

March-April 1982

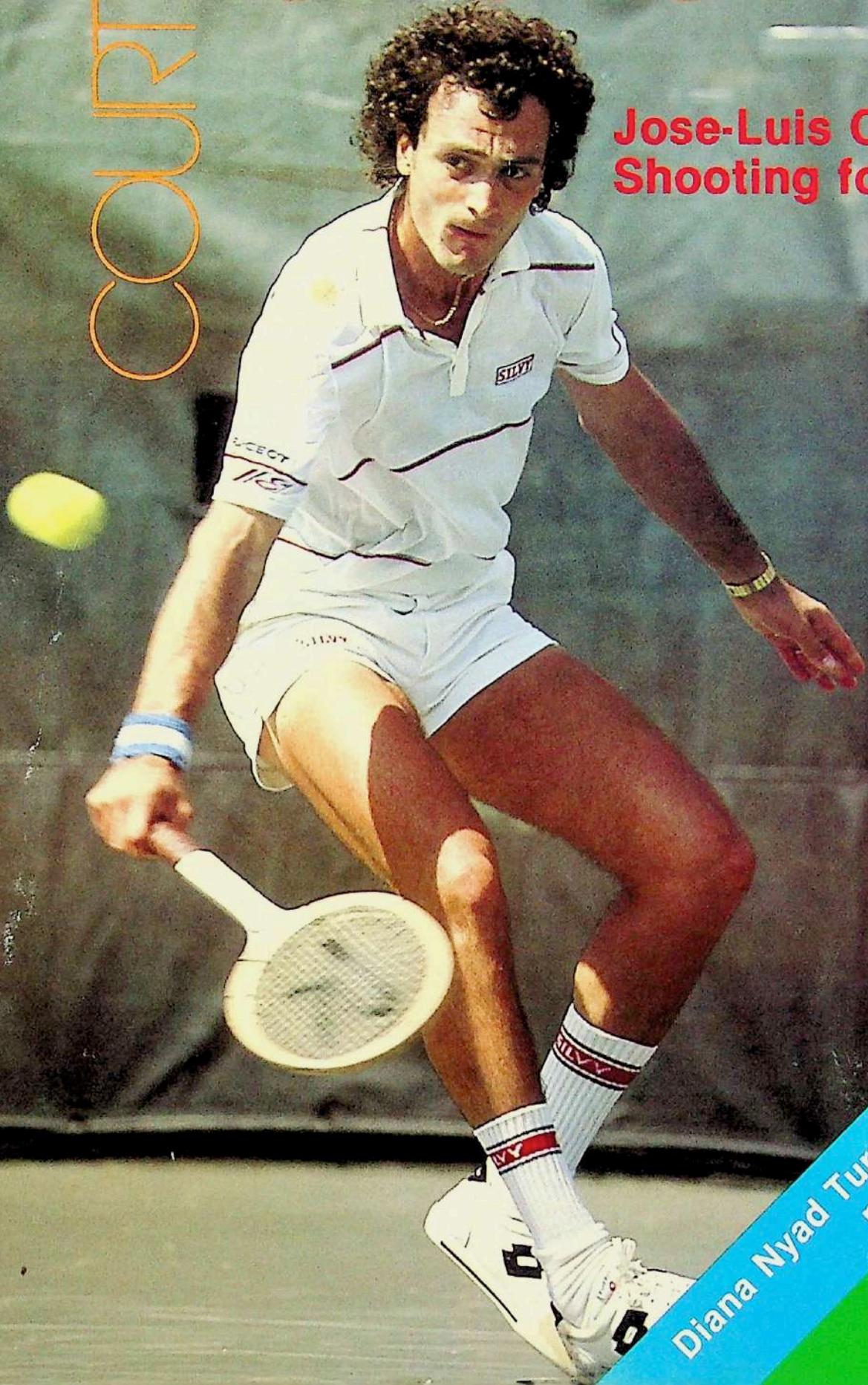
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# CLUB SPORTS

Magazine

COURT

**Jose-Luis Clerc  
Shooting for No.1**



Diana Nyad Turns to Racquetball  
page 18

Larry King  
On Team Tennis  
page 20

The Racquet Club Magazine



1

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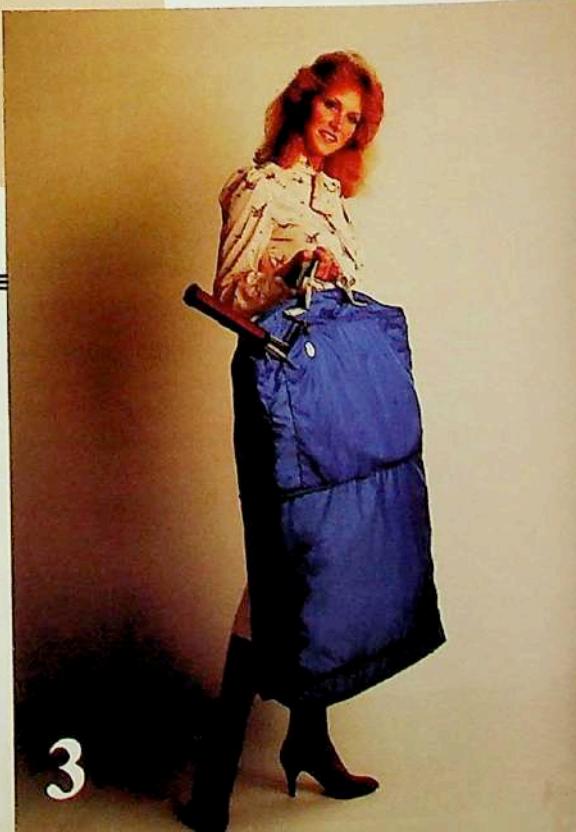
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# CLUB SPORTS

Magazine

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 by Carol Newsom*



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COURT CLUB SPORTS Magazine



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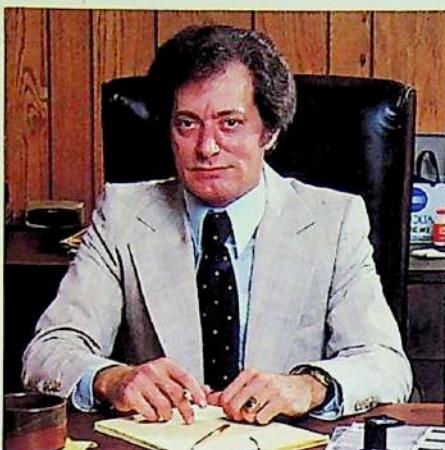
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## FRONT COURT

### From the Publisher



A canine month equals seven human months. For every horse month, we multiply by five for the human equivalent. COURT CLUB SPORTS is now eight months old. Since about nine of every 10 magazines die before this time, I can't help wondering, by applying a similar equation to magazines, "What is the human equivalent of CCS's age?"

Fortunately, with age we have gained strength and vitality, rather than an early demise. For that happy alternative, we thank you, our readers, without whose support we would not have survived.

We're also happy to welcome two new national advertisers: Michelob Light and Bic. We applaud them for recognizing the value of our audience and hope to see them in our pages regularly. We urge you to use their fine products.

We had the opportunity to cover the Michelob Light Challenge in Chicago in January. It gave us a

chance to interview many of the top players, among them Jose-Luis Clerc, who is featured on our cover, and Wojtek Fibak, who is covered inside the magazine.

Clerc is one of tennis' fastest rising stars, and our interview with him reveals he is as concerned about his image as with his ranking. The declaration of martial law in Poland cast a cloud over Fibak's stay in the United States. We hope, that when this issue is off the press, he will have been able to communicate with his parents and other relatives in his native land.

It seems from your response that our instructional articles by CCS teaching pros Rod Laver and Frank Parker, on tennis, and Jerry Hilecher and Mike Yellen, on racquetball, have been enthusiastically received. We have added a CCS first with this issue—a CCS Clinic. In his column, Frank Parker has answered some oft-asked questions of club players. In subsequent issues, both he and Jerry Hilecher will answer questions and help resolve the playing problems of CCS readers, so we urge you to take advantage of their expertise.

Understandably, the pros will be able to answer only those questions that can be fitted into our space, and no questions will be returned or answered personally by mail. We will award a prize, though, for the best question in each issue. The winning question will be chosen by Frank and Jerry, and their decisions will be final.

In this issue, we have made CCS easy to reach by all those who wish to receive it at their homes or offices with a limited subscription offer of \$3.97 for a full year. Subscribers will be eligible to win a Caribbean Cruise for two and other prizes.

As for the content of this issue, we offer a new look at Diana Nyad, who is best known for her handsome swimming strokes. Did you know she also is pretty handy on a racquetball court? Read about this special lady in Len Ziehm's article.

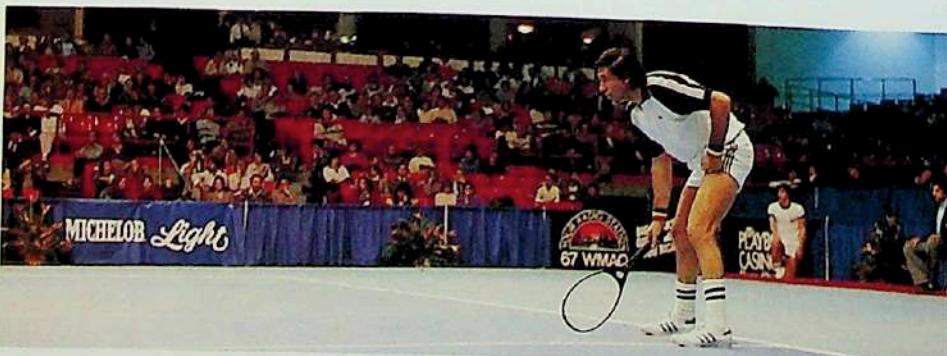
Also in this issue, we welcome Larry King as a contributing editor. His article on Team Tennis gives you the story straight from the source.

In browsing through the recent National Sporting Goods Association Show, I noticed an imitator of the patented Cheater racquet. Aside from a possible patent infringement, the handle is bent incorrectly and may actually cause tendonitis instead of increasing one's tolerance to it. The angle and the taper of the grip are critical. If you own a Cheater, be sure to grip the racquet with your middle finger in the bend for maximum benefit.

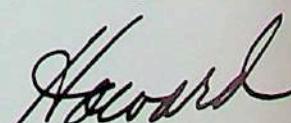
Many of your pro shops are now handling the Cheater racquetball racquet. If yours is not, ask them to order one for you. The tennis racquet with the bent handle will be available in about 60 days; however, orders are being accepted now at a special introductory price.

And don't forget—we're always interested in hearing from you. Your reactions to our articles and instructional features let us know whether we're producing the kind of magazine you enjoy reading.

Until next issue—may your lives be filled with winning volleys. •



Ilie Nastase prepares to return serve at the Michelob Light Challenge.



Howard J. Blumberg  
Your publisher.

# A LOT OF TENNIS PLAYERS ARE FINDING A SECOND LOVE.

It's called sailboarding. And it's not just popular among tennis players. The fact is, sailboarding is the fastest-growing sport in the world today. There are already over a quarter of a million avid enthusiasts.

And they're not all 23, blonde and muscular. The truth is, it's easier to learn how to sailboard than it is to learn how to serve. Which is

why most tennis players can master sailboarding in just one or two lessons.

But make sure you take your lesson on a BIC board. The board marketed in Europe by Dufour, one of the world's great yacht makers. Since its introduction 2½ years ago, it's become the largest-selling sailboard in the world.

And for good reason. The BIC

board is exceptionally stable, making it one of the easiest boards to learn on. It's also exceptionally attractive. Not only in design. But in price. The BIC board costs only \$699.\* That's far less than other boards of comparable quality.

So this summer, why not try sailboarding. As far as excitement goes, you might say that tennis has met its match.



For additional information and the name of the BIC Sailboard dealer nearest you, call 800-243-6699, or write: BIC Leisure Products Inc., 1070 Sherman Ave., Hamden, Conn. 06514. Swimwear by Marina

\*Manufacturer's suggested retail price.



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## BACK COURT

### From a "Racquet Buff"

I enjoyed your January/February issue, featuring Tracy Austin. COURT CLUB SPORTS is a great publication for racquet buffs! It's a visual bonanza of sports, with a good focus on tennis.

Ele Trowell  
Hilton Head Company  
Hilton Head Island, SC

### Wheelchair Tennis . . .

I read with interest Peter Zollo's article about wheelchair tennis. It brought to mind my playing last summer in Chicago with Brad Parks, America's best-known wheelchair player.



—photo by Ivan Fuldauer

Frank Parker, CCS contributing editor, with Brad Parks.

Talk about enthusiasm, grit, love of the game, and desire! He combines them all. He reminded me of the basics, which we sometimes take for granted—watching the ball, anticipating the return, and keeping the ball in play. As for patience, we all could learn from him. How often we hit too soon for an outright winner. Brad is a great sportsman and a model of court demeanor. And his concentration is phenomenal. No wonder he's a champion in my book, and a model for future champions.

Frank Parker  
Chicago, IL

6 • March/April • 1982

"Kudos" to the entire CCS staff for a top-notch, quality magazine. I was gratified to read the article, "Wheelchair Tennis Has Come of Age." Yes, our disabled individuals can enjoy recreation just as the able-bodied person does. As a rehabilitation professional, I salute CCS for the national awareness it has given disabled individuals.

Dale D. Thomas  
Illinois Dept. of Rehabilitation  
Naperville, IL

### ... and Wheelchair Racquetball

I enjoyed your most recent issue since I have a special interest in sports for the handicapped. Your article on wheelchair tennis was excellent. Awesome is the word that best describes the determination and performance of the wheelchair athlete. Now, wheelchair racquetball is the up-and-coming sport for the handicapped. For the first time ever, there will be a division in the Nationals for the wheelchair athlete. There are seminars and exhibitions at clubs nationwide. My compliments to the wheelchair athletes for their courage and sportsmanship and to CCS for its coverage of these special participants.

Sunni K. Badore  
Racquetball Director  
Racquetime of Danvers  
Danvers, MA

### New Racquet Sport

In response to Dean Goldberg's letter which appeared in your last issue regarding a new sport he calls, "racquet-tennis," we're now promoting a sport called, "raqueten." Using traditional tennis scoring, the game is played on a "miniature" tennis court, which measures 44-feet by 20-feet. A 31-inch net demands an underhand serve and is surrounded on each side by a small "dead area." Players use shortened tennis racquets, and balls which have had their

pressure released. The courts and complete rules are available from our company.

Yes, Dean. I have heard of "racquet tennis!"

Nick Forlenza  
Modular Sport Systems  
Utica, NY

### Racquet Biomechanics

Since learning of the benefits of a 19-degree bent racquet handle nearly four years ago, I have reworked a regular metal tennis racquet to the 19-degree bend. I started playing nine years ago at 51 and credit the bend with keeping my arm and game from deteriorating. I'm sure a manufactured product would have better balance and should be far superior to my model. I therefore was interested in your article on the biomechanics of the CHEATER racquet.

Richard W. McDonald  
Beverly Hills, MI

Many thanks for the biomechanical CHEATER racquetball racquet I won through your magazine. Since I teach both racquetball and tennis, I'm especially interested in CCS because of its coverage of both sports.

Doris Horridge  
Racquetball International  
Seekonk, MA

While playing in a club racquetball tournament, I came across a copy of your magazine. I especially enjoyed Mike Yellen's instructional article and the piece on the CHEATER racquet. I had seen the *Tonight Show*, when inventor John Bennett demonstrated the bent-handled hammer, and I found the principle most interesting.

Sharil Lovvorn  
Kansas City, MO

We reserve the right to edit and condense letters. •

# GIVE IT YOUR BEST SHOT!

## Sign up for USTA/Michelob Light League Tennis.

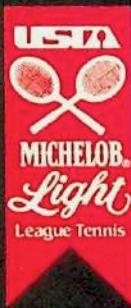
Michelob Light and the United States Tennis Association are sponsoring tennis leagues for men and women 21 or over all across the country. Here's a great way to polish your game and have a good time doing it.

You can compete in local matches and perhaps go all the way to a national championship in a USTA/Michelob Light League! You and your friends can sign up

as a team at one of three skill levels best suited to you.

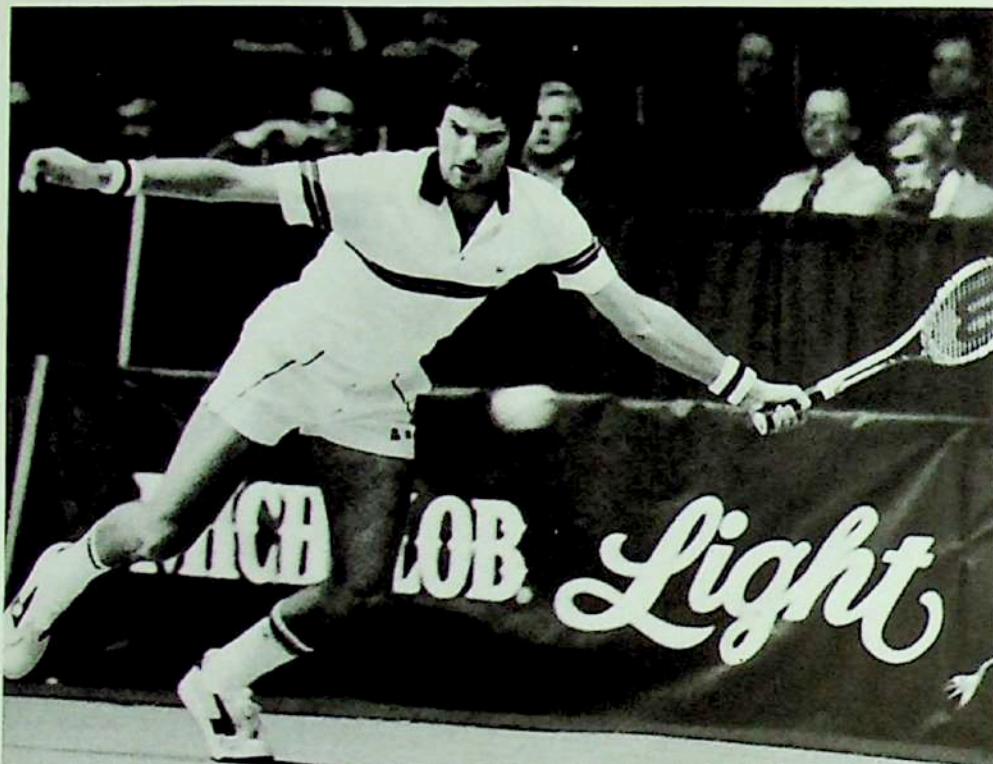
Don't miss the fun. Join a USTA/Michelob Light League today at your local tennis club, company or park recreation department. Or call the USTA toll-free at 1-800-331-1000. Operator 56.

And after the match, enjoy a cold Michelob Light—the light beer in a league by itself.

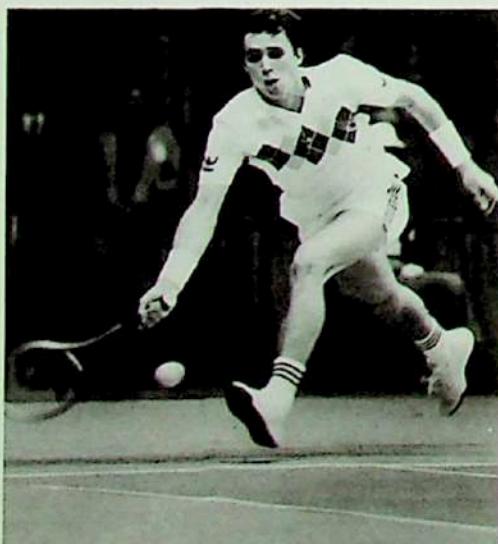


ON THE COURT

# Pictures From an



Photos, clockwise from above: Connors never dropped a match in the round-robin format; Seeded No. 1, McEnroe let his temper and Connors overtake him; Umpiring decisions made Connors walk; But McEnroe led the way; Protesting a call, Nastase-style; Teltsher's inimitable backhand; Fibak took Connors to three sets in one of the event's best matches; Despite this call, Gerulatis made it to the semifinals; After being eliminated from contention, Clerc came back to beat McEnroe; Returns like this made Lendl a semifinalist.



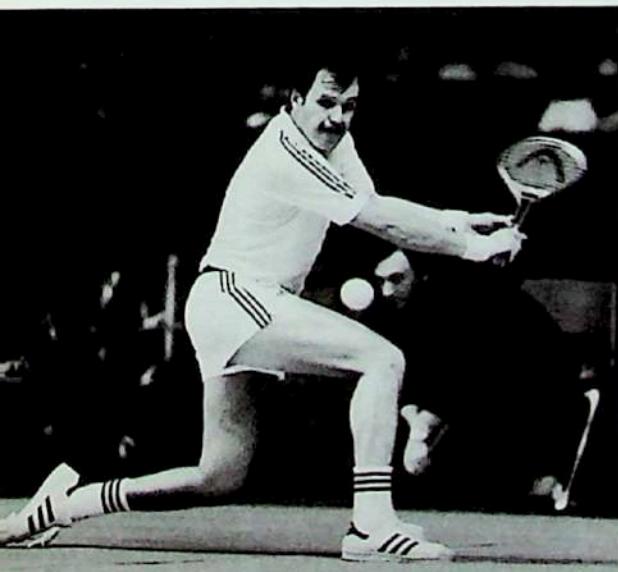
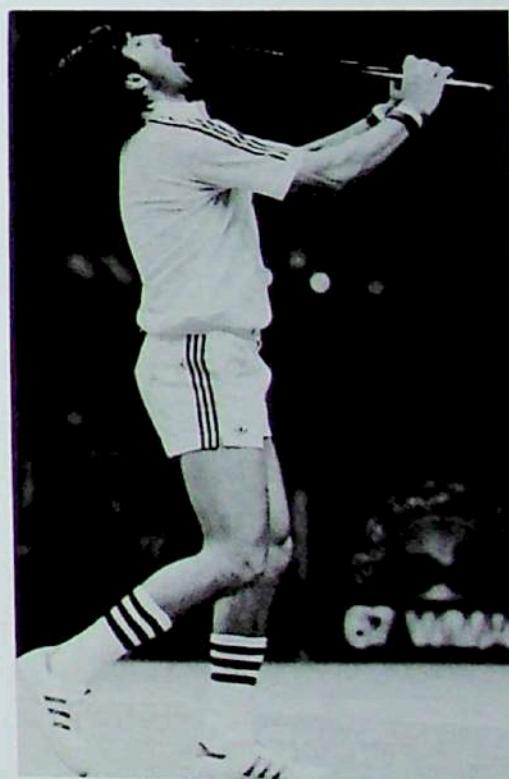
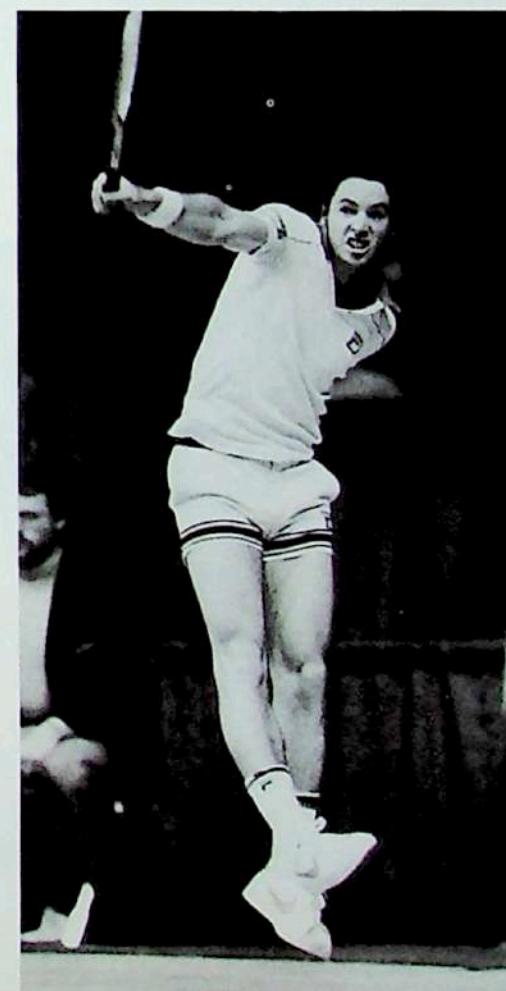
# Exhibition

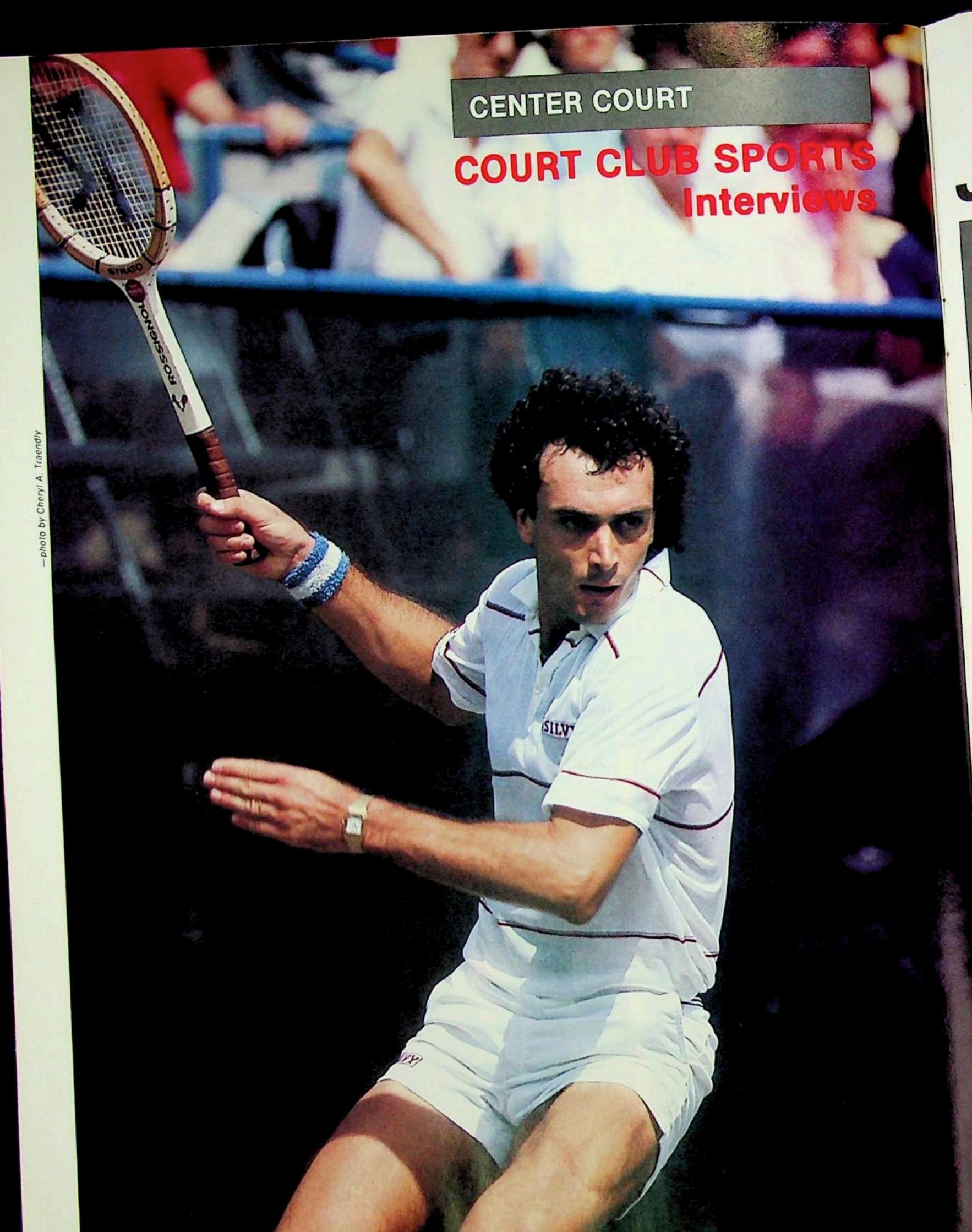
## The Michelob Light Challenge Showed The Two Faces of Tennis

Any time John McEnroe, Jimmy Connors, Vitas Gerulaitas and Ilie Nastase comprise half of an eight-man field, there are bound to be controversy and fireworks. And when they're joined by Ivan Lendl, Jose-Luis Clerc, Eliot Teltscher, and Wojtek Fibak in an event boasting four of the world's five top players, the fans are sure to witness top-notch tennis. Such was the case at the \$310,000 Michelob Light Challenge held in January in Chicago.

One of tennis' "super" special events, the round-robin Michelob Light tournament proved to be an exhibition of tennis at its best and its worst. Six days of play produced outstanding moments and matches, but heated, drawn-out arguments over line calls became commonplace.

Predictably, everything culminated in the finals where both Connors and McEnroe flung their racquet bags over their shoulders and walked off the court over umpiring decisions and arguments between themselves. On returning, Connors took the match and the championship in five sets.





CENTER COURT

COURT CLUB SPORTS  
Interviews

# Jose-Luis Clerc



**The Argentine Star  
Is Shooting for No. 1,  
But Says He First  
Wants To Be Known  
As Tennis' Good Guy.**

by Peter Zollo

In the never-ending quest for tennis supremacy, one man has been chipping away steadily at the rankings, and maturing into a top contender—to use his own words. His name is Jose-Luis Clerc, and he already has bypassed one major obstacle: supplanting perennial world top-tenner Guillermo Vilas as Argentina's top-ranked player.

But the 23-year-old Clerc isn't content to stop there. Last summer he captured the Italian Open and then put together the most impressive winning streak of the season, taking four consecutive tournaments and 43 of 45 singles matches. He already has beaten McEnroe, Connors, and Lendl, and has moved into professional tennis' elite top five. With Vilas, Clerc brought Argentina to its first-ever Davis Cup final, played last December in Cincinnati. Proving he's an all-court player, Clerc trounced Roscoe Tanner, and extended McEnroe to five grueling sets on the American's best surface.

Clerc says his immediate goal is to capture this year's French Open. But his coach and confidant, Patricio (Patro) Rodriguez, a former Chilean Davis Cup player, thinks Jose-Luis has the talent and the personality to become the world's next No. 1.

"Jose-Luis has simplicity," says Rodriguez. "The fame hasn't changed him at all—except to help him mature. I'm very optimistic about his chances of being No. 1. There are a lot of great young players today, and don't forget Borg's still young. But Jose-Luis has something special."

In a game that showcases the histrionics of its players, a competitor like Clerc, who wants the fans to think of him first as "a good guy" is special. While he was competing in the Michelob Light Challenge in Chicago last month, Jose-Luis, whose English is improving almost as fast as his game, sat down with us and Rodriguez at his hotel the night before he was to play McEnroe. Highlights of the conversation follow:



**CCS:** You and Ivan Lendl are most often mentioned as John McEnroe's main challengers in the next few years for the world's No. 1 ranking. Do you agree?

**Clerc:** Well, I want to try to be No. 1 for sure. But I think there are many young players, besides Ivan and me, who also could become No. 1. For me, it's nice to think about. Maybe even this year or next year; you never know in tennis.

**CCS:** To beat McEnroe and win consistently on all surfaces, are there any parts of your game that you feel need particular improvement?

**Clerc:** No, I don't think so. I play him so many times and beat him so many times that I don't have problems. I feel different when I play on the fast courts and know if I win two or three big matches that I'll have more confidence on that surface. I'm going to play the same on clay courts.

**CCS:** All of a sudden you're No. 5 in the world. How has it affected your life?

**Clerc:** Not too much really. I notice little changes, but I enjoy them. But really, not too much of



Competing at his second-most favorite tournament, the U.S. Open.

my life has changed, and I think that's nice.

**CCS:** How have your marriage and new son affected your play?

**Clerc:** Last year, because of the baby, my family couldn't go to tournaments with me. Now, I think I play much better because of them. I feel stronger and more mature.

**CCS:** Is tennis still fun for you?

**Clerc:** Yes, I like to play. That's what I do. Sometimes I even like to practice. No, no... yes I like to practice, too!

**CCS:** What do you enjoy most about being a world-ranked player?

**Clerc:** You know, there are so many things. I like the friends I travel with. That's really important to me. I also like to meet new people every week at the tournaments.

**CCS:** Your streak of tournament wins this past summer says a lot about your mental toughness. Isn't it hard to maintain your concentration when you play as often as you do?

**Clerc:** Sometimes I feel really tired, especially in my head, and I can lose my concentration. That's

why I think it's important to stay with friends and with your manager when you're touring. I remember when I won the first two tournaments, I say to Patro, "I am so tired." And he said, "No problem; try to play hard one, two, or three more games. If you lose it doesn't matter. If you have a bad day, no problem; you'll have another tournament next week." I said, "OK, I'll try to play," and then I won. It gave me more confidence.

**CCS:** What would you say is the biggest cause of stress among the players?

**Clerc:** It's the pressure when you go to play the tournaments and all you want to do is win, and the other guy does too. That's where you have the tension. And also, the money—when each match means so much. You know, you can play each point by itself, but you also are playing for points on the ATP computer. There are so many things. I think all the players feel some tension before a match.

**CCS:** During a hard match, if something has shaken your concentration, how do you go about getting it back?

**Clerc:** I remember last year when I played one tournament where

*I feel stronger when the crowd is for the other guy.*

there were so many bad calls. I got nervous and talked to the linesman, and I lost my concentration. I lost many matches like this. Then Patro told me, "If you are going to speak with the man, you are going to lose your concentration, your confidence, and the match." I say, "OK. That's the last tournament I'm going to talk to anybody on the court." Now I take it easy and won't talk during a match, and I play better. I think it's really important to say nothing.

**CCS:** Jimmy Connors has said he doesn't think that bad calls always even out, because one player can get one at an inconsequential time and another player at break point. Do you agree with him that bad calls don't really even out?

**Clerc:** Yes, it's not really the same for both players because sometimes you even get a bad call at match point. You know it's out, but the linesman calls it good. And sometimes you lose the match because of it. Yes, there are many mistakes, but you know, they're part of the game.

**CCS:** Would you have any suggestions or advice for linesmen?

*If you tour alone, you may be getting into trouble. If you travel with friends, you'll have no problems.*

**Clerc:** It's really difficult to have to make the calls. I wouldn't like the job. But I know some linesmen who watch the match and just don't see their line; that's all I can say about linesmen.

**CCS:** What goes through your mind when you're playing a Wimbledon or U.S. Open in front of a large crowd and a television audience?

**Clerc:** I think I feel stronger when the crowd is for the other guy. But nothing really goes through my mind. I concentrate hard. I try to play the match. I never play for fans or for TV.

**CCS:** What about temptations and distractions while you are touring—how do you cope with them?

**Clerc:** That's why I say you have to travel with somebody. If you travel alone, you may be going out and getting into trouble. If you have friends on the tour, you'll have no problems.

**CCS:** Who are your best friends on the tour?

**Clerc:** The other South American guys.

**CCS:** Is there one player whose style you most admire and respect?

**Clerc:** I like Borg very much.

**CCS:** Is there any player after whom you modeled your game—an idol, someone you wanted to play like?

**Clerc:** Not really. The only top player I saw when I was a junior was Nastase, and I saw him only one or two times when he came to Argentina. I would have liked to play like him, but it's difficult for anyone to play like Nastase.

**CCS:** How old were you when you started tennis?

**Clerc:** Six years.

**CCS:** Was it your favorite sport right away?

**Clerc:** No, soccer was. I played soccer in high school and also did rowing. Then I tried to play many sports.

**CCS:** Were you the best tennis player among your friends?

**Clerc:** No, not all the time. I was maybe fourth or fifth best.

**CCS:** Was there a certain moment when you decided you wanted to devote yourself to tennis—a time when you said, "This is what I want to do?"

**Clerc:** I always liked to play tennis, but I thought I might have to work on my game at a university. But I think I changed my mind when I played the Orange Bowl when I was 16. I got to the singles final and lost to Van Winitsky. That's when I said, "I want to play tennis."

**CCS:** What advice would you give to junior players who want to test their skills on the pro circuit?

**Clerc:** First, it's important that you like to play tennis! You need to play only tennis—no other sports. It's difficult to do two or three things. You need to give everything to tennis.

**CCS:** Argentina has been successful in producing players who specialize in the clay court game. Do you think fast court players will start to come from Argentina?

**Clerc:** The young people coming up in Argentina are still much better on clay.

**CCS:** What's your favorite tournament?

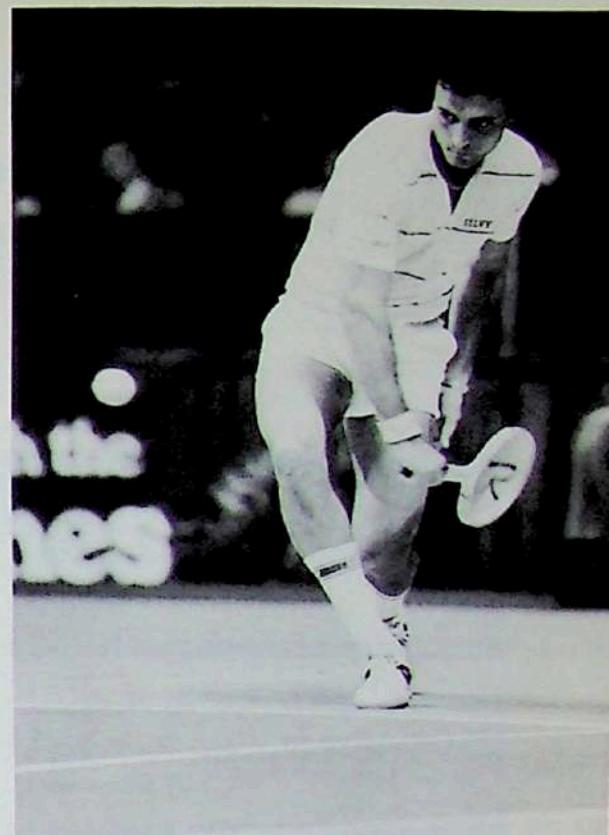
**Clerc:** The French Open. After that, Flushing Meadows.

**CCS:** And your least favorite?

**Clerc:** I don't want to say.

**CCS:** What was the hardest match you've ever played?

**Clerc:** I would say against McEnroe when I lost to him in



five sets in Davis Cup. Also against Lendl in Paris.

**CCS:** How about your most satisfying win?

**Clerc:** When I won my first Grand Prix tournament in Florence in 1978.

**CCS:** There's another great player from your country—Guillermo Vilas. Your past disagreements have received a lot of press. What's your relationship now?

**Clerc:** The real story is that everything's all right. There are no more problems. He is a great player who's doing many good things for the people of Argentina and for tennis in Argentina.

**CCS:** What was it like playing tennis with him recently in Davis Cup against the U.S. team?

**Clerc:** It was very hard because we never play doubles except for Davis Cup. And the Davis Cup is so hard on your nerves. It's difficult to enjoy playing like that.

**CCS:** Were you surprised, then, that you and Vilas almost beat McEnroe and Peter Fleming, the world's top doubles team?

**Clerc:** Yes, a little bit. But we said, "Well, the doubles is only

*My relationship with McEnroe is, "Hi, how are you." That is it.*

one point. So if we lose, that's all it counts." So we relaxed a little and really had nothing to lose. And we played well.

**CCS:** After that match, McEnroe accused you of gamesmanship and stalling. What's your relationship with him now?

**Clerc:** Our relationship is, "Hi, how are you." That is it.

**CCS:** Your tennis career can last only so long. Have you thought what you'd like to do when your playing days are over?

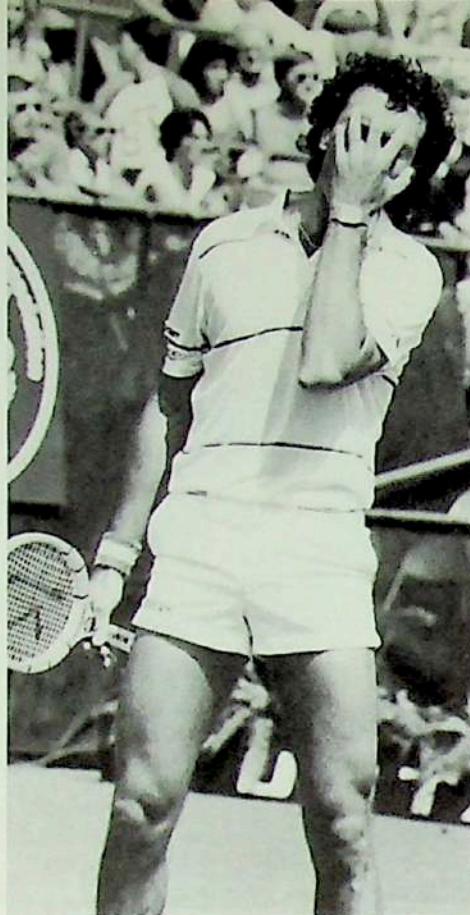
**Clerc:** When I finish tennis, I want to play golf. I love golf. I don't want to make pro, just play for fun. I'm something like a two or three handicap.

**CCS:** How do you have time for golf with all your tennis?

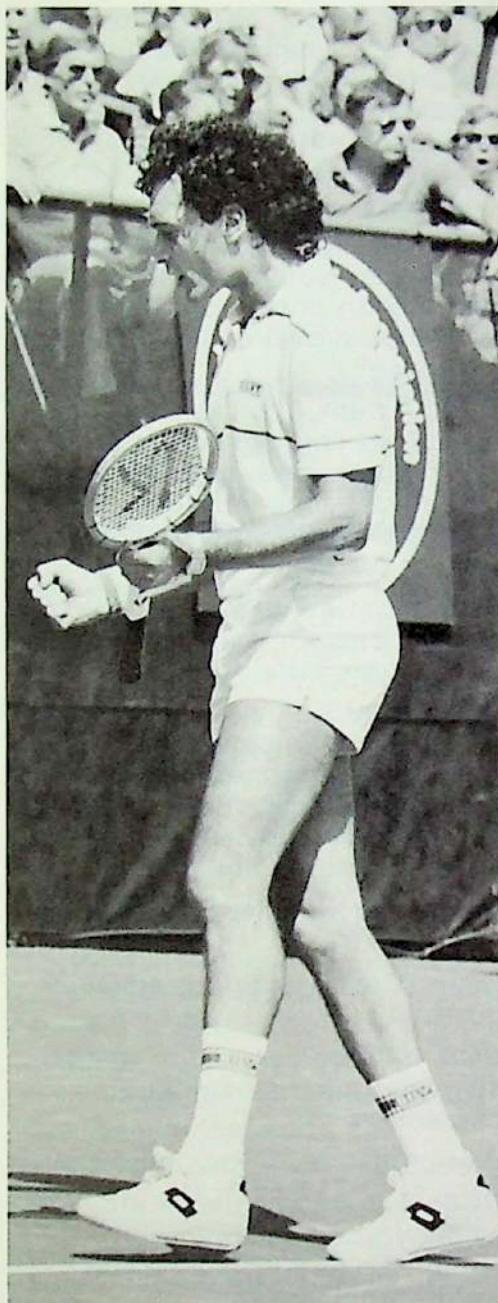
**Clerc:** I try to find the time. Golf gets me relaxed, and there are many pros to tell me how to play good golf.

**CCS:** Do you feel that, in general, other sports can either hurt or help one's tennis game?

**Clerc:** Other sports help me now because then it's not only tennis, tennis, tennis, until you're dead-tired. Other sports relax me and help my tennis and my concentration.



*Keeping it inside: Clerc now talks only to himself during a match and plays better because of it.*



**CCS:** Have you ever played racquetball?

**Clerc:** No, never. I don't know if I'd like to play.

**CCS:** Do you have any other hobbies or interests?

**Clerc:** Yes, I like rock music. Groups like the Rolling Stones, Pink Floyd, Genesis, and Little Feat.

**CCS:** What would you tell your son if someday he decides he'd like to follow in your footsteps as a tennis player?

**Clerc:** I would tell him that if he wants to play pro tennis to be careful, because first off you have to travel all the time. If he said he didn't want to play, I wouldn't say, "You're going to play tennis and that's that!"

**CCS:** Why do you think that, when there are so many aspiring tennis players, you made it to the top?

**Clerc:** Maybe I am lucky, I don't know. Also a lot of it is hard work. I don't know about talent, but I do know about work. When I was a junior, we would work five hours a day, everyday. I remember that time well.

**CCS:** What's your No. 1 goal now in tennis?

**Clerc:** My goal is to win in Paris, the French Open, this year.

**CCS:** How do you want tennis historians to remember you?

**Clerc:** I want them to say I was one of the best tennis players, especially on clay courts, and that I was a gentleman on the courts and outside the courts. I think that's important. ●

—photos by Cheryl A. Traendly

# A Doctor's Advice to Executives: Reshape Your Lives With Racquetball

by Dr. Wayne Allen

The benefits of athletic participation are well documented. As a result, Americans from all walks of life are becoming more and more involved with physical recreation. They are swimming, bicycling, walking, jogging, or running for health. So as athletic activities continue to expand, many of us wonder what sport to choose.

Among those confused are business executives doing sedentary work. Rarely do they find time for activity unrelated to the job. Unfortunately, these same executives need the rewards of exercise more than most others. Fortunately, there is a solution—racquetball.

This popular sport adequately conditions one and enjoys a rare advantage over other sports—convenience. Simply, racquetball involves as much exercise as basketball but does not require 10 players. It provides the same conditioning benefits as football, but it is not as bruising and doesn't require 22 players.

Racquetball is ideal for two players who don't need a great deal of athletic ability. Moreover, males and females may participate on equal levels and derive equal benefits.

Another advantage is that racquetball allows you to exercise all your body's joints. This is extremely important for achieving a healthy, properly functioning system. If joints are not moved through their full range, we tend to lose our ability to use them adequately. The more active we keep our joints, the longer they will function: smoothly, flowingly, and painlessly.

*Dr. Wayne Allen, national chairman of the Craniofacial license board, is one of the nation's foremost chiropractic specialists. He is a director of the California Chiropractic Association and an educator in stress reduction, nutrition, and exercise.*



Racquetball also is the perfect combatant of the executive's number one health concern—stress and coronary related complications. Regular workouts on the racquetball court will maintain a regular rhythm of heartbeats and eventually develop a steady, healthy pattern. A fast game of racquetball is an excellent way to relieve frustrations while having fun.

As in any athletic activity, there are important factors to consider before beginning.

Start slowly. Always have an appropriate warmup before any exercise to lessen the possibility of injury.

Racquetball will burn calories with a resultant loss of body fluids, so be sure to drink more water to restore the loss.

I would also suggest vitamin C and vitamin B complex supplements to restore their loss due to exercise.

In addition to racquetball or any form of exercise, there are five essential factors that contribute to total health:

- Adequate rest.
- Proper nutrition.
- Appropriate exercise.
- A positive mental attitude.
- A sound nervous system.

Finally, it is just plain fun to get out on the court and not only get rid of frustrations but activate the mind and body so you feel good about yourself. You'll stop thinking about office problems while enjoying a vigorous game of racquetball. You owe it to yourself to give the game a try.

A final note of caution. If you should overdo it on the court, be sure to see someone who specializes in sports-related injuries so they don't become permanent problems. Injuries that may seem minor and are left unattended can become chronic.

Above all, I exhort you to stretch those muscles and extend your range of motion regularly with a solid game of racquetball. You'll feel better and you'll be a better executive at your job. •

## Tips on Tennis Foot Care

by Mimi Porter

In tennis, getting there is at least half the problem. No pro alive can teach you how to hit a shot you can't reach. And to get anywhere, the foot must be the foundation of your game. However, when tennis pros teach the basics of the sport, foot care seems to get lost in the shuffle.

In fact, a tennis player's success begins at the bottom: healthy feet are as essential to developing a good game as an unshakable backhand. Many tennis players are susceptible to minor foot ailments which can take the enjoyment right out of the game.

Dr. George Sheehan, dean of the running writers, in his book, *On Running*, offers advice to runners that applies equally to tennis players: "No matter what an athlete's complaint is, we should look first to his feet as the source of the trouble." These "complaints" include knee problems and shin splints.

Just how do you keep your feet happy, and your mind free to worry about more important matters, such as your opponent's cannonball serve? There are really only a few common-sense things you need to know to practice good foot care. Obviously, the first step is to purchase a pair of tennis shoes that suits your needs.

Selecting tennis shoes is for the most part a matter of individual preference. The lightweight shoes offer greater mobility, while the heavier, leather shoes are more cumbersome, but give better support and generally last longer. If you have chronically weak ankles or arches, you'd probably be better off sacrificing some speed for the stability of the heavier shoes.

An arch support will help to compensate for foot weakness, and provide cushioned, firm

support for the longitudinal arch. Supports have been found to help in many cases of shin pain and sore arches. But, if you continue to experience pain and foot fatigue, it's best to see a podiatrist.

No matter what type of shoe you decide to buy, try the pair on in the late afternoon when your feet have expanded to their maximum size. Have both feet measured, and buy for the larger foot. Be sure to wear the socks, orthotics and/or insoles you'll use when playing.

The shoes should break at the balls of the feet and give good arch support. I agree with the foot care/athletic experts who say that most athletes could benefit from some form of foot support or some form of shock-absorbing material within the shoes. Since many shoes do not provide this kind of support, you might find arches, insoles or orthotics very helpful.

A resilient insole can be beneficial in easing pressure on feet and in combatting the tennis player's most common foot problem, blisters. These painful nuisances are caused by the friction generated when the foot rubs against the shoe. Although friction points will vary, about 70 percent of all blisters occur on the soles of the feet—another reason for wearing insoles.

Shoes, of course, are a big factor in developing—and avoiding—blisters. When a shoe fits snugly, the foot doesn't have so much room to move back and forth and create friction. It's also important to keep your socks and shoes dry with a dusting of foot powder, so moisture is absorbed and the foot stays cooler. It is felt that blisters are caused—aside from the friction factor—by heat build-up in the shoe when sweat can no longer evaporate to allow the foot to cool.



Mimi Porter is the Women's Athletic Trainer at the University of Kentucky and a member of the Scholl Pro Comfort Advisory Board.

You can help to prevent the formation of blisters *before* they become a problem by applying some adhesive backed felt, called "moleskin," to the friction areas in your shoes or on your foot.

Other foot-related problems in tennis usually concern the toe. "Tennis-toe" is the inflammation of the first toe joint caused by rolling over the toe on the serve, and certain individuals are prone to developing this type of deformity. The same kind of pressure can also cause "black toe," so called because blood collects under the toe nail. Wrapping the joint with adhesive tape may provide some support and pain relief. But, the best prescription for both these injuries is rest.

Wearing a foam toe-protector and making certain your shoes are not too short are good precautions to avoid these toe injuries.

The last step in good foot care is lacing your shoes properly. Tie them snugly across the top of the foot to support your ankles and prevent sprains, but keep them loose near the toes to facilitate good circulation.

These tips won't put the boom in your serve or the sting in your volley, but they should make it easier for you to cover the court, free from foot pain. Once you get to the ball, it's up to you to solve the second half of your problem. ●

# Confessions of a Tennis Junkie

by Ted Francis

It took a while but I finally figured it out while watching a professional tennis tournament on television. One of the players, I don't remember who, hit a blistering serve. It was a sure ace, but his opponent calmly reached over and blasted a miracle pass.

When it happened, a living room full of twice-a-week club players fell silent. They stopped whatever they were doing, mostly eating and drinking, and jaws-agape, applauded. Then one of the guests spoke up.

"Did you see that?" he blurted. "That guy isn't human!"

I was stunned for a moment by the simplicity of the remark. Then the truth hit me, like the proverbial flash of wisdom one comes across only in movies or television.

The moment had come to admit that I was a victim of *Tennis Envy*. I considered the basic premise, namely: "No matter how hard I try I'll never be able to hit a single shot like the pros. What's more, I had no rational basis for thinking I ever could. But, they make it look so easy."

There was no evading the fact that week after week the play-for-pay racquetees do their thing with uniform excellence. Whether it's New York, Chicago, London, or Cincinnati, the only question is, "Who does what when?" One day Jimmy Connors will hold court, grunting and spewing two-fisted backhands over the net. Next day, Chris Evert may star, patrolling the baseline as if it were the border of her personal duchy. John McEnroe follows, twisting his back into a wild contortion before releasing a bullet serve.

I suddenly realized what I had to do and was forming a plan of action when I heard the TV announcer say the second set was about to begin, and eyes again were riveted on the screen. And I started to rethink my idea.

For openers, I pictured the singles matches some of us were likely to play tomorrow. Obsessed with video hangovers, we were certain to fall into our post-tournament playing patterns. This meant trying to emulate the pros. In our fantasies, weak-wristed backhands would suddenly project laser beam passes. Everyday serves would rocket like Roscoe Tanner's hardball, and potbellies would be ignored during mad baseline dashes.

Although our play actually deteriorates as we lust to play like the pros, we're slow to drop the fantasy. We may not look like local versions of John, Chris, Jimmy, Jose-Luis, Tracy, and Martina, but it's fun pretending.

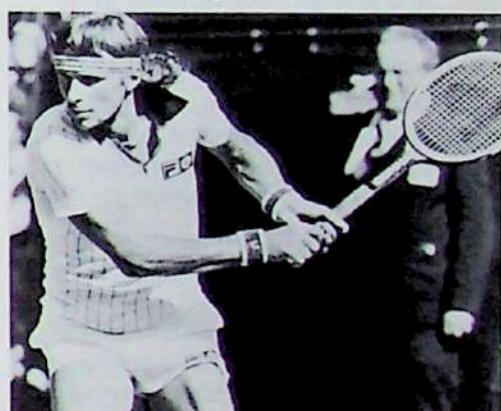
The problem is that deep inside we know we're not being fair to ourselves. It took a lot of doing, but as I watched one of the professionals hit an outrageous winner across the TV screen I said to myself, "Either make an all-out effort to practice a whole lot more, or be content with your lot in the world of tennis."

Looking at things objectively, I found it difficult to make the kind of commitment needed to improve my magnum aces and overheads. I also realized I could be much worse off when it comes to playing and enjoying tennis. Most of the time the ball goes over the net in the general direction I'm hoping for, and if I don't get frustrated or forget the fundamentals, I do better. The same can be said for the tennis worshipers hovering around the television set in my living room.

I waited until the match had ended, then I sneaked into the kitchen, picked up the phone, and booked our regular session for the next day. Then, in a flight of cunning fancy, I decided to schedule an extra hour of practice time beforehand.

This move was based on my ability to recognize my own shortcomings. Never one to quit anything "cold turkey," I knew it would be hard to stop trying to duplicate Bjorn Borg's topspin.

*Tennis Envy:*  
there's a little Borg in all of us.



My previous attempts to "make like the pros" had been terrible. This time though, starting next day, things would be different. With a little help from my friendly club pro I would attack my case of *Tennis Envy* with hard work. Then, perhaps a year or so down the line, when I would have made terrific progress, I'd be ready to show my topspin mastery.

That's when I'll grow my hair long, put on a headband, keep sawdust in my pocket, and grow an "almost-beard."

When I'm ready I'll be careful not to sneak up on my tennis friends. I wouldn't want to frighten them into thinking the five-time Wimbledon champion had dropped in for a visit. Then again, how hard can it be to say hello in a Swedish accent? ●

# Diana Nyad Comes Out of the Water and Onto the Court

by Len Ziehm

Aquatic superstar Diana Nyad has run out of challenges as a distance swimmer, so she has taken up another sport.

An amazing lady who thrives on challenges, Nyad has taken to racquetball. Her feats in that sport aren't legendary yet, but they could be if she finds the time and incentive to work on her game.

Nyad arrived on the athletic scene a few years too early to make big money in competition. But, then, her life revolves around far more than sports.

At 10 years of age she started swimming. Five years before Chris Evert arrived at Fort Lauderdale High School in Florida, Nyad was training for the Olympics in that school's swimming pool.

"Chris Evert, Rita Mae Brown and me all from the same school. How's that for a combination?" asks Nyad.

Brown is the controversial author and one-time companion of tennis star Martina Navratilova.

Evert went from Fort Lauderdale to earn millions as a tennis player. Nyad, in many ways a more accomplished athlete, settled for world-wide renown with an 89-mile swim from Bimini in the Bahamas to Jupiter, Fla.



Nyad: "Racquetball needs more players like her."

the longest ocean swim in history. But that was before women's sports took a sharp upswing.

Nyad never made it to the Olympics; a heart ailment that kept her in bed for four months wiped out any chance she had for the 1968 games in short races. After regaining her health, she turned to long distance swims.

She made several remarkable swims--across Lake Ontario in 1974, a feat never before attempted by a man or a woman; a swim around Manhattan Island in 1975, which broke a 50-year record; and an attempted 103-mile swim in 1975 that ended after 79 miles because of severe weather and jellyfish stings. Then Nyad turned to other athletic challenges.

At 20 she took up squash and gained the No. 12 spot in the U.S. rankings. In 1975 she ran a marathon in under three hours. Now, at 32 she is competing on the Women's Professional Racquetball Association tour and hopes to make it into the top 10 in a sport now dominated by players more than 10 years younger than she.

Nyad turned to racquetball when she had trouble finding suitable matches during her many travels. Last year she joined the WPRA tour and won immediate respect.

"She's an open division player who is getting to the point where she can play with the pros," says Dan Seaton, commissioner of the WPRA circuit last season. "She came to us after having played for only about three months, but she had a good background in squash and was picking up racquetball quickly. She played in about five pro tournaments and never got beyond the first round, but her game was improving rapidly."

Seaton was particularly pleased that Nyad was interested in the growth and development of the WPRA. "Racquetball needs more players like her," he says, "though Nyad is taking on the sport purely for its recreational and health values."

She now is pushing herself in a related area: the importance of awakening women to physical fitness. She has written a book about it, "Basic Training for Women," with Candace Lyle Hogan; and admits that she is dreaming about building a fitness center in New York, "The most sophisticated one you've ever seen."

Nyad says broadcasting is her newest challenge; and she's already done some television work. But if TV commentary is her challenge, women's fitness is her crusade.

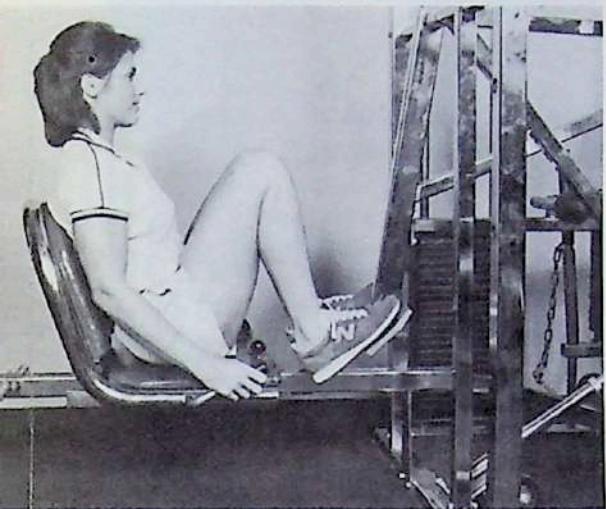
"I hope the book sells a million copies and I make a million dollars," she says. "But mainly I hope it won't be something to just help women lose weight. I hope it will result in a social change on some level."

For starters, she destroys some myths regarding women and exercise:

\*Myth: Women can't exercise when they're menstruating.

Nyad won immediate respect on the WPRA tour.

Nyad exercising: destroying sexist myths.



"Menstruating is so much easier for women who exercise regularly."

\*Myth: Women can't exercise when they're pregnant.

"Pregnancy is vastly easier for women who exercise regularly."

\*Myth: Women can't run because their pelvic structure is wider than that of men. "Running has nothing to do with your pelvic structure."

\*Myth: Women can't play a contact sport because they could damage their sexual machinery.

"Talk about sexual machinery makes me laugh. Women are better protected than men."

\*Myth: Women's bones are so delicate, they break easily. "The biggest physical difference between men and women is in hormones. They make men's bones longer, but they don't make them more resistant."

\*Myth: Women are more emotional than men because of the heavy hormones in their systems. "Men may be more on an even keel because they are out in the business world and are stimulated and physically active."

Women get emotional or depressed when they stay at home and are inactive. Once they become physically active, they become less depressed."

"These myths are getting debunked, but women still are worried about developing bulging biceps from working with weights," says Nyad. "What men and women should do for exercise is exactly the same. All the reasons behind the myths have been cultural. Men had this concept of women being helpless and delicate, but times have changed. Women want to learn to defend themselves."

Nyad's book on fitness doesn't offer much that is new in the way of exercise. Instead, it sets four goals for its readers: strengthen the cardiovascular system and lower the resting pulse rate; keep body fat percentage within acceptable limits; give strength and endurance to the skeletal muscles; and increase flexibility of the skeletal muscles and joints.

"What makes this book unique," she says, "is that it sets a tone. Women need coaching; men don't. Most women are fearful of exercise. I'm not because I have a different background than most of them. My book gives them courage. It seems silly to them to do strenuous exercise. They think it might appear unfeminine. It's an inferiority complex. No one has educated women about their bodies."

Interestingly, Nyad no longer participates in the sport that made her famous--swimming. "A lot of sports don't combine well with swimming," she explains.



—photo by Richard Broza

She runs, but not competitively. "I don't need it anymore," she says. "If I thought I could break 2:30 in the marathon, I would train. But that takes more than working out. That takes talent. Comparing swimming and running is like comparing apples and oranges. In swimming, I was in the water for 45 hours. Sure, running a marathon is tough. But you're up and eating a half-hour afterward. After one of those long swims I was in a hospital for seven days."

Does it sound like Diana Nyad is just into sports? That's not the case. A Phi Beta Kappa at *Lake Forest* in 1973, she speaks three languages fluently and can play several musical instruments. And she likes to talk about her career in broadcasting. Most notably, she has worked with Howard Cosell on some sports television shows. Her broadcasting career--much like her racquetball game--is still in the development stages, but, you'll be hearing more from her on both counts.

Now there are bigger battles to fight. Like Title IX, which requires schools to spend more money to upgrade women's intercollege sports.

"President Reagan's budget cuts slashed back Title IX everywhere, and that's no joke," she says. "The whole country is affected by this conservative setback. But women have come much too far for them ever to become servants of men again. They would have to take too big a step backwards." ●

# Larry King Tells Why Team Tennis Has Come Back

by Larry King

Team Tennis, which made a modest beginning last year, with each of four teams playing five home matches for \$300,000 in prize money, was only a California phenomenon. The Los Angeles Strings, led by Martina Navratilova and Vijay Amritraj, captured the league title with a narrow victory over the San Diego Friars.

Most pundits had picked the Friars to finish in the cellar. They thought they were outclassed by Oakland, with Billie Jean King and Fritz Buehning, and the California Oranges, with their established doubles teams of Marty Riessen and Sherwood Stewart, Barbara Potter and Sharon Walsh.

The final standings: LA Strings, San Diego Friars, Oakland Breakers and California Oranges. In a longer season the Friars might have ended up on top, thanks to Mary Lou Piatek and Butch Walts. Mary Lou began the season as No. 2 behind Leslie Allen. She ended the season No. 1 and her team never looked back. Mary Lou, of Whiting, Ind., now ranked 17 in the world, came in second in the league behind Martina while Butch took the singles honors.

Despite an encouraging start, Team Tennis was a far cry from

the 10-team nationwide league of World Team Tennis (WTT) when it completed its final season in 1978. Some of the same people who brought you WTT were involved in Team Tennis: Jerry Buss, Don Regan, and I. The question we are asked most often is, "What happened? If WTT failed after \$25,000,000 in prize money and all the top players competing, why do you think you can make it work now?"

There is only one good answer: WTT was a success with the players, the fans, and the media, but it failed miserably in one area: with the owners. Baseball has its Steinbrenners and Finleys, football has Al Davis. But no matter how much grief these owners cause, their leagues are far enough along traditionally and financially to withstand their abuses. Five-year-old WTT couldn't survive the discord among the owners and failed.

Nevertheless, WTT established one irrefutable fact. The fans loved it. Nightly attendance went up year after year at the rate of 26%. The first year average attendance was 1,700; last season it was 5,600. That's why we know we will succeed. We have a product the fans thoroughly enjoy.



—photo by Cheryl A. Traendly

Now, in our second year, we are bullish on Team Tennis. Average nightly attendance was 2,200 our first season. And for 1982 we have twice as many players, the prize money is up to \$700,000, and Phoenix, Dallas, Houston, and Chicago have joined the league. We're still not nationwide but, unlike WTT, Team Tennis didn't believe it had to be born major league. We have plenty of time to get there.

What Team Tennis does offer is men and women competing together as team members and making an equal contribution to the final result. Other than Wimbledon, the U.S. Open and the French Championships, no other competition features the pros from both the men's and the women's tours.

Team Tennis succeeds largely because fans love to see a great doubles match. At the club level, we play a lot of doubles. We understand and enjoy that game the best, maybe because of the faster pace and higher drama with the quick rallies and the pitting of man against woman on the court. Team Tennis offers three sets of doubles and two sets of singles in an evening, and that seems to be what the fans want to see. ●

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Racquetball Instruction...by Jerry Hilecher

## More Steps to Faster Footwork

In my column last issue, I discussed three elements that have an impact on faster footwork: anticipation, co-ordination, and acceleration.

Anticipation can increase court speed when you read cues from your opponent and follow basic rules of court coverage.

Co-ordination is divided into two categories: hand-eye and footwork. Both categories can be improved by performing similar court movements in various controlled activities.

As for acceleration, the actual strengthening process needed to improve it is by far the most strenuous, and also can be divided into two categories: speed and strength. The best way to work on speed is by performing fast-moving activities. Although I can't say these activities are enjoyable, they will improve court acceleration.

Another of my racquetball can drills helps develop speed, improves the cardiovascular system, and partially duplicates the driving leg motions of a kill shot. In this drill, five cans are evenly spaced five feet apart and in a straight line, just as in the court drill in the last issue of COURT CLUB SPORTS. The player begins the drill by sprinting from the back wall to the first can. Then he or she stretches toward the can in a motion like that of stretching for a forehand retrieve. After picking up the can, the player races to the back wall to deposit the can in a similar stretching motion and continues to retrieve the remaining cans the same way. After this part of the exercise, the cans are returned to their original position in the same fashion.

A second activity good for improving speed is running five to ten windsprints no longer than 50 yards each. This exercise was developed to improve court speed, but it also expands the lungs while the player jogs slowly back to the starting line for the next sprint, his heart rate remains high, thereby increasing the benefits.

Any work on speed strengthens the muscles, but top-level racquetball players will find additional strengthening desirable. I have found that weight training coupled with running sprints on stadium-type stairs offers maximum benefits. I weight-lift every other day and run at least 30 stairs twice a week.



Jerry Hilecher, a member of the Nike advisory staff, finished 1981 ranked No. 1 on the professional circuit. He is the originator of the "Pros In Motion" tour and the Jerry Hilecher Racquetball Camps.

For you to benefit by stair-climbing, you should run up the stairs, rest a maximum of 15 seconds, and jog down comfortably. When the bottom step is reached, turn around and repeat the exercise.

At this point, I would like to stress the importance of stretching the entire body for at least 15 minutes after these activities.

Court speed can add more than five points to your game, but more importantly, it has an even greater effect on your opponent. Just imagine the tremendous amount of pressure you place on him as you cover the court with unusual speed, anticipate his shots, and don't tire late in the match. He will feel that he must hit each shot perfectly, so he is constantly changing shot selection to combat your effectiveness. You will not only beat your opponent, you will run him into the ground! ●

Beginning with the May/June issue of CCS, Jerry will answer selected questions from readers. Send them to: **Ask Jerry Hilecher** c/o COURT CLUB SPORTS 2401 Plum Grove Rd. Suite 200 Palatine, Ill. 60067

*Can drill: duplicates the driving leg motions of a kill shot.*

Tennis Instruction . . . by Rod Laver

# Many Happy Returns

## Concentrate on the Basics to Hit a Good Return of Serve

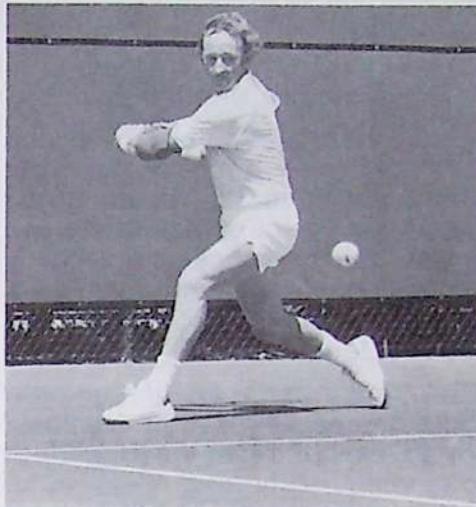
What's the best way to neutralize a big serve? By countering, of course, with an effective return. Although many club players don't realize it, the return of serve is a specific, independent shot with its own basic elements. With this shot "under your belt," you'll have a big step on your opponent. But like every other shot in the game, the return of serve requires practice and concentration.

The next time you watch a professional tennis match, in person or on television, concentrate on the receiver. Notice the shot preparation, the movement of the feet, the turn of the shoulders, and the execution of the stroke. While Jimmy Connors, Bjorn Borg, and John McEnroe all return serve differently, they each possess one of the best returns in the game because they do certain things the same. Club players can learn and improve by concentrating on these basics:

**1. A comfortable ready position.** This is where it all starts; and unless your preparation is sound, you won't have much chance at a successful return. Your feet should be about shoulder-width apart with your weight on the balls of your feet—so you're ready to move. Your knees should be flexed and the racquet held in front of you—pointing to your opponent. Don't get *too* low, though, or you won't be able to move well laterally for a wide serve. One trick that guarantees your feet will be moving is to take a short hop just as the server hits the ball.

**2. Reach for it!** As simple as it sounds, it's still important: when returning serve, you have to be committed to getting your racquet on the ball—no matter what. This means that, depending

*The return of serve requires a full turn of the shoulders.*



on the serve, a good lunge may be called for. For a serve that's hard or wide, you should be content with simply blocking the ball back. But that's the way you win: by giving your opponent the opportunity to make the first mistake.

**3. Place your return.** As with every other shot in tennis, placement is more important than power. In doubles and singles, when your opponent is coming into the net, the ideal return is a chop at the oncoming net rusher's feet. When your opponent is not coming in for a volley or smash, you have the luxury of hitting the ball several feet over the net. A return hit with an arching trajectory does two things for you: it gives you a greater margin for error and helps assure you of a deep shot without having to rely on power alone.

**4. Handling a hard serve.** If you have trouble returning the big serve, simply back up a few feet. Shorten your backswing and meet the ball out in front of your body. Here it's especially important to maintain a firm wrist. Don't flick at the ball, though. Punch through all the way.



—photos by Cheryl A. Traendly

Rod Laver may be the greatest tennis player of all time. He's the game's first millionaire and its only two-time grand-slam winner. As an amateur in 1962 and again as a professional in 1969, Rod won the four major championships of the world: Wimbledon, U.S., France, and Australia. He competes regularly in the Carte Blanche Legends series.

**5. Handling the spin serve.** If a high-kicking serve gives you problems, the solution is just the opposite of that for returning a hard serve. You should stand in closer, playing the ball on the rise with a short backswing, keeping your weight moving forward as you meet the ball. Start your racquet's forward motion from above the ball. Keep the racquet face open, and with a firm wrist pull down through the ball—creating a backspin or slice return. By moving in closer on a spin serve, you'll cut down the high bounce effectively and help eliminate angle.

Every shot in the game can be taken down to its basics. That's how you can analyze what you're doing wrong and how you should change your stroke. Remember, the return of serve is a shot you have to be able to execute with confidence and efficiency. Without a good return of serve, the very best you can do in any match is stay even—and that's assuming you never lose your own serve. Practice the return of serve as an independent shot. It can pay off for you big! •

Racquetball Instruction...by Mike Yellen

## Racquetball Strategy: Just Be Yourself!

Okay, so you already know all about court strategy. You know you're supposed to control center court, play the percentages and concentrate on putting the ball where your opponent isn't.

What I'd like to cover in this article is your mental approach to the game, the over-all strategy that ties these specifics together.

The most important thing to remember is to play your own game. The second most important thing is to keep your opponent from playing his. These are really just two sides of the same coin.

Each player has his own strengths and weaknesses, most of which involve control or power. But differing abilities make for infinite variations.

Are you a power hitter with a great serve and killshot, while your opponent is a good passer and ceiling game specialist? Then make sure that most of the game is played in the serve-and-shoot mode, not as a contest of control.

You may be so hot that you can beat your opponent at his own game, but don't bet on it. A surer way is to be yourself and let the contest be decided on your terms.

Then, too, some days one thing is working for you, other days, you've lost that strong shot and have to find another strength. Players' abilities even change from game to game in a match. That's what makes the sport so interesting.

Is your killshot skipping? Try more pinches. Is your opponent cutting off your passes? Widen the angle. Is he killing the ball a little too neatly in center court?

Get him out of there with passes and ceiling balls.

Early in the first game you should have figured out whether your opponent is a control player or a shooter.

If he's a shooter, he will drive the serve, hoping for an ace or weak return. Unless you put the serve away or execute an effective ceiling ball, he'll try to rekill it immediately.

If you're a hitter yourself, you can try to outshoot him. Then it's just a matter of who has the biggest forearms.

If you have weaker shots, you try to pass him, keep him off-balance and deep in the back court where the shooting percentages aren't so great. You try to prolong the rallies and wear him out.

You also try to slow down the game. That can throw a lot of power hitters out of the groove, especially in the lower ranks. They thrive on speed and power and sometimes overreact to soft shots or a change of pace.

You pretty much can reverse the strategy if you're a power hitter in the clutches of a control player. He's passing to one corner, then the other, and alternating it with pinches so that you're running from the forecourt to the backcourt and side to side.

Strategy number one is to cut off those shots and put them away. That could be hard to do because you probably will be on the run and off balance. But grab the momentum of the point while you're still in the service box. Serve and shoot.

Never mind those interminable ceiling rallies. Keep it fast and hard.



Mike Yellen, a member of the Ektelon advisory staff, finished the 1980-81 season second-ranked on the men's professional racquetball tour.

One word of caution here. There is a fine line to be drawn between taking risks and just plain stupid shots. You want to bend the percentages, not break them.

Don't worry, though. There will be plenty of reasonable killshot opportunities if someone is coming at you with a passing game.

It doesn't really matter whether your opponent is a classic power or control player, or a combination of both. Most people will be the last.

Your job is to keep your eyes open, analyze what is going on and come up with a solution to counter it within your own shooting abilities.

The real secret to good racquetball strategy is just to think during the match--nothing more and nothing less. ●

Tennis Instruction... by Frank Parker

# Let's Work Together to Improve Your Game

I'd like to use my column this time to issue an invitation to you: write me with your tennis questions, and I'll try to answer them. Ask me anything about the game—stroke analyses, rules and regulations, trivia, my personal opinions, and specific areas where my input might help to improve your game.

Too many club players seem to think that because the main reason they play tennis is to have fun, improving their games is of secondary importance. But the fact remains: the better you play and the more you improve, the more fun tennis will be for you. So, to kick off the question/answer approach to this column, I'm going to answer four questions I was asked recently by club players.

**Q.** This is the first of two of the strangest questions you've probably heard: but if the *two-handed backhand* is so effective, why don't some top players hit two-handed from both sides?

**A.** Your question is a good one. I've shared your wonder on that score. There are some two-sided two-fisters. Most prominent are Gene Mayer, a top 10 player, and

*Gene Mayer: one of only a few pros who hit a two-handed forehand.*



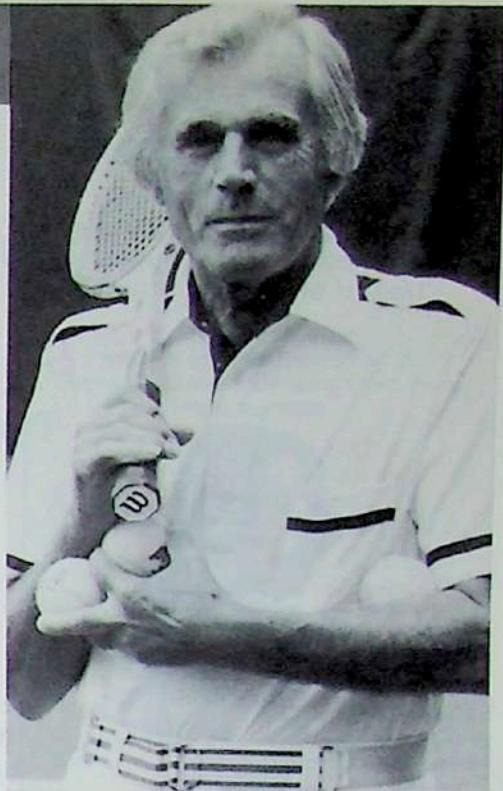
Frew McMillen, the great doubles player from South Africa. Some believe erroneously that Pancho Segura used two hands on both sides, but he used the double grip only on the forehand. It always has seemed to me more logical to hit the same from both sides, whether the stroke is two-handed or one-handed.

**Q.** My second question is one that baffles almost everyone who hears it: Given the preliminary training that so many American kids have in baseball or softball, wouldn't it be better to train them to use their "bottom" hand in hitting forehands? In other words, the left hand for a right-hander and the right hand for a southpaw?

**A.** As one who played tennis and baseball in the same season for many years, I can see the reasoning behind your question. As a right-hander, I swing the backhand "bat" with my right hand, which enables me to swing clear of my body. What you are asking is why I don't use the left hand for the forehand, thereby giving myself the freedom of movement. The only reasonable answer I can come up with is that whether we are right-handed or left-handed, we tend to pick up an object with the hand that is more natural for us to use. Thus, for right-handed players, it is simply more natural to swing with the right hand from either side.

**Q.** Do you advocate the two-handed backhand for beginners?

**A.** This question is asked of me more than any other. My answer remains an emphatic "No!" but there isn't much I can do to talk children out of the two-hander. Borg, Connors, Evert, and Austin have more influence than I have.



Frank Parker, two-time U.S. singles champion, is sports director at McClurg Court Sports Center in Chicago. A member of the National Tennis Hall of Fame, Parker was ranked in the U.S. Top Ten for 17 consecutive years, beginning in 1933.

Not long ago I had a great time giving a clinic for the Hoerner Waldorf Champion International in St. Cloud, Minn. Eighty-percent of the youngsters who attended were using two-handed backhands. Going back to the first question above, it would be more logical if the kids were swinging with both hands on the forehand, but that is something they rarely see on television.

**Q.** What do you think about parents starting kids in competitive tennis at age 5 or 6?

**A.** I think it's wrong. Jack Kramer, an advocate of junior development programs, thinks it's wrong. Almost every great player, present or past, thinks it's wrong. The danger is that by the time children reach 14 or 15 they may be burned out on the game. ●

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## FOR THE COURT

# Product Update: What a Pro Thinks of the Cheater Racquet

When Jim Schatz, former tour competitor and well-known California teaching pro, first picked up the unique CHEATER racquetball racquet, he thought the racquet felt unusually light.

"I was completely shocked to learn the racquet weighed over 260 grams. Because of the biomechanics of the handle, the racquet seems much lighter than it actually is, giving players the double advantage of easy mobility and power behind their shots. In addition, the weight is mostly in the handle. The light racquet head and unique curvature of the handle add a lot of power without losing control of my shots."

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Says Schatz, who is president of the Southern California Racquetball Association, "The 19-degree curve in the handle places the hand, wrist and forearm in a naturally locked and relaxed position, exactly the hammer grip I teach to my aspiring juniors and top professionals."

While the promoter of the racquet, CCS products, does claim its product has several advantages which can result in

The CHEATER:  
"It's going to revolutionize racquet sports."



an actual improvement of one's game, it's fast to point out that there is a minimal period of adjustment. And Schatz agrees.

"I have to admit it took me several days to gain the timing and control I possessed with the Leach racquets I used to use. The most difficult adjustment I made was on the overhead and ceiling shots. Because of the racquet head angle, I had to adjust my contact point several inches because at first I was hitting my shots low."

Schatz believes the CHEATER can benefit players of all levels. "The handle, with its unique shape, is going to revolutionize racquet sports. It feels like a customized grip—tailored for your hand—and that's important whether you are a beginner or an experienced professional."

"I'm glad I took the time to get used to this new revolutionary tool of my trade," says Schatz. "The major difference I feel is less arm fatigue after a hard match. I honestly can admit that I have gained some power and at the same time have not lost any of the control I'm so famous for."

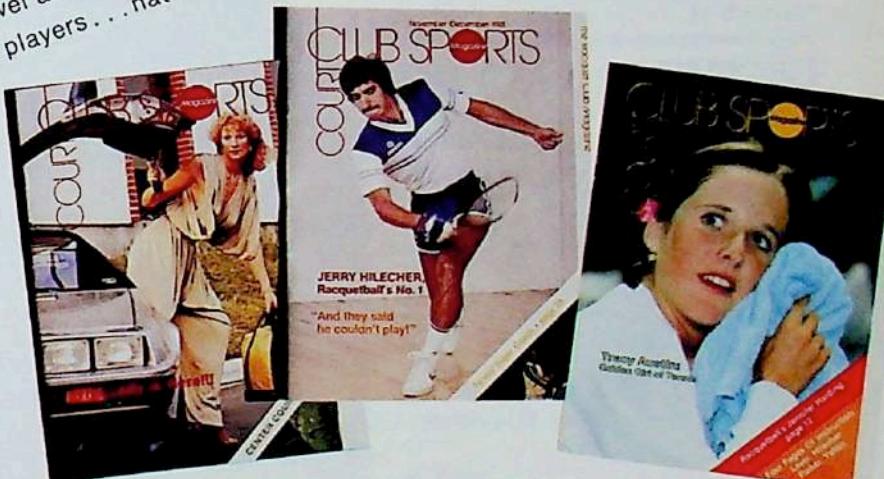
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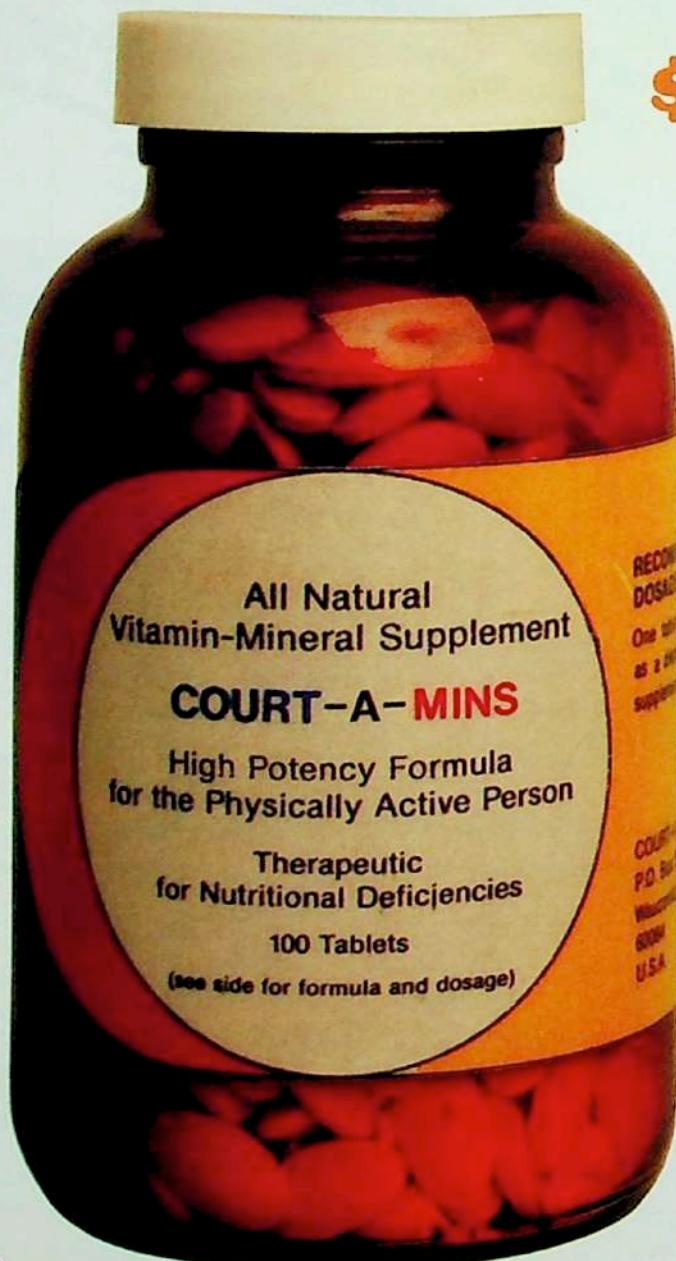
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## These Are Troubled Days for Poland's Fibak

by Ben Kartman

Poland is very much on the mind, these days, of Wojtek Fibak (pronounced Voy-tek Fee-back). The country's top tennis professional was on tour in the United States when martial law was declared in his homeland, causing him great concern for relatives there.

When Fibak was interviewed recently for COURT CLUB SPORTS Magazine, he chose his words carefully. He was fully aware that, because of his celebrity status, any sentiments he expressed were likely to be reported in Poland, possibly imperiling his parents and other kinsfolk.

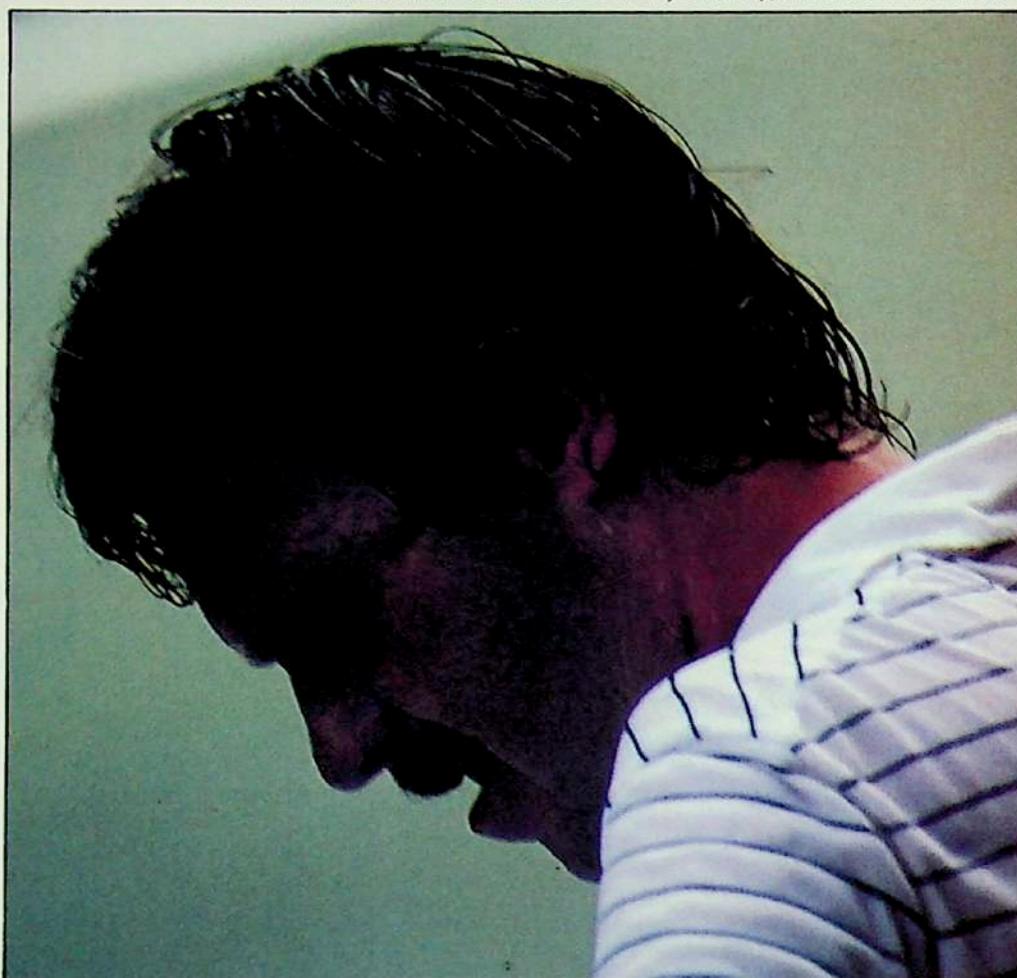
Fibak always has maintained that he is apolitical and doesn't mix politics and sports. Asked if he considers the political situation in Poland important enough to make him speak out, he replied: "Because I'm a public figure, I wouldn't take a public stand or make a public statement. I do have my ideas about Poland, and the more I hear about events in my country, the less I like them. That's all I will say."

He did add that, as this is written, he still hadn't been able to communicate with his family. His wife and two daughters are with him in the U.S.

The 29-year-old Fibak expressed regret that, because of the declaration of martial law, his parents were unable to celebrate Christmas with him in the United States. He said he intends to return to Poland when that seems feasible, adding, "I care deeply for the Polish people."

Tennis has brought Fibak renown, but he is a many-faceted man. He has studied law, he is fluent in several languages other than Polish—English, Russian, French, German, and Czech—and he owns the largest private collection of Polish art in the world.

*Fibak: "The more I hear about events in my country, the less I like them."*



As for tennis, he has been a regular on the pro tour since 1974, when he stunned the tennis world by defeating Arthur Ashe in a Grand Prix event in Barcelona. That victory won him government permission to pursue tennis as a full-time career.

Fibak doesn't think Poland has the facilities for producing world-class players. "It's the same situation as it is in Rumania," he said. "Rumania will never produce another Nastase because they have greater problems and more important worries than building a tennis program that is competitive internationally. The same is true of Poland."

Since his debut, Fibak has been one of the most successful

players on the tour, having earned more than \$1.5 million in prize money alone. He won three Grand Prix tournaments in 1980, but his most impressive statistic is his showing in major events. He reached the quarter-finals of the French, Wimbledon, and U.S. championships, showing amazing consistency on three playing surfaces.

In addition to his singles record, Fibak also is an accomplished doubles player, paired with Tom Okker of the Netherlands. Last year he won the Swiss Open, defeating France's Yannick Noah in the final, and defeated Jimmy Connors enroute to the final of the U.S. Indoor championships, and he represents his country in Davis Cup play. ●

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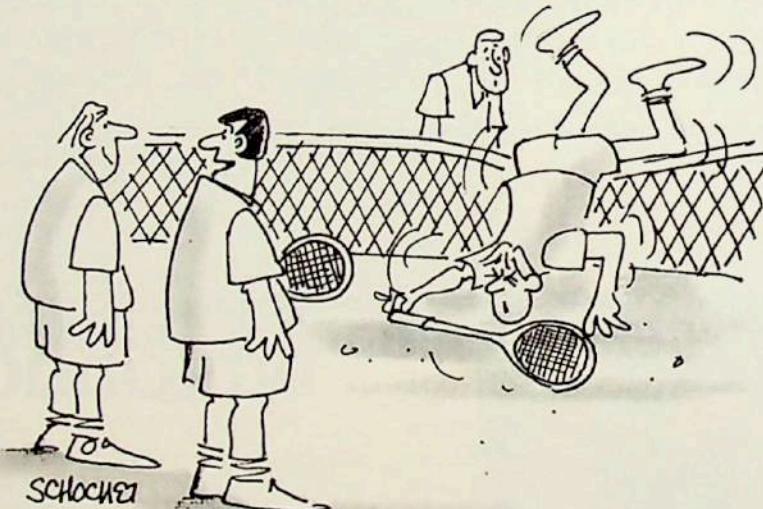
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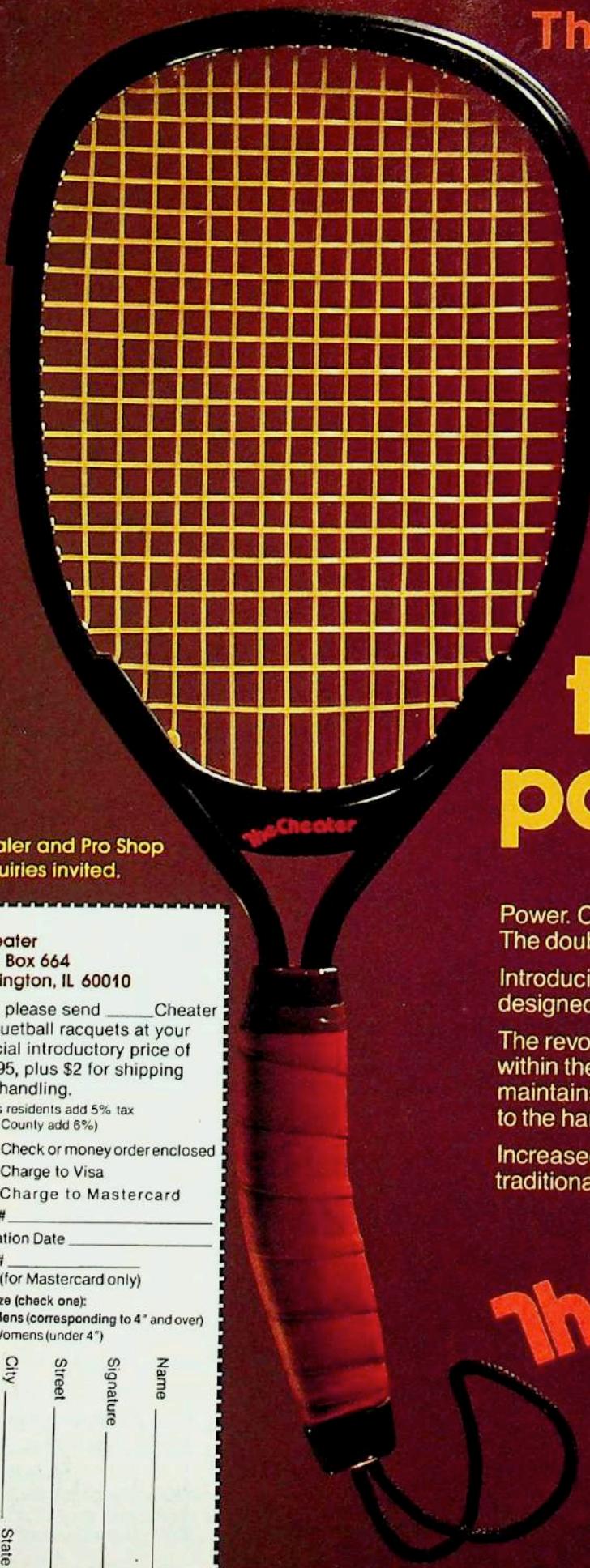
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# The 19° advantage



## The Principle

The anatomical make up of the human hand, wrist and forearm tells us that the most natural and therefore least fatiguing relationship of muscles involved in the "gripping" mode is when a straight line can be drawn along the center of the forearm, through the wrist, to and along the middle finger.

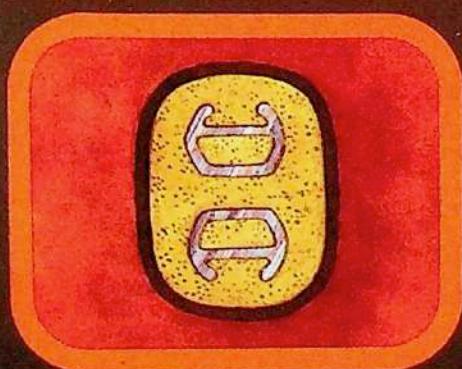
Now, when a "handle" is placed in the hand in the "gripping" mode, the handle's most natural position is along an axis 19° to the forearm. This 19° angle eliminates the necessity of the wrist to rotate downward against

its natural movement. The wrist remains straight and the handle becomes a natural extension of the forearm, wrist and hand.

The cross sectional shape of The Cheater handle conforms to the natural opening within the hand in the "gripping" mode... a shape that is larger at the top of the handle, and smaller at the bottom.

## The Advantage

The Cheater's bent, double ellipse handle reduces the need for a strong grip and thereby reduces muscle tension and fatigue, as well as ball contact shock. The problem of the racquet inadvertently slipping out of the hand is virtually eliminated. The player can increase his racquet swing speed, exerting greater directing force with up to 20% less muscle exhaustion.

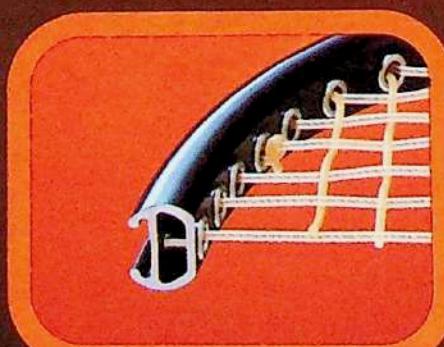


### Foam Formed Handle

Teflon foam formed handle construction locks the full length frame shafts into position, absorbs shock, dampens vibration and reduces elbow fatigue.

The genuine leather grip affords better "breathing", and stays tackier longer than other type grips.

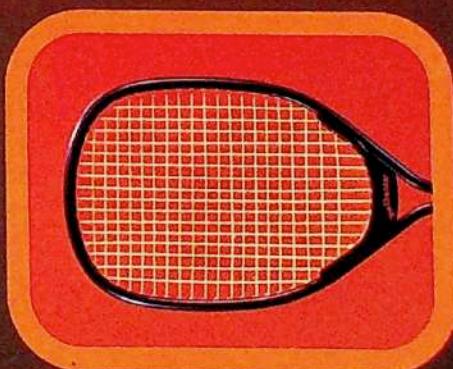
Nylon wrist strap for safety and convenience.



### Aluminum Construction

Lightweight extruded aluminum "A" beam construction contributes durability and balanced flexibility for better ball control.

The finest rolled edge alloy grommets prevents string loosening and weakening.



### Head Design

The quadriform head shape affords a larger "sweet spot", and the extra length provides increased reach and control.

Flexible vinyl bumper guard protects racquet and strings.

Quality nylon string, at 25 pound tension for good ball control.

2 Year Warranty on racquet, 90 days on strings.

If you don't play with 'a cheater', you may play against one.



# Introducing The tennis racquet with the shape of the future. Now!

Its 19-degree curved double-ellipse handle conforms to the anatomical makeup of the human hand. Lessening the need for a strong grip that's so crucial in tennis. Reducing muscle fatigue 20 percent.

Its mid-size, composite frame is the finishing touch. Enhancing the proven benefits of the unique handle. Combining power and touch.

Increased grip strength and racquet power. Decreased muscle exhaustion and arm injuries.

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