

National Racquetball®

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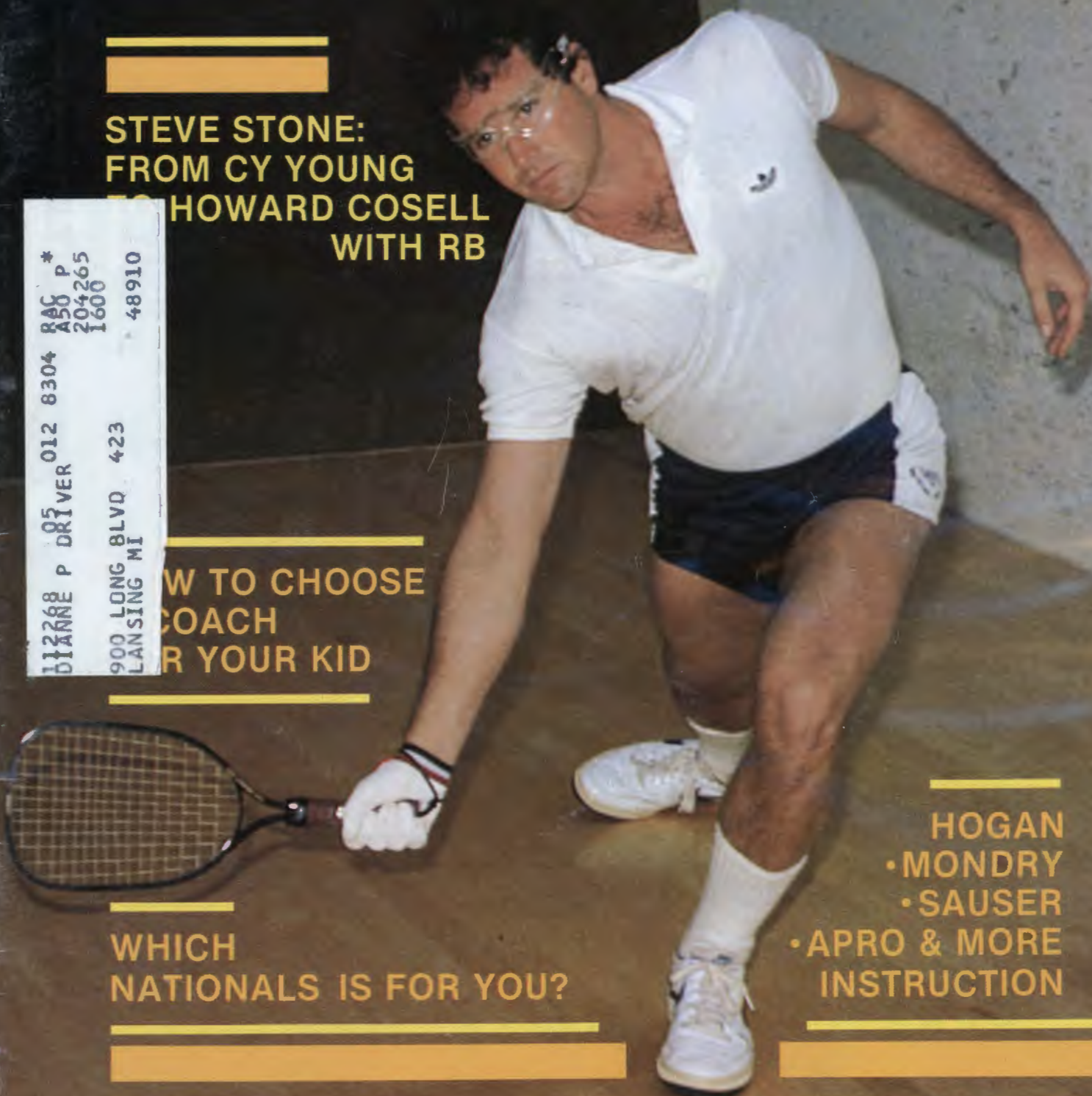
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TO HOWARD COSELL
WITH RB**

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National Racquetball®

Vol. 12 No. 5 May, 1983 • \$2.00

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On the cover...

Steve Stone, former major league pitcher, Cy Young Award winner, restaurateur and racquetball fanatic has a new job these days—baseball color commentator for the WGN-TV, Chicago based super-station and ABC-TV's game of the week, where he'll match barbs with the infamous Howard Cosell. For the low-down on Stone's career, both in and out of racquetball, turn to page 12. —photo by Jess Wells

Next issue...

We'll finally get to that piece on racquetball and television, along with some interesting information about racquet strings, racquetball camp experiences and a look at a personality or two both in and out of racquetball. And be sure not to miss the best in instructional material, health, and tournament results!

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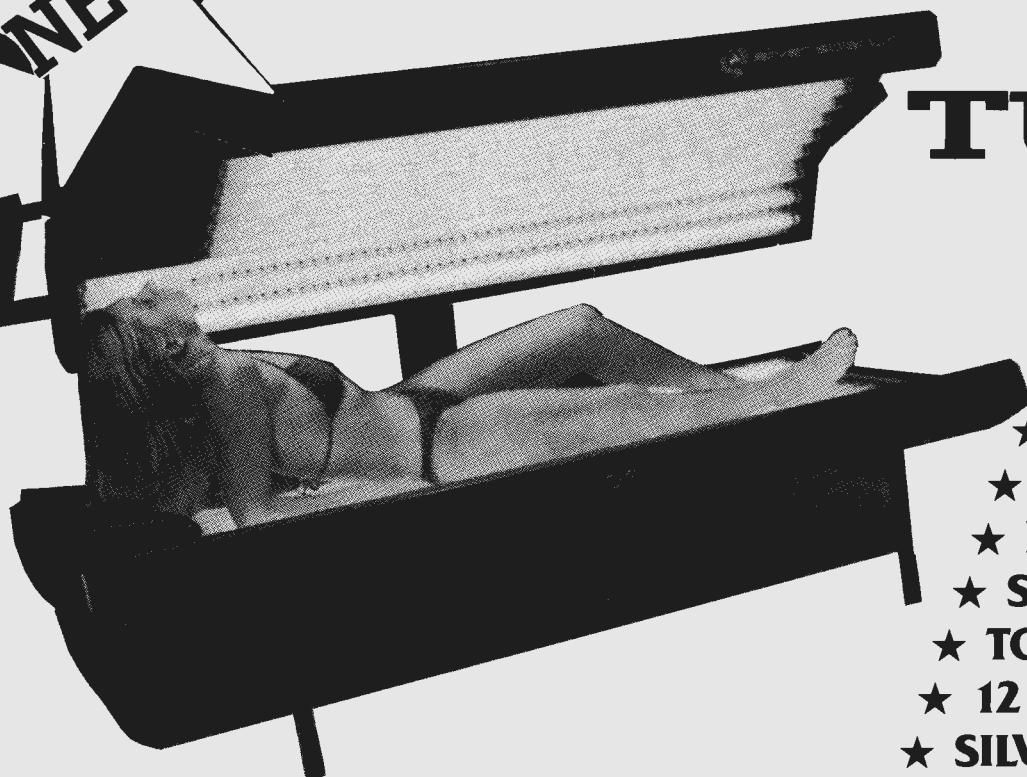
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From The Editor . . .

Winning That Title

My friend got back from vacation about a month ago (he's into camping, nature and roughing it) and broke the news to me: his wife wanted to play in the Nationals. Now she's not a bad player, don't get me wrong, but she's no Lynn Adams, either. I'd rate her a low A tournament player around here.

"In other words, she'd do pretty well," suggested the now-proud husband.

"Well," I stammered, "it depends on what tournament, what division of play and how lucky her draw is." Since everyone knows about luck of the draw, my friend only questioned the first two-thirds of my statement.

"I guess you're right," he admitted.

"She's no Lynn Adams. You think she'd get chewed up pretty badly in the pros, huh?"

I nodded with a weak smile.

"Okay," he said, and I could tell the adrenalin was flowing again. "We'll go after the amateur title. (I didn't comment on his use of the term "we.") Now what?"

I think it's fair to point out that my friend, like most people, hasn't quite reached the Mercedes and Acapulco set yet. Dollars are sometimes a scarce commodity and lack of them is probably one of the main reasons his wife hasn't broken through to that next plateau. They lack the funds for extensive tournament travel, lots of \$25 entry fees, time off work, and the mounting court rental fees that accompany the drive toward excellence in racquetball.

"All you have to do is choose which Nationals," I offered. "That will determine when she'll play."

"Which Nationals? Why, THE Nationals, you know, where you win the National Championships, big prizes, get lots of coverage in your magazine and maybe even some endorsements, or at the very least, a free membership at the club of our choice."

After I explained to him the differences in the various Nationals (see page 9), my friend became truly perplexed. It was as if he was about the hatch a wonderful idea but was having trouble breaking out of the egg.



"I don't mind each organization holding their own year-end championship," he said. "Hey, that's what it's all about. What I do mind is when they don't work together to enable the common, decent, early rounders like my wife to attend."

Now he had me perplexed. I wasn't sure of his point.

"My point is this: how does one choose which tournament to attend? If my wife wants to see the women pros, she's got to play in the WPRA Nationals. If she wants to go for the amateur National title, she's got to play in the AARA Nationals—but that starts two days before the end of the WPRA and it's 1,500 miles away.

"She could stay home and watch the men pros at the DP Leach/Catalina Championships, but the status of the amateur divisions isn't truly national. Besides that tournament overlaps the AARA. She could wait until the DP Leach Nationals, but that's going to be when the kids are out of school, making it impossible to get away. And she already blew the Ektelon tournament because she didn't qualify."

I admitted that those who schedule the National Championship events in racquetball might give more help to the sport by working closer together in determining dates. But much to my surprise my friend wasn't the least bit upset.

"Actually, I think I like it better this way," he said. "The competing tournaments will thin out the field in each one. Now we've got an even better shot at the title." ●

Chuck Lane

Shoulder Agonies

Dear Editor:

About Nancy Urban's article, "Wrong-Handed Racquetball" (February 1983), I have three questions:

Where was it 12 months ago when the pain first started in my shoulder?

Where was it nine months ago when I was forced to curtail my pursuit of the addicting blue ball?

And where was it six months ago when I had to stop playing, and I briefly considered playing left-handed but rejected the idea as foolish?

My thanks to you and to her for the words that gave some insight into an experience-taught learning.

Bruce D. Weber
Tustin, MI

The Eyeguard Issue

Dead Editor:

I have a few comments about your "First Annual Eyeguard Guide" (February issue). First, eyeglass wearers should make sure to get only industrial thickness polycarbonate lenses, and not just ordinary plastic or glass lenses. Industrial lenses are 3.0 mm. thick, rather than 2.0 mm. as in street eyeglasses.

Second, Rainbo eyeguards cannot be purchased at a pro shop and taken to an optician for prescription lenses. The prescription lenses are of a special design and must be fabricated by the laboratory. Also, the price for this eyeguard with the prescription lenses will run considerably more than the \$9.95 quoted.

As an optician, I cannot stress enough that wearing street eyeglasses does not provide adequate protection for racquetball or any other sport. This was ably demonstrated by your "Opinion" column.

Furthermore, good protective devices are multi-purposed. I have a few patients who wear their protective eyewear while mowing the lawn or working at unusual angles where they either need the protection or their street glasses might slip because of perspiration.

As I tell my patients, we can get false teeth and limbs. But we're only allowed two eyes. When they're gone, they're gone.

Dr. Louis Weinstein
New Providence, NJ

Dear Editor:

I am writing to let you know of my utter disappointment in the February issue of *National Racquetball*.

I cannot understand why a magazine whose interest is to promote racquetball could pull such a blunder. When you should be emphasizing racquetball's fitness merits to the people who know nothing about the sport, instead you deal it a kill shot.

Your mistake is as plain as the nose on your face: the cover. This fine publication puts a lady receiving a smashing blow in the face from a racquetball on the outside cover.

If you gentlemen ever talked face-to-face with novice players and people who are interested in taking up racquetball, you would know that no one likes to get hit in the face with a ball. When prospective new players pick up your February issue, they are going to be turned off.

Eric Witkoski

The purpose of the cover and related articles was to stress enjoyment of racquetball through safety. A single eye injury does 10 times the damage to racquetball of one magazine cover.

—Editor.

A League Player

Dear Editor:

I absolutely loved Alison Davis' article about league players in the March issue! As an avid league hacker myself it was especially pleasing to have somebody take notice of us regular folk.

Ever since I became addicted to this wonderful sport I'd bet I've spent more money on racquetball than food! Between memberships at three clubs, permanent court time, two leagues and a tournament now and then—plus, four racquets, two years worth of balls, three pair of shoes, countless t-shirts, three warm-ups, mountains of headbands, sweatbands, wristbands, jocks and, wait, you want more?

Count my gloves, glove trees, 11 books on racquetball, special inner soles in my shoes, a power swing, three different kinds of grips and even a racquetball key chain.

With so much time invested in racquetball, I don't have any left to sit out in the sun to get my annual tan. Hey, didn't I read somewhere about sun tanning machines?

Howard Anderman
Atlanta, GA

APRO Clinics

May 21-22

Universal Racquet Club
6000 Sunrise Hwy.
Massapequa, NY 11758
516-799-4000 Fred Acee

WPRA Tour 1983

WPRA National Championships

May 23-26

The Glass Court Racquetball & Swim Club
830 E. Roosevelt Rd.
Lombard, IL 60148

Tournament Director: Lynn Farmer
(312) 629-3390

5th Annual Midnight Sun Pro
Racquetball Classic

July 8-10

Alaska Athletic Club
630 E. Tudor

Anchorage, AK 99503

Tournament Director: Deno Paolini
(907) 276-0700

AARA Nationals

May 26-30

Downtown YMCA

1600 Louisiana

Houston, TX 77002

Tournament Director: Luke St. Onge
(303) 635-5396

Benefit Open Tournament For Rape
Crisis Center

May 21-22

Santa Barbara Racquetball & Health Club

520 Castillo St.

Santa Barbara, CA 93101

Tournament Director: Sunny Armstrong
(805) 962-0060

DP Leach/Catalina Finals

May 30-June 4

The Charlie Club

Route 53 & Dundee Road

Palatine, IL 60067

(312) 934-4900

DP Leach/Catalina Nationals

June 8-12

Atlanta Sporting Club

1515 Sheridan Road

Atlanta, GA 30324

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EXTRA!

Portable Courts Now Available

"Clean out the ballroom at the Ritz, Madison Square Garden or any gymnasium at colleges and universities"—and make way for a portable racquetball or squash court.

Al Reese, of Reese Industries, Houston, Texas, has designed a fully portable court. Composed of approximately 105 sections, including floor, ceiling and lights, the court can be transported anywhere, erected by six to eight people in

eight to 10 hours, disassembled and stored, re-erected and played on, etc.

The court can be purchased complete (HVAC is optional), or under a "Use Period" contract it can be rented. Reese built a model, 8' x 10' x 8' of this court and showed it at the IRSA National Convention/Trade show in January in Las Vegas. It was also to have been shown in Nashville, TN in March at another convention.

One side wall and the back wall are made of Lucite SAR acrylic, a Dupont product, for clear viewing. There is also a section 8' x 20' in the ceiling center for TV camera exposure. The other side wall and front wall are made of Fibersin panels. AGA's maple and Devco's fluorescent light fixtures (12) complete the court.

If desired, both side walls can be made of Lucite SAR,

plus the back wall, for more viewing and better TV exposure.

Reese said that the Lucite SAR is what made this Portable idea both possible and economical. He sees a market for both selling and renting the courts.

For more information, contact Al Reese, Reese Industries, P.O. Box 35846, Houston, Texas 77235 or call (713) 723-8628.

It's A Bird! It's A Plane! No—It's Croftball!

Croftball? Yes, ladies and gentlemen of the 20x40 room, the latest addition to the rapidly growing list of new sports that can be played within your domain is croftball, a cross between squash and racquetball.

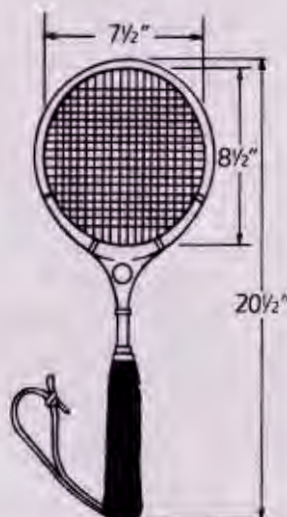
Move over cestaball. Move over wallyball. Outta the way smacketball. See ya' later tattleball. Now could be the time for croftball.

Introduced by Bancroft Sporting Goods Co., Woonsocket, RI, croftball utilizes a new racquet and new ball, specially designed for the new game. Standard racquetball courts are used, however, the ceiling is a "foul zone" (you lose the rally if you hit it) and a 17

inch high foul zone eliminates the kill shot.

Claiming that *"the game was developed in response to interviews with both current and former racquetball players who were looking for a game that had longer*

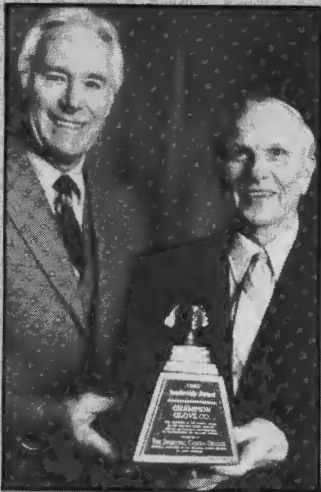
rallies and was more challenging," Bancroft believes that this is it.



The croftball racquet has a smaller hitting area than a racquetball racquet but not quite as long a handle as squash and the ball is significantly slower than a racquetball. Scoring is by server only, games are to 21, win by two. Two games wins the match and if the first two games are split, the third game (also to 21) determines the winner.

For more information contact Bancroft, 685 Social St., Woonsocket, RI 02895.

Goings On . . .



Lee Nylen and Ken Konkol, President and Vice-President of Champion Glove, proudly display the Leadership Award.

At the National Sporting Goods Convention in Chicago in February, **Champion Glove Company** was awarded the Athletic Goods Manufacturer Leadership Award for 1982 . . . **Ektelon Racquetball** and **Pernod Liquors** have teamed up to co-sponsor the 1983 Racquetball Advisory Board (RAB) Championship Series, eight events throughout the San Fernando Valley (CA) from May 5 to October 30, with finals at Rocky's Racquet World, November 17 to 20 . . . Planning is underway for the second annual **Philympics**, Philadelphia's Olympics of the business community. The mayor's office has adopted the Philympics as an annual event . . . Meanwhile, the **IBM** winning team of the 1983 Philympics were basking in the Caribbean sunshine, enjoying every minute of their first-place vacation in the US Virgin Islands . . .

Eye-guards for Squash

All competitors at the 1983 Squash National Tournament, held in San Francisco, February 18-21, were issued with protective eyeguards.

While the use of the eyeguards was not mandatory, they were "highly recommended" by the US Squash Racquets Association. Eyeguards are not yet widely used by squash players, but are gradually

gaining acceptance, and their use is mandatory for junior and intercollegiate tournament play.

The 250 eyeguards distributed at the Squash Nationals were supplied by Gentex Corporation. The guards were designed to provide maximum impact and breakage resistance, with lenses of polycarbonate fitted into MAG-1 nylon frames from the Criss Optical Company.

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- Facility expansion: if, when and how.

As a club owner, do you find yourself asking these questions:

- Is my gross income what I proposed it to be?
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- Am I completely satisfied with my management team and club operation?
- Does the bottom line justify my investment?

If you answered NO to any of the above questions, please give us a call and let's work together to maintain the standards which YOU have set for YOUR business.

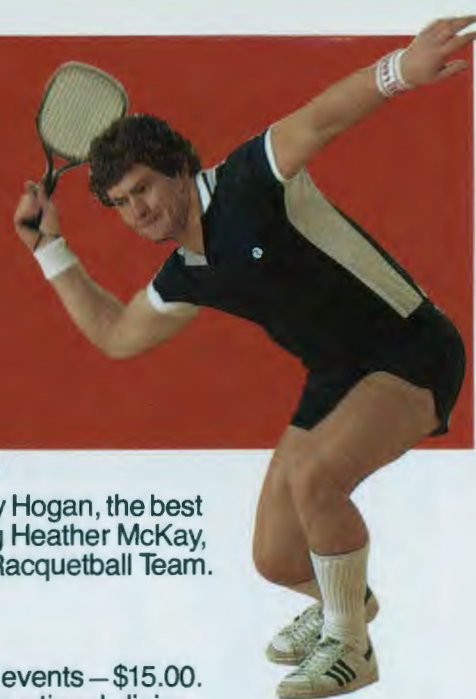
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Dates: June 14-19, 1983.

Location: Atlanta Sporting Club, 1515 Sheridan Rd. N.E., Atlanta, GA 30324.

Entry Fee: Professional Event — \$50.00; Amateur Events — \$30.00. All second events — \$15.00. Entry fee covers tournament shirt, full hospitality, admission to professional instructional clinics, Saturday tournament banquet, and admission to all Pro and Amateur matches. Entry fees are non-refundable and tax deductible.

Entry Information: Make check payable to Atlanta Sporting Club. All entries must be postmarked by June 7, 1983. Mail entries to Atlanta Sporting Club, 1515 Sheridan Rd. N.E., Atlanta, GA 30325, Attn: Caryn McKinney.

Sanction: Amateur divisions are AARA sanctioned. Modified AARA rules will prevail. AARA memberships required. Annual membership may be purchased at tournament for \$6.00.

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Scoring: Pro Event 3 out of 5 to 11. All amateur divisions 15, 15, 11.

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2nd	\$ 7,000	Round of 16	\$ 1,000
Semi-Finals	\$ 3,500		

General Information: Pro Format: Unlimited qualifiers for eight positions to be played June 14 (if necessary) and June 15. Main draw of 32 to begin on June 16. All amateurs must be prepared to begin play Wednesday, June 15. All divisions must have eight entries to remain in effect. If you forfeit one division, you forfeit your other division. Eye protection required in junior divisions.

Please enter me in:

- | | | | |
|---------------------------------------|--|--|--|
| ☐ Men's Pro | ☐ Men's Jr. Vet (27-34) | ☐ Women's Open | ☐ Women's Seniors (35+) |
| ☐ Men's Open | ☐ Men's Seniors (35+) | ☐ Women's A | ☐ Women's Master (45+) |
| ☐ Men's A | ☐ Men's Masters (45+) | ☐ Women's B | ☐ Girl's 16 and Under |
| ☐ Men's B | ☐ Boy's 16 and Under | ☐ Women's C | ☐ Girl's 13 and Under |
| ☐ Men's C | ☐ Boy's 13 and Under | ☐ Women's Novice | ☐ Girl's 10 and Under |
| ☐ Men's Novice | ☐ Boy's 10 and Under | ☐ Women's Jr. Vet (27-34) | |

**Junior ages are as of January 1, 1983

Players not in appropriate division will automatically forfeit! If you think your division(s) may not be held due to lack of entrants, please indicate an alternate choice. The tournament director reserves the right to combine divisions, if necessary.

Name: _____ Phone: _____

Address: _____ City: _____ State: _____

**Tournament Banquet — Complimentary dinner Saturday at the Sheraton (cash bar).

I hereby for myself and my agent waive and release any and all rights and claims for damages I may have against DP Leach, the AARA, The Atlanta Sporting Club, CRM Management and Promotions, Inc., tournament sponsors, and any of their agents, for any and all injuries received by me in connection with this tournament.

Signature _____

Parent — if under 18 _____

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The Nationals: A Player's Guide To The 'Big 5'

The last time there was a single year-end tournament for the purpose of crowning "National Champions" in the various competitive categories was 1974 at George Brown's Racquetball Club in San Diego. There 34-year-old Bill Schmidtke blitzed through the most difficult draw to win his second International Racquetball Association (IRA) championship.

Today our racquetball world sports no fewer than five National Championships, each with its particular corner of the national title market. They are (in 1983 chronological order) the Ektelon Racquetball Championships, the Women's Professional Racquetball Association (WPRA) National Championships, the American Amateur Racquetball Association (AARA) U.S. National Championships, the DP Leach/Catalina Pro-Am Racquetball Series Championship, and the DPI/Leach National Championships.

How does the player judge which event is for him or her? How can one tell if the title just captured is really THE national title? What will you win if you should capture your division? Let's take a look at each of the "Big 5."

Ektelon Racquetball Championships (May 12-15)

This is the sixth year for the prestigious Ektelon Racquetball Championships, run over the years with various co-sponsors. There are a number of significant aspects to the Ektelon event that set it apart from the other tournaments that make up the Big 5.

First and probably foremost, it is the only year-end tournament at which both men and women professionals compete. Both the men's governing council and the WPRA sanction the Ektelon Championships. With \$40,000 in total prize money for the two professional categories, it's no wonder that all the pros make sure to schedule this one.

Secondly, but surely not far behind in importance, is the fact that the Ektelon Racquetball Championships are the only tournament of the Big 5 to be nationally televised.

"This will be our fourth year on ESPN,"



said Frank Pace, the tournament coordinator and producer of the television coverage. *"I think the national coverage is what makes our tournament such a major attraction."*

A third element of the Ektelon Racquetball Championships that is unlike its counterparts is its regional qualifying format. Eight major metropolitan areas hosted regional tournaments from February through April with up to 22 divisions of play to determine who would be eligible to play in the Finals, historically held in the greater Los Angeles area.

"There's no doubt that this regional structure sets us apart," said Pace. *"We pay all the expenses for the open and senior winners so they can compete in the Nationals."*

"We really have four tournaments going on at once when we get to the Nationals. There's the men's pro and women's pro, which certainly gain most of the attention. Then we've got the amateur championships featuring the winners of the various regions. To spice it up and help create that big tournament atmosphere we also run a local tournament along with it."

Ektelon makes no pretenses about what their winners are, in fact, winning. *"When they win they win the Ektelon Racquetball Championships,"* said Pace. *"Nothing more, nothing less."*

WPRA National Championships (May 21-26)

There's plenty more when it comes to what they win at the WPRA Nationals, this year to be held at The Glass Court Racquetball & Swim Club in suburban (Lombard) Chicago. While the Ektelon Championships may get the guys and gals together, and while it may bring racquetball to the tube, its women's event is but one of many on the continuing WPRA tour.

"As the governing body for women's racquetball we view the WPRA Nationals to be THE National event for women in racquetball," said Buffy Gordon, coordinator of the tour for the WPRA. *"This tournament has been designated as the National Finals, the culmination of the WPRA tour."*

That tour visited 15 sites from October, 1982, through this month, with the ladies competing for over \$150,000 in prize money as well as \$13,000 in bonus pool dollars.

The WPRA Nationals also features an amateur division of play to complement the open (professional) division. WPRA rules designate as amateur any player who has earned less than \$1,000 in prize money.

"The winner of our event is the





women's professional champion," said Gordon. *"This isn't just an American finals, it's more international. It will determine the best woman player, and it's official. The WPRA has licensing rights and trademarks for the 'Women's National Racquetball Championships.'"*

This is the fourth year for the WPRA Nationals, covering a four-year history that has seen women's professional racquetball grow from a struggling few events to its current, solid foundation.

"Racquetball tradition, like the tradition in many other sports, is to have a year-end event, the big championships," said Gordon. *"The WPRA believes in that concept, to have the players hone their skills to aim for this Finals."*

The Bonus Pool, sponsored by Nike, is based on the final rankings which are announced at the conclusion of the WPRA Nationals, meaning that players' performance in the Nationals will have a direct bearing on the outcome of the Bonus Pool distribution. In addition, the WPRA hands out an extra, although small, bonus to the top 32 in the final rankings.

"We've tried to consistently show that we care about the rank-and-file as well as the top few," said Gordon. *"And while nobody will get rich with these bonuses, we still believe it's a gesture of good faith."*

AARA National Championships (May 25-30)

"Above all, our tournament showcases the amateur player without the shadow of the professionals," says Luke St. Onge, AARA executive director. *"Our Nationals is like the NCAA basketball tournament—a full blown event strictly for the amateur competitors."*

The AARA National Championships, traditionally held through Memorial Day weekend, is hosted this year by the Houston (TX) Downtown YMCA, one of the nation's most complete athletic facilities. With 22 full divisions of play, including wheelchair, this is THE tournament for amateurs to win a true "national" title.

"Our winners are the only ones recognized as national champions by the U.S. Olympic Committee as per the Amateur Sports Act of 1978," said St. Onge. *"And the top three men and women open players qualify for the U.S. National team for international competition."*

While the AARA hosts regional competition, their regionals are not qualifying events (as opposed to Ektelon), although seeding is based on regional results. There is no junior play at the AARA Nationals; rather the AARA holds a separate juniors series, complete with regional qualifying, prior to the junior nationals (June 25-29, Fishkill, NY).

Continuing its Olympic atmosphere, the AARA awards medals to the top finishers in the Nationals, *"establishing a tradition in a sport that lacks tradition,"* as St. Onge puts it. The medals are specially cast for the AARA Nationals, probably the most unique award of any of the Big 5.



"I hate to be repetitive," said St. Onge, *"but we're the only Nationals that is 100 percent amateur and we're the only one with truly official recognition for our winners as national champions."*

DP Leach/Catalina Pro-Am Racquetball Series Championship (May 30-June 4)

An incredible 41 divisions of play, ranging from age 10 and under to 60 and over and skill levels from Professional Men to Class D, with singles and doubles, make the DP Leach/Catalina Pro-Am Racquetball Series Championships far more than the year-end finale to the men's professional tour.

The tournament is held this year at the Charlie Club Sports Hotel and Fitness Center, in suburban (Palatine) Chicago. This club, besides its 17 courts (one with two glass walls and permanent seating) and full club amenities, also sports a 180-room Best Western hotel, making it one of the most elaborate and convenient tournament facilities in the nation.

And with 41 divisions of play, the folks at the Charlie Club will have their hands full coordinating and caring for the multitudes that are expected.

Undoubtedly, the highlight of the event is the Men's professional bracket, crowning a champion for the DP Leach/Catalina Series, which brings more prize money to the men's pro game than any other. The Series held six regional events during the season, with the top four amateur finishers playing against a set 12 touring pros. The four amateurs from each of the regionals are eligible to compete in the Finals.

"One of the things we like most about our tournament," said Susanne Ambler, tournament coordinator, *"is that all of the top amateur talent has the opportunity to go up against the pros."*

The event boasts \$40,000 in prize money, second largest of the season. But its importance goes far beyond just the prize money.

CATALINA

"This is the only national circuit for men professionals," said Greg Eveland, product manager at Diversified Products. "Racquetball needs the credibility and tradition that a cohesive tour gives. Look around. The only people doing it are the racquet manufacturers."

Eveland's point is that without this series there would be no men's pro "tour" or series of events.

Each of the top four amateurs in each region collected \$500 to help defray expenses in attending the tournament, thereby assuring a solid core of participants.

"The huge number of amateur divisions is something the host club wanted to do," said Ambler. "Their concept is to get the entire racquetball community involved with the event."

For further information contact Lynn Rickespoone at the Charlie Club, Route 53 & Dundee Rd., Palatine, IL 60067 or call (312) 934-4910.

DP/Leach National Championships (June 14-19)

As Samuel Clemens once said, "the reports of my death have been greatly exaggerated." And so it is with the DP/Leach National Championships, which are alive and well, despite printed reports to the contrary.

The grand old daddy of the various National Championships, the DP/Leach Nationals has a tradition dating back to 1975 when Leach Industries was one of the sponsoring agents for the U.S. Racquetball Association (USRA) Nationals.

The DP/Leach Nationals has always been and continues to be the largest prized tournament of the racquetball season, this year with \$100,000 in prize money and prizes, including the largest (\$50,000) prize money purse of the season.

But don't be fooled by thinking that all the DP/Leach event has to offer is big prize money for the pros. Just as important are some significant developments that cause Greg Eveland of DP/Leach to say, "We want top billing. We feel that this is THE professional nationals."

For one, the DP/Leach Nationals will have unlimited qualifying for eight spots in the professional main draw round of 32. Twenty-four players will be ranked and anybody can compete for the last eight spots.

"The fact that our format is totally open is a major difference between our event and all the others," said Eveland.

On the amateur side, the tournament has been AARA sanctioned this year for the first time, which means that the best amateurs in the country are likely to show up. And there will be a women's pro challenge match featuring Heather McKay against another top-ranked woman pro.

In addition to the men's pro division, there will be 23 others from juniors through all the adult age categories for men and women. And to stress DP's involvement with the grass roots element of the game, all proceeds from the tournament will go toward the U.S. Racquetball Team.

"We want this tournament to be the highlight of the season, the culmination of the year," said Eveland. "We're giving away \$50,000 worth of prizes to the amateurs to match the \$50,000 men's pro purse. We're talking about top-of-the-line DP exercise equipment, a five-piece luggage set and a lot more."

"Plus, every player's entry fee will include tickets to all pro matches, and we'll have a banquet, great hospitality—just a super event."

The host is the Atlanta Sporting Club, 1515 Sheridan Rd., N.E., Atlanta, GA 30324. For further information contact Caryn McKinney at (404) 325-2700.



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Steve Stone: From Cy Young To Howard Cosell With Racquetball

by Mort Leve

The transition from Cy Young award winning, premier American League pitcher with the Baltimore Orioles to sportcaster with the ABC and WGN-TV networks has been successfully made by 35-year-old Steve Stone. In the baseball off-season Stone winters in Scottsdale, AZ overseeing his posh Steven's restaurant and giving almost daily attention to his club class A racquetball game.

In 1976, while he was with the Chicago Cubs, Steve was suffering arm problems and the diagnosis made by Dr. Tom Sadler, then at the University of Illinois, Circle Campus, was a rotator cuff injury. This is probably the most serious of baseball arm injuries and surgery invariably spells finis to a baseball career.

"We talked about rehabilitation—what I could do—and Dr. Sadler gave me a weight training program," said Stone. "But after three months I found myself getting bulky with the shoulder muscles very strong, but taut. It allowed me to pitch again but it took me about 30 minutes to warm up before a game.

"That winter I was picked in the free agent draft by the White Sox. Knowing that I was going to spring training I looked for something to give me the mobility and shoulder strength and decided racquetball was the sport that could give me the full range of motion—overhead, backhand, forehand—while maintaining my weight, and strengthening my legs.

"Importantly, I could get all the internal and external rotation movements in the shoulder to build up the area again. It worked out very well following two or more daily hours on the racquetball court.

"I went to spring training with a big question mark over my head because of the shoulder injury but I subsequently led the staff in victories both in 1977 and 1978 while maintaining my racquetball game in the off-season."

Steve Stone
at the entrance of his
Scottsdale, AZ, "Steven"
restaurant. Steve was
formerly associated with
Lettuce Entertain You
chain of successful
Chicago-area eateries.

Steve played at both the Downtown Court Club and the Mid-Town Racquetball Club while in Chicago. He definitely feels that the game enabled him to come back and ultimately reach a peak, 25-game-win season with Baltimore in 1980.

When Stone came up with the San Francisco Giants in 1971 he was labeled as "another Sandy Koufax," being able to throw harder than any pitcher in the Giant organization. The major league club then had present-day Hall of Famer Juan Marichal and 300-plus game winner, Gaylord Perry.

"Despite two good years with the White Sox I never reached the potential goals I had set for myself," said Stone. "Really what it took was going to Baltimore and playing for a quality ball club. From the middle of 1979 through 1980 seasons I made 50 starts and lost only seven times, so this was my highlight streak, including that 1980 season when I won 25 games and lost seven. I started the All-Star game that year and retired the first nine men, the first time that had been done in 14 years, and wound up with the Cy Young award."

—Photos by Jess Wells



Steve realized that this was pretty much the culmination of his career because as he puts it, *"I was borrowing tomorrow's pitches for today, throwing 60-70 curve balls a game. Then I hurt my elbow and it really never came back again."*

Steve went on to explain that it wasn't a matter of over-pitching; rather it was the fact that he could have a big year by doubling up on the effective curve ball.

"I could have won 13 or 15 games throwing half as many curve balls. But in compiling a 14-game winning streak (coming close to the American League 16-game record) then losing to Texas and following with five more for 19 out of 20, was well worth the price.

"And, we were coming on strong, battling the Yankees for the division title. We closed an 11½ game deficit to within a half-game. We came up a little bit short but it was a miraculous year nevertheless."

Stone came to professional baseball from Kent State University and one of

his thrills was rooming with and pitching to the late Yankee star, Thurman Munson. He signed with San Francisco in 1969, played two years in the minors and as a non-roster player became a regular-rotation, starting pitcher in 1971.

"I remember looking around in my first start at Candlestick Park and seeing those two great Willies—McCovey at first base and Mays in center field, along with Bobby Bonds in right. It was simply a wonderful way to break in."

Is there a kinship between pitching and the overall racquetball game strategy? Stone agrees that it is important to keep the opponent off balance.

"I find against a quality player I can't consistently overpower him, so the off-speed pinch shots to either side will usually give me a chance to end the rally. Like most players my two most effective serves are drives down both walls. I have particular success with the serve to the righthander's forehand, hugging that wall, low."

This reporter mentioned an occasion when Marty Hogan switched from a power serve to a garbage lob with the score 17-17 against fellow power-man Dave Peck, thus completely turning the tempo of the match and gaining the final four points.

"This has happened to me also," Stone recalled. "I was beating a good player recently and he started with the lob serves, turned the match around and won. Like everything else it is important to try and change that all-important tempo when things are going against you. I find by changing my serve, taking a time-out, and changing the general game strategy that a psychological advantage can be gained."

"I love racquetball because it gives me a competitive outlet now that I no longer play pro baseball. And I'm a highly competitive person. I also find

More fun this way for the very eligible bachelor Steve Stone. He challenged Scottsdale Clubhouse No. 1 femme player, Jean O'Hara.



that it gives me an excellent aerobic workout. After playing racquetball for two or three weeks steadily I feel I could go out and run five or 10 miles without undue effort."

Despite the shoulder injury and then the ultimately career-ending elbow problem, Steve is grateful that he came out of 14 years of professional baseball with no operations or crippling injuries.

"At this point I am also playing tennis and golf, so I have three sports that I truly love," he said. "Fortunately I'm healthy enough to play them fairly well, getting enjoyment out of them as well as the exercise."

In comparing tennis with racquetball, Steve feels that the difference is the intense exercise that comes only with racquetball.

"It allows me to keep my weight down, eat what I want. I can get all the exercise I need in an hour of racquetball while it takes two to three hours of tennis to have the same effect."

"You don't have to be able to consistently roll out shots or perform in the upper plateaus. The fun and values of the exercise should suffice."

"Racquetball helps a ball player keep that quickness that is so necessary while also keeping the arm conditioned. I always found after a winter of racquetball I could go into spring training and waste little time with stretching or strengthening arm and leg exercises before throwing the ball hard."

Stone finds professional athletics have changed in respect to maintaining a year around exercise program indicating that the pros today are so competitive and talented that a player must realize the importance of staying in shape at all times. Most professional athletes work out in the off season with weight training equipment, jogging, and racquetball.

Steve will now re-establish a residence in Chicago as he enters the broadcast booth and having heard glowing reports of the full-concept East Bank Club, plans a membership there to continue his racquetball. And, in televising Monday games with Keith Jackson, Howard Cosell and Al Michaels on ABC, and the road games of the Cubs, he will seek out convenient racquetball centers along the major league trail.

"Now I'll be able to go the distance as a broadcaster, whereas I wasn't known as a 9-inning pitcher when I was playing," said Stone. "Racquetball will keep me in shape the year around. I know I can beat my fellow sportcaster Harry Caray. His mobility is a bit suspect at this time."

"As a player my playing weight was 175; now I don't need as much bulk and

Condition the year around is now the aim of former Baltimore Oriole star pitcher Steve Stone . . . and racquetball is the vehicle he firmly believes is the ideal outlet.

can gain better quickness down about 10 pounds from that level."

The restaurant business has been good for Steve. His partners Bill Frost and young Mark Kasanovich have given fine operating input, with near-future plans for a second food emporium at Lake Tahoe.

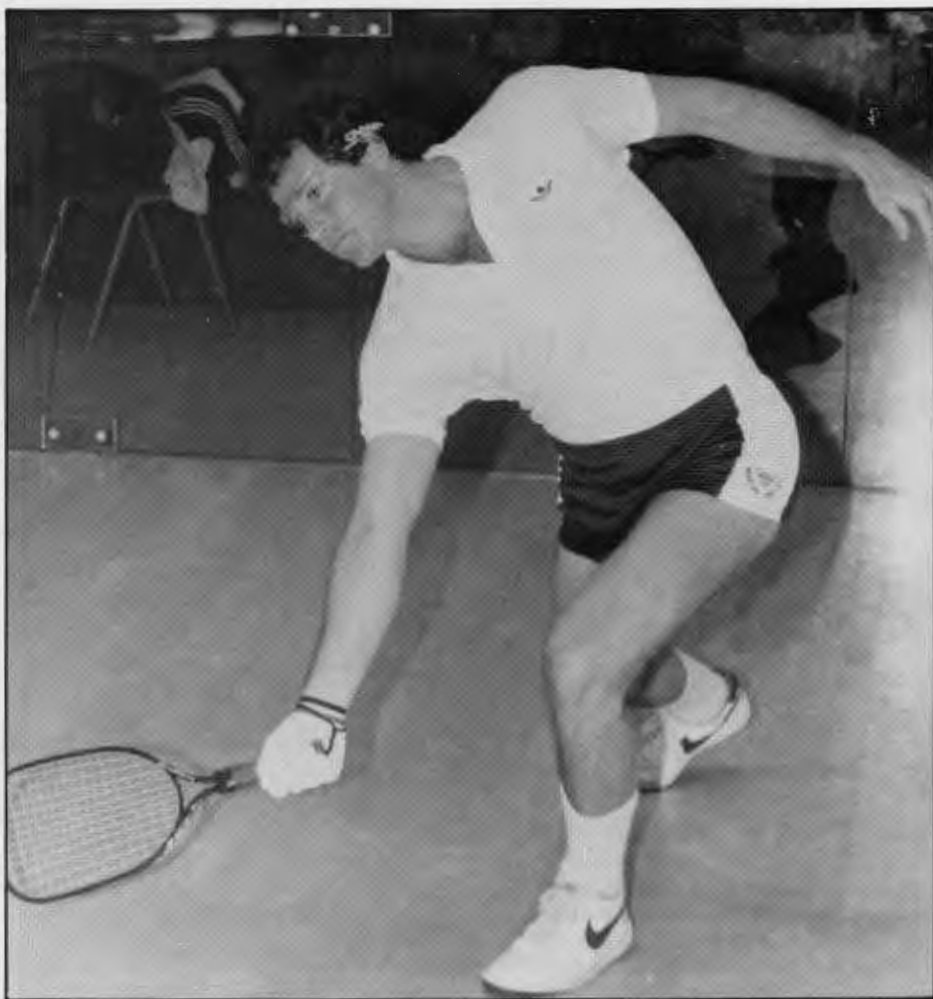
"Their expertise enables me to take the time for sports activity," said Stone. "I also make sure they get some court play to stay healthy."

During his first Chicago stint Steve had been connected with the Lettuce Entertain You restaurant chain, headed up by Rich Millman. This included the well-known Ambassador East Hotel Pump Room and R.J. Grunts.

"I believe they now have 12 restaurants and I have long felt that Rich is the best restaurateur in the country," said Stone. "We have patterned a lot of our ideas here after his operations."

Stone admits to once being one of those racquetball die-hards who refused to wear eyeguards. One day he went in the court with a strong 20-year-old kid, a real wild swinger. Steve hit a drive serve to the kid's backhand that was powdered back and hit him on the upper back. Steve served again to the same position and as he was glancing toward deep court to find out where the ball was going, got hit in the left eye . . . fortunately not seriously.

"This was the warning to me to ALWAYS wear eyeguards," he said. "I have never gotten on the courts without them since then. I was just happy that I was taught the lesson without having to pay the real price. I'm sure if that ball had hit the full eye it would have necessitated surgery or possible loss of the eye."



"Now, even warming up, I have the eyeguards on because you never know, even with your own racquet coming back to hit you, or the other player who is warming up. You can never be too careful. The eyes are your most precious possession and you don't want anything to happen to injure them."

"Another preventative measure for players should be proper warm-up before starting play. Most hourly players don't take the time, anxious to get their full time period in competitive action. They should loosen their legs, and their upper body. We see too many Achilles tendon injuries and pulled muscles. It is better to take at least five minutes off the playing time than to be sidelined two weeks or longer."

"The player can take a bit of time in the sauna, then continue a loosening up process in the locker room if time permits. First, you play better when you are properly warmed up; second, you can avoid injuries when fully loosened up; third, you won't have to spend the time rehabilitating."

"Just recently my tennis partner suffered a torn Achilles tendon most likely due to lack of warm-up and he'll be sidelined six months. There is absolutely no substitute for proper preparation."

And, the parlay of athletic ability and intelligence gives Steve Stone an ideal second career—in the broadcast booth. ●

Selecting A Coach For Your Junior Player: An Interview With

by Shaileen Kopec

You're a parent who thinks racquetball is a great sport for your son or daughter—so great you're willing to hire a coach to help Johnny or Jennifer become really good. How do you choose the "right" coach?

Selecting a junior coach is a decision that deserves a lot of thought on your part. First, it represents an investment of both time and money. It's also a choice that can affect your child's future in the sport and carry over to his or her outlook on life.

To guide parents, I asked Dave Peck, who besides being near the top of the men's pro tour is widely acknowledged as one of the best junior coaches in the country, for his advice.

Question: Dave, let's start with something basic. What's the difference between an instructor and a coach?

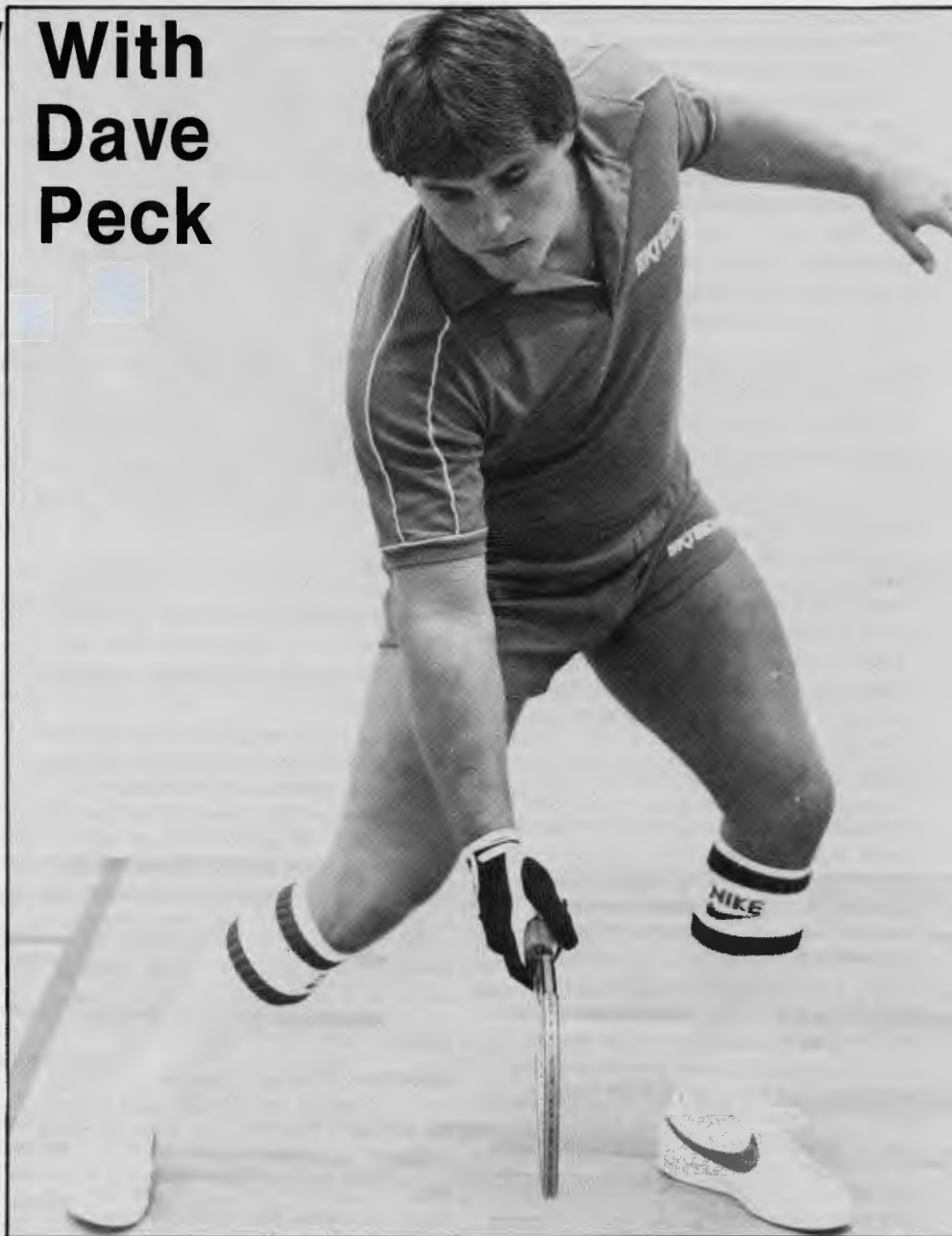
Peck: An instructor is more or less a helper for the kid who's paid "X" amount for a certain amount of time. A coach, on the other hand, is involved with all the different aspects of a player's game, as well as the player's emotional and mental development. It's a more intense relationship. He's there all the time, not just for racquetball but as a friend, too. I know I want to see my juniors do real well, not only in their careers but on the important personal levels, too.

Question: What then is the difference between coaching an adult and coaching a junior?

Peck: Adults, of course, are more physically and mentally developed. However, an important difference is that an adult has established an attitude about winning and losing. He knows there are other things in life besides racquetball. A kid loses a tremendously hard match and he gets discouraged.

The junior coach has to have a different teaching philosophy. He has to nurture the junior player, making him or her realize that you have to play your hardest and do your best, but it's still just a game.

Dave Peck



Question: Does a junior player have to show great potential to justify the parents hiring a coach?

Peck: When talking about kids, you can never tell. I've had national junior champions who weren't any good when they started, but they developed. They listened and they took the extra time. The most important element is the desire to become good.

Question: When should parents consider a coach for a child?

Peck: Assuming that kids are strong enough to hold a racquet, I'd say get them on the court as soon as possible, anywhere between nine and 11. As I said, you can't tell how good a child will become. Puberty obviously makes a difference in their future strength. Most nine-, 10- and 11-year olds are not really coordinated, but they can learn

the fundamentals and have some fun while developing. This helps them through the awkward years.

I remember when my brother Gregg was 11. He had size 10 shoes and he was just a klutz. But he kept playing and now he's 6'2" and moves like a cat. It's a matter of developing over the years.

Question: If young players have coordination problems, couldn't it be too frustrating to play until they mature more?

Peck: The frustration occurs when someone doesn't recognize the situation and help them through it. It's the coach's positive attitude that makes a difference—it's all in the way that the coach presents and takes care of the individual problem. You can say to a kid, "Okay, this is hard for you to manage now, so let's try it this way." In spite of the coordination problem, there's a lot a child can learn at an early age.

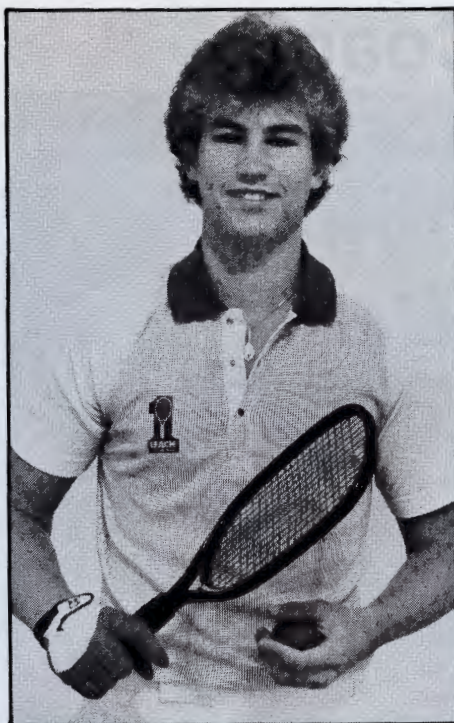
Question: You've coached both boys and girls. Is there any difference parents should realize?

Peck: Among kids aged about nine through 11, girls are a lot more coordinated, so it's a little easier to teach them, but I also find they can be more sensitive. And some of them find racquetball a problem when they reach puberty and get interested in guys. Tennis has a real feminine association, but when it comes to racquetball, some just don't want to continue.

Some parents also want their daughters to learn the game and have some exercise, but they don't want them to play in tournaments. I say, what's the use of learning and having a coach if they're not going to compete? Drag racing is thought of as a man's sport, yet the best drag racer in the country today is a woman. I say let the child decide for herself.

Question: What commitment must parents and junior be willing to make?

Peck: Obviously, there's a financial commitment. And there's a time consideration, both on the part of the junior and the parents. Juniors, though, must be willing to make sacrifices to get where they want to go. The commitment can be pretty great, but it gives a kid something positive to do. Kids need



that. It also gives them a sense of accomplishment and it can make the parent feel a sense of accomplishment, too.

Question: Family involvement, then, is essential?

Peck: It's pretty much a family commitment. In the beginning phases, the parent has to accompany the junior to tournaments. That means time and expense, such as gas or air fare, food, and tournament fees. It doesn't have to be terribly expensive, though, because unlike tennis there are many opportunities in racquetball to compete on a local, state or regional basis. When a junior gets older and can drive, travel expenses can be shared with other players.

Question: In most instances, the local club pro would be the available choice for a coach. Can all club pros function as junior coaches?

Peck: No, not all club pros can be junior coaches. The best thing is to check their qualifications, such as APRO certification, as well as their desire to coach young people.

Question: What qualifications should parents look for?

Peck: I'd look for that certification. I'd also want to know if the coach has had success with past students. I'd listen to word-of-mouth evaluations. Rather than an interview, I'd pay more attention to observing the coach around the club. How does he react to others? Are the kids being coached having a good time, as well as learning and improving?

Question: What about personal qualities?

Peck: The most important consideration is whether the coach can communicate on the kids' level. Are his juniors at ease when they're being coached? Are they enjoying themselves? Does the coach *really* like kids?

Question: What kind of coach should be avoided?

Peck: I'd avoid anyone who's negative and yells a bunch. I'd stay away from anyone who thinks they're right all the time and everyone else is wrong, who is not open to new ideas and isn't always watching to learn something.

Question: Should parents look for a group situation or one-on-one coaching?

Peck: Initially, try to go one-on-one then hook into a group. Get the basics individually. When the junior gets older, the team feeling and the camaraderie are important.

Question: You've said that coaching implies a close relationship. What feelings should exist between junior and coach?

Peck: I think you have to be a friend. The junior player must also respect you as a person and as a player. You have to practice what you preach—show that it works. Respect as well as friendship—that's how I'd characterize the relationship.

Question: What about the coach's relationship with parents?

Peck: From the very start, coach and parents should establish good communication. In the beginning phase, the coach should make an extra effort to let the parent in on his philosophy. At a tournament recently I was telling the father of a kid I coached that I always wanted my players to have the hardest draw possible. He seemed surprised and asked why. I explained that I believe you have to lose before you can win, that you have to give 120%, and that you have to learn to cope with life's adversities. The key is keeping parents in tune with your philosophies.

Question: What about conflicts with parents?

Peck: There's always a problem when parents think they know more than the coach. Some parents think you should just help the child develop racquetball skills; but there are other variables, which I've mentioned, such as a philosophy toward life as reflected in the approach to the game. At that point some parents jump in the picture and say cut it at that.

Sometimes it's because they're jealous of the relationship or fearful of losing control. Some parents have a fear of being an outsider. Good communication resolves this.

Question: What about setting goals?

Peck: In the early stage the coach should know the junior's potential and work accordingly. As the child gets older and has developed more, then the coach can help the junior set goals for himself or herself and assist in attaining them—but only in conjunction with the young person's own desire and drive.

Question: Should a coach be reporting to parents on a regular basis?

Peck: I think so. Immediately after every lesson I go to parents and tell them what we've gone over, what progress has been made and what's necessary to do. It's very important to keep parents aware of what you are trying to accomplish.

Question: Once a coach has been hired, how can a parent evaluate effectiveness?

Peck: The attitude of the junior player is the key. Does he look forward to his session, and how does he feel afterward? Does he respect the coach? Is there excitement about what's happening?

Question: How often should a player meet with a coach and how often should he or she be practicing?

Peck: Personally, I don't have any specific guidelines. Over the first six months I want them to learn the fundamentals. I'll spend at least two months on the stroke mechanics. I don't like to work with a regimented schedule. I've seen too many burn-outs. Sessions can be worked out between the coach and junior as progress takes place.

Question: Motivation is a big factor in any sport. What role does the junior coach play?

Peck: The coach has got to be positive. This is so important with kids. Remember to say, "You're doing great." Generate some excitement and fun. With my older juniors we have little drills or contests that get the kids yelling for each other—it keeps the fun in it.

Question: What off-court activities can complement a junior's racquetball program?

Peck: I'd say after practice our number one off-court activity is pigging out, eating to fatigue. But you mean other

types of activities! We'll do sprints, use the Lifecycle, Nautilus if the junior is old enough (15 or 16), various on-court drills and weights. Wind and strength are important, but we do it as a team for the discipline and the camaraderie—that's important.

I do it with them so I know when I'm approaching the fatigue level that they're at their limit. I don't want them to burn-out, I want them to enjoy what they're doing. I'd emphasize that I wouldn't use these complementary activities until the junior has reached a higher level.

Question: Let's say a junior has exceptional talent. How can a parent tell if the child has outgrown the present coach?

Peck: The best teacher is experience and there are only so many coaches who know all the tricks of the trade. The coach himself may point out the fact that he and the junior have reached a learning plateau and that he now has to learn more himself. A good coach is one who watches and analyzes and is open to new things. I've learned so much from my kids. My brother Gregg was like the guinea pig; and then later my sensors were always open when I worked with kids and they have helped my playing as well as my knowledge of the game.

The key question is: Is the coach a rock or a sponge? Is he or she willing and able to learn new things and pass them on to his players? If the answer is the rock, get a new coach.

Question: Should parents push a kid?

Peck: There's a real fine line. Instead of saying "pushing," I prefer saying "motivating to become a better player." I wouldn't be above a slight bribe either, like "Win this one and I'll get you a new racquet."

But if it gets to the point of pushing too hard and the wrong way, then you get into the burn-out syndrome. Kids just don't enjoy the game any more. You have to realize where the kid is and that it takes time to develop. When a parent wants to push too hard and isn't listening to what I have to say, then it's time to cut off the relationship.

Question: What part do tournaments play in the development of juniors?

Peck: It's a big part. Practicing can be a pain. Tournaments help them stay excited about racquetball. They learn about the different aspects of the game and they get pushed to their limit. They also learn how to communicate with people because of the exposure

through tournaments. There's carry-over in that they learn about adversity and they can grow in confidence. You're down and you come back; the same thing happens in life. It's a great developmental experience.

Question: What about the Racquetball Camp experience. You've been involved for many years. What can it offer the young player?

Peck: It really has tremendous value. Kids get to know all aspects of the game and they get to meet top players who serve as role models. They meet kids of their own age and they can just have a fun time. The obvious advantage is that a young player can learn a great deal in a short period of time.

Some camps emphasize strategy, while others such as ours in Texas and at All Sport in Poughkeepsie, NY, emphasize the mechanical aspects. At the same time we always strive to make sure that the kids really know what's happening and why. There's constant question-and-answer. When selecting a camp, it's important that parents evaluate these differences and certainly that they evaluate the people who are on the staff.

Question: Last question, Dave. What's the difference between a good junior coach and a great junior coach?

Peck: Basically, it's a summary of all the things we've touched on: having tremendous knowledge of the game, knowing how to teach, knowing how to communicate with young people and really enjoying kids, plus being a friend. And always, always being positive. ●

The No. 1 ranked player in men's professional racquetball in 1982, Dave Peck is one of the game's premier power players. Affiliated with the Supreme Court Racquetball Club in his hometown of El Paso, TX, Dave has instructed more than 100 young players and coached a nationally-acclaimed junior team that has garnered no less than eight national titles. The team has included his brother Gregg, the 1980 National Junior Champion who is now ranked on the men's pro tour, and Ray Navarro, holder of three National Junior Singles Championships, including the 1982 National Junior Championship.

Ask The Champ

by Marty Hogan

Five time and current National Champion Marty Hogan answers questions about improving your game in this ongoing exclusive series in *National Racquetball*. Readers are encouraged to submit questions about their game to Marty Hogan, c/o "Ask the Champ," *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.

Question: Each year we hear about an injury to Wagner or an injury to Hilecher or an injury to some other player. Why don't we ever hear of an injury to Marty Hogan?

Hogan: Hogan is Superman! In my own mind I know that pound for pound I am the strongest player on the pro tour. One thing I've always been very, very cautious about is staying in shape and in my own mind I believe that staying in shape is the best preventive medicine you can have.

Professional sports is a career in which injury is always present. Pain is an occupational hazard, yet anything short of physically stopping me from entering the court, won't keep me from playing. I love the competition and challenge too much.

Besides, I've had my share of injuries—oh, nothing major like Wagner's knee, for example, but bothersome nevertheless. It's the older players who tend to come up hurt, primarily with back problems.

Early in my career I had a severe case of tendinitis in my wrist; I think my stroke was just putting too much strain on my arm and hand. I went to doctors, chiropractors, anybody who I thought might be able to relieve the pain. Nothing seemed to help.

Yet, during that time I played nine or 10 tournaments, and you can check the records, I won them all. I played with a wrist guard and also taped my wrist. I think that during that period I played the best racquetball of my life. I concentrated better than any other time in my career, I guess because I knew that I wasn't 100 percent physically. I compensated by concentrating more intently on all phases of the game.

A professional sports career is too short as it is. We use our bodies to make our livings and our bodies live 24 hours a day. I try to take care of mine all 24 hours.

Question: As a medium B player, I've found that many of my opponents like to serve and then back into the center court area. When I take the ball off the back wall, I end up being blocked nearly every time. What can I do to eliminate this problem?

Hogan: In my younger days I probably would have counseled you to hit your opponent in the navel . . . from behind. But since I'm a much gentler type of person now I would encourage you to hit around her, at least at first.

This is not a new problem; there has been blocking in racquetball for as long as there has been racquetball. For some reason many, and maybe most, players believe that once they've established "position," which they define as the space they currently occupy, that they need not move. They corral their space like squatters.

Racquetball etiquette says to hit around her. If the problem continues and is consistently taking much of the fun out of your workout, then I suggest you take a few minutes to honestly explain to your opponent that there is a problem, and that it's possible she may get hurt when you remedy it.

Most players, when a fundamental error in their playing style is pointed out, will genuinely try to adjust. At the B level this is almost always the case.

If, however, you've got that rare bird who is deliberately blocking your shots and who refuses to move after your request . . . then choose a new partner. Your only other choice is to rip her.

Remember, the essence of fun in racquetball is fair play, honesty and good sportsmanship.

Question: What are the rumors you've been hearing about the pro tour and what do you think you'll be doing next season?

Hogan: I hope I'm playing pro racquetball next season, but I have no control over that. Those of us who play the tour have been hearing rumors. All I can say is that right now I have not heard of any firm pro tour for next year.

If there is no organized tour next year, I'm sure there will be some number of satellite events that will attract many of the top players, although I probably won't be among them. Instead, you'll find me finally having the opportunity to do what I've wanted to do for a long time—embark on the Marty Hogan American Tour, which would be a series of exhibitions across North America bringing top-flight, professional-caliber racquetball to many, many towns that would never see it otherwise.

In the last four to five years I've had at least 500 clubs invite me to do an exhibition or clinic, or in some way help them promote racquetball in their community. Because of my pro playing schedule I've been unable to participate except for a very few.

Over the summer, if I don't hear of an organized tour for next season, then I'll announce that I'll play in only a few tournaments next year and I'll go on a promotional circuit for the good of racquetball, to bring Marty Hogan's style of racquetball to the average club. ●

APRO Teaches:

The Pinch Shot: Use It From The Beginning

by Robert W. Roach

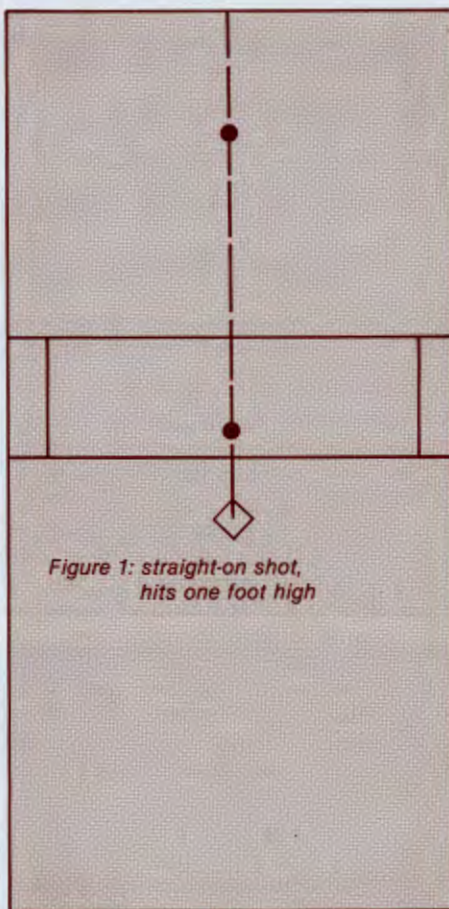
Many a beginning racquetball player first comes across the pinch shot by accident. An early attempt at a forehand or backhand accidentally happens to hit one of the lower corners of the front wall, and the ball just dies in that very area, bouncing out only a couple of feet.

A new discovery! The beginner has found that it isn't always best to hit the front wall first, and if the corner area is hit down low, it tends to "swallow the ball up".

This is the purpose of the pinch shot. Not only does hitting two walls change the direction of the ball, but each time the ball hits a wall at an angle, it slows down. The straight-on shot that hits one foot high will bounce out much further (*Figure 1*) than the pinch that hits the side wall one foot high (*Figure 2*).

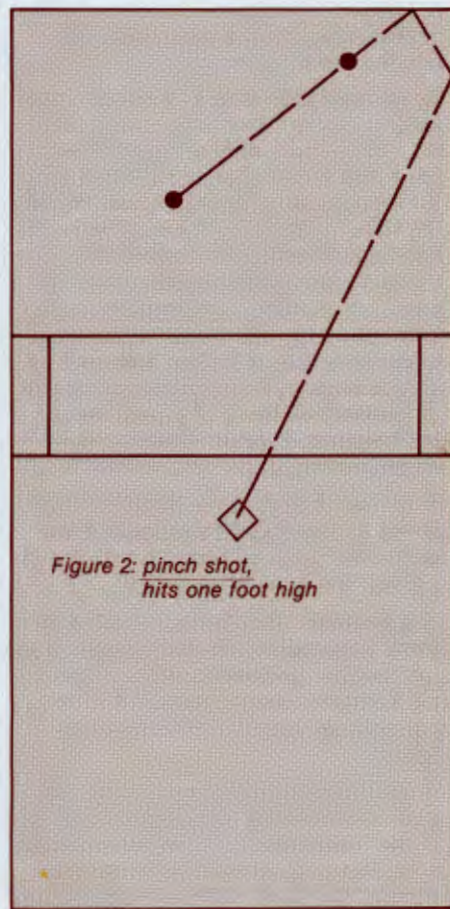
The beginner who makes that first successful pinch shot by accident will probably be so pleased with the results that he will try it repeatedly. Unfortunately, the repeated attempts will not always be as successful as that first accident. It takes a lot of racquet control and finesse to consistently execute the pinch shot. This can only come with on-the-court experience and practice.

The danger of hitting the pinch poorly is this; if hit too low or too far from the front wall, the shot will skip (hit the floor before the front wall). If hit too high or too hard, the ball tends to end up back at center court for an easy return for your opponent. Therefore, the pinch shot is a shot that leaves little room for mediocrity. You are attempting to end the rally with that shot, and if you don't execute it properly, your opponent will probably end the rally on the ensuing return of that shot. This is especially true for more advanced players who can generally put a shot away from the center-court area. A couple of beginning players may just prolong the rally with a poorly-executed pinch shot.



Beginners: Experiment with the Pinch

Many teachers do not teach the pinch shot to beginners since it is not an easy shot, and it must be well executed to be effective. I personally feel that it can be a very useful shot from early on, and I teach it in the first week of a beginner's second four-week session. This is after they have learned the basic serves, the forehand and backhand stroke, the ceiling shot, basic rules and positioning, and are beginning to play games.



At this point, most players are ecstatic about the fact that they are really playing racquetball, and if they can get the ball to the front wall any which way and can sustain a rally for two or three hits, they're having a ball. Strategy at this point is not playing a very big role in their "game plan". I teach the pinch at an early stage because I feel that the beginner can usually get away with hitting a poorly-executed pinch shot (too high) more so than at the intermediate or advanced level. The opponent, also inexperienced, will often get "jammed" by the ball coming off the side wall after it has been hit too high.

For the beginner, the pinch shot should only be attempted from the center-court area, the service zone, or the front court. The beginning player simply does

not have the racquet control and skills necessary to hit the pinch shot accurately from the back court.

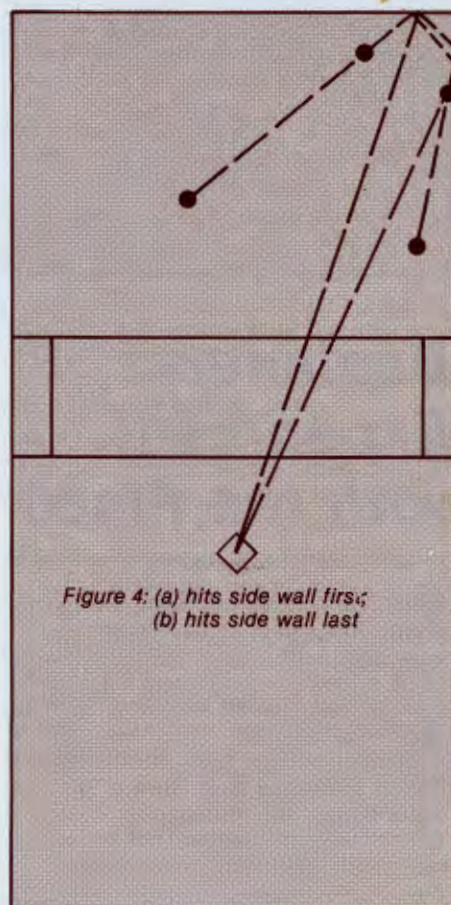
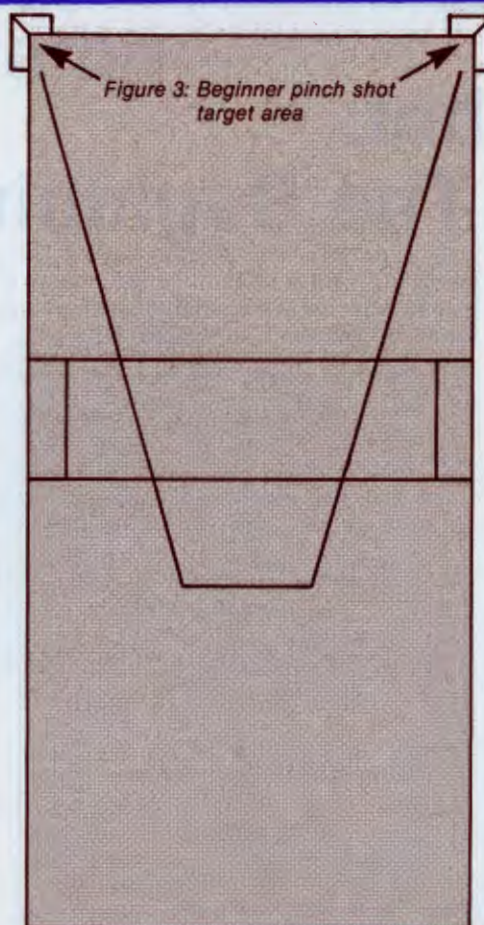
At the beginner level it is not as important to hit the pinch low as it is later on. Just as it is difficult for the beginner to hit a good pinch, it is also tough for a beginner to hit a ball that is coming toward him from the side wall. The beginner tends to run toward the ball at the wall, rather than staying near the center of the floor and waiting for the ball to bounce out. For this reason, a pinch shot that is hit too high and comes back out near center court will most likely be more of a problem for the beginner to return than one just coming straight out off the front wall.

This means that at the beginner level, it is not as important to execute a *low* pinch shot as it is just to hit it. The important thing is not to skip it.

The beginner should try to hit the pinch from a low point just as he would a low forehand or backhand drive, the principle being the same: you want to hit the ball low, so you start it from a low point.

A good time to hit a pinch might be after a weak shot that bounces far up in the front court, or after a hard, high shot that goes all the way from the front to the back wall before bouncing in the back court, and then for the second time in the front court. The closer the ball is to the front wall when it is hit, and the lower it is (a few inches, up to about a foot), the easier it will be to execute the shot well.

The target area for the beginner (*Figure 3*) should be about an 18-inch square on the front wall or side wall of the low corner. The pinch can be hit to either forehand or backhand side, from either the forehand or backhand side. Whether you aim for the front or side wall should depend on where you want the ball to end up. Hitting the side wall first will misdirect the ball across the front court, whereas hitting the front wall first will keep the ball on the same side of the court (*Figure 4*).



At the beginning level it is best to just aim for the "crotch" area between the 18 inch square target areas, until you are consistent in hitting them. (Remember, though, better too high than too low.) Have your racquet back early and your body sideways to the front wall when you're ready to hit. The swing should be fairly slow, and smooth, just trying to "direct" the ball to the target area.

As a beginner, remember the most important aspects of the pinch shot; 1) hit it from center court, the service zone or front court only. 2) If you make a mistake, it is better to hit it too high than to skip it. 3) As with all shots, experiment with it, but do not hit it so often that your opponent will be expecting it. 4) Practice, Practice, Practice.

Intermediate Players: Proper execution becomes more important

While the beginner can usually get away with the poor pinch shot, the intermediate player does not have that luxury. As you have continued to improve your game, so have your opponents or perhaps you have moved on to different opponents who will truly test your improving skills.

The intermediate player has learned to wait and take the poorly-executed pinch when it should be taken; just before the second bounce, which is usually right around the center-court area. An intermediate player can often hit a winning shot with this type of set-up. At this stage of your game, you are not merely *hoping* to hit it well and prolonging the rally in case you don't. Your whole objective is to end the rally with your pinch shot. This means that at first, you will be skipping more often because you are concentrating on hitting a lower target area.

The target area of the intermediate level should be one foot or less. If you hit the ball any higher, your opponent

should be able to get to it from near center court. If the ball is hit just about one foot high, that second bounce will be inches in front of the serve line, making it a very difficult return if a return is possible at all. If it is hit *less* than a foot high, you have hit a winner unless your opponent has anticipated the shot and was well ahead of center court, or unless he is Superman. In that case, you had better have some Kryptonite hidden in your sock, or no shot will work.

As an intermediate, you should still be attempting pinch shots from center court or further forward. While your racquet control and skills have improved, your target area is now smaller, and it is more important that you hit it.

Once you decide to hit the pinch, it is essential to have your feet in a good position and your racquet ready. If the ball is coming from behind or there is lots of time to set up, the racquet should be up high and pointing up toward the ceiling. The swing should be full and smooth. If your opponent has hit a hard, low shot, you will not have time for much of a backswing, so you should take a shortened swing at the ball (very much like the "volley" tennis shot) and try to direct it to the target area. The percentages of executing the shot well are far better if the ball is less than a foot off the floor when you strike it.

The intermediate player should also be thinking about which wall he wants to hit first. Since many pinch shots are hit from near the center-court area, the opponent must position himself somewhere other than center court. This means that you want to direct your shot to the side that he *hasn't* chosen to position himself. If he has chosen to remain directly behind you, simply hit low to the crotch area. For example, if your opponent positions himself to your right side, you hit the right side wall first, which will direct the ball toward the left side wall.

The more you play and practice, the more this type of strategy will become instinctive to you. Until it begins to become instinctive, you may find that you occasionally change your mind in the middle of the shot and hit something quite different than you wanted to. This is why it's important at the intermediate level to have a definite target and goal for your shots. Good shot execution is important because your opponent will not be as forgiving as a beginner would.

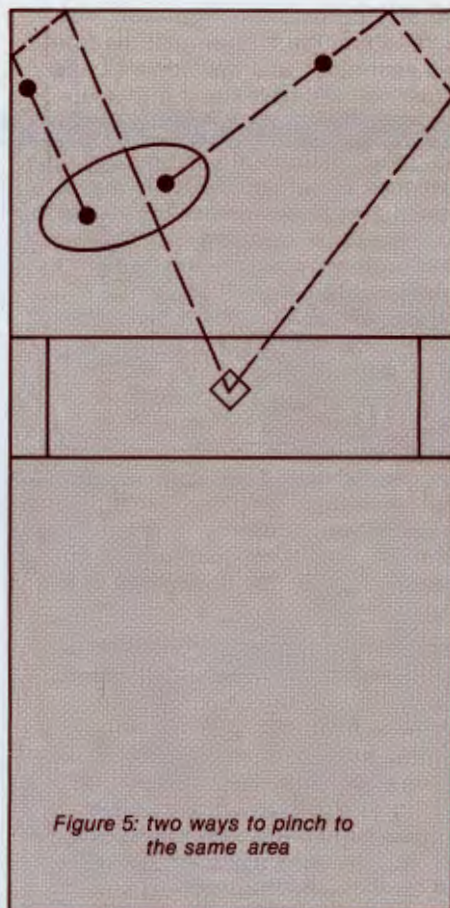
The Advanced Player: Exploit poor positioning and vary your pinch

The advanced player who leaves his pinch shot "up" knows right then that the chances of his opponent (of equal ability) putting away the next shot are *very* good. By leaving it up, you have set up your opponent and this can be done very few times during a game at this level. Shot selection is extremely important at the advanced level and developing the instinct of knowing the proper time and place for your pinches is critical. You must make the pinch just one of many shots in your arsenal, and mix it up so that your opponent is never sure what you're going to hit until you hit it.

At the advanced level of play, anticipation of the upcoming shot is a must because the percentage of well-executed shots is so high. Knowing that your opponent will be well positioned and anticipating (and probably very quick), you must hit the target area. You also must have the proper target area selected before shooting.

Always try to hit a pinch shot so that it will end up as far from where your opponent was positioned as is possible. If your opponent is slightly out of position towards the back court, then simply hitting a low pinch at the crotch area should create a winning shot. If he's positioned on the right or forehand side of the court, you want the ball to end up on the left side of the front court.

This can be accomplished a couple of different ways. Hitting the right side wall a couple of feet from the front wall



and just a few inches high will accomplish this. Hitting the front wall first, about a foot from the left side wall, will place the ball in the same general area at the point of the second bounce (*Figure 5*). There is more than one way to skin the cat, but the skinning must be done carefully and skillfully.

The target area for the advanced player can vary further from the one-foot square that the intermediate shoots for. The advanced player has more skill, power, finesse and racquet control, and can vary the target area by adjusting the speed of the swing. By hitting further from the front wall, you misdirect the ball more across the front court,

The Making Of A Player

by Steve Strandemo

Steve Strandemo has dedicated himself to the study and analysis of racquetball. He is the author of two instructional books, The Racquetball Book and Advanced Racquetball, director of Strandemo Racquetball Camps, a touring professional, and chairman of AMF Head's Racquetball Advisory Staff.

and stay closer to the front wall. You will find that the further from the front wall your pinch hits the side wall, the harder you will have to hit it to keep from skipping it.

One other major difference between the advanced player and others is that it is a good idea to sometimes hit the pinch from the back court. The target area from the back court should be the crotch area between the one-foot squares. If you are shooting from deep in the back court, your opponent is quite likely thinking ceiling shot for your return, and may be positioned slightly back of center court. If this is the case, this may be a good time to surprise him with the pinch. As long as you've executed properly, you should surely have hit a winner. This is a long distance to hit a one-foot target, so practice it often before attempting it in a game.

Another shot that I have occasionally had luck with is the overhead smash pinch. This is very similar to hitting the overhead shot in tennis. You hit this shot on a ball that you would normally hit a ceiling shot. You get ready to hit a ceiling shot, and as your opponent drifts back into the back court, expecting it, you swing down on the ball aiming for the one-foot target area. If the shot is hit too high, it will be a "sitter" for your opponent, but if hit well, a definite winner. This shot is one of the most difficult in an advanced player's arsenal and should be practiced often, and used with discretion. It certainly does, however, add the element of surprise—a necessary one—to the advanced player's game. ●

Bob Roach is Program Director and Teaching Pro for the Wedgewood Club in Montpelier, Vermont. He has taught racquetball for three years, and passed certification in October, 1981. He has also been a certified ski instructor since 1972.

This article is the first of an on-going series dedicated to the instructor. We'll illustrate some of the obstacles an instructor might experience while attempting to teach the game, as well as show how to target problem areas and prescribe solutions while guiding a beginning student into play.

My overall objective in teaching racquetball, whether to a beginner or an advanced player, is to make the game fun. I want to get the student into a game situation immediately so that he can experience the concept of the game. It is important to maintain a student's interest while evaluating his capabilities, in order for the instructor to know where to begin.

One of the biggest errors an instructor can fall into is overwhelming and confusing a student with too much information in one session. It is important to limit the output to a comfortable level. This will maximize the learning experience and also maintain interest and enjoyment in the sport, greatly reducing the chance for the student to get discouraged in the first session.

That's where Ron and I started. Although Ron had hit a few balls before, the game was entirely new to him and he felt clumsy and awkward, but for the sake of really learning to play, Ron dropped his barrier of pride and inhibition. From the beginning, he was very attentive; he wanted to learn, and that is a major motivational necessity.

Ron and I started our first session by observing some other players at the club. We watched for 30 minutes while I pointed out the general structure of the game. Then we moved to the court to loosen up and hit some balls back and forth.

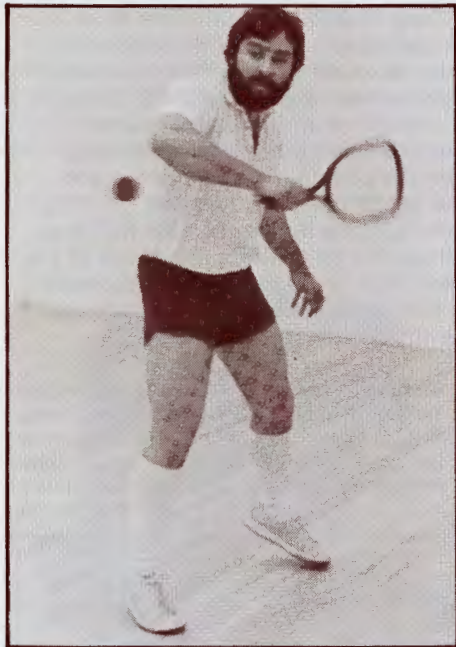
This casual rally session is an important time for the instructor to gain insight into the abilities of the student: Is he capable of hitting the ball and getting into rallies, or is it necessary to go back and work on his swing to enable him to make better contact with the ball? From the outset, Ron's swing was adequate for us to start. He would need to make some changes and improvements in it later on, but he was capable of handling a rally situation.

After watching Ron's swing, I made some basic constructive comments and suggestions. I pointed out that his forehand stroke was a straight arm motion, a basic tennis swing. He was also in the habit of touching his left hand to the racquet just before his set-up.



When Ron hit a forehand, he had the habit of touching his left hand to the racquet just before he set up. This extra motion took valuable time and resulted in a punch stroke. We worked conscientiously on this during our first session and will try to remedy this problem area as quickly as we can. This habit really limits the effectiveness of his stroke.

His backhand swing was very much an arm motion and resulted in a jab-type stroke. We worked on developing some shoulder and hip rotation and started to add power to his backhand. In all of our future sessions we will strive to solidify this motion.



Because of this, his left arm was inhibiting his stroke and was a barrier to a clean swing (Photo 1). His backhand stroke was a bit on the "punchy" side, often a natural problem for beginners because they lack the necessary shoulder and hip rotation (Photo 2).

It is important for an instructor to understand that a student cannot completely make these swing changes during the first session. But over a period of time and with conscientious effort you and your student will see the correct swing emerge.

After a short rally session, we got into some strategy highlighting serving and positioning. As I watched Ron serve a



Ron's habit of hitting too far left of the proper low drive target resulted in all of his low drive serves caroming back into the middle of the court. We worked on adjusting his front wall target to the right, so that he had the serve land between himself and the side wall, rather than catch the side wall.

few times, I saw that his basic serve resembled the low drive. The serve had reasonable speed but was misdirected left of the front-wall target which caused the ball to consistently carom off of the side wall (Photo 3). This is a

The Making Of A Player

common problem of beginning players that must be corrected to establish order and eliminate a dangerous situation.

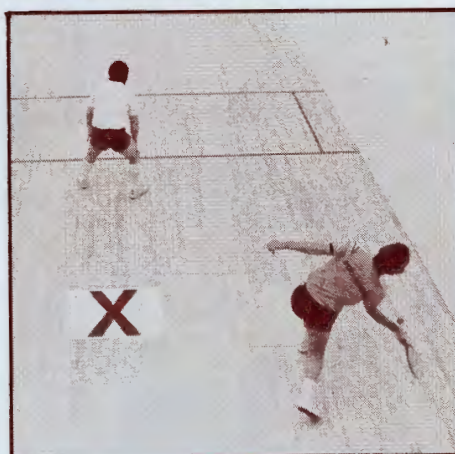
When the low drive serve catches the side wall it kicks into the center back court. Ron, being an inexperienced player, had no idea of what relocating after the serve meant. We then had a situation where Ron was still in the service box watching the front wall, with his opponent directly behind him setting up to hit a return. A dangerous position for the server and a very frustrating one for the receiver.

I tried to remedy this problem immediately by stressing to Ron the importance of moving his front-wall target over to the right so that the serve would angle back into the left corner. Our goal was to have the ball land on the floor between Ron and the side wall. This corrected the angle and directed the ball into the back left corner and eliminated a dangerous situation.

Another point to note is that Ron didn't turn to watch the ball after the serve, so he was completely unaware of where his opponent was hitting from and where the return was directed (Photo 4). We immediately worked on Ron turning back after his serve motion was completed and watching his opponent's return motion so that he could learn to naturally anticipate the return.

We talked through these changes and practiced them. After some good rallies, Ron was tired. We then reviewed form by using the back glass wall as a mirror image, concentrating on getting the left arm out of the way on the forehand. On his backhand, we worked on his shoulder and hip rotation so that he took a full body swing instead of punching at the ball. We were starting to groove these new

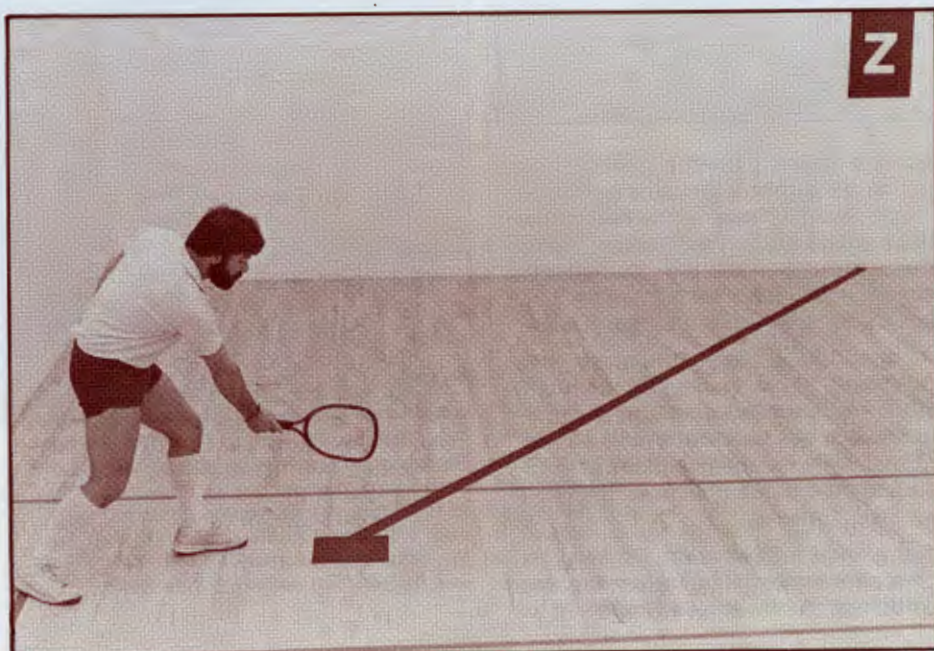
In our beginning rallies Ron never looked back to see where his opponent was positioned, nor did he watch his opponent's set-up. Therefore, he obviously had no anticipation in his game. By the end of the first session, through his conscientious effort, he was turning and watching the ball, and was very much in the flow of the action.



ideas into his swing, knowing full well when we went back to rally situations he would not be able to incorporate them.

When we went back to playing, he was having trouble hitting the low drive target areas. I felt that I would have more success guiding Ron into better play by orienting him to the Z serve. Ron had never hit a Z serve before. I demonstrated a few serves showing him the correct front wall target and the actual ball direction. Ron hit 25-30 serves, some hitting the side wall first, others too far towards the center of the court. But he hit the majority correctly and experienced some immediate success (Photo 5).

Ron had never hit any Z serves before, but he quickly picked up the correct angle into the front right corner. In our next session we will work on the proper relocation turn and very soon this serve will be an integral part of his game.



—Photos by Jack Miller



Having your student experience success is very important in each play session. If he is becoming frustrated with one area of instruction, move along to a different area to maintain his interest.

A problem surfaced when Ron relocated after serving. He turned to the inside, creating a potentially dangerous situation should his opponent errantly hit the return. We'll work on this in our next play session. My

goal was only to orient him to the Z serve, not to insist he master it or to confuse him.

We concluded our on-court play session by hitting balls to his forehand and backhand, alternating between improving his technique and building on the strategy storyline.

I had videotaped our session, so Ron and I were able to sit down after it and

re-think the whole lesson process while I pointed out trouble-spots. Video is an invaluable training aid to instructors as well as players. After viewing the reviewing the tapes, Ron felt quite accomplished. He left with more knowledge, more excitement for the game, more confidence, and anxious to start our next session. We had clearly established a base from which to continue.



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5 Ways To Play Better By Friday

by Steve Mondry



There is a fine line between winning and losing in racquetball. A lot of players could turn losses into victories by making some simple adjustments in their game. These adjustments usually are in general categories like court coverage, shot selection and mental attitude—and they can make the difference between victory and defeat.

Over the years I have had the opportunity to watch and compete against almost every top player in the sport. They are all great players and I have chosen a few of them to highlight this article as examples of putting easy improvements into your game.

I should add that all of these players are or have been excellent not in just the specified areas, but in virtually all phases of the game. Certainly Charlie Brumfield, whom I quote in relation to mixing up your shots, could have been quoted in the section on having the right mental attitude. And the same could also be said for Mike Yellen, Steve Keeley, Steve Strandemo or Marty Hogan.

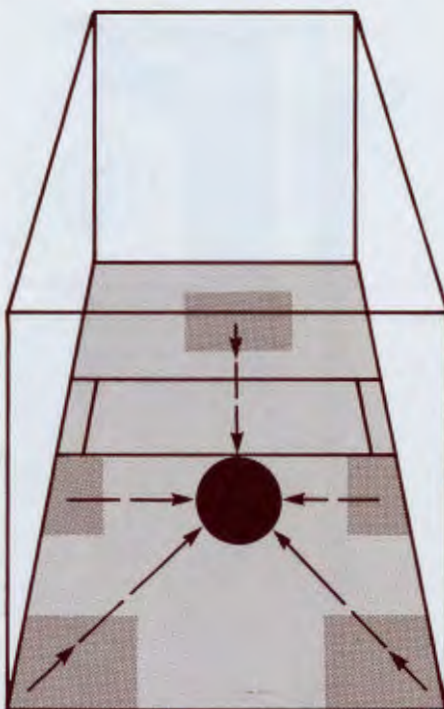
The point is that all of these players held or still hold fundamental rules by which they play—rules covering basic racquetball strategy encompassing court coverage, shot selection and mental attitude. Now, let's get to the business of improving your game by Friday.

1) Move toward center court after you hit the ball.

It's difficult to go wrong in racquetball if you're in center court. Therefore, every time you hit a shot away from center court, get back to that highly desired piece of real estate immediately, and be ready to return your opponent's shot. And I said *immediately*!

Too many club players, decent club players, stand in the back of the court, or against a side wall. While they may be admiring their latest shot, or just contemplating the peeling paint on court 5, they are taking themselves out of the play by losing valuable time in covering their opponent's return.

Mike Yellen, one of the greatest ralliers of all time, hits a pass shot and is in center court before the shot hits the front wall, giving you an indication of why he has always been so tough to out-rally.



2) Maintain center court position.

This one, I know, you've heard a million times. Yet maintaining center court position is still one of the keys to victory. And there's an easy rule to remember that will almost certainly ensure that you'll stay in center court: *cut the ball off*.

Any time a ball comes at you at waist level or below, cut it off and hit it into one of the front corners. That's right—go for it!

Too many players let balls go to the back wall under the mistaken notion that they'll have an easier play. In reality, all they've done is generously grant their opponent enough time to get back into the rally. Thus, the shot off the back wall must now be perfect in order to win the point because the opponent is now perched in center court just waiting for your shot to be "up" a little bit.

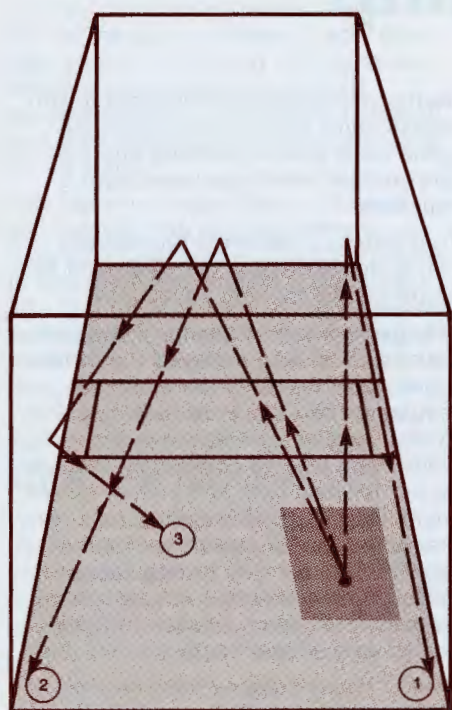
In all my years in racquetball, I have never seen anybody cut the ball off better than Steve Strandemo. In fact, Strandemo is probably responsible for destroying the concept that you must have your feet pointing at a side wall to properly hit the ball. His open stance (facing the front wall) became a style trademark because it was the most efficient method of cutting the ball off. This philosophy helps to explain why, at the crusty old age of 34, Strandemo is still ranked in the top 10.

3) Hit ceiling shots when you're out of position.

A common mistake of intermediate or beginning players is to hit low percentage shots trying to force the play when they're in poor position on the court. I think that these players are afraid that their opponent will most certainly kill their next return, so they try the impossible (or at least the unlikely) first.

You'd be surprised how many set ups your opponent will miss if you give him the chance. Steve Keeley, one of the greatest players of all time, beat many opponents by following this golden rule: hit the ball to the ceiling when you're out of position.

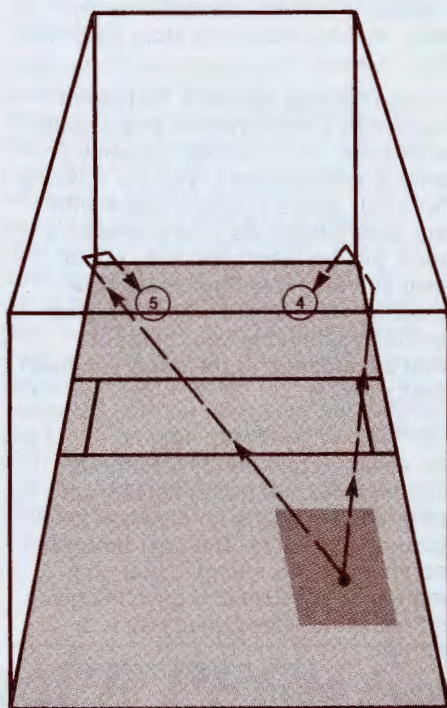
Of course, it takes a decent ceiling shot, and fellow pros didn't give Keeley's ceiling shots the nickname of "wallpaper balls" for nothing. But the ceiling is one of racquetball's easier surfaces to master and by following this rule, you will eliminate many free points for your opponents.



4) Mix up your shots.

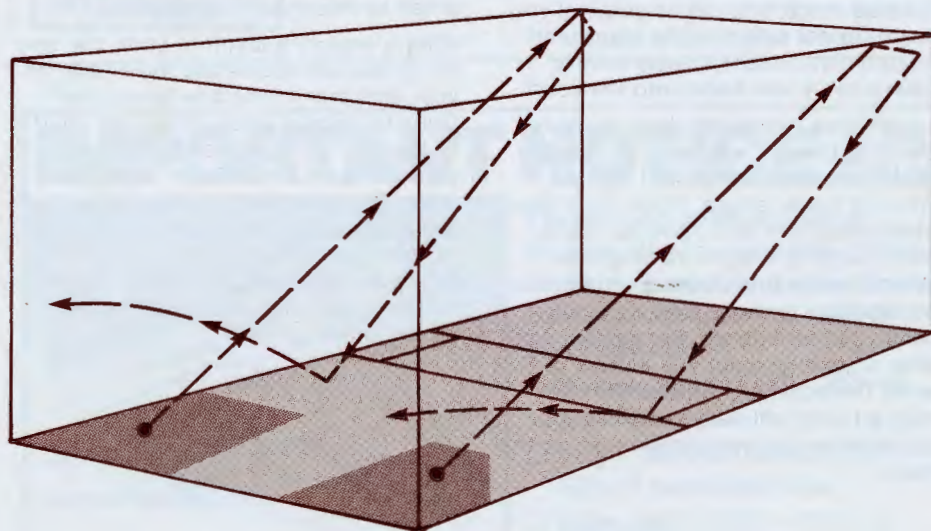
After watching a player at the club hit for a half hour, I can tell what shots he likes to hit and what shots he avoids hitting (unless he knows I'm watching). Too many club players are too predictable. They don't mix up their shots enough.

I'll never forget the many locker room strategy sessions Charlie Brumfield used to hold during tournaments, where he'd expound on the virtues of whatever his latest court theory was. As winner of scores of national titles, his word was gospel, of course, and we



of lesser calibre gobbled his words up like pac-men.

Brumfield once said that he never hit the same shot twice in a match. Now that may seem like an exaggeration, however, when you consider the 800 square feet that a court represents, you begin to take Charlie seriously. And by mixing up his shots so well, Brumfield was able to keep opponents off balance literally, for years.



5) Play with a strong mental attitude.

A strong mental attitude is imperative for winning racquetball matches. You can't win without it and there are many who will tell you not to even attempt the match if you don't have it.

Marty Hogan has shown the racquetball world the best and the worst of this concept, for mental attitude has long been Marty's nemesis. In his early years Hogan's court ferocity proved that positive thinking was a vital element of eventual victory. During those years Hogan absolutely refused to allow a negative thought to enter his mind. And he won nearly every tournament he entered.

However, the longer Hogan stayed on top, the more difficulty he had with the mental part of the game. Whether it was from mental laziness, boredom, or overconfidence, Hogan began having trouble maintaining that necessary intensity that marks championship play. As a result, he often found himself in trouble in matches against decidedly lesser opponents.

This attitude doesn't end with the cerebral. It continues right onto the court and affects your shot selection. Decide what your shot will be and hit that shot. Don't worry about whether or not you've made the right selection. Don't worry about your opponent's position. Don't worry about whether or not your shot will be covered. Just make up your mind and hit it!

Marty Hogan does it that way because he has confidence in every one of his shots. That inner knowledge that every shot you take will be a crisp, solid stroke will give you the confidence to play with a strong mental attitude.

If you follow the tips included in this article you should play significantly better the next time you take the court. These hints can be implemented immediately into your game plan, therefore improving your game, if not immediately, then for sure by next Friday. ●

Steve Mondry is head racquetball pro at the East Bank Club, Chicago, a top touring pro for six years and author of numerous instructional articles on racquetball, conditioning and weight training.

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Instructional

Ending A Slump

by Jean Sauser

It happens to every athlete in every sport. In racquetball the story goes like this:

You are playing regularly. Instead of the constant improvement you usually experience, you find that suddenly your game is getting worse. You are missing shots you would normally make with your eyes closed. As your confidence fades, players who previously could never score double figures are now defeating you. After a while this problem has you tearing your hair out. What's happened to the sport you love? What's wrong?

You are in a slump.

The ability to pull out of a slump is what separates better athletes from lesser ones. And it's no different for racquetball players. The next time you find yourself in a slump, use a combination of physical and psychological techniques to speed your way to a recovery.

Take A Break

The first technique that many players use to begin a recovery is to lay off the game completely. If you are playing more racquetball and enjoying it less, then a layoff is exactly what you need. Taking a break from playing racquetball is similar in philosophy to taking a time out in a racquetball match. Laying off is the pause that refreshes, just as a time-out during a match allows you to catch your breath and rethink your strategy.

The length of your layoff is up to you. Take as much time off as you feel you need. Do not return to the court until an optimistic desire to play (win or lose) powers you back onto the court.

Layoff time is not lazy time, however. Use this time to take up or accelerate other fitness activities that will get you into better shape. Most clubs have fitness facilities and can offer swimming, jogging, weight training and aerobic exercise classes. Explore these possibilities because they can help build your confidence. Remember that after a good workout you *always win* when the activity is fitness. This winning attitude will carry over into your game when you eventually return to the courts.

During your exclusive involvement with fitness, think about your racquetball game while you are working out. Picture yourself when you were playing your best.

Tom Harris, a top-notch tournament player from Portland, OR, is a good example of this training philosophy.

"My game was in a slump," Harris explained. "The more I played the worse it got. I was losing in tournaments regularly. Then I took up training activities, jogging and Nautilus. For a while I quit playing completely. I would go out for long runs and picture myself winning racquetball matches. I made mental images of myself confidently setting up to take my strong shots to defeat my opponents. Even though I wasn't on the court, I began to think of myself as a winner again."

When I finally stepped back on the court, I did win more than I lost. Now I know when to lay off and when to play. I see my game as consistently improving the rest of my life!"

Consult A Pro

Another good suggestion for ending a slump is to take a lesson. This can be done after a layoff or without a layoff.

Have a teaching pro watch you play someone you normally lose to. This way he'll be able to see the weak parts of your game. Then step on the court with the pro and let him show you the skills or strategy you are lacking to produce a victory. Ask him for some racquetball drills to strengthen the weak areas he observed in your game.

After a lesson, a layoff or both, the one thing that will accelerate the ending of your slump is to practice by yourself. Once or twice a week, go on the court by yourself and practice the parts of your game that have been letting you down. Practice to make the weaker parts of your game the stronger parts of your game. If you can accomplish this, your confidence and enthusiasm on the court will put your game back on the winning track.

Play A New Person

Another contributing factor to a slump can be the lack of variety in your playing partners. If you play the same opponents all the time you tend to become physically and mentally lazy. If this is happening to you then it is time for a change.

This does not mean that you have to quit playing your regular partners forever. Simply take a break from them to find more challenging opponents. This can be done by entering a racquetball league, challenge ladder or tournament. These activities provide new partners, mental excitement and new goals. You'll start to play to the best of your ability, not your boredom.

Try A New Racquet

When considering changes to end a slump, don't overlook your equipment and accessories. If your skill level has outgrown your equipment, your ability to perform is hampered and that may be the sole cause for your slump.

Consider upgrading your racquet. If you are playing with the same \$9.00 racquet you started the sport with, then ask the club pro for advice on a new racquet. You will automatically see your performance increase if you make this needed change.

Keep all of your equipment and accessories in perfect working order. Make sure your racquetball shoes are still getting that good traction for all your stops and starts. Make sure your eyeguards are not scratched and impairing your vision versus protecting your eyes. If you use a glove, don't let it rot on your hand. Buy new gloves when necessary and keep them clean. Stay current with your racquet repairs. Keep a good grip on the handle. Replace the grip when it becomes too saturated with oil from your hand. Keep the string tension steady by consulting with your racquet stringer. Regularly get your racquet restrung to the proper tension when you and your stringer feel it's time.

Don't underrate your clothing either. This very subconscious tool is a very important one for you to use. Wear clothes that are comfortable and that you feel you look great in. The mental lift this can give you will result in extra points.

The exhilaration most athletes feel from perfect dress and equipment has contributed to many an outstanding performance. Players like Marty Hogan and Lynn Adams not only know the secrets of playing well, their equipment is always in perfect working order and they are dressed for success.

Using all or some of these techniques for ending a slump will result in overall game improvement. Look upon racquetball slumps as just another one of life's challenges. When you achieve consistency in pulling yourself out of slumps, you become the winner who never quits. ●

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SANTA ANA, CA

Playing The Rear Corners

by Allen Ascher

Everytime I set foot on a racquetball court I get the same strange feeling I had when I first walked onto a four wall court more years ago than I like to remember. It isn't claustrophobic, exactly; I don't feel the court collapsing down onto me, or the walls closing in on me. In fact, it isn't the walls that bother me at all, as much as where they end: the corners.

The corners are the perennial puzzle of racquetball. Even today, after what must be thousands of games, I'm not always quite sure what to make of them, or what, exactly, to do with them. One wall paddleball and handball were the games I learned first, games of straight lines and a single bounce, where both walls and court space come to an understandable end.

Corners change those lines, and even change the bounces; a ball moving in one direction suddenly comes at you from another, until the game seems as though it's being played in a hall of mirrors.

Of course, experience acclimates us to the corners—theoretically, at least. But most intermediates, no matter how much experience they have, continue to feel uncomfortable about them, and their uneasiness shows in the way they play the game. In fact, it's one of the factors that keeps them intermediates.

Most of them stubbornly hold on to the style of a one-wall game, in spite of the realities and the demands of the court. They rarely use the corners effectively as an offensive weapon; they try repeatedly for low percentage "one-wall" kills and power passing shots.

And they don't play them well defensively either; they look for straight lines and long rebounds, and they get their feet tangled in last minute attempts to follow the path of a ball that's rattling around in a corner.

All of this is natural. We learn early in life to follow moving objects without expecting sudden stops or reverses in direction; after all, there aren't too many corners in the real world that one notices or bumps into. But no one can become even a marginally competitive racquetball player without being able to use all four corners offensively and to defend against them successfully as

well. And that requires not only practice but the kind of thinking that constitutes the mental game.

The most practical first step in dealing with the corners is learning how to play against them defensively—practical because, no matter how good your offensive game is, there's very little you can do if your opponent finds a weakness in your game that he can exploit consistently, especially on his serve. Since the rear corner is the natural target of the serve, it follows that you must first plug up any weakness you have there just to stay in the game.

And this defensive strategy can yield some offensive dividends as well. Shots to the corners are the most effective, and sometimes the only, offensive weapon of the intermediates you'll meet, especially on the serve; by correcting your own weakness there you'll take away your opponent's most potent weapon against you and, in effect,

... the truly great racquetball players can see the ball almost as it hits their strings, even at immense speeds.

leave him nothing to attack with.

Undoubtedly the easier of the two rear corners to defend is the forehand corner, because of the greater strength and dexterity of most intermediates' forehand stroke, but it's nevertheless true that as many players are beaten in the forehand corner as in the backhand.

If you find yourself giving up too many points in the forehand rear corner, the first thing to consider is whether or not you're making yourself unduly vulnerable because of your stance. Most players stand closer to the backhand side than to the forehand side in the ready position in order to protect the weaker backhand corner. There's nothing inherently wrong with that, provided your stance, and your reflexes and speed, allow you to reach *both* corners. But if you're cheating too far you may be leaving yourself open to disaster on the forehand side.

In a practice hour, take your normal stance in the ready position and notice, carefully, where you are in relation to the side walls. If you think you could cover more court by shifting back towards the center, by all means make the adjustment, and make up your mind to cover your weakness in the backhand corner with an improved backhand instead.

Once you're satisfied that you're in the proper ready position the key to playing the rear corner lies in reading the angles of the shot and in "seeing" the ball onto your racquet.

This is an important factor in establishing the eye-hand coordination of racquetball. The way a hard-hit ball bounces around in a corner can be disorienting; therefore your reaction to the ball can't be as intuitive as it would normally be until you've established a huge backlog of experience to draw on. Until that time you simply have to watch the ball closely, trying not to lose eye contact with it until you've made racquet contact.

It's remarkable how much this "seeing" will put you in control of the ball. Every great athlete has an ability to follow a ball's path up to the point of contact, whether it's with a bat or into the hands, and the truly great racquetball players can see the ball almost as it hits their strings, even at immense speeds. Some of this ability is inborn, but everyone is capable of developing his powers of concentration and the ability to focus in on the movement of a single object to some degree.

Drills can help. It sounds odd, but you might benefit from simply hitting the ball off the front wall back to where you're standing, and just watching it bounce around in the corner. You can do this for ten minutes in a practice hour, or for a minute or two during a warm-up. Or you can sit behind the glass and concentrate on the path of the ball in someone else's game. (It's remarkable how easily the right strategic shots fall into place when you're watching someone else's game.)

How many intermediates "see" the ball this well? Very few. Most watch the ball's path up to a point, but before contact—sometimes long before—the eyes shift to a spot on the wall where they want the ball to hit, or to their opponent's movement to a new floor position. In most cases little harm is done;

the ball moves in predictable, straight lines, and even roundhouse swings make contact.

But taking your eye off the ball may explain why you rarely make contact on the sweet spot of your strings, and, on the tricky shots in the corners, taking your eye off the ball can lead to a lot of frustration and a long string of losses.

A third mistake many intermediates make is impatience; they try to do too much with the ball from impossible positions rather than wait for better opportunities later in the rally. In returning a difficult offensive shot—and, depending on your ability, any shot to the rear corner may be difficult—your main objective should be keeping the ball in play, without, of course, setting your opponent up, and *nothing more*.

Too many intermediates think about hitting kills or passing shots from the rear corner, or worse, smashing the ball through their opponents; invariably, they only lose their concentration on the return. The chances of executing a clean winner from the back wall are extremely slim, almost illusory.

If you're caught in the corner you're in a bad court position, certainly one that's inferior to your opponent's. Accept that fact, and work, first, to reverse places before going for a winner. If you can do nothing else—and you probably won't be able to—hit a ceiling shot; that, at least, will put you back into the rally.

Closely related to this desire to hit a winner out of the back court is the tendency to overpower the ball when you aren't in a stable enough body position to do so. Often the consequence of frustration and sometimes of desperation, this kind of overhitting always goes against one of the cardinal rules of racquetball: whenever you're off balance or reaching for a shot, swing easily; depend on your wrist snap, which should, by itself, generate enough power for an effective defensive shot. Anything more will only get you into more trouble.

Taken together, these four suggested adjustments in your game—improving the ready position, “seeing” the ball on to your strings, avoiding attempted winners from the back court, and swinging easily—should decrease the number of

unforced errors you make in the forehand corner. They can help you in playing the backhand corner as well.

The backhand rear corner presents all of the difficulties of the forehand corner, compounded by the natural awkwardness of the stroke. All four of the points I've made about playing the forehand corner apply to the backhand as well, and you should keep three additional points in mind.

First, many, if not most, intermediates play the backhand stroke in the wrong body position—with their feet pointed toward the front wall—and it's that position, rather than the stroke itself, that causes what only appears to be the shot's inherent awkwardness. Keeping your feet pointed toward the front wall forces you to reach across your body for the ball rather than away from it; that decreases your overall stability,

Too many intermediates think about hitting kills or passing shots from the rear corner . . . The chances of executing a clean winner from the back wall are extremely slim.

removes both power and accuracy from the shot, and makes it difficult to get low for the ball as well.

You can prevent this awkwardness and the trouble it causes on any backhand shot by pivoting 90 degrees on your left foot (assuming you're right handed) so that your feet face the side wall. The new position of your feet lets you extend your arm away from your body and gives you more stability and a much stronger and more accurate shot. It also means that you won't have to get on top of the ball to hit it, and that allows you to cover more court without cheating to the backhand side.

Second, for most intermediates the muscles of the backhand stroke simply aren't as well developed as they are for the forehand. It's astounding how few intermediates can generate a true power shot off the backhand, or even hit an effective backhand ceiling shot,

which is essential for success on the higher intermediate levels.

And yet, of all the potential weaknesses of an intermediate's game, this is the most certain to respond to diligent work. Practice hitting 100 (200 if you can) backhand shots before or after a game, lift weights, squeeze a rubber ball, but somehow develop the muscles of the arm, and you'll soon see results in a more fluid wrist snap and increased power and accuracy on the backhand side that will make the rear corner much easier to play.

Third, learn to time your shot properly. This is particularly important if you let the corner shot go by with the intention of taking it off the back wall. Ideally, the ball should be struck when it's about even with your right shoulder (remember, at this point you're facing the side wall). Intermediates often have a tendency to hit the ball too soon off the back wall, when the ball is still at, say, the middle of the body, or too late, when it's past them.

At best this robs you of power; at worst, you'll slam the ball into the side wall and never reach the front wall, or hit a weak set up to your opponent's forehand. Timing the shot will give you much better accuracy and control over the ball, something most intermediates don't even consider possible on the backhand side. Without it you'll find your opponent putting your returns away with depressing regularity.

In defense, then, the sum total of these suggestions for playing the rear corners is that awareness, concentration, and diligent work will improve your performance immeasurably. In attack, using the rear corners offensively is simply the other side of defending against them. If you understand why the corner shots have been difficult for you in the past, you'll be able to turn that knowledge to your advantage.

First, therefore, look in your opponent's game for the same mistakes you've already corrected in your own game. Does he cheat over to the backhand side to cover a weakness? Perhaps, then, you should probe for a vulnerable spot in the forehand corner with an accurate serve. Does he “see” the ball on to his racquet after it's taken a number of bounces? If not, a hard serve in the corner might confuse him. Does he

tend to overhit? Then his return of even an easily hit serve may be no more than a set up off the back wall. Does he go for impossible winners from one particular spot at the back wall? If he does, try to put the ball there as often as you can; for every point you lose, you'll win five. Most of all, notice if he's inflexible in these errors. If he is, exploiting just one of them should give you the match.

What kinds of shots must you hit to take advantage of these weaknesses most effectively? Naturally, the speed with which you hit the ball is a major factor in determining how effective these shots will be, but, contrary to what most intermediates think, it's not the principal factor. That position of honor is reserved for ball control, and for evidence I'll refer only to your own experience of finding yourself totally tied up by a slow moving ball that hits in the crack of the corner, or hugs the side wall all along its length.

In almost every situation, ball control is more effective than power, but, because it's difficult to control the ball when you overhit it, many intermediates sacrifice placement for power. This is a mistake; if you intend to exploit your opponent's weaknesses in the rear corner intelligently, play for ball control first and power only as an adjunct of that.

In terms of accuracy, the best offensive shot into either rear corner is the one that comes closest to the actual intersection of the walls. Your opponent will have a better chance of returning the ball, often for a clean winner, the further you are from this mark, and he may do it often enough at the start to make it seem as though you've set yourself an impossible, and self-defeating, task. But the kind of accuracy you want is unquestionably within your abilities; it is, in fact, only a matter of thought and practice.

For every spot on the floor there is a corresponding spot on the front wall which, when hit, will bounce the ball back into the rear corner accurately. Find this spot from your service stance, then learn to hit it consistently. Be tough on yourself; allow no margin for error. The smallest deviation from the spot on the wall will be magnified at the other end of the court by a factor of

four; miss the spot by four inches and the ball will miss the rear corner by a foot and a half, more than enough to give your opponent an opportunity for an excellent return.

Again, some awareness and just a few hours of practice will bear great rewards. On clean winners and set up returns, this service could yield as many as three to seven points in a game. How many games have you lost by margins that were less than that?

And it isn't even necessary to count on clean winners for an advantage. Even if your opponent can execute a return out of a deep corner, retrieving your serve will have pulled him out of his best court position and left him open to a kill—even a poorly hit kill—at the front wall; at worst you will have established a clear advantage in court position. Think, then, of your serve to the rear corner as the first in a series of shots,

... the best offensive shot into either rear corner is the one that comes closest to the actual intersection of the walls.

each one of which establishes a slight superiority over your opponent in court position, until the cumulative effect is a won point.

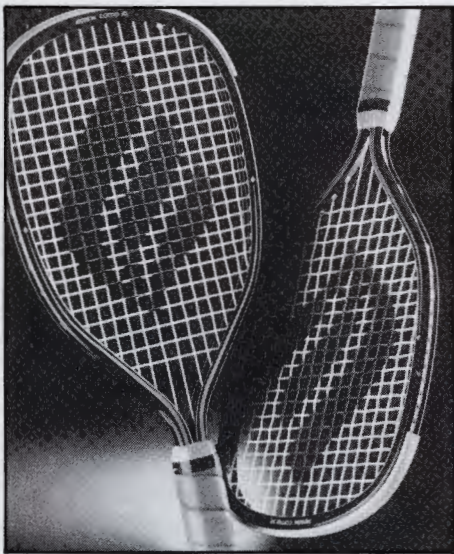
All of these advantages will, of course, be magnified on the backhand side, especially if your opponent hasn't been careful enough to learn how to defend the backhand corner adequately. I've won matches by doing nothing more than lobbing my serves into the backhand corner, and, sad to say, I've lost as many matches in the same way. But both experiences taught me that weaknesses won't go away of their own accord, and that learning how to use *all* of the court, especially the puzzling corners, is the only way to success for any intermediate racquetball player who wants to enjoy the game to the fullest and, perhaps, pick up a tournament trophy along the way. ●

Checklist

- Ready Position ... Don't go too far toward the backhand side or you risk disaster in the forehand corner.
- "Seeing" The Ball ... Don't take your eye off the ball until you've made contact with your racquet.
- Kills From Back Court ... Don't. They're low percentage and will probably give your opponent a set-up.
- Resist Overhitting ... When you're in trouble, swing easily. Power swinging will only increase your problems.
- Pivot Feet For Backhand ... Proper stroke position gives you freedom, stability, power and accuracy.
- Develop Backhand Muscles ... Strength gives confidence, a fluid wrist snap, and a true power stroke.
- Time Your Shot ... Don't rush the ball, or let it get too far past you. The first sacrifices control, the second power. ●

Allen Ascher is a freelance writer and avid racquetball player from Matawan, NJ.

New Products



Junior Racquet

The Comp Jr™, introduced last fall by Ektelon, is a racquet specifically designed for juniors aged 13 and under.

The racquet is lighter, shorter and more flexible than adult models, and is ideal for helping juniors learn the game and develop control in their swing. It incorporates Ektelon's famous Wishbone frame which enlarges the sweet spot, and a polyurethane foam handle designed to feel comfortable in a small hand.

Look for the Comp Jr™ in your pro shop, or contact Ektelon, 8929 Aero Drive, San Diego, CA 92123.



Extra Long Rolls Of Tape

Grip Tape from Tennis Togs comes in an extra long roll that offers substantial savings over regular rolls.

The tape is a self-adhesive gauze material that sticks to the racquet handle to improve your grip. It can be replaced as often as needed, depending on the kind of use you subject your racquet to.

Look for XL Grip Tape in your pro shop, or contact Tennis Togs, Inc., 2520 NW Second Av., Boca Raton, FL 33431. (305) 368-3660.



Portable Heart Monitor

A new, easily-portable heart monitoring device, the Exercise Trainer ET-2000 is the first and only wrist-worn heart monitor that picks up the pulse and displays a continuous update of your heart rate during any type of exercise (except swimming).

The ET-2000 is programmed with the upper and lower limits of a person's exercise zone, and it times how long the person has worked out within that zone. If the heart rate exceeds the upper limit or falls below the lower limit, the unit sounds an alarm. It permits those with cardiovascular problems to work out safely.

For more information, contact Rawlings Fitness Products, Inc., 4726 Lincoln Blvd., Marina del Rey, CA 90291. (800) 423-6383; in CA (800) 352-6207.



Perfect Your Stroke

The Tisomat disc is the first electronic racquet sports training aid in the world, designed to help players perfect their forehand, backhand and (in tennis) serve strokes. The device, designed and manufactured in West Germany, fastens onto the throat of the racquet and fits all types, sizes and makes of racquets.

The correct swing of the racquet is signalled by three electronic "beeps." Racquetballers will be automatically reminded if their wind-up, swing, or follow-through is incorrect. All they need to remember is to snap the wrist.

For more information about the Tisomat, contact the Vetter Company, Box 652, Elm Grove, WI 53122. (414) 782-6330.

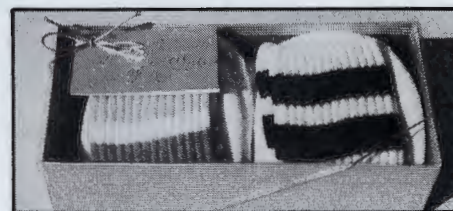


Advanced Exercise Bike

A brand new addition to Haden Health Systems' line of fitness equipment, the Haden Dynavit Aerobitronic 25, has been specially developed to withstand the stress of constant use in health clubs and rehabilitation centers.

In addition to its durability the A-25 also offers some unique safety features such as a visual indicator of actual heartbeat, constant pulse rate monitoring and a patented electronic braking system.

For more information, contact Haden Industries, Inc., P.O. Box 59958, Dallas, TX. (800) 527-7305 or (214) 241-3552.



Box Of Sox

A new line of gift-boxed athletic socks is being offered by Comfort Cushion Mills. The gift boxes are especially appropriate for the person who's hard to buy for, since they're attractive but practical.

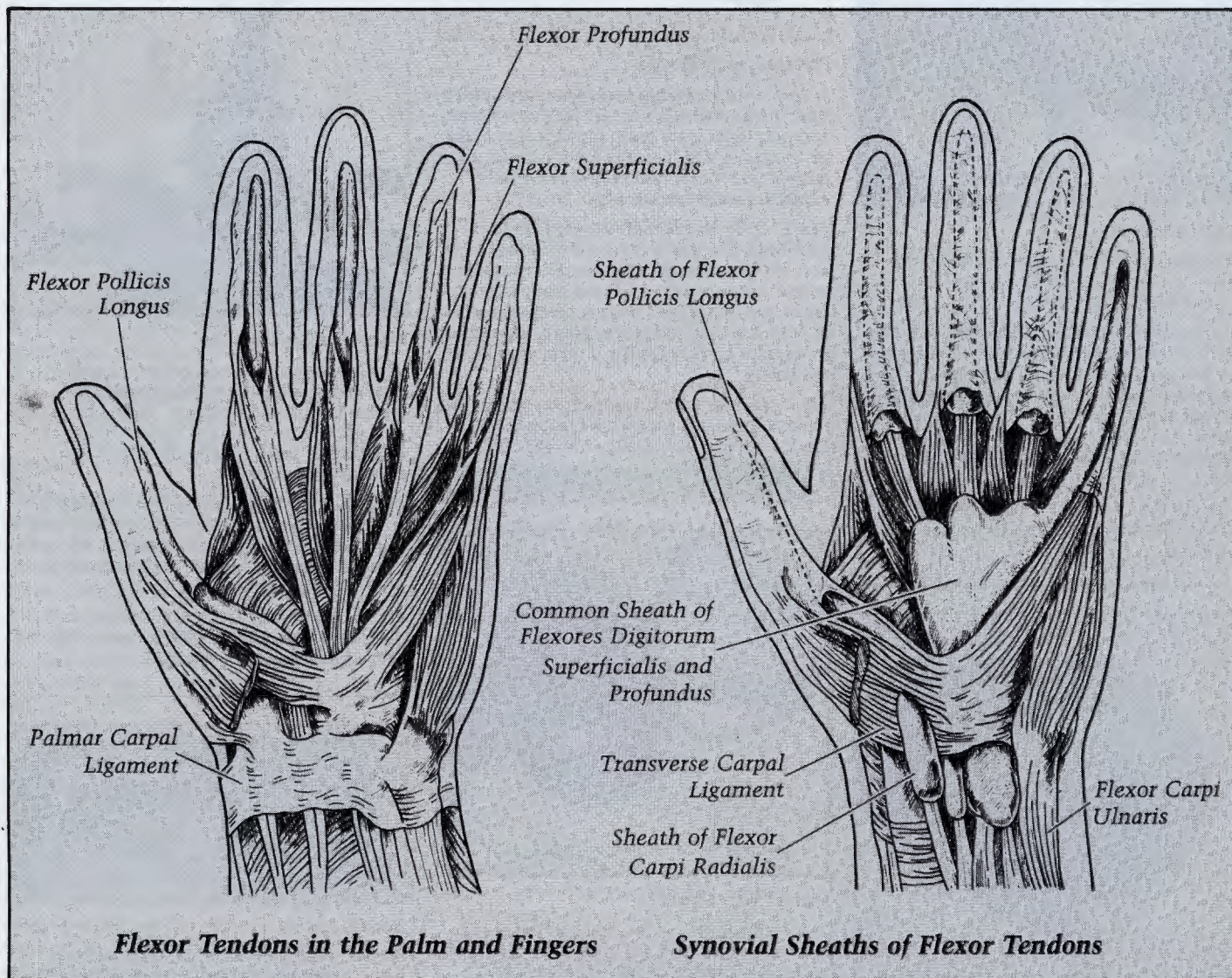
The men's gift box holds two pairs of heavy-duty gym socks with contrasting striped, ribbed tops. The women's contains three pairs of roll-downs. The boxes retail for \$7.00 and \$10.00 respectively.

Check your pro shop, or contact Tennis Togs, Inc., 2520 NW Second Av., Boca Raton, FL 33431. (800) 327-5012. In state, (305) 368-3660.

The Hand

by Richard A. St. Onge, M.D.

This article is the fourth in an alternate-month series of excerpts from the book *Sports Health* by William Southmayd, M.D., and Marshall Hoffman (Quick Fox, 1981). Excerpted and reprinted by permission of Perigee Books.



The hand is a unique body part, a balance of power, delicacy, and sensation. My understanding of this is personal because I am a mountain climber. Hanging by my fingers to the side of a mountain gives me great respect for my hands. The next day I can be in the operating room carefully repairing a severed finger. I compare the hand to the eyes—an extension of man's brain. Hand skills clearly set us apart from lower animals.

Most sports require hand and eye coordination. Mountain climbing is one example. Football is another. One reason I became a fullback at Harvard is that I could catch a pass. With the exception of soccer, I can't think of a sport where your hands are not an important part of the game. That is why your hands and fingers are at risk. Statistics show that in sports the fingers and the hands are the most injured body parts. In 1979, more than 400,000 finger and 128,000 hand injuries were sustained in sports.

About 90 percent of the injuries are serious enough to require medical treatment.

Bones and Joints

The anatomy of the hand is both ingenious and simple. Beyond the eight small wrist bones are five stubby, strong bones called the *metacarpals*. Four of the metacarpal bones form the palm and attach to the index, long, ring, and fifth fingers. The thumb has a separate metacarpal bone, which is the shortest and stoutest in the hand.

The thumb has incredible mobility, which results from a unique joint at the bottom of the thumb metacarpal bone. This saddle-shape joint allows back-and-forth, side-to-side, and rotational motion of the thumb metacarpal bone. The saddle itself is one of the eight wrist bones.

The thumb is composed of two bones—similar to the big toe. The four other fingers have three bones. All the finger and thumb bones, called *phalanges*, are held together by joints. These joints, smaller than many other body joints, have a synovial lining and are enclosed by a gristle-like sleeve of tissue—the *joint capsule*. Ligaments are specialized strands of tissue in the sleeve. The ends of the bones are covered with joint surface cartilage.

Examine your own index finger. As you bend your finger down, you will see that each of the finger joints can bend almost 90 degrees. As you straighten your finger, the joints are brought back to a fully straight position. The ligaments of your knuckle joints are the strongest in the hand.

Muscles, Tendons, and Nerves

The hand is powered by muscles in the forearm and in the hand itself. The forearm muscles are connected to the hand by tendons that run across the wrist and into the hand. They are called the *extrinsic* hand muscles. The numerous small muscles that originate in the hand are called the *intrinsic* hand muscles. The two muscle groups work together to produce both the power and the delicacy of hand function. Acting together, they allow you to straighten your fingers or make a fist. The tendons that go to the fingers live inside tubes that provide lubrication and protection. The tendons on the back of the hand do not have a true sheath, but rather slide just beneath the skin. The thumb has eight separate muscles and tendons, which make it extremely versatile.

All the hand muscles are controlled by nerves that bring messages from the brain. The same nerves carry messages to the brain from the skin. This highly specialized system is basically provi-

ded by the three major nerves of the arm—the *radial*, the *median*, and the *ulnar*. The nerves of the hand lie close to the skin and therefore are vulnerable to injury.

The skin that covers the hand is highly specialized. The skin on the back of the hand is very loose and moves in all directions without difficulty. It is not tightly attached to the underlying structure. The palm skin is tough, thick, and firmly attached, so that you can grasp heavy objects forcefully and not tear away the skin. The muscle creases in your palm allow bending of the joints. If you did not have creases, you would be unable to bend your fingers and your thumb.

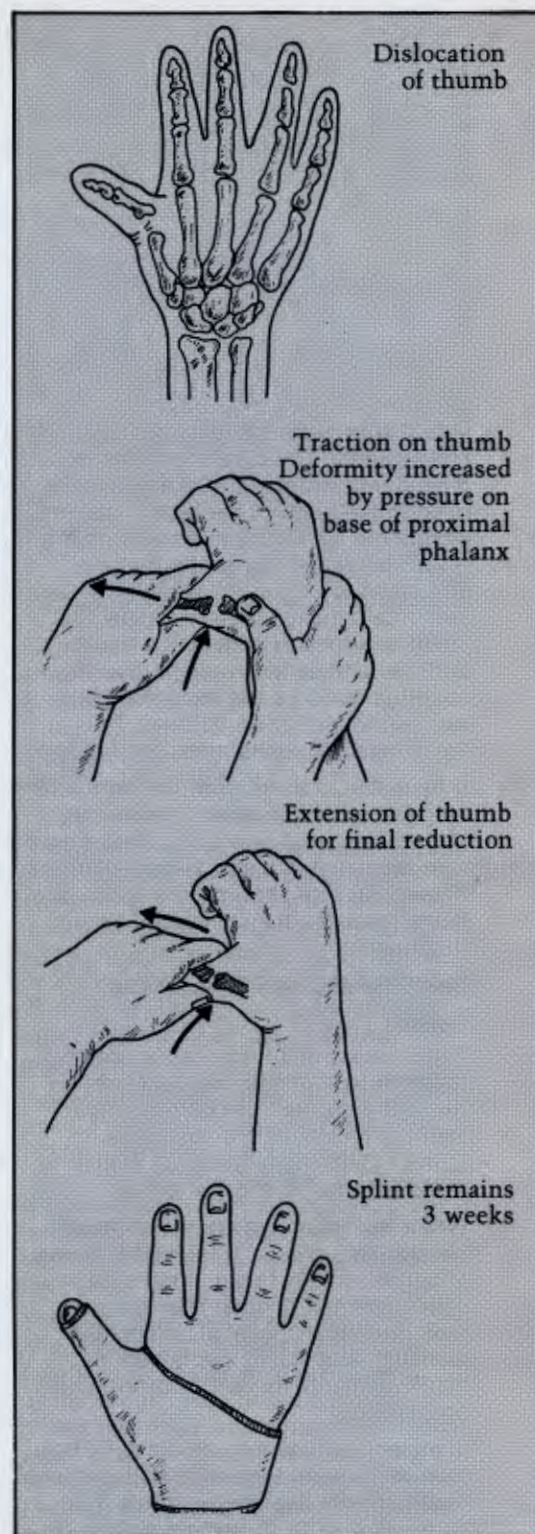
General Treatment of Hand Injuries

From treating more than 3000 hand and finger patients, I've learned that any injury to a hand can be significant. Athletes have come to me with minor swelling of the hand, which turned out to be a fracture. I've seen an insect bite infect an entire hand. I've treated finger joints that appear hopelessly deranged and are perfectly restored with the use of a splint.

In every case, I do the following:

1. Take a careful history to find out how the hand was injured. This allows me to recreate the "mechanism" of the injury, which is vital to determine the hand component that was injured—the skin, tendons, nerves, ligaments, joints, or bones.
2. Carry out a meticulous physical examination. This includes gently feeling portions of the injured hand. I test sensation in the hand and fingers with a pin and a feather.
3. Ask the patient to move the injured part. If it won't move, a tendon may have been cut.
4. X-ray the hand and fingers. Hand and finger fractures are common.

The immediate treatment for all hand and finger injuries is RICE (rest, ice, compression, and elevation).



I always build a supportive splint for hand and finger injuries—even for simple strains. My reason: It is almost impossible to rest the hand and fingers. Daily use—picking up a carton of milk or carrying a briefcase—can extend the injury. The splint helps reduce the swelling.

I make the splint from gauze impregnated with plaster of paris. It is the same kind of half-cast used for wrist sprains. The plaster of paris is covered

with a soft cotton padding dressing called webril. The plaster of paris is dipped into water, and the splint is applied to the palm of the hand. I can design the splint to extend beyond the fingertips or well up on the forearm. The splint is held in place with a three-inch Ace bandage. Before I apply the splint, I cover any cuts with a gauze pad and antiseptic ointment. As the splint hardens, I bend the wrist back approximately fifteen degrees. The "rest" position is the most comfortable.

If the splint is to be worn for more than two days, it is important to have the fingers bent slightly at all of their joints with the splint in place. Never splint the fingers out straight for more than a few hours, because they quickly stiffen in that position.

Finger Sprains and Dislocations

Causes

The bones of the finger joints are held together by a gristle-like sleeve called the joint capsule. Specialized strips within the capsule are ligaments. Injuries to these ligaments are similar to ligament injuries in other joints.

When the finger ligament is stretched beyond its strength, it tears, or sprains. In sports circles, finger sprains are called jammed fingers. They are common in football, baseball, mountain climbing, and skiing. I sprained my hand ligaments in football by catching hard passes.

Ligament sprains may be classified as follows: a grade I sprain is a 25 percent tearing of the ligament; a grade II sprain is a 25 to 75 percent tearing of the ligament; and a grade III sprain is a complete tearing of the ligament.

Sometimes a finger ligament is so strong and tough that the force of an injury does not rip the ligament. Instead, a small piece of bone is pulled off the finger bone at the end of the ligament. Called an *avulsion fracture*, it is important because it represents a complete ligamentous disruption, or a third-degree sprain.

Diagnosis And Treatment

All sprains cause swelling of the joint, restricted motion of the joint, and black-and-blue discoloration. The worse the injury, the faster the symptoms develop. As the swelling increases, stiffness sets in.

If you think you have sprained your finger, start RICE (rest, ice, compression, elevation) immediately. Do not wait for the swelling to start.

I always like to feel the sprained joint. I first ask you to move the joint to find out how much motion has been lost. Next, I take the two bones that form the joint in my hands. I gently try to pry the joint apart. If the two bones move easily away from each other, I know the ligaments have been completely torn (a third-degree sprain). The ultimate third-degree sprain is a complete dislocation of the joint, or a complete separation of the bones. A dislocation is the most severe form of third-degree sprain. You have to tear the ligaments completely to dislocate the joint. Finger injuries should always be x-rayed. X-rays tell me if you have a fracture or an avulsion in addition to the sprain. At least three x-rays of the finger should be taken for an accurate diagnosis.

I place first- and second-degree sprains in aluminum splints. They should be elevated for the first 24 hours of injury. Ice the sprain for 20 minutes, three times a day, to help minimize swelling. After the first 48 hours, start heat treatments. Soak your finger in hot water. Within five days, start gentle motion exercises of the injured joint and continue for five days.

You can return to sports that do not require precision use of the hand within a week. Tape the injured finger to the normal finger next to it. The tape should be applied to the flat portion of the finger bone and not over the joints themselves. I call it the "human splint." The splint should be worn for two to three weeks.

Swelling from first- and second-degree sprains can last for many weeks. I sprained the ring finger on my left hand in my senior year in college football. The joint was so swelled that I had to buy an oversized wedding ring when I was married the following June. It took two years for the joint to slowly return to normal size. I had to get the ring refitted. My point is that it takes a long time for finger-joint swelling to recede.

A third-degree sprain means that the ligament has been torn severely. As in other joints in the body, it is important that finger ligaments return to their nor-

mal length so that you can use your fingers properly. This will often require surgical intervention.

A common third-degree sprain is called *gamekeeper's thumb*. It is a ligament tear at the base of the thumb, where the thumb meets the metacarpal bone. Gamekeeper's thumb, a common ski injury, happens when you fall with your ski pole handle between your thumb and index finger. The fall forces the thumb away from the index finger and rips the ligament that is designed to restrict this motion. If it is a third-degree sprain, the thumb moves freely away from the thumb metacarpal without resistance. The joint is completely disrupted. Surgery is necessary to repair the damage.

When I was studying hand surgery in Scotland, I learned how this sprain got its name. In the 19th century in Scotland, gamekeepers on large game reserves caught rabbits in their snares. To put the "small wee beasties" out of their misery, they snapped their necks in guillotine fashion between the thumb and index finger. This caused outward stress on the thumb and ruptured the thumb ligament.

The object of the operation on gamekeeper's thumb is to reattach the ligament to the thumb bone. Following surgery, the finger or thumb is immobilized in a cast for six weeks.

If the third-degree finger injury is not treated initially, the finger and thumb become chronically unstable. At a later date a reconstructive surgical procedure is required, in which a new ligament is created from a forearm tendon. This, however, is a much more difficult operation than early ligament repair, and the results are less perfect.

Therapy after finger sprains should include warm water soaks three times daily. When the hand is in the water, the fingers should be moved in unison in an attempt to regain full motion in the injured joint. Spring-type hand squeezers should also be used to regain strength in the hand. A ball of Silly Putty can be substituted for the hand squeezer. The motion and strength exercises should be continued until 95 percent of motion and 95 percent of strength have returned to the hand.

Even after the operation, it is not necessary to sit out from sports activities until the 95 percent mark is achieved. It depends on the sport and your position. A quarterback will have to sit out longer with a finger sprain on his throwing hand than would a defensive linebacker. Soccer players can

return to duty sooner than baseball players. Finger problems are individualized problems.

What about finger dislocations? They are extreme examples of complete ligament tears. Because the finger joint is crooked, they are easy to diagnose. I always take x-rays of dislocations to rule out an accompanying fracture. As soon as possible, I freeze the finger by injecting Novocain into the base with a very small needle. Once the finger is numb, I can gently pop the joint back into its proper position. In medical terms, this is called reducing the dislocation.

Once the joint is straight, I always x-ray the finger again to be sure it is lined up properly. Sometimes the finger bones do not align correctly. One cause of misalignment is a piece of torn ligament stuck between the joint. This condition often requires surgery.

Ice the dislocation for 20 minutes, three times a day, for two days. The splint compresses the dislocation. The ice and the splint minimize the swelling. The splint is left on for three weeks. Then start warm finger baths and finger exercises. Three to six months may be required for full motion to return to a finger joint that has been dislocated.

Finger Fractures

Causes

Most finger fractures happen when fingers are hit hard—with a bat, ball, baseball, or racquet.

If you fracture your finger, you will know it immediately. The onset of pain is quick and sudden. It will be no secret.

Diagnosis And Treatment

Swelling starts within two hours. A black-and-blue hue, from internal bleeding, often appears within three hours of injury. You will be unable to use the hand effectively because of pain and swelling. I always x-ray to confirm the diagnosis. Two views of the finger should be taken—90 degrees apart. This ensures that no fractures are missed. If there is any doubt about the diagnosis, I order additional x-rays.

A finger fracture usually can easily be managed with an aluminum finger splint. These splints come in long strips, with a soft, foam rubber backing, and can be cut to the appropriate length. The foam rubber goes against the skin of the finger, usually on the palm. I bend the splint so that the fingers are immobilized, with each finger joint bent approximately 30 degrees toward the palm. This is a relaxed, comfortable position for a finger. Three weeks are required for healing finger fractures.

If the fracture cannot be reduced or straightened, that usually means surgery. I straighten the finger with a small metal wire. Healing time is usually three weeks; the wire is then removed.

As with all joint fractures, it is important to restore the normal architecture of the joint. Surgery is often necessary. An irregular joint produces arthritis at an early age and limits the function of the hand.

Tendons of the Hand

The hand tendons are extensions of the muscles in the forearm and the hand. More than 15 tendons extend from the forearm muscles to the hand. One set of tendons bends the fingers; another straightens them.

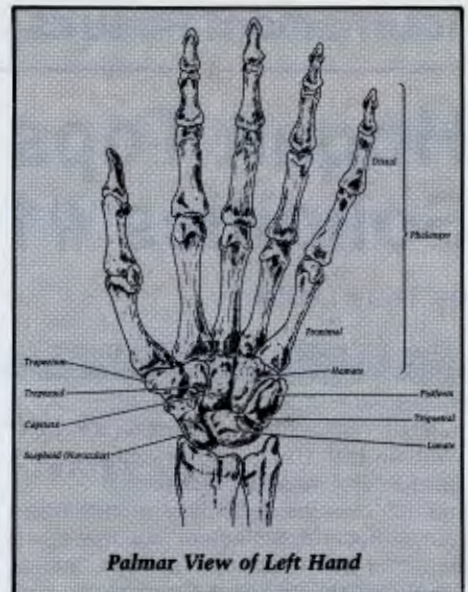
The tendon arrangement in the hand is complex. On the palm side, each finger has two sets of tendons. One set allows you to bend the fingertip joint. The other set allows you to bend the middle joint—the joint between the tip and the knuckle. The two tendon systems on the palm give both superb power (a strong grip) and fine control. The palm tendons are enclosed in sheaths, or tubes, which are lined with synovial tissue. The tissue produces fluid to lubricate and feed the tendon. The palm tendons are called the *hand flexor tendons*.

The tendons on the back of your hand, which straighten the fingers, are called the *hand extensor tendons*. They are far less numerous and are weaker because their function does not require strength. These tendons do not have sheaths; they slide in the fatty tissue under the skin.

Flexor Tendinitis of the Hand

Causes

Because the hand flexor tendons are used constantly during sports activities, they absorb a great deal of wear and tear. It is not uncommon for these tendons, which direct the index and long fingers, to become irritated. The irritation is called *flexor tendinitis*. When the irritation sets in, the lining of the tendon tube produces extra lubricating fluid, which causes swelling of the



tube and a full feeling in the tendon area. The athlete will notice this as stiffness and difficulty in bending the finger into the palm. This is a common problem for pitchers, racquetball players, and golfers.

Diagnosis And Treatment

Normally, flexor tendinitis starts with a little soreness in the index or long finger after a game. Over a five- to seven-day period, the finger becomes stiffer. You have pain along the course of the tendon—in the palm and into your finger. Finally, you are unable to bring your finger all the way down into your palm.

I make this diagnosis by feeling the hand. I ask you to make a fist. With tendinitis that will be very painful. I feel along the tendon itself, and it feels full. If I push hard, you will feel pain. If the tendinitis is very bad, you will be unable to straighten your finger completely.

The best treatment is rest; an aluminum splint is used for three to five days. During that time the extra synovial fluid usually disappears. I prescribe anti-inflammatory medicine, starting with eight aspirins a day for five days. If your tendinitis is not better, I switch to a stronger oral anti-inflammatory medicine.

If, after seven to 10 days, the tendinitis has not completely healed, I give you a cortisone injection. This can be tricky because I have to put the needle between the tendon and the sheath; I do not want to inject the cortisone into the tendon itself because it can weaken the tendon. The cortisone takes 48 hours to be effective and generally five days for a full cure. Fortunately, only about 10 percent of tendinitis cases require cortisone injections. ●

Tournament Results

Hogan Tops Peck; Solidifies #1 Rank

by Tony Lovitt

Marty Hogan brought the DP Leach/Catalina Classic pro racquetball series to a close in Austin, TX, March 21, exactly as he began it six months ago in Westminster, CA . . . with a victory over Dave Peck. Hogan's most recent triumph over the defending number one ranked Peck took place at Austin's Supreme Courts during sixth and final pre-Nationals DP Leach/Catalina Classic by scores of 11-9, 11-8, 5-11, 11-4.

Not only did Hogan's \$5,500 win advance him to the \$25,500 mark in DP Leach/Catalina Classic earnings for 1982-83, but it also increased his lead over Peck in the cumulative point standings, 610-460. And while there are still four point-earning events left in the '82-'83 season, Hogan has a definite advantage in the race for bragging rights as racquetball's top-ranked player.

At Austin, Hogan made his fifth appearance in six Classic finals and collected his third championship of the series. Previous victories came over Peck last September and against Bret Harnett last month. Peck, Harnett and Mike Yellen have each won once.

A partisan crowd in Austin primarily cheered the exploits of El Paso natives Dave and Gregg Peck, the latter a student at the University of Texas/Austin. Dave breezed into the finals without losing a single game, knocking off Ben Koltun 11-3, 11-3, 11-5, Gary Merritt 11-9, 11-6, 11-2 and finally brother Gregg 11-4, 11-2, 11-10 en route to his encounter with Hogan.

Gregg had notched victories over Doug Cohen 11-6, 11-8, 11-2 and third-seed Yellen 11-8, 6-11, 11-9, 2-11, 11-10, before being eliminated by brother Dave in the semis.

Meanwhile, top-seed Hogan silenced Rich Wagner 11-6, 5-11, 11-10, 11-1, John Egerman 11-8, 11-9, 11-7 and semi-finalist Harnett 11-9, 10-11, 6-11, 11-4, 11-9 to gain entry into the finals.

Hogan, however, got a big scare from Harnett, who led 9-3 in the fifth game, but Hogan managed to pull it out with a series of critical shots. Trailing 10-9, the perplexed Harnett spiked Hogan's lob serve for match point directly into the floor to end what was the most entertaining match of the tournament.

Unfortunately, the Peck-Hogan match for the championship fell far short of the excitement level attained by Harnett-Hogan.

Despite the vocal support of Peck by those in attendance, Hogan coolly played his game, not allowing Peck to keep him deep in back court. Even when Peck was successful in chasing Hogan to the back wall, Hogan had no trouble pinching kills from that position. Such shots unleashed a frustrated tirade by Peck against himself on a number of occasions.

With Peck leading 2-0 in the decisive fourth game, Hogan seemed to decide that enough was enough and quickly rifled eight consecutive points onto the scoreboard. Most of the damage came as a result of Hogan's blistering serve to Peck's backhand along the left wall. The serve left three uncontested aces in its wake, along with a series of weak returns by Peck that were easily transformed into Hogan points.

Following that sequence and a couple of sides-out, a Hogan skip brought Peck to within five, at 8-3. But Peck returned the favor on Hogan's next service to make it 9-3. Peck passed Hogan along the right wall for his last point of the match at 9-4, before Hogan wrapped it up with a forehand kill to side-out and then smashed consecutive backhand and forehand kill shots for the game-winning points.

The DP Leach/Catalina Classic Nationals will be held at the Charlie Club in Palatine, IL, May 28-June 5. The Nationals will conclude the seven-event DP Leach/Catalina Classic series for 1982-83. ●

Ranking	Player	Points
1.	MARTY HOGAN	610
2.	DAVE PECK	460
3.	MIKE YELLEN	430
3.	BRET HARNETT	430
5.	GREGG PECK	300
6.	DON THOMAS	280
7.	JERRY HILECHER	250
8.	ED ANDREWS	210
8.	JOHN EGERMAN	210
10.	DOUG COHEN	200
11.	CRAIG MCCOY	170
12.	STEVE STRANDEMO	150
13.	RICH WAGNER	140
14.	SCOTT HAWKINS	120
15.	RUBEN GONZALEZ	70

Peck's exuberance didn't last long as Hogan took him in the finals in four games.



—photo by Milo Muslin

DP Leach/Catalina Classic VI

Supreme Courts (North),
Austin, TX, March 17-20

Round of 16: Marty Hogan d. Rich Wagner 11-6, 5-11, 11-10, 11-1; John Egerman d. Scott Hawkins 7-11, 11-5, 11-4, 11-2; Jerry Hilecher d. Ray Navarro 11-6, 3-11, 11-6, 11-7; Bret Harnett d. Bob Philippi 11-3, 5-11, 11-4, 11-5; Mike Yellen d. Craig McCoy 11-4, 0-11, 10-11, 11-1, 11-1; Gregg Peck d. Doug Cohen 11-6, 11-8, 11-2; Gary Merritt d. Don Thomas 11-4, 11-5, 11-3; Dave Peck d. Ben Koltun 11-3, 11-3, 11-5

Quarter-finals: Hogan d. Egerman 11-8, 11-9, 11-7; Harnett d. Hilecher 11-3, 11-9, 7-11, 11-0; Gregg Peck d. Yellen 11-8, 6-11, 11-9, 2-11, 11-10; Dave Peck d. Gary Merritt 11-9, 11-6, 11-2

Semi-finals: Hogan d. Harnett 11-9, 10-11, 6-11, 11-4, 11-9; Dave Peck d. Gregg Peck 11-4, 11-2, 11-10

Finals: Hogan d. Dave Peck 11-9, 11-8, 5-11, 11-4

Price Conquers Top Field

Gerry Price proved that he will be a force to reckon with in the future of professional racquetball, with a \$3,500 win at the 4th Annual Crack Shooter Open, at the Rocky Mountain Health Club, Cheyenne, WY, March 3-6.

The event, sponsored by Coors Light and Holiday Inn, drew a strong pro division, including Mike Yellen, Don Thomas and Jerry Hilecher who entered the \$6,800 tournament in the hope of going home with the championship check.

But in the end it was left to the 18-year-old Castro Valley (CA) native, who defeated Ben Koltun, Yellen and Doug Cohen before going on to the finals and an 11-4, 11-9, 11-6 win over Rich Wagner.

"Wagner played tough," Price said afterwards. "Just because we only went to three games doesn't mean he was a pushover. He made me work for every point."

The win was Price's biggest pro victory in his year-and-a-half professional career. His game is getting stronger with experience, and he made a good showing at the Beaverton (OR) DP Leach/Catalina Pro Classic stop where he lost in the quarter-finals to Bret Harnett.

Wagner, who is still playing in a heavy knee brace because of an injury in last summer's DP Leach Nationals, had grueling early matches, all of them five-game marathons. In the end, he didn't have enough left to turn back Price, and had to be content with the \$1,500 second-place prize.

A heavy winter storm in the Cheyenne area added drama to the tournament, although all the players made it to their matches. But the lights were knocked out for 25 minutes during the Hilecher/Lerner quarter-finals, and by the semi-finals, a snow emergency kept the fans home except for a few diehards. It stopped snowing for the finals and, in spite of hazardous travel conditions, the fans showed up in record numbers.

While the pros battled on Court 1, 180 amateur players went for the championships in seven different divisions. Results of amateur divisions in amateur section. ●

4th Annual Crack Shooter Open

Cheyenne, WY
March 4-6

Men's Pro

Round of 16: Mike Yellen d. Mat King 11-2, 11-2, 11-1; Gerry Price d. Ben Koltun 11-3, 5-11, 11-4, 9-11, 11-7; John Eggerman d. Evan Terry 8-11, 4-11, 11-6, 11-0, 11-4; Doug Cohen d. Mike Romo 11-4, 11-3, 11-7; Don Thomas d. David Gross 11-8, 11-9, 11-4; Rich Wagner d. Corey Brysman 11-6, 10-11, 9-11, 11-2, 11-6; Steve Lerner d. Scott Hawkins 2-11, 4-11, 11-7, 11-7, 11-3; Jerry Hilecher d. Richard Grissom 11-3, 11-2, 11-2

Quarter-finals: Price d. Yellen 11-8, 11-9, 3-11, 11-10; Cohen d. Eggerman 4-11, 4-11, 11-7, 11-4, 11-10; Wagner d. Thomas 10-11, 11-4, 11-8, 9-11, 11-9; Hilecher d. Lerner 6-11, 11-9, 11-6, 11-8

Semi-finals: Price d. Cohen 11-9, 11-9, 11-7; Wagner d. Hilecher 11-1, 6-11, 11-8, 4-11, 11-6

Finals: Price d. Wagner 11-4, 11-9, 11-6



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Tournament Results

McKay Stuns Champion Adams In Bangor

In their first meeting this year, Heather McKay, Toronto, defeated Lynn Adams 25-23, 21-18, 22-20, in the finals of the Lite Beer New England Championships at the Holiday Health and Racquet Club, Bangor, ME, March 10-13. Adams, who has been defeated twice this year by Vicki Panzeri, hoped to regain her winning streak since Panzeri was absent from this tournament. Adams advanced with ease to the finals, defeating Joyce Jackson (Norman, OK) in the semifinals.

McKay faced a tougher opponent in her semi-final match against Terri Gilreath, El Toro, CA. The match reached a score of two games all, with Gilreath leading 12-10 in the fifth game, but McKay managed to regain her lead and won 16-21, 21-8, 21-16, 20-22, 15-13.

In the exciting final match, Adams and McKay received 10 standing ovations from the enthusiastic crowd. McKay used a lot of ceiling shots, aiming for Adams' backhand. Adams failed to put away shots in their long rallies.

"I think my challenging match against Gilreath in the semifinals the night before really helped pump me up," McKay relected afterwards. *"I felt confident about my game and geared up for the finals."*

The victory is McKay's fifth for the 1982-83 season. She has been consistently ranked second only to Lynn Adams throughout the season.

Adams had her next opportunity to regain her winning streak March 24-27 at the Federal Way (WA) WPRA stop. Update next month. ●

WPRA Lite Beer New England Championships

Bangor, ME, March 10-13

Round of 16: Adams d. Paese 21-6, 21-8, 21-10; McKinney d. Harding 21-14, 21-19, 21-11; Jackson d. Davis 21-15, 21-12, 21-7; Stoll d. Greer 21-18, 21-13, 21-18; Gilreath d. Stupp 15-21, 21-18, 21-16, 20-22, 15-13; Marriott d. Sauser 21-10, 21-18, 21-17; Bullard d. Robert 21-9, 21-17, 21-13; McKay d. Lynch 21-10, 21-16, 21-10

Quarter-finals: Adams d. McKinney 21-12, 21-6, 21-18; Jackson d. Stoll 21-14, 21-12, 21-3; Gilreath d. Marriott 22-20, 21-16, 21-15; McKay d. Bullard 21-11, 21-15, 21-16

Semi-finals: Adams d. Jackson 21-13, 21-9, 21-12; McKay d. Gilreath 16-21, 21-8, 21-16, 20-22, 15-13

Finals: McKay d. Adams 25-23, 21-18, 22-20

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Tournament Results

Isuzu Grand Prix

Five teams emerged from more than two months of amateur competition to enter the championship rounds of the First Annual Isuzu Grand Prix at the Irvine Clubhouse, Irvine, CA, January 14-16.

The first amateur racquetball championships of such scope, the Grand Prix brought together teams from all over southern California. Joining American Isuzu Motors, Inc., in sponsoring the event were Executive Sports and the May Company. Additional sponsorship was undertaken by Adidas, Penn, Wilson, Champion and Prippls Plus.

The three-day finals were highlighted by a professional exhibition match between Charlie Brumfield, the tournament's honorary chairman, and Jerry Hilecher, currently ranked fourth on the pro circuit. After winning the first game of the best-of-three match 21-9, Hilecher came from behind in the second game to take the game and match 21-16.

Tournament director Scott Winters is already preparing for the Second Annual Isuzu Grand Prix. For information, call him at (714) 754-7500.

Results of the Open/A and B/C divisions follow.

Men's Open/A

Quarter-finals

Courtsports d. The Center Courts, Los Angeles, 2-0

Swanson (C) d. Brown (CC) 20-21, 21-2, 11-4
Weightman/Pawka (C) d. Burgess/McIntyre (CC) 8-21, 21-16, 11-6

Racquetball World, Santa Ana d. Jack LaLannes West Covina, 2-0

Gustavson (RW) d. Texiera (JL) 20-21, 21-6, 11-4
Green (RW) d. Boucheau (JL) 21-4, 21-5

Hacienda Health Club d. Another Racquet, San Diego, 2-1

Olsen (H) d. Davidson (AR) 15-21, 21-17, 11-8
Gurnoe (AR) d. Gonzalez (H) 21-14, 21-3
Olsen/Gonzalez (H) d. Gurnoe/Butler (AR) 21-15, 14-21, 11-9

The Sports Gallery d. Rocky's, 2-0

Jenkins (SG) d. Gartrell (R) 21-12, 21-12
Alderson (SG) d. Edwards (R) 21-12, 21-11

Semi-finals

Racquetball World Santa Ana d. Courtsports, 2-0

Gustavson (RW) d. Swanson (C) 21-20, 21-16
Green (RW) d. Pawka (CC) 19-21, 21-14, 11-4

Hacienda Health Club d. The Sports Gallery, 2-1

Olsen (H) d. Jenkins (SG) 18-21, 21-9, 11-3
Alderson (SG) d. Gonzalez (H) 21-17, 21-19
Olsen/Gonzalez (H) d. Jenkins/Alderson (SG) 19-21, 21-18, 11-8

Finals

Racquetball World, Santa Ana d. Hacienda Health Club, 2-0

Gustavson (RW) d. Olsen (H) 21-8, 21-10
Green (RW) d. Gonzalez (H) 21-7, 21-13

Men's B/C

Quarter-finals

Another Racquet d. Riverside Racquetball #1, 2-1

Dixon (AR) d. Chabolla (R) 15-21, 21-18, 11-8
Kruzer (R) d. Hall (AR) 21-15, 21-4
Walsh/Barnett (AR) d. Kruzer/Chabolla (R) 15-21, 21-20, 11-10

Marguerite Rec Center d. Supreme Courts, L.A., 2-0

Young/Flannagan (M) d. Camaron/MacKenzie (SC) 21-5, 21-0
Chastain (M) d. Camaron (SC) 21-12, 21-12

Vista Courthouse, San Diego, d. Sports Connection, L.A., 2-1

Goldenberg (VC) d. Grimes (SC) 17-21, 21-14, 11-7
Mouton (SC) d. Kundinger (VC) 21-18, 9-21, 11-7
Arthur/Holtz (VC) d. Mouton/Grimes (SC) 13-21, 21-15, 11-8

Tournament House #1 d. The Irvine Clubhouse, 2-1

Buck (TH) d. Labollita (TIC) 21-20, 16-21, 11-7
Vigil (TIC) d. Salazar (TH) 21-20, 21-10
Katko/Savarese (TH) d. Stutheit/Russell (TIC) 21-8, 21-15

Semi-finals

Another Racquet d. Marguerite, 2-0

Dixon (AR) d. Chastain (M) 21-18, 21-18
Hall (AR) d. Punchard (M) 21-8, 21-14

Tournament House #1 d. Vista Courthouse, 2-1

Goldenberg (VC) d. Buck (TH) 21-15, 21-12
Salazar (TH) d. Kundinger (VC) 21-3, 21-17
Katko/Savarese (TH) d. Holtz/Arthur (VC) 21-8, 21-19

Finals

Another Racquet d. Tournament House #1, 2-1

Dixon (AR) d. Buck (TH) 21-9, 19-21, 11-7
Salazar (TH) d. Hall (AR) 21-19, 21-17
Walsh/Burnett (AR) d. Katko/Savarese (TH) 21-4, 21-7

New Hampshire

2nd Annual Daniel Webster Classic
The Works
Somersworth, NH, January 14-16

Men's Seniors: 1st—Joseph Ceppetelli; 2nd—Roger Crim; 3rd—Bill Bischoff

Men's B: 1st—Jim Berry; 2nd—John Warburton; 3rd—Lance Bloom

Men's C: 1st—Bob Brown; 2nd—John Lane; 3rd—Mark Torr

Men's B Doubles: 1st—Berry/Bennett; 2nd—Grenier/Vachon; 3rd—Warburton/Torr

Women's B: 1st—Jill Tabor; 2nd—Betsy Christy; 3rd—Chris Gainty

Michigan

Michigan Racquetball Association #5
Sponsored by AMF Voit, Natural Light, Bata,
Wheels Inn
Davison, MI, January 14-16

Men's Open

Quarter-finals: Ray Vanover d. Mike Zwierchowski 21-14, 20-21, 11-5; Peter Ruhala d. Stu Hastings 9-21, 21-15, 11-7; Mike Anderson d. Chuck Teets 21-19, 18-21, 11-3; Jim Santino d. Bob Wilhelm 14-21, 21-18, 11-10

Semi-finals: Ruhala d. Vanover 21-13, 21-17; Anderson d. Santino 21-16, 21-19

Finals: Ruhala d. Anderson 21-10, 17-21, 11-5

Men's A

Quarter-finals: Doug Toth d. Tom Lloyd 21-11, 21-3; Aaron Metaj d. Ted Stringer 21-4, 21-10; Mitch Harris d. Gary Doty 21-15, 21-7; Jerry Grudzinsky d. Bob Hackett 21-8, 18-21, 11-7

Semi-finals: Metaj d. Toth 21-12, 21-12; Grudzinsky d. Harris 4-21, 21-19, 11-8

Finals: Metaj d. Grudzinsky (forfeit)

Men's B

Quarter-finals: John Bishop d. Dave Austin 21-17, 21-16; Pat Bell d. Chris Kelly 21-3, 19-21, 11-8; Bob Eck d. Jerry Eldred 21-11, 21-3; Dave Polvi d. Tim Sigafosse 21-17, 20-21, 11-5

Semi-finals: Bishop d. Bell 21-16, 18-21, 11-10; Eck d. Polvi 21-8, 21-6

Finals: Eck d. Bishop 21-12, 10-21, 11-10

Men's C

Quarter-finals: Mike Moody d. Scot Zoumaris 17-21, 21-11, 11-4; Dave Lepczyk d. Mike Witherspoon 21-11, 21-16; Tino Ruiz d. Paul Lubbers 21-13, 21-18; Doug McIntyre d. Tim Bos 21-11, 21-14

Semi-finals: Moody d. Lepczyk 21-14, 17-21, 11-9; McIntyre d. Ruiz 21-13, 21-8

Finals: McIntyre d. Moody 21-8, 19-21, 11-8

Men's Veterana (30+)

Finals: Ken Tessmar d. Marc Van Dis 21-19, 21-14

Men's Seniors A (35+)

Semi-finals: George Ackerson d. Charles Wolford 21-3, 21-20; Gary Miller d. Matt Klein 21-17, 16-21, 11-10

Finals: Ackerson d. Miller 21-9, 21-12

Men's Seniors B (35+)

Semi-finals: Mike Stephens d. Jim Barry 21-9, 21-11; Dave Davis d. Alan Weber 21-14, 21-14

Finals: Davis d. Stephens 21-8, 21-20

Men's Seniors C (35+)

Quarter-finals: George Agin d. Gary Nash 21-2, 21-7; Dave Chrenka d. Bill Gentile 21-18, 19-21, 11-10; Mike Cain d. Robert Willyerd 21-18, 21-3; Ron Justice d. Grant Hord 21-19, 21-19

Semi-finals: Agin d. Chrenka 21-7, 12-21, 11-8; Cain d. Justice (forfeit)

Finals: Cain d. Agin 21-18, 21-13

Men's Masters A (45+)

Quarter-finals: Lynn Hahn d. Gundars Strautnieks 21-16, 21-9; Bob Schermer d. Richard Caretti 21-11, 21-11; Dave Matyas d. John St. Clair 21-11, 21-11; Dan Jaksen d. Al Micelli 21-17, 11-21, 11-10

Semi-finals: Hahn d. Schermer 21-6, 21-10; Matyas d. Jaksen 21-7, 21-18

Finals: Hahn d. Matyas 21-4, 21-9

Men's Masters B (45+)

Semi-finals: Bob Krogman d. Jim Emerson 21-13, 21-9; Dale Schaffer d. Jake Gingrich 21-5, 19-21, 11-1

Finals: Schaffer d. Krogman 21-17, 21-19

Women's Open

Finals: Lisa Ecker d. Chris Todd 21-8, 21-14

Women's A

Semi-finals: Beth Ann Gutowski d. Sue Tarquinto 21-14, 21-5; Linda Lutze d. Patty McCallum 17-21, 21-14, 11-6

Finals: Gutowski d. Lutze 21-1, 20-21, 11-9

Women's B

Quarter-finals: Kerry Niggermyer d. Lesley Kishigan 21-16, 21-16; Robin Latreille d. Nancy Uniacke 19-21, 21-20, 11-0; Sue Griffore d. Dianne Driver 21-14, 21-10; Linette Showerman d. Carolyn Foster 21-7, 21-9

Semi-finals: Latreille d. Niggermyer 14-21, 21-14, 11-7; Showerman d. Griffore 21-9, 21-16

Finals: Showerman d. Latreille 9-21, 21-13, 11-7

Women's C

Quarter-finals: Janet Insko d. Kelly Schmelter 14-21, 21-12, 11-5; Donna Green d. Barb Trickey 19-21, 21-18, 11-7; Laura Fox d. Sharon Cole 21-14, 19-21, 11-10; Diane Klucka d. Jan Sienko 21-11, 21-13

Semi-finals: Insko d. Green 21-8, 5-21, 11-8; Klucka d. Fox 21-0, 21-20

Finals: Klucka d. Insko 21-17, 21-9

Junior Boys 15 & Under

Finals: Brian Kelly d. Jim Kitchen 21-7, 21-2

Junior Boys 13 & Under

Semi-finals: Jim Floyd d. Nick Rallis 12-6, 12-21, 11-9; Robert Garrow d. Chris Wonzer 21-11, 21-7

Finals: Floyd d. Garrow 21-7, 21-13

Florida

3rd Annual Cerebral Palsy Charity
Tournament

Sponsored by Wilson, N.C.L., Republic
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mark Bank

Quadrangle Racquetball & Fitness Club
Coral Springs, FL, January 14-16

Directors: Fred White, Debbie Greenawalt

Men's Open

Quarter-finals: Sergio Gonzalez d. Randy Phaler; Tim Hansen d. John Morris; Bubba Gautier d. John Schneider; Fred Calabrese d. Van Dubolsky

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

Finals: Gonzalez d. Calabrese

Men's 30+

Quarter-finals: Bob DeRobertis d. Angelo Guirdi; Steve Blanchette d. Kenneth Blitz; Darryl Ceravolo d. Rudy Guevara; John Hadaway d. Ed Raspa

Semi-finals: DeRobertis d. Blanchette; Hadaway d. Ceravolo

Finals: DeRobertis d. Hadaway 21-14, 21-11

Men's 35+

Quarter-finals: Mike Desormey d. Willie Freeman; Steve Chapman d. Bill Afford; Joe Gonzalez d. Fred White; Mike Winslow d. Doug Winter

Semi-finals: Chapman d. Desormey; Winslow d. Gonzalez

Finals: Chapman d. Winslow 21-16, 21-2

Men's 40+

Quarter-finals: Jack Ross d. Jim McCauley; Leon Curiel d. John Brown; Fred Blaess d. Harry Hahamovitch; Fred White d. Fred Stallworth

Semi-finals: Ross d. Curiel; White d. Blaess

Finals: Ross d. White 17-21, 21-9, 11-5

Men's 45+

Quarter-finals: Robert Harper d. Jack Katler; Alex Gonzalez d. Joe Ramos; Dennis David d. Tony Schipani; Jim McCauley d. Mel Schwartz

Semi-finals: Harper d. Gonzalez; David d. McCauley

Finals: David d. Harper

Men's B

Quarter-finals: Paul Domb d. Marc Kazen; T.J. Ferro d. Mike Alman; Ed Guirdi d. Bob Shane; Oscar Alvarez d. Tim Rauscher

Semi-finals: Domb d. Ferro; Guirdi d. Alvarez

Finals: Domb d. Guirdi 21-20, 21-16

Men's C

Quarter-final: John Ross d. Ray Bedsaul; Mike Wederuth d. Steve Feldman; Bill O'Brien d. Danny Palor; John Tamborollo d. Mark Pordes

Semi-finals: Ross d. Wederuth; O'Brien d. Tamborollo

Finals: O'Brien d. Ross 21-11, 18-21, 11-3

Men's Open Doubles

Quarter-finals: Calabrese/Gonzalez d. Desormey/Miniskin; Deeb/Rothstein d. Watts/Malasto; Dubolsky/Phaler d. Hunter/Morris; Hansen/Gautier d. Sheehan/Luca

Semi-finals: Calabrese/Gonzalez d. Deeb/Rothstein; Dubolsky/Phaler d. Hansen/Gautier

Finals: Calabrese/Gonzalez d. Dubolsky/Phaler 21-19, 14-21, 11-3

Men's B Doubles

Quarter-finals: Cook/Ferro d. Alman/Lloyd; Van Acker/Binnix d. Glatthorn/Jones; Rauscher/Kachel d. Winter/Ceravolo; Bedell/Palov d. Ross/Ross

Semi-finals: Cook/Ferro d. Van Acker/Binnix; Bedell/Palov d. Rauscher/Kachel

Finals: Bedell/Palov d. Cook/Ferro 21-13, 21-12

Women's Open

Quarter-finals: Brenda Barrett d. Janet Watts; Mary Ann Livingston d. Julie Ginsburg; Margie Gonzalez d. Simmons; Diane Bullard d. Kathi Fegers

Semi-finals: Barrett d. Livingston; Bullard d. Gonzalez

Finals: Bullard d. Barrett

Women's 35+

Quarter-finals: Judy Schmidt d. Maggie Reynolds; Annette Desormey d. Iris Poor; Barbara Afford d. Shirley Elgaway; Libby Laney d. Nancy Brown

Semi-finals: Schmidt d. Desormey; Laney d. Afford

Finals: Schmidt d. Laney 21-1, 21-10

Women's B

Quarter-finals: Linda Harvey d. Audrey Matulay; Lilly MacIntyre d. Carol Delgado; Agatha Falso d. Julia Knudson; Sunday Mann d. Tracie Rodwell

Semi-finals: Harvey d. MacIntyre; Mann d. Falso

Finals: Harvey d. Mann

Women's C

Quarter-finals: Carol Andrus d. Angela Moran; Kathy Johnson d. Linda Sinclair; Nelly Trujillo d. Gayle Boshek; Dianne Festa d. Beth Ann Aloi

Semi-finals: Andrus d. Johnson; Festa d. Trujillo

Finals: Andrus d. Festa

Women's B Doubles

Quarter-finals: Knudson/Ramsay d. Moran/Swant; Kiekmann/Nipe d. MacIntyre/Neudecker; Falso/Mann d. Brown/Matulay; Miller/Mitchell d. Thompson/Festa

Semi-finals: Kiekmann/Nipe d. Knudson/Ramsay; Miller/Mitchell d. Falso/Mann

Finals: Kiekmann/Nipe d. Miller/Mitchell 14-21, 21-16, 11-4

Juniors 18 & Under

Semi-finals: Matt St. Lawrence d. Anthony Annicchiaro; Dallas Clement d. Lynda Kuchenreuther

Finals: Clement d. St. Lawrence

Juniors 14 & Under

Quarter-finals: James Lorello d. Mike Smith; Mike

Altman d. Trent Tornabene; Paul Welch d. Joe Miragliotta; Oscar Gonzalez d. Victor Zamorano

Semi-finals: Lorello d. Altman; Welch d. Gonzalez

Finals: Lorello d. Welch 21-3, 21-10

Juniors 10 & Under

Quarter-finals: Kyle Brown d. Craig Czuz; David Tobin d. Denise Kachel; Scott Pease d. Melissa Kachel; Scott Garvis d. —

Semi-finals: Brown d. Tobin; Pease d. Garvis

Finals: Pease d. Brown

Nevada

IRSA '83 Convention Tournament Spring Mountain Racquetball Club January 18-19

Director: Vincent M. Wolanin (21st Point Club, Albany, NY)

Floor Manager: Denise Kennedy (First Serve Athletic Club, Edmonds, WA)

The tournament was held in conjunction with the 1983 IRSA National Convention/Trade Show with the participants made up of club owners, managers and exhibitors. A round robin format was used to help establish new friends, since the players came from all parts of the world.

Big cheers go out to Oscar Nicastró, who just built the first privately owned racquetball court in Buenos Aires, Argentina, and who entered the tourney with only three weeks' playing experience; to Denise Kennedy who capably handled the complexities of a round robin format; to Ektelon for donating the prizes; and especially to Vince Wolanin who cared enough to organize and promote the event among the Conventioneers

A fun time was had by all!

Men's Open: 1st—Khrls Meyers, Lynmar Racquet Club, Colorado Springs, CO; 2nd—(tie)—Jon Schwartzman, Medalist Sports Club, St. Louis Park, MN and Aubrey Easterlin, Cado Systems, Palo Alto, CA

Men's Seniors: 1st—Easterlin; 2nd—Wolanin; 3rd—Leo Riley, Ektelon, San Diego, CA

Women's Open: 1st—Cynthia Howard, Aurora Athletic Club, Aurora, CO

Indiana

Off The Wall Open

Sponsored by the INSRA Classic Tour

Off The Wall Racquetball Club

Portage, IN, January 21-23

Director: Joel Henderson

Men's Open

Quarter-finals: John Amatulli d. Ray Vanover; Jim Bartlett d. Scott Phillips; Dave Negrete d. Tony Gabriel; Sean Moskwa d. Rob Robbins

Semi-finals: Amatulli d. Bartlett; Negrete d. Moskwa

Finals: Amatulli d. Negrete 11-15; 15-12, 11-10

Men's Veterans

Semi-finals: Larry Pritchett d. Steve Graham; Bob Selva d. George Greulich

Finals: Pritchett d. Selva

Men's Masters

Semi-finals: Leo Cox d. Bob Demass; Tom Robinson d. Harold Barkely

Finals: Cox d. Robinson

Men's A

Quarter-finals: Scott James d. Joe Fowler; Kevin Hake d. Oscar Pace; Dave Solomon d. Mike Lecklider; Gary Weitzel d. Marc Christenson

Semi-finals: James d. Hake; Solomon d. Weitzel

Finals: James d. Solomon 15-10, 15-13

Men's B

Quarter-finals: Ken Massie d. Mike Richardson; Mark Leyva d. Mike Stengel; Dave Thomas d. Mike Retzlaff; Garold Narragon d. Mike Thomas

Semi-finals: Massie d. Leyva; Thomas d. Narragon

Finals: Massie d. Thomas 15-14, 15-12

Men's C

Quarter-finals: Paul Schilling d. Phil Glaze; Steve Lashnik d. Tim Storey; Curt Christofferson d. Jeff Morris; Ed Ridge d. George Cermak

Semi-finals: Schilling d. Lashnik; Ridge d. Christofferson

Finals: Schilling d. Ridge

Men's Open Doubles

Quarter-finals: Gabriel/Simpson d. Wackowski/Szafranski; Negrete/Negrete d. Weitzel/Sondel; Amatulli/Henderson d. Bartlett/Ryan; Bence/Phillips d. Michelin/James

Semi-finals: Amatulli/Henderson d. Bence/Phillips; Negrete/Negrete d. Gabriel/Simpson

Finals: Amatulli/Henderson d. Negrete/Negrete 12-15, 15-11, 11-8

Men's B Doubles

Semi-finals: Karras/Faso d. Busanici/Fallon; Avalos/Nobles d. Pace/Penkala

Finals: Karras/Faso d. Avalos/Nobles

Women's Open

Semi-finals: Kay Kuhfeld d. Sue Prisching; Dina Pritchett d. Chris Evon

Finals: Kuhfeld d. Pritchett

Women's A

Finals: Betsy Sidell d. Jeanette Ryan

Women's B

Finals: Jill Lenburg d. Cindy Holcomb

Women's C

Finals: Karen Maynard d. Dee Carter

New Hampshire

WOQK Open

Off The Wall Racquet & Fitness Club

Portsmouth, NH, January 21-23

Men's Open: 1st—Cliff Swain; 2nd—Baie Bennett; 3rd—Phil Scannell

Men's A: 1st—Scott St. Onge; 2nd—Jim Lyman; 3rd—Joe Ruggieri

Men's Seniors: 1st—Mike Luciw; 2nd—Bob Druin; 3rd—Roger Crim

Men's B: 1st—Frank Gibson; 2nd—Martha Callahan; 3rd—Dennis Vaillancourt

Men's C: 1st—John Warburton; 2nd—Charles Caro; 3rd—Paul Racioppi

Men's Open Doubles: 1st—Swain/Gilloaly; 2nd—Smith/Bennett; 3rd—Belanger/Loisel

Women's Open: 1st—Debbie Walduff; 2nd—Debbie Wilbur; 3rd—Janet Burke

Women's A: 1st—Gaye Rosenfeld; 2nd—Ginnie Baeder; 3rd—Mary Boucher

Women's B: 1st—Eileen Berry; 2nd—Maureen Hatem; 3rd—Jolene Ecker

Women's C: 1st—Joyce Ward; 2nd—Chris Gainty; 3rd—Sue Powell

Women's Open Doubles: 1st—Callahan/Salman; 2nd—Miglon/Burke; 3rd—O'Neill/Richards

Open Juniors: 1st—Scott St. Onge; 2nd—Todd O'Neill; 3rd—George Delaney

Florida

United Way Classic

Sponsored by B.W. Saba, Inc., and Trolley

Trolley Station Restaurant

Sarasota Racquetball Club

Sarasota, FL, January 21-23

Directors: Warren Bouwman, Darryl Ritchie

Men's Open

Quarter-finals: Charlie Nichols d. Scott Thompson 15-5, 15-3; Steve Ruedlinger d. Bruce Davis 15-9, 7-15, 11-10; John Schnieder d. Terry Fluharty 15-5, 15-13; Curtis Winter d. Paul Domb 15-12, 15-9

Semi-finals: Nichols d. Ruedlinger 21-13, 21-7 Fluharty d. Winter 21-10, 21-13

Finals: Fluharty d. Nichols 21-17, 20-21, 11-8

Men's 30 +

Quarter-finals: Gene Owen d. Willie Beard 15-3, 15-9; Tom O'Reilly d. Graig Shaak (forfeit); Glen Gibellina d. Darryl Ritchie 15-4, 15-9; Peter Jonas d. Howard Sadwin 15-7, 15-4

Semi-finals: Gibellina d. Jonas 11-21, 21-17, 11-4; Owen d. O'Reilly 21-15, 21-15

Finals: Gibellina d. Owen 21-8, 21-11

Men's 40 +

Quarter-finals: Jack Ross d. Don Fisher 15-10, 15-9; Graig Shaak d. Bill Hogue 15-4, 15-14; Lou Biltz d. Robert Taylor 15-1, 15-1; Roy Odum d. Ron Housley 15-3, 15-10

Semi-finals: Ross d. Shaak 21-11, 11-21, 11-3; Odum d. Biltz 21-17, 9-21, 11-9

Finals: Ross d. Odum 21-2, 21-9

Men's B

Quarter-finals: Danny Allie d. Buddy Britton 15-13, 11-15, 11-6; Jim Kaufman d. Paul Welch 10-15, 15-6, 11-9; Mark Avery d. Tom Hutchinson 15-12, 15-3; John Ross d. Sheldon Weisman 15-8, 15-4

Semi-finals: Allie d. Kaufman 21-4, 11-21, 11-9; Avery d. Ross 11-21, 21-3, 11-9

Finals: Avery d. Allie 21-13, 21-9

Men's C

Quarter-finals: Sheldon Weisman d. Meal Sutor 15-7, 15-10; Tom O'Reilly d. Steve Houghton 15-1, 15-4; Danny Allie d. Dale Gordon 15-13, 15-14; John Ross d. Tom Hutchinson 15-4, 15-12

Semi-finals: O'Reilly d. Weisman 15-2, 15-12; Allie d. Ross 21-19, 17-21, 11-9

Finals: Allie vs. O' Reilly (to be played)

Open Doubles

Quarter-finals: Nichols/Schneider d. Clement/St. Lawrence 15-7, 14-15, 15-8; Britton/Ely d. Ross/Jonas; Gibellina/Schwartz d. Fisher/Ruch 15-14, 15-11; Weisman/Odum d. Ruedlinger/Fluharty 15-2, 15-2

Semi-finals: Nichols/Schneider d. Ross/Jonas 21-12, 21-16; Ruedlinger/Fluharty d. Gibellina/Schwartz 21-20, 21-17

Finals: Nichols/Schneider d. Ruedlinger/Fluharty 21-8, 21-13

Women's B

Semi-finals: Sharon Stein d. Mary Lou Zahner 15-8, 12-15, 11-2; Nancy Glasser d. Cindi McManamon 21-6, 21-13

Finals: Stein d. Glasser 21-14, 21-17

Women's C

Quarter-finals: Chris Hopkins d. Nancy Faller 15-4, 15-7; Teresa Kaufman d. Bernadette Augustine 15-11, 15-11; Christie Conch d. Diane Thomas 15-7, 14-15, 11-4; Janice Webb d. Sue Burns 8-15, 15-14, 11-3

Semi-finals: Hopkins d. Kaufman 21-16, 17-21, 11-4; Webb d. Conch 21-20, 21-12

Finals: Hopkins d. Webb 21-10, 21-12

Juniors 13 and Under

Semi-finals: Trent Tornabene d. Joseph Fuller 15-9, 15-9; John Jackson d. Donald McNeill 16-21, 21-15, 11-8

Finals: Tornabene d. Jackson 21-10, 18-21, 11-1

Alabama

4th Annual Miller Lite Tiger Open

Sponsored by Miller Lite

The Racquet Club

Auburn, AL, January 21-23

Director: Bob Huskey

Men's Open: 1st—Jim Cullen; 2nd—Tom Kimbrough

Men's Seniors: 1st—Mike Brooks; 2nd—John Thornton

Men's Masters: 1st—Will Billingsley; 2nd—Jim Brodie

Men's B: 1st—Jim Schoeneman; 2nd—Jarry Redden

Men's C: 1st—Greg Blaire; 2nd—John Price

Men's A Doubles: 1st—Jim Hawkins/David Mende; 2nd—Allen Lupton/Rich Lovday

Men's B Doubles: 1st—Ernie Benson/Dean Hoffman; 2nd—Eugene Moss/Wade McNair

Women's Open: 1st—Lori McWain; 2nd—Brenda Lepley

Women's B: 1st—Carol Simms; 2nd—Connie Hobbs

Women's C: 1st—India Fuller; 2nd—Darlene Bartel



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Virginia

Nation's Capitol Superbowl
Racquetball Classic
Crystal Racquet & Health Club
Arlington, VA, January 28-30

Men's Open: 1st—Mike Meyers; 2nd—Cesar Lopez
Men's A: 1st—Marc White; 2nd—George Orton
Men's Seniors: 1st—George Orton; 2nd—Jim McKinlay
Men's Masters: 1st—Bob Harwood; 2nd—Glenn Ballew
Men's B: 1st—Brian Polsky; 2nd—Tom Altieri
Men's C: 1st—Gary Weis; 2nd—Phil Hepbern
Women's Open: 1st—Debbie Weber; 2nd—Brenda Loube
Women's A: 1st—Teresa Beresford; 2nd—Jean Tull
Women's B: 1st—Kim Greiner; 2nd—Nancy Julia
Women's C: 1st—Laura Woodbury; 2nd—Carla Besosa

Ohio

Open Winter Tournament
Racquetball South
Poland, OH, January 28-30
Director: Laurie McCormick

Men's Open: Jeff Riehl d. John Niegest 16-21, 21-10, 11-8
Men's A: Jeff Rober d. Denny Brace 21-17, 15-21, 11-8
Men's Veterans: Dan Naughton d. Gary Walters 21-14, 9-21, 11-10
Men's B: Don Stevenson d. Jeff Wellington 21-20, 21-11
Men's C: Chuck Adgate d. John Campbell 21-3, 21-18
Men's B Doubles: Kennedy/Pillion d. Phillips/Patrizi 21-11, 21-17
Women's Open: Elaine Mardas d. Abbie Baxter 21-8, 21-8
Women's B: Merrit Fusselman d. Martha Gett 15-21, 21-9, 11-4

Women's C: Carla Laska d. Karen Simon 21-19, 11-21, 11-5
Women's Open Doubles: Mardas/Cullen d. Kosa/Kobly 21-13, 21-14

Maine

The Nike III
Sponsored by Nike, Bud Light, Saco
Printing, Penn
The Court Yard
Saco, ME, January 28-30
Director: John Bouchard

Men's Open
Quarter-finals: Gene Fitzpatrick d. Charlie Kuehl; Steve Trenholm d. Erny Takling; Tom Fournier d. Rick Eddy; Randy Olson d. Gary Bissonnette
Semi-finals: Fitzpatrick d. Trenholm 15-8, 15-3; Olson d. Fournier 11-15, 15-7, 15-9
Finals: Fitzpatrick d. Olson 15-8, 15-10

Men's A
Quarter-finals: Tom Fournier d. Bob Quirk; Gary Tito d. Al Wright; Dave Bouthot d. Dan Desrochers; Dale Smith d. Randy Smith
Semi-finals: Tito d. Fournier 15-3, 15-10; Smith d. Bouthot 14-15, 15-13, 15-11
Finals: Tito d. Smith 15-11, 15-11

Men's Seniors
Quarter-finals: Roger Crim d. Dan Gagne; Gary Williams d. Merle Townsend; Randy Smith d. Steve Hegvy; Bill Isenberg d. Bob McCrillis
Semi-finals: Williams d. Crim 15-10, 15-11; Isenberg d. Smith 6-15, 15-9, 15-13
Finals: Williams d. Isenberg 5-15, 15-10, 15-11

Men's Masters
Round Robin: 1st—Bob Drouin; 2nd—Walt Falkenstrom; 3rd—Norb LeComte; 4th—Greg Payne

Men's B

Quarter-finals: Rob Gardner d. Dave Gobeil; Joe Gowen d. Scott Cochran; Rick Frost d. Ron Hood; Dennis Johnson d. Dan Gagne
Semi-finals: Gowen d. Gardner 15-5, 6-15, 15-5; Johnson d. Frost 15-4, 15-10
Finals: Gowen d. Johnson 15-9, 15-11

Men's C

Quarter-finals: Dan Perkins d. John Webb; Brian Miller d. Steve Drew; Ron Hicks d. Tony DiPietro; Bob Hammond d. Tom Laprino
Semi-finals: Perkins d. Miller 15-10, 15-12; Hicks d. Hammond 6-15, 15-13, 15-14
Finals: Perkins d. Hicks 15-12, 15-4

Men's Open Doubles

Quarter-finals: Olson/Trenholm d. Eon/Smith; Crim/Drouin d. Desrochers/Tarling; Sachs/Wright d. Bouthot Tito; Eddy/Fitzpatrick d. Grunditz/Kuehl
Semi-finals: Olson/Trenholm d. Crim/Drouin 15-10, 15-14; Eddy/Fitzpatrick d. Sachs/Wright 15-9, 15-9
Finals: Eddy/Fitzpatrick d. Olson/Trenholm 7-15, 15-4, 15-11

Men's B Doubles

Quarter-finals: Hammond/Trask d. Silver/Trapp; Cornish/Hood d. Gardner/Townsend; Arsenault/Fennell d. Cochran/Perkins; Gowen/Webb d. Miller/Pugatch
Semi-finals: Cornish/Hood d. Hammond/Trask; Gowen/Webb d. Arsenault/Fennell 15-10, 15-7
Finals: Gowen/Webb d. Cornish/Hood 13-15, 15-8, 15-9

Women's Open

Quarter-finals: Terri Graham d. Kathy Lemieux; Leesa Smith d. Kathy Gagne; Debbie Fransoso d. Annie Thibeault; Joy Eon d. Janet Berkel
Semi-finals: Graham d. Smith 15-10, 13-15, 15-7; Eon d. Fransoso 15-13, 15-7
Finals: Graham d. Eon 15-6, 15-12

Women's B

Quarter-finals: Paula Truman d. Jocelyn Hackey; Jolene Ecker d. Maureen Guerin; Janet Berkel d. Maggie Geilenfeldt; Becky Gray d. Tammy Trenholm
Semi-finals: Ecker d. Truman 11-15, 15-11, 15-2; Gray d. Berkel 15-7, 15-6
Finals: Ecker d. Gray 15-9, 15-8

Women's C

Quarter-finals: Bonnie Cote d. Jane Williams; Hilary Gerrior d. Donna Hall; Risa Luce d. Sue Wyka; Joyce Mailman d. Carol Capello
Semi-finals: Gerrior d. Cote 15-13, 10-15, 15-11; Mailman d. Luce 15-8, 14-15, 15-3
Finals: Mailman d. Gerrior 15-3, 15-3

Women's Open Doubles

Quarter-finals: Eon/Graham d. Hackey/Wiseman; Lemieux/Nash d. Berkel/Guerin; Fransoso/Gerrior d. Gay/Mailman; Smith/Thibeault d. Cappello/Hall
Semi-finals: Eon/Graham d. Lemieux/Nash 15-7, 15-2; Smith/Thibeault d. Fransoso/Gerrior 9-15, 15-7, 15-14
Finals: Eon/Graham d. Smith/Thibeault 15-14, 11-15, 15-7

Colorado

1st Annual Briargate-McKenna's Pub Open
Racquetball Tournament
Sponsored by Briargate and McKenna's Pub
Lynmar Racquet & Health Club
Colorado Springs, CO, February 3-6

Men's Open

Semi-finals: Gary Bratt d. Marc Sanford 16-21, 21-20, 11-8; Stephen Ludick d. John Vohland 21-9, 21-16
Finals: Stephen Ludick d. Gary Bratt 21-13, 21-14

Men's A

Semi-finals: Allen Korkus d. Steve Sahn 21-18, 21-14; Mike Pitcher d. Khris Meyers 16-21, 21-11, 11-9
Finals: Mike Pitcher d. Allen Korkus 21-18, 11-21, 11-6

Men's B

Semi-finals: James Jubert d. Dick Kincaide 21-15, 21-12; Larry Martin d. Don Nicks 21-17, 21-9
Finals: James Jubert d. Larry Martin (forfeit)

Men's C

Semi-finals: Larry Nicks d. James Boynton 16-21, 21-5, 11-6; Mark Schmitz d. Harry Venik 12-21, 21-14, 11-6
Finals: Larry Nicks d. Mark Schmitz 21-15, 14-21, 11-9

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Men's D

Semi-finals: Dan Banovich d. Mark Delany 11-21, 21-7, 11-5; Darrell Pinney d. Denley Sanchez 21-4, 21-13

Finals: Dan Banovich d. Darrell Pinney 21-4, 21-13

Women's A/B

Semi-finals: Pat Schoer d. Jan Trujillo 21-7, 21-13; Lynn Lamberta d. Lindsey Bramlett 21-15, 21-10

Finals: Lynn Lamberta d. Pat Schoer 21-12, 21-16

Women's C

Semi-finals: Patricia Haines d. Barb Baltus 21-7, 13-21, 11-6; Vicki Brooks d. Marlene Kirk 21-15, 21-5

Finals: Vicki Brooks d. Patricia Haines 21-9, 21-20

Women's D

Semi-finals: Katie Flesia d. Ann Baldrice 21-15, 21-10; Kay Graham d. Sharon White 18-21, 21-12, 11-5

Finals: Katie Flesia d. Kay Graham 21-13, 21-20

Illinois

Hillary's Winter Open

Sponsored by Hillary's and Budweiser
Schaumburg Court House
Schaumburg, IL, February 3-6

Directors: Janis Frisch, Deb Matusiak

Men's A

Quarter-finals: Steve Schneider d. Bob Schwartz 15-0, 15-4; Dennis Ervin d. Bob Ploucher 15-10, 15-2; Ron Paul d. Jim Scully 15-4, 15-10; John Flavin d. Tom Magill

Semi-finals: Schneider d. Ervin; Paul d. Flavin

Finals: Schneider d. Paul 15-1, 15-10

Men's B

Quarter-finals: Jack Liggett d. Bob Wurtz 15-13, 15-10; Pat Taylor d. Mike Glass 15-13, 15-5; Steve Wolkow d. Bill Wilson 15-1, 15-3; Mark Sokniewicz d. Tony Cosmano (forfeit)

Semi-finals: Taylor d. Liggett; Wolkow d. Sokniewicz

Finals: Wolkow d. Taylor 15-14, 15-4

Men's C

Semi-finals: Vince Radosta d. Joe Stevens 15-9, 15-8; Bill Schwartz d. Chuck Snyder 15-12, 11-9, 5-15

Finals: Radosta d. Schwartz

Men's Open Doubles

Semi-finals: Goluke/Baumeister d. Robson/Saliba 15-7, 13-15, 11-3; Thurber/Tilden d. Flavin/Bennett

Finals: Goluke/Baumeister d. Thurber/Tilden 15-4, 15-10

Men's B Doubles

Quarter-finals: Wolff/Elkins d. Shilka/Demuro; Lodestro/Randazzo d. Staakowicz/Fairbanks 15-9, 15-5; Remedi/Scully d. Saver/Losapio 15-9, 15-1; Donath/Klopke d. Bellinder/Milligan 15-4, 15-4

Semi-finals: Lodestro/Randazzo d. Wolff/Elkins 15-5, 15-10; Donath/Klopke d. Remedi/Scully 15-0, 14-15, 11-5

Finals: Lodestro/Randazzo d. Donath/Klopke

Men's C Doubles

Semi-finals: Vahldick/Snyders d. Belcastro/Wimat 8-15, 15-3, 11-5; Doherty/Franklin d. O'Shea/Richae 15-2, 15-2

Finals: Doherty/Franklin d. Vahldick/Snyders 15-5, 15-12

Women's A

Quarter-finals: Shirley Steichen (bye); Denise Bozza d. Kim Ruch 15-3, 5-15, 11-2; Joan Pearce d. Gay Kenna 15-13, 15-9; Sue Kleinman d. Hope Price (forfeit)

Semi-finals: Steichen d. Bozza 14-15, 15-11, 11-9; Kleinman d. Pearce

Finals: Steichen d. Kleinman 11-15, 15-10, 11-6

Women's C

Quarter-finals: Irene Campbell d. Dawn Dow 15-3, 15-1; Karen Creedon d. Mary Ellen Curzon 15-2, 15-5; Peggy Mohr d. Edie Trantina 15-8, 15-8; Joyce Brown d. Peggy Meisterling 15-3, 15-6

Semi-finals: Campbell d. Creedon 15-7, 15-7; Brown d. Mohr

Finals: Campbell d. Brown 15-4, 15-6

Women's A Doubles

Semi-finals: Peck/Tisch d. Matusiak/Bozza 6-15, 15-8, 11-0; Shapiro/Radeke d. Kouzmanoff/York 15-3, 15-1

Finals: Shapiro/Radeke d. Peck/Tisch 15-6, 15-9

Women's C Doubles

Semi-finals: Wingo/McAvoy d. Frisch/Bolduc 15-6, 15-8; Arquilla/Guenther d. Dallas/Bell 11-15, 15-10, 11-0

Finals: Wingo/McAvoy d. Guenther/Arquilla 4-15, 15-7, 11-3

Wisconsin

First Annual Groundhog Open

Cherokee Golf & Tennis Club

Madison, WI, February 4-5

Directors: Tim Lattimer, Teresa Gnewuch

Men's B: 1st—Tom Tully; 2nd—Larry Witt

Men's C: 1st—Mark Andrewjeski; 2nd—Larry Nummerdor

Women's B: 1st—Kim Hunt; 2nd—Mimi Schwartz

Women's C: 1st—Sally Ballweg; 2nd—Colette Fitzpatrick

Minnesota

St. Paul Winter Carnival

Pro-Am Racquetball Tournament

Carlton Racquet Club

Maplewood, MN, February 4-6

Director: Carol Rudesill

Men's Pro-Am: 1st—Dan Ferris; 2nd—Paul Ikier; 3rd—Del Kauss

Men's A: 1st—Bill Krezonoski; 2nd—Dave Hart; 3rd—Rick Komistek

Men's Veterans: 1st—William Odean; 2nd—Tim Boland

Men's Seniors: 1st—Jim McCarthy; 2nd—Mike Gorman; 3rd—Gary Kerkow

Men's Masters: 1st—Dick Carpenter; 2nd—Chauncey Riggs

Men's B: 1st—Jeff Muehl; 2nd—Mike Casto; 3rd—Robert Kopplin

Men's C: 1st—Steve Blackman; 2nd—Randy Denzer; 3rd—Mike Wagner

Men's Pro-Am Doubles: 1st—Dan Ferris/Pat Page; 2nd—Hart Johnson/Bill Schmidtko

Men's A Doubles: 1st—Bill Krezonoski/Rick Komistek; 2nd—Steve Waldman/Haral Chastain; 3rd—Tom Swanson/Tom Toussaint

Men's B Doubles: 1st—Chris Korbol/Richard Cox; 2nd—Mike Zasada/Harm Mooder; 3rd—Bill Fishbein/Doug Epstein

Women's Pro-Am: 1st—Linda Kauss; 2nd—Barb Tennesson; 3rd—Carol Bennett

Women's A: 1st—Corinne Krezonoski; 2nd—Pat Erger; 3rd—Betty Miles

Women's B: 1st—Sheryl Warfield; 2nd—Cheryl Zitzow; 3rd—Janice Ruggles

Women's C: 1st—Lynn Gorz; 2nd—Michelle Seim; 3rd—Christi Macri

Women's Pro-Am Doubles: 1st—Linda Kauss/Carol Bennett; 2nd—Barb Tennesson/Ev Dillon

Women's B Doubles: 1st—Penny Penrod/Betty Miles; 2nd—Cheryl Spence/Jean Lane

Boys Juniors: 1st—Jonas Beugen; 2nd—Russ Flaten

Alaska

2nd Annual Miller Lite Racquet Tournament

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Juneau Racquet Club

Juneau, AK, February 4-6

Directors: John McConnochie, Rich Taylor

Men's Open: 1st—John McConnochie; 2nd—John McMahon; 3rd—Mark Johnson; 4th—Bill Brady

Men's B: 1st—Willy Stone; 2nd—John Minnich; 3rd—Brad O'Dell; 4th—Mike McKrill

Men's C: 1st—Cary Frumes; 2nd—Jim Klein; 3rd—Ron Brahm; 4th—Mike Kollivosky

Men's Open Doubles: 1st—John McMahon/Mark Johnson; 2nd—Wes Coyner/Bill Peterson; 3rd—John McConnochie/John Andrews; 4th—Steve Woods/Mike McKrill

Men's B/C Doubles: 1st—Cary Frumes/Kelly King; 2nd—Lee Clune/Bob Hildebrand; 3rd—John Foster/Scott Foster; 4th—Jim Klein/Bob Jurgenson

Women's Open: 1st—Angie Stevens; 2nd—Theresa Scott; 3rd—Nonnette Mello; 4th—Gail O'Dell

Women's B: 1st—Karen Van Dusseldorp; 2nd—Terrea McKrill; 3rd—Diane Crowder; 4th—Debbie Huff

Women's C: 1st—Jan Moyer; 2nd—Sue Kocyba; 3rd—Kimberly Kraly; 4th—Nancy Thomas

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RACQUETBALL

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New Jersey

East Coast Open
Woodbridge Racquet Club & Fitness Center
Woodbridge, NJ, February 4-6
Sponsored by: Eastern Airlines, Windjammer Cruises

Men's Open

Finals: Rich Bowman d. Charles Horton

Semi-finals: Bowman d. Peter Chardanoyne; Horton d. Jon Paul Vaccono

Men's A

Finals: Joe Corso d. Doug Bloxom

Semi-finals: Corso d. Neil Duggan; Bloxom d. Ed Trezza

Men's B

Finals: Vincent Petroccia d. John Ochwat

Semi-finals: Petroccia d. Jon Kopcko; Ochwat d. Matt Licht

Men's C

Finals: Scott Weber d. Joe Nastasi

Semi-finals: Weber d. Steve Smith; Nastasi d. Don Skrocki

Men's 30+: 1st—Mike Clifford; 2nd—Jim Thalheimer

Men's 35+: 1st—Mike Vanore; 2nd—Frank Werner

Men's 45+: 1st—Dario Mas; 2nd—Everett Christmas

Women's B: 1st—Grace Grillo; 2nd—Sue Stoll

Women's C

Finals: Lucy Irizarry d. Marie Benko

Semi-finals: Irizarry d. Denis Fakelman; Benko d. Ginny Lazzio

Men's Open Doubles

Finals: Montalbano/DiGiacomo d. Bowman/Deritis

Semi-finals: Montalbano/DiGiacomo d. Rubin/Diamond; Bowman/Deritis d. Teape/Allgood

Men's B Doubles

Finals: Prall/P. Appel d. Trezza/C. Appel

Semi-finals: Prall/P. Appel d. Byrne/Neitrig; Trezza/C. Appel d. Younger/McNeil

Men's C Doubles

Finals: Calderon/Leht d. Jones/Rakers

Semi-finals: Calderon/Leht d. Budwick/Budwick; Jones/Rakers d. San Filippo/Unice

Women's C Doubles

Finals: Cornea/Flowers d. Vanore/Glickstein

Semi-finals: Cornea/Flowers d. Trimmingham/Santiago; Vanore/Glickstein d. Cooney/Quigley

Colorado

GJAC—Amigos Racquetball Open
Grand Junction Athletic Club
Grand Junction, CO, February 4-6

Men's Open: Eric Hansen d. Dave Giacomo 21-11, 17-21, 11-4

Men's A: Rich Hornbeck d. Paul Wyble 20-21, 21-9, 11-4

Men's B: Joe Sullivan d. John Chapman 8-21, 21-20, 11-6

Men's C: Ric Belden d. Tom Ricketts 21-20, 21-15

Men's A Doubles: Giacomo/Hanson d. Hansen/Hansen 15-4, 15-9

Men's C Doubles: Sullivan/Carlton d. Draeger/Barnholt 15-9, 15-12

Women's A: Dianne Bauer d. Julie Blowers 21-8, 21-14

Women's B: Chris Lanci d. Terri Draeger 21-10, 21-20

Women's C: Lynn McDermand d. Ginger Byers 21-6, 21-2

Women's B Doubles: Blowers/Bailey d. Bauer/Howell 15-7, 15-12

Juniors 8 & Under: Brett Brown d. Jake Aubert 11-1, 11-5

Juniors 13-15: Scott Cooper d. Scott Fosdick 21-16, 14-21, 11-3

Florida

Combank Open Doubles Tournament
Sponsored by Ektelon, Coca Cola
Combank Racquetball South
Orlando, FL, February 4-6
Director: Steve Ruedlinger

Open

Quarter-finals: Calabrese/Owens d. Fluharty/Herm; Phaler/Bales d. Gonzales/Mirigliotta; Morrison/Ganley d. Icaza/Winter; Mathews/Kimball d. Dubolsky/Ruffing

Semi-finals: Phaler/Bales d. Calabrese/Owens; Mathews/Kimball d. Morrison/Ganley

Finals: Randy Phaler/Jeff Bales d. Matt Mathews/Brian Kimball 2-11, 11-10, 7-11, 11-9, 11-6

Rhode Island

4th. St. Valentine's Doubles Massacre
Sponsored by Sports Graphics
Celebrity Courts
Warwick, RI February 11-13
Directors: Frank Rawcliffe, Janell Marriott

Open

Quarter-finals: Janell Marriott/Russ Drew d. Ed McGovern/Howie Schacter; Jim Smith/Carl Miller d. Ken Tober/Ken Wild; Cal Steere/Bob Antignano d. Jerry Melaragno/Bob Capobianco; Dennis Saccola/Jim Ferrioli d. Wally Menders/Bill Allen

Semi-finals: Marriott/Drew d. Smith/Miller; Steere/Antignano d. Saccola/Ferrioli

Finals: Marriott/Drew d. Steere/Antignano

B

Quarter-finals: John Keenan/Chuck LeClair d. Len Malagrino/Jim Bubela; Janet Kurucz-Steere/Marilyn Ellis d. Jim Hamn/Fred Lakeway; Al Gordon/Rick Carnevali d. John Patalano/Paul Hartley; Mike Boyes/Joe Davies d. Paul Lachapelle/Dave Jennings

Semi-finals: Keenan/LeClair d. Kurucz-Steere/Ellis; Boyes/Davies d. Gordon/Carnevali

Finals: Keenan/LeClair d. Boyes/Davies

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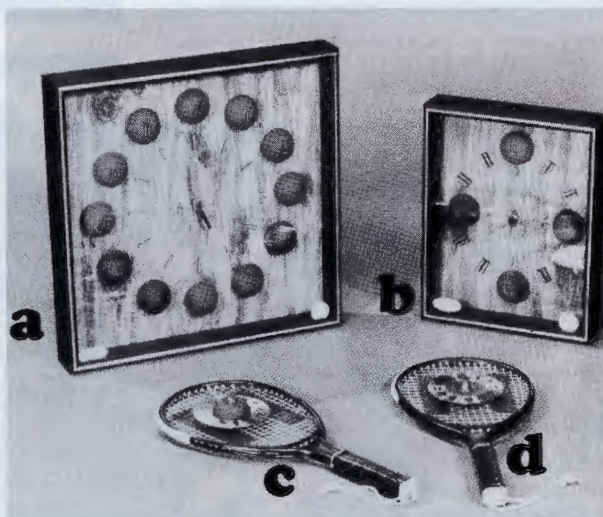


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Florida residents add 5% sales tax.

C

Quarter-finals: Paul Finnerty/Don Nester d. Norm Levesque/Ray Conroy; Owen Gibbons/Bob Thomson d. Norm Desmaris/George Greer; Jon Fishman/Jim Alvernaz d. Luigi Reali/Tom Noto; Ken Chatelle/John D'Ambrosia d. Buddy DeLuca/Rick Miga
Semi-finals: Gibbons/Thomson d. Finnerty/Nester; Fishman/Alvernaz d. Chatelle/D'Ambrosia
Finals: Fishman/Alvernaz d. Gibbons/Thomson (default)

Ohio

Greater Brunswick Open
 Sponsored by Ektelon and Brunswick Merchants Courtrooms I Racquetball Club
 Brunswick, OH, February 11-13
 Directors: Sherry Armstrong,
 Frank Creemens

Men's A

Quarter-finals: Dave Crawford d. Greg Vanek 21-11, 21-18; Gary Hasselschwert d. Ron Truelson 21-11, 21-17; Greg Horn d. Mike Bigrigg 12-21, 21-20, 11-5; Dave Bricker d. Ron Ebeling 21-17, 21-5
Semi-finals: Hasselschwert d. Crawford 11-21, 21-18, 11-7; Horn d. Bricker 21-19, 21-16
Finals: Hasselschwert d. Horn 21-20, 9-21, 11-3

Men's B

Quarter-finals: R. Martin d. H. Luebbe 21-16, 21-8; M. Fields d. B. Klaskek (forfeit); T. Kopp d. T. Coney 21-18, 21-1; S. Denish d. L. English 21-6, 21-7
Semi-finals: Fields d. Martin 21-16, 21-8; Denish d. Kopp 21-7, 21-12
Finals: Denish d. Fields 21-11, 21-8

Men's B Seniors

Quarter-finals: M. Matts d. K. Filegel 21-17, 19-21, 11-5; K. Reuther d. B. Tomko 21-19, 21-17; B. Carlson d. L. Gilligan 11-21, 21-11, 11-7; T. Coney d. C. Pavone 21-17, 21-17
Semi-finals: Matths d. Reuther 18-21, 21-16, 11-6; Carlson d. Coney 13-21, 21-12, 11-1
Finals: Matths d. Carlson 15-21, 21-12, 11-1

Men's C

Quarter-finals: Scott Klimo d. Bob Ream 21-20, 21-13; John Brancheau d. Fred Petrie 21-10, 21-8; Jim Lipsik d. Scott Levey 21-17, 21-16; Hal Luebbe d. Dave Wahl 21-13, 21-8
Semi-finals: Klimo d. Brancheau 21-16, 9-21, 11-9; Luebbe d. Lipsik 21-14, 21-14
Finals: Klimo d. Luebbe 19-21, 21-17, 11-6

Men's Open Doubles

Quarter-finals: Amaddio/Schade d. Frey/Peterman 21-19, 21-13; Creemens/Sanders d. Duval/Crawford 21-10, 21-16; Bunn/Bricker d. Vanek/Bonfiglio 21-18, 17-21, 11-7; Mitchell/Palmieri d. Truelson/Nieves 21-20, 11-21, 11-10
Semi-finals: Amaddio/Schade d. Creemens/Sanders 4-21, 21-16, 11-6; Mitchell/Palmieri d. Bunn/Bricker 10-21, 21-8, 11-2
Finals: Mitchell/Palmieri d. Amaddio/Schade 21-16, 21-19

Men's B Doubles

Quarter-finals: Fludine/Cashin d. Wasietz/Cosentino 21-11, 21-8; Butzer/Miller d. Fligle/Kalsek 21-16, 20-21, 11-1; Kopp/Pallaise d. English/Armstrong 21-16, 21-14; Garvin/Londa d. Horn/McClain 21-11, 21-9
Semi-finals: Butzer/Miller d. Fludine/Cashin 21-16, 21-8; Garvin/Londa d. Kopp/Pallaise 21-20, 6-21, 11-9
Finals: Butzer/Miller d. Garvin/Londa 21-10, 21-13

Men's C Doubles

Quarter-finals: Ueber/Earvin d. Schlager/Parker 21-15, 21-20; Kane/Ream d. Bally/Price 21-16, 3-21, 11-7; Opsincs/Papcun d. DeFazio/James 15-21, 21-20, 11-6; Levy/Krauzak d. Schuster/Stupczy 21-7, 21-9
Semi-finals: Kane/Ream d. Ueber/Earvin 21-9, 21-11; Opsincs/Papcun d. Levy/Krauzak 21-17, 13-21, 11-8
Finals: Opsincs/Papcun d. Kane/Ream 21-16, 21-10

Women's B

Quarter-finals: T. Justice d. C. Lehman 7-21, 21-6, 11-4; S. Revenaugh d. S. Mueller 21-16, 21-19; K. Abbott d. M. Toledo 21-9, 21-18; L. Austin d. J. Otto 21-16, 21-12
Semi-finals: Justice d. Revenaugh (forfeit); Abbott d. Austin 21-10, 21-20
Finals: Abbott d. Justice 21-13, 17-11 (forfeit)

Women's C

Quarter-finals: J. Borato d. S. Bally 15-21, 21-13, 11-7; L. Figlar d. M. Kerkanich 21-6, 21-7; J. Heffner d. L. Schlager 12-21, 21-17, 11-10; Z. Komaransky d. L. Cherwon 21-17, 21-19
Semi-finals: Figlar d. Borato 15-16, 16-21, 11-3; Heffner d. Komaransky 9-21, 21-13, 11-4
Finals: Figlar d. Heffner 21-17, 21-5

Women's B Doubles

Quarter-finals: Cashin/Ralofsky d. Bunner/Lehman 21-15, 21-6; King/Otto d. Miller/Matics 20-21, 21-13, 11-3; Aslasken/Mueller d. Chase/Piar 21-20, 21-17; Mallett/Kunkle d. Wemberley/Bricker 21-10, 21-6
Semi-finals: Mallett/Kunkle d. Aslasken/Mueller 14-21, 21-7, 11-2; King/Otto d. Cashin/Ralofsky 21-6, 21-10
Finals: Mallett/Kunkle d. King/Otto 21-17, 21-17

Women's C Doubles

Quarter-finals: Bally/Zelinka d. Bedford/Fickle 21-11, 21-16; Frey/Gilligan d. Miller/Florey 21-12, 21-5; Piar/Chase d. Heffner/Trail 21-19, 21-15; Lynn/Cherwon d. Guay/Tini 21-15, 21-12
Semi-finals: Bally/Zelinka d. Frey/Gilligan 21-14, 21-18; Piar/Chase d. Lynn/Cherwon 21-15, 21-12
Finals: Piar/Chase d. Bally/Zelinka 21-9, 12-21, 11-3

Indiana

Elkhart YMCA
 Valentine Racquetball Tournament
 Elkhart, IN, February 11-13

Men's A

Semi-finals: Mike Kallimani d. Pat Cornwell 15-14, 15-12; Tom Szajko d. Jack Moore 15-9, 14-15, 11-0
Finals: Szajko d. Kallimani 15-6, 15-10

Men's B

Semi-finals: Matt Magor d. Wayne Ligocki 12-15, 15-14, 11-6; Jack Smith Jr. d. Rick Landholt 15-7, 7-15, 11-8
Finals: Magor d. Smith 10-15, 15-10, 11-6

Men's C

Semi-finals: Luke Lytell d. Mike Brownbridge 7-15, 15-14, 11-6; John LaPierre d. Larry Christopoulos 15-8, 15-10
Finals: Lytell d. LaPierre 15-7, 12-15, 11-8

Women's B

Semi-finals: Susan Gotwals d. Kathy Singleton 15-14, 15-11; Lynne Schmidt d. Paula Lochmandy 15-5, 15-7
Finals: Schmidt d. Gotwals 15-13, 15-14

Women's C

Semi-finals: Collette Senesac d. Becki Veer 15-13, 15-0; Joy Cook d. Sherrie Miller 15-1, 15-0
Finals: Cook d. Senesac 10-15, 15-7, 11-5

Florida

1983 Florida State AARA Singles
 Championships
 Orlando Tennis & Racquet Club
 Orlando, FL, February 11-13

Men's Open: 1st—Bubba Gautier; 2nd—Richard Hull; 3rd—Vinnie Ganley

Men's Jr. Open (19+): 1st—Chris Buckner; 2nd—Vinnie Ganley; 3rd—Tim Hansen

Men's Jr. Veterans: 1st—John Ehring; 2nd—Danny Lefor; 3rd—Bruce Devane

Men's Veteran Open (30+): 1st—Van Dubolsky; 2nd—Bob Riley; 3rd—Joe Serabia

Men's Seniors (35+): 1st—Joe Serabia; 2nd—Bob Riley; 3rd—Errol Potter

Men's Veteran Seniors (40+): 1st—Jack Ross; 2nd—Charlie Kramer; 3rd—Fred White

Men's Master (45+): 1st—Gordon Ira; 2nd—Ken Nuzzoff; 3rd—Al Winter

Men's Veteran Master (50+): 1st—Gordon Ira; 2nd—Mike Wyman; 3rd—Herb Nathan

Men's B: 1st—Michael Durkin; 2nd—Oscar Gonzalez; 3rd—Greg Neimeyer

Men's C: 1st—John Scargle; 2nd—David Stewart; 3rd—Tony Sansone

Women's Open: 1st—Julia Pinnell; 2nd—Mary Lyons; 3rd—Susan Morgan

Women's Jr. Open (19+): 1st—Barbara Simmons; 2nd—Rosemary Aicardi; 3rd—Chris Collins

Women's Jr. Veteran (35+): 1st—Susan Morgan; 2nd—Barbara Simmons; 3rd—Renee Fish

Women's Veterans Open (30+): 1st—Judi Schmidt; 2nd—Linda Derrick; 3rd—Renee Fish

Women's Seniors (35+): 1st—Judi Schmidt; 2nd—Albertine McDaniel; 3rd—Libby Laney

Women's B: 1st—Rosemary Aicardi; 2nd—Jan Curtis; 3rd—Sue Provost

Women's C: 1st—Patti Rushing; 2nd—Kathy Patrick; 3rd—Rosalind Wilffang

Boys 10 & Under: 1st—Rhett Gerlecki; 2nd—Nikki Xynidis; 3rd—Kyle Brown

Boys 12 & Under: 1st—Michael Altman; 2nd—Joe Miragliotta; 3rd—Robby Walden

Boys 14 & Under: 1st—James Lorello; 2nd—Oscar Gonzalez; 3rd—Paul Welch

Boys 16 & Under: 1st—Charlie Nichols; 2nd—Benny Lee; 3rd—Matt St. Lawrence

Boys 18 & Under: 1st—Curtis Winter; 2nd—Steve Miragliotta; 3rd—Dallas Clement

Girls 10 & Under: 1st—Amy Simonetta

Girls 12 & Under: 1st—Rachel Crowley

Girls 14 & Under: 1st—Julie Ginsburg; 2nd—Michele McGrath

Girls 16 & Under: 1st—Julie Ginsburg; 2nd—Margie Gonzalez; 3rd—Candy Winter

Wyoming

4th Annual Crack Shooter Open
 Sponsored by Coors Light, Holiday Inn
 Rocky Mountain Health Club
 Cheyenne, WY, March 4-6
 Director: Steve Galassini

Men's Open

Semi-finals: Rick Keefer d. Mike Fosdick 15-8, 6-15, 15-2; Mario Ibarra d. Paul Parker 9-15, 15-5, 15-5
Finals: Ibarra d. Keefer 15-8, 15-2

Men's A

Semi-finals: Danny Hall d. Sam Rodriguez 15-6, 10-15, 15-6; Chris Caine d. Kim Hall 15-3, 15-9
Finals: Hall d. Caine 15-6, 15-6

Men's B

Semi-finals: Roger Barber d. Scott Dean 15-5, 15-4; Doug Roe d. Jeff Laird 13-15, 15-4, 15-13
Finals: Barber d. Roe 15-8, 15-11

Men's C

Semi-finals: Kris Paulson d. Ernie Mascarenas 15-0, 15-11; Dave Robinson d. George Toto 15-11, 15-10
Finals: Paulson d. Robinson 1-15, 15-11, 15-5

Women's A

Semi-finals: Mindy Cohen d. Sharon Payne 15-6, 15-4; Kay Wall d. Ricky Ann Hengen 4-15, 15-5, 15-4
Finals: Wall d. Cohen 14-15, 15-4, 15-5

Women's B

Semi-finals: Debbie Sundby d. Carrie Allee 15-4, 15-8; Suzanne Baily d. Nancy Rodriguez 15-5, 15-10
Finals: Sundby d. Baily 15-12, 11-15, 15-9

Women's C

Semi-finals: Kim Goodwin d. Sunny Lindsey 15-4, 9-15, 15-7; Kandy Hartman d. Janice Vosika 15-8, 15-9
Finals: Goodwin d. Hartman 15-9, 15-13

Reader Survey

Tell Us About Your Racquet

Racquetball racquets, like most of racquetball's equipment, have undergone extensive changes over the years. From an original market dominated by wooden frames, the industry now sports a variety of different materials from which the frames are made.

Pricing, appearance and availability have all evolved, so much so, that we'd like to know all about your racquet.

The results of this survey will be published in the August issue of *National Racquetball*, so we must have your response by June 15. It's your chance to be heard.

Send your completed survey forms to: National Racquetball Reader Survey, 1800 Pickwick Ave., Glenview, IL 60025.

1. How Often Do You Play Racquetball During The Year?

- ☐ 3 or more times per week
- ☐ 2 times per week
- ☐ 1 time per week
- ☐ 1 time per month or less

2. What Is Your Playing Level?

- ☐ Beginner ☐ Open
- ☐ Intermediate ☐ Professional
- ☐ Advanced

3. How Many Racquets Do You Personally Own?

- ☐ One ☐ Three
- ☐ Two ☐ Four or more

4. What Kind of Racquet Do You Usually Play With?

- ☐ Aluminum
- ☐ Fiberglass
- ☐ Steel
- ☐ Graphite
- ☐ Wood
- ☐ Other _____

5. What Is The Name Of The Firm That Manufactures Your Racquet?

- ☐ AMF Head
- ☐ AMF Volt
- ☐ DP Leach
- ☐ Ektelon
- ☐ Geostar
- ☐ Omega
- ☐ Wilson
- ☐ Other _____

6. Have You Had Your Racquet Restrung In The Past 12 Months?

- ☐ Yes
- ☐ No

7. How Many Racquetball Racquets Did You Buy In The Last 12 Months?

- ☐ None
- ☐ One
- ☐ Two
- ☐ Three or more

8. What Was The Cost Of The Last Racquet You Bought?

- ☐ \$20 or less
- ☐ \$21 - 40
- ☐ \$41 - 60
- ☐ \$61 - 100
- ☐ \$101 - 150
- ☐ \$151 or more

9. What Will Most Likely Influence Your Next Racquet Buying Decision?

(Rank in order of your first three preferences, i.e., put a number 1 next to your first choice; a number 2 next to your second choice, etc.)

- ☐ Playing Test
- ☐ Price
- ☐ Appearance
- ☐ Local Instructor's Advice
- ☐ "Feel"
- ☐ Advertising
- ☐ Touring Pros Endorsement

10. What Do You Like Most About The Racquet You're Now Using?

(Rank in order of first three preferences)

- ☐ Grip
- ☐ Appearance
- ☐ "Sweet Spot"
- ☐ Power
- ☐ Control
- ☐ Weight
- ☐ Balance
- ☐ Other _____

11. Where Did You Purchase Your Last Racquetball Racquet?

- ☐ Local club pro shop
- ☐ YMCA/JCC
- ☐ Sporting Goods Store
- ☐ Discount Store
- ☐ Mail Order

12. What Do You Dislike Most About The Racquet You're Now Using?

- ☐ Grip
- ☐ Appearance
- ☐ "Sweet Spot"
- ☐ Power
- ☐ Control
- ☐ Weight
- ☐ Balance
- ☐ Other _____

13. Are You Male Or Female?

- ☐ Male
- ☐ Female

14. What Is Your Age?

- ☐ Under 18
- ☐ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 45 - 54
- ☐ 55 - 65
- ☐ 65 or over

15. Please make any comments you'd like to about your racquet:

16. (Optional)

Name _____

Address _____

City/State/Zip _____

Name of Facility You Play At _____

City/State of Facility _____

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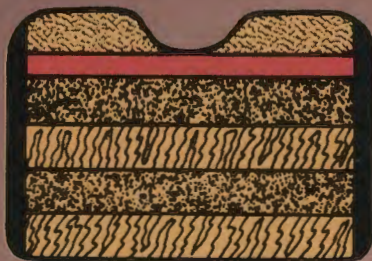
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and graphite.



Racquet
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The Graphite 260 features an ingenious combination of maple, ash, bamboo and graphite laminates, resulting in a light yet powerful racquet. This handsomely designed racquet is shipped with an attractive cover that matches the brilliant three-color racquet frame. In addition to all of these outstanding features, the Graphite 260 also has a contour-molded bumper guard for added racquet protection.

The Graphite 260. The answer you've been looking for.

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