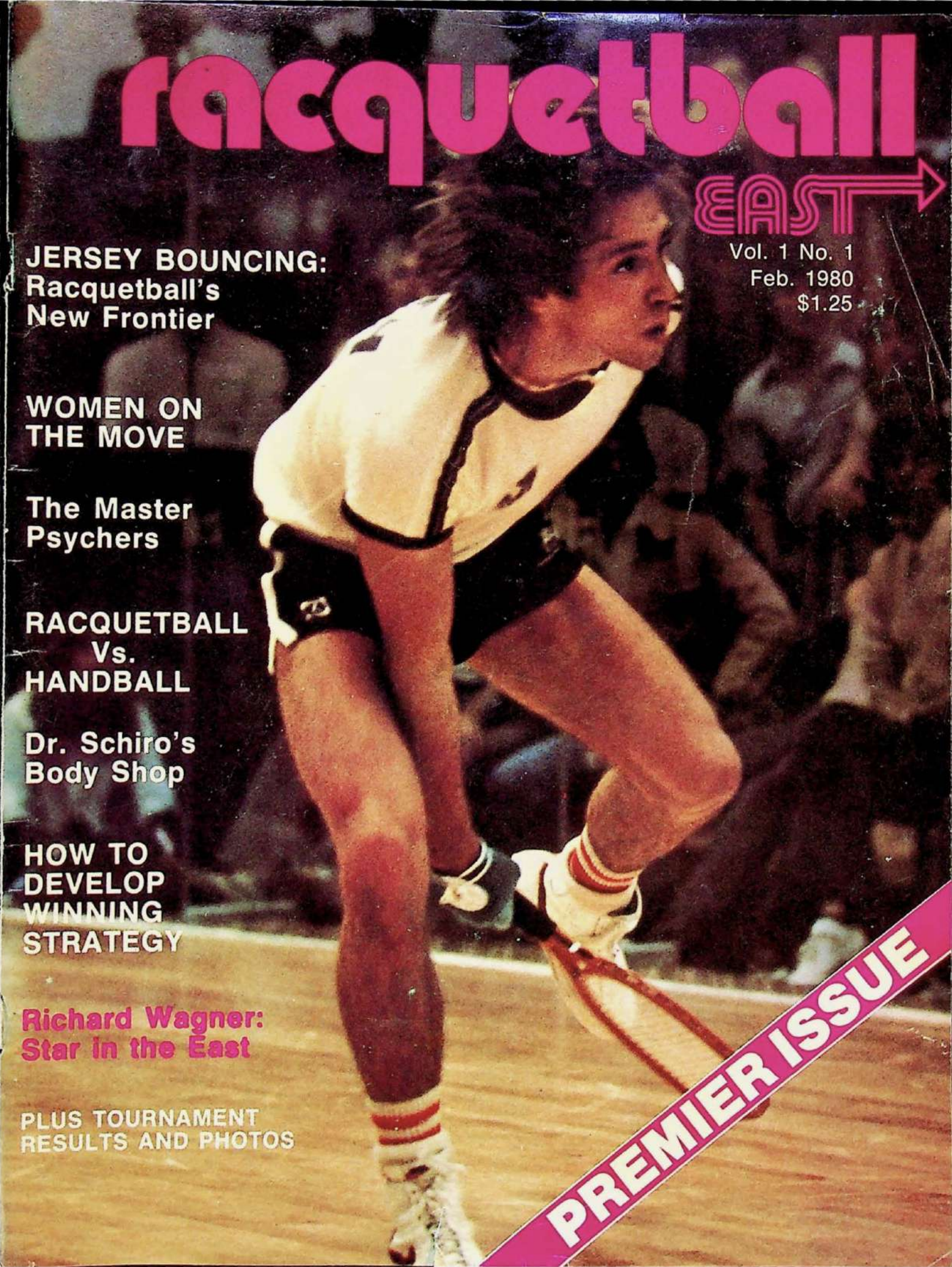


racquetball



EAST →

Vol. 1 No. 1

Feb. 1980

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JERSEY BOUNCING:
Racquetball's
New Frontier

**WOMEN ON
THE MOVE**

**The Master
Psychers**

**RACQUETBALL
Vs.
HANDBALL**

**Dr. Schiro's
Body Shop**

**HOW TO
DEVELOP
WINNING
STRATEGY**

**Richard Wagner:
Star in the East**

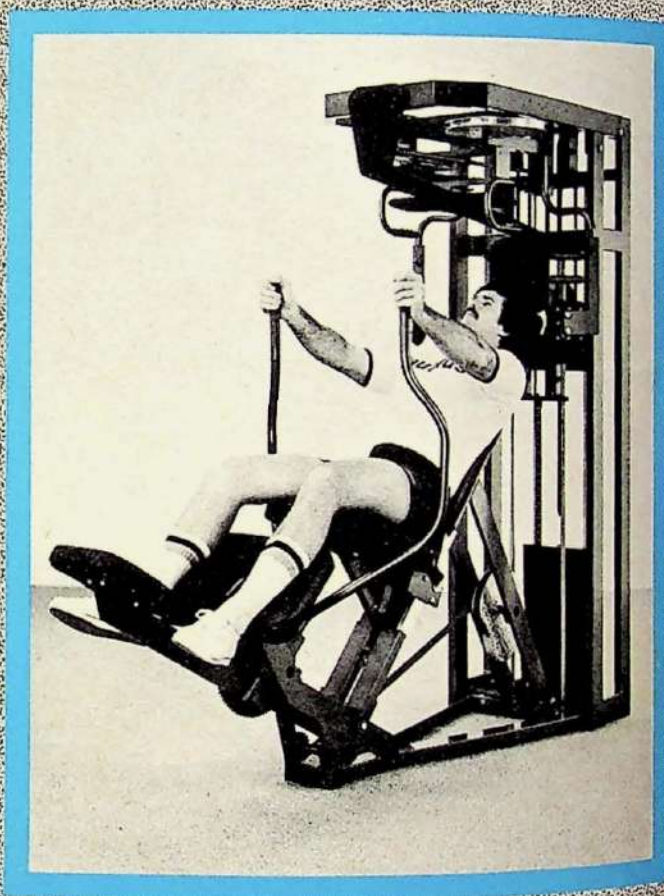
**PLUS TOURNAMENT
RESULTS AND PHOTOS**

PREMIER ISSUE

THE WINNING EDGE!

Racquetball requires strength, flexibility, muscular endurance and cardiovascular ability. All of which can be produced by a small amount of proper training with full-range exercise. Only Nautilus provides the means and scientifically based training concepts capable of meeting these demands.

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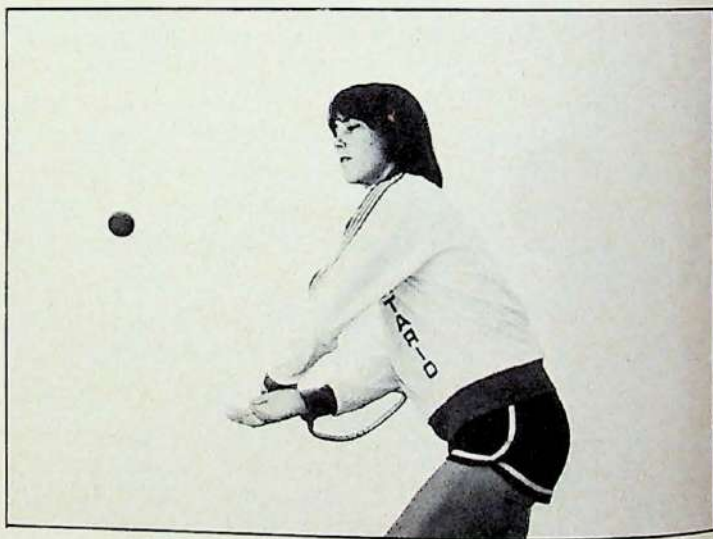
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So You Want To



By MIKE PATTERSON

So You Want To Play Racquetball

Overweight? Tired? Envious of your skinny friends, who always seem to be living life to its fullest while you spend \$16 a month for HBO and wind up with saddle sores from never leaving your couch?

Millions have turned to racquetball and have changed their lives in the process. You can too.

"Where can I find a club to play at?"

Unless you live in rural (as opposed to metropolitan) Greenland, it is easy to find a close, economical

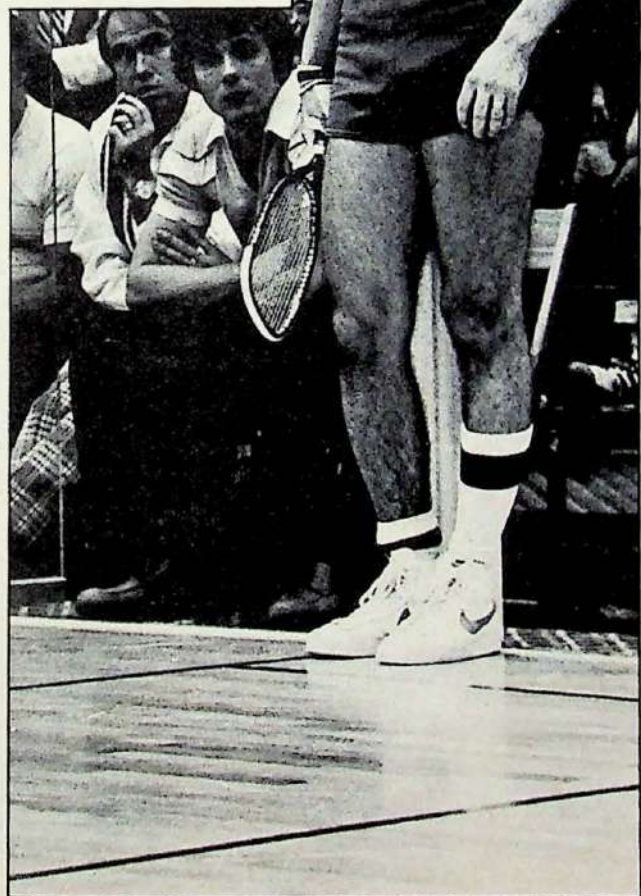
and fully equipped racquetball club near your home. The incredible number of clubs (more than 200) built in the past 3 years in the New York and Philadelphia areas alone give dramatic proof of the growing popularity of racquetball.

Enterprising racquetball club owners believe in the game so much that they have jumped full tilt boogie into the racquetball business.

Racquetball clubs are the modern YMCAs. They are usually built in the suburbs with easy access and



Play Racquetball



ample parking and have taken over the important areas of physical fitness and social interaction that the YMCAs once fulfilled.

"How do I find someone to play with?"

There are many ways to find someone to call your own playing partner without resorting to computer introduction services or the degrading begging and hounding of friends and relatives.

Ask the pro at your local club if he/she can recommend someone to play with who is the same

caliber of ballplayer as you. You can join the challenge ladder at your club. Or you can enter a club tournament.

If you lose in the tournament, challenge the person who beat you (and was obviously lucky to do so) to a rematch at another time. If you win the whole ball of wax you won't have to worry because you'll be the one who will be challenged.

"How much will it cost me to start playing?"

Racquets cost anywhere from \$10 to \$150. They are made of aluminum, fiberglass, or are composites (fiberglass and graphite). You should spend approximately \$15 to \$30 for your first racquet. You can spend a lot more, but it may be a waste of money for you if you don't like the racquet.

Most clubs have a "Demonstrator Program" where you can rent each of the racquets that they sell in their pro shop. Simply try some of the different frames that are available and pick the one that feels the best.

"What kind of clothes do I need?"

The game is acrobatic and often exhausting. You need clothing that will give you freedom of movement and don't pay an arm and leg for them.

One article that is often forgotten or overlooked (no pun intended) is an eyeguard. The slight discomfort that you may feel, which quickly passes, when first putting them on is a small price to pay for knowing that your eyes are safely protected from an errant ball or an over-extended follow through with a racquet. Since eyeguards usually cost around \$4 they are a small investment that can pay large dividends.

When you start running and hopping in a 20' by 40' room, chasing a high bouncing rubber ball around, you may notice that you change directions a great deal. To do this efficiently and without doing damage to your feet a good pair of sneakers is a necessity.

Again, buy sneakers that are comfortable. Don't worry about the price. Instead, think of how quick and catlike you'll be on the court if your sneakers stay on your feet and don't cause blisters, callouses, sprained ankles or worse.

"What balls should I use?"

A can of two racquetballs will

So You Want To Play Racquetball

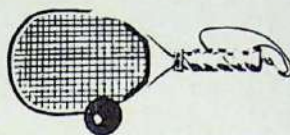


cost from \$3 to \$4. There are a dozen or so different types of balls on the market. As with racquets, try the different types until you find a ball whose speed and bounce are fun to play with for you and use that brand of ball.

"But how do I learn to play?"

The absolutely best and only way to learn how to play racquetball properly is to take lessons from a qualified teaching pro. You don't have to spend a lot of money on lessons, but if you start doing something wrong and it never gets corrected you may have to spend a young fortune to make the proper changes in your game. Lessons are a cheap enough investment in your future racquetball career, no matter what level you play at.

Our last piece of advice before you drop this magazine and run off to your local club to play. Make sure you warm up before you even step into a court and don't overdo it the first few times out. As much as you feel like a gazelle out there and despite how quickly your hour on the court has gone, you've gotten yourself a good workout playing racquetball. You'll realize this the next day when it is a very difficult task for you to put your socks on. Take it easy at first until you build up your muscles and stamina because you'll have plenty of time to go all out in a match over the next 20 to 30 years that you'll be playing racquetball.



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Paul Lazure has been the holder of five different state singles championships in his career. A superbly conditioned ballplayer, Paul is known for his smooth, gliding movements around the court and his textbook shot production.

By PAUL LAZURE

FOOTWORK



FOOTWORK is as important to the racquetball player as it is to Muhammad Ali in the boxing ring, or Michael Barishnikov on the ballet stage.

Good footwork can make up for a lot of other deficiencies on the court. It can turn a good player into a brilliant one.

Poor footwork costs you control and power. To compensate for it, you will overswing with the arms



and upper body, which is likely to lead to a sore elbow, shoulder or back.

You must watch the ball so you can determine, as early as possible, whether it is approaching your forehand or backhand.

As soon as you determine which side of the court the ball is traveling toward, immediately turn your feet to that side wall—and only then chase the ball.

When you reach the ball you will already be positioned properly—sideways—to stroke it. Only by facing the side wall can you achieve the proper stroke, which



allows you to use your legs and hips to provide power.

They rotate rapidly toward the front wall at the same time as you swing at the ball.

Without proper foot positioning, your racquet face often ends up facing the side wall. The lack of control results in the ball hitting the side wall high and bouncing into mid-court, giving your opponent a "plum" ball to kill.



How To Develop Strategy

By MIKE YELLEN

GOOD racquetball court strategy is almost synonymous with court position: yours, your opponent's and that of the ball.

Ideally, you should dominate the center of the court, keeping both your opponent and your own shots out of center court and forcing him to shoot down the middle.

Why center court? Because it is the spot from which you can most easily reach any other point on the court.

From there, you can reach more of your opponent's passing shots without unnecessary running and fatigue.

You can pick up more of your opponent's not-quite perfect kills off the front wall — and, at the same time, have a better chance of killing them yourself than you would from back court.

In fact, all of your shots will have greater power as well as accuracy when being shot from center court rather than back court.

Your opponent, on the other hand, will have to shoot with pinpoint accuracy and will have greater difficulty in getting to your shots if you can keep him in the back court.

These problems for him may

Mike Yellen, of Southfield, Michigan, is a member of the Ektelon Professional Player Advisory Staff. Only 19, he won the Montreal Pro-Am, and reached the finals of the NRC Nationals last month.

result in some set-ups down the middle court for you.

The principal end, then, is to dominate the center. And the means to achieving that end are your shots.

Assuming that every shot you take won't be a rollout kill, it is important to select your shots based on your position and that of your opponent.

If you are serving, stand in the center of the service zone. From here, you have the best angle to both back corners and the most serve options.

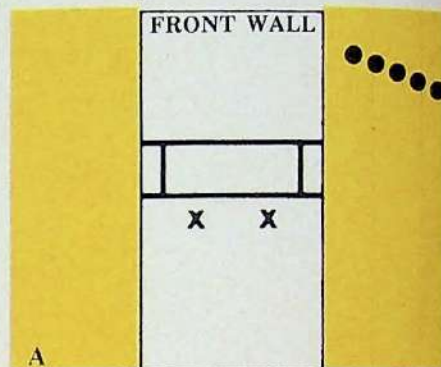
DO NOT SERVE ANYTHING DOWN THE MIDDLE.

After serving, take a step or two back behind the short line and a step to the side to which you have just served so that you will be just off center.

The reason for this is that you will have forced your opponent over to that side of the court and it is from one of the two spots shown in Figure A (depending on the side of the serve) that you will have the best chance of covering a down-the-wall drive. Your body will, to a certain extent, cut off his chance of a crosscourt pass.

If you have just served to the left, for instance, angle your body to the left front corner, pointing your toes along the diagonal shown in Figure B.

Then, just turn your head slightly and glance at your opponent out of the corner of your eye (over



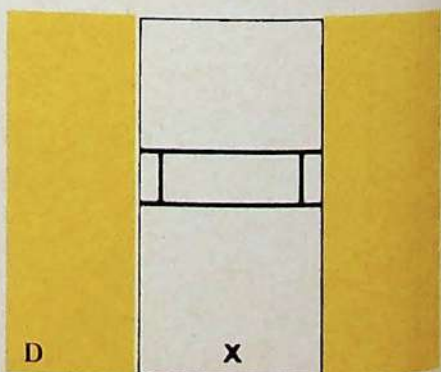
your left shoulder in this case). If you are watching your opponent as he sets up to swing, you can more easily anticipate his shot and set up more rapidly.

It is important to always be aware of his position vis-a-vis yours and that of the ball.

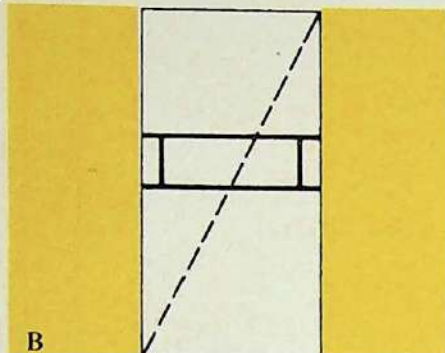
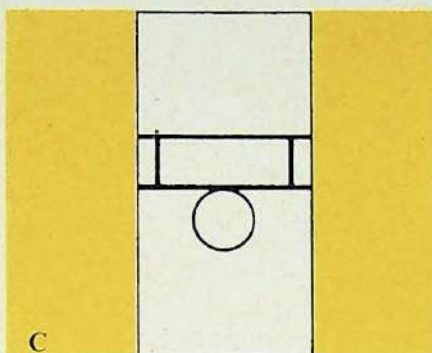
You will notice that I have suggested taking up a position which is not precisely the center of the court. Don't think of center court as a single point on which to put down roots.

Center court should be thought of as a circular area of varying size just behind the short line, as shown in Figure C, and a step or so to whatever side the ball is on.

Many beginners make the mis-



Winning



take of getting planted, remaining in the service zone or moving too far back.

Don't move too far back. You could get "waffled" by your opponent or, at the very least, drilled in the back by the ball. Knowing your opponent's position and movements, though, will usually enable you to avoid either mishap.

When you do not already have center court position, as when you are receiving the serve, hit a return that will move your opponent out of center so that you can adopt it.

The best position to start from when you are the receiver, is that shown in Figure D. From there, you have the best chance to cover

either corner.

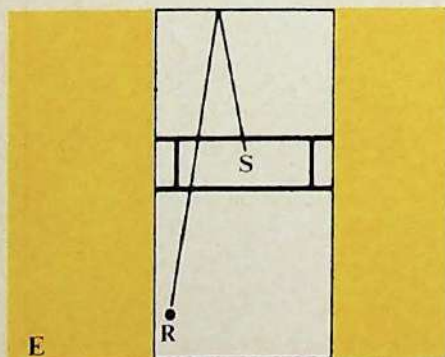
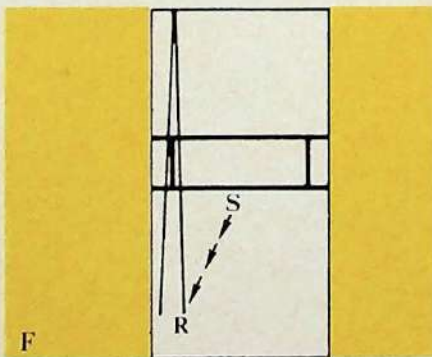
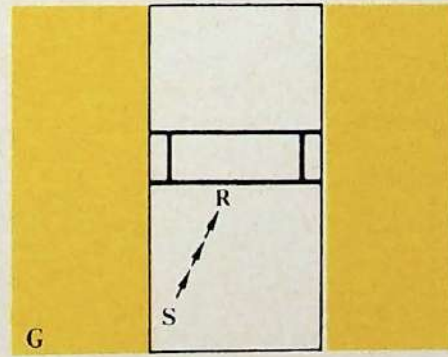
Assuming that you don't have an opportunity for a kill, a ceiling ball or a passing shot should be your choice.

Figures E, F and G show what happens when your opponent serves to the left back corner. You, the receiver (R), move to the corner and return a ceiling ball which forces the server back into that corner so that you can adopt the center court position formerly held by him. A crosscourt pass would have achieved the same thing by putting him in the other back corner.

An important concept here is that of complimentary shots of which these are two. You should

also be able to hit these same shots from the other corner — that is, off your forehand or backhand — should the serve land there.

Know your capabilities, however, and those of your opponent. If you are unable to hit effective crosscourt passes, keep those shots to a minimum in tournament competition and work on them in practice matches. Try to figure out your opponent's best and worst shots as soon as possible during a match and play a game which accentuates your strengths, not his. Don't try to overpower a power hitter, for instance. Most importantly, gain that center court position.



RACQUETBALL

By CHARLIE "THE GAR" GARFINKEL

About six years ago I would be apprehensive everytime I walked into the men's locker room at the local YMCA. A certain segment of the members would look at me as if I had a contagious disease. They wouldn't even speak to me!

As I was getting into my gym clothes I could hear mutterings as to how I was able to reserve a court at 5:20 p.m. twice a week. This was prime, prime time. It didn't matter that these same complainers were using the only other court twice a week at the same time.

At the time I was the number one ranked racquetball player in the east and highly ranked nationally. I always played with my doubles partner, Chuck Wurzer, who was also a fine player. It didn't matter. Hardly anyone would watch us play.

Novice handball players could be playing on the next court. They would have three times the spectators watching them as we did.

Why was so much bitterness directed towards me. The reason was simple: I was a RACQUETBALL PLAYER. I was taking away precious court time from the handball players.

The handball players looked at all racquetball players as sissies, felt the game was ridiculously easy to play, and was a worthless workout.

They know better today. Racquetball is booming and handball is dying. The reason: Racquetball can be played by almost anyone. In handball, you must be able to execute shots with both hands. You only need a racquet in racquetball and cannot switch hands.

The handball players who used to complain about court time should thank every racquetball player they see.

Because of the incredible



Would these girls play if they couldn't use a racquet?

number of racquetball players there are more courts than ever before. The handball players don't have to worry about court time anymore. So many handball players have switched to racquetball that there is now plenty of courts and court time for handball players. The only thing that handball players have to worry about now is that handball doesn't become extinct.

Since there has been much controversy about handball vs. racquetball, I would like to discuss some of the opinions and facts regarding both.

OPINION: _____

Racquetball can be played by almost anyone.

FACT: _____

Racquetball can be played by almost anyone. However, so can handball, squash, baseball, tennis, basketball, etc. This doesn't mean the participants will play these sports well. A player must have considerable skills to be an "A" player in racquetball, just as he must to be outstanding in other sports.

T. HANDBALL



Dan Dwyer and Carl Giambolvo are two handballers who took upon racquetball as an "easier" game.

OPINION: _____

Handball players can play racquetball and immediately become outstanding "A" players in racquetball.

FACT: _____

Most handball players can make the shift easily to racquetball. However, they only stay at the same level they were at as handball players. If they were "C" handball players they usually are "C" racquetball players. This is the same

for the "B" and "A" players. However, even the "A" players rarely win many racquetball singles championships.

OPINION: _____

Handball players' forehands are deadly in racquetball.

FACT: _____

This is true! Unfortunately, their backhands are abominable. In handball, the players always face the front wall since they can use

either hand. You cannot switch hands in racquetball. The handball player must turn his body away from the front wall when he hits a backhand. This causes him great difficulty. I have never seen a handball player playing racquetball who has a better backhand than his forehand.

OPINION: _____

Handball players are better athletes than racquetball players.

FACT: _____

Racquetball players are as good, if not better, athletes as handball players. Many racquetball players are or were excellent athletes in other sports.

OPINION: _____

Only top-level racquetball players can achieve a tremendous workout in an hour.

FACT: _____

Most racquetball players at all levels can get a tremendous workout. It is almost impossible for beginners in handball to keep the ball in play for long periods of time because of the difficulty of having to be adept with both hands.

The liveliness of the racquetball and the nice easy bounce that it takes makes it very easy for the racquetball player to keep the ball in play.

I can't blame handball players for feeling somewhat envious about racquetball's phenomenal growth. However, I feel that handball players should try racquetball. As the commercial said: "Try it. You'll like it!"



NEW ON THE SCENE

IRA Changes Name

The International Racquetball Association (IRA) recently changed its name. In a press release Luke St. Onge, the executive director of the IRA, announced that henceforth the association would be known as the American Amateur Racquetball Association and that 13 countries including the United States have joined together to form the International Amateur Racquetball Federation. This action is the first meaningful step to qualify racquetball as an Olympic sport. The International Federation will also attract other countries to inquire about the sport and allow it to grow worldwide.

Two recent rule changes by the AAHA (IRA) and the USRA have been quite controversial. The AARA announced that there would be screen serves in doubles. This has eliminated a difficult judgment call by the referee. However, many court-wise players now drive serve the ball close to their bodies screening the ball and getting setup returns.

The USRA is testing in several states a rule which calls screen serves a fault, resulting in a second service or a side out. This calls for much undue pressure on the referee, who has a difficult enough job as it is. The degree of difference

between a screen (within 18 inches of the server) and a good serve with the ball traveling over 100 MPH is tough to call. The referee might hate to have to call a side out on a close screen at match point serving 20. Both associations should re-examine this rule.

Ektelon's 1980 Guide Now Available

This 30-page, full-color booklet provides fully illustrated instruction in basic serves, returns and rally shots.

Also included is a complete set of rules for both International Racquetball Association (AARA) and National Racquetball Club Tournaments.

Compiled by Ektelon, one of the nation's foremost manufacturers of racquetball racquets and accessory equipment, the booklet draws on the experience and advice of Ektelon professional players like Jennifer Harding, Jerry Hilecher and Mike Yellen.

The guide is free to anyone who writes to Ektelon, 8929 Aero Drive, San Diego, CA 92123.

Results in WPRA's first tournament ever in upcoming issue



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Strongwall Introduces New Floor

Strongwall Systems, Inc. are extremely proud to announce a new development now available with their synthetic Mapelite Flooring System. Both the hard Pro and cushioned Club Floor now have a wood-grain finish incorporated in them. It looks exactly like wood, but unlike wood, is virtually maintenance-free. The floors can actually be flooded with water and no damage would result.

This development was brought to fruition by the Strongwall engineer in charge of the flooring division, Bruce Porter.

The wood-grain floor is on the Tournament Court of the Westwood Racquetball Club in Westwood, N.J., the corporate headquarters of Strongwall Systems, Inc.

New Mike Yellen Flex

SAN DIEGO, CA—Ektelon has introduced the new Mike Yellen Flex racquet with an optimum amount of flexibility.

The key to the Mike Yellen Flex is its special coppertone I-beam frame extrusion. It combines the strength and power of 7005 Alcoa aluminum with just enough flexibility to maintain longer contact between ball and racquet for more control.

It's a combination which typifies the style of the racquet's namesake, Mike Yellen, who won Rookie of the Year honors in his first year on the professional tour and is now ranked sixth nationally.

The Mike Yellen Flex racquet offers a teardrop head shape for more power and a slightly lower string tension to accentuate its grab of the ball.

Its grip sizes are available in extra small, 3-15/16", small 4-1/8" and medium, 4-5/16".

As with all Ektelon racquets, the Mike Yellen Flex is protected by a full two-year frame warranty and a 90-day string warranty.



TOOLS OF THE TRADE—AMF Voit's famous Rollout Bleu ball is a lively, long-lasting product whose thicker wall construction guarantees consistency and reduced chance of splitting. "Bleu velvet" texture gives it a bite that's hard to match, and research shows blue to be the most visible color under indoor lighting. The Impact One tops the line of AMF Voit racquets. Constructed of I-beam extruded aluminum with a unique frame shape, the Impact One provides a larger sweet spot than conventional racquets offer. It weighs just 267 grams and is available in four calfskin leather grip sizes. The AMF Voit "Racquetball for Winners" is a handy booklet containing all the basic information about the popular sport, including valuable playing and safety tips, rules, racquetball terms and diagrams. To obtain the book, please send \$2 per copy to Advertising Dept., AMF Voit, Inc., 3801 S. Harbor Blvd., Santa Ana, CA 92704.

Watch for Racquetball East's Photo Contest. Starting next month.

Marty Hogan *SUPERSTAR*

Racquetball fans have thought of him as a superstar for a couple of years, but now the general public may come to that understanding as well.

Marty Hogan, the defending twotime National racquetball champion and winner of 25 of his last 29 tournaments, including his last eight straight, was the top qualifier in the August preliminary round of the ABC TV Superstars competition.

Hogan, 22, claimed the \$15,000 prize by winning the tennis, swimming, half-mile run and bicycle race events, and placing second in bowling and rowing at the event, which also featured players from professional hockey, basketball and boxing.

Perhaps too accustomed to coasting unimpeded to racquetball championships, he placed fifth in the Superstars obstacle course run.

Hogan outdistanced his nearest rival by a 55-32 score, and only his obstacle course troubles prevented him from breaking the all-time Superstars point total record of 60. "I did get down there a week early and have a chance to work out on a couple of events I hadn't tried before, and I think that really helped."

Among those in the field chasing Hogan were Moses Malone, the Houston Rocket center who earned the NBA's MVP award last season, Brian Trottier, a forward with the New York Islanders, the NHL's MVP last winter, Kevin Grevey of the Washington Bullets and Vito Antufermo, world middleweight boxing champion.

The finals will be held at the same site Feb. 5-7 and will feature Hogan and 13 to 15 other qualifiers from various professional sports.

"I think I've got a pretty fair chance," said Hogan of his February date with the stars. "Obviously I'll have a chance to do more training for the events, which will help. But then the competition will be stronger, too. I'm confident. We'll see."

The two fastest growing participation sports in America, Racquetball (1) and Running (2), have come together in the past year to form a unique event—racquetball marathons.

Phil Ciarco, a member of Courtime in Lyndhurst, New Jersey, has succeeded in transcending sports in this new event by raising \$5,000 for the Muscular Dystrophy Foundation through a new world's record of 156 consecutive hours of ballplaying.

Phil played 337 games at \$10 per game, winning 286 of the games. Along with other contributions, the total of \$5,000 nearly doubled what Phil had raised last year. Last year?

A year and two weeks earlier, Phil had played 101 consecutive hours for the same charity. His mark of 101 was a world's record then and his 156-hour effort eclipsed the pending record of 155 hours set several weeks before by Ken Eagel of the B & R Racquetball Club of Feasterville, Pa., a marathon disciple of Phil's, the only man in the country with two 100-hour marathons to his credit.

A 34-year-old Lyndhurst businessman, Phil is justifiably proud of his marathon records, but the tremendous physical and emotional efforts involved in a marathon have been put into a highly personal perspective by the plight of those who suffer from muscular dystrophy.

"During breaks between games, I would go upstairs to the lobby and talk to the kids who had been brought to the club by their parents from miles away," Phil explained. "They were cheering me on during the games because they saw someone who was actually doing something for them. Speaking with them made me realize that what I was doing was really worthwhile."

"Last year I drank a lot of fluids. This year I ate like a pig. In fact, I gained 7½ pounds at one point and wound up the whole thing 4 pounds heavier than when I started."

Definitely not a "junk food junkie" anyway, Phil says he was



Phil Ciarco with Bergen County Poster Boy Mike Wurttenburg.

constantly eating a combination of sunflower seeds, protein bars, vitamins and a concoction of vinegar, honey and water. These were fed to him by his trainers Chet Moskal, Ron Bilowith and Linda Elster.

"Without their help I couldn't have done it. They had the hard jobs, feeding me, changing my socks and sneakers (when his feet began to swell he switched to a size larger pair of sneakers), rubbing me down and keeping me company during the nights. They were so good to me, I felt that I had the easy job, playing."

Phil was allowed a two-minute break after each game, which can not be accumulated, and was used for changing clothes, sneakers, eating, etc. He was allowed a five-minute rest period after each hour of play, which can be accumulated and was used for eating, sleeping, showering or it can be added onto the final elapsed playing time.

Each of his opponents had to sign a register with the starting and ending times of their games as well

as the game scores. No more than six games were allowed to be played each hour.

These rules were set by the Guinness Book of World Records, which will publish Phil's accomplishments in their sports edition.

Consider what Phil did from a physical standpoint. He slept a total of 11 hours in 6½ days and played 337 games of racquetball during that period. How would you feel after doing that? How did Phil feel?

"Actually pretty good and much better than after last year's marathon. I felt fine after resting a couple of days. Well, I did go on a diet to lose the weight I had put on."

"However, it has affected my game. My movement on the court and my strokes are still off (one month after the marathon). I've discovered that my entire outlook on the game has changed. I've lost my sense of competition for now. I know that it will come back and I'm not going to rush it. I'll improve again only when my body and my mind are ready to take me back to my old level of play and not before."

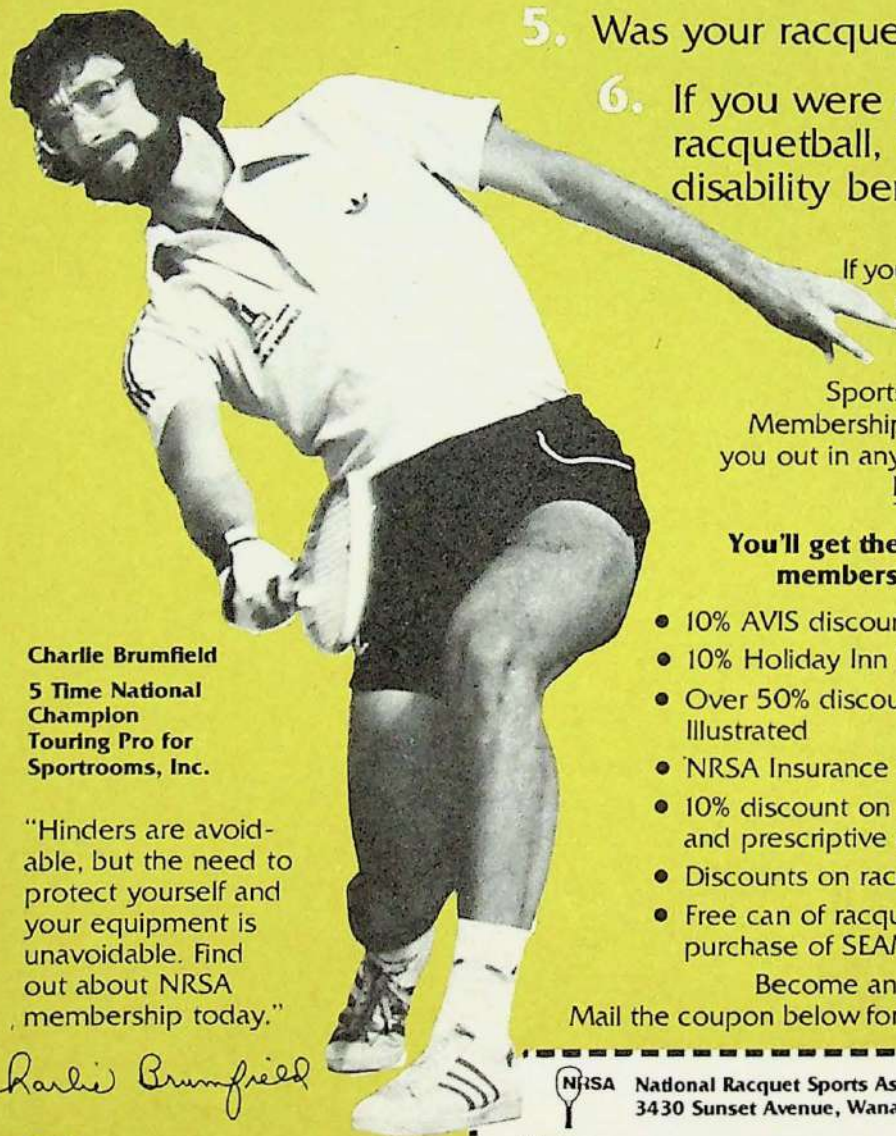
Setting a world record twice, no matter in what field of human endeavor it may be, is an accomplishment few of us can really begin to understand. Although Phil's obvious pride in his marathon records is great, his feelings and thoughts on the subject reflect an altruistic spirit worthy of emulation by all of us.

"The record is very, very nice, but it's secondary to what these kids have to live with each day. I hope that there comes a day soon when nobody has to play a marathon or do anything else to raise money for such worthy charities."

Would he go through the ordeal again if his record is broken? "No I wouldn't," he maintains. "However, if someone guaranteed me a large contribution to the Muscular Dystrophy Foundation, like \$20,000, this would put an entirely different light on the possibility."

6 Important Questions for Racquetball Players

1. Did you ever break your racquet?
2. Were you ever injured while playing racquetball?
3. Would you like a discount on racquetball equipment?
4. Were you ever responsible for someone else getting injured while playing racquetball?
5. Was your racquet ever stolen?
6. If you were disabled playing racquetball, would a weekly disability benefit be helpful?



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Star in the East

Rich Wagner, although only 23 years old, is one of racquetball's tour veterans. Currently ranked 3rd on the Colgate Professional Men's Tour, he is one of the select few who have ever won a professional event.

Rich's game style is marked by his quickness, which makes him one of the fastest and best retrievers on tour.

His biggest forte is back wall play. This ability allows him to kill the ceiling ball which comes long off the back wall, thus giving opponents no margin for error when making defensive shots.

Being a control player in a world of serve and shoot has made for a long, difficult climb. But his confidence and determination to train many hours a day should keep him in the top 3 for many years to come.

Here, Wagner answers questions from Racquetball East — a candid interview.

LARRY: How long have you been playing?

RICH: I've been playing eight years. My first tournament was the Paterson Open.

Q. What do you think is the one thing that beginning to intermediate players neglect doing on a court?

A. They don't move properly, which is related to anticipation. Another thing is shot selection. 75 per cent of beginning to intermediate players hit seventy five per cent of their shots across court, as opposed to hitting down the line.

Q. How could you learn something like that?

A. First you have to get an idea of where your opponent is. If you're on the right middle side of the court, and your opponent's on the left side of the court, there would be an opportunity to try to drive the ball across court or to pinch it to the



racquetball EAST INTERVIEW

left corner.

Q. What should the beginner look for in choosing a racquet?

A. A beginning to intermediate player should use some kind of metal, preferably a flexible metal racquet like the Leach or Brumfield. In Ektelon, you have the Magnum Flex. Some kind of flexible metal. The sweet spot is larger and you can hit the ball on the outside edge more.

Q. What about grip?

A. When you pick up the racquet, your three bottom fingertips from your pinky to your middle finger should be from 1/8" to 1/4" away from the heel of your hand. If your fingertips are touching the heel, the grip's too small. Then you're going to get a lot of twist in

the racquet when you hit balls. If it's too big, getting back to the tennis style grip, you won't be able to snap your wrist.

Q. What about string tension?

A. Depending on the kind of game you play, I'd say to string at around 30. That's good for the average player. Mine's strung at around 40.

Q. How do you practice?

A. I work on a certain shot for a certain length of time. For example, I've been working on my backhand pinch. I usually go on court with someone else. But you can go on court by yourself. What you do is to decide the shot that you want to learn and the proper way to hit it. Then I start by just dropping and hitting, just to get the feeling of the stroke. Then I'll set it up off the side wall. Then I'll set it up straight ahead, say setting it up 4 feet high into the front wall. What that does is to incorporate certain quick movements and stroke techniques. Then you just go into different variations of the shot. . like the shot from the short ceiling ball position and the shot from the around the wall position: front wall, back wall, side wall. And this will get you used to the court and help you hit the shot in different areas.

Q. For about how much time?

A. When I first started learning how to hit my backhand shot technique, I went on the court for three weeks straight and hit for three hours. And that's what it takes. You have to get back to that old psychological theory of improving the motor skills.

Q. What kind of sneaker do you suggest?

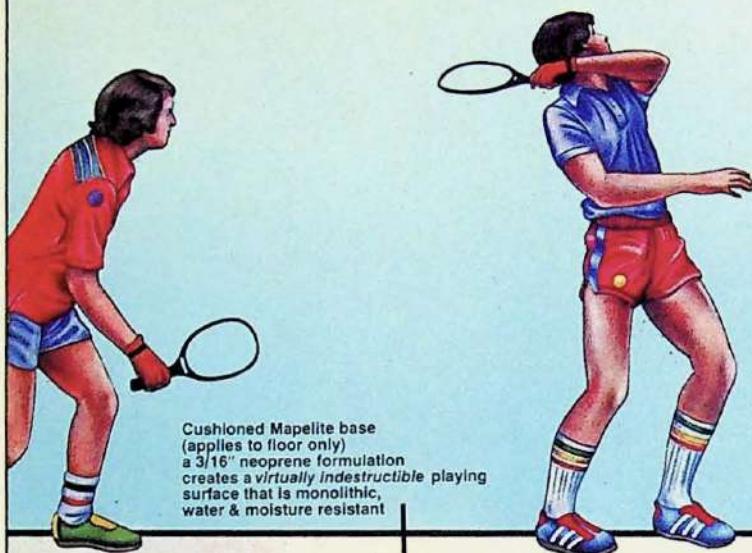
A. Well, you want a good shoe that has a lot of support for side to side movements. I wear Nike high tops to support my ankles.



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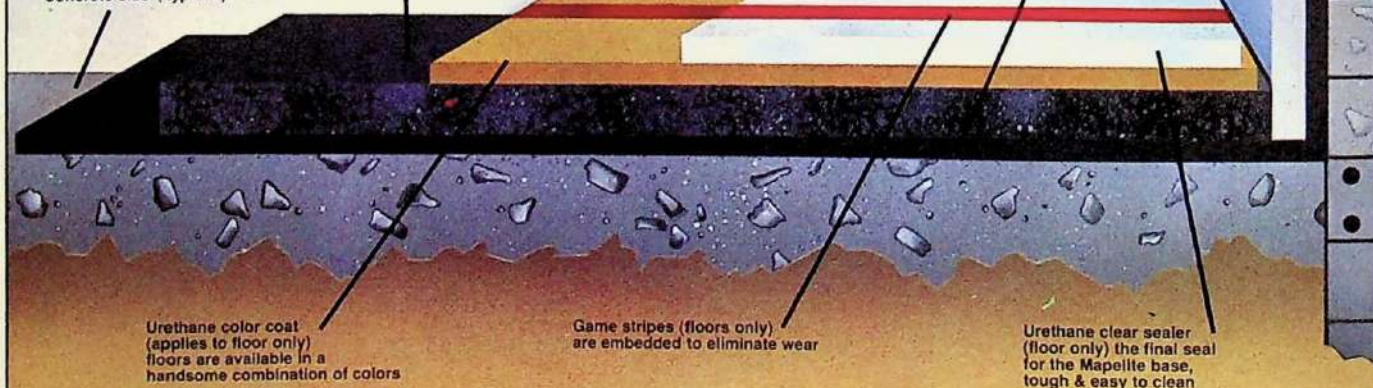
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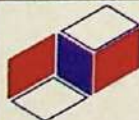
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Q. What is your opinion of racquetball shoes vs. basketball shoes?

A. They are basically the same thing. You need the support in the same basic areas. You don't want a shoe that is really comfortable like a leather shoe. A leather shoe tends to stretch unless you have a high top. Many people like canvas just because it doesn't tend to stretch.

Q. What do you think about eye guards?

A. Eye guards are necessary in beginning play even at the pro levels. But I've never found a pair that I like and it really hurts my game.

Q. Do you think it should become mandatory in tournaments?

A. I think it's a good idea. I also think that clubs should recommend it. I think that they should stock all kinds of eye guards so that there is a selection. I think they should have signs on the door saying, "Eye guards recommended during play." They eye is the only place where you really can get hurt in racquetball.

Q. Do you think they'll ever do anything to make you wear them?

A. They're talking about it.

Q. Do you think that if the pros wore them, it would filter down to the amateurs?

A. Definitely. It's up to the pros to set an example for everybody else.

Q. What is your feeling about gloves?

A. I recommend gloves because you sweat a lot. I like the deerskin glove. It's more consistent, as far as thickness and length goes. It's possible to get a better grip especially with the racquet that I use. They really have trouble making the leather gloves consistent. Some are really thick and some are paper thin.

Q. Theoretically, if you could play without one, would you get a better feel for the racquet, or would you sweat too much?

A. Theoretically, yes. You could go to the half-glove or to the no-



Anticipation and intensity are main ingredients to his game.

finger glove that Charlie uses. It allows you to keep the finger sensitivity on the racquet plus it allows you to mop up the sweat on the palm of your hand.

"With a lob, the idea is just to come UNDER the ball."

Q. How can racquetball be covered by television?

A. They just completed the first major filming out in Vegas where they used 7 cameras. I haven't seen the results, but I can't imagine it not coming out well.

Q. What about changing the rules to accommodate TV?

A. They still have to alter some things.

Q. What about using only one serve?

A. Well, that's one thing that can be done. I don't like it. I'd rather go to where they split the court in half and you serve one one side and they have to stand on the other side.

Q. What about the problem with refereeing?

A. They're trying to do something about that. They're trying to train people by having them come

to every pro stop and have them ref. But they have to have people who are qualified or who have the capability to become qualified.

Q. What do you think about amateurs refereeing after they have finished playing, when they don't know the rules?

A. The only feasible way to do that is to use the winners to ref. It's difficult in amateur tournaments. There are so many of them.

Q. What kind of ball do you prefer?

A. I like the Voit. It's a good ball although it's a little too dead. I like a ball that you can stroke to the ceiling and not have it come off the back wall very far. Also, you want a ball that, when you hit it too close to the ceiling or too close to the front wall, you will pay for your mistake. Some green balls are very good. They're nice and crisp and clean and you can return to the ceiling from a good hard serve. And they're not heavy or mushy. That's the problem with many of the green balls. They're not consistent. Another problem is that they break so often. I went through four balls in a tournament the other day. But it's been worse. I've gone through six cans of balls in a day. The Voit ball seems to be the most consistent and the most often used. Leach is coming out with a new ball. They have that blue ball which is similar to the Seamco. What they are trying

to do is to give you a choice. If you like a faster game, you use the green ball. If you like a slower game, you use the blue ball. I use the green ball when I play singles and a blue ball when I play doubles.

Q. What kind of court do you prefer?

A. My favorite is an all cement court (poured concrete). I like it because it has a consistent bounce. Panel is going to be the thing to play on at most clubs.

Q. The pros have to play on wooden floors, don't they?

A. Yes, those are the rules.

Q. Why is that?

A. I really don't know.

Q. What about glass courts, as far as the bounce is concerned?

A. It's pretty much the same. If it were a glass front wall, it might be slower. With glass, as far as playability, there's not much difference. As far as seeing the ball, there's a great deal of difference. You just have to concentrate harder and really keep your eye on the ball.

Q. What about different kinds of serves?

A. Let's start with the drive serve. You serve a drive serve usually for offense. Either you want to get an ace or get an easy setup for your opponent. The biggest mistake that people make with the drive serve is that they hit it too high and it comes off the back wall, which is a setup for your opponent. You have to get it just barely over the short line. The idea is to try to have it bounce at least twice before it hits the back wall. Then suppose I short my drive serve. My second shot is usually a hard leading serve to my opponent's backhand. What this does, is to give me a higher percentage of getting the serve in, also maintaining some offense. And that's what you want to do. I get a lot of aces on my second serve because of the Z. With the Z serve, you have to get it in a precise area, like in the back corner. You can't get it too long or too short.

Q. How do you hit it?

A. I stand over on the left side of the court.

Q. When you stand there, doesn't your opponent basically know that you're going to serve a Z serve?



Wagner runs rings around most of the pros on the tour.

A. Yes, he does. But also what I'll do is, on the second serve, I'll go for 7 or 8 Z serves. Then I'll go for an ace down the right. I'll just try to punch the ball over the line. Gener-

"A" players out here can beat the pros on a given day."

ally, my opponent does know that I'm going to serve a Z to his backhand. But it doesn't really matter, because it's being hit hard. If he wants to try and cut it off, that's fine with me. You pick a spot on the front wall, say about three feet high and three feet away from the side wall, and hit it against that spot. Then you watch the way the ball angles. If it comes off the back wall, it means that it was too deep. It means you hit it too far away from the side wall. You have to hit it close to the side wall. If it's too short, it means you hit it too close to the side wall. So you have to bring it out a little.

Q. Now, what about your position after you serve it? How far should it come, like left to right from the side wall? Do you watch it all the way up to that or do you immediately start moving?

A. I hit it. I turn around and face my opponent with my body facing the left side wall. Then I shuffle back slightly, about 4 feet.

Q. About how far from the side wall?

A. It depends a lot on the serve, but generally to the left side of the court. It's 20 feet wide. Say I'm maybe 5 or 6 feet away from the side wall.

Q. Do you want to keep it as close to the back wall as possible?

A. Right.

Q. What about the lobs?

A. I'll serve a lob against a player like Hogan or someone else who has a good backhand, just because I want them to go to the ceiling. I don't want them to get an offensive shot. With a lob, the idea is just to come under the ball. You catch it and lift it. You hit it up into the front wall, straight up, 13 or 14 feet high. You have it waft back into the side wall, about 6 feet high. That ball should bounce and die before it reaches the back wall. I don't put spin on it. I do use spin serves, though, but very rarely. For example, I'll slice a high Z spin to my opponent's forehand and throw the ball out to the side of me and it'll just come splicing into the front wall, left wall. When that ball hits the side wall, instead of going into the back wall, it dies.

Q. How do you serve to Hogan?

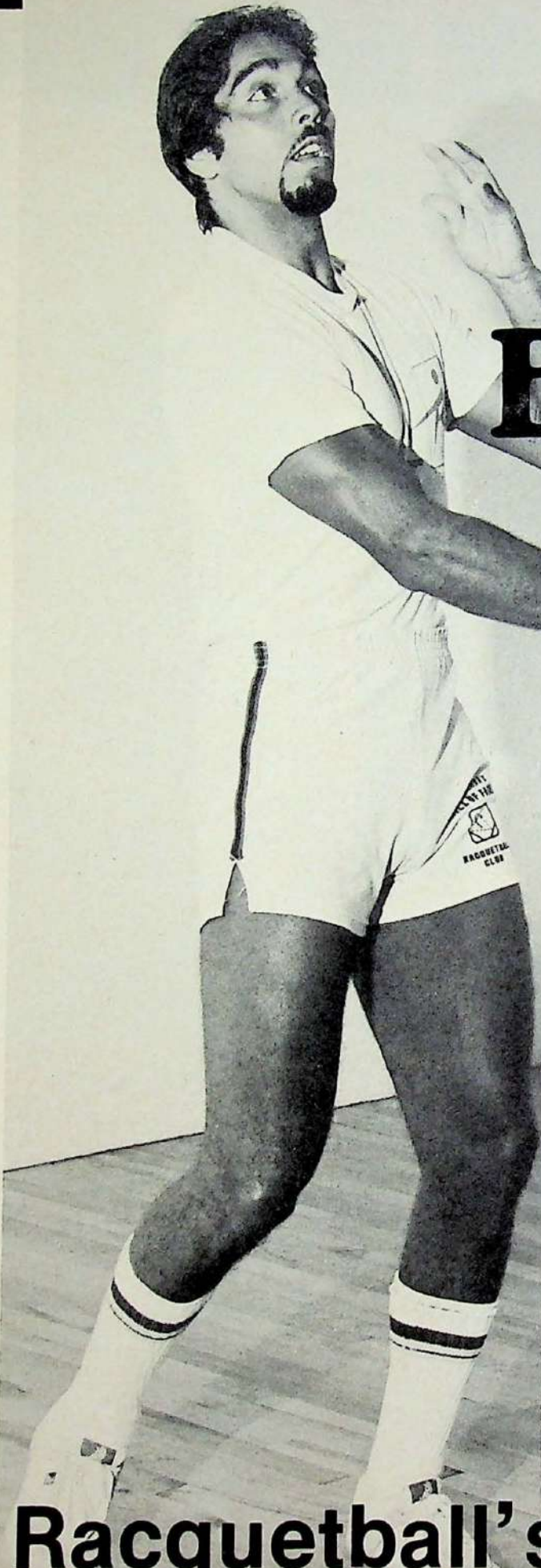
A. I drive serve to him. The idea with Hogan is to pretty much mix up your serves. You can't let him get into a groove pattern. I might serve 50 per cent to the backhand and 40 per cent to the forehand. I usually mix it with the forehand drive or the forehand Z.

Q. Do you think that the average player on the west coast is that much better than the average person on the east coast?

A. I think so. I've been all over the country and I've seen every clubs' A players. Those A players would rank B or less out here. The A players out here are almost pros. A players out here can beat the pros on a given day (other than the top-ranking pros.)

Q. Is that because they have been playing so long?

A. It's because they know how to play and they've seen us play.



Jersey Bouncing

By EILEEN O'CONNOR

AS FAR as New Jersey is concerned, racquetball is a bouncing, thriving babe — full of life and energy.

Today there are nearly 150,000 Jerseyites playing in some 60 clubs. And new players (and clubs) are rushing into the field every week.

Clubs range from simple to extravagant. In Fort Lee, you can join King Arthur's Court, a posh facility with limited membership at \$800 a year.

Over on Route 46, Yogi Berra's charges only \$50 a year for adult membership (\$75 family, \$20 junior), but you pay \$6-\$12 an hour to play.

It's all a far cry from the days back in the '60s when a fellow named Fred Rizzo introduced "paddle-rackets" to the Paterson YMCA. "Paddle-rackets" became racquetball.

It started, in fact, with a professional Connecticut tennis player named Joe Sobek, who sawed the butt off his tennis racket and started knocking a small black ball around a handball court with it.

California snapped up the idea, turned it into the racquetball, which then swept east like a fever. . .

One of Fred Rizzo's colleagues and opponents in the Paterson YMCA was a 14-year-old kid named Rich Wagner. Now he is one of the game's mythical champions. And Jersey is growing into one of the game's best territories.

Racquetball's new frontier

Almost all of us have lost a match because we were "psyched" out by our opponent.

His "psyching" method may have been:

1. A word or words
2. A gesture
3. Stalling
4. Cheating
5. Physical intimidation
6. Physical appearance

Whatever the method was, it unfortunately worked.

Having been around the racquetball scene for almost eleven years I have been fortunate or unfortunate enough (whatever the case may be) to have witnessed the players who are truly the "Master Psychers."

Even though there are many worthy "psychers" I have selected the following five as my choices.

Charlie Brumfield:

There is no contest when it comes to ranking Racquetball's number one "psyche." The wily and cunning four-time National Champion stands out all by himself in the art of "psyching."

My first taste of "The Brum's" "psyching" methods took place in the Nationals in Salt Lake City in 1971.

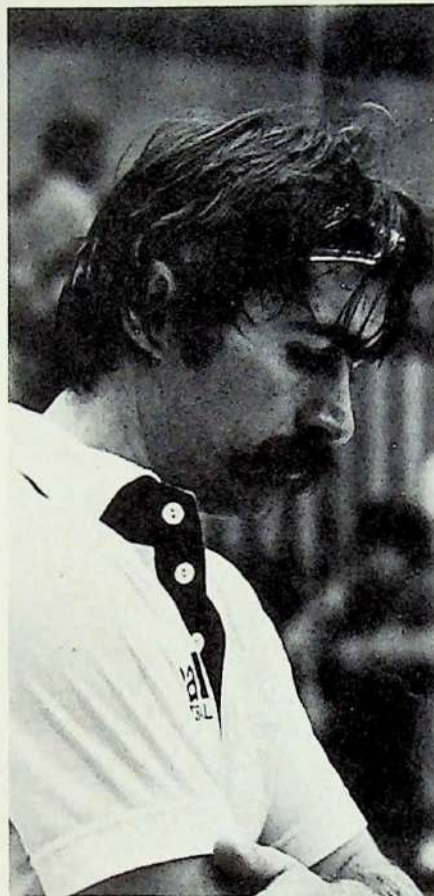
Charlie and I were scheduled to meet in a round of sixteen match. The night before we were to play a friend of Charlie's told me that the experts figured that I'd lose by the scores of 21-3, 2-2. He even suggested that I watch Charlie practice.

I quickly went to court four and saw Charlie playing cutthroat with two Class C players. He was playing them left-handed. When he saw me, he yelled, "I'm getting ready for our match Gar." Charlie is a righthander.

Shortly before my match the next day there was a knock on my door. It was Charlie's friend again. he said, "Charlie and I feel that you're better than what the experts said. We figure you'll score enough points to lose 21-4, 21-3!"

Naturally Charlie had put his friend up to all these pre-match "psyching" shenanigans.

Once the match got underway I was being beaten decisively. Charlie kept yelling comments to his friends in the balcony such as "Who do I play in my next match. Order lunch in about fifteen



Steve Strandemo



Charlie Brumfield

minutes. I'm getting no workout at all. See if they can move my doubles match up an hour earlier."

Naturally I was furious. Unfortunately, I couldn't do much about it. Finally, after being down 21-11, 13-4 I started to play better. I tied the game at 20-20 and promptly skipped in a plum.

Charlie had a devilish grin on his face and his fingers around his throat signifying the now famous "choke" sign. Suffice to say that I came back to win the match in what has to rank as one of racquetball's

top upsets.

Even though I was very upset with Charlie's "psyching" methods I was impressed with the ingenuity of his tactics.

Our much awaited rematch took place two years later in the quarter-finals of the Nationals in St. Louis. Everyone was looking forward to the match except one person: ME!

As I walked on the court Charlie turned around. He took off his glasses and dropped his racquet on the floor. He shouted, "You really showed up. I don't believe it."

MASTER

By CHARLIE "THE GAR" GARFINKEL

The Gar's Thoughts on 4 of

'PSYCHERS'

the Best

Even though he was kidding I knew how badly he wanted to destroy me in the match. On the very first point Charlie's forehand skipped in. I was waiting for the referee to say "One serving zero." Instead, he said, "Side out!" I couldn't believe it.

I asked Charlie to overrule the flagrant bad call. Charlie smiled and said, "I never question a referee's call." (Charlie today readily admits that the shot skipped in.) As for the referee I later found out that he was from Charlie's home club in San Diego.

The first point set the pattern for the whole match. Charlie was ahead 11-2 in the first game when he hit a perfect ceiling ball along the left sidewall. I swung and missed the ball completely. My racquet had skidded along the glass wall. Charlie quickly turned around and said, "Clickety-click! Clickety-click!"

He had me. The goateed warrior went on to give me an artistic pasting by the scores of 21-7, 21-5.

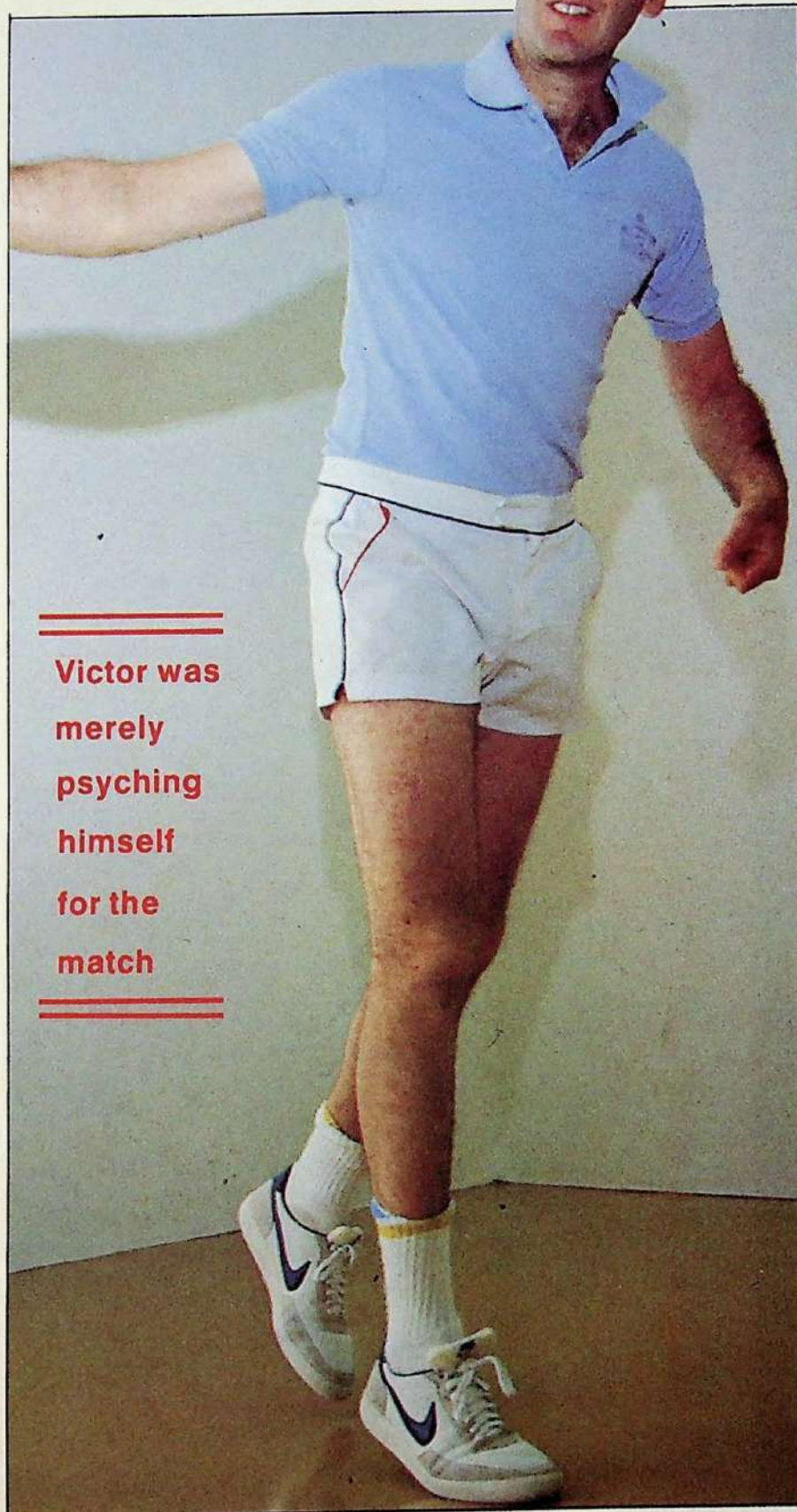
When Charlie ruled racquetball back in the mid-70's he was truly obnoxious.

Some of his great quotes which truly have their own unique messages follow.

In 1973 in the National Invitational in Minneapolis Charlie was playing Mike Zeitman in an early round. The score was fairly close in the early part of the game. At this juncture Zeitman had Brumfield off balance. He had an easy pass attempt.

Zeitman drilled the ball past Charlie. Miraculously Charlie rolled the ball out from behind his back. He whirled and yelled at Zeitman, "You don't see shots like that in the small towns!"

Zeitman's concentration was gone. Charlie won easily.



**Victor was
merely
psyching
himself
for the
match**

MASTER 'PSYCHERS'

In the finals of the same tournament against Steve Serot, Serot hit a shot early in the match that looked like a sure rollout. Somehow, Charlie got his racquet on the ball and killed the shot. He whirled around to Serot and screamed as he pointed his finger at him, "Don't ever try that shot again."

Serot also lost easily. Whether or not Charlie's great line helped him is debatable. However, Serot seemed to pass up many kill shot opportunities that he had taken earlier.

Brumfield would always love to be interviewed by the local newspaper. He always made sure that he was quoted in the paper as follows. "If I'm really on my game no one will score more than ten points. If I'm really off, they'll score between twelve to fifteen points."

The paper always found its way into the men's locker room of every important tournament that Charlie played in. Charlie wanted the players to naturally read his thoughts.

During the mid-70's Charlie won twenty straight tournaments. His ability was unquestioned but his "psyching" was a major factor in his streak.

Mike Luciw:

Picture a player about five feet eight inches tall, weighting two hundred pounds, with his belly draped over his shorts, and unshaven.

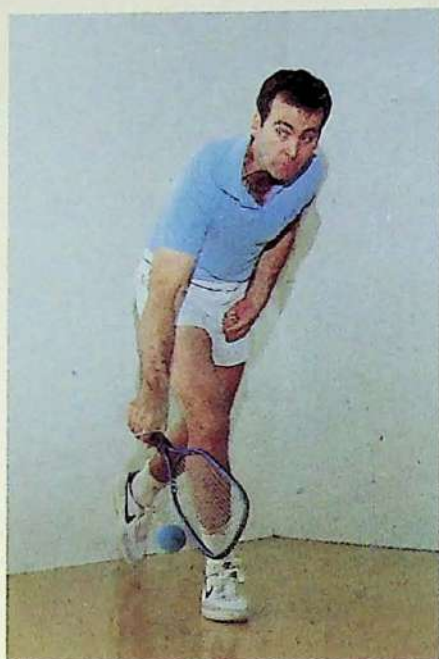
Also picture a player with one of the smoothest strokes and deadliest kill shots in the game.

That's Mike Luciw. Mike is a former National Doubles Champion with George (Snakeyes) Rudsz and a former runner-up in the National Amateur Singles Championships.

Mike's appearance has lulled many a top player into thinking that they had a "piece of cake." They quickly found out that they weren't even going to get a crumb. Mike would just "blow" them out.

Mike is often seen smoking a cigaret and drinking a glass of beer between games. Not matches!! Between games! Amazingly he shoots just as well in the next game.

If Luciw has split the first two games he appears to be so tired that he can barely walk. His oppo-



Victor Neiderhoffer

nents feel that they'll win the tiebreaker easily. I would venture to say that Luciw wins ninety per cent of his three game matches.

One of Luciw's favorite tricks is to act very apprehensive before playing a tough competitor. He'll ask everyone, "How do I play this guy?" Or, he'll say, "I don't know how I can beat him." Naturally he always says this when his opponent is within earshot. However, once Luciw is on the court he plays like a caged tiger.

Luciw's appearance and ability is well known to players on the east coast. If you have to play him someday, be prepared mentally and physically.

Victor Neiderhoffer:

In a recent tournament Victor was sitting by himself waiting to play his opponent. His opponent had never met Victor before. He knew of his ability in squash (Victor was a six-time U.S. Squash Champion) and how quickly he had become a top ranked racquetball player.

He walked up to Victor and said, "Mr. Neiderhoffer, I've followed

your career closely. You were a tremendous squash player and its amazing how great you've become in racquetball. I'd like to introduce myself and shake your hand."

Victor never even looked at him. He got up and walked right past the gentleman's outstretched hand. He went on the court and started practicing. Needless to say his opponent was devastated. What his opponent didn't realize was that Victor was merely "psyching" himself for the match and was oblivious to all around him.

Needless to say the match was a rout.

Victor's two different colored sneakers, his unusual court manners, and his seemingly indifferent attitude have greatly unsettled many of his opponents.

Steve Strandemo:

Steve, who has mellowed over the years, has been one of the top five pros for many years. He is also famous for his stalling tactics.

A good example of this took place in 1974 in his match against Davey Bledsoe. Davey had lost the first game but was winning the second game 16-6. Suddenly Strandemo started facing the back wall just as Bledsoe would start to serve. No one seemed to know what Strandemo was doing.

The rule book was brought out and it was found that the receiver had ten seconds to get ready before the serve was served.

Strandemo was also constantly asking for towels to wipe up sweat spots that couldn't be seen by the official or Bledsoe. This, plus Strandemo's frequent glove changes completely destroyed Bledsoe. He never won another point.

In fact, there was a rumor going around that Bledsoe stayed in Louisville for two weeks trying to find the sweat spots.

Before the avoidable hinder rule was so closely adhered to Strandemo would be closer to his opponent than a leech. When warned by the referee to give his opponent more room Strandemo would look at the referee with a pained expression that said, "I didn't realize that I was that close to my oppo-

If you have to play any of these five, be prepared! They might just "psyche" you out!

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TOURNAMENT DIVISIONS

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Open*

Open*

B

B

C

C

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Novice

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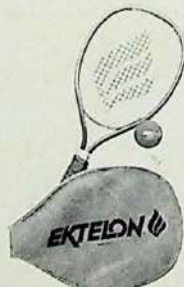
NATIONAL AMATEUR CHAMPIONSHIPS, \$40,000 PROFESSIONAL INVITATIONAL AND SPECIAL CELEBRITY TOURNAMENT: MAY, 1980, LOS ANGELES, CALIFORNIA.



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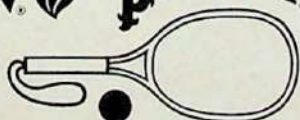


*Grand Prize: Club Med
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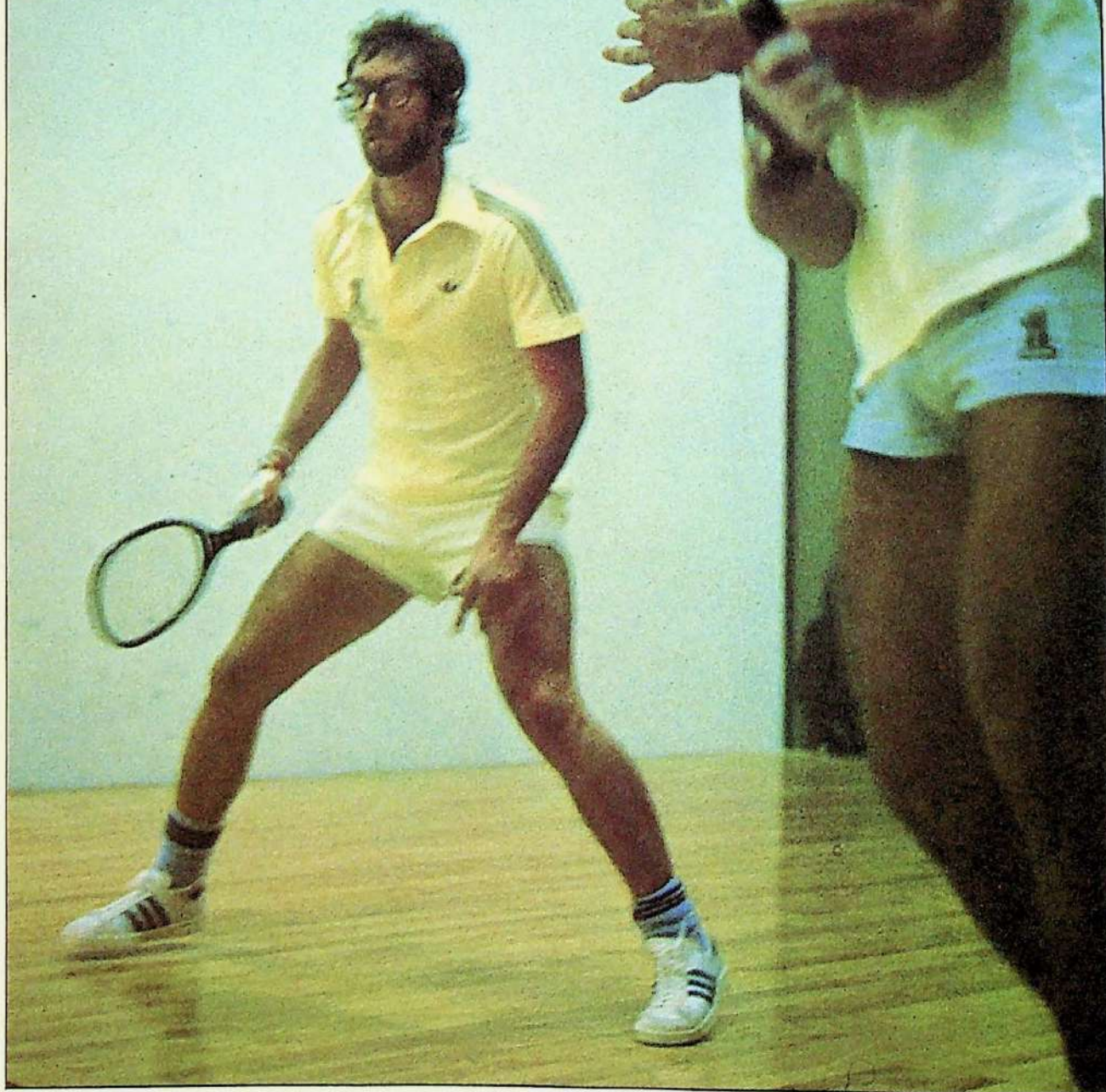
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EKTELON® Perrier

Championships



CHARLIE BRUMFIELD TAKES BANGOR TITLE



This unique follow through (known as giving yourself a waffle face) by Canadian Lindsay Myers produced an even more unique winner against Charlie "I wish I'd hit that" Brumfield in their semifinal match. Despite Myers outstanding power and youthful scampering about the court, he was no match for the control and court experience of Brumfield.

Hogan Upset by Thomas in Shock Quarterfinal

Charlie Brumfield, a five-time National Racquetball champion notched his eleventh professional career victory Oct. 21 in Bangor Maine, with a 21-17, 21-16 decision over Craig McCoy in the \$10,000 Holiday Health and Racquet Club Invitational.

Brumfield, who sat out much of last year after being stricken with hepatitis, defeated amateur Al Hess, Steve Keeley, Lindsay Myers and McCoy en route to the top prize of \$4,000.

McCoy, who has credited Brumfield with sparking his interest in racquetball years ago, and who doubled with Brumfield to take several titles early in his career, beat Reb Brown, Ben Koltun and Don Thomas before losing to his onetime mentor. McCoy collected \$2,000.

"I'm feeling stronger every time out," said Brumfield. "It seems like you can only go so hard at times. But from now on, I'm going out to win."

Thomas, who along with semifinalist Lindsay Myers, won \$1,000, figured in the biggest upset of the tournament. He ousted Marty Hogan, 21-15, 21-19, in the quarter-finals.

Hogan, offered no excuses for the surprising loss, despite landing in Bangor after a more than 30-hour trip from Taiwan.

Capacity crowds gathered for the three day event, which marked the first time a professional tourney was held in the State of Maine. The reception and interest in the game was so great that it has generated serious interest in establishing a full pro tour stop there in the 1980-81 season.



The Brum, in a rare display of generosity, helps Myers to his feet in their semifinal match. Charlie was indeed awesome in routing the hard-hitting Myers 21-11, 21-14.



Craig McCoy runs through Ben Koltun to retrieve one of Koltun's backhand smashes in the most exciting match of the tournament.

—The Many Faces of

A personal profile of Racquetball's #1 player

By MIKE PATTERSON

"Nobody is undefeated in racquetball," claims that venerated philosopher/racquetballer par excellence Dr. Peter Plum, but he uttered that immortal quote before Marty Hogan began playing the men's professional racquetball tour in 1977 and revolutionized the game as his brilliance dramatically emerged.

Hogan has not actually won every tournament he has entered, but 29 victories in 35 attempts along with three second place finishes is a record unparalleled in professional men's athletics. Spectators feel that a final without Hogan is like an empty racquetball can — there's just nothing there.

He is the all-time career money leader, with over \$110,000 in prize money alone to his credit and is the only acknowledged superstar of the sport. The other pros breathe a collective sigh of relief (very loud) if he skips a tournament because it means that they finally have a good chance to maybe take a title home with them.

Hogan's domination of the National Racquetball Club's (NRC) Professional Tour the past three years is as close to total as you'll find in any professional sport. Certain gifted athletes in other sports have come close to the heights of excellence that Hogan has achieved (Tilden in tennis, the Khans in squash and Jack Purcell in badminton), but they did so in sports lacking the overall quality of competition that racquetball has, nor have they changed their sport the way that Hogan has.

In the B.H. Era (Before Hogan), racquetball was a much slower game. It was just emerging among old paddleball players who were



Marty Hogan



used to a very slow, controlled and strategy-filled game. Racquetball was played the same although it was still faster than paddleball. Even in the B.H. Times a racquet could propel a little round object faster than a paddle.

The early national racquetball champions had originally been paddleball champs too. Their racquetball play had been created by the demands of the slower game. They still play this way, stressing control and strategy.

Hogan, on the other hand, knew no other training grounds but a racquetball court. Only 21 years old, he has been playing racquetball for 13 years. He discovered "power" all on his own years ago as

a logical extension of the style he was in the midst of developing.

Although only 5'8" tall, he is built like a brick — (a type of outdoor plumbing facility no longer in vogue). His massive legs, small waist, broad shoulders and long muscular arms are gifts from Ma Nature. What he has done with them has turned the game of racquetball completely around.

No longer is the serve merely a means to start a rally. In Hogan's hands it has become a sledgehammer of a surgical tool, forcing, darting, probing, stretching and finally crushing out points at blinding speed.

Hogan's serve has been clocked at 142 m.p.h and his competitors claim that he actually hits harder during a rally. The next fastest recorded serve is a paltry (only by comparison) 129 m.p.h. by Davey Bledsoe, who is one of only two

pros who have won twice over Hogan (Brumfield is the other).

The power of Hogan's serve sets the table for him to clean off the points with both the best forehand and backhand in the game. It doesn't matter to this curly headed powerhouse where he is on the court, 39' deep or still in the service box are all the same to him. He shoots anything, anywhere, anytime. His record speaks quite well for this style of play and how popular it has become.

His discovery and refinement of the serve and shoot style rank in the growing mythology of racquetball on the same level as the light bulb, the wireless and the plane hold for us mere mortals.

When he started beating the established stars on the pro tour with his revolutionary style it was an



Stylish Jennifer Harding is a perennial 'Top Fiver' and is the best lefthander on the women's professional circuit. Her strong forehand has a most definite affinity for the lefthand corner and is graphically demonstrated here.

Lefty Elaine Lee of Pennsylvania is shown here trying the left side against agile Fran Davis of Montclair, N.J.



Current National Champion Karin Walton has improved tremendously in the past few seasons on the women's tour. Her combination of control and power has strengthened her game. Along with her great powers of concentration, they have elevated her to the top.

WOMEN

By EILEEN O'CONNOR

LOOK in at any racquetball club, and you won't see any shortage of women. In fact, sometimes during the day you may have a job to find a man around.

Many clubs, especially those away from metropolitan areas, are a haven for women who want an exciting outlet from their workday routines.

Thus racquetball is very much a both-sexes sport. In New Jersey, an estimated 40 percent of racquetball players are women.

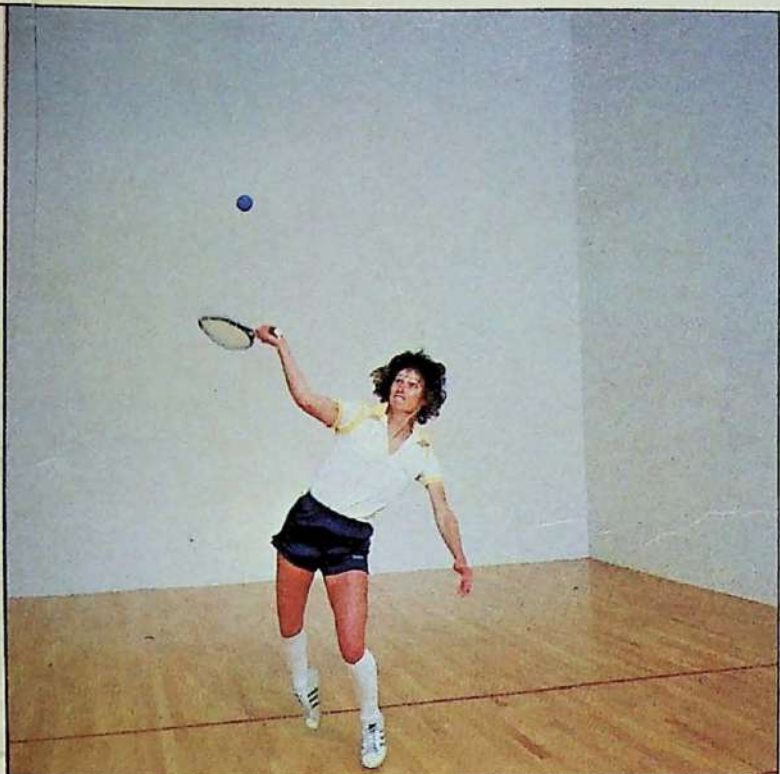
Clubs therefore cater equally to men and women. Women's competition ladders are as important as the men's. And women have their own locker room facilities, with showers, whirlpools and saunas.

Most Racquetball clubs have even instituted special Ladies' Clinics. Their pro shops have a wide array of gear for women. And women beginners can learn with each other during scheduled hours during each week. A nice way to meet new partners!

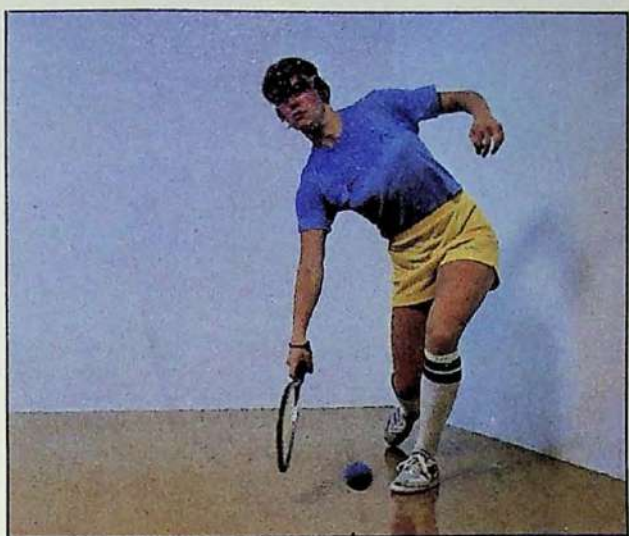
Many clubs provide supervised nurseries where a mother can leave her children while playing.

The racquetball industry caters well to women. For instance, there are special lighter raquets with small grips not to mention gloves and footwear designed with the female player in mind.

Racquetball is certainly a women's sport . . .

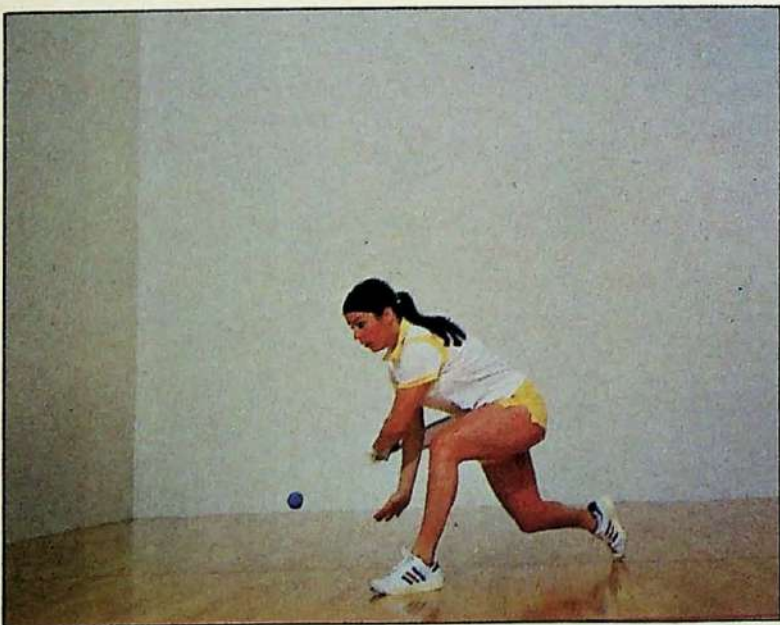


Marci Greer represents the new breed who attack from anywhere.



Only playing for two years, Marcy Lynch of New York City has come "A long way Baby." Her overall physical abilities enable her to cover ground quickly and give her many set ups for her powerful forehand.

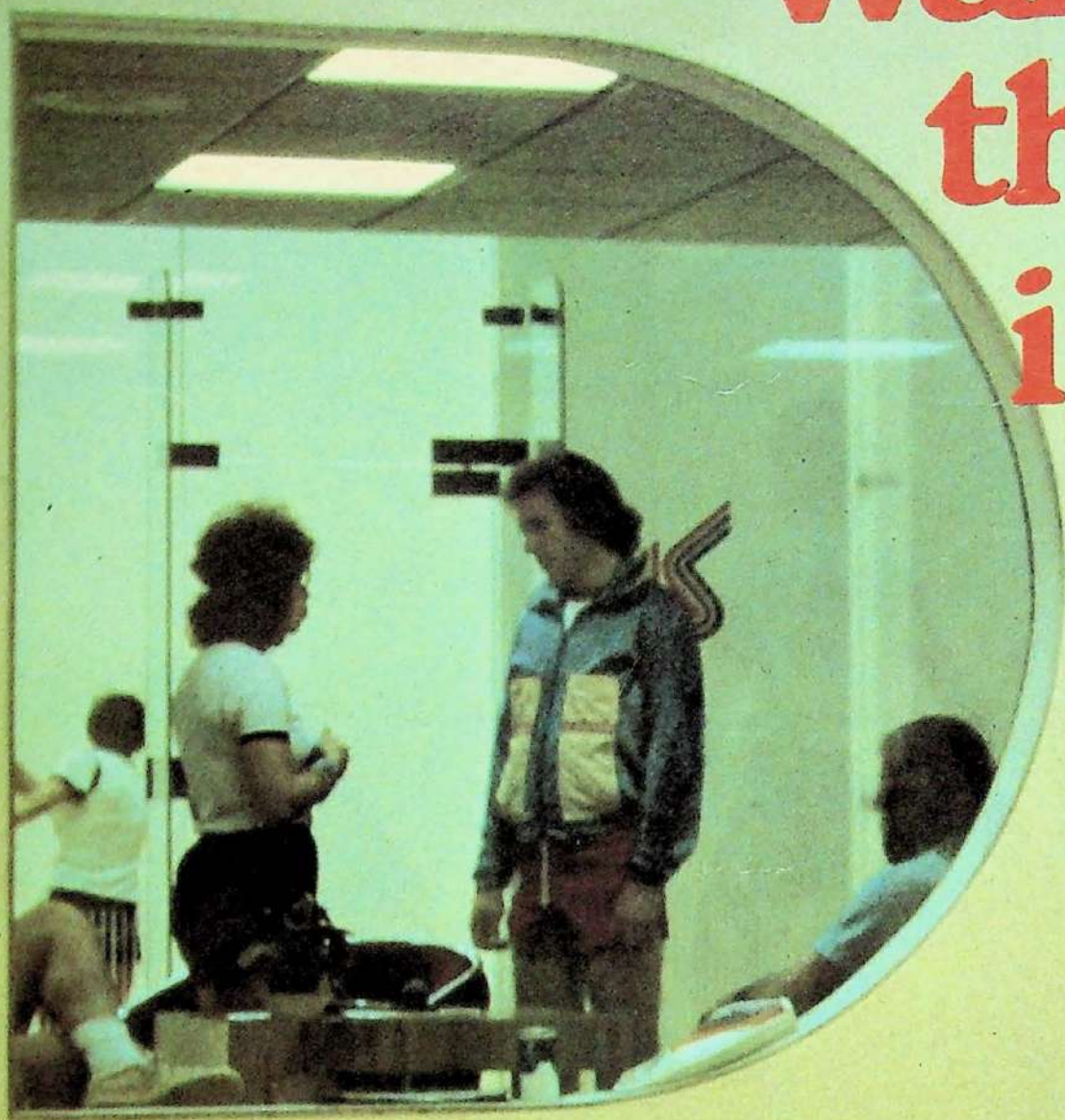
ON THE MOVE



Bending low when you practice means that you'll bend low when you hit a match. This axiom is practiced here by Rita Hoff whose rise to the top on the professional tour has been aided by her backhand, which has risen to world class level.



Warm-
that
imp



Ups will improve your play

By DOUG CLARK 1978 New Jersey State Champion



THE player who rushes onto a racquetball court without any preparation, and starts hitting the ball left, right and center, is asking for trouble.

And I'm not just talking about beginners. Warming-up is an essential part of the game.

The game itself will give you more exercise in one hour than you would probably receive in three or four hours of singles tennis.

Racquetball calls for rapid acceleration, sudden changes of direction from legs and arms. And if you are not limber, you will run a high risk of injury resulting from pulled muscles, strains, and sprains.

Be sensible. Arrive at the club well before you are scheduled to play, so that you've got plenty of time for warm-up exercises.

Begin with a few easy bending exercises with your feet spread apart, and reach down to touch your toes. As you bend over from the waist, let your hands hang loose, and gently bounce up and down until you easily begin to touch either your toes or the floor.

Another exercise is to stretch your legs apart and bend your trunk first in toward one knee, then toward the other. You might also try a few sit-ups.

To loosen the shoulders and arms, simulate throwing motions with both arms. Or hold your arms out from your body and begin small rotating circles, gradually increasing to large circles all the time keeping your arms straight.

Warm-Ups that will improve your play

Jogging in place at a moderate pace for a few minutes is also good. Remember, ten minutes of easy exercises might save you months of pain and incapacity. That's why all professional and collegiate athletes warm up prior to a game.

Do your limbering up exercises before you go onto the court. Court time costs money. Save court time for that part of warming-up you can't do off it.

Once on the court with your opponent, "split the court." Begin on your side by hitting several shots ten times each.

The first shot I start with is the overhead or the ceiling shot. Throw the ball overhead, and hit the ceiling first and then the front wall, catching the ball after it bounces. Then start the shot again. Do it ten times.

This is used for control of the ball along the side walls and for additional loosening of the arm muscles.

After the ten shots to the ceiling, attempt ten shots along the side wall. Drop the ball gently along the side wall, and then try to kill it against the front wall.

I then hit ten shots using the forehand from about ten feet in front of the back wall. After these, I try ten more shots, dropping the ball against the back wall and letting myself come forward with the ball — and again try to hit the ball low against the front wall.

These shots are not hit too powerfully, since I am looking for control of the ball and loosening of the muscles.

After trying these shots from the forehand, try the same series from the backhand.

After you complete the backhand shots, you might want to go back and repeat the exercise with two or three shots per series and this time try for a very firm motion through each shot, really going after the ball and really hitting it.

In all exercises, pay attention to technique. Do it correctly in prac-

tice and you will do it correctly in the game. If you are sloppy in your warm-up, you will have the same tendency with your shots during the game.

Should you try to size up your opponent during warm-up? The answer is a tentative yes.

Concentrate on your strokes first. After they feel comfortable and only then — take a look at your opponent, particularly if you are in a match situation.

See how he hits the forehand and the backhand strokes. See if he keeps the ball low on "kill" shots.

You might notice if he appears to have a hard time hitting the ceiling ball, or if he has a hard time controlling the ceiling ball.

Try to spot his strong points and his weak points. If you can detect some weakness in his game, you may be able to capitalize on it during the match.

Remember, however, just as you are sizing up your opponent, he is sizing up you. So it is to your advantage to practice the right way and to do it seriously.

The Many Faces of Marty Hogan

urgent cry in the wilderness to ballplayers near and far shouting out that the new name of the game is power, power and more power.

The news was carried by youthful apostles into clubs and Ys throughout the land. It was heard in cramped locker rooms and on dusty, hardwood floors. It was accepted by the juniors and became the cornerstone of their emerging games.

Hit it! Rip it! Shoot it! Everybody began doing it, including the old guys who realized they had to change in order to stay competitive with this new wave of ballplayers. Power won tournaments at every

level until players tried it against the best — HOGAN — and they come away in awe of "serve and shoot's" founder, prophet and living god.

In order to really understand how



pervasive Hogan's gospel is you must visit a national championship sometime. The sheer numbers of Hogan's clones are staggering and they come from literally everywhere the game is played.

Marty Hogan is by no means a one dimensional player. His style was learned and refined during his 10-year amateur apprenticeship. He is always at the right spot at the right time. It allows him during a rally to set up for a bottom board blast on a shot that another player would be lucky to merely undercut to the ceiling.

Spectators watching Hogan demolish another hapless victim are transported into his fishbowl world where the man transcends the game. After watching the cherubic-faced superstar play it becomes impossible to watch anyone else without noticing how obviously their games are flawed.

Club of the Month

Take a beautiful looking club, add a barrelful of programming and throw in a great deal of loving care and you've got the recipe for RICOCHET RACQUET CLUB which boasts an electrifying 51% female membership.

The South Plainfield, New Jersey industrial park location belies the lush, ultramodern interior of this eminently successful club owned by Gary Hamrah and Dick Luster, who designed most of the club themselves.

Built to attract women to its 16 racquetball and 4 squash courts, Ricochet's ladies locker room is a prime example of the lengths to which its owners went to in order to provide a first class operation for its nearly 5,000 members.

Instead of shower stalls, Ricochet's racquetbelles have the choice of eight separate complete bathrooms for their own use and comfort. Each room contains a spacious shower, drying area, sink and personal toilet. In the main locker area, which is separated by a gaily decorated lounge at one end and a redwood paneled whirlpool and sauna room at the other, are dozens and dozens of large, widely spaced lockers.

"We all meet (Hamrah, Manager Mary Murphy, Head Pro Bill Summers and Daytime Coordinator Jon Block) around the 10th of each month," the progressive owner went on. "At these meetings we schedule all of our programs for the next month. These programs are then included in our overall calendar of events which is published in Ricochet's 8-page newsletter that is mailed to each member of the club before the start of each month."

The advertising for special events does not stop

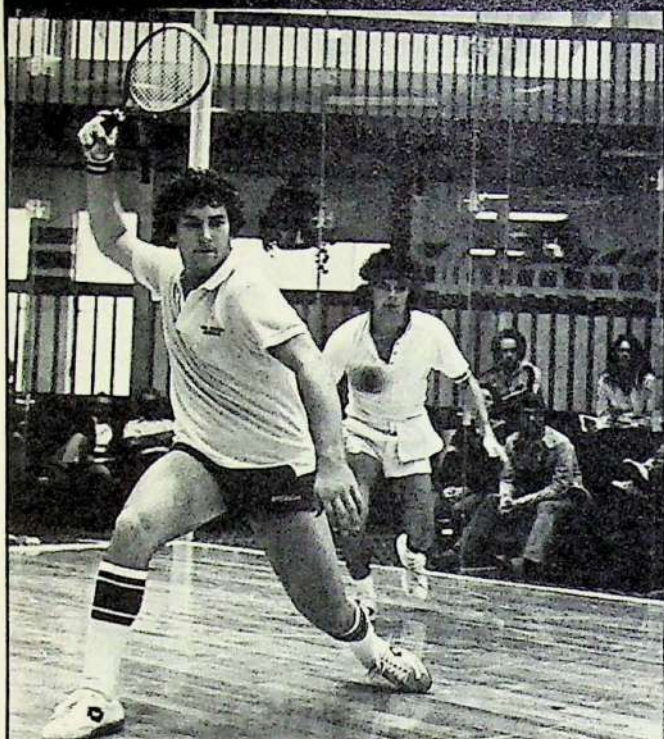


Ricochet Racquet Club

here. Attractive signs are prominently displayed in the lobby announcing each special event, one of which is held nearly every day. The friendly, well-trained desk personnel are ready and (more than) able to answer any questions concerning the various promotions, which include club and open tournaments, dozens of leagues, introductory clinics, challenge ladders, club parties and daily round robins.

Every other month Ricochet's members are treated to free personal appearances by the best racquetball has to offer (Hogan, Brumfield, Yellin, Harding, Sausser), as well as two exhibitions so far by the best racquet sports athlete in the world Shariff Khan.

"We will continue to bring these stars to the club for our members," Hamrah promises, "because our members deserve it. They have supported us since we opened in November of 1978 in our good moments and our bad. We acknowledge them and will continue to put money back into racquetball and the club in order to develop a very long-term relationship with our members."



Pro Mike Yellen has control of mid court and is positioned for a right side shot off his forehand.

Keeping your eye on the ball is good advice not just for baseball players. It's a technique every racquetball player should master as well.

In fact, eye-ball contact is probably even more important and certainly more difficult in this indoor game which has its share of fast balls.

Players like Marty Hogan or my Ektelon teammate Jerry Hillecher send the ball rocketing past opponents at speeds that are typically in the 130 to 140 m.p.h. range.

Even during matches between players of a lesser caliber, the ball often zings around at 100 m.p.h. It's not only hard to follow, it's a real test of a player's willpower to stand in front of an opponent and watch him while he shoots.

However, that doesn't in any way lessen the importance of keeping your eye on the ball 100 per cent of the time. As with any other aspect of the game, there's a right way and a wrong way to do it.

The wrong way, of course, is to turn completely around and face an opponent who is shooting behind you.

Eyeguards can protect your eyes and I highly recommend their use, but catching a ball in some other



Concentrating on a ceiling ball is top junior player Tammy Hajjar.

part of the face is no bargain either.

A more common error among players is to face the front wall after every shot. While this safeguards sensitive areas from injury by a fast-moving ball, it also cuts down your reaction time and greatly handicaps your retrieval of an opponent's shots.

EYE



Control comes from keeping your eye on the ball.

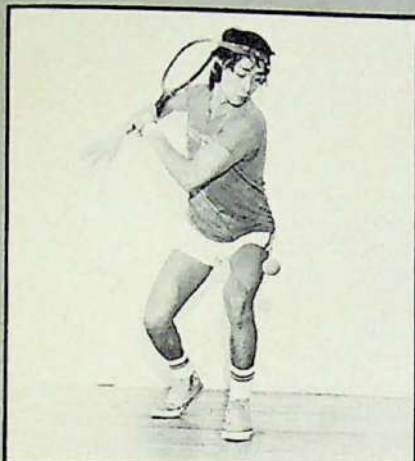
You should be able to determine where the ball is going to rebound while it is still on its way to the front wall and, to do that, you have to see how it comes off your opponent's racquet.

Obviously, we need not concern ourselves with those occasions when your opponent is hitting a ceiling ball or is shooting from in front of you. Then you will have every opportunity to watch the ball without risk.

The idea is to protect yourself from injury and to maintain an offensive advantage on the court during those more frequent occasions when your opponent is shooting behind you.

As always, you want to maintain control of center court.

CONTACT



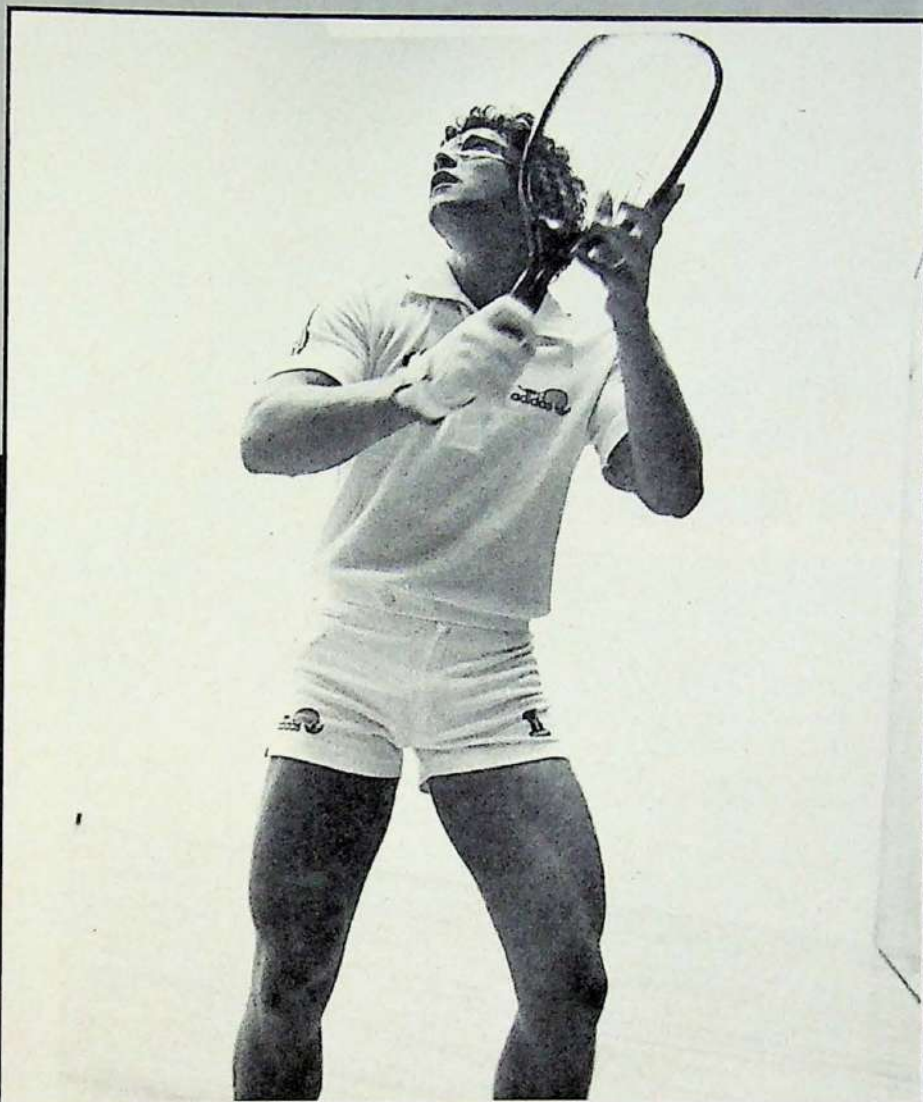
Former national handball star Jerry Yee has developed classic racquetball form in a short span of time.



Unusual situations do occur sometimes on the court.

To do this, you will have to keep your opponent in deep court, preferably in the corners. In terms of shot percentages and keeping your eye on the ball, this is the ideal arrangement.

You then align yourself so that your toes would be standing along an imaginary line that runs from the corner in which your opponent is



Obscured by Marty Hogan's legendary power is his ability to play a defensive game when necessary. Here he is perfectly prepared to stroke, not flail at, a backhand ceiling ball.

located to the opposite front corner.

For the sake of simplicity, let's assume that your opponent is in the left rear corner and imagine our diagonal from left rear to right front (just reverse everything if your opponent is in the right rear corner).

Your toes should be on this imaginary diagonal and your body

facing the left wall as demonstrated in Figure 1. Assume a ready stance, watching your opponent from just the corner of your eye without turning your head around any more than necessary.

I realize that the ball is going to whiz by on its way to the front wall, making it almost impossible to follow. But that small interval when

EYE CONTACT



"Watch your opponent's racquet — then move."

contact is lost is not a problem if you have seen the angle at which it leaves your opponent's racquet.

You will then be able to quickly turn to the general area on the front wall where it will hit, already armed with the knowledge of whether the shot is a kill, lob, crosscourt pass or whatever.

You will have given yourself an extra second or so to make a determination about the ball's eventual destination, and that small edge will make a big difference in your ability to retrieve your opponent's shots.

In the event the ball is headed for you, it should be possible for you to snap your head around in time to protect yourself so that you will be hit in the same place you would have been anyway if you had been fully facing the front wall. This all happens very fast, of course, a thousand times faster than the interval it just took to explain it.

But remember, you should not be planted on that diagonal either. In fact, there is no time during a game when you should completely stop. You should be in constant motion, either completing or beginning a movement to another position on the court.

This diagonal positioning won't work, of course, on those occa-



Five time National Champion Charlie Brumfield is rarely caught in an awkward position on the court, but even when he is he still manages to keep his eyes on the ball.

sions when your opponent is directly behind you in the middle of the back court. But then, you have no business being directly in front of your opponent because that is a hindrance.

It's bound to happen, though, and when it does, don't turn around. That's just too close for comfort.

Try to move quickly out of the way, keeping your eyes safely averted, and just realize you made a mistake and will have to pay for it by giving your opponent a clear shot down the middle.

Most of the time, though, you should be able to keep yourself out of this situation through a combination of smart shots and the diagonal technique I suggested.

When in doubt, play it safe. It's better to lose a point than an eye.

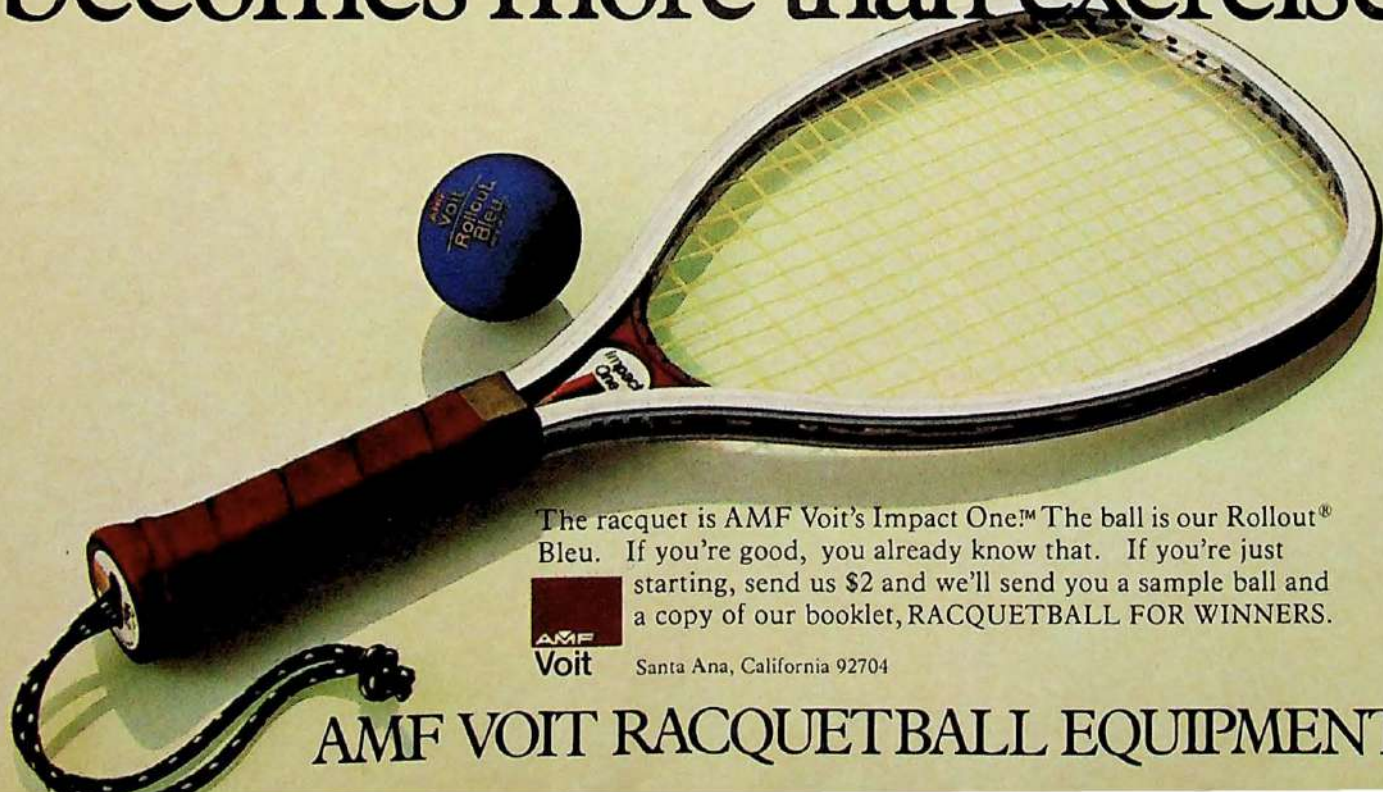


Don DeFillipis is one player who believes in "practice makes perfect."



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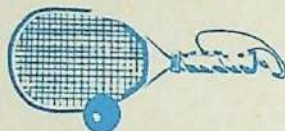
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AMF VOIT RACQUETBALL EQUIPMENT

CALENDAR

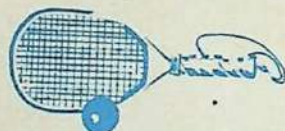
Ektelon/Perrier

April 18-20, 1980
High Point Racquet Club
One Highpoint Drive
Chalfont, Pa. 18914



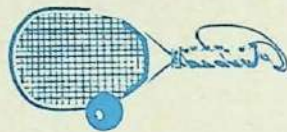
Maryland Racquetball Association Open

March 14-16, 1980
Holabird Club
Tournament Director: Tom Whipple



42nd St. Racquetball Classic-open

January 25-27, 1980
Manhattan Squash Club
1114 Avenue of the Americas
New York, N.Y. 10036
(212) 869-8969
Deadline for Entry: Jan. 21
Entry Fee: \$25
Men: A, B, C
Womens Women: B, C, Novice
USRA Rules
Consolation Round

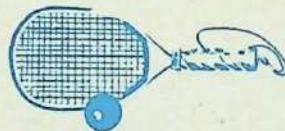


March of Dimes Benefit

March 21-23, 1980
Downtown Racquet Club
230 George St.
New Haven, Ct. 06510
(203) 787-6501
Tournament Director: Wayne Bruno

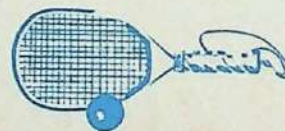
AARA State Championships-open

March 7-9, 1980
Mercer Racquetball Club
Youngs Road
Mercerville, N.J. 08619
(609) 890-8200



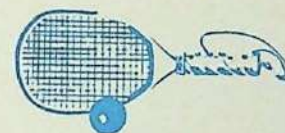
Ektelon/Perrier Classic-open

March 14-16, 1980



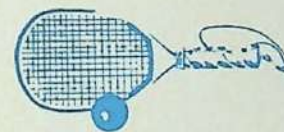
Racquetball Northeast Grand Prix-open

January 18-20, 1980
Playoff Club
15 Catamore Blvd.
East Providence, R.I.
(401) 434-3600
Tournament Director: Stan Gosselin



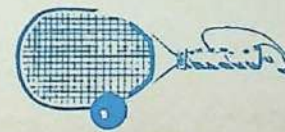
World's Best Racquetball Tournament

January 25-27, 1980
Capitol Courts
Sterling, Va.
Tournament Director: Sue Graham
(703) 430-0666



Women '80 Tournament

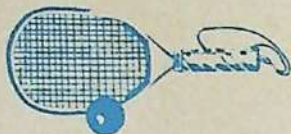
February 8-10, 1980
Boston Tennis Club
(617) 754-6073
Tournament Director: Maureen Boulette



9th Connecticut Open

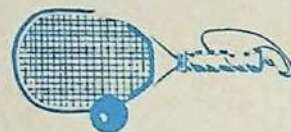
February 15-17, 1980

Directors: Sue Wilson and Marcy Lynch



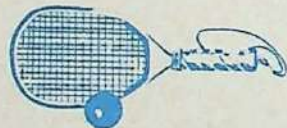
Cedar Knolls - club tournament

January 25-27, 1980
119 E. Frederick Ave.
Cedar Knolls, N.J. 07927
(201) 267-2686
Tournament Director: Gordon Crawford



Kunnan/Leach Tournament of Champions-open

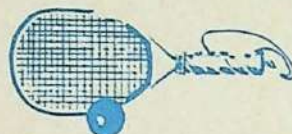
Jan. 31-Feb. 3, 1980
Sportrooms of Coral Gables
1500 Douglas Road
Coral Gables, Fla. 33134
(305) 443-4228
Entry Fee: \$20
Entry Deadline: Jan. 25, 1980
Rules and Sanction: USRA
Ball: Seamco 600
\$50,000 in prizes for professional events
Men: Open, B, C, Novice Senior, Masters, Golden Masters
Women: Open, B, C, Novice, Junior Veteran (27 & over)
Boys: 17 & under, 15 & under, 13 & under
Girls: 17 & under



Court Jester ProAm-open

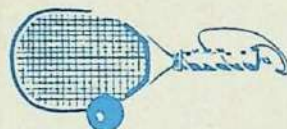
Feb. 1-3, 1980
Court Jester
1166 River Avenue
Lakewood, N.J. 08701
(201) 364-3100

Racquettime
168 Franklin Turnpike
Waldwick, N.J. 07463
(201) 447-6565



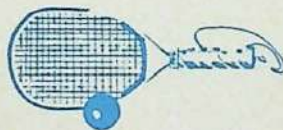
Valentine's Day Classic-open

Feb. 15-17, 1980
Racquetball Fifth Avenue
25 West 39th St.
New York, N.Y. 10018
(212) 944-0144
Men: A, B, C
Women: A, B, C



Essex Disco Open-open

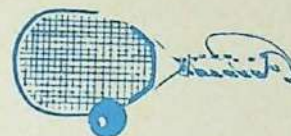
Feb. 29.-March 2, 1980
Essex Racquet Valley Way
260 Pleasant Valley Way
West Orange, N.J. 07052
(201) 731-1874
Men: Open, B, C
Women: A, B, C
Doubles: Open
Entry Fee: \$25 for Open events, \$20 for others, \$10 for second event
Entry Deadline: Feb. 25, 1980
Ball: Penn (panel system with wood floors)
Saturday night Disco Party FREE to all players
\$350 in prizes for open events
Tournament Director: John Crea



National Racquetball Club (NRC) Tour

April 16-20, 1980
Playoff Club, Braintree, Mass.

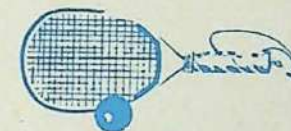
Site to be announced
Tournament Director: Phil Panarella
(203) 229-0526



Bay State Open

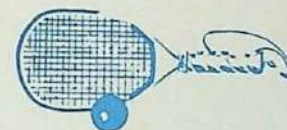
March 14-16, 1980
Worcester Court Club
Worcester, Mass.

(617) 852-8209
Tournament Director: Howie Coleman



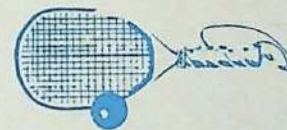
Bergen County Heart Racquetball Tournament-open

April 18-20, 1980
All racquetball clubs in Bergen County, N.J.



Bergen County Heart Racquetball Tournament Finals

May 16-18, 1980
King Arthur's Courts
1355 15th St.
Fort Lee, N.J. 07024



AARA Maine Open

March 27-30, 1980
For further details contact Bruce Lewis, AARA
State Director
(207) 773-6438

MORE HIGHLIGHTS FROM THE BA



Don Thomas' hot streak ended as Craig McCoy took apart the young Arizonian 21-9, 21-15. Charlie Brumfield (below) then defeated McCoy 21-17, 21-16.



TOP PROS GET

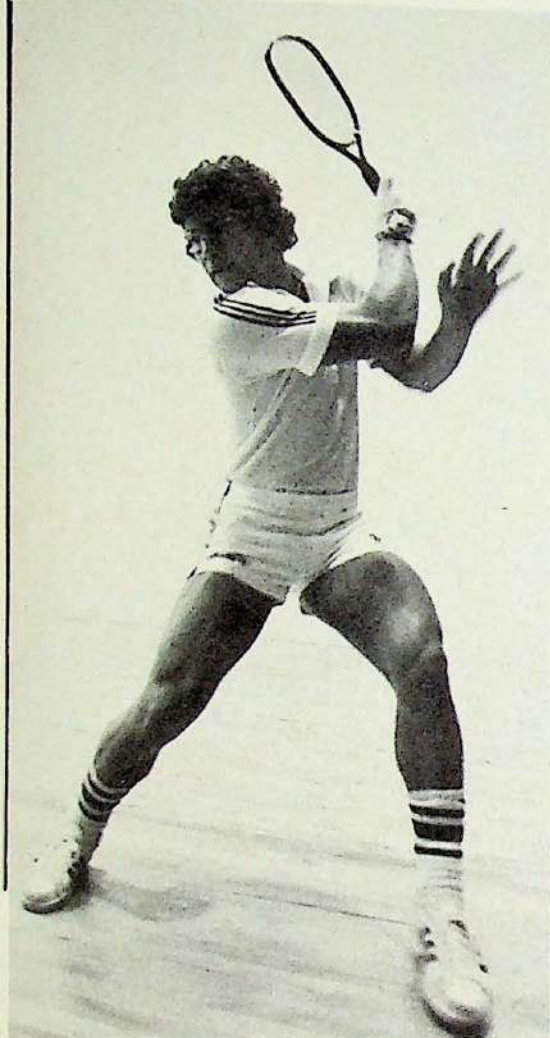
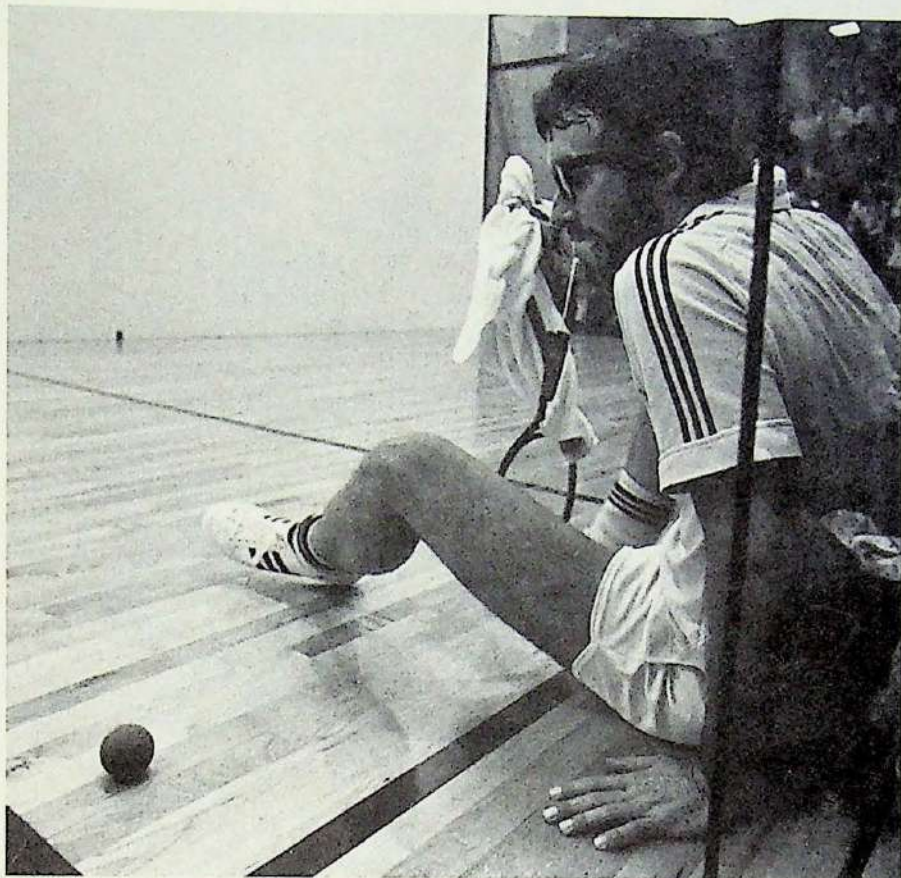
Racquetball is full of key situations, as John Weaver knows well. You're supposed to anticipate, be ready, and react, almost without thinking.

But, said Weaver, Leach Industries Promotion Director, "We were shocked."

In fairness, Weaver and Randy Floyd, Leach's Player Personnel Director, couldn't have anticipated what the people of Bangor had in store for them.

In Maine Oct. 19-21 for the Holiday Health and Racquet Club Invitational, hosted by Keith Mahaney and Associates, Weaver, Floyd and nine of Leach's top players were at least surprised when Mayor Lloyd

NGOR INVITATIONAL . . .



(clockwise from upper left) Another classic Hogan backhand. Brumfield at rest. Don Thomas savors applause after upsetting Hogan. Keeley, set to spring for return.

KEY TO CITY

Willey presented them with the key to the city of Bangor.

"What a great honor," said Weaver. "It really set the tone for the entire event. Never have racquetball players been better received. The hospitality was just great from the minute the plane landed."

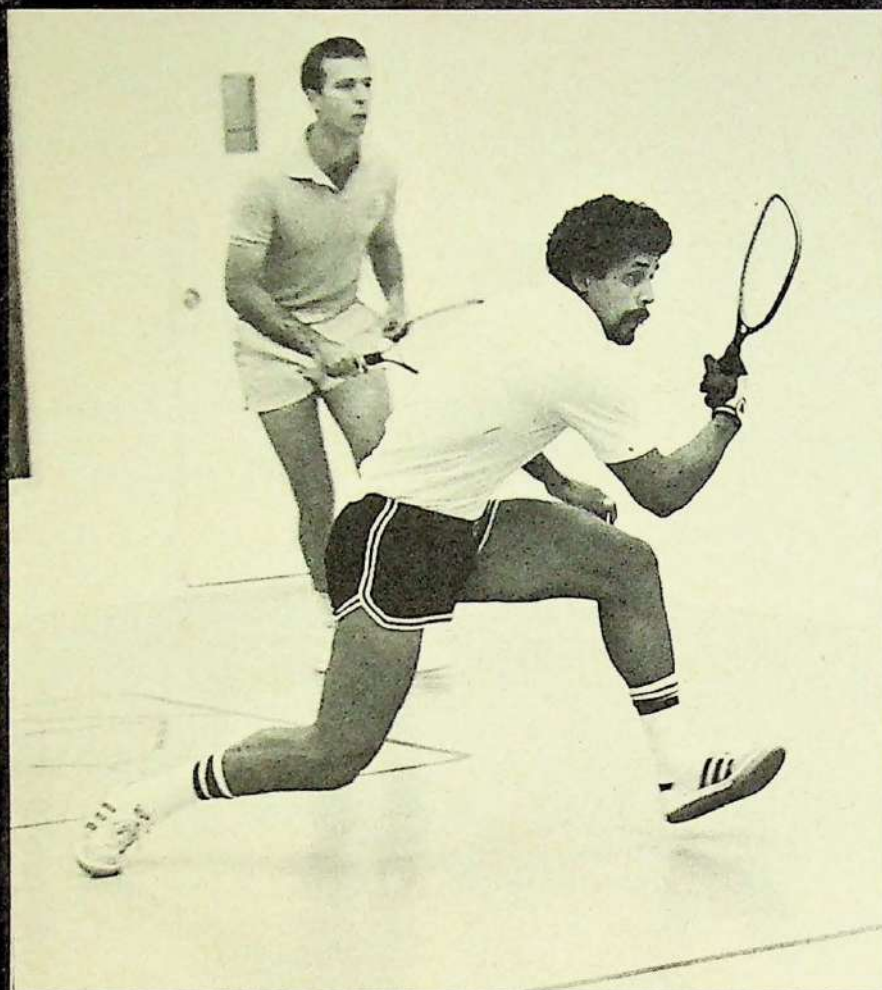
Charlie Brunfield won the \$4,000 tournament's first prize, beating Craig McCoy.

The event marked the first time the pros had played in the State of Maine, but, according to Weaver, "With a reception like that one, we'll be back."

Indeed, a full stop on the Seamco/Leach Pro Tour is in the serious planning stages for next year.



GONZALEZ CAPTURES



Overall Men's Open Champion Reuben Gonzalez goes for a backhand return against the legendary Vic Neiderhoffer.

Grand Prix I - July 1979 TOURNAMENT RESULTS

MEN'S OPEN

Finals: R. Gonzalez over Neiderhoffer 21-15, 21-20. Third: Clark

MEN'S SENIORS

Finals: Letter over Sergeantanis. Third: Kohout

MEN'S MASTERS

Finals: Colombo over Krevsky 21-13, 21-15. Third: Talbot

MEN'S "B"

Finals: Dowell over Sweetwood 21-20, 21-12. Third: Rapoport

MEN'S "C"

Finals: R. Gonzalez over Bannon 16-21, 21-8, 15-6. Third: Gershaw

OPEN DOUBLES

Finals: Diemar/Luft over Clark/Ellis 21-20, 21-16. Third: Colombo/Castillo

WOMEN'S OPEN

Finals: Davis over Taylor 21-6, 21-14. Third: Stoll

WOMEN'S "B"

Finals: Hajjar over Cluess 21-18, 21-13. Third: Pallas



In the September Men's Open Finals, Ray Capitanelli won this point, but lost the match to the fleet Reuben Gonzalez 21-18, 11-21, 15-8.



Presenting a \$2,000 check to state Muscular Dystrophy poster by Dann Temple is Yogi himself. Helping him are (left) Eric Stoll of the state M Chapter and Michael Coccaro (right) of the Miller Brewing Company.

BERRA GRAND PRIX

WOMEN'S "C"

Finals: Armstrong over Fisher 21-14, 21-20. Third: Forman

Grand Prix II - August 1979

TOURNAMENT RESULTS

MEN'S OPEN

Finals: Nelderhoffer over R. Gonzalez 21-11, 21-10. Third: Diemar

MEN'S SENIORS

Finals: Letter over Fonseca 21-6, 21-8. Third: Sergentanls

MEN'S MASTERS

Finals: Talbot over Ella 21-7, 21-10. Third: Webber

MEN'S "B"

Finals: Sweetwood over Krancavela 21-13, 21-9. Third: Manlno

MEN'S "C"

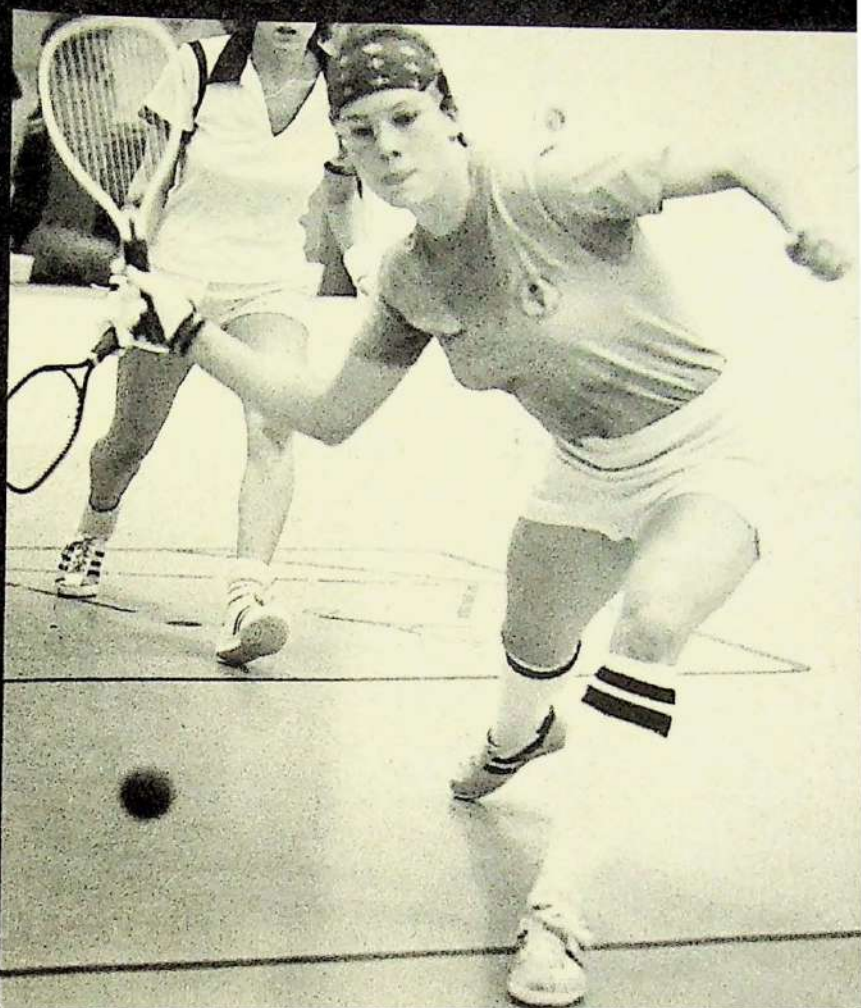
Finals: Freifeld over Harben. Third: Botts

OPEN DOUBLES

Finals: H. Gonzalez/Yee over Kabillian/Cassidy 21-17, 21-13. Third: Horton/Rodgers

WOMEN'S OPEN

Finals: Kennedy over Adler 21-11,



Ready to hit a forehand winner is September's Women's Open Champion Marcy Lynch. Karen Borga is her opponent in this final's action.



July's Women's Open Winner Francine Davis is hitting another backhand rollout.



Tournament Director Pete Talbot presents trophies to July's Women's Open titelist Francine Davis (left) and runner up Melanie Taylor.

HIGHLIGHTS FROM THE BERRA-LITE TOURNAMENT

21-12. Third: Schmelder

WOMEN'S "B"

Finals: Cluess over Marchini 21-12,
11-21, 15-13. Third: Pumbo

WOMEN'S "C"

Finals: Shiroky over Forman 21-14,
21-5. Third: Cole

Grand Prix III - September 1979 TOURNAMENT RESULTS

MEN'S OPEN

Finals: R. Gonzalez over Capitaneil
21-18, 11-21, 15-8. Third: Diemar

MEN'S SENIORS

Finals: Letter over Sergentanis 21-11,
21-18. Third: Webber

MEN'S MASTERS

Finals: Talbot over Wickham 21-16,
21-20. Third: Webber

MEN'S "B"

Finals: Englander over Manino 17-21,
21-16, 15-8. Third: Frenda

MEN'S "C"

Finals: DiEmidio over Laterl 21-18,
21-12. Third: Ortiz

OPEN DOUBLES

Finals: Diemar/Luft over Yee/Booker
21-12, 21-9. Third: Wong/Mackelca

WOMEN'S OPEN

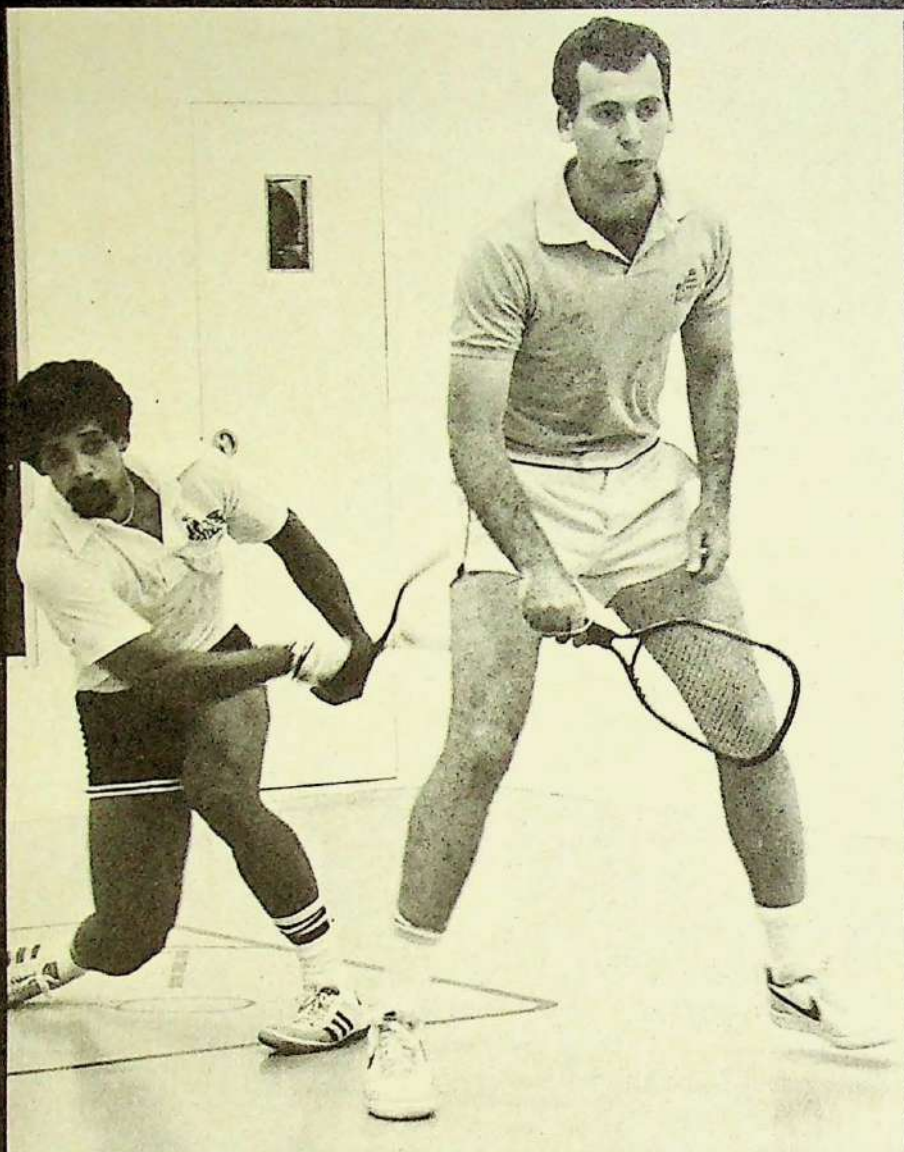
Finals: Lynch over Borga 21-5, 21-8
Third: Pallas

WOMEN'S "B"

Finals: Palumbo over Strandskov
21-18, 21-7. Third: Byk

WOMEN'S "C"

Finals: Von Bartheld over Nestle 21-17,
21-12. Third: Booker



The classic confrontation: Power from Reuben Gonzalez (left) and Control from Vic Neiderhoffer (right).



Tim Berra is flanked by finalists in July's Women's "B" tournament, Winner Tammy Hajjar (left) and runner up Mary Ann Cleuss (right).



Yogi is shown presenting annual awards to the Men's Division's overall champions. (from left) Open-Reuben Gonzalez, Seniors-Fred Letter, Masters-Pete Talbot.

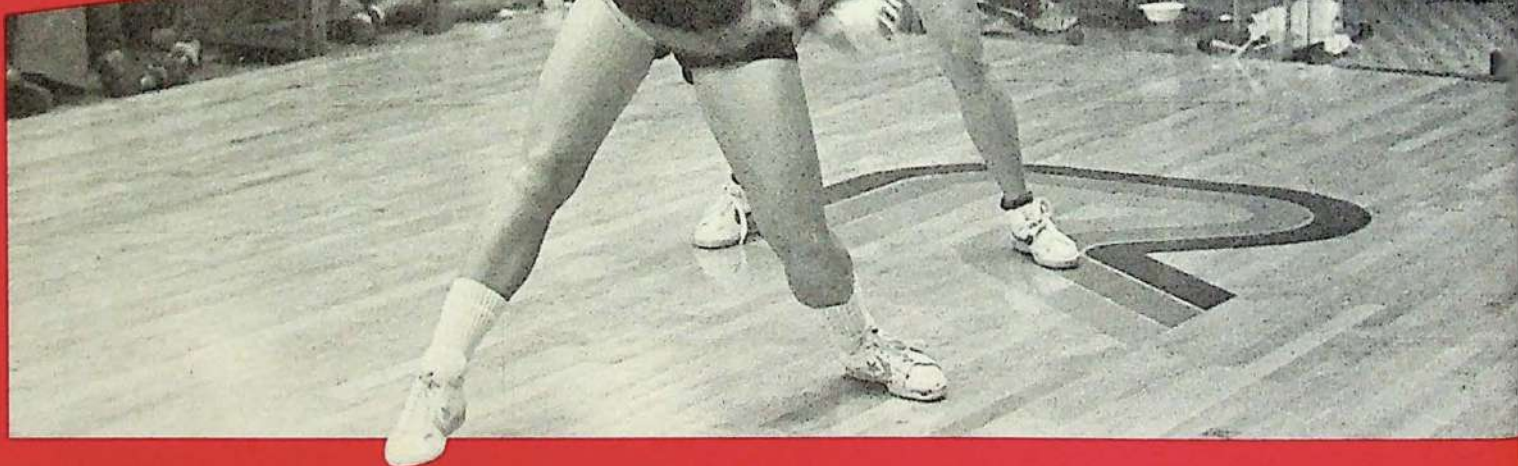


One of the top eastern doubles teams. Dick Booker (left) is the righty. Jerry Yee (right) is the lefty.





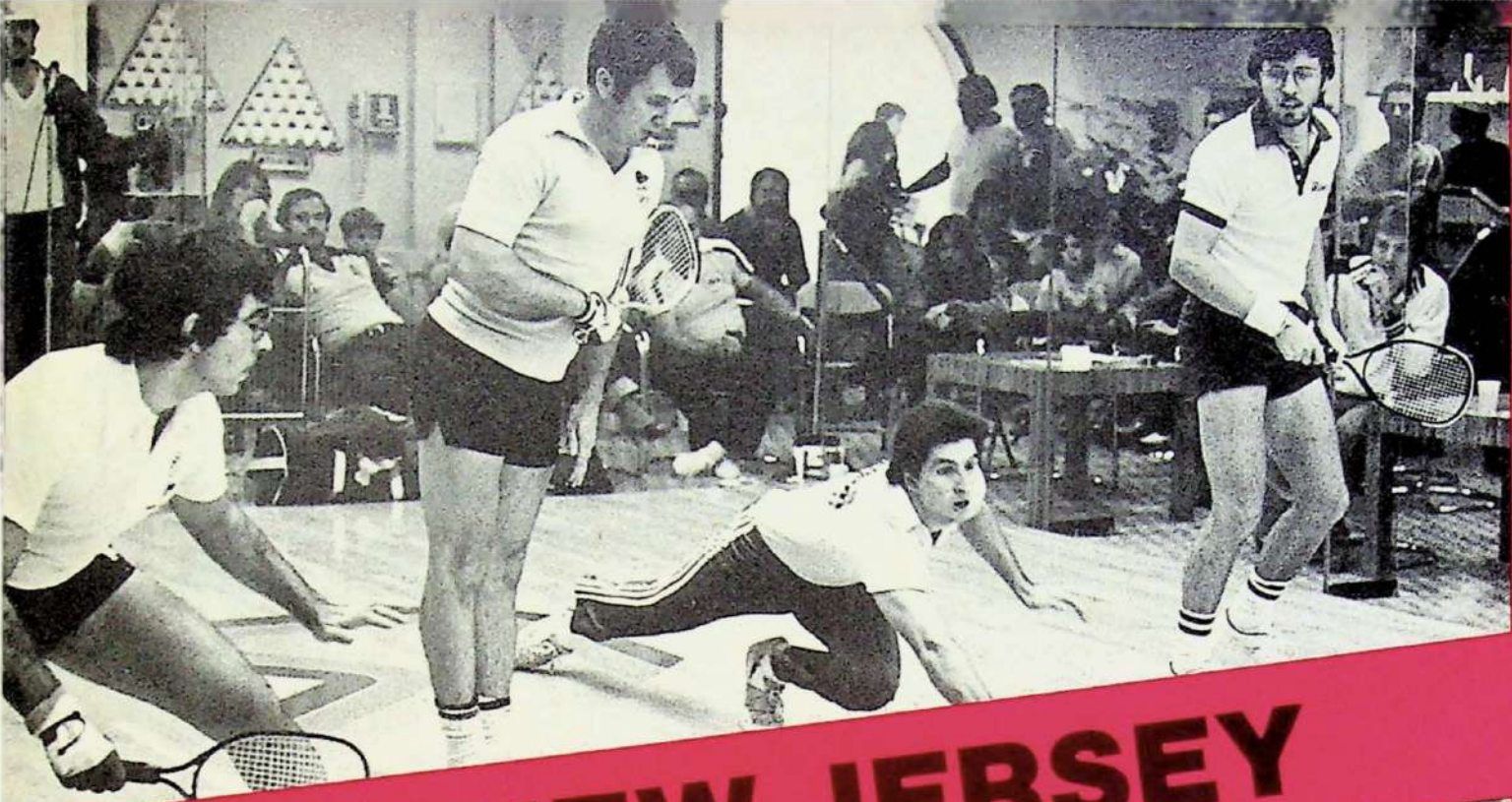
ACTION GALORE



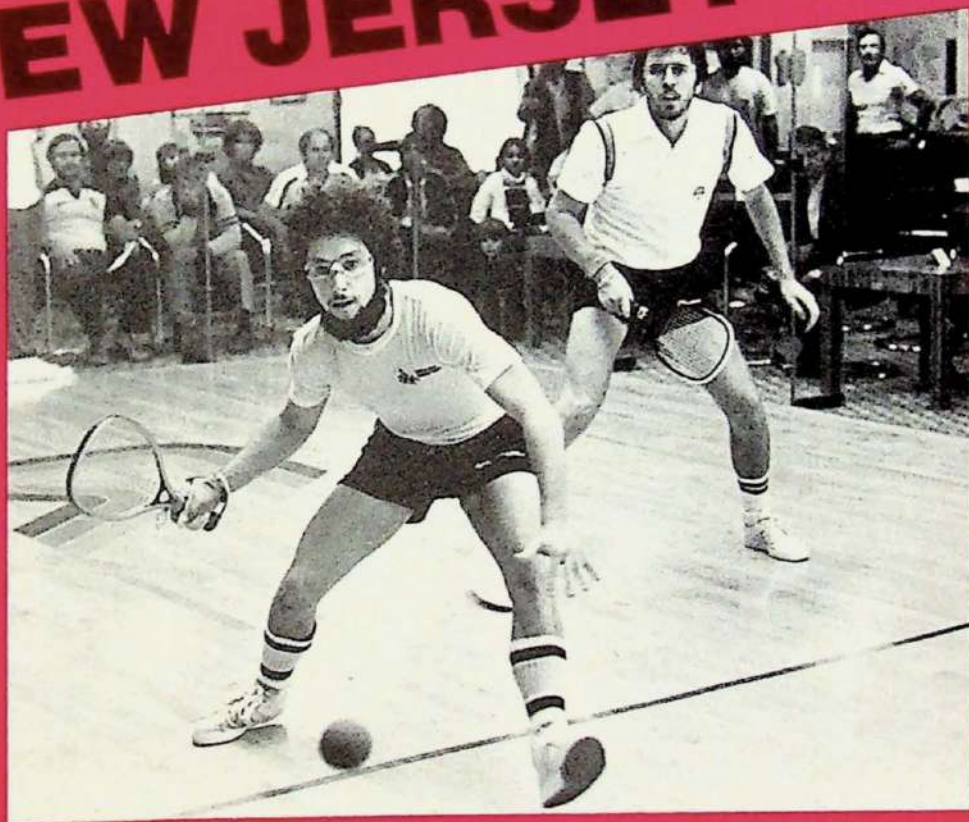
(above): A great get by Bob Ellis (on the floor) turned into a simple put away for Steve Elia (right) during the Men's Open Doubles Finals. On the left is Steve's partner, Uncle Nick Elia. Standing in the middle is Ellis' teammate Doug Clark.

Melanie Taylor of Montclair (below) is shown in a classic Hogan-like forehand followthrough in Women's Open finals action. Here, opponent Gerri Rudysz has been trapped behind Miss Taylor and has no chance to return her shot.

In other action: MEN'S SENIORS Finals: Fred Letter over John Sergentanis 21-12, 11-21, 11-3. MEN'S MASTERS Finals: Pete Talbot over Harold Pudding 21-14, 21-8. MEN'S "B" Finals: John Reinhardt over Barry Sherman 21-12, 21-5. MEN'S "C" Finals: John Ancito over Wilbur Zoche 21-11, 11-21, 11-2. (See page 52 or other results)



FROM NEW JERSEY

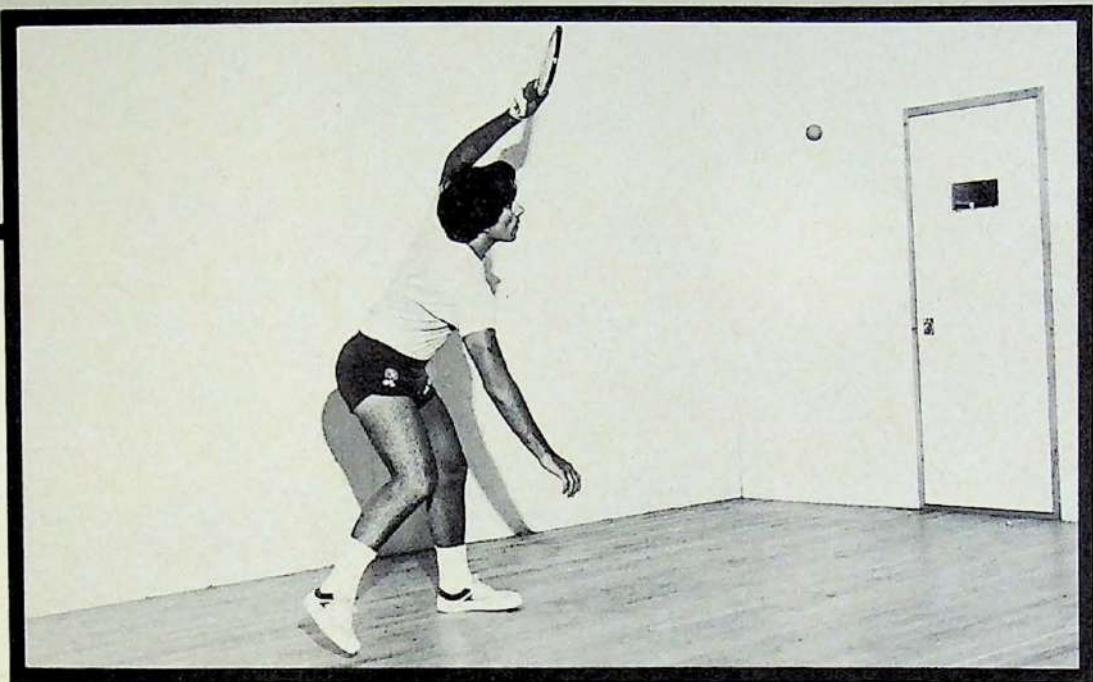


All four Men's Open Double's finalists were caught up front in this action (above), ready to pounce on any short ball. From the left: Nick Elia, Bob Ellis, Steve Elia and Doug Clark. The Elia's won 21-18, 21-15.

Men's Open Champion Art Diemar had his hands full during his semifinal victory over former State Champion Ray Capitanelli. (below left) Here the lanky Diemar shoots his patented forehand for a winner in his 21-14, 21-20 victory.

(below right) New Jersey College Champion John Bierman (left) is setting up for a pinch shot in his semifinal loss to Doug Clark, who was in the finals of both singles and doubles.

OFF THE



How to use it like a champion

By GREG LEVINE

• Greg Levine currently is the teaching pro at the Wall Circle Racquet Club in Farmingdale, N.J. He is a former state Juniors' Champion and finalist in the 1979 Northeast Regionals' Open Doubles.

PLAYING the ball off the back wall presents a problem to most beginners and, often, to intermediate players as well. Imagine

... You are playing a match and are into the tie breaker with the score at 10-10; your opponent is serving.

During the course of the rally, you find yourself one foot behind

the service box awaiting your opponent's return. He swings, and smashes the ball five feet high on the front wall.

Unaware of what you are doing, you rush up and contact the ball two feet over your head, setting your opponent up with a "plum" for an easy kill and match victory!

The score may not be 10-10, and you may not even be playing a match. Yet the problem may still exist: you don't know how to take the ball off the back wall.

Now, let's set out to solve this dilemma.

Begin by realizing that the back wall is an advantage to your game. Aside from keeping the two side

walls apart, the back wall is there to catch all those high-hit pass shots and throw them right back to you.

The sooner we start to think this way, the better off we will be when we start to master the shot.

Knowing when to let the ball go to the back wall without cutting it off is a key factor. Ideally, when you are positioned in center court, any shot coming off the front wall higher than your waist should be let go, provided there is enough velocity to permit the ball to come off the back wall. Use your own judgment.

Once you let the ball pass, you must then start to follow the ball to the back court area. I recommend using a shuffling motion, keeping

WALL



The back wall is your friend. Don't fight it.

your knees bent at all times and, most importantly, making sure you are facing the side wall.

Once the ball reaches the back wall, it will rebound into the back court area. Have the racquet cocked back and in a ready position.

The ball is now moving toward the front wall. Good timing is essential at this point. As the ball moves, so do you, employing the shuffling motion. You want to contact the ball below the knees and as low to the ground as possible.

This area will be referred to as the "hitting zone." Once you see the ball falling into the "hitting zone," step out with your front foot (re-

member — you are facing the side wall), keeping your knees bent.

Swing by leading with your elbow first, following with the butt end of the racquet handle and, finally, like the tip of a whip, the racquet face.

Making sure that your racquet face is square to the front wall, try to contact the ball in the center of your body for maximum power.

We now come to the "follow through." After contacting the ball, keep the racquet face square to the front wall to insure an accurate shot.

Bring the racquet up past the non-hitting shoulder. This will pull the upper body back towards the front wall in a "follow-through" mo-

tion.

- Always face the side wall when contacting the ball;

- Use your own judgment as to when you should let the ball pass you;

- Never stop to wait for the ball ... it has no idea where you are; and

- Always keep your racquet face square to the front wall.

Practice this:

Standing in the center court, hit the ball to the front wall. Let it pass you, and then take it off the back wall. Do this with both the forehand and the backhand. Once more, always face the side wall when contacting the ball.

NEW JERSEY STATES



John Bierman attacks a short ball (left) in his semi-final loss to Doug Clark. In a classic forehand for old handballers, Art Diemar is ripping a forehand (above) against Doug Clark in the finals.



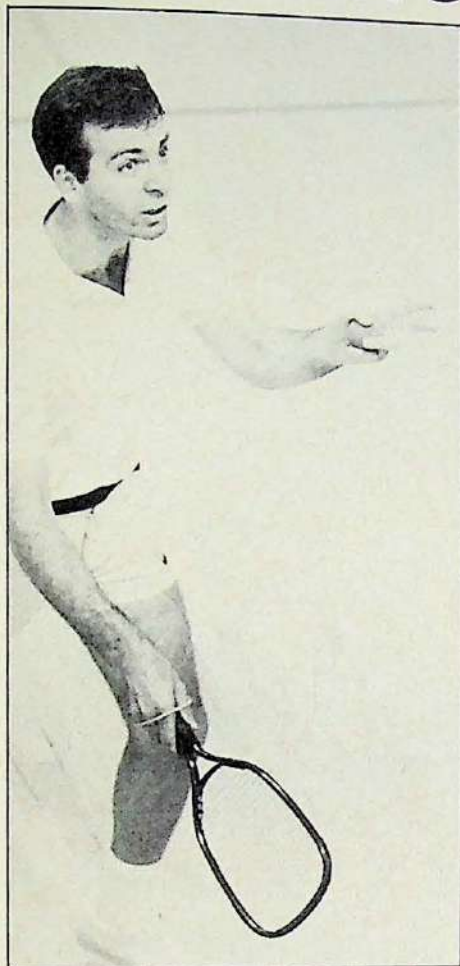
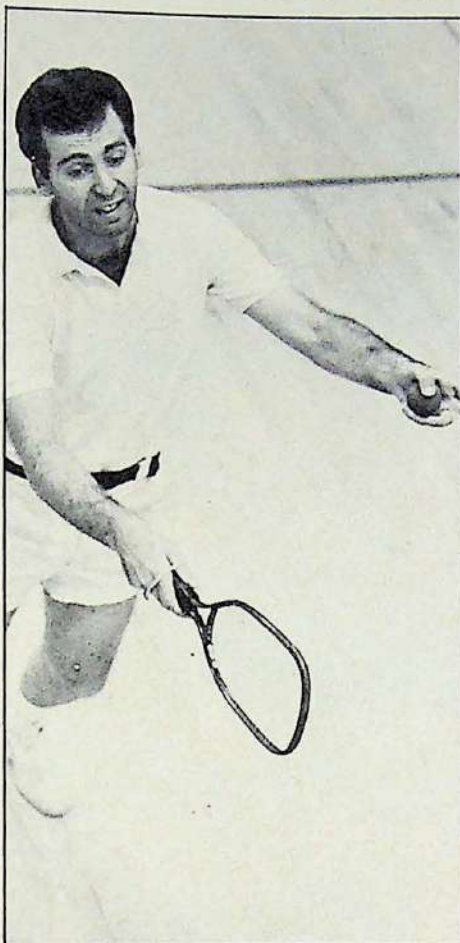
Taylor Takes Title



Women's
Open Cham-
pion Melanie
Taylor hits
out on a fore-
hand (left)
and shoots a
plum (right)
in her victory
over Gerri
Rudysz in the
finals.



NEIDERHOFFER CALLS TIME...



...BUT DOESN'T GET THE POINT!



**"Hey!
Wait a
Minute."**

Racquettime, Waldwick, N.J. held a semi-pro invitational Round Robin tournament last year that brought together the very best eastern ballplayers. Graig Ginter of Pennsylvania won the Men's Division and Fran Davis of N.J. took the Women's Title.



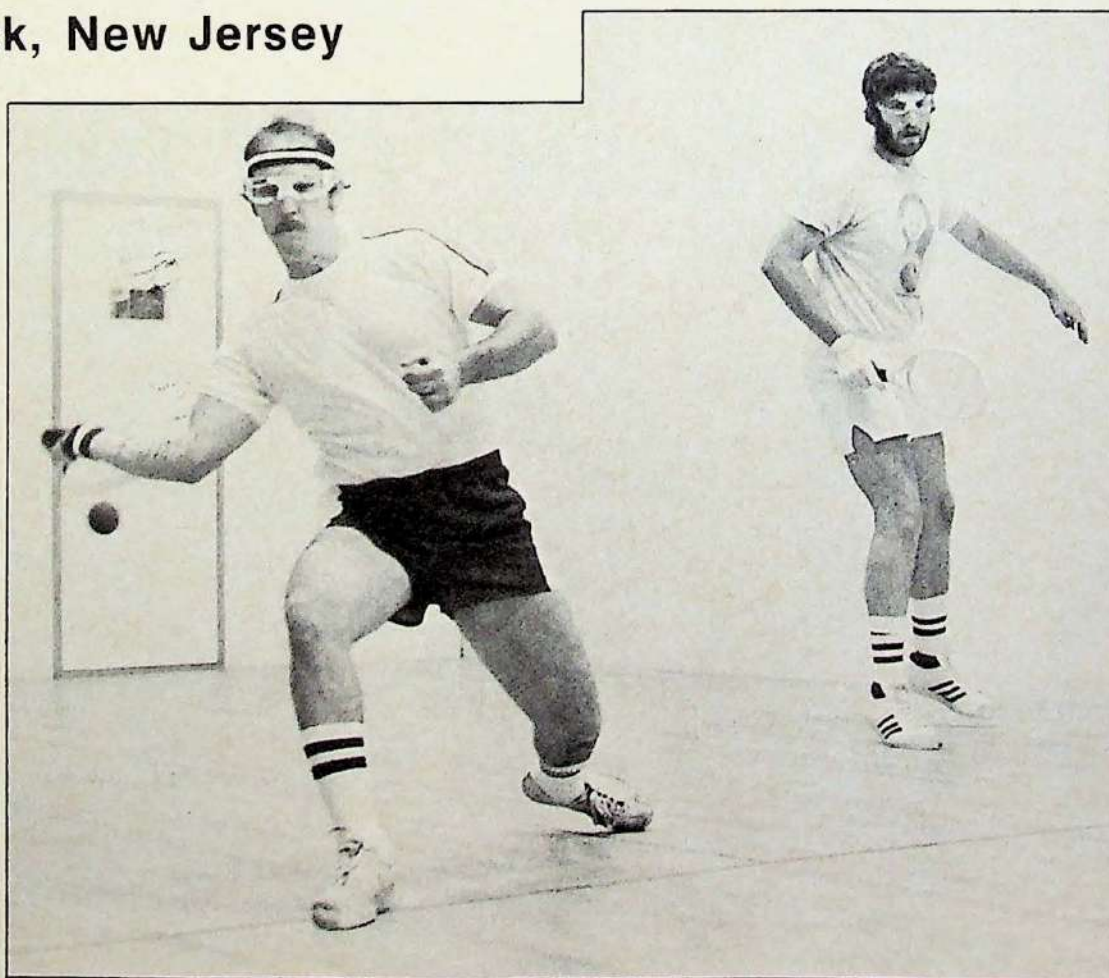


RACQUETIME INVITATIONAL

Waldwick, New Jersey

The tournament included the strongest eastern field ever. \$1,700 in prize money was distributed equally between men and women (\$500 for First, \$200 for Second).

Maryland State Champion Tom Whipple attempts a down the line forehand against the seemingly out of position Tom Ranker in this quarterfinal action.



SPALDING'S INCREDIBLE STRING BAND.

Spalding is creating quite a racquet within the confines of four-walled courts these days.

And it's no wonder.

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Our composite frames have the optimum blend of glass, nylon and graphite for flexibility, weight and strength.

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let you let go without the fear of letting go.

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And because not every player is ready for the "A" ladder, our racquets are priced to match your level of commitment.

So whether it be our Junior Tournament, our very unlady-like Lady Spalding, our intimidating Intimidator, or any of our other racquets, look to Spalding for the dependability, playability and power you need.

Spalding.

We're playing your game.



SPALDING®

QUESTOR

Dr. Schiro's

ANKLE INJURIES AND RACQUETBALL

Ankle injuries constitute one of the most important reasons for depriving one of time on the racquetball court. They also happen to be one of the most common injuries for the ardent racquetball player. This is a shame, not only because of the loss of playing time but, more importantly, because they are in large part preventable. Let's try and understand the meaning of this and thereby proceed to a greater degree of prevention.

If we can now channel our thinking to the racquetball court and the various motions which the foot goes through we can examine some of the more common injuries. The nature of the sport requires a great deal of motion in a side to side direction and this will propel the body weight over and beyond the lateral (outside) ankle area. If this motion is mild to moderate the tensile strength of the lateral ankle ligaments will suffice to maintain the structure of the joint. If, however, the force is great and beyond the tensile strength of the lateral ligaments, one or more will tear. The tear can be partial (several fibers) or it can be total with a complete rupture of the ligament, or it may simply pull the ligament away from its attachment to the bone. The severity of the injury will be proportional to the degree of tear in the ligament; and so will the recovery time.

In any injury of this type the initial care received by the player is crucial to the final outcome. All activity on the affected limb should *promptly stop*, it should be elevated and an ice pack applied for 15-20 minutes out of the hour. This will help to prevent swelling and bleeding into the area. This regimen should be followed for

Dr. Anthony F. Schiro of Fair Lawn is Racquetball East resident medical expert. His monthly columns will be devoted to health care and racquetball, relaying the latest sports medicine news and diagnosing and explaining problems you may have.

Racquetball East and Dr. Schiro welcome and encourage our readers to write to the good Doctor.

24-48 hours and then followed by rest for 3-4 days. If the injury is severe, that is complete rupture or multiple ligament injury, as determined by a sports podiatrist or sports physician, complete immobilization is strongly advised for a minimum of 3-4 weeks with a short leg cast.

It is of utmost concern that damaged ligaments be given every opportunity to heal back in their normal position or chronic ankle weakness with further episodes of injury will be the result.

By now you should have formulated some opinions about prevention. If not, consider the benefits of external support. The easiest method is through the use of adhesive tape.

As stated by Dr. Steven Subotnick, one of the countries leading authorities in podiatric sports medicine, "properly applied tape takes on the function of a flexible cast which limits abnormal motion and prevents injury". You are, in essence, increasing the tensile strength of the ligaments by "adding an external ligament of your own and preventing abnormal motion beyond the range of normal motion". There is no great secret in applying tape. It can be done quickly and easily in just a few minutes.



Of course, it is realized that not everyone will apply tape every time they step onto a racquetball court, however, it wouldn't hurt to employ a little common sense. If you know you are going to go out there and play the hardest game you can, reaching for those hard shots, in short, out to beat your opponent then **TAPE UP**. It goes without saying, a professional pursuing the sport as a career, should tape up and most do.

The methods of application are easily learned and can be done quickly. Probably the best tape to us is 1 inch wide adhesive tape since wider widths will be slightly less strong. Tape adheres better if the skin is prepared first. Hair prevents good adhesion so if you know

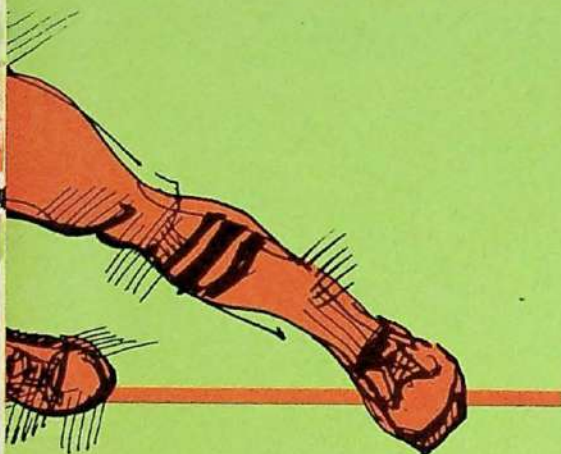
THE BASICS OF



Figure A

Body Shop

Ankle Strapping



you are going to play for an extended period or 4-5 times a week shave the lower leg. Then wipe the skin down with alcohol to wipe away any skin oils. Allow this to dry thoroughly and you are ready to tape. The photos show two basic methods of taping which are applicable to racquetball. They will give sufficient added protection to the ankle area while allowing the necessary motion of the joint.

The first method, which we will call a "general ankle strap" is good for the social player having no specific problems but who wishes to prevent any from occurring.

As you can see in FIG. A it is begun by placing a strip of tape under the heel and up the sides of the leg approximately 3-4 inches

above the anklebones. Make sure that both sides are equal. FIG. B shows three additional strips applied in a similar manner but overlapping each other by half the width in a forward direction and following the contour of the foot. FIG. C demonstrates the first of 2 retaining strips encircling the leg and placed just snug enough to prevent the side strips from coming loose. FIG. D shows the finished strapping. These 6 pieces of tape have succeeded in greatly reducing the possibility of either an inversion or eversion injury.

The next strapping is called a "J" strapping and is useful for those of you who routinely suffer inversion injuries. It is designed to prevent an excessive outward twist of the ankle. Notice FIG. E how the initial strip is begun *below* the inner anklebone, carried around the heel and FIG. F up and over the anterior leg. The additional 3 strips are added in a fan-like fashion as shown in FIG. G. Remember the half width overlap. Finally, the two retaining straps are applied FIG. H.

In both of these strappings remember to keep the foot in the "neutral position" that is 90 degrees to the leg and neither inverted nor exerted.

THE "J" STRAP



Figure E



Figure F



Figure G



Figure H

THE GENERAL ANKLE STRAP



Figure B



Figure C



Figure D

WHY YOU SHOULD ACT NOW-AND ORDER

racquetball

EAST →

By **LARRY SHERIDAN**

Editor of this exciting new magazine

RACQUETBALL EAST is your magazine. It was born out of an impassioned urge to serve the needs of the ever-growing number of players here in New Jersey. At last count, there were nearly 150,000 of us.

Any one of you could reach the top. It is just a matter of how you coordinate your body, your mind, your determination to get there. The more you learn from others, the better will be your own chances of reaching the golden pinnacle.

From his initial step into the magical cube of a racquetball court, the newcomer is looking for answers to his questions.

RACQUETBALL EAST intends to provide those answers—for every player, no matter what his or her rank in the game. We plan to be a constant source of information and advice for every one of you.

We will continue to be in close personal touch with your Clubs so that we can inform you of the most dramatic advancements in Club facilities, creative programming and top personnel in your area.

As a central source, we're in a position to assemble valuable information that will keep you, our readers, apprised of the spectacular growth of this sport in our state.

We'll travel to the four corners of the country to keep you in touch with players who are currently making national tournament news.

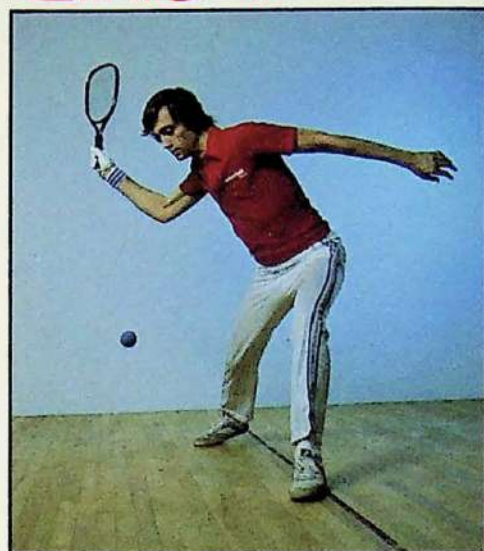
Our aim is to bring you the finest quality instructional aids available. That's important in a game as reliant on good technique as racquetball.

You'll be reading about the most exciting advances in new products and services that our nation's manufacturers can offer.

We'll be digging them out each month, to keep you ahead of your competition. We'll ferret out the most progressive local dealers who stock the equipment you may be looking for.

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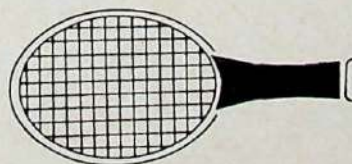
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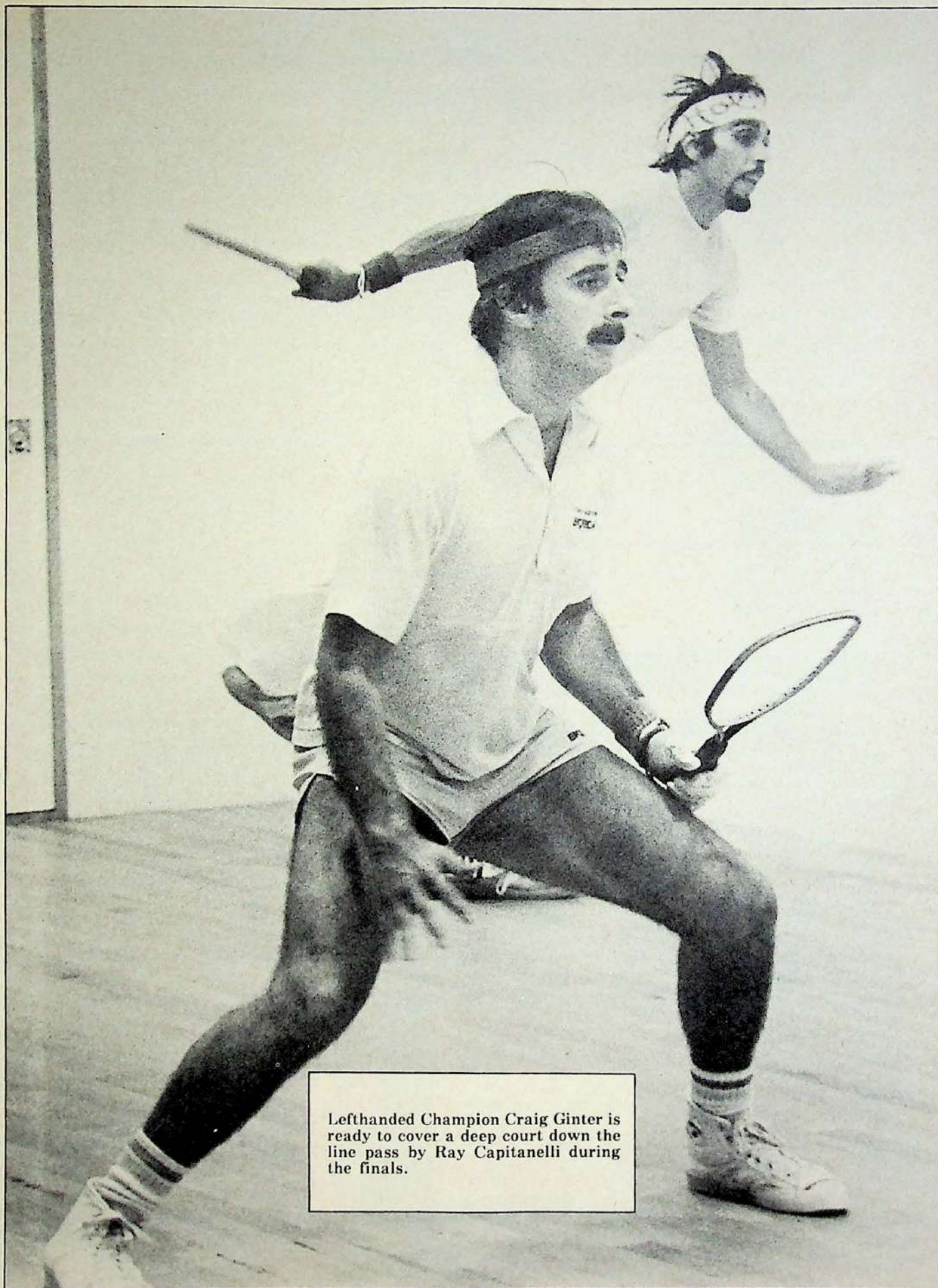
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