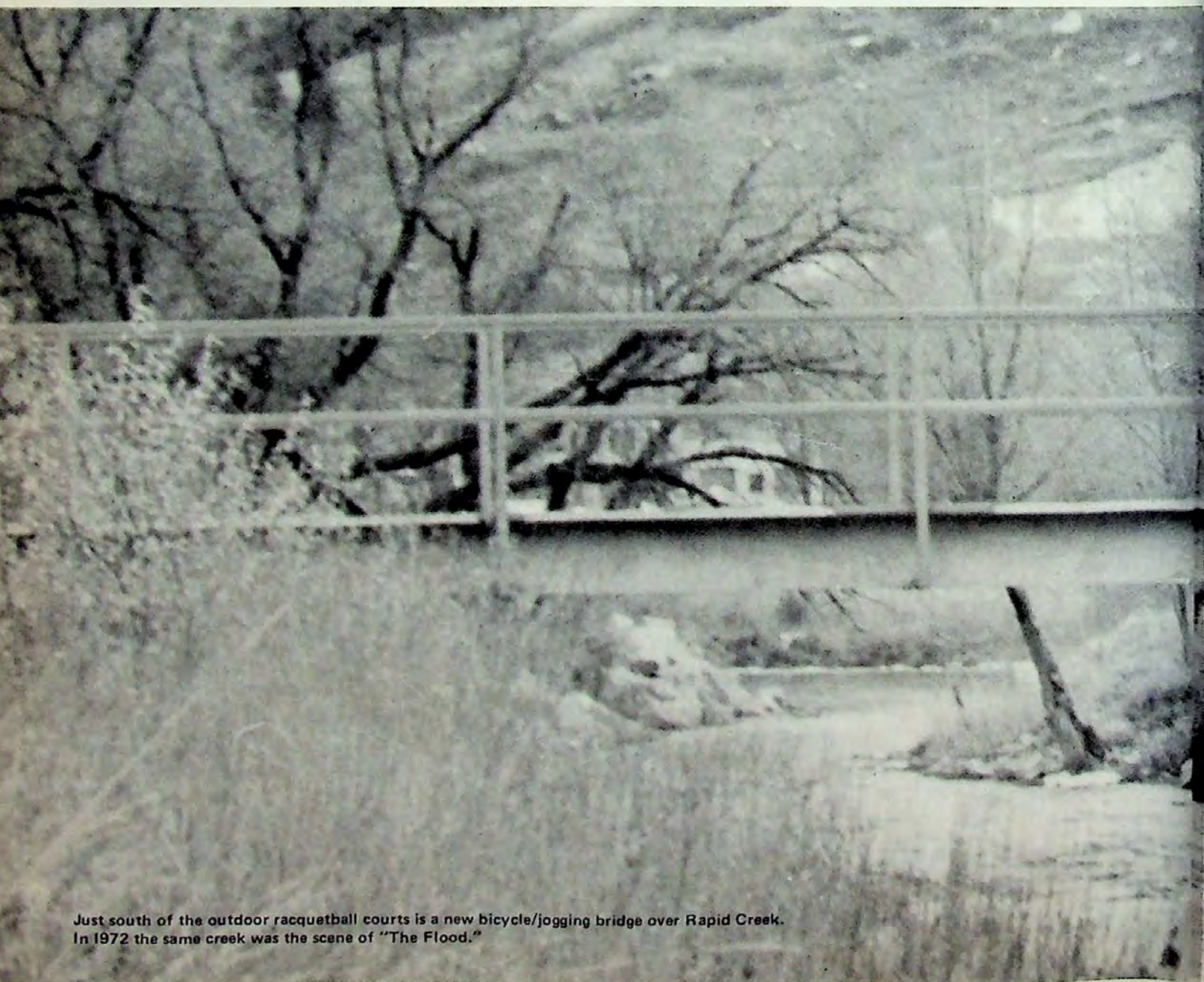
This is a fairly typical summer morning in Rapid City, South Dakota. But it wasn't always this way. A lot of changes have occurred in recent years in this upper midwest, cautiously conservative, non-cosmopolitan town of 55,000.

Those who have never visited the state usually conjure up an image of cowboys, wide open spaces, bison, Mount Rushmore (oh,

that's where it is?), indians and some people probably believe "Wild Bill" Hickok is still alive and dealing cards in Deadwood.

Some of this holds true, except for "Wild Bill." Rapid City is the second largest town in South Dakota. It is a town that sort of eases its way east down the lower slope of the Black Hills, in the westernmost part of the state.

Things have always been a bit slow getting started in Rapid City due to the pace of living,



Just south of the outdoor racquetball courts is a new bicycle/jogging bridge over Rapid Creek. In 1972 the same creek was the scene of "The Flood."

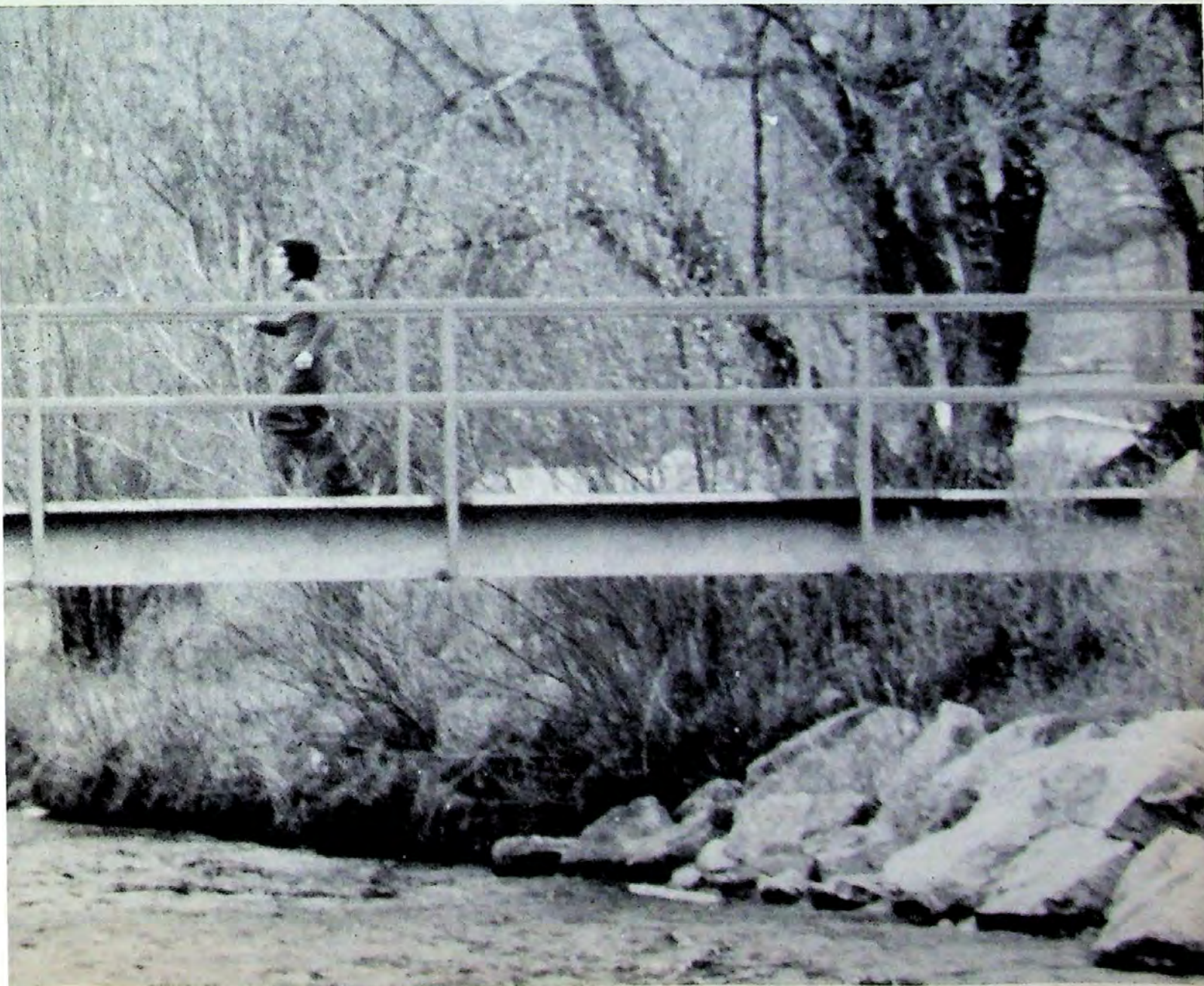


the semi-isolation and the efforts of a few to thwart progress for reasons of their own. But things have changed, due mainly to "The Flood."

It began on June 9, 1972. By early evening there were no sounds other than the incessant staccato of rain pounding to earth from a dark shroud covering Rapid City and most of the Black Hills west of town.

Within a matter of hours, 14 inches of rain fell. It gathered strength far up Dark Canyon then cascaded down on the town with a fury only nature is capable of mustering. Nourished by everything in its path, it became a flood, sweeping through town in minutes until nothing whole remained. The flood's insatiable appetite was further appeased with the lives of 242 men, women and children, a loss that can never be replaced nor forgotten.

There is no point in reiterating just how bad the flood was in common references of dollar and property loss. It has all been told in countless articles, TV documentaries, oft told per-



Flood

Photo by Rapid City Daily Journal



sonal stories, and has been forever imprinted in the minds of those who were part of the drama.

What is now important is what has been done since the flood. A true life drama of recovery, hope and planning of such scope, Rapid City has become a model for planners elsewhere when similar disasters have struck.

A major portion of the town had to be rebuilt. After some semblance of order was established and the cleaning up had begun, the wheels were set in motion and plans drawn up after much researching on how best to utilize the resources available.

The planners went beyond a fix up, patch up, do-it-yourself job. The federal government pumped money into the town to assist in the reconstruction. There was no way to predict when such a flood would occur again. Any previous disbelievers of the whims and strength of nature had all the convincing they needed.

Over a period of three years a floodplain was established through the purchase of private land on both sides of Rapid Creek which meanders east in a series of gentle curves through town from the mouth of Dark Canyon past the Central States Fairgrounds several miles downstream. Not everyone who once owned a home wanted to sell at first. People had invested a lot of years, money and love in their homes. For most only memories remained.

Eventually, the floodplain was molded into a continuous ribbon of recreational facilities, picnic shelters, a lake stocked with trout, playgrounds and "sportsplatzs." It took a lot of money and seven years but now the project is nearing completion, a memorial to lost souls and a merger with nature.

A single thread weaves this quilt of leisure

together. It is a 12-mile cement bicycle path which follows the creek. It swoops under bridges and at times crosses a road but is a safe route of travel.

From March until November the path is teeming with a flow of human traffic: Bikers, runners, rollerskaters, and strollers. Some are on their way to share a picnic basket. Others drop by to either participate in or observe one of the many sports activities—soccer, rugby, football, softball, baseball, tennis, runathons, horseshoes, golf on an 18-hole course, cross-country skiing and racquetball.

One central sports complex resembles a training ground for Olympic hopefuls. Within a several-hundred-yard radius there are four outdoor racquetball courts, eight tennis courts, a football field, swimming pool, three soccer fields, a track and field compound and a regulation baseball stadium.

With the exception of the standard "jock" sports, most of these activities have had minimal participation over the years. It is a breath of fresh Dakota air to finally see the opportunity provided for people to be able to pick and choose what sports they want to participate in. And none of these new found sports have enjoyed an increase in popularity as has racquetball.

The pre-flood period found, perhaps, a dozen semi-hardcore players dabbling in the game on a couple of non-regulation cubicles jokingly called courts. Even after the flood, until 1976, when the first outdoor courts were constructed by the city in Sioux Park, interest wasn't what you could call keen. At the same time, the city recreation department held a "city-wide" tournament. Fewer than fifteen entrants showed up, and two of those brought tennis racquets.

Simultaneously, racquetball lessons were

The way it looked in Rapid City, South Dakota June 9, 1972, when the flood hit and destroyed millions of dollars worth of property.

offered but only a dozen accepted the offer. The racquetball picture seemed pretty fuzzy. Then, almost overnight, a geometric phenomenon took place. Within weeks, racquetball took off. Those who had taken lessons were turned on and they began teaching their children, husbands, wives and friends. From 1976 through October of 1979, a growth of 2800 percent was realized in racquetball.

The city constructed four more outdoor three-wall courts and plans are completed and money allocated to build four more before 1981.

With more than 1,300 active racquetball players now in the city (over 950 playing on outdoor courts and another 350 or so doing it on indoor courts) the demand for facilities speaks for itself. Presently, there are two indoor courts at the South Dakota School of Mines, two indoor courts at the YMCA, two indoor courts at Ellsworth Air Force Base, six miles from town, and two indoor courts at Howard Johnson's Motel Racquet Club where, for a membership fee, you can play a few games, sauna, shower and then go through a plush lobby into a cocktail lounge suitably dubbed the "Racquet Club."

The YMCA courts were conceived and funded by active "Y" racquetball players who also did much of the building themselves. The "Y" is one of the town's largest boosters of racquetball. They even hustle local businesses to sponsor tournaments. One local pizza parlor foot the cost for trophies and T-shirts, then donated free pizza to satisfy post-game munchies.

"People had been playing on non-regulation courts for a few years," said Bob Hastings, associate executive director of the YMCA. "Then myself and a few other members who dabbled in racquetball got excited about playing on regulation courts. There was enough interest and after lots of work and personal contact, two courts were constructed." According to Hastings, there are 180 club members utilizing the two courts, most of them women.

Racquetball has become so popular, in fact, that a private individual has drifted into town from Colorado and is constructing an eight-court indoor facility, which he fully expects to make a profit on through membership fees.

"Several years ago while stationed in the Air Force in Germany, a buddy of mine and I used to dream about getting together in the civilian world and starting a business of some kind. A lot of people in the service dream and nothing comes of it," said Harvey McGee, partner in the new club. "Well last year my buddy, now a dentist in Rapid City, called me in Colorado and asked if I would like to manage a racquetball club here. It blew me away.



We are not a bunch of whiz kids, just some guys with sharp pencils and hopefully a handle on racquetball as a growing sport."

But the outdoor courts are most popular. Winter comes early to South Dakota but that doesn't keep people indoors. There are many winter sports buffs in alpine and cross-country skiing, ice skating, ice boating, snowshoe touring and even winter camping. So, it is not a shock to pass by the outdoor courts during winter, snow on the ground or not, and see players dressed like "Nanook of the North" whomping a frozen ball around.

"It is nearly impossible to get an outdoor court after 3 p.m. or before 9 a.m. and during the winter people must make reservations at least two days in advance," says Rapid City Recreation Director Larry Greff. "The city has not bred any national champions yet but if the growth and interest continues Rapid City could be a racquetball power in the Midwest."

With all this enthusiasm, it would seem that somewhere in the crowd there might be a person of pro calibre. Some good palyers, perhaps, but no pro hopefuls yet. Rapid City isn't big on celebrities, at least on the national

The famed Mount Rushmore, with the faces of Presidents Washington, Jefferson, T. Roosevelt and Lincoln, are located in The Black Hills, just outside Rapid City.

scene. The local sports heroes are former baseball player Dick Green and pro football star John Dutton, the latter an avid racquetball player who does not live in Rapid City any longer.

The variety of people playing the game attests to the pure pleasure and democratic demeanor of racquetball. Senior citizens go at it with the same vigor and determined energy as a ten year old, a housewife with six kids or an insurance man on his lunch break. It is also interesting to note that many young folks of junior high age are beginning to give up other varsity sports in their schools in favor of racquetball.

Most players really don't play much more than a couple of times a week. Most just hope they can improve a little at a time. Or are content to teach others the game.

People have always been friendly in Rapid City even if momentarily cautious upon meeting a stranger. That bunch of water back on June 9, 1972 brought folks together whether it be on a racquetball court or anywhere else in town. For sure, the flood took what it could in real estate and human lives but it couldn't dampen the positive human spirit one finds, however deep, in people. Especially the people of Rapid City.



Outdoor racquetball courts and a new park have come to Rapid City long after the flood had done its damage.

How to CONCENTRATE

By Rita Hoff

Even though you may be a player with all the racquetball skills, chances are there are times you will face an opponent with equal or superior skills. When two players of equal cali-

ber meet, more than likely the one who keeps his or her concentration on the game will win.

Everyone knows it's important to warm up your body before playing racquetball.

But have you ever thought about warming up your mind?

Concentration is as important as a good kill shot but don't expect to turn it off and on like a light switch. It must be cultivated and applied to every aspect of your game.

Your match should really begin in the locker room approximately 10 to 15 minutes before you walk onto the court. Think about your game, your shots, your strategy.

Remind yourself of your strengths. If you like to kill the ball in the right corner, draw yourself a mental picture of that and rerun it time and again.

If you serve well, picture lots of aces zipping just past the short line.

Think about your opponent's weaknesses. Lots of unforced errors with his backhand? Okay, play the percentages and let your opponent give away points.

But try to think about these things BEFORE you play—not while you're in the shower after you have lost. There's nothing worse than saying, "I should have . . ."

While you're loosening up, think about your body. Warm up your arm and picture how you'll keep the racquet up and the wrist cocked during your match. Wait for the ball and lead your stroke with the butt of the racquet.

Keep in mind how you'll crank your hips into the ball.

Why should I take the trouble to remind myself when all these things come natural during a match, you ask? Hitting a fast moving racquetball may be a reflex action, but hitting it correctly isn't. You have to actually tell your body to do it the right way. Why do you think some people talk to themselves during matches? Sounds crazy but it works.

These little tricks are just ways to make yourself conscious of what you want to do.

When you start to hit the ball before the match, continue your "mental warm-up." Get the feel of the racquet and the feel of all your shots. Go slowly, reinforcing the mental pictures you've drawn: Ceiling balls tight to the wall, crisp passing shots, changes of speed, kills.

As you hit the ball low during the warm-up, remember that you'll want to keep it low during the match.

If you're behind, get back on track. Analyze what you're doing wrong. Call time out and get back to a winning attitude. Give yourself an instant replay of all those great positive thoughts you had in the locker room.

Have you abandoned your game plan? Are you doing something grossly wrong?

Don't become unnerved or lose your concentration over what you may feel was a "bad call" or a "lucky shot" by your opponent. Channel any anger you might feel into your game. A good adrenalin flow should just serve to heighten the color in those mental pictures of kill shots.

Remember, all other things being equal, it's the player who keeps his mind on his game, who will win every time.



Secrets of the DRIVE SERVE

By Jay Jones

The most used and abused serve in the game today is the drive serve. It is the serve everybody wants to hit. Unfortunately, it is also the serve most people don't hit correctly.

Before we talk about the proper components of the drive serve, and the dos and don'ts in hitting it, we should go over when is the best time to use the drive serve and when not to use it.

Basically, the question of when to use the drive serve depends a lot on your opponent. You are like a counterpuncher in boxing. You counter what your opponent wants to do.

Establish what your opponent wants to do early in the first game. You do this by running off several types of serves. If your opponent wants to try and kill the ball all the time, then you should work against that and try and frustrate him. Perhaps, a drive serve is not the best bet here. High Zs and lobs may be the better offering.

On the other hand, if a guy is skipping those

first few drive serves, you may want to continue with it. You should keep track of his percentages. Obviously he feels he returns those shots well, so he will keep trying to kill it. If it becomes obvious that he is not rolling out those returns, you may want to keep letting him make a fool of himself until he realizes it is time for a change of strategy.

If your opponent has a tendency to go for the ceiling as Mike Yellen does today and Charlie Brumfield and Steve Keeley did often in the old days, then you may want to go to low, hard drive serves as your bread and butter serve.

Whatever you decide, remember your strategy is based on your opponent. You are trying to keep him off-balance. You are trying to frustrate him. You want to make him hit the things he is not hitting well in the game.

Let's say now that you have decided to hit the drive serve on a frequent basis. Very few people, even some of the top pros, hit the drive serve correctly.

The drive serve is actually a poor serve for

the average player to use. If the serve is not perfect, and most of the time it is not, then the ball is still relatively low for your opponent to do with what he pleases, which most of the time is to return the ball hard and fast. Even though the guy is not a Marty Hogan back there, you are giving him every opportunity to think he is.

But if the drive serve is what you want, and you are fairly certain it will give you the points you are looking for, at least don't make the mistake of hitting it incorrectly.

The most common mistake of the drive serve is that most people hit the ball with topspin and don't really know it. In other words, most people hit on the top side of the ball, which gives the ball a kind of topspin, whereupon it grabs the front wall, and slows down and rises. I call this a blooper.

In tennis, Bjorn Borg has made a fortune with his topspin shots. But a tennis topspin shot continues on. In racquetball, a topspin shot hits a wall and slows down and then hits the ground and comes up. In effect, it is slowing because it is trying to move in one direction while spinning the other.

Marty Hogan, on the other hand, does not hit the ball with topspin and he has one of the best drive serves in the game. Hogan hits his serve on the underside of the ball. This makes the ball hit the front wall and take off at an even faster pace. The ball doesn't grab the wall. It hits it and shoots it back, thereby hitting the



If the proper serving motion looks familiar, it is probably because it is the exact duplicate of the proper forehand stroke. Notice how the shoulder is down, the elbow is pointed, the wrist is cocked and the butt of the racquet is facing the front wall.

DRIVE SERVE

floor in the same direction it's spinning. Then it takes off.

Hogan uses a backhand grip on his forehand. It's natural to him. As I said, he hits it on the bottom side of the ball, which creates a backspin and forces it to take off. I don't really recommend the intermediate player to try a backhand grip on the serve. But, then again, if it feels comfortable, do it.

It is also important to note that when I say it is advisable to hit the ball underneath, I don't mean for you to try and cut the ball.

The question naturally comes up, then, as to how to hit the ball correctly on the drive serve—meaning how to hit on the underside of the ball. The answer is as simple as hitting the proper forehand stroke (see article in January, 1980 issue).

In the article I did on proper forehand techniques, I explained about the three main things to keep in mind before making actual contact with the ball.

1. Cock the elbow. 2. Drop the shoulder. 3. Point the butt of the racquet. Sounds familiar, doesn't it?

To do any one of the above three things, most likely you will be forced to do the other two. It's almost impossible to point the butt of



Jones recommends the server point his lead foot facing the corner. This is better than having the lead foot face directly into the front wall or directly into the side wall.



Front and Back view: Note how Jay Jones' left foot lines up with the receiver's left foot. This creates what Jones likes to call a "legal screen" (see story).

the racquet without the elbow dropping, and if you drop the shoulder, it's pretty hard to lead with the front of the racquet. If you follow this, you will have a better chance of getting the maximum out of the drive serve.

I recommend you mix up your drive serves. There are probably 28 to 30 variations of the serve—standing drive serves, walking drive serves, drive serves from the far left, center, right, etc. You should try and make all your serves look alike. Use the same body movement on all your serves. You don't want to let your opponent anticipate what you are going to do. If you can vary things a little, the element of surprise is there and it may throw his timing off a fraction of a second. Even if your drive serve is working super that day, mix it up. Hit it a few times, go to something else and then go back to it.

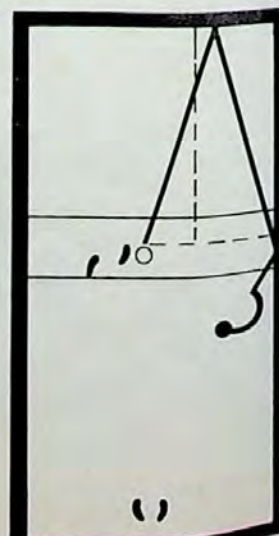
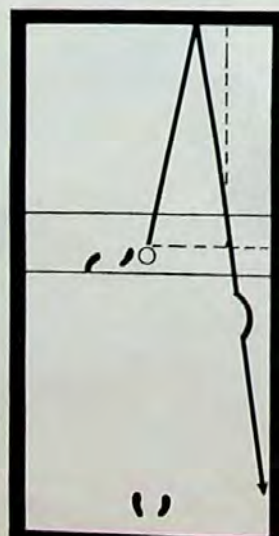
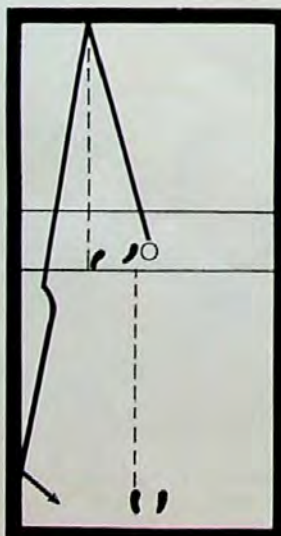
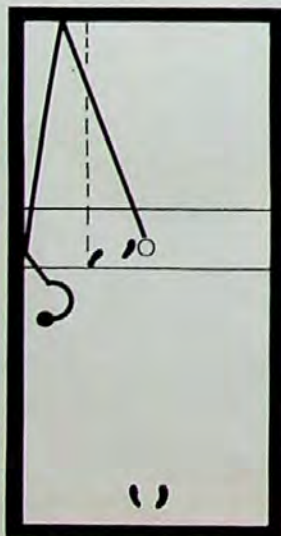
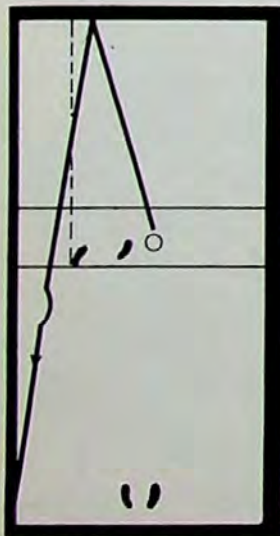
The whole idea of the drive serve is to make it stay low. Ideally, you want the ball to bounce no more than five feet past the short line. All serves except a high lob should land within that five-foot area beyond the short line. This keeps your opponent from cutting off the serves. If your serve bounces any deeper, it will probably come off the back wall, allowing your opponent a relatively easy shot.

Another important ingredient for a successful drive serve is the path the ball travels. You are probably not going to have a successful drive serve unless the ball travels in a straight line.

As geometry students know, the shortest distance between two points is a straight line. Therefore, if your target on the front wall is knee high, you should be contacting the ball in the service box at the same point—knee high.

If, after contacting the ball at knee high, you find you are getting the ball too high or too deep, then lower your target point and lower your contact point to shin high. If still too high, lower the point to ankle high, although not many people actually hit the ball that low.

A good example of the correct and incorrect way of doing this can be related to pros Rich Wagner and Hogan. Often times, Wagner



makes contact with the ball at the proper knee level but it hits the front wall ankle high and comes up short. Not knowing why it happened, he turns around, screams at the ref, appeals the call and then cusses out his opponent. Hogan, on the other hand, hits the ball on the underside and it travels to the front wall on a straight line, giving him better chance for an ace.

Now, proper positioning comes into importance. First of all, whatever position you select

to start serving from, you should make sure you have a variety of serves to use from that same position with the same body movement. Again, you don't want your opponent to anticipate what you are going to be doing.

One of the basic positions in the service box should be in line with your opponent. Most intermediate players never bother to do this. They just get up there and serve the ball and really hope for the best. What I mean by lining up, is that your left foot should be in line with the receiver's left foot.

Watch where he sets up. Once he sets up, then step right into the proper position. The purpose of this is to create what I call a legal screen. It screens the ball for a split second. The receiver doesn't see it until it's coming out at him. But let me make something clear. I'm not encouraging or promoting the legalization of screen serves. What I'm doing is using the rules as they are written, which is poorly.

As far as your stance goes, your toe should not be pointed directly into the front wall or directly into the side wall. It should be aiming for the corner.

A good rule of thumb is to line the ball up with your butt. In other words, after you get into serving position, imagine a straight line from your butt to the front wall. This would be your target. That added distance the ball is away from your body, gives you all the angle you need for a good serve.

People make judgments with their eyes. They think the ball is leaving from where their eyes are watching it. They don't realize the ball leaves from where you are holding it. And if you notice, you are already holding it at a slight angle away from the rest of your body.

Note the diagrams on these pages. They offer you the best variations for getting maximum results out of the drive serve. As I said before, there are probably 30 different types of serves. These are some of your best bets.

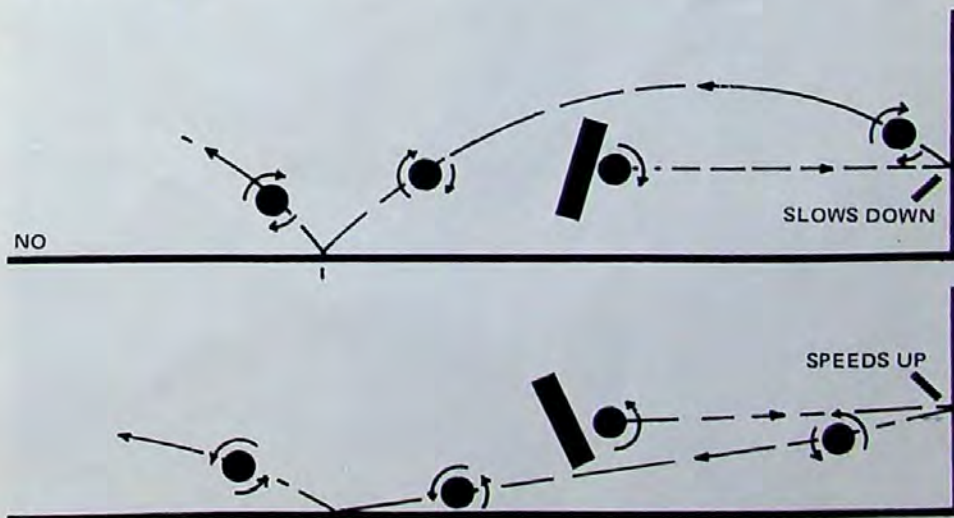
In the future, I will go into other types of serves that need to be mastered in order for you to have a well-rounded game. But since you will probably use the drive serve most often, that is what we covered first. As I said in the beginning, the drive serve is the most used. Now, let's hope it is not the most abused.



To hit the proper drive serve, the ball must travel in a straight line. Therefore, if the ball is to hit the front wall at knee high, it must be hit from the service box at knee high. If the server finds, his serve is going too high (too far past the five-foot area), he can lower his target to shin high or even ankle high.

Ideally, all serves except a high lob should bounce first within a five-foot area past the short line.

Recommended drive serves: The dotted line represents a straight line from your butt to the front wall. By hitting a little to the right of that dotted line, a good drive serve will bounce within that desired five-foot area behind the short line and then travel into the backhand corner. (2) By hitting a little left of that dotted line, you should be able to hit the side wall even with the service box and have it land just past the line, creating a tough shot for the opponent. (3) By hitting directly on line with your butt, your serve will again hit within the five-foot boundary and travel about $\frac{3}{4}$ of the distance to the back wall. (4) A serve to the forehand side (for a right-handed opponent) should be calculated by taking your distance from the side wall and dividing it in half. To the left of that dotted line produces a deep serve into the corner; to the right (5) of that line produces the same result as in diagram 2.



The proper serving stroke should have underspin on it. It should be hit on the underside of the ball. By doing this, the ball will hit the front wall and speed up. Most people hit the ball on the top side of the ball, thereby creating a topspin of sorts, which slows down after it hits the front wall and then "blooms" to the receiver.

How to use a TIME-OUT

By Janell Marriott

Time outs are a common occurrence in almost every sport. But in racquetball it is seldom used at the proper or most advantageous time. They are called often in pro games and not enough in amateur games. Even the pros don't call time outs at all the moments they should.

Perhaps, time outs are more efficiently used in other sports because the coach or someone outside the game can dictate the proper time to call it. Whereas racquetball is relatively new and few players have coaches, so the player must call the time out himself.

Time outs are called to correct mistakes, change strategy, stop momentum, catch your breath and to regain concentration. It is most often used as a psychological tool or, in some cases, a physical necessity.

In this article, we shall go over the reasons for calling a time out; when to call a time out and what to do during that time out.

In each game to 21, a person is allowed three time outs. In an 11-point tiebreaker, each player is allowed two time outs.

Officially, they are 30 second breaks but in most games that is usually stretched to a minute. A good player uses this time to his or her best advantage.

Not only do you have three time outs but your opponent has three also, meaning you can have up to six time outs per game.

You should use any time out as if you called it. Don't let down just because your opponent called it.

Keep up your psyche and be prepared for any changes your opponent may come up with after the time out.

The most important rule to keep in mind when trying to decide when to call a time out is basic: When you need one, call it. I have learned this many times from experience.

Players get to a point in a game where they think they possibly need a time out. But instead of calling it, they play a few more points to see what happens, and invariably, almost the same mistakes are made.

The player loses two or three more points and then calls a time out. But by that time, he is that much farther behind. If the thought creeps into your mind that you need a time out, take it NOW, not later.

One time while playing Rita Hoff, I was ahead 18-16. Rita scored two points to tie the game at 18. At this point I thought about calling a time out but decided to wait. Rita scored two more points to lead 20-18. I finally called a time out but by waiting I put myself in a hole. I now had to play catch-up and there was no room for mistakes. The pressure was off Rita and on me. The next serve she hit, I returned straight into the floor, giving her the victory.

By not calling the time out when I first thought of it, I let the lead slip away and gave Rita the chance to get the momentum and that took the pressure off her.

This example is just one of many in which players wait too long to use a time out. This happened to be a crucial one at the end of a game. Players often have a tendency to sit back early in the game and not use a time out, just so they can save them for the end. This is a mistake.

The end may come before you can use your time outs. You'll be so far behind, they will do no good. When you feel a time out is needed, use it. Don't be afraid of not having any left at the end. If you use time outs correctly, you won't need them at the end of the game.

The most obvious and widely used reason for calling a time out is when you are tired. Most players should be in good shape, but a long hard rally could be exhausting and there isn't enough time between serves to recover full strength. This is a time to use a time out. If you don't, you will usually end up using a losing couple of points before you recover.

If you feel you can recover at full strength by the time the ball is served, then there is no need to call a time out. In fact, you may take advantage of your opponent if he is tired after the rally, and doesn't call a time out. But make sure he doesn't capitalize on you the same way.



If you lose your concentration during the game, call a time out. If you aren't concentrating, it is easy for your opponent to score points.

Racquetball is played in close quarters. Your opponent is inches from you and the gallery and referee are just a few feet away. It is easy to get upset at your opponent, the ref for making a bad call, or some loudmouth in the gallery.

But once you get upset, you start thinking about something other than the game, and that is when you lose points.

You also get upset at yourself for making poor shots you just lose confidence in your game. A wandering mind or any of these factors will affect your play. Take a time out and get your mind back in the game. Forget whatever made you upset in the first place.

The above mentioned reasons for time outs are pretty obvious. Call a time out no matter what the score is. Most time outs are called when you are losing the game, but you should call one anytime you get in trouble.

Racquetball is a game of momentum and at no time should you let your opponent gain momentum or make a run of points. It doesn't matter if it is the first of the game and your opponent has run off seven or eight points, or the last half of the game when he runs off four. No matter where hot streaks occur, they may mean the outcome of the game. Sometimes a player may be sitting on a huge lead of 10 points, only to see the other player hit a hot streak and tie the game up.

The player has let his opponent gain momentum, confidence and by taking the pressure off him, the pressure has been transferred back to you.

Another situation is in a close game with each player within a point of the other. Play continues until one player suddenly hits a streak and is now four points ahead. Again the pressure is on the player who is behind and if the streak isn't stopped, it will mean the end.

These hot streaks could be caused by different reasons. A player suddenly finds the groove for his serves, a good call from the ref, or the opponent loses concentration.

But whatever the cause, you should control the game, so he can't gain momentum and hit that hot streak. Don't wait until he has scored five points before you call time out. Call it after two.

No matter if you are behind or ahead, you should never let someone score more than four unanswered points. Use your time outs to prevent him from scoring any more.

A good example of time outs and streaks was a match I played with Karin Walton. The first game we played point for point until about 15, then I pulled ahead, making a run of four points, to lead 19-15. She called a time out and came back and scored four points to tie the score. Now it was a tight game and I didn't call a time, thereby letting Karin continue her streak. She won the game.

After losing the first game, Karin's momentum continued in the second. She had a hot streak that a time out didn't help and before I knew it she was leading 15-6. I took a time out and got things together and suddenly the momentum changed. I scored seven straight points. Then Karin called time out but I had already gained the momentum. Her time out worked to slow me down and she scored two points, so I called a time out. Then I made a run of six points to lead 19-17. She took another time out but it was too late. I was on a hot streak and won the game 21-17. She had let me get the momentum while I stopped hers.

The momentum carried me through to the third game. I scored five straight points before she called a time out, and went on to beat her 11-1.

I used my time outs wisely and to my advantage while Karin didn't use hers soon enough. Therefore I was able to keep my momentum.

Remember to use your time outs when you need them and not after you get way behind. It's never too early to call one. I once saw Shannon Wright use two time outs and the score was only 4-2 in the first game.

Also, use time outs to keep your opponent from eating up your lead. You don't always have to be losing to call time outs. Don't be afraid to use ALL your times outs if necessary. They are no good when the game is over. If you lose your concentration or are tired, that is another time to call a time out.

Now that you have called a time out, what do you do during the break? You can use this break for three purposes. One is to catch your breath. Second is to restore your concentration or psyche and third is to analyze your game. If you need a breather, or are just trying to cool your opponent's hot streak, be sure and use as much time as possible.

If you need to concentrate, then use this period to get whatever it is bothering you out of your mind. Get your mind back on the game. The most important thing to do is to use this period to analyze the game. Decide why you are winning or losing, look at any mistakes you are making or try and find your opponent's weaknesses. Then make adjustments in your game and go back to work.

There are some basic questions you might ask yourself, when trying to decide if you are winning or losing:

Is your game plan working? Are you sticking with your game plan? Are you able to execute the shots you want to hit? Is your shot selection working? Can you detect a weakness in your opponent's game? Is he or she playing your weakness? Are you playing offensively? What type of game is your opponent playing? Are you controlling center court or just guarding the rear?

These questions may help you to determine why you are winning or losing. Your answer will determine your future plan of attack on the court.

Use your time outs constructively and don't worry about bad calls or missed shots. Prepare for your opponent to change his strategy.

In my game with Karin I finally realized at 15-6 that I never got out of the backcourt. I had tried to kill every shot but they had either skipped or came back to Karin for a rekill. I went back to a more conservative game, waited until I was in center court and then went for a kill. The new strategy turned the game around.

If your opponent gets hot and is rolling everything out, use a time out to cool him off. Players who get hot, eventually cool off sometime, so be patient and don't give up.

Many times just one slight change in your game will throw your opponent's game off. Time outs are the times to analyze the game and make these changes. If after calling a time out and changing your strategy you are still losing, call another time out. Better to use them before it's too late. Use a second time out to analyze your new strategy and try another tactic. I have even called two time outs in a row because one didn't give me enough time to get myself psyched and my new strategy ready.

One word of caution. Don't take it easy during your opponent's time out. Don't make him cool your hot streak or make you blow your lead.

Often times a player with a good lead sits back and does nothing during an opponent's time out, which is the purpose of your opponent for calling the time out. Use this time as if it were your own. Anticipate any change your opponent may make. Use his time out to your benefit.

Besides official time outs, there always seems to be interruptions of some sort—ball breaks, equipment time out, the floor needs wiping or general stalling. These may all be used to your advantage but you can't depend on when they will occur. If they do happen, then treat them like a regular time out and use them to your advantage. Besides these unofficial time outs, there is also a 10-second rule. This gives each player 10 seconds before the ball is put in play. Use this as a mini time out. Use it to slow the pace of the game down, catch your breath or analyze the last rally. Use this also to give yourself time to get ready and don't let your opponent rush you.

When you need a time out, don't try to get by just using the 10 seconds. Take a full time out and get things together.

If you learn to use your time outs wisely, then your game should never get out of hand. Playing an equal player, you should be able to stay with him or pull ahead and not have to play catch up. The way you control and dominate the game is by keeping the pressure on your opponent. Every game will have different circumstances, which will necessitate the need for a time out. Learn to recognize these and chances are you will be an easy winner. When you need that time out, use it.

Second Serves

By Lynn Adams

A lot of articles have been written on serves—the drive serve, Z serves, how to hit an aggressive first serve, etc. But the second serve has been somewhat ignored, which is unfortunate because it can be an effective weapon in your racquetball game.

There are a couple of things you can do to make your second serve tougher for your opponent. First of all, you should try to perfect two or three slower serves. One serve you should perfect is a high lob.

Using a stiff arm and aiming toward the upper part of the front wall, lift up a high arching ball. Your intent is to graze the side wall and have the ball start dying on the back wall. By hitting the side wall first, you prevent your opponent from cutting the ball off in mid-air. His only alternative is to return it to the ceiling. But the serve is actually a tough one even for a ceiling shot.

Another good slow serve is the garbage serve. I like to put some spin on mine and, as with the high lob, I like to have it graze the side wall before landing near the back wall.

To put some spin on the serve, make a slight downward cutting motion as you are contacting the ball. Your serve should aim your ball about the halfway point or a little below on the front wall.

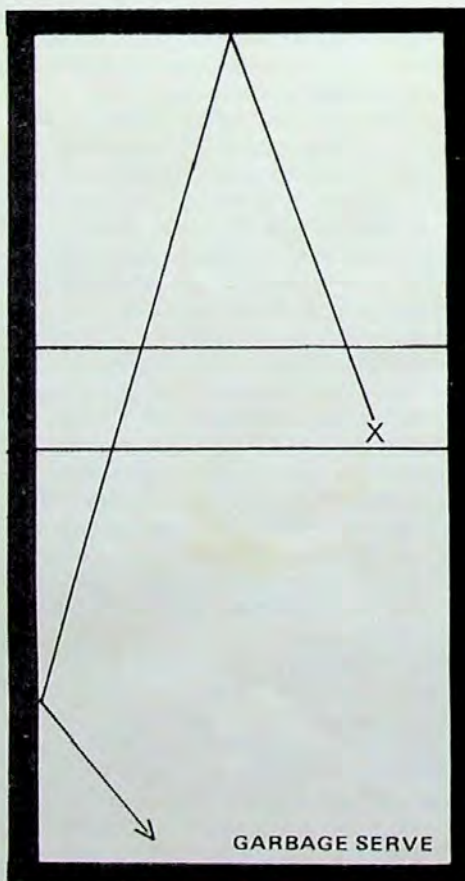
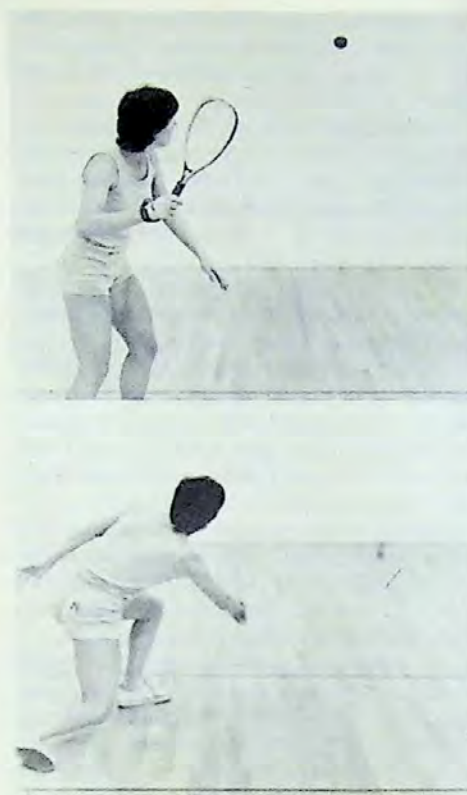
Using the same motion, and the same position, you can do a slower spinning Z serve. By the time it hits the third wall, it should have so much spin on it, it drops, dies and falls away from your opponent's racquet.

Another way to approach the second serve is the element of surprise. Because most opponents tend to mentally and physically let up after a first serve, you can use surprise to your advantage. Don't be afraid to try a hard second serve once in a while. When someone is expecting a fluff serve on the second serve, they tend to be flat footed instead of on their toes.

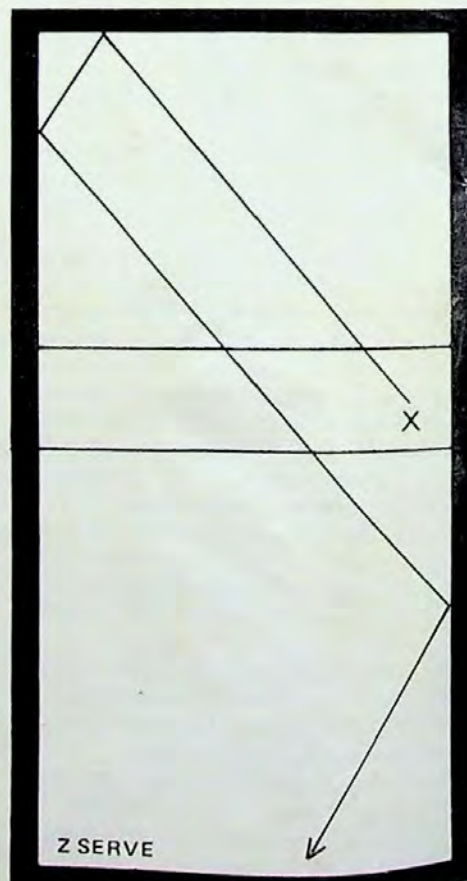
The easiest serve to execute is the hard Z serve. Just make sure your serve is a touch wider than you would on a first serve. That way you prevent double faulting.

Another good second serve is a straight sidearm drive. Contact the ball around shoulder high and drive the ball into the wall hard, kind of like you were serving outdoors.

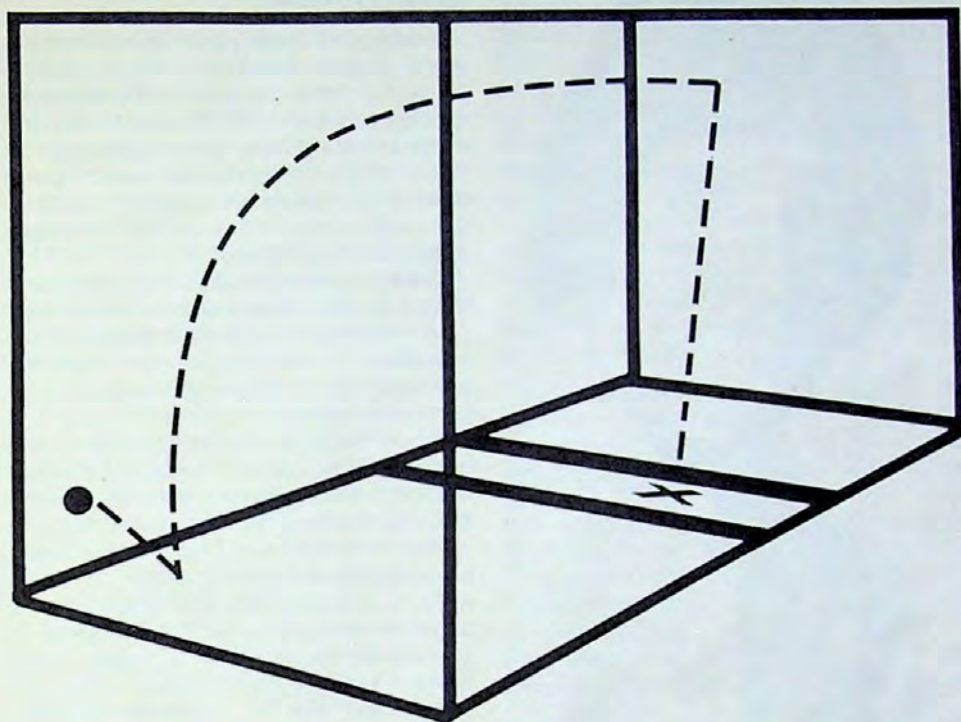
On this serve you don't want to catch any side walls. It should hit the wall hard and straight and come off hard and straight. This



What Lynn calls her "garbage" serve is actually the type of serve used most frequently in outdoor play. It's a high bounce serve hit with kind of an overhand motion with a little spin put on for good measure.



An important ingredient to a second serve is deception. Lynn throws the ball up high as if she were going to hit a lob or garbage serve. Then she waits till the ball drops and hits a hard drive.



serve should not be used often, only when you want to surprise your opponent.

One more good deceptive serve is a drooping drive serve. Without making a motion with your racquet, bounce the ball high as if you were going to hit a high lob. Then let the ball drop low and drive it hard. To prevent a double fault, hit the ball a little higher on the front wall, but obviously not too high so it will carry to the back wall on a fly.

It's actually all right to hit the ball higher than a normal drive serve because your objective is not really an ace but to catch your opponent off-guard and make him hit a poor return. Your opponent will probably hit the return as a semi-desperation shot. Surprise and deception should be a major factor in your second serve selection.

There are several variations of the serves I have described. Get on a court and experiment with your imagination. When you are in that service box, you are in control of the match and your opponent is more or less at your mercy. Your goal should be to make your serves as tough and deceptive as possible. If you can keep your opponent jumping and guessing, your second serve will be as equally effective as your first.



One of the second serves Lynn Adams recommends is the high lob. Note in the second picture how she hits the ball with a stiff arm.

Center Court POSITIONING



By Jerry Hillecher

Every good chess player knows that it is important to dominate the center squares on the board and every good mathematics student knows the shortest distance between two points is a straight line. With these two principles in mind, it shouldn't be hard to guess which is the most important area on a racquetball court—the center, of course, that seven-foot circle just behind the short line.

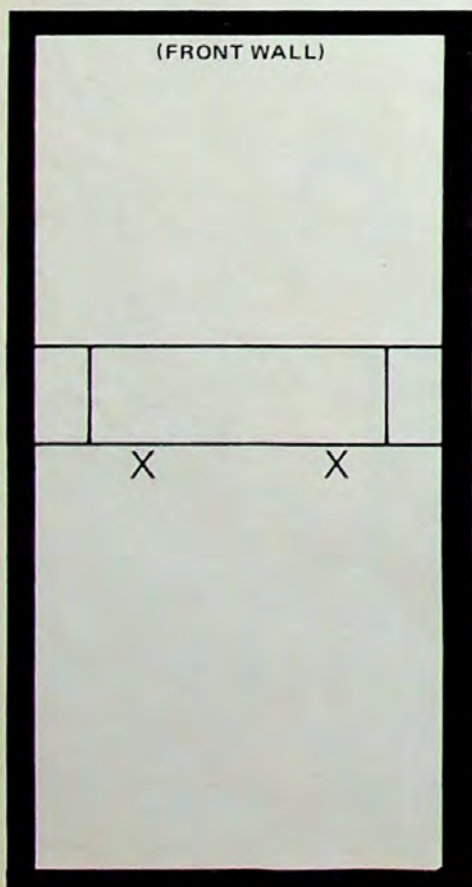
Center court is the area from which it is easiest to reach any other point on the court (and, therefore, the ball) with the least amount of running. You can dig out more shots and save your legs for the third game when you are going to need them.

By dominating center court, you keep your opponent in the backcourt where he has less chance of making winners and where he has to do more running to chase your shots.

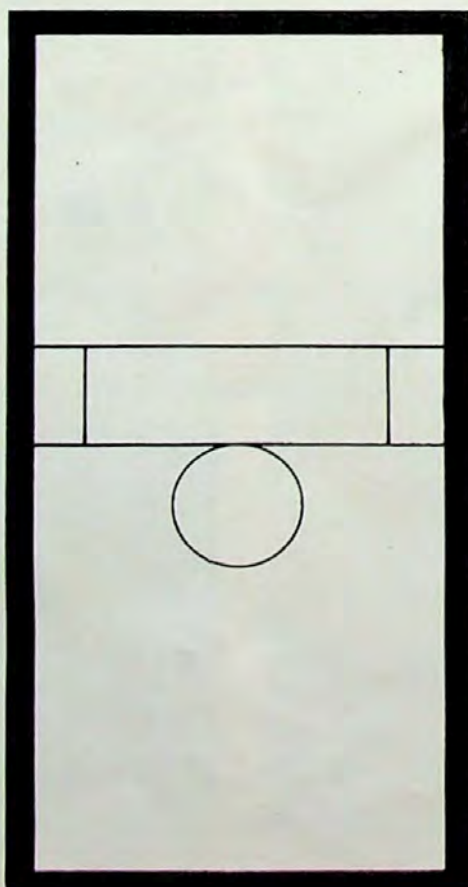
Your shots will have more pace on them because you will be hitting closer to the front wall and, obviously, the closer you are to your target, the greater accuracy you will have.

There are many other less obvious advantages to being in the right place at the right time, so, suffice to say, center court is where you want to spend as much time as possible.

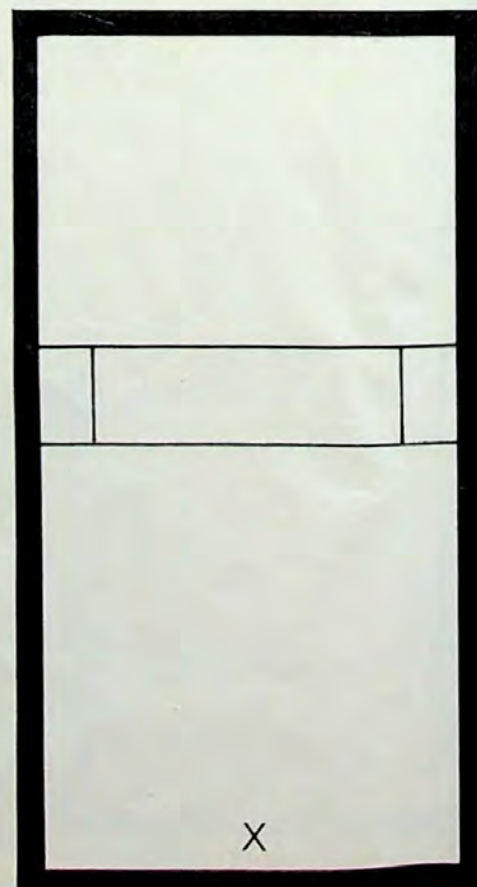
The means to achieve this end is your shots. Don't go for a kill every time the ball comes



Positions after serve.



Center court position.



Position when waiting to return drive.

your way, but rather, consider shooting for position. When you are playing from the correct position, you have more time to get to the ball, and get properly set up. And your shots have a better chance of success.

Positioning begins with the serve. Do not serve anything down the middle, but always to one of the corners, preferably your opponent's backhand. In fact, this isn't a bad rule for your rally shots either.

After serving, take a step or two back and over to the side to which you served (see diagram). This puts you more or less on the perimeter of that imaginary center court circle.

From here you can cover a down-the-wall return by your opponent. Also, you more or less block off his cross court angles assuming that the ball was served correctly to you.

Some prefer to serve from the center of the service box because it puts them that much closer to the position they want to assume after the serve. That's okay but not necessary. Just know where you want to be after your serve and get there quickly.

When you assume your position on the perimeter, angle your body slightly and turn your head so that you can see your opponent with your peripheral vision. Do not face the front wall with your back to your opponent because you won't have any idea where his shot is going.

Likewise, do not turn completely around and face him for obvious reasons. A half-turn position enables you to "see" what's going on back there with a minimum of risk to your eyes and face. You would be smart to reduce the danger even further by using a pair of eyeguards but even without them you should be able to snap your head around when the ball approaches.

When you do not have center court position—such as when you are receiving the serve—one of the safest and most effective ways for you to gain that advantage is to hit a ceiling return which will force your opponent into the backcourt.

Start from the position in the middle of the backcourt (see diagram). If you lean to one side or the other, you give your opponent the opportunity to serve effectively to the other corner.

He will probably serve the ball to your backhand which is the weak side for most players.

Unless you have a good kill or pinch opportunity (which is unlikely if your opponent serves correctly) you will want to "trade" positions with him by hitting a ceiling ball or passing shot. Of the two, the ceiling ball is the safest and easiest.

Assuming that you are "R" (see diagram) and your opponent is "S", the diagrams dem-

onstrate how this switch is made when the server serves to the left back corner.

You, the receiver, move over and hit a ceiling ball, and server must move back to cover it. You can assume his position. In all likelihood, he will return the same shot, forcing you into the backcourt. The process will continue and continue until one of you makes a mistake.

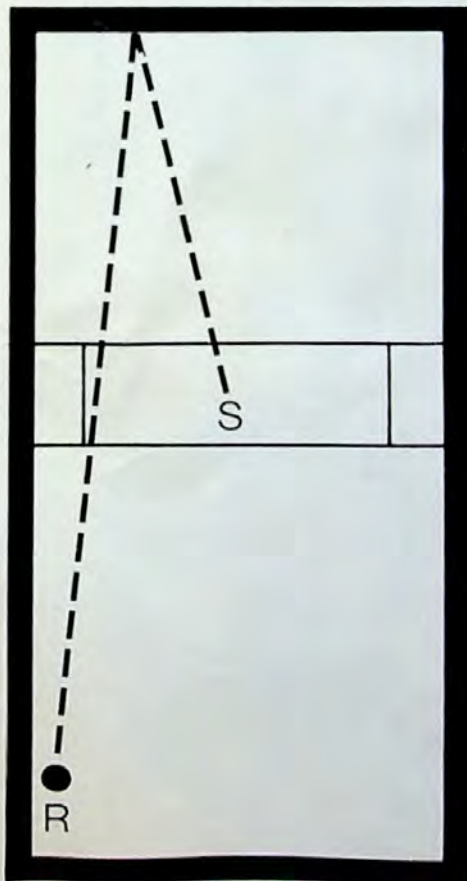
Then, when the ball drops short, that is the time for an offensive shot. If your opponent is lazy and remains in the backcourt, pinch or kill the ball. If he moves up anticipating that shot, pass the ball to the backcorner farthest from him.

For your pinch or kill shots, imagine a two-front square box in either corner of the front wall. Shooting for that box will help your aim.

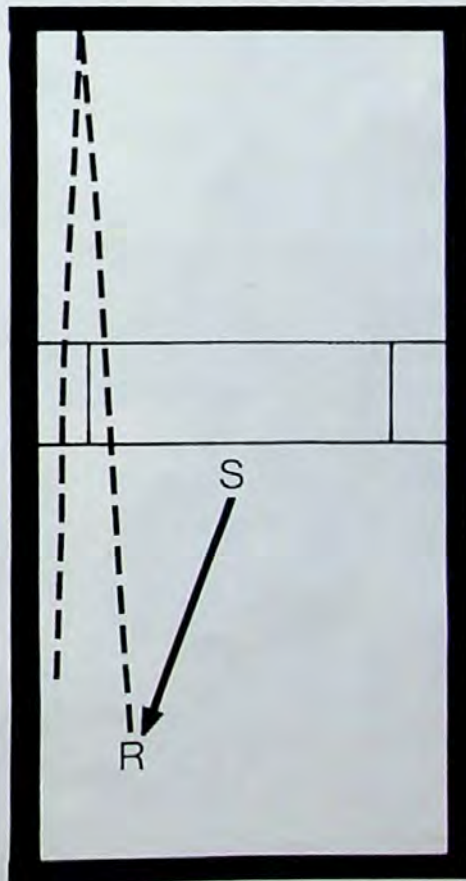
You will have position advantage on him and hopefully enough accuracy to capitalize on your offensive opportunity. This same position switch, incidentally, could have been accomplished with passing shots.

You will note I talk about center court as an area, not a point. Most of the time, you don't want to be in the precise geometrical center of the court, but rather, a little off center to whatever side the ball is on.

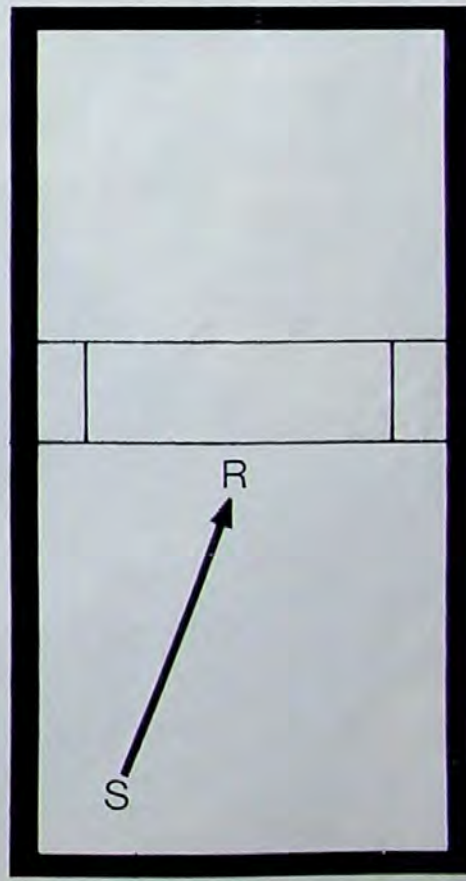
Don't make the mistake of getting tied down to center. When you have to go after the ball, be quick about it. When possible, though, take your shots from the best spot: The center.



Serve.



Return-ceiling ball.



The switch is made.





SUNDAYS WILL NEVER BE THE SAME

Football is behind Ed Marinaro, acting and racquetball ahead



By Barry Janoff

His career in sports will probably never be made into a movie and you'd be hard pressed to ever find his biography on library bookshelves. But for Ed Marinaro, former football player, current racquetball disciple and aspiring actor, life would not be the same without the experiences he has felt and the lessons he has learned as an athlete.

There was a time when Marinaro was considered one of college football's best running backs, a fleet-footed quick-thinking golden warrior with the potential to take his place among the giants of the pro game. There was a time when Super Bowl rings were just inches away and a Heisman Trophy and championship celebrations were as close to reality as

the pain and sacrifices athletes must endure to capture them.

But now, with football behind him and an acting career in the making, Marinaro is using those years of training to help him work for and achieve goals of the future.

"Football was a great experience for me in many ways," said the 29-year-old Cornell University grad. "I got a lot of pleasure out of the game, I met a lot of good people and I made a few good friends. But I also found that football has its dark side. It's not all good."

"That whole experience gave me an advantage in life because, if nothing else, I learned that backstabbing and politics exist in football just as they do in any business. But I also learned that if you do your job, do whatever it is you have to do and not let those other

SUNDAYS

things affect you, you can succeed."

Although Marinaro's career often lacked those finishing touches that separates stars from superstars, success always played a part in his football life. He became a mainstay of Cornell's Big Red squad during the early 1970's and, in his senior year, was touted by various sources, including such magazines as *Time* and *Newsweek*, as a candidate for the Heisman Trophy. But the award, given annually to the best player in college football, went to Auburn quarterback Pat Sullivan in 1971 even though Marinaro set an NCAA rushing record. Marinaro finished a highly respectable but not quite victorious second. It was the most controversial Heisman balloting to date.

Marinaro was drafted by the Minnesota Vikings in 1972 and remained with them for four seasons. The experience helped satisfy some of his needs as a pro—especially since the Vikings reached two consecutive Super Bowl games during his stay—but it was an experience that also introduced Marinaro to the realities of professional athletics.

"The truth of the matter is that although people are impressed when they hear I've been in the Super Bowl, those games aren't as meaningful to me as they could have been. Don't get me wrong, it was nice being on teams that went to the Super Bowl. But I didn't get that much playing time in either game. I would have enjoyed it more if we had won and if I had more time in the game. So, as it turned out, the experience didn't affect me as much as people might think."

The two runner-up Super Bowl showings by Minnesota during Marinaro's stay, in fact, only tended to accentuate the unfulfilled potential of his football career. He was with the Vikings from 1972 through the spring of 1976 but, because of the presence of Chuck Foreman, the team's number one rusher/receiver, John Gilliam, the team's number two receiver, and other stars such as Fran Tarkenton, Carl Eller, Dave Osborn, Ed White and Mick Tinglehoff, Marinaro's best outputs were overshadowed and he had trouble retaining a consistent amount of playing time.

The Vikings reached Super Bowl VIII in January, 1974 only to be blown-out by the Miami Dolphins, 24-7. If Marinaro's stats were barely impressive in that game (one carry for three yards rushing, two pass receptions for 39 yards), his feats were even less negligible one year later in Super Bowl IX when he had no carries and no pass receptions in Minnesota's 16-6 loss to the Pittsburgh Steelers.

Marinaro had his best year as a pro during the 1975 season when he rushed for 358 yards and one touchdown in 101 attempts (a 3.5 per carry average) and caught 54 passes for 462 yards and three touchdowns, third best in the conference.

Ironically, due to a number of personal decisions and some unforeseeable events, that was to be his last year as a Viking and his last full season in the NFL. As it worked out, though, these decisions and events led to

more changes for Marinaro that even he couldn't have predicted.

"I left the Vikings as a free agent following the 1975 season and signed with the New York Jets," said Marinaro. "One main reason, in spite of the season I just had, was that I felt the Viking management wasn't using me the way I wanted to be used. My ability as a running back and receiver was always in question in Minnesota. They seemed reluctant to use me in critical situations, as if they felt I couldn't perform under pressure."

"When I joined the Jets (for the 1976 season) I felt they had more confidence in me than I ever received from Minnesota's management. The Jets put me in the starting line-up and began to use my skills the way I wanted them used."

Coming off his exceptional year, Marinaro's arrival in victory-starved New York helped parlay stories and a preseason build up of the second coming of the 1969 Super Bowl champion Jets. Joe Namath, the stories said, would

be his old superb self, newcomer Richard Todd would be a fine relief quarterback to keep the offense moving and Marinaro would grind out the yardage on the ground and break open games in the air with long Namath catches.

Marinaro repaid the Jets in full for showing their confidence in him, at least through the first six games of the season. He had two successive 100-yard games rushing, a total of 312 yards and a place among the league's leading offensive players. But he had no support for his feats, no John Riggins (who left as a free agent) or Carl Garrett (traded to Oakland) as the Jets had in 1975. So the team went winless for almost two months of the season and then received further bad news when a foot injury put Marinaro out for the remainder of 1976. But the injury was even worse for Marinaro because it not only finished his season but, in effect, ended his career in pro football as well.

"A lot of people wonder how a foot injury can stop a player," Marinaro said. "But you depend upon your legs and feet so much in this game, especially as a running back, that a foot injury like the one I had can really throw your game off."

"When I was 100 per cent healthy I was the best. But when I was injured all those questions about my ability were raised all over again."

Although Marinaro did manage to stay in the league for another year—playing the last five games of 1977 with the Seattle Seahawks—and did receive an invitation to try out with the Chicago Bears at their 1978 preseason camp, his days as a member of the NFL elite were finished. "Things just didn't work out," he recalled. "But that's part of the game and I'm not bitter about it."

Vowing to put football behind him, Marinaro began to explore other opportunities—a career in acting and the sport of racquetball.

As he found in football, Marinaro knows that the competition in his present trade "is getting tougher and tougher." There are an enormous amount of people who want the same thing that you want. Except I feel I have that extra edge because I experienced the same thing as an athlete.

"Aside from the confidence I have in my abilities, something I gained as an athlete was the distinction of being recognized, of standing out from the crowd. It starts in college when you get extra attention from those around you, when you are treated like a B.M.O.C. (big man on campus). I know a lot of players don't handle it the right way and become snobbish or feel better than others around them or, in the other direction, fall apart when they don't get that special attention after they leave school."

"But getting that attention was a big factor for me. It gave me a special confidence that will stay with me the rest of my life."

"I'm involved with an exciting business now and that's why I'm in it. I was coming into my own in football before I was injured. Now I'm in a new business and I know that nothing will stop me. I achieved a certain amount of success as an athlete and that built my confidence. Whatever may or may not happen from now on, no one can ever tell me that I'm worthless."



"Now I'm in a new business and I know that nothing will stop me."

The HOGANS

Portrait of a Racquetball Family

The Hogan women: (Clockwise from top left) Linda, Goldie, Esther, Frida Weiss, Esther's daughter Lauren and Rita.



HOGANS

By Denice Santangelo

Racquetball superstar Marty Hogan did not get to the plateau he is at by himself. You don't just add water and stir twice and come up with a National Championship. Behind every champion is a family, which has done something—support, encouragement, out and out cheering—to aid in that championship trophy.

Anyone who has kept up with the career of Hogan knows about Goldie, his mother, coach, trainer, number one cheerleader and not a bad racquetball player herself. And there is also Linda, 17, a six-time national junior champion. And sister Esther. And sister Rita. And the oldest cheerleader in the family, his grandmother Frida Weiss.

But it is Goldie, who is the main force behind the racquetball prominence of the Hogan family. All the Hogans were taught by Goldie 15 years ago when she started working for the St. Louis Jewish Community Center Association.

"I was hired to work in the physical education department, working mostly with toddlers and sporting programs," recalls Goldie. "I happened to be walking by the courts one day when I saw some people playing paddleball. The paddles were made of wood, without any holes. It was just unbelievable. Deciding it looked like fun, I bought myself a paddle and started to play."

Phil Smith, Director of Health and Physical Education at the JCCA, remembers Goldie's skill level from those days. "At first there were only a handful of ladies playing, so when there was a tournament only a men's division could be offered and Goldie would enter these tournaments. Soon she was able to beat some of the men."

Goldie's own prowess aroused the curiosity of her children. "My children liked everything I did in sports," says Goldie. "I introduced them to the sport, yet I have never pressured them along the way. People think that Marty was especially pressured, but that's not true. Marty grew up loving the sport. I remember how I would get ready to go to the Center and Marty would always want to go with me. His main goal back then was to beat me. Marty always wanted to beat someone."

Around the time that Marty's game started to come around, Goldie ended her 10-year marriage with John Hogan. John still works in construction in St. Louis and will at times go to tournaments to watch his children play. Goldie isn't bitter of the arrangement. "John and I are still friends. He has a very good relationship with the children. The children respect him and love him," said Goldie. As of now Goldie isn't ready for a second marriage. "I do date people," says Goldie. "But I have not really found anyone to share my life with. I'm busy. I have my responsibilities to my family."

"Goldie really goes all out for her family. She never complains," says Smith. "The children have a fine understanding of values, because of the way she's held them together.



Goldie and Marty console Linda after she lost in her division in 1979 Junior Nationals. At right: Linda and Marty in action.

Photos by David M. King, David Henschel and Carole Charfauros

She's done a great job raising the children singularly. Even now, with all her family's success, she still continues to work here."

"People expect me to be someone I'm not," says Goldie. "With the success that my family and I have shared, they can't understand how I can be so down to earth. I still live in the same house. I haven't changed my life style for various reasons. I admit that things are a lot easier than before, but because of my responsibilities I have not made the move to the racquetball Mecca—San Diego, nor have I taken the opportunity to own or manage my own court club. I have the knowledge and ability to do this, but because of my responsibilities I won't."

Sharing the responsibilities in the Hogan family is grandmother Frida. "My mother plays a big role in my family. She has helped raise my children. All my children are very fond of her. They treat her with a lot of respect," says Goldie.

It is also Frida who puts the Hogan household in holiday spirits when her "grandson Martin" comes into town. Goldie describes Frida as a "16-year-old girl" because she hurries around the home, excited and thrilled, as





she cooks Marty's favorite meal. Because of Frida's close relationship with her grandchildren, some people figured that at the 1977 Nationals Marty became overly nervous because his very emotional grandmother was there. He was upset in the finals by Davey Bledsoe. "I'm excited but not emotional when I watch Martin. I don't believe he lost because I was there. It just happened that he lost," says Frida.

"Davey played very well at the '77 Nationals and he won it," agrees Goldie. "I think the press just needed something to play upon his loss, so they chose Frida's emotions, which wasn't true."

With Marty, the '78 and '79 National Champion, living in San Diego, Goldie is now encouraging, perhaps, another future national champ, Linda. Goldie coaches Linda each night at the Center and Linda relies a lot on her mother as a coach. "For now, I don't like to play without my mom there at tournaments," says Linda. "She is my coach. She tells me exactly what I'm doing with my game. She helps me smooth my game out."

"Linda loves playing. She really looks up to Marty. I don't get to go to as many tournaments with her as I did with Marty. But I really do think that she wants to become a winner," says Goldie.

Linda also has set her goals. "I'll be satisfied when I'm number one in racquetball," she says.

Goldie's other daughters, Esther and Rita, are in racquetball only socially. Esther, 27, is the eldest of the Hogan children with a family of her own. "When I was younger, I played a lot of paddleball, then racquetball. I got married six years ago. Now Thomas and I have a five-month-old baby girl, Lauren, so the baby and the house keep me busy," says Esther.

Rita Hogan, 22-years-old, lives at home with Goldie, Linda, and Frida. Rita spends her time as a clerical typist and part-time student and occasionally she has time to play racquetball. Though not as competitive as her mother and younger brother and sister, Rita roots for them. "I like to see them play. I'm very proud of them. And I've always admired Marty because he's such a great success," says Rita.

With Rita and Esther doing their own thing, Marty in San Diego, and Linda's tentative plans to study to become a veterinarian at Michigan State, Goldie has some future plans of her own. "I'd like to do a lot of traveling and lecture about the sport to groups and clubs. I'd also like to teach clinics to children—because they are where it's at. I find that there is a lack of young girls playing the sport," says Goldie.

One who will be fortunate to be on Goldie's list of pupils will be young Lauren, her granddaughter. Plans are in the making to put a racquet in her hands someday. "If Grandma can still play racquetball, then so will Lauren," says Esther. "We're going to sit her up on the court now and see if she can hit any balls yet," jokes Goldie. As one can see, the Hogan family is a close-knit group. "I guess this is the answer of how we stay together as a family in racquetball," says Goldie. "We all want to play racquetball. We love the sport. A lot depends on this devotion."

MAKE ROOM FOR THE CHILDREN

*"Take me out for some racquetball,
Take me out to the club,
Buy me some eyeguards and
racquetballs,
Jan don't care if we're tall or we're
small,*

*For it's lob, z, drive in the service box,
A long, a short is a fault,
For it's one, two, three walls a fault,
In the serve in racquetball."
(Sung to the tune of "Take Me Out
to the Ball Game.")*



By Sandra Segal

It's Saturday afternoon at the Chalet Sports Corp in Willow Springs, Ill. Jan Sarno, who truly doesn't seem to care whether her pupils are small or tall, is teaching this "serving song" to a miniature mob of five and six year olds. There are 30 of them clutching racquets and balls, their expressions of concentration and enjoyment only partially obscured by eyeguards. It's easy to believe that these children are the dedicated players and pros of the future.

Although racquetball for kids seems alive and well in Willow Springs, the greater part of the racquetball industry has been particularly indifferent to the needs of these youngest players, the 10-and-under group. Kids are not yet economically attractive to the court clubs. They can't afford the high prices of court time or the membership fees, and many court club owners fear that children will be an annoyance to the single adult players. In short, although a court club doesn't actively discourage child players, it will probably have no special programs to help kids get involved.

But parents who would like to help their children learn the game shouldn't give up hope. The attitude of the racquetball industry toward children is beginning to undergo noticeable, if slow, changes. Ed Martin, part owner of the Sun Oaks Racquetball Club in Redding, Calif., and head of the Youth Council of the American Amateur Racquetball Association (formerly the IRA), thinks club owners will soon be forced to take more of a family-oriented approach.

"The viewpoint of club owners will start changing when their membership starts dropping," he said. "They now have a big singles market, and aren't interested in the family. When the singles drop out, or the saturation point is reached, as is already happening, the club owners are going to have to start concentrating on getting families. Then they'll realize that child players become adult players. It's like growing crops. You need to start something growing for the future."

Martin puts his theories into practice at his own club. His special programs now include 40 to 50 kids from seven to 17-years-old. Martin is convinced of the success of this approach, saying, "All the clubs I know are soliciting members, but our club's membership is full and has a waiting list. That's not something common anymore."

Martin's work for the Youth Council of the AARA is helping to promote racquetball programs for kids on a nationwide level. The Youth Council, patterned after the Tennis Youth Foundation, started last year, and will soon have local chapters in all 50 states. The Council has started a campaign to generate funds for junior circuit tournaments, junior racquetball camps, and free or inexpensive instructional classes for children interested in racquetball. One AARA racquetball camp was offered this past summer in Redding. The 90 kids at the camp, including 20 in the 10-and-under group, were given three weeks of instruction from pros

such as David Fleetwood of Memphis and Alicia Moore of San Francisco.

The AARA has also begun to sponsor junior national tournaments. The finals of its first national competition was held in Memphis last July. Luke St. Onge, executive director of the AARA, said, "The ten-and-under players at the finals stole the show from our other players. People were so interested in watching them, we had to move them to a glass court." David Simonette won the 10-and-under championship in competition with six girls and 16 boys.

The AARA's recent development of the Youth Council is just one sign of a growing interest in developing racquetball for young children. Individual programs are springing up in various clubs around the country, while already established programs for children are increasing their facilities. One of the best known of the established racquetball programs for children is at the St. Louis Jewish Community Center. This club has gained some fame as the starting point for such pro players as Marty Hogan, Steve Serot, Ben Koltun, Jerry Hilecher, and Jerry Zuckerman.

The present center has eight racquetball courts and four squash courts, and plans are to add 10 racquetball courts in 1980. Phil Smith, director of physical activities for the center, says, "When these courts are built, we're really going to push the kids' program."

Smith estimates that at least 100 children 10 and under either play on the courts, take the instructional programs, or participate in the summer racquetball camps. Smith outlined the center's basic program. "First we have a clinic to get the kids interested. We start with simple things, like the ball hits the front wall and the racquet hits the ball." These beginners (seven and eight year olds) then become the intermediates who start playing real games and learning court positions. The next step is to join the advanced groups of 10 and 11 year olds. "These kids really understand strategy and competition," Smith said.

Although the JCCA is virtually the only facility in St. Louis that caters to children, Smith believes that this will soon be changing. "If a court club wants to be viable, it must make special arrangements for kids to play. If I had a club, that would be my loss leader. The court clubs now are too expensive, and parents are hesitant to pay the fees," says Smith. Meanwhile, other Jewish community centers are beginning to fill the need for children's programs. According to Smith, over 150 centers in the U.S. now have facilities open to children, and many are expanding their courts.

But what should a family do if there's no family-oriented court club available? Smith advises the aggressive approach. "If a rental facility is too expensive, I'd talk to the manager and say, 'Hey, this is a young man who has potential. I'd like to work something out with you.'"

Parents in Willow Springs, Ill. already have something worked out thanks to the Sports Chalet, where Jan Sarno sets her racquetball lessons to music. Jennifer Wayt, the owner of this club in the Chicago suburbs, is enthusias-

tic about offering programs for children. "It's really exciting to see 50 children who have never held a racquet on the first morning of classes, and then see them the last week," she explained. "The difference is dramatic." Wayt also wants to create a family club feeling, and feels there's a happier atmosphere if parents don't have to teach their own children. "Children can learn better from Jan than from their parents. Jan can tell the child something he's heard a hundred times from his parent, but somehow it's different coming from an outsider," said Wayt.

Sarno's obvious enjoyment in teaching these six-year-olds makes it easy to see why she is so effective. What child could resist being on a racquetball team named "The Beast" or "The Hulk," or having practice sessions to the theme from Rocky? Sarno also offers a complete repertoire of songs. The lesson of the day is explained to the tune of "The Twelve Days of Christmas." The first verse is:

"On the first day of racquetball my teacher gave to me

A forehand in the shape of v."

"I love the kids," Sarno explained. "The songs are an easy way to teach them. It's fun for them, and they really learn. Even at six they're able to play." The children play by the unlimited bounce rule. "The ball can bounce any number of times. But if you take a swing and you miss it, you're out," Sarno said.

The program seemingly has made its imprint on the children. "Before, we would have a round robin for the kids, and no one would sign up," Sarno said. "Now there are 120 kids involved in our programs." The instructional program consists of a two hour class each week for twelve weeks. The cost for the entire program is \$25. About the only "complaint" on the program, Sarno says, is when the parents tell her, "God, they're singing those songs all the time!"

The success of family-oriented programs such as these is enough to convince other court clubs of the value of encouraging kids to take up the sport. Then you have young players such as David Simonette of Baltimore who is forcing the racquetball world to take these kids more seriously.

David takes his sport almost as seriously as a professional would. A short, 11-year-old boy with a face of cherubic innocence, David doesn't look a racquetball champion. But looks can deceive. His training program shows otherwise. David works on his game two hours a day, and exercises an additional hour every day after school. His exercise program includes jogging, jumping rope, sprinting, and push ups. During summer, David spends even more time with his sport. "My father drops me off at the club at six in the morning and picks me up at six in the evening," David said. "I'll just play all day." Does he ever get tired of training this much? "Sometimes," David admitted, "especially when I would come home in the summer, and see the kids playing outside, and I would have to do more training. Then I just think about the next tournament and keep practicing."

CHILDREN

Tom Whipple, part owner of the Padonia Racquetball Club in Baltimore, began coaching David after seeing him play at the club. Whipple tries to be objective in describing David's abilities, but his pride is obvious. "David is an intelligent player, a good court player. He knows the strategies to neutralize his opponents' power. He's got tremendous motivation—he's like an eighteen year old." Whipple is convinced that David is championship material. "If he can keep his interest and motivation, with his potential, there's no doubt he'll be a national champ." Whipple paused a moment. "If he grows."

David's height—he's actually more the size of an eight-year-old—is probably his biggest handicap, as it is for most 10-and-under play-

ers. It takes longer for short legs to cover the court, and short arms have a smaller swing radius. Small players also have trouble coping with a power game. But with Whipple's help, David is learning to overcome these problems. Initially, Whipple modeled David's game after Charlie Brumfield's playing style, aiming for a smooth, controlled swing. "Now we're working more for the (Marty) Hogan style to get power as well as efficiency," Whipple said. "David's learning to get the overhead shots, so he can play more of a power game. He practices for hours and hours. Now he can really kill the ball."

One advantage for David of being small is the element of surprise. Whipple remembers David's earlier games. "When they first saw

him on the courts, people would either laugh, and then shortly stop after he started playing, or they would start looking really nervous, like they were afraid of losing to such a little kid," Whipple said. David admitted that he enjoyed surprising people who didn't expect him to be very good. "They don't do that much anymore," he added. Since David regularly beats adult B players, and even some A players, his challengers now take him quite seriously.

David's obvious talent has been successful in interesting a corporate sponsor. Burger King of Maryland has given David a \$5,000 grant to help him with the expenses of traveling to the tournaments. Bob Windsor, controller of Burger King, explained how the corporation executives decided to sponsor David. "We all play racquetball at the Padonia Club and we saw David. He's unbelievably good. So we decided to help him out basically by just giving his coach and father a check for \$5,000 to use for him." Who wins when the Burger King executives play with David? "I hate to answer that question," Windsor laughed. "He's *really* good."

David is not the only young player described by adults, with a mixture of amazement and respect, as "really good." As clubs begin to encourage junior players, more and more talented nine and 10 year olds are beginning to show up. The Las Vegas Racquetball Club, for example, has been instrumental in developing the talents of several junior players. Frank Mitchum, the manager of the club, said somewhat enviously, "There are many of us adults playing now who wish we had started as kids. I have three or four nine and ten year olds who have a firm grasp on the fundamentals and are already quite good players. If they keep with it, they certainly have pro potential. The pros of tomorrow are going to be the ones who start when they are eight or nine."

Matt Rudich, who was 10 last July, is one of the talented juniors who plays regularly at the Las Vegas Racquetball Club. He most recently won the 10-and-under division in the Jack O'Lantern Vegas Racquetball tournament last October. Although his ultimate goal is to beat Marty Hogan, he confided, there is somebody else he is interested in playing. "I want to beat the kid who won the nationals in Memphis, David Simonette," said Matt.

As more and more five to 10-year-olds have the opportunity to develop into serious players such as David and Matt, parents should be aware of some guidelines in helping their children get started. The people who have been active in working with children have offered a number of suggestions.

First, they say, don't expect too much from a very young child. Whipple and other experts agree that children start playing effectively at seven or eight. Kids younger than that can have fun hitting the ball and perhaps learning some of the basics, but it's unlikely that their coordination or attention span will be great enough to sustain a game.

Second, find the child a structured program of instruction, if possible. As Wayt said, "it's easier for children to learn from someone other than their parents."

If the child shows talent, the next step is to



Ten-year-old champion David Simonette is flanked by his coach Tom Whipple (left) and Rich Dauer of the Baltimore Orioles.

find a coach who will take an interest in the child's progress, and help develop a training program. At this point, the child can begin to enter tournaments.

Simonette has this additional advice. "Practice a lot. Try to watch good players and see where and how they hit the ball. Then play in a lot of tournaments. But practicing is the most important."

The ingredients of a good training program are fairly standard. In general, instructors recommend that children exercise for general conditioning, and spend a lot of time playing racquetball. Smith and Whipple offer some additional hints. Smith has JCCA children spend a great deal of practice time hitting balls in squash courts because a squash court is smaller than a racquetball court, so the ball rebounds much more quickly. "Fielding a ball in a squash court requires quick reflexes. Every one of our great young players started this way, by spending hours in a squash court. Their shots get lower, quicker, and more deadly. We have skinny kids here who weigh 80 pounds and can hit balls at 100 miles per hour," says Smith.

Jumping rope is the key ingredient in Whipple's exercise program for children. "Racquetball is a game of coordination and sprints. Jumping rope increases both," Whipple declared. "For a young child, this is more important than style." Sprinting is especially important for young players, since their smaller size makes it necessary for them to cover the court more quickly. "I tell David he can even miss his playing sessions, but he should always get in his jump rope practice," Whipple said.

When motivated children begin to follow a serious training program, parents should be careful to guard against what Dr. Ken Spence, a director of the sports medicine clinic in Baltimore's Kernean Clinic, calls the overuse syndrome. "If children overload their muscles and tendons, or strain their epiphyses, the growth plates at the end of the bones, damage may occur. If no steps are taken to reduce the strain, the syndrome may result in permanent limited motion and pain in the shoulders and elbows."

Spence has been advising Simonette on how to avoid such problems. Basically, he recommends that parents and children use common sense. "Kids under ten shouldn't start out playing racquetball five hours a day. They have to gradually build up their strength, flexibility, and endurance. If the child develops aching muscles and joints or other pains it is very important to back up, and to reduce the child's training and exercise sessions to a lower level." However, children are lucky to have quick recuperative powers. "Even when children strain themselves, if they are given a chance to recover, they heal quickly and no permanent damage is done," Spence said.

So if parents are sensible about their child's training programs, the young player should be able to slowly increase his or her skills to the necessary levels. And as court time and instructional programs become available, any number of kids will have more opportunities to develop into highly effective competitors.




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The VAN PATTENS: the family that plays together

By Mathew Tekulsky

It was a hot day in summer and Dick Van Patten was sitting on a padded bench in the main workout room at the Sports Connection in Santa Monica, Calif., during a celebrity racquetball tournament to raise funds for the Cancer Immunization Research Project at UCLA, and it seemed odd somehow, with the sound of disco music blaring out over the loudspeaker and with some of the top names in entertainment strolling by, that the star of the television series "Eight Is Enough," would be talking about his childhood in New York.

"I grew up in Queens. My father was an athlete, who played handball and tennis, and then he created this other game. He used to go

to the handball courts and play handball with paddles, and people used to think he was nuts but he loved the game. He taught me how to play it and I loved it too. This was in the 1940s, and the only thing that was strange was that in those days, there was no place to buy paddles. We used paddles, not racquets, and none of the sports stores sold them, so we would have to go to Abercrombie & Fitch. They were the only people who had them but they used to look at us like we were nuts when we would buy them. Everybody would be playing handball on all the other courts and we'd be playing handball with paddles, which was just like racquetball, except that it was single-wall."

Although he didn't know it at the time, Van

VAN PATTENS



Patten was a part of the evolution of the game of racquetball. He continues with the story.

"Later, we found some four-wall courts, but we played it a little differently. I still think it's better, but maybe I'm wrong. Evidently I must be, because they don't play it that way now. On the front wall there was a red line running across the wall two feet above the ground, so you couldn't make killers. You always had to hit it above that red line, which keeps the ball in play much longer because it's harder to put the ball away. You got more of a workout. That's really what people were playing for, to keep the ball in play and get a workout. We used to play with a tennis ball, not a dead tennis ball, like paddle tennis, but a very lively, brand new tennis ball.

"On the serve we used to play that you couldn't hit the side wall first. It had to hit the ground before it could hit the side wall. I think it's unfair the way they play it now. I think if a server gets up there, he can run up 21 straight points because he can use that wall like a billiard table. To me if the server can't use the side wall on the serve, it makes it a much more interesting game. It doesn't give the server that big of an advantage, and it's much more exciting, I think. I could be wrong, but that's the way we used to play it and I loved it.

Today, Van Patten and his whole family play racquetball, including his wife Pat and his sons Nels, Vincent and Jimmy. Pat plays a lot with close friend Farrah Fawcett.

"Farrah is much better than my wife," says Van Patten. "My wife could get good if she played more, but she doesn't really play much. Farrah plays a lot. Farrah's good. She loves racquetball. She's a good athlete anyway. Farrah just built a court and we're up at her house a lot, so we use her court a lot. The court juts right out over a cliff. It's something. It cost them a fortune to build. (see November,

1979 issue of Racquetball Illustrated).

According to Van Patten, his third son, Jimmy, "is sort of like me, just an average racquetball player. He's more of a surfer and skier. Nels and Vincent could be champs at

racquetball. They love the game. I don't mean to sound like a conceited father, but to tell you how great they are at racquetball, they will beat me 21-0, 21-0, 21-0. I can't even get a point off of them in racquetball, and I'm an

Dick Van Patten's son, Nels, puts his tennis game to work on the racquetball court during celebrity tournament in Century City, California.





Van Patten and his television family, The Bradfords, on the highly popular series, "Eight Is Enough" on ABC.

average racquetball player. And that's not even their game."

Indeed, Nels is a tennis teaching pro and Vincent, having been ranked number one in California, is now on the pro tennis circuit in addition to his work as an actor.

"It's amazing," says Van Patten. "It's a freak thing, what he's doing. Pro Tennis players have been calling me up and saying, 'You don't realize what your son is doing.' It's unbelievable, because these players are playing eight or nine hours a day, and he's acting. He just got through with a movie. Vince gets the edge in tennis but Nels gets the edge in racquetball."

The idea then comes up about having a racquetball segment on "Eight Is Enough." "That's a good idea, especially with all the kids. It's a natural for that. I should talk to them about that," says Van Patten. "The boys who play my sons on the show are very athletic in real life, so it would be good. They could handle it. Grant Goodeve plays regularly and some of the other cast members have tried it."

Van Patten says he hadn't played racquetball for years ("because I got so into tennis") until, as honorary chairman of the American Cancer Society, he was asked to participate in the fund raising event for cancer research last summer. "When I heard it was racquetball, I said I'd like to play in the tournament."

"I was so happy to see this game make a comeback. Well, not a comeback... it caught on, and I think the reason it caught on is that everybody wanted to learn how to play tennis and that first six months of learning how to play tennis is so boring."

"I mean, you need so much control, and you overhit the ball and the ball goes out and it's not fun. When you start to learn racquetball, it's fun right away because you don't need as much control. It's an easier game because you have those four walls to help you keep the ball in the court. It's easier to get to the ball. It's a quicker workout than tennis. You start sweating much quicker. I think it's a much better workout than tennis actually because it's faster, and it's not as time consuming. In tennis

you get a workout too, but it's a different kind of a workout. It takes a little longer to really get the sweat rolling. It's like doing three rounds in the ring."

That, however, didn't stop him from playing in the benefit tournament. In fact, it brought back memories to "when I was a kid playing against my father on the handball courts. But once I got out on the court again I suddenly forgot about the old days. I felt comfortable and not awkward. The first guy I played beat me but it was fun. It wasn't that terrible of a beating. I was right in there (Van Patten's team finished fourth overall in the tournament)."

Racquetball facilities, like the game itself, have come a long way since Van Patten started playing. The old YMCAs have been updated to include fancy saunas, lounges and health food bars. About the only thing Van Patten wishes to see is more courts that have open tops which allow the sun to shine in.

"People overindulge today," says Van Patten. "But today's type of club is a great way for men and women to meet. That could never happen at the old YMCA."

"It's good for people who don't catch on to something quick. I'm not saying that you can't be great at the game and just as skillful as with tennis, but it's easier to learn. I feel so sorry for some of these people. They want to learn how to play tennis and they can't get anybody to play with them because nobody wants to play with a bad tennis player. It's boring, running after the ball and everything, so people get discouraged. But I think racquetball is like a discovery for them. You can see they're all having a good time, and they're excited about the sport."

"And it's healthy. People are using their bodies. When you go and you play a couple of games of racquetball and then you go upstairs and you take a shower, boy, you feel relaxed the rest of the day. You devote 45 minutes to an hour playing racquetball and the rest of your day is set. You're completely relaxed. I never had a drink in my life, but I know when people get home from work they'll have a martini and they'll say it relaxes them and everything. I imagine that we get the same relaxation from racquetball."

Racquetball may be relaxing, but Van Patten doesn't play relaxed. He plays hard, competitively, and he has two favorite shots. One is a backhand wallpaper shot. "I feel like a jai alai player when I hit that shot," he says. The other shot is "that back shot, you know, when it comes off the back wall and instead of hitting it into the front wall, you hit it back to the back wall and then it bounces back to the front wall. That's fun to do but it's an ineffectual shot because it usually goes back to the front wall very easy and the guy can put it away."

But Van Patten doesn't like to play doubles because he doesn't think the court is big enough.

"I don't think racquetball was meant to be a doubles game," he says. "It's too small of a court for four people to be running around, bumping into each other and hitting each other in the head. I got hurt once. I have a scar from about ten years ago. I got hit with a paddle—a racquet."

R_x FOR WINNING

HOW TO SAVE YOUR KNEES

By Ralph Gorrell, M.D.

Editor's Note: The author is a practicing physician in Sun City, Ariz.

Between racquetball games, ignore your knees. Never use them any more than you must. Never exercise them. Stair climbing is one of the best exercises for the knees and the muscles that make them work. So, use the elevator. Use your car instead of walking.

If you warm up by jogging, run flat-footed on the hardest surface you can find. You can get the same effect by pounding your feet, and your knees take the same beating, on the floor of the racquetball court.

Don't bother to wear a warm up suit, no matter how cold the weather or the court temperature. Make your knees "take it."

Never loosen up your knees, or any other joint, for that matter. Start playing hard right away. That way, you have a better chance of spraining your knee or hurting your elbow.

Clumsiness pays off. Don't bother to cover the court gracefully. Stop as suddenly as you can, jerk sidewise and backward for a passing shot.

If you do hurt your knee, do not have it examined. Or if you do have a doctor look at it, refuse all treatment; show your independence. Or, to be really contrary, insist that Doc treat your knee just the way you want or some friend has told you, whether that form of therapy is right for your problem or not.

If he does not think that an injection will help, that is your cue: Insist that he poke your knee. If he believes that a shot would take the pain away fast, refuse it. That'll show him who is boss. No matter what happens, blame him, anyway. Those uppity docs.

“... Didn't somebody tell you that if you have enough knee problems, you can always find a surgeon who will “clean out” the knee joint?” ”

Don't worry about your knees. Didn't somebody tell you that if you have enough knee problems, you can always find a surgeon who will “clean out” the knee joint? It's just like cleaning out a garbage can, which is what your knee will probably look like if you follow the above “advice.”

A Phoenix physician once noted that the new floor coating on his recreation center racquetball courts was a bit more slick than he had been accustomed to, and that his feet slipped a little on a sudden turn. Instead of asking for another floor surface, he bought a pair of sure-grip, non-slip racquetball shoes, all complete with the non-slip material coming up over the toes and up the back of the heel. That was his first mistake.

He did not wear the new shoes for a trial period. He did not try stops and turns. Instead—you guessed it—he started a hard game of singles.

What the average player does not realize is that there is a limit to the sudden load any joint can take. If stressed beyond this point, something gives, something tears, usually the ligaments that hold the joint together.

When his opponent sent a fast passing shot down his right wall, he stopped abruptly. His left foot was pointing straight ahead. The sudden load was transmitted to foot, ankle, knee and left hip. No problem.

His right foot was turned outward, to the right. No injury to the ankle, as the full twist fell on the inside of the right knee. There was sudden severe pain in this point (see “x” for location of this ligament in Fig. 1 and Fig. 2). His knee would not bear his body weight, so he fell down.

Crutches were obtained and he hobbled to

a hospital emergency room. As he expected, no bony injury was seen on x-ray. The emergency room doctor had little training in injecting injured joints, so the injured physician decided to “tough it out.” Another mistake.

For two days, he lay around waiting for the pain to subside. It did not. Instead it persisted day and night. Then he decided to see a physician who was interested in injuries, who understood them and knew how to treat them.

This doctor determined that the injury was not in the ligaments deep inside the joint but rather a sprain at the “x” shown on the drawing, just under the skin. He found that pushing with the finger tip exactly on this spot brought back the original sprain pain. Doctor and injured person must agree on this point.

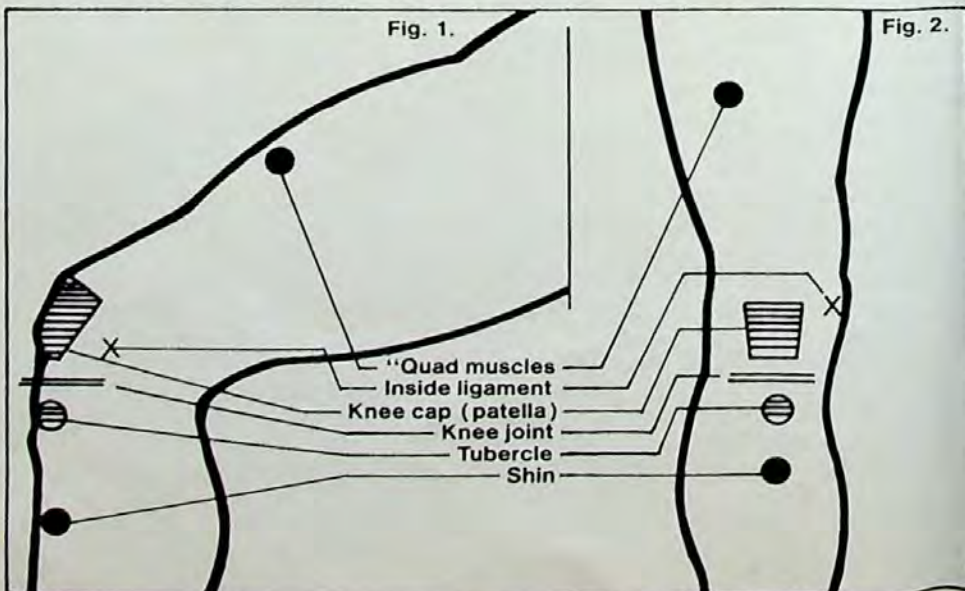
A quick slipping of the needle into the point, a sudden recurrence of the pain, then all pain was gone and there was no soreness at the point. This injection was not given inside the knee joint, since this might hurt the smooth surfaces of the joint and might carry infection inside the joint.

If pain is not taken away at once, either the diagnosis is wrong or the injection was not given properly. Some doctors think that all that is needed is to inject the local anesthetic and cortisone solution into sore spots around a sprained knee or ankle. This sloppy technique really hurts, since it is hit or miss. The correct spot is the “trigger point” so called because it is here that the pain trigger is located.

The doctor-patient began to walk at once. He did not force the knee with deep knee bends. Instead, he gently straightened the leg out and flexed, folded it fifty times a day, and recommended light exercises.

Quad exercises: The quadriceps set of four muscles covers the front of each thigh, from

THE RIGHT KNEE



the groin to the knee. They include the knee cap and are finally inserted into the tubercle on the shin bone (see figure 1 and 2). The quad muscles give support and strength to each knee joint.

How to exercise the quad's: Make these muscles hard and relax them fifty times a day. If you lay a hand on the front of your thigh, you can feel them tighten up and become firm first, then you let them go limp.

Do not do any heavy, forcing knee exercises, such as deep knee bends, following an injury. Vigorous walking and stair climbing are helpful. Racquetball can be resumed in 48 hours. If all pain and weakness have disappeared.

There is no weakness of the knee joint after it has been used. There is no area of soreness around the knee and it does not hurt. But what if the torn area had not been injected? Often, it stays painful and sore for weeks or even months.

Most men do not realize how much load their knees take, even in their teen years. They are shocked to learn that their knees show signs of wear even by age 20, more by 30 and by their 40th birthday almost all men have some roughness, some grating when they bend and straighten out their legs. When they lay their hands on their knee caps and use the joints, they can feel the bony roughness and scraping.

If x-rays are taken at this time, they may show some roughness of the bones making up the joint, little bony bumps and points. The physician who does not understand what the normal knee is like may put on a label and make a diagnosis of "arthritis." The older the person, the more signs of change, of wear and tear. Such joints, if properly cared for, may give many years of service, including competitive ball games. Remember: *X-rays do not show pain.*

Every knee is a weak joint. It is made that way. There is only one bone above the knee—the end of the thigh bone (femur) which rests on the bone below, the leg bone, tibia or shin bone. All that holds these bones together in the knee joint are two ligaments deep in the knee joint and two ligaments just under the skin.

In contrast, the hip is a ball and socket joint. This cannot be sprained. It only can be dislocated by a very powerful force. The ankle is a mortise joint with two protective bones. It can be sprained readily, but serious injuries usually do not occur until one or both of the bones have been broken.

The knee joints contain two half moon shaped (semilunar) cartilages which act as shock absorbers between the bone above and the bone below. These are injured most in contact sports, such as football. Later on, they may block or lock the knee and need to be taken out.

There are two types of joints, those that carry the body weight and those that are not

weight bearing. The shoulder, elbow and wrist are non-weight bearing joints. They can be sprained, dislocated or broken. They do not interfere with walking.

The hip, knee and ankle are weight bearing joints, which are under heavier load and must be well treated when they are injured. Otherwise, they will break down later on.

The front of your knee shows only the thigh bone above, the knee cap in the middle and the shin bone below. The quad muscles cover the entire front of your thigh and fasten to that little bump on your shin (see "tubercle" on illustration). If your knee has been injured, the little hollow places on each side of the tubercle will swell out.

The sides of the knee each have an outside ligament. This is what is sprained. This is what becomes very tender and sore. If you can see much swelling here, an injury or infection has occurred in the knee.

The back of the knee is hollow, between the hamstring muscles above, which cover the back of your thigh, and the calf muscles below. A sudden, very fast start can tear some of the calf muscles and cause a swelling in this hollow space. You can tell at once because you cannot walk.

Remember: Your knees will give you good service if you take care of them.

Proper care: (1) Warm up your knees, and your legs, by pre-game exercises; (2) never start playing as hard as you can; (3) if the court is cold, keep on your exercise pants for a few minutes; (4) try to cover the court gracefully instead of overpowering it; avoid grinding down on your knees as you make a fast turn; (5) do quad exercises for two minutes every day.

Any pain or weakness in a knee that lasts for a few days, calls for an examination by a competent physician. A good doctor knows that normal knees tend to wear with years of use. He is careful *not* to call a little roughness in the knee, a little grating in the knee cap, "arthritis."

Your knees are your most vulnerable, most easily injured joints. Once injured, it is easier to hurt them again.

Your knees may look bumpy. The x-rays of your knees may show a few rough spots, a few bony spurs. This is not important. What is important is how well you treat your knees and what they can do for you.

Treatment of a painful knee: (1) Heat; (2) quad exercises; (3) 10 aspirins a day; (4) as much rest as possible and avoidance of bearing your weight on it any more than absolutely necessary.

Treatment by a physician includes (1) diagnosis; (2) medication given either by mouth or by injection near the joint; (3) deep heat machines.

Do not be depressed by the knowledge that your knees are not as smooth as they were years ago. If you take care of them, they will carry you for miles of play.

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CLUB NEWS



CASA BLANCA CLUB
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Salt Lake City, Utah

Construction is now underway on the Casa Blanca Club in downtown Salt Lake City (South Main Street).

Working on a "Total Environment Athletic Club" concept, the Casa Blanca Club will feature 10 racquetball courts, including four glass-walled spectator courts, private

men's and women's health clubs, a 3000-square-foot gourmet restaurant and lounge ("Rick's Cafe"), a complete sports medicine clinic featuring Nautilus and Cybex equipment and the usual other amenities that go with a club such as saunas and pro shop.

According to David Yurth, president of the founding organization, the club will be

decorated in a motif similar to the movie "Casablanca" starring Humphrey Bogart.

The club will be housed in a 24,000-square foot facility and construction is expected to cost \$1.4 million.

Other features include the "Bogie Challenge Court," instructional court, exercise and aerobic dance classes, nursery and pro shop.

Walnut Creek, Calif.

The Racquetball Club Walnut Creek opened its doors recently (Olympic Blvd.) with 11 racquetball courts, including three specialized ones.

One specialized court has the glass back wall for viewing from the lounge area. Another court has diagrams marked for instruction and a third court is totally enclosed for those who wish complete privacy.

All courts are made of maple wood.

In addition, there are men and women fitness centers, classes in such things as yoga and dance exercise, wet and dry saunas, jacuzzi, steam room, an outdoor volleyball court, sun deck, outdoor balcony for eating and swim privileges at nearby Heather Farms.

President of the club is Edmund Gibson.

New Philadelphia, Ohio

Located 80 miles south of Cleveland, the Front Court Racquetball Club (State Route 416 South) opened its doors with eight courts, exercise area, 15-station Universal system, saunas, whirlpools, lounge, party area and nursery.

The club gave away a free introductory lesson with each new membership and it plans on having leagues and local tournaments.

Plymouth, Mass.

Giving equal attention to indoor and outdoor racquetball is the theme of The Racquetteer Club located on the scenic Cape Cod site of Plymouth (Long Pond Road).

The club will feature 12 courts, six inside and six outdoors, as well as a coed gymnasium, disco lounge, glass tournament courts, nursery, whirlpools and saunas.

North Hollywood, Calif.

With the hopes of drawing pro tournaments and exhibitions, Rocky's Racquet World in North Hollywood, Calif. opened its doors with an exhibition court seating over 250 spectators.

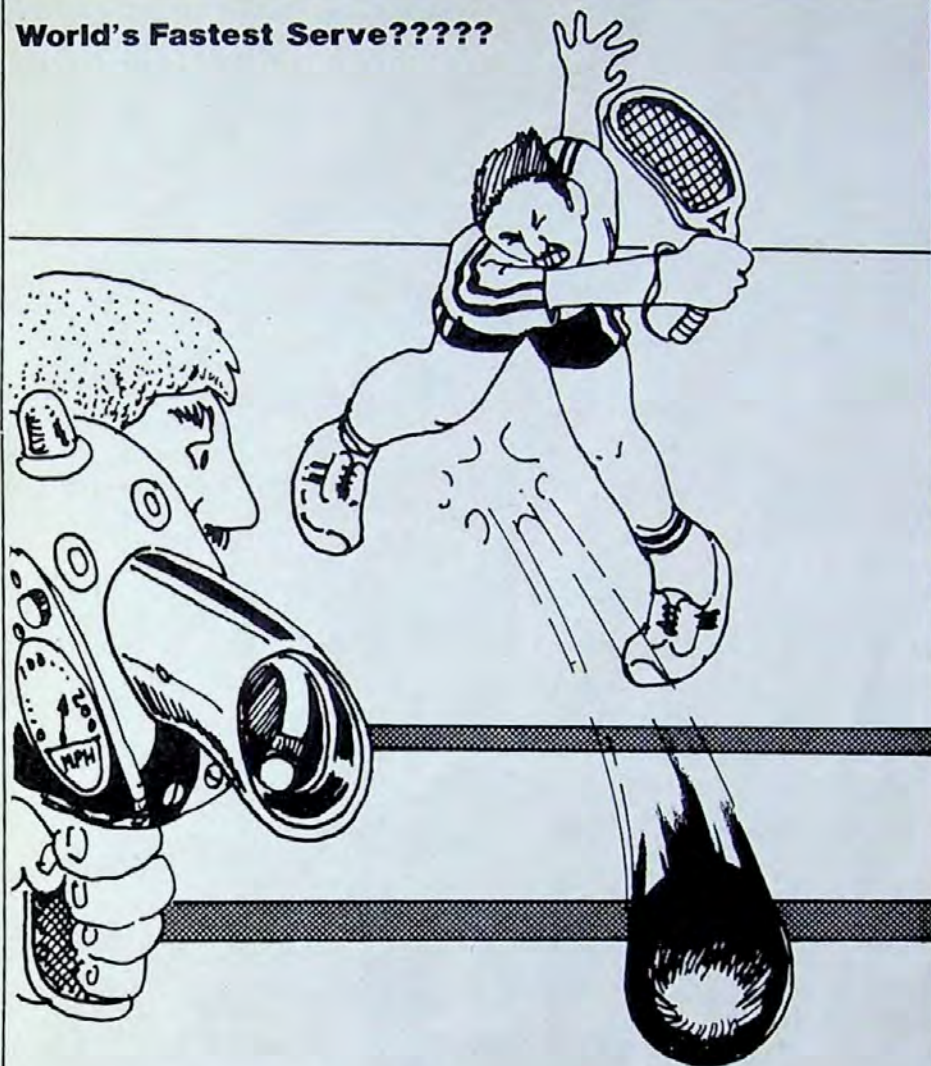
The club, located on Strathern and Laurel Canyon, has 18 courts plus the usual jacuzzis and saunas, grooming area and pro shop.

The men's gym has a 30-station Universal system and the women's gym has 15 stations of Universal equipment.

Rocky's is also planning social events, league play and coinics.

Short Shots

World's Fastest Serve?????



Sol Abrevaya, pro at the Santa Monica (Calif.) Racquetball Club, stakes his claim to the world's fastest serve. But the record remains in doubt—serious doubt—because it can't be confirmed that the radar gun was working properly at the time.

At a "Fastest Serve" contest put on by Penn at the Sports Connection in Santa Monica, Abrevaya was clocked with the radar gun at 179 miles per hour. This, after he had earlier clocked in at around 120 and nobody else in the place, including pros Jay Jones and Bruce Radford, clocked above 125.

Paul Wilson of Penn verifies the gun said 179 but at the same time, he is fairly certain there was something wrong with it on that particular serve.

"If every other serve was accurate I don't see why that one should have been inaccurate," says Abrevaya. "I just wished the numbers wouldn't have been so high. Then, maybe, people wouldn't think it was ridiculous."

If the serve time was accurate—and no one but Abrevaya is taking it seriously—it would be considered the fastest serve in any racquet sport. That includes Marty Hogan's serves in racquetball, which are consistently in the 140s and once reportedly reached over 160, and Roscoe Tanner's serves in tennis, also consistently above 140 miles per hour.

"I think in the 1980s you will see people hitting with graphite racquets over 180 miles per hour," says Abrevaya.

Pro Football Tourney

Football season may end at the Super Bowl, but fans will be able to see their favorite players in action well into the summer. But instead of a football, the pros will have a racquet in hand. Three-man teams from 28 football clubs will be participating in a new Natural Light NFL Players Association racquetball series.

Regional play-offs beginning in March will be held in Los Angeles, Boston, Chicago, Miami and Dallas with the finals to be held in St. Louis in June.

"Last summer we sponsored a racquetball tourney among members of the Patriots, Giants, Bills and Jets," said Robert F. Merz, product manager for Natural Light beer. "The tournament was so successful that we worked with the NFLPA to establish a series of tourneys."

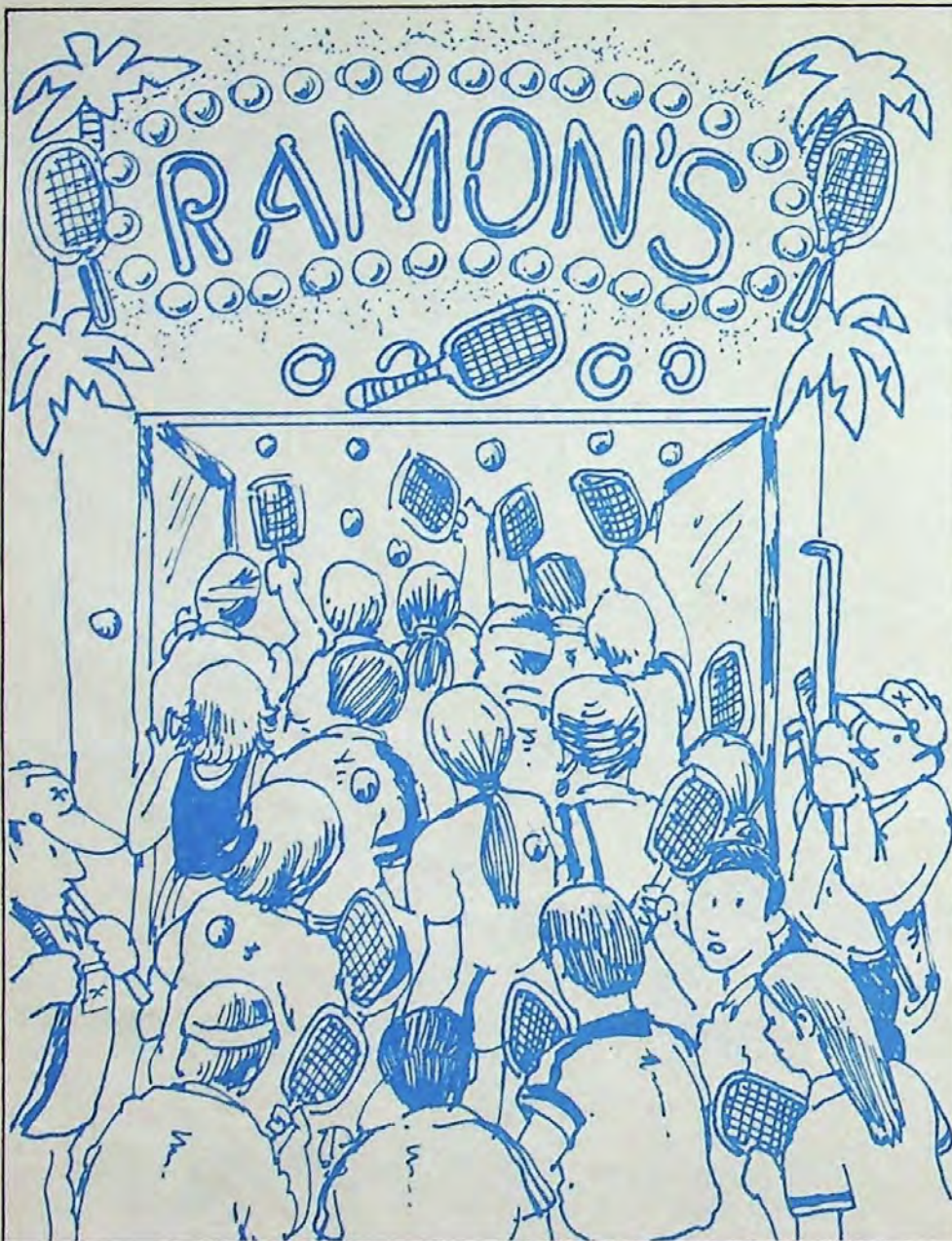
In each tourney, Natural Light is putting up a purse of \$2,000 for each of the top two players, \$750 for third place and \$250 for fourth. The team which accumulates the most points, and is judged the overall winner will receive \$1,000 to be donated to the charity of its choice.

At the finals, the first-place winner will receive \$8,000, second place \$4,000, third place \$2,000 and fourth place \$1,000.

An amateur racquetball tournament will be held in conjunction with each Natural Light/NFLPA tournament.

The Rams will play the Chargers, 49ers, Raiders and Seahawks in Los Angeles. The Patriots will host the Bills, Jets, Giants, Eagles and Steelers. The Bears will host the Packers, Lions, Vikings, Browns and Bengals. The Dolphins, Buccaneers, Saints, Colts, Redskins and Falcons travel to Miami. And the Cowboys will host the Cardinals, Chiefs and Broncos.





Finally, a Club

In a recent issue, we reported in this section of the lack of racquetball clubs in Palm Springs, Calif., and the problems the local Chamber of Commerce was having trying to apologize for its city's lack of foresight.

Well, Palm Springs finally got its act together.

Although a little behind the rest of the country when it comes to racquetball, Palm Springs caught up with the rest of the nation when Ramon's Racquetball and Fitness Club opened its doors recently.

"We're amazed at the response," says Kent Chamberlain, one of the co-owners. "We feel like a God out here. It's been so popular."

Palm Springs is known for having an abundance of golf courses but the old time golfers are not necessarily the ones who will be joining Ramon's. "The city is not as golf oriented as people think," says Chamberlain. "There has been an influx of young people from Los Angeles and San Diego who desperately wanted a place to play racquetball."

The club will have six courts, two with glass, plus \$150,000 in fitness equipment. They have also budgeted money for advertising on local television.

And, oh yes, they let the Chamber of Commerce in on it. "It was something they were glad to hear," said Chamberlain.

Ektelon-Perrier Tourney

Ektelon and Perrier have joined together to sponsor a national racquetball tournament series in which the amateur champions will compete for expense-paid luxury vacations and pros will battle for \$40,000 in prize money.

The tournament will be played in 19 major markets beginning Feb. 22 in Baltimore, Houston and Boston. Other tournament sites include New York, Philadelphia, Miami, Cleveland, Atlanta, Chicago, Minneapolis-St. Paul, Milwaukee, Detroit, Kansas City, St. Louis, Phoenix, Denver, Southern California, San Francisco and Seattle.

Winners from regional tournaments will be flown to Los Angeles for the National Championships at Rocky's Racquetball World in North Hollywood, Calif., May 8-11, 1980.

The pro field will be limited to 16 of the top players in the country in the men's and women's divisions.

Winners in the amateur division will receive an eight-day Club Med vacation to a resort in Mexico.

In addition to Ektelon and Perrier, participants include Club Med, Inc., Hitachi, American Airlines, Racquetball Illustrated and Nike.

A portion of the entry fees will be donated to Special Olympics.

Part of Politics

Racquetball has now worked its way into political speeches.

Leo McCarthy, Speaker of the California State Assembly, was on the platform at a dinner on his behalf in which the main speaker was Democratic presidential nominee **Ted Kennedy**.

Speaking before a crowd of 2,900, most of whom had paid \$200 to eat dinner, McCarthy made reference to the spacious Los Angeles Convention Center, site of the political fundraiser.

Said McCarthy while looking over the large Convention Center ballroom, "This must be what John Connelly's racquetball court looks like."

In Case You Are Interested . . .

In case you are interested . . .

Actor **Peter Falk** is co-owner of a racquetball club in Southern California . . .

Pop artist **Andy Warhol** says he used to play racquetball "a long time ago" . . .

Shelly Smith the attractive blonde lawyer on ABC's television series "The Associates," was the racquetball player on the English Leather commercial, one of the first commercials on television to use the sport.

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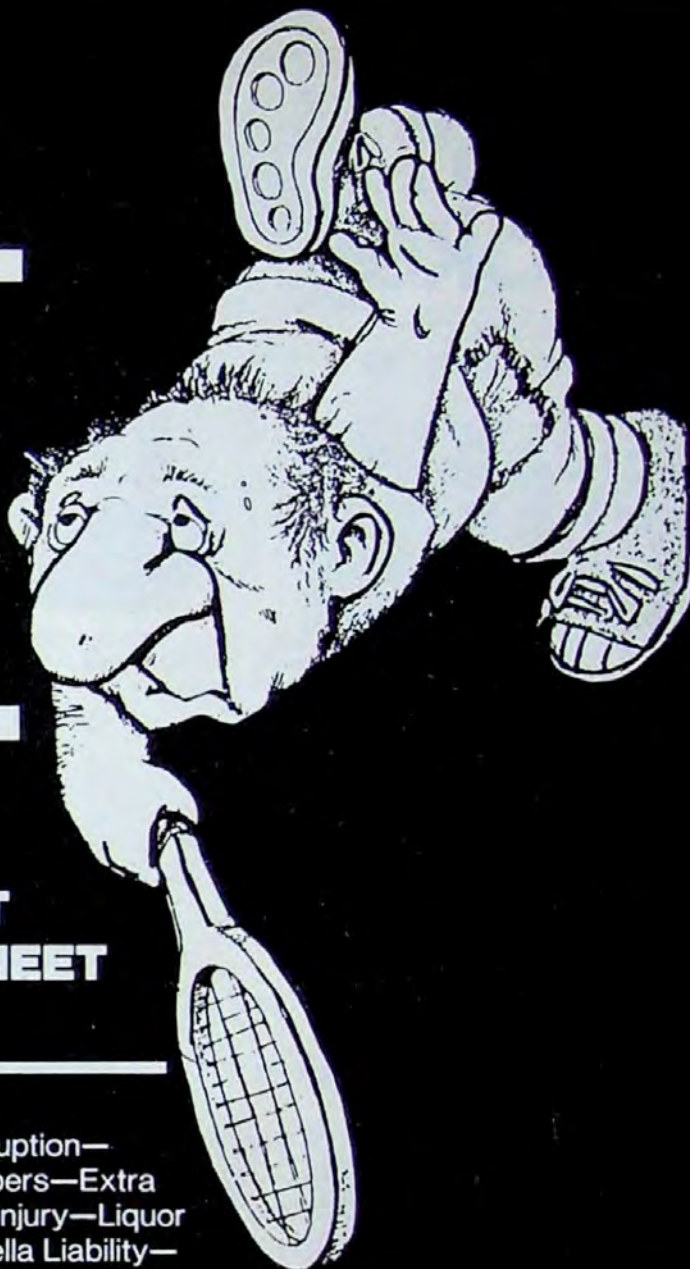
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TOURNAMENTS



Mark Morrow gets set to shoot one off the back wall in AMF/Voit tourney finale against Dave Bush at Telegraph Hill club in San Francisco. Morrow won. Bottom: Alicia Moore chases one of Linda Prefontaine's shots down in women's finals won by Prefontaine.

AMF VOIT—SELF MAGAZINE (SAN FRANCISCO)

By Carole Charfauros

Over 400 players competed for \$10,000 in prizes in the final stop of the AMF Voit/Self Magazine Racquetball Classic for 1979 at San Francisco's Telegraph Hill Club.

Winner in the Men's Pro/Am division was Mark Morrow, now beginning his third year on the pro tour. In the finals, Morrow defeated Dave Bush, 21-15, 21-11.

Linda Prefontaine fulfilled her expectations as the top seed by defeating hometown favorite Alicia Moore in the finals, 21-20, 21-11. Only Jean Oeschenger from Sunnyvale, Calif. was able to take a game from Prefontaine. In the quarters, Oeschenger upset fourth seeded Jan Matthews in two games.

Prefontaine and Moore have met on occasion in tournaments, most memorably in the finals of the 1978 Amateur Nationals in which Moore squeaked out a win. This time Moore was unable to do it again due to "impatience."

Santana Courts of Santa Ana, Calif. was well represented in the semis of the Men's Bs. In the upper bracket, Steve Mitchell of Santana Courts won, putting him in the finals against the winner of the match between Bill Sell and Jimmy Hicks, both from Santana Courts. They could have just as easily flown home to finish the tournament, but instead Sell took out Mitchell in the finals, 21-9, 21-7.

Jill Sanders, the winner of the Women's B division was the winner of the Women's C competitions last year in the nationals of the 1978 Voit-Perrier Classic. In the San Francisco finals this year, Sanders defeated Candy Hetherington.

In the Women's C, the winner was K. Mac-

Donald over R. Thomas, 21-17, 21-12. The two women survived the largest female draw—57 entries.

Even more impressive was the Men's Cs, with a draw of nearly 200. Dave Matthews, the winner, could have run a marathon easier than playing eight rounds to get to the finals. Even that match was no cakewalk as Steve Novak gave Matthews his money's worth before they both hit the jacuzzis after a 21-16, 19-21, 11-3 match which lasted nearly two hours.

In contrast, the Women's Seniors was the smallest draw. All eight women who entered the 35-and-over division won prizes. Half of the entrants in the Women's Seniors qualified for the finals in Las Vegas, but only Judy Clemens won the Hitachi Matched Music Center. Without losing a game, Clemens, a top open player, was able to win the event, with a 21-11, 21-7 win over G. MacDonald.

The Men's Seniors was nearly as easy for Bill Dunn, the top seed. Meanwhile Roger Ehrend, the number two seed, fought for his life in the lower bracket. In one match, Ehrend was behind 10-7 in the tie-breaker before pulling it out, only to be blown away 21-15, 21-11 by Dunn in the finals.

Pro Rankings

(Based on results of the Seamco-Leach tour, not counting invitational events).

MEN

1. Marty Hogan
2. Dave Peck
3. Jerry Hilecher
4. Davey Bledsoe
5. Mike Yellen
6. Rich Wagner
7. Steve Strandemo
8. Charlie Brumfield
9. Craig McCoy
10. Ben Koltun.

WOMEN

1. Shannon Wright
2. Marci Greer
3. Karin Walton
4. Sarah Green
5. Heather McKay
6. Rita Hoff
7. Jennifer Harding
8. Janell Marriott
9. Linda Prefontaine
10. Lynn Adams.

Labatt/Club 230 Pro-Am

Davey Bledsoe defeated Lindsay Myers, 16-21, 21-16, 11-6, to win the \$2,000 top prize in the Labatt-Club 230 Pro-Am in Montreal, Canada.

Bledsoe, seeded third, advanced to the finals by beating second seeded Ben Koltun, 21-19, 21-18. Myers, fifth seeded, earned his berth in the finale by defeating hometown product Ross Harvey, 21-10, 21-17. Harvey had upset top-seeded Mike Yellen, 13-21, 21-4, 11-8, in the quarters.

Also eliminated in the quarters were Steve Keeley, Wes Hadikin and Wayne Bowes.

In a third-place consolation battle, Harvey defeated Koltun, 21-3, 15-21, 11-4.

Shannon Wright picked up \$1,000 in the

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TOURNAMENTS

women's division by defeating Francine Davis, 21-7, 21-6.

Davis upset Janell Marriott, 21-13, 16-21, 11-3, in the semis. Wright defeated Melanie Taylor, 21-4, 21-6, in the semis.

Marriott defeated Taylor, 21-8, 5-21, 11-2, for third place.

Sports Barn Invitational

Marty Hogan continued his winning ways when he defeated Steve Standemo 21-17, 21-11 to take the top prize in the \$11,000 Sports Barn Invitational Racquetball Tournament in Chattanooga, Tenn.

The eight-man event, played over three days on the new white glass court at the Sports Barn, was sponsored by Leach Industries and Alex Guerry of Chattanooga.

"The white glass was fine," said Hogan. "It's still in the experimental stage, but even now it's every bit as good as playing on the glass we have now. Once they make a few adjustments it'll be great for the sport. The potential is there."

To make the finals, Hogan had to beat Charlie Brumfield 21-18, 21-10 and John Hennon of Chattanooga, 21-13, 20-21, 11-4. Brumfield had ousted Rich Wagner 7-21, 21-14, 11-6.

Standemo's route to the finals, where he earned \$2,000, took him past Ben Koltun, 21-10, 21-8, and Steve Mondry, 21-6, 21-16.

Etc.

- Tamas Kulas teamed with Terry Frisk to defeat Kim Drake and Don Davis, 21-11, 21-12, in the men's open finals of the Indiana State Doubles Championships at Racquetball West in Indianapolis. Kay Kuhfeld and Pam Hofer won the women's crown with a 21-3, 21-2 verdict over Brigitte Huff and Julia Marshall. The Court Club of Indianapolis won the team title.

- Phil Panarella of Connecticut defeated Dave Janelle of Maine in the finals of the Natural Light New England Open in West Springfield, Mass.

- Mike Mayovich defeated Jim Thoni and Marie Copley defeated Sharon Fanning in the open divisions of the Tennessee Turkey Shoot at the Supreme Courts in Nashville. The tourney was sponsored by Natural Light beer.

- Racquetball West of Culver City, Calif won the second annual California Racquetball Club Championships at the Vista Courthouse. Defending champion Courtsports of San Diego was runnerup. Individual men's title went to Larry Meyers for the second straight year

with a victory over Mark Morrow. The women's title went to Peggy Gardner, who defeated Cindy Moore in the finals. Open doubles champs were Bruce and Wayne Radford, who defeated Wayne Weightman and Howard Solomon.

- Eric Foley of Columbia, Md. defeated Russ Montague of Pennsylvania in two straight games to win the "Best of the East" Racquetball Classic at King of Prussia (Pa.) Racquetball Club. Montague upset top seeded Tom Ranker in the semis and Foley defeated Craig Guinter 11-10 in a tiebreaker in the other semifinal match. Skeeter Mathewson won the men's A division and Lucy Zarfes took the women's A division.

- Steve Elia defeated Mike Miksza, 21-9, 21-14 and Karen Borga defeated Lia Marchini, 21-18, 21-16, in the pro-am divisions of the Quakerbridge Mall Racquetball Classic at Mercer Racquetball Club in Mercerville, N.J. Russ Montague and Jimmy Young won the men's open doubles and Karen Borga teamed with Joe Billhimer to win the mixed doubles.

- Court Management Company of Dayton, Ohio will hold a seminar Feb. 9 on "Developing Player Involvement Through Daytime and Instructional Programs." For information contact Rosie Kidd at Court Management Co. in Miamisburg, Ohio.

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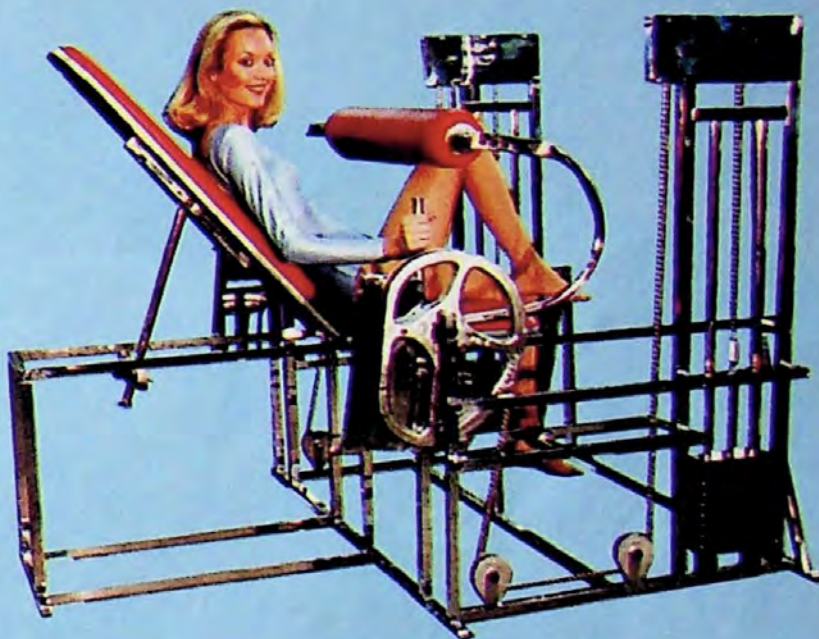
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'79 REVIEW



Top Seed

Here is a collage of fashion layouts Racquetball Illustrated has run over the past year. Included are some of the smartest looking fashions from Kori, Winning Ways, Robert Bruce, Top Seed, Jockey, Danskin, Ektelon and Lang.



Winning Ways



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'79 REVIEW



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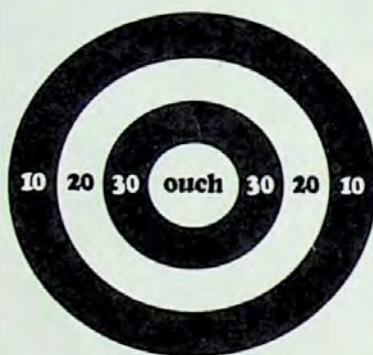
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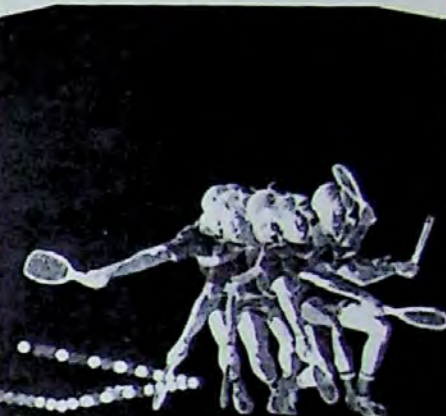
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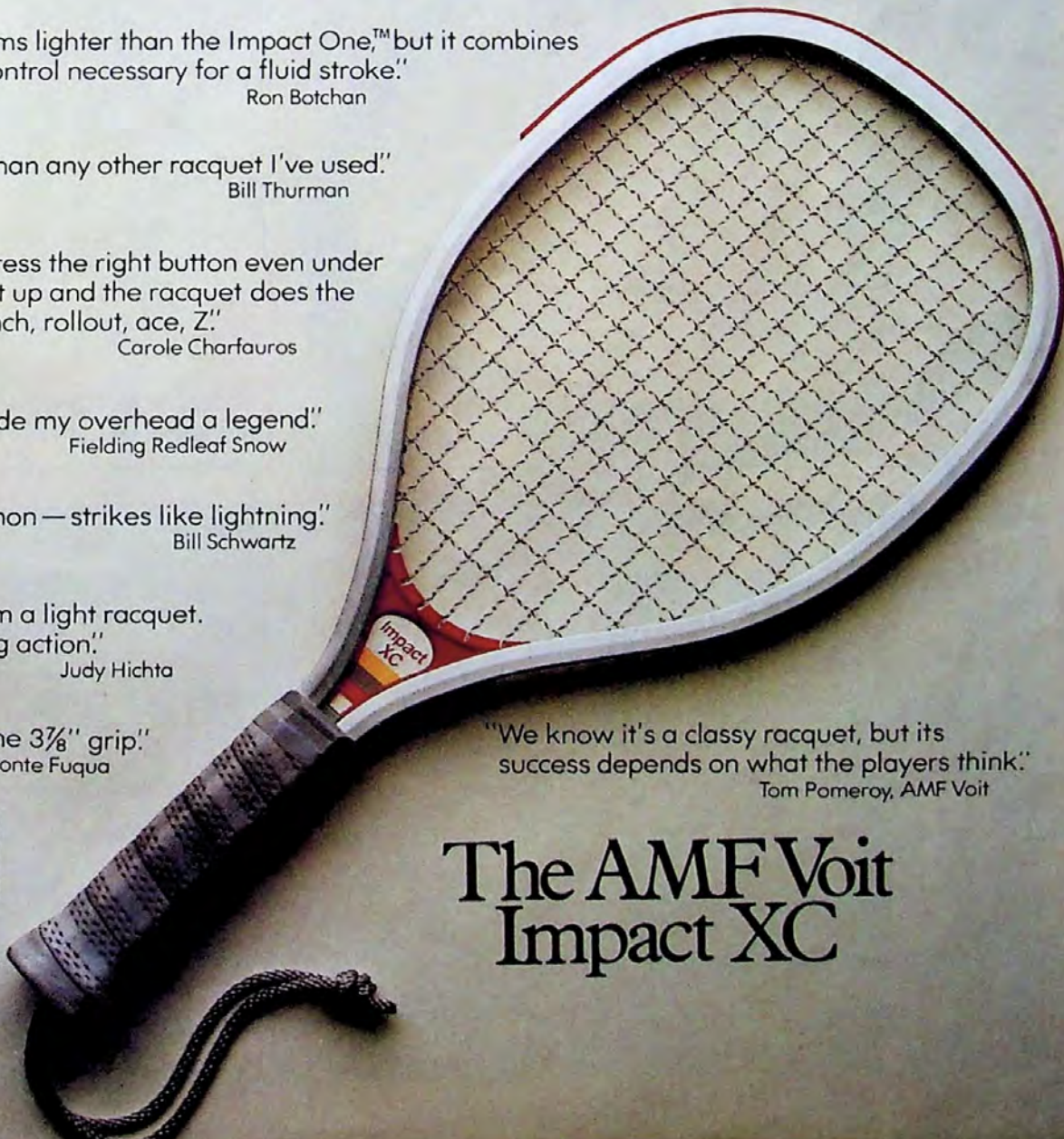
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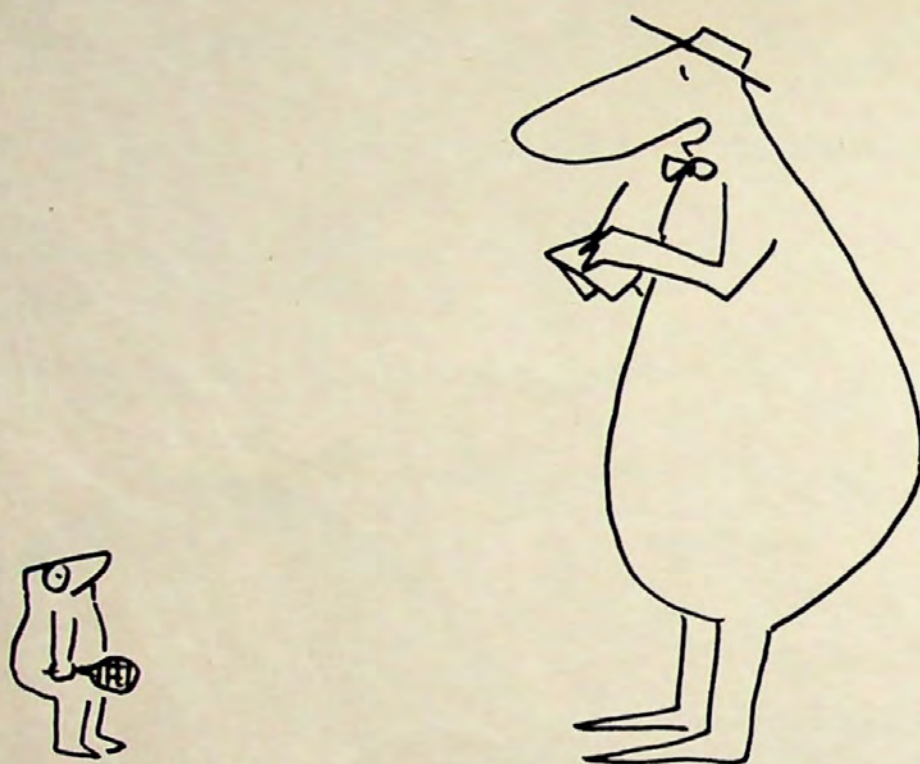
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