

National Racquetball®

June 1986

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No. 6

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On the cover: Team mascots from the Chicago Bears and Chicago Sting battled it out during a recent racquetball promotion. Nobody cared, but the Bear won.

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LETTERS TO THE EDITOR

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Pro(?) Tour Referees

As an instructor, fan, and just junkie of racquetball, I have discussed the following ideas with several of my peers.

Everybody who reads your magazine has considerable stake in both the men's and women's tours and I too have much at stake to see the success of both. I am proud of the professionalism of the men and women pros and it is for that reason that I feel that all interested parties consider the following ideas.

At a recent pro stop (men's) in Beaverton, OR, the officiating throughout the tournament left much to be desired, if pro-

fessionalism is the goal. Most of the referees and linesmen were also competitors in the pro division.

My first concern was the referee's personal involvement as he would regularly comment on the shot-making of both players, and on occasion when the crowd voiced disagreement with his call, he asked the spectators if they would like to try.

It seems to me, that though it is very difficult to officiate pro level matches, the official should be as impersonally involved as possible and that personal remarks should be avoided.

Another questionable practice is when the players appealed a

referee's call, both linesmen (who as pros and should know better) would look at each other before making their call. It rather looked as if they were more concerned about agreement than making their individual calls. The crowd from where I sat all seemed to notice.

To my way of thinking the management, promotion and operation of professional racquetball tournaments lack true professionalism compared to other pro sports, such as tennis.

Also being a big fan of tennis, I would be the last to say that tennis is perfect, but they have come a long way towards officiating pro matches. And after over 20 years of

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playing and watching tennis, I have never heard an umpire say "Great shot."

Promoting and managing a pro-am is not the easiest nor most desirable job. Nevertheless, as a tournament director myself, I consider it paramount to do the job right and as professional as possible and that a pro-am should be managed likewise. The problem is not the tournament director, but a lack of guidelines that requires referees and linesmen to follow professional techniques.

I feel that a problem racquetball has is that its image is sub-par to other major professional sports. I hope that racquetball someday in my lifetime grows up to become a major sport on the grand scale of tennis. As a serious student of both, I feel that racquetball has more to offer but that we need leadership and commitment on the part of all to make it that way.

Royle Berry
Mill Creek, WA

Here! Here! Bravo! We couldn't agree with you more! - Ed.

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Winner Must Referee

As racquetball has continued to grow and prosper, it seems that now would be an appropriate time to address the way in which tournament referees are selected. It has been common to have tournament players, upon winning their matches, referee the next match taking place in the court in which they just completed play. Normally, any player failing to show up to referee this next match is disqualified from the tournament.

In earlier days of the sport, I can understand that this method may have been necessary to assure that referees were available for each match. Perhaps this is still true, but I think it is time to reassess this approach. I have below outlined some general advantages and disadvantages of this method of referee determination:

Advantages:

- (1) Players may gain better understanding of the rules through implementation while participating as a referee;
- (2) This method tends to assure that referees will be available for matches.
- (3) It's easier for tournament hosts.
- (4) No funds are necessary for obtaining referees.

Disadvantages:

- (1) It is a distraction from the principal reason for being in the tournament - to play racquetball.
- (2) It takes time away from players to rest and concentrate on an upcoming match. Often, more time is spent as referee than player.
- (3) Players are often scheduled to referee matches in flights higher than that in which they participate. This can be detrimental to both the referee and the players in a match.
- (4) As there is a disparity of ages of players involved, it often turns out that a younger player is required to referee players much older. Although this is not automatically a problem situation, it certainly lends itself to the possibility of becoming one.
- (5) It creates a potential lack of consistent and quality referees. This is probably the biggest drawback to the current method.

Certainly, I would not consider

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Letters (continued)

this list of advantages and disadvantages to be complete. I have listed only a few of each to stimulate consideration.

I think the AARA would be well served to solicit responses from its members so as to better understand whether this is indeed a subject worthy of consideration for improvement. I am certain that possible solutions would be forthcoming as to how to improve on the method now used. I believe they are there for the asking.

Kirk Bruening
Independence, KS

You raise some good points. However, until a better system is devised, the current method will undoubtedly remain. Perhaps our readers will offer their own ideas. - Ed.

The Price of Honesty

Although I applaud Ruben Gonzalez

for his now famous skip call on himself, I believe that Chuck Leve in his 'High Price For Honesty' editorial went out looking for professional athletes who seem to try to get away with anything they can.

Well there is one major professional sport, with probably more amateur participants than racquetball, football and basketball combined, where it is common practice for players to make many calls against themselves --- GOLF. We often read about golfers, both professionals and amateurs, making penalty calls against themselves when no one else could possibly see the infraction.

As Mr. Leve's editorial is probably read by most racquetball enthusiasts, both young and old, I feel that we all should be told that many professional athletes are like Ruben Gonzalez.

Tom Dwyer
Tucson, AZ

You haven't seen me golf. - Ed.

Thanks, Gerry!

Recently, we had the pleasure of having highly-ranked pro Gerry Price here at our YMCA for "Beat the Pro" night. Gerry played 30 players, and in between matches he welcomed questions and signed autographs.

We are thankful to this fine representative of professional racquetball who graciously took time off between pro stops to be with us. Also, my students, especially my juniors, are playing much better as a result.

Thanks, Gerry!

Del Villanueva
Pleasant Hill, CA

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Harvey Regains Title

Dear Editor:

I would like to draw your attention to an error in your 1986 March issue related to college racquetball.

On page 9, the story by Drew Stoddard (middle section, 2nd paragraph) it states that Andy Roberts is the "reigning U.S. and world amateur champion".

I cannot argue the fact regarding Mr. Roberts' U.S. status, however, the reigning world amateur champion is Mr. Ross Harvey from Montreal, Canada.

The world amateur racquetball championships are held every two years. The last championship held was in Sacramento, CA in 1984.

At these championships Harvey defeated Roberts and was awarded the winners trophy and designation of World Amateur Racquetball Champion. Harvey will defend his title in Montreal, in August at the next World Amateur Racquetball Championships.

Roberts did defeat Harvey at the 'World Games' in London in July 1985, however, the title of World Amateur Champion was not on the line at these Games.

Daniel G. Stone
Vanier City, Ont., Canada

We stand corrected. For more on this subject, see Canadian Report on page 44. - Ed.

Another Ambassador!

Recently, the racquetball players of Mountain Homes, AR (a novice/C player town) enjoyed a great racquetball event. As printed in the club newsletter, it was the "Highlight of the Year."

Dolwain Green, a touring pro from San Diego, visited our town for a clinic. He proved to be articulate, knowledgeable and gifted with charm and easy good humor. He handled many and varied questions deftly and with untiring patience, as each session lasted well beyond the allotted time. He handled the younger players (8-12) with special deference and friendliness.

When requested to appear in an extra session for women only, during the day, the hour agreed upon

stretched to 2 1/2 hours as the ladies tried to extract as much information as possible. That session ended only when the club owner called a halt.

Mini-exhibitions with local players were fun as Dolwain played in a manner that allowed returns and an occasional kill without appearing to be holding back.

The players and other attendees from the community, who were not familiar with a high level of racquetball, were unanimously agreed that

the clinic was, indeed, the racquetball event of the year. And as a representative of pro racquetball, Dolwain is spectacular. I'm sure there are others equally so. It's too bad other towns such as ours cannot be exposed to them. We feel lucky he came here and pleased that he has promised to come back.

Pete White
Mountain Home, AR

We love to hear it! - Ed.



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Hotels With Courts

Racquetball Enthusiasts Ask Travel Editor Victor Block Where to Stay-and-Play

The Big Apple

New York is a fantastic city that has the best of everything. But I'm having trouble finding the one thing that will make me happy when I have to travel there for my job. Most of my appointments are near the lower tip of Manhattan, and I'd like to find a hotel there where I can play racquetball. Any suggestions?

Alan Poindexter
Flagstaff, AZ

New York is "the Big Apple" in many ways. It's not surprising that racquetball is among the countless forms of activity and entertainment available to denizens of the city. A good place to stay and play near the southern end of the island is the Vista International Hotel on the 22nd floor at 3 World Trade Center.

Two racquetball courts are part of the extensive executive fitness center there, along with a lap swim pool; indoor running track; Keiser, Cam II, Nautilus and Universal equipment; motorized treadmills; stationary bikes, rowing, cross country ski and other equipment.

The staff personnel is equally as varied, including fitness counselors, cardiologist, massage therapist, nutritionist, podiatrist - even a clinical psychologist for stress management assistance.

Seattle

I'm a beginning racquetball player. My work in the lumber industry frequently takes me to Seattle, and I'd like to stay at a hotel with courts where I can try to pick up a game. Do you know of any?

Mark Polin
Portland, ME

You can sharpen your game (if not your ax) at several places, all of which

have swimming pools, sauna, whirlpool, outdoor running track and other recreational and fitness facilities. Check out the Doubletree Inn, Seattle Sheraton, and the Warwick and Westin Hotels. Keep practicing while you're away on business trips, and you'll have a limb up on your partners when you return home - unless they branch out as well.

St. Louis

I'm supposed to plan a company meeting in St. Louis, and a number of our officials are racquetball players. One of them from the Middle West said there's a brand new hotel in that city with good meeting facilities and racquetball courts. Do you know about it?

Jean March
Hollywood, FL

Even St. Louis residents familiar with the soaring stainless steel Gateway Arch - that city's well-known landmark - marvel at the wonderful view of the structure from the nearby 18-story Adam's Mark Hotel. Open only since last March, it's the largest hotel in Missouri. The convention facilities are great: 44 meeting rooms, including board rooms and suites; two ballrooms, one of which can accommodate 2,000 people for banquets, 2,500 for meetings; and a well-equipped audiovisual center. All in all, 76,000 sq. ft. of meeting and exhibit space that no doubt can handle your company's get-together.

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FIRST SERVE

By Chuck Leve



Pulling Together

It must have been old home week for me. It seemed like every call I took was from somebody who's been in racquetball for at least 10 years. The conversations were enjoyable, yet a bit disturbing.

Usually when I get calls of this nature we chat about the days when racquetball was prince — soon to be king, about impending million dollar pro tours and corporate sponsors waiting in line. Invariably we get around to the question of "what happened?"

One major manufacturer told me that, despite what you may think, hear or read, there's no more than three million racquetball players out there. He believes it so firmly that all of his company's racquetball activities are based on that projection.

Since I come from a background that saw the number of players quoted as high as 14 million back a few years (nobody really believed that number) to as low as 6.5 million (a relatively recent estimate), the manufacturer's estimate was a bit troublesome.

Did we lose 'em or did we never have 'em?

It will take at least \$50,000 in research funds to find out for sure, and everybody in the industry seems to have better uses for their money. So we're only guessing.

It does bother me, however, that we can't really determine where we, as an industry, should be going because we don't know where we came from.

Even without Sophisticated research data to propel us back onto the upward spiral there is one certain, obvious, course of action that would significantly help the development of racquetball. It's called "pulling together."

I understand pulling together because I saw racquetball pulled apart by the infighting, jealousy and greed that marked its early years. In those days there were competing national associations, competing pro tours, competing amateur championships, competing player sponsors, competing magazines, competing everything.

Today there is one national governing body, one pro series of events (one each for men and women), and one national magazine. It would seem that the environment would be healthy for a great deal of cooperation out of mutual respect for the survivors, if for no other reason.

For the racquetball industry to pull together it must enter into an era of mutual trust. We must trust the AARA to lead the sport, certainly on the amateur level, and a good case could be made for them to umbrella the professional game as well. Luke St. Onge, the AARA's long time executive director, cares too much about the success of the game to let its promotional arm wither.

But Luke needs help, badly. His financial resources are severely limited and unless we pull together, he is locked into his only viable option — to continue to seek to get racquetball's fingers into the hefty Olympic pockets.

The magazine, this magazine, is similarly situated. The publishing business is no easy haul. The investment is tremendous and the return is slow, over a period of years. The nature of publishing is that you must spend your money first and hope it comes back to you second. Fortunately, our subscribers and readers have continued their staunch support of our efforts

and we're proud to be the surviving national publication.

But like the AARA, our resources are limited. We would like to turn to the manufacturers, however, their loosely knit promotional arm, the Racquetball Manufacturer's Association (RMA) has never been able to attract more than a handful of companies to support its efforts.

Those firms who have elected not to join the RMA criticize it for putting all of its eggs into the pro tour basket. This is viewed as a self-serving marketing thrust since of all the manufacturers the firms in the RMA do, for the most part, have the greatest investment in pro players.

On the other hand, the RMA argues that a viable pro tour with some television exposure, maybe a portable glass court, etc., can only help the sport grow, attract eager, young players and increase the size of the pie for us all.

The club owners? No need to discuss this very long. The owners, individual entrepreneurs for the most part, took matters into their own hands over five years ago — they had no choice. Forced to examine other means of revenue besides racquetball (because there were enough courts built to serve those 14 million players and then some) the owners opted for the multi-recreational facility and now, a good five years later, those who survived have some color returning to their faces.

What should we do? Get together. Talk. Examine options. But most important, make pulling together a priority for all of us. Because if we don't we won't. □

Getting the Most Out of Your Lessons

by Wayne Barrow

Whether you are just considering taking lessons, or if you are already taking some, here is some advice that will help you get the most out of your time and effort spent with a teaching pro. Teaching pros can pick up some ideas too on how to be more effective and efficient in their teaching.

Choosing an Instructor

One of the surest ways of determining a pro's level of ability is to check for a American Professional Racquetball Organization (APRO) certification. APRO is an organization dedicated to developing and improving professional racquetball instructors.

An instructor may be classified as a certified teacher, instructor or professional (this last classification being the highest level awarded). The certification is based on how well an individual scores on a very rigorous written, hitting and teaching exam that tests the person in both on court and off court aspects.

If none of the pros in your area are APRO certified then you must do some investigating. Begin by getting recommendations from others who have already taken lessons. How well have they fared? Are they progressing in their knowledge and ability to apply that knowledge?

Since you do not want to rely solely on the recommendations of other players, go to one or more local pros with a few of the following questions to help you determine who you want to work with you.

First, is the pro willing to watch you play another player of similar ability in order to accurately determine your true level of play? This is important so that the pro may see your true game, away from the sometimes false environment of the lesson situation. By not doing this, the pro would subject you both to lower expected results

by having to evaluate your game in the somewhat tense climate of the first lesson. Doing this is also crucial for helping the pro fulfill your next request.

Essential to your progress are goals and objectives that are related to where you are and where you want to be as a player. You should be sure that your pro is willing to work with you to develop these goals. This goal setting should occur before you enter the court for the first lesson, and should be a result of your pro's observations of your play and your knowledge of what you want your game to become.

Out of this goal setting, and out of week to week progress, your pro should develop lesson plans. Can your pro walk on the court and tell you exactly what will be covered during the lesson, and why? Can your pro also tell you beforehand what drills you will need to practice to learn the lesson goals as well as how to practice them?

Lastly, the pro must tell you that he (or she) will teach you in a way that will enable you to diagnose your own problems and mistakes. There should be no fear on the pro's part of losing you as a student if he does this, since the role of a truly objective and knowledgeable observer is one that is very hard for any player to fulfill. That a pro can and will do this is important also in that it gives you the tools that allow you to continue to improve outside the lesson environment.

Before the Lesson

Having chosen a pro to work with, it is now time to set your goals and objectives. These must be based on a realistic and honest evaluation of your current level of play. The important thing is to listen to your pro and keep your ego quiet!



If you think that a reverse overhead backhand pinch kill is what you need to work on, but your pro says you need to work on how to make a court reservation properly, then so be it. You go back to the fundamentals! For your goals to be obtainable they must be based on a realistic appraisal of where you are as a player, now.

In setting these goals you must be as specific as possible. Some suggested goals include the following:

- A certain place finish in an upcoming league or tournament.
 - An increased point spread against a person that you currently play "even".
 - A decreased point spread against a person who currently beats you like a drum!
 - In a given situation, that you hit more of shot X and less of shot Y.
- Your pro will have other ideas based on your playing style and is likely able to be more objective, so listen carefully.

During the Lesson

Always arrive early. This gives you the chance to go through a good stretching and warmup routine, which will save you valuable lesson time once you are on the court, time you can use to get mentally ready for the lesson.

My students constantly hear me tell

them to watch the ball at all times when they are on the court, so they love this next bit of advice since it allows them to violate that command! When your pro is demonstrating something related to stroke mechanics or court positioning, DO NOT watch the ball. Watch the instructor!

This may seem simple but you'd be surprised at how often you will find yourself not doing this. Watching form and stroke demonstrations carefully will enable you to form a more complete and clear mental image of the skills you are trying to develop, something that is very important.

Ask. Anything. Ask your pro to repeat something that was unclear. Ask your pro to go back to an earlier point and run through a demo again. Ask your pro to go slower, or even to listen to you as you try to repeat to him in your own words what he just said! You should never hesitate to ask since it only helps you learn and helps the pro learn how to communicate more clearly. This is especially true for the novice or beginning players since so much of what they are hearing is new.

Another mental aspect of taking lessons lies in the area of making value judgments about yourself and your game. By this I am referring to the often heard negative comments like, "That was so stupid!", and "You idiot! Why don't you quit skipping so many shots?!" Whenever you do this as a student or as a player, you are only serving to inhibit the learning process by breaking down your confidence and ability to concentrate.

Instead, you should be as objective as possible. Ask yourself, (and your pro) "Why did the ball do that, and what can I do to correct it?" or, "What would have been a better shot to use in that situation?" By doing so you are developing better analytic skills, and the ability to use those skills when you are in a tough situation in a crucial game.

The only feelings that should come prominently into play during your lessons are physical ones. Whenever you hit a shot that "feels" particularly good, or one that your pro indicates that you hit with good form, stop and concentrate on the physical sensations that accompanied the hit. Then mentally ask your body to duplicate those sensations on the next shot. This is simply a form of mental imagery and should be done both during lessons and practice.

After the Lesson

Now is when you really go to work on those goals and objectives that you put together earlier. The amount of time and effort you put in on practice is just as important, if not more so, than the time you have on the court during the lesson. You need the knowledge that your pro can give you, but you cannot put that knowledge to work without sufficient time practicing.

When you practice you are trying to take your knowledge of correct mechanics, shot selection, etc., and turn it into natural habits. All these things must come naturally during a game since there is not enough time between hits to think about how to execute the next shot. Developing these habits means just three things. Practice. Practice. Practice.

When you practice you must first know what to practice and how to practice it. This information should come from your pro at the end of each lesson. Drills that will help you develop a particular stroke or shot that was covered in the lesson, should be given to you along with advice on how to practice them. You should also follow the guidelines that your pro gives you on how long to make your practice sessions and how many sessions you should put in before you have your next lesson.

Armed with these directives, set times and days that you will get on the court with one objective in mind, to practice. No cheating is allowed. If someone asks you to play you must say no. This means that you will have to substitute the enjoyment of playing for the satisfaction of knowing that you will play better and enjoy your playing more, later on, if you practice now. And as you practice from day to day, take satisfaction in small improvements and realize that significant improvement takes time and continued effort.

With all these things going for you I guarantee that you will be playing better and enjoying racquetball more than ever, no matter what level you are at now. So here's to you, good lessons, and good practice. The keys to good racquetball!

About the author: Wayne Barrow is an Ektelon Staff Player, a member of the Yamaha/Asahi Pro Staff, an APRO Certified Professional, and actually expects us to believe that he enjoys taping his ankles and practicing.

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Move Those Feet!

Watching the Pros and Practicing Offense/Defense Shots Can Improve Your Footing and Your Game!

by Charlie Garfinkel

Watching professionals or leading open players is both an enjoyable and learning experience for players at all levels. Observing their variety of serves, varied shot selection and different strategies can only enhance most player's games.

Advanced players always seem to be in the correct position when hitting the ball. They rarely crowd themselves

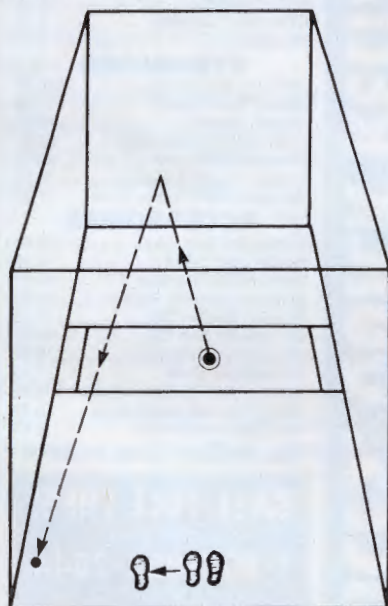


Diagram 1

or get trapped against the side or back wall when taking their shots.

I feel that the excellent footwork of advanced players is an extremely important factor in their success. Players at lower levels are constantly in trouble because they don't move properly toward the ball. Or, they may be uncertain as to where to strike the ball as it is approaching them.

Learning how to move to the ball and knowing when to hit it will greatly improve your game. If you've had

trouble returning lob, Z, or drive serves, in addition to returning shots during rallies, this article will offer some suggestions that can help.

The most difficult shot for any player to handle, especially those players below the advanced level, is the hard drive serve to the backhand. It is difficult even though you may watch the ball through its entire flight, from the time the server strikes it until it crosses the short line.

Why? The answer is simple. Most players, in striving to return the drive serve to the backhand, merely step with their left foot (opposite for left-handers) towards the left wall (Diagram 1). This results in their facing the front wall with a severely restricted reach. If they do make contact with the ball, they're only using the strength from their arm, and not their whole body, as they're not in proper position.

The correct way to return the serve is shown in (Diagram 2). You should turn sideways toward the left wall, bend low, and move your right foot across your body toward the left wall. This will give you an extra 4-5 feet to work with. Also, you'll be striking the ball with the force of your entire body, as you're in the proper stroking position. As for the choice to use for the return of serve, a ceiling ball, around-the-wall ball or passing shot are all excellent choices.

Returning the lob serve offensively has become a source of frustration for many players who are afraid to take the ball out of the air, feeling that they'll infringe on the five foot line. They feel equally apprehensive about letting the ball bounce, as they're too deep in the back court to successfully hit an offensive return.

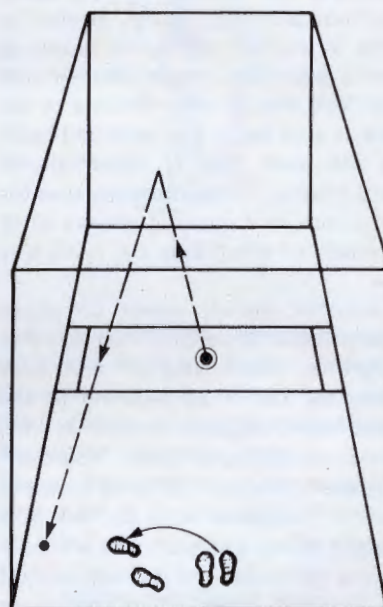


Diagram 2

To remedy this, you should use a strategy that is extremely popular in handball — short hopping the ball. Instead of letting the ball lazily hang in the air and bounce to deep back court, quickly move up to the ball as soon as it bounces and hit a hard cross court pass (Diagram 3) to the right.

The ball should hit 1-2 feet to the

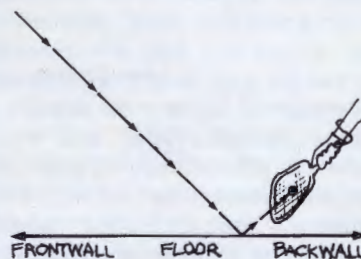


Diagram 3

right of center court on the front wall, 3-4 feet high. The ball will then carry to the deep right corner. Because the server is usually moving slowly out of the server's box towards the left, this return could earn you many outright points. Be sure to practice 30-50 of these returns against a practice partner before using them in a match or tournament.

The lob serve also gives many players problems when the ball lands in the deep left corner. Most players get so close to the side wall when returning this serve they can barely swing their racquet forward. Often, they'll hit the ball into the floor or barely get it back to the front wall, producing an easy setup for the server.

The correct way to return this serve is to move away from the left side wall as the ball is approaching. You should then turn sideways, step towards the ball with your right foot, and take a full swing. Remember: most lob serves

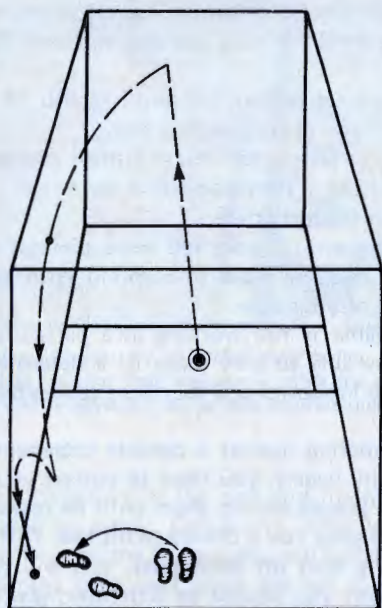


Diagram 4

to the deep left corner, regardless of the speed at which they are hit, will rebound toward center court. Giving yourself sufficient room to maneuver will allow you to adjust your swing to effectively return the serve (Diagram 4).

Another serve that gives many players fits is a favorite of mine. The fact that the serve is called the Garfinkel Serve is merely a coincidence. Of course, the serve is also known as the high Z-serve to the forehand. The first time this serve was used was in my victory over Charlie Brumfield in the 1971 Nationals — a story I've told at least 200 times in *National Racquetball*.

At that time, the high lob hit deep

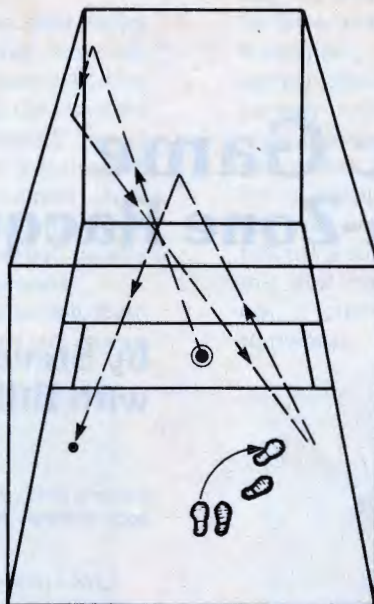


Diagram 5

to the backhand, was the dominant serve. The high "Z" to the forehand was practically unheard of. That's why Brumfield had so much trouble with it. Having never seen it before, he reacted as most intermediate players do today.

Instead of hitting the ball after it had bounced over the short line, he continually let the ball hit the right side wall. The ball would then die in the deep right court or ricochet crazily in the deep right corner. Brumfield either missed the return completely or gave me a weak return that I readily put away.

Brumfield was so impressed with the serve, he wrote an article about it. He called this forehand "Z" to the right the "Garfinkel Serve." He was going to call the "Z" to the left the "Anti-Garfinkel" serve. Fortunately, he decided against it.

Unfortunately, the next time we played he was ready for the serve. (Brumfield, one of the greatest of all time, never let a shot beat him twice.) He did what most players should do. Once the ball passed the short line, he quickly moved up and hit a hard overhead cross court before the ball hit the right side wall (Diagram 5). This return continually put me on the defensive, until I had to change the serve. Needless to say, it didn't do me any good. Brumfield went on to give me an artistic pasting.

When the ball is in play, many intermediate players are greatly impressed with the roadrunner, or retriever. Seemingly, he returns every shot that isn't rolled out. However, this type of

player could actually use his foot speed to better advantage.

On many of the shots that he returns to the front wall, a movement of a step or two could produce an outstanding shot, instead of a return, that can usually be returned by his opponent.

In Diagram 6, Player A has hit a hard cross court passing shot to the forehand side. Instead of reaching out to just return the ball, Player B should turn sideways and move his left foot across his body toward the right wall. He will then be in position to hit a forehand pinch shot. This should result in an outright point as your startled opponent is anticipating a defensive return.

Another shot that intermediate players don't take full advantage of is when their opponent is pinned in the deep back court, hopelessly out of position. Instead of moving up to the front court and volleying (hitting the

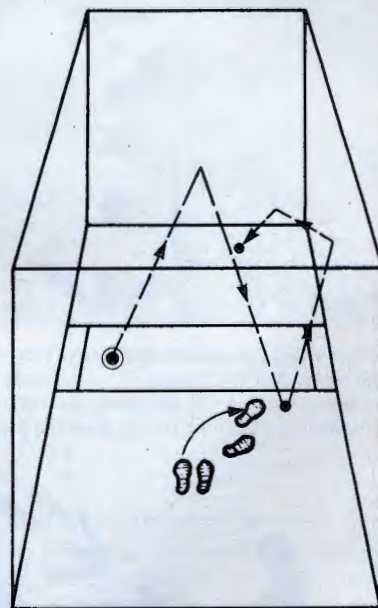


Diagram 6

ball before it bounces) the ball out of the air for an easy point, they stand where they are and let the ball bounce toward them. This gives their opponent time to recover and return the shot.

Having great serves, a good shot selection, and different types of strategies are important. However, if you don't use proper footwork or move properly towards the ball, you won't execute your shots as accurately as you should. Remember: Move those feet!

(Editors Note: Garfinkel has always had trouble moving his feet. This occurs when you wear size 15 howitzers.) □

The Strategic Game

Part Three: High-Zone Racquetball

by Steve Strandemo
with Bill Bruns

Editor's note: This is the third of 12 parts excerpted from Steve's book Strategic Racquetball.

Low-zone skills can only take you so far in competitive racquetball today if you have an ineffective ceiling-ball game. Consider these reasons why the ceiling ball is so important and why you must become competent in high-zone play if you want to venture out against opponents with various playing styles:

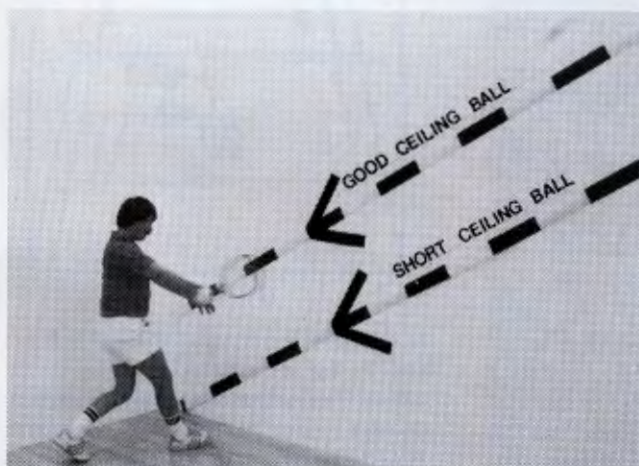
1. The ceiling ball is the logical return off aggressive serves (low-drives and hard "Z's") that are too difficult to shoot.
2. It's the logical return off well-hit lob and high-lob "Z" serves that angle into you about shoulder-high.
3. It's the logical shot in a rally when you're pushed into an awkward hitting position — stretched out or on the run — and going low-zone is inappropriate.
4. Against a good opponent, if your lob serve dictates a ceiling return, you must be able to respond with an accurate ceiling shot of your own.
5. If your offensive game is not working in a particular match, you must be able to play more of a defensive game by changing to lob serves and therefore ceiling-ball rallies.
6. When you are competing against a capable opponent, and a ceiling-ball rally begins, you need to outlast your opponent with well-placed ceiling shots until he makes the first mistake and gives you a chance to hit low. Without a reliable ceiling shot off both sides, you will be forced to shoot when you should be defensive, giving your opponent continual leftup opportunities.

Ceiling-Ball Technique

I find as an instructor that most players lack a good ceiling-ball swing and rarely spend time trying to perfect this stroke.

On the forehand side, hitting your desired ceiling target with good touch is the important factor, so try to swing from an open stance with an easy ball-throwing motion. This should be an easy directional shot and definitely not a forceful effort.

On the backhand, use the same stroking motion that you should be using when you hit the ball low — pulling all the way through with your shoulders and finishing with your stomach to the front wall. This shoulder motion is crucial, for if you try to punch the shot with just your arm, it is nearly impossible to have a consistent, accurate shot. Hit this shot from a closed-foot position when the ball is near your backhand side wall.



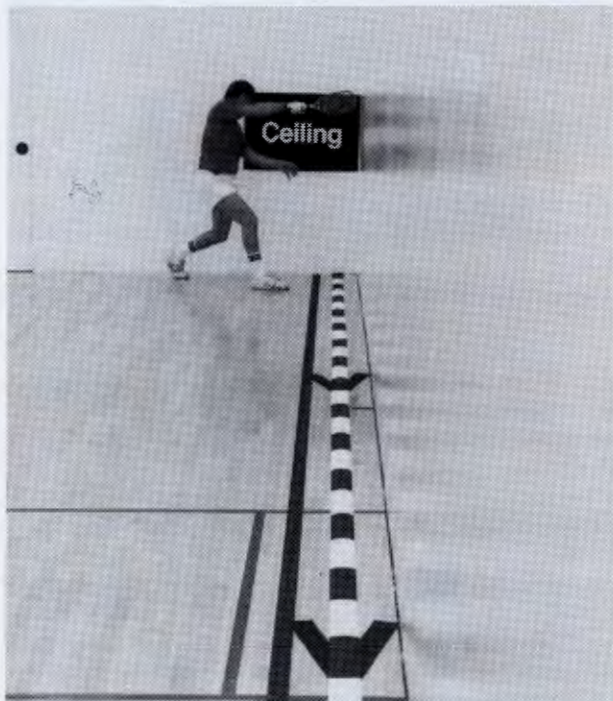
Bring your ceiling balls in good or short. This forces your opponent to change the direction of the ball instead of giving him an easier shot off the back wall.

The Target Area

Use practice sessions to define and refine your target areas on the ceiling. Aim from about two to seven feet back from the front wall (depending on the ball speed), so that your shot will take its first bounce at around the front red line (15 feet), travel in a high arc, and strike about 2 feet up on the back wall. When properly hit like this, a ceiling ball will approach your opponent at chest-to-shoulder level. Since most players are not effective with an offensive shot from this height in deep court, a good ceiling ball usually dictates another ceiling ball, which is what you want.

If you err on a ceiling shot, at least hit the ceiling. Even if the shot comes in short, your opponent must still change

wall. By creating a bigger alley, you will give your opponent far fewer setups and you will still force him up to the ceiling. Remember, if you're bringing your ceiling shot in at the correct depth, regardless of where your opponent makes contact in deep court, he'll almost always go back to the ceiling with his shot. Also, if you reach top-level play, where the "splat" becomes an integral part of ceiling-ball rallies, keeping your ceiling shot 5 to 6 feet away from the side wall will negate your opponent's ability to splat the ball off a short ceiling. Top players find that trying to drive this shot (the short ceiling) down an open lane along the wall is much harder than splatting a similar shot from close to the wall.



Many players try to direct their ceiling shots down such a narrow alley (1) that they frequently catch the side wall. It's unreasonable to think anybody can be this accurate one shot after another.

the direction of the ball and his offensive attempt could easily go astray. Conversely, when you miss the ceiling and hit high on the front wall, your opponent gets an easy setup off the back wall, since the ball is already traveling in the desired direction.

Simply hitting the ball too hard up into the ceiling will also bring the ball off the back wall. This problem often surfaces in tournament play, where players get so pumped up by the pressure that they tend to hit the ball harder than normal. If you recognize yourself here, especially as you play a first- or second-round match, then a good pre-tournament practice tip is to over-exaggerate your soft touch on ceiling shots.

Your Hitting Alley

Many players make the mistake of trying to hit a perfect ceiling ball down a narrow alley along the side wall, hoping that their opponent will be handcuffed by this "wallpaper" shot. Unfortunately, by perceiving a hitting alley only about 12 inches wide, these players have little or no margin of error.

Instead of such an all-or-nothing strategy, try to visualize a hitting alley 4 to 5 feet wide, safely away from the side



A much more reasonable alley is this 5-foot lane (2). Strive to keep your ceiling balls in this wider alley, for even if the ball comes back 5 feet off the side wall, the vast majority of your opponents will have to kick that good ceiling ball back up if it has the correct depth.

The Ceiling-Ball Rally

The ceiling-ball rally is an exchange of defensive shots, with each player looking for a slight miscue that allows him to take an offensive shot. This calls on you to have patience, coupled with an aggressive attitude, because virtually every ceiling-ball rally ends up in the low zone. Why? Well, after a succession of ceiling balls, one player will inevitably either (1) miscue long, short, or off the side wall — thus creating an offensive opportunity; or (2) mix in an overhead drive or kill attempt, which can force the action low.

This means you must be continually alert, ready for a high-zone rally to suddenly go low-zone.

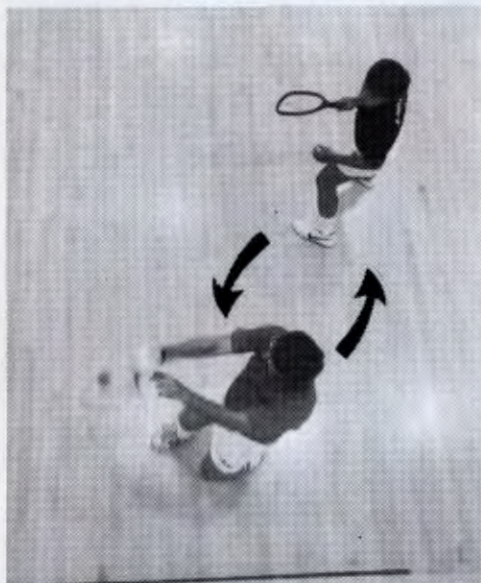
Positioning After Hitting a Ceiling Ball

After hitting to the ceiling, realize that your shot — whether good or not — is going to travel to deep court, so stay back until you read your opponent's intentions. Then either slide off to the side, ready to cover his ceiling shot, or move up to handle his low-zone attempt.

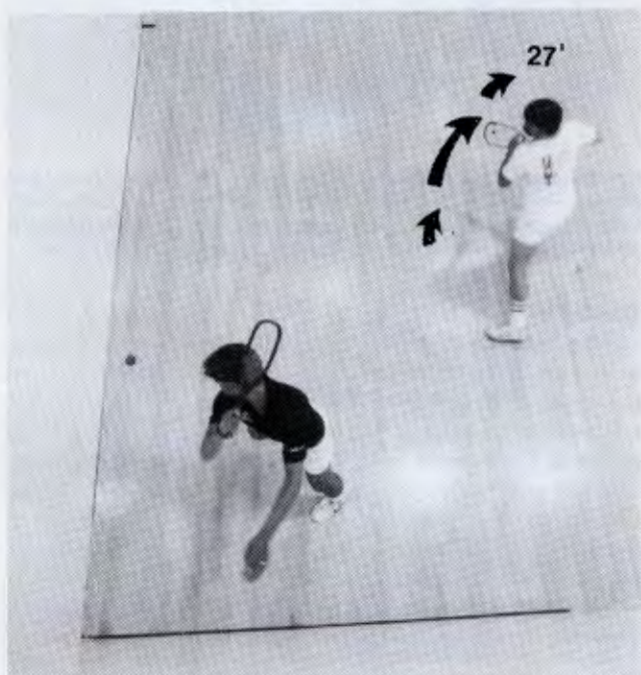
Too many players, however, think they should quickly move up to a center-court position after hitting a good ceiling shot, ready to cover their opponent's low-zone return. But when that return is another predictable ceiling ball,

The Strategic Game

they must quickly retreat and will often get caught late, thus turning a routine shot into a difficult return. Many players are even forced to flick the ball to the ceiling, hitting over their shoulder as they run back, when they might have had an offensive shot had they simply stayed back to begin with. By routinely moving up to cover at around 25 to 27



The arrows show how opponents should rotate positions during a good ceiling-ball rally.



Once the defender sees his opponent going low-zone against a short ceiling ball, he should immediately move up to about 27 feet to cover his leftup shot.

feet and then retreating, these players also waste a lot of energy against the opponent with a sound ceiling-ball game.

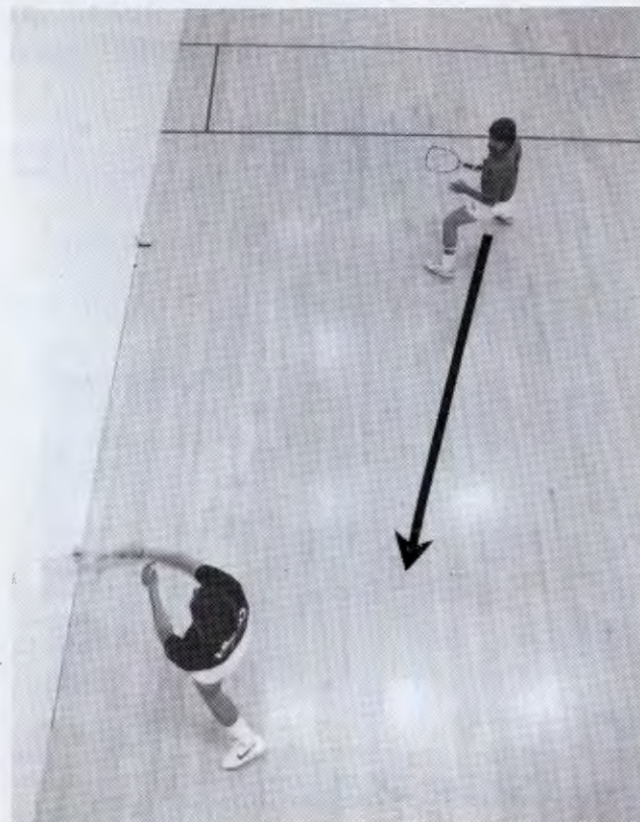
The one exception to this advice comes when you play the rare opponent with overhead kill (not drive!) capabilities. When he proves that he can take even your good ceiling balls low into the front wall (several times in succession),

you must cover about 3 feet farther forward than normal.

Once a ceiling-ball rally develops, you and your opponent should keep sliding off to the side, exchanging positions and alternating ceiling balls, until there's a mistake or one person deliberately takes the offensive.

Studying Your Opponent's Intentions

After hitting your ceiling ball and moving toward the middle of the court (between the side walls), you must constantly watch your opponent to see if he's going high or low. If you can't "read" this from his wing, you won't have



After hitting a good ceiling ball, some players make the mistake of moving too far forward to cover their opponent's next shot. This is illogical, for a good ceiling ball will dictate another ceiling ball, hit from deep court.

the early anticipation needed to play this game right, especially when the action goes low-zone.

Strategy Within the Rally

Once you have a reliable ceiling shot up both sides of the court, you should strive to add a cross-court ceiling to your arsenal.

If, for example, you're overly predictable with your ceiling shots, always going up and down the left wall, certain opponents may try to rush up, take the ball on the rise, and jam it into the corner for a winner from about 15 feet. You should retaliate by frequently going cross-court instead of simply up and down the line, for this will catch your opponent out of position when he moves up in anticipation. By mixing up your ceiling shots like this, you force him to stay back where he should be.

Learning to hit a cross-court ceiling to the deep right corner will also give many righthanders trouble, since most of them haven't practiced returning ceiling balls off that

angle. Their obvious return shot is a cross-court ceiling to the backhand side (against righthanders), but they instinctively try to scrape the ball too tight into the back corner, and very often it catches the left wall and comes off as a setup.

Another way to diversify your high-zone game and show your opponent something different is to mix in an occasional around-the-wall ball — very judiciously. Let's say that you're wrapped up in a good ceiling-ball rally and you sense that you can catch your opponent off-guard with an ARWB, hitting with the same backhand ceiling motion but glancing the ball off the left wall. Your opponent is lagging deep alongside you, anticipating a ceiling shot, and he's therefore not able to move up quickly enough to cut the ball off in the air after it comes off the right wall, so it angles diagonally across the court toward the left wall. He is then forced to make racquet contact before or after the ball hits the left wall and — against a good ARWB — will probably take the ball back to the ceiling.

So what does all that gain you? Instead of trying to beat your opponent with the same basic ceiling-ball pattern, you force him to contact the ball at what may be an unfamiliar angle up to the ceiling and he may now err and give you an offensive shot.

How to Get Out of a Ceiling-Ball Rally

Occasionally you will come across the painfully methodical opponent who has pinpoint control of his ceiling shots and the patience of a saint. If you refuse to play this type of game, here are some ways to get out of high-zone rallies:

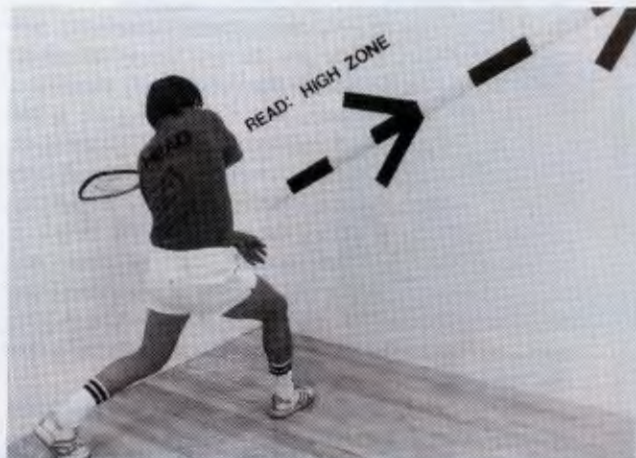
1. Be ready to shoot any ceiling ball that comes in slightly shot or long.
2. Attack his slightly mis-hit ceiling shots with an overhead drive, aimed about 12 inches up on the front wall and directed away from your opponent so that he must contest the shot — knowing it will otherwise die in the back-court without coming off the back wall. Unfortunately, this is a far more difficult shot to hit low than it appears, because most racquetball players are unaccustomed to hitting down from around shoulder level. The accurate overhead is particularly effective against an opponent who has slow reactions, is tiring, or tends to lose his concentration during a long ceiling-ball rally.
3. If you're willing to take the risk, an overhead kill can certainly keep your opponent from grooving into a ceiling-ball exchange. But that's asking a lot out of this high-angled pinch shot from deep court: it must strike the side wall about 6 inches high in order to die in front of your opponent. Hit higher than that, the ball is going to come into center-court as a "plum." Even if you have the skill to occasionally pull this shot off from such a high hitting angle, I still wouldn't rely on it at any crucial moment during a match. Simply save it as a surprise shot when your opponent is deep and anticipating a ceiling ball or an overhead drive, for this will give you some breathing room if you hit the shot too high.

One pitfall to avoid when you're playing the ceiling-ball artist: in your aggressiveness to take the rally low-zone, make sure an offensive opening is there, or you will simply hand your opponent numerous putaway opportunities.

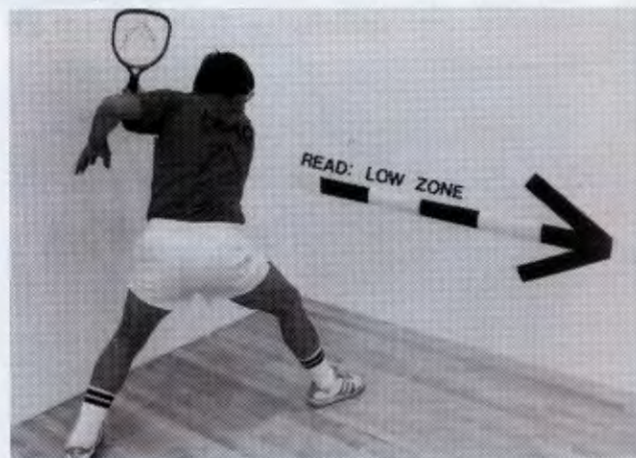
4. When a ceiling shot comes in short, and tight along the side wall (within 18 inches or so), many top players are learning to attack the ball with a hard, spectacular type of pinch shot called the "splat." This is not a spontaneous shot but one that is intended to nick the side

wall several feet in front of the hitter and angle down into the front wall, where it can spin off as a pinch-kill.

The splat can give you an added offensive weapon, especially when your opponent is lagging back in his coverage expecting a kill-pass attempt, down the line or cross-court. However, the shot has a huge, inherent flaw: If the ball hits slightly too high on the front wall (higher than 12 to 18 inches for most players), it will invariably come off the opposite side wall and into center-court as a plum.



When you're in a ceiling-ball rally, watch your opponent and read from his body and racquet position if he is going high or low. When the racquet is laid back, he is going to the ceiling, and when the racquet is set high, he's going low-zone.



You shouldn't try to incorporate the splat into your game until you have a solid swing that generates good pace on the ball, and accurate kill-passing shots. I see a lot of strong players who over use the splat because they have strong backhands and forehands and they can rip the ball when a ceiling ball or lob comes in short and close to the side wall. Many of these players become so dependent on the shot that they never develop the ability to go down the line with an equally effective and far safer shot. □

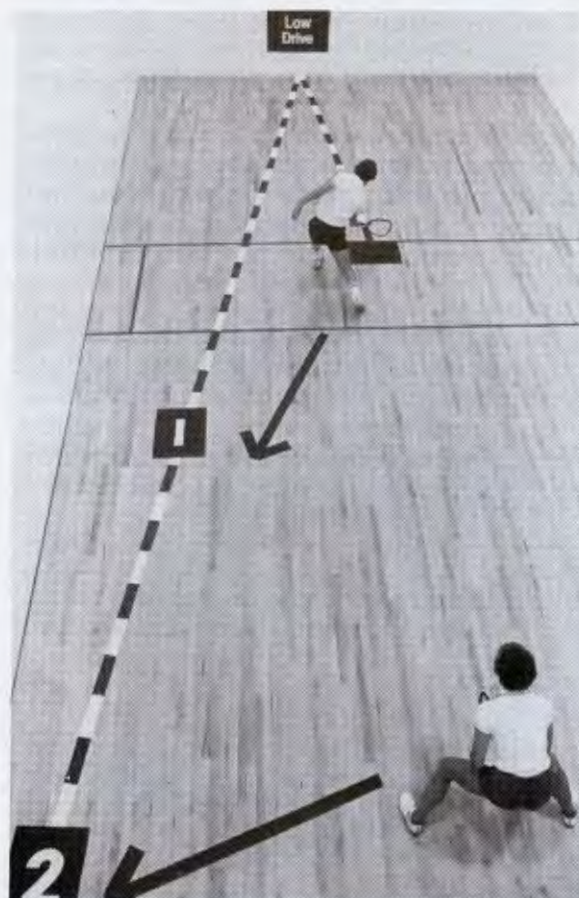
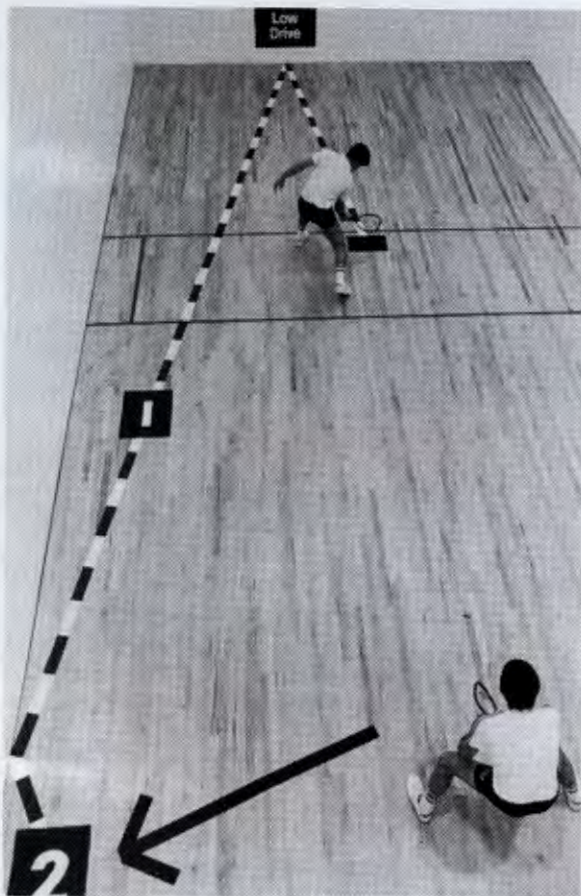
For Steve Strandemo's comments on the low-drive serve, please turn page.

Strandemo on: The Low-Drive Serve

Build your attack around this serve, for when you can make the ball bounce just beyond the short line — between you and the side wall, on the floor — you will neutralize the best of opponents.

Of course, applying this pressure demands pinpoint accuracy as you try to hit front-wall target areas that are much smaller than commonly visualized. I've found, for example, that I'm aiming for a rectangular target about 4 inches high and 9 inches wide. If I hit slightly lower, the serve is short; if I'm slightly higher, the ball rebounds off the back wall for a setup. This target area is about the same size for most advanced players, but its location up and down will vary — depending upon the velocity of your serve and how low you can get your racquet into the shot so that you can hit with a slight upward stroke, giving the ball an arc to safely clear the shortline.

Beginners can aim for larger targets because their opponents lack the ability to capitalize as often on serves that are hit either too high or at too wide an angle. But in tougher competition, the premium is on accuracy; your target areas must shrink and you must hit them more frequently, since your opponents can put away many more of your misses or certainly force you onto the defensive. You're trying to give



your opponent minimum reaction time, but more important, you want to pin him deep along the side walls and in the back corners without allowing him a change to set up.

Two Good Strategy Points on the Low Drive

(1) Since it's difficult for players at every level to be consistently accurate with this serve, use it only as a first attempt. And if you're going to error, try to error on the short side. You still have an effective second serve that can safely neutralize your opponent (either "Z's" or lobs) and meanwhile you're not giving him plums off the back and side wall.

(2) I emphasize having the ball hit the floor first because this heads the ball on a good angle toward the back corner. It may go directly to the corner, or — ideally carom slightly off the side wall and then into the corner. (As the photos show, a deep side-wall nick off the floor can force your opponent to stretch another 9 to 12 inches for his return, and this can often mean the difference in getting his racquet on the ball.) You may be tempted to gamble for "crack" aces by trying to have the ball catch the juncture between the side wall and the floor, but it's rarely worth the risk (nor is it even a realistic expectation). If you happen to get this ace, fine, but don't count on it happening when it's 8-all in a tiebreaker. More important, when the ball hits the side wall directly off the front wall, it will almost always kick out toward the middle of the court, giving your opponent an offensive shot. □



As dusk settles in on Lynn, MA, the "whack-it" ballers continue their play.

'We're Real Diehards Out Here'

Only a Blizzard Could Stop the One-Wall Racquetballers of Lynn, Massachusetts

by Ken Lizotte

It was so cold I could hardly write. Standing next to one fellow's big blue van, I scribbled notes frantically as my fingers began to freeze. I was trying to get all the quotes I could.

"We've played in the rain, we've played on ice," one of the men kept bragging. "It's just nuts here today," crowed another. I looked over at the big gray wall and knew what he meant.

A high concrete slab loomed like the alien obelisk in the movie "2001". Four men bunched up near the center of a white line three feet from the slab, swinging, slamming and flailing their racquets toward the whizzing small black ball.

On the other side of the wall, three other men parried and lunged, practicing, getting ready for the next game. Traffic roared on the highway nearby and round laps of chilly ocean thrashed

the beach on the far side of the road.

Through it all, the one-wall racquetballers of the city of Lynn, MA played furious game after game of racquetball, using this one gray wall only, as they have nearly every Saturday afternoon for the past 14 years.

Joe Fiori, the child psychologist who started it all, explained, "If there was a blizzard, we probably wouldn't play. But we're real diehards out here, we don't give in. We come here to get away from our frustrations, to beat the blip out of the wall. It's a good time."

Someone inside the van handed me a cheese and ham sandwich from the van's modest buffet of ham, cheese, mustard, chips, rolls, beer and soda. There were shovels laying about in the back of the van, too, for the most snowy-blowy days.

These New England "whack-it ballers," as they call themselves, have been known to scrape three or four inches of snow off the court on a late Saturday morning so they could still turn out for their weekly afternoon of fun. And they throw a big tournament

in August, sponsored by a local American Legion, at which four or five times the number of players show up to take part as do those in the dead of winter.

"But it's nice right now," Mike Hanrahan, a supermarket worker with Star Market, reflected. "When it's real cold like this, you don't have to wait around to play. There might be 20 or 30 here in the summer and you have to wait an hour. So winter time is the fun time."

A few moments later, on the court, I took a crack at the game myself. I'd been brought up on handball and four-wall racquetball at YMCAs and health clubs, so I should have handled the scene pretty well. Yet the ball kept whipping by me — back, forth, zing, zing, zing — blurring right past like Yuppies at Sunday brunch. When a point scored, I couldn't even recount how it had happened. The game went

"One-wall is much harder than four-wall," said Fran "Refrigerator" Case, a grinder operator at the local General Electric plant. "It takes more finesse,

About the author: Ken Lizotte is author of "High Inside: Memoirs of a Baseball Wife" and the forthcoming "Unstable at the Top: Inside the Troubled Corporation." He is a New England-based freelance writer with a mean kill shot.

Diehards

there're more rallies. Sometimes, a bunch of four-wall whiz kids will come up from Boston or New York to try and outclass us. One guy was even a junior national champion.

But these four-wallers have a harder time adapting to one-wall than they expect. They keep waiting for the other walls to bring the ball back to them, but it doesn't come back! It's all reflex, this game, you can't hold yourself back and you can't wait. It's entirely different from four-wall."

Bobby Dotolo, a postal worker in Lynn, added, "If the ball gets behind you, that's it, you only get the one shot at it. You've got to go for that ball right away. That's why these guys who play one-wall have to be really good athletes. There aren't many secrets."

Inside the van, in the warm, sat Leo Morrissey, a machinist at GE, reputed to be one of the most agile players the one-wall subculture has ever seen. Some games, they say Morrissey seems all but invincible, volleying snazzily with behind-the-back swings, or between his legs, even with his back turned toward the wall. This day, however, he wasn't playing at all. Indeed, he allowed jovially as to how he never plays racquetball outdoors in the winter months, not ever.

"No, I don't play in the winter," he said. "I love to play one-wall, and four-wall, too, but not in the cold." He laughed. "I'm not as crazy as the rest

The Lynn, MA "whack-it ballers" include (l. to r. back row) Bobby Dotolo, Ken Kershaw, Nick Makris, Paul Smith, Mike Hanranhan; (front row) Joe Fiori, Fran "Refrigerator" Case, Joe Fento.



of these guys," adding he also differed from the group by liking four-wall racquetball better.

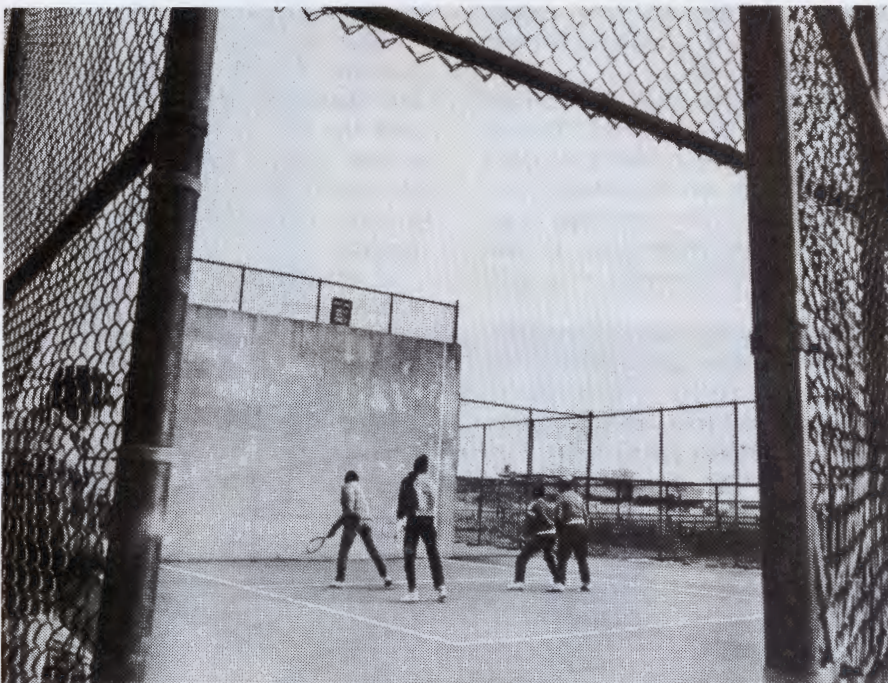
"I like the fact there's more running in four-wall, and more different kinds of angles to play. One-wall, by comparison, is all cut-and-dried. Some people say you can get away with a lot more mistakes in one-wall, but in four-wall you really have to know the angles. Both sports are called racquetball, but that's where the similarity ends."

The whack-it ballers of Lynn, MA realize they are a mere microscopic

speck in the grander, overall cult of American racquetball. They also know of other one-wall courts like the one they use, though they don't know of many: There's a court inside at the YMCA in downtown Boston, and there's another at a Y in South Boston, and one or two in health clubs in New York, but that's it. They could tell me of no other outdoor courts at all. And outdoors, for these gentlemen, is where it's at. (Perhaps our readers could help identify other outdoor one-wall courts in Northern climates. — Editor.)

"The nicest thing about playing outside is you don't have to worry about reserving a court," said Fiori. "There aren't many of us here in the winter but in the summer it's a great party. The local newspaper covers our tournament, and people sit around the court in beach chairs, playing radios, having a good time. We have an awards banquet every year, too, right after our tournament ends, and there's a Christmas party in December. Sometimes we all come out the day after the party and play with hangovers. We can get real competitive at times but we always, always, have fun."

He turned away to a huge apartment building overlooking the court and the Atlantic Ocean and added, "Before that building was built, five years ago, we were here. We first started playing as far back as '72. They used to make racquets only out of wood then and most people had never heard



The players in action on the fabled one-wall court in Lynn.

(continued on page 42)

Racquetball Promotions:

Are We Doing Enough To Stimulate The Sport?

by Chuck Leve

The match was billed as a winner-take-all challenge - diminutive Chris Evon, reigning Illinois women's champion and top 10 ranked professional, against Jim McMahon, star quarterback of the Super Bowl Champion Chicago Bears. The arena - The Killshot, Ltd., one of Chicago land's top racquetball facilities.

The match date and time was set. Other exhibitions were included in a full slate of activities featuring retired athletes, media sports reporters, and mascots of other professional teams. The gallery was full, largely with kids looking for a personal, up-close glimpse of hero-McMahon.

The gala evening was being televised over the local sports cable channel, and at least one of the major TV network affiliates sent a crew out to catch the action on tape for the 10 o'clock news. The major newspapers in town carried nice-sized articles on the upcoming match and generally, racquetball benefited from the exposure.

Trouble was - McMahon didn't show.

The promoters acted quickly and were able to get local sportscaster Mike Adamle, on hand to report the match, to fill in along with Derrick Spaulding, a member of the Chicago Sting, of the North American Soccer League.

But even with a two-on-one match, Adamle, primarily a handball player, and Spaulding, who makes his living with his feet, were unable to cope with little Chris' crisp backhand drives and hard Z serves.

The damage had already been done. The promoters were forced to refund gate and parking receipts and a lot of unhappy kids and racquetball fans were the result.

My intent is not to criticize, for actually racquetball - the sport - gained sorely needed "ink" in the media (including a nice follow-up article in the paper explaining McMahon's flu-bug and the gracious Adamle/Spaulding fill-in). The unfortunate part is that the pro-

motors/owners, Prime Time Promotions, Ltd., in Chicago, took it on the chin financially despite the good idea.

The situation points out the hazards and difficulties in local promoting of racquetball through means other than tournaments, which after years and years seem to do nothing but draw the same faces. More and more clubs are leaving the tournament vehicle and moving toward any activity which will bring new people into their facility.

This is good for racquetball. The few hundred kids on hand to see McMahon play racquetball would not only have received an autograph, handshake or headband from their hero, they would have also seen that he's a pretty good racquetballer. This identification leads kids to take up the game and provides fertile ground for future generations of players.

* * *

A few years ago Rita Hoff, at the time a top eight professional player,

struck a deal with Anheuser-Busch to travel the country doing a series of racquetball challenge matches against top-name National Football League players. A-B, of course, was promoting their brands for use in clubs, while Rita was supplementing the meager earnings available to even a top eight ranked woman pro.

The shows were great. Rita did Dallas, Chicago, St. Louis and many other NFL (i.e., major market) cities. The site of the big, burly NFL behemoths trying to cope with Rita's court sense and shotmaking made for great entertainment and even better publicity.

Racquetball gained from the notoriety and the rub-off benefit of the public seeing their heroes as racquetball players. The series lasted a few years and then ran its course.

* * *

Creatively promoting racquetball is not something that is easily done. Unlike tournaments, which by now can be handled by most club

Team mascots from the Chicago Bears and Chicago Sting battled it out during a recent racquetball promotion. Nobody cared, but the Bear won.



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Head introduces the power to change your game forever. It's the extra power delivered by Head's revolutionary new mid-size racquets.

Adding power by making the racquet bigger is easy. But only Head knew how to develop a bigger racquet with a flawless balance between added power and control. With a *slightly* larger head, Head's new mid-size racquets deliver a lot of extra power.

And they do it without stripping your game of finesse or timing or control. So your shots just get faster, harder, and a whole lot tougher to return.

Ask top-ranked pro Jerry Hilecher. He'll tell you mid-size is helping him hit backhands like never before. That's why he's playing with his new mid-size Radial on the Pro Tour.

Or ask the International Amateur Racquetball Federation. They've declared

Head's new mid-size the "official racquetball racquets" of the 1985 World Games in London.

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Powerful kevlar, graphite, and fiberglass composite is exceptionally light, yet forgiving for the intermediate player.

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Strong, sleek tubular aluminum construction with a graphite-reinforced throatpiece. Designed to deliver big power and pinpoint precision for the advanced player's power game.

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Promotions

managers with their eyes closed, professional promotions to bring people into clubs and expose them to the sport are a different animal.

There are dealings with agents, public relations firms, advertising agencies and local sponsors. Obtaining and holding onto celebrity commitments is no easy task and often is costly. But for those many locales unable to secure a pro stop or just burned out from tournament after tournament, non-tournament promotions can be winners.

The world is filled with well-known personalities who play racquetball. From former Miss Americas to the Governor of Illinois, from Walter Payton to Cathy Lee Crosby, celebrities are playing our game throughout the nation. For them, publicity (especially when connected to a charitable cause) is the name of the game. Racquetball is the vehicle.

The sport of racquetball has only gone so far in developing this symbiotic relationship. A great deal more can and should be done. Since it is likely that the era of national television exposure for the pro game is not going to arrive for some time, non-tournament promotions seem a good bet to keep racquetball awareness in front of the public.

This is not to say that tournaments don't work. A good example is the Marty Hogan Celebrity Classic, a series of amateur events throughout California, culminating in a finals in many amateur divisions along with a celebrity finale featuring many, highly visible personalities.

In the late '70s Coors put up over \$100,000 to promote the Coors All-Pro series, which was actually five tournaments in one. Over an eight month period, each of the four major sports (baseball, football, basketball, hockey) played to the semi-finals, as did a "potpourri" category that included jockeys, swimmers, soccer players and anybody else.

The semi-finalists then competed in a national finals with \$54,000 the first place prize. It was won one year by Randy Vataha, then a wide receiver for the New England Patriots, and eventual club owner. Coors gained the notoriety, the players gained the money, and racquetball gained the publicity.

The fact that most professional racquetball players were green with envy as they watched Vataha take

home more in one weekend than they could earn in three years, was lost under the umbrella of the series being "good for the sport."

Such promotions are good for the sport. Any time racquetball can be identified with major corporations outside the sport (and vice versa) the publicity benefits are incalculable. Racquetball needs more of it.

* * *

Television still remains the evasive promotional vehicle for racquetball, but only evasive in terms of the professional game. While nobody seems willing to take a chance on televising the pro sport, despite its great action, skills and drama, television is by no means devoid of racquetball.

Racquetball has been seen in countless commercials, including Diet Pepsi and Cadillac spots. Every television season racquetball pops up on the tube in many series, recently on highly-rated *Knots Landing*. One of the most hilarious scenes in the smash movie comedy *Splash!* took place on the racquetball court.

Are we to believe that racquetball's future on television is to be limited to 30 seconds selling product, or providing a few laughs for the general public? To believe that would be to miss the point.

On *Knots Landing*, a stroll down a corridor of courts was taken for granted, i.e., there was no special introduction to the viewer. *It was taken for granted that the viewer knew and understood that this was racquetball.*

This development alone, this irrefutable evidence that racquetball is being seen regularly by millions of non-players (and the fact that these non-players recognize what they see) bodes well for our future. When actor William Devane, wearing socks and street clothes, defeated actor Greg Sumner who is at least 20 years his junior - there was a message there, intended or not.

The message was that racquetball is a sport that takes more than raw athletic ability; more than what physique and youth can provide. Racquetball takes strategy, finesse and experience, all of which can overcome the agility of supple muscles and lean body. The message was that anybody can play.

* * *

(continued on page 42)

**Today's successful clubs
put the 'sizzle' in the game.**



Club Owners: Keep Racquetball Hot, Part of Total Fitness

by Patrick McGlone

Editor's note: The following article has been condensed from a speech presented by Mr. McGlone at the 5th Annual International Racquet Sports Association Convention in Nashville, TN.

Our theme this year is: Racquetball - Keep It Hot and Part of Total Fitness!

Obviously, what I am talking about is keeping racquetball more fun and exciting for your players. Hopefully, I'll be able to answer the question: "Why do I want to keep racquetball hot for my members?"

It's my intention to show that by creatively programming around racquetball, club owners will satisfy members and, in the process, generate a better return on their investment in racquetball facilities.

First, let's take a quick overview of the health club business.

Club owners have two basic objectives: Selling new memberships and retaining current memberships.

Presumably, selling new memberships is something club owners are reasonably successful at, otherwise they wouldn't be in business very long.

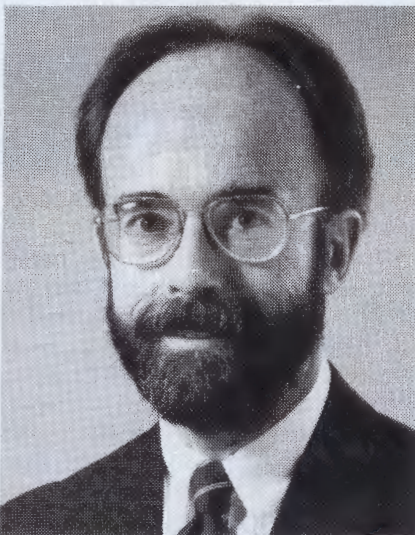
However, retaining current memberships is an area many owners are

still struggling with and the figures bear this out.

The average club membership lasts approximately 15 months, which suggests that many owners haven't figured out how to transform new members into longterm and perhaps lifelong members.

Membership turnover is among the most costly problems facing the health club business today.

Figures show that it costs the average club owner \$102 to recruit a



Author Pat McGlone is president of Sports Computing Corporation.

Fitness is a major draw factor for racquetball club members, but there's got to be more . . .

new member. Yet, it costs just half that amount to retain a current member

Figures also show that clubs can increase their bottom line profits by as much as 16 percent if membership turnover is reduced by just 2 percent.

The figures tell the story. Clubs pay a steep price when they can't hang on to their members.

In the pursuit of a club's two basic objective - selling new memberships and retaining current memberships - clubs provide activities which tend to fall into two categories: General fitness activities (such as aerobics, weight training, rowing and jazzercise) or lifetime sports (racquetball, handball, squash and tennis).

Both the general fitness activities and the lifetime activities are important in today's club environment. In fact, they are vital to the success of clubs today because they emphasize the "total fitness" concept among members.

I'd like to demonstrate how each of these groups work together within the total fitness concept to impact club owners' basic objectives.

First, let's look at the general fitness activities, such as weight training, aerobics, free weights, rowing,

etc. These activities represent the "sizzle" side of the business. They are the "high tech" items in the health club industry. They look great in a new membership brochure and offer a lot of initial appeal because they're new and exciting.

But, in comparison to lifetime sports, general sports activities tend to have a certain built-in boredom factor. Members' interest and participation in these activities come and go over a period of time. They're great for bringing new members through the door but they do not have the lifetime participation qualities of sports such as racquetball!

After all, how many of your members take up rowing for life?

Please don't misunderstand. These general fitness activities are important because they represent the leading edge of the industry and are an important part of the total fitness concept. But, they don't do much in the area of retaining members.

On the other hand, lifetime sports activities, such as racquetball, tend to have a stabilizing effect on membership. Most owners would agree that active racquetball players are the least likely group to drop their memberships.

The key is how to get members more active in racquetball.

Let's take a close look at the sport itself. Fifteen years ago racquetball was virtually non-existent. Today, millions of people play. Its popularity continues to rise every year.

As the fitness lifestyle boomed in this country during the past 15 years, so did racquetball. Racquetball contributed to the growth of the fitness movement because the sport is easy to learn and provides an excellent workout.

As a result, the demand - or supply - of racquetball players far exceeded the number of courts available. All of a sudden, new racquetball courts began springing up to serve this demand.

Soon the balance shifted. What at first had been too many players and too few courts turned around. By the end of the early 1980s, there was a surplus of racquetball courts.

It's not a unique situation. As in any growth industry - for example, the personal computer industry - supply zoomed past demand. This is typical of highgrowth industries.

The period of adjustment which normally follows explosive growth is a natural reaction of the marketplace to get itself back in balance with supply and demand.

The problem though, is that racquetball suffered a black eye in the process.

As the supply and demand ratio began to adjust itself, many club owners took it to mean that racquetball reached its peak and began to

tive audience. Of all the activities offered in the club environment today, racquetball is the only one which **MUST** be played at a club. There is nowhere else to play the sport. Club owners have a growing, captive audience. When they sell racquetball, they sell memberships because they control where the game is played.

Racquetball also provides an excellent competitive outlet. Com-

As the supply and demand ratio in racquetball began to adjust itself, many club owners said that was a sign of racquetball's last rites ... Nothing could be further from the truth.



fall off in popularity. Owners began converting their existing court space to other uses. Many said that was a sign of racquetball's last rites.

Nothing could be further from the truth! In fact, club owners were converting court space that should have never been built in the first place. Simply put, court conversions reflected an oversupply coming into balance with demand. It was not due to diminishing interest in racquetball.

What has developed over the years is a need to program creatively around racquetball. It's not enough anymore to just have it available.

With good programming, racquetball will help clubs increase membership stability and reduce costly turnover.

Racquetball has several unique features which allow it to work to the advantage of owners.

First, racquetball produces a cap-

petition adds an exciting dimension to the workout.

Racquetball is a social activity and provides an excellent outlet for members to meet one another.

One of racquetball's greatest characteristics is that it is easy to learn and it is a good workout. One doesn't need to be an elite athlete to enjoy racquetball. Also, the American College of Sports Medicine recently declared that racquetball is a true aerobic sport.

Finally, racquetball performance can now be measured objectively, something that, to this point, the sport has sorely lacked. With the development of the American Racquetball Handicap System (ARHS), racquetball players have the opportunity to find out whether or not they are improving.

In all fitness endeavors, people want to know if their performance is

(continued on page 42)

Adams vs. McKinney

The Champ Meets the "Best of the Rest" in Tacoma

In the shadow of Lynn Adams' 33 match winning streak and seven consecutive tournament victories, Caryn McKinney seems to have captured the title of the "best of the rest" on the Women's Professional Racquetball tour. She recently grabbed the number two ranking from Vicki Panzeri by reaching the finals of the 6th Annual 10,000 Pacific West Classic

by Lynn Cherry

March 6-9 in Tacoma, WA before losing to Adams 22-20, 21-15, 21-13.

So far this season, all three women's pro stops have featured Adams and McKinney in the finals. Last December, McKinney took over the number three position when she

overcame Terri Gilreath in the semifinals. Last December, McKinney took over the number three position when she overcame Terri Gilreath in the semifinals of the Pacific Mutual Pro-Am Racquetball Championships at the Los Caballeros Sports Complex in Fountain Valley, Ca. (For a fourth Adams-McKinney match, see accompanying article on Atlanta's Kaepa Classic.)

When Heather McKay retired last season, Adams figured to be unchallenged for the number one ranking. It was expected that the real race would be for the second spot with Vicki Panzeri heading the list of candidates, which included Gilreath,

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San Francisco, CA	Aug. 20 thru 24 Aug. 27 thru 31

**STRANDEMO
& HEAD**

In the shadow of Lynn Adams' consecutive tournament victories, Caryn McKinney seems to have captured the title of the "best of the rest" on the Women's Professional Racquetball tour.

McKinney and newcomer Marci Drexler who quickly shot to number five by the end of the year.

With McKay sidelined most of last season with a neck injury, Panzeri moved up the rankings behind Adams. a strong showing in the DP Nationals where Panzeri beat out McKay in the semi-finals seemed to give Panzeri the best shot at succeeding McKay. This year, however, McKinney has moved up two positions to gain a firm hold on the number two ranking while Panzeri has been slowed by an ear infection which caused her to miss the Los Caballeros pro stop and a sub-par performance in her home state of Washington.

After McKinney defeated Panzeri in the semi-finals, 21-13, 21-15, 21-13 McKinney said, "I'm just really excited because that's the number two ranking. I know Vicki didn't play as well as she's capable of playing. I wanted to play Terri in California for

(continued on page 35)

Sponsors: HEAD Penn adidas

... And Way Down South

Ms. Adams Does It Again at Atlanta's Kaepa Classic

by Harvey Wysong

Atlanta had begun to stir in anticipation of the first "official" day of Spring: March 21, the vernal equinox. As Lynn Adams entered Atlanta, she was greeted by 70° temperatures; and she was quickly followed by an arctic blast that plunged the City into the low 20s. Not a very pleasant way to start spring, but it seemed a perfect backdrop for the chilly receptions accorded to Lynn's 11 opponents in singles and doubles that weekend. Ignoring their ambitions, Adams dropped only one game in her eight singles and doubles matches.

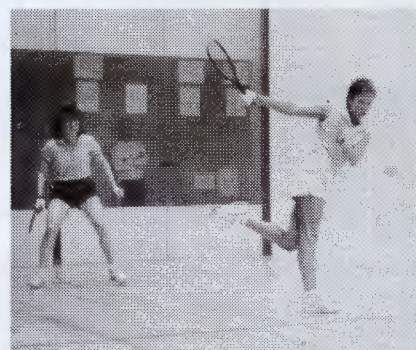
On Thursday Adams turned back the fine effort of Diane Bohling 21-15, 21-16, 21-8. Then, on Friday, Adams' first opponent was Cathy Nichols. Nichols had emerged the victor over Barb Faulkenberry in Thursday's five-game, come-from-way-behind thriller 13-21, 8-21, 21-17, 21-6, 15-13. But Nichols' late surge was not enough against Adams, who closed the door in three straight 21-13, 21-9, 21-19. Friday evening Adams faced eighth-seeded Fran Davis, who had earlier gone four games in defeating Sandy Robson. Adams prevailed 21-5, 21-15, 21-10.

Then, on Saturday, it was fourth-seeded Terri Gilreath challenging Adams. Gilreath of the quick feet. She hit the court at full speed and seemed to shock Adams with her aggressiveness. Despite Adams' attempts to gain control, Gilreath persevered to win an impressive opening game 21-9. But between games, while Gilreath was at the water fountain, Adams was - characteristically - pacing the court like a caged panther and talking to the inanimate objects (ball, floor, racquet, etc.), enlisting their aid in the destruction of her opponent. It appeared to work.

Despite Gilreath's obvious determination to hand Adams her first tournament loss this year, Adams and her inanimate allies won the second game 21-13. This match

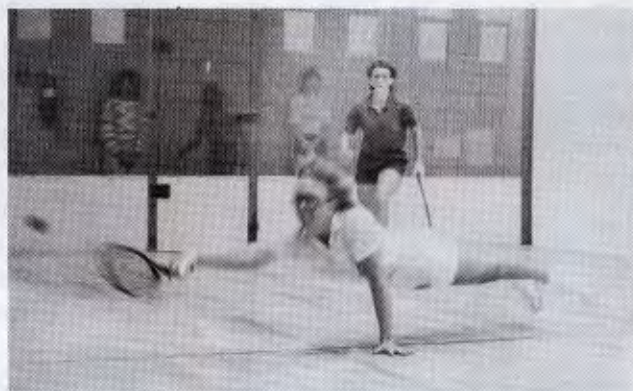
never acquired the feeling of inevitability that often accompanies a Lynn Adams match - every game had an air of excitement. Gilreath conceded nothing. And, although Adams prevailed...21-11,...21-16. . . , Gilreath had the distinction of being the sole player to take a game from Lynn Adams this weekend.

As the weekend progressed, the top two seeds - Lynn Adams and Caryn McKinney - vectored toward each other as they have in every tournament this year. Game One of the finals match saw Adams blow past



Lynn Adams watches from deep court as Terri Gilreath rips a backhand winner in Game One of their semi-final contest.

Caryn McKinney hits the deck during one of her drives to retrieve a Marci Drexler blast.



Lynn Adams' backhand from front court was one of the shots that proved too much for finals opponent Caryn McKinney.

Photos by Harvey Wysong

Down South

McKinney, 21-8. In a territorial display that would warm the heart of any naturalist, Adams remained in the court between games, talking to her inanimate allies and pacing the floor.

A determined McKinney returned for Game Two, but Adams was unwilling to relinquish her territory even when she was down 17-11. From there, Adams scored 10 points to McKinney's one in a show of pinpoint accuracy (and uncharacteristic errors by McKinney). Despite McKinney's early lead, Adams took Game Two, 21-18. She then extended her string of consecutive victories by winning the third game, 21-16. Adams had again stopped the confidence and daring that had seen McKinney through a fiercely fought semi-final battle against Marci Drexler.

Just how does Lynn Adams maintain her choke hold on the Number One ranking in the WPRA? She doesn't seem to be the fastest on her feet. Nor the most powerful. And she's not the most gifted (that's Marci Drexler). But, she combines the skills of strategy, running, shooting, anticipation, tenacity, and consistency into a beautifully coherent game of racquetball. She kills from anywhere on the court - forehand, backhand, overhead. And on those occasions when the ball is returned, it generally finds her waiting in ambush. Finally, due to her superb conditioning, she doesn't appear to lose anything between the opening round and the last point of the finals match.

The bottom half of the draw saw McKinney begin the tournament with a sound drubbing of Roxanne Goblish 21-7, 21-5, 21-7. On Friday, she faced Mary Dee. Mary had played an exciting, five-game match in the opening round. Down two to zip in games, she displayed fear-some resolve, beating Martha McDonald 15-21, 13-21, 21-17, 21-13, 15-8. Against McKinney, Dee still had her grit and played three fine games. But McKinney clearly controlled the match with the fine, consistent play which had been the trademark of her game 21-16, 21-16, 21-17.

McKinney's opponent in the quarter-finals was her doubles partner, Jennifer Harding. Harding had methodically whiped Val Paese

(21-11, 21-17, 21-14) in the opening round and Diane Bullard (21-16, 21-16, 21-14) in the round of sixteens. In a re-birth of her former self, Harding was playing with a resolve unseen in a long, long time.

Her obvious desire and determination served notice that she meant business on the court as her performance in Atlanta moved her from 11th to 7th in the WPRA Rankings. McKinney faced the renewed Harding with the vintage McKinney game: Control, power, composure, and aggression. She took the first two games, 21-17, 21-10, but Harding did not yield easily in the face of a two game deficit, as she forced McKinney to extra points in the third and final games, 22-20.

Just how does Lynn Adams maintain her choke hold on the Number One ranking in the WPRA? She doesn't seem to be the fastest on her feet. Nor the most powerful. And she's not the most gifted (that's Marci Drexler). But, she combines the skills of strategy, running, shooting, anticipation, tenacity, and consistency into a beautifully coherent game of racquetball.

By far the most exciting match was the semi-final duel between home-town favorite Caryn McKinney and the talented Marci Drexler. The enthusiastic crowd watched the clash of styles: McKinney's controlled passes and calculating tactics versus the speed, power, and spontaneity of Drexler. Drexler's powerful and incredibly accurate drive serves gave her the advantage in Game One, which she took by a score of 21-16. Game Two seemed to follow in the same fashion until the score reached 12-8 in favor of Drexler. McKinney and her Kaepa shoes then began diving and retrieving everything Drexler could hit. After four impressive and dramatic diving saves in one rally, McKinney won the point and the momentum. Following that rally, she scored 14 more and claimed Game Two, 22-20.

Game Three was all Drexler; and it appeared that McKinney's inspired play in Game Two was vanishing.

Drexler took the game easily, 21-9. but Game Four brought out the fight in McKinney and it looked like the McKinney of Game Two was back. She summoned every defensive resource at her disposal to counter Drexler's combination of power and touch and at the same, reestablished her offensive momentum. Game Four was McKinney's, 21-18, as the crowd prepared for a tie-breaker.

In Game Five, McKinney showed why she has climbed the ranks and achieved a #2 WPRA Ranking this season. Her controlled offense and inspired defense were enough to stop Drexler's blazing speed and dramatic changes in tempo. McKinney won the intense match and her fourth consecutive finals appearance with a tie-breaker victory of 15-9!

Early-Round Surprises

The beautifully refurbished Atlanta Health and Racquet Club was host to the strongest field of the 1986 WPRA tour. Of the 16 games in the first round, seven of them - including the number three and four seeds - went to tie-breaker.

Vicki Panzeri - seeded third - was down two games to none before she came to life against Kaye Kuhfeld. Panzeri took Game 3 (21-10) and Game 4 (21-18), but had to go an extra point to stop a tenacious Kuhfeld in Game 5 (16-14).

In the round of sixteens Panzeri again went to a tie-breaker, this time against Molly O'Brien. Panzeri won Game One (21-13) and an extended Game Two (26-24). Next it was O'Brien's turn; she required one extra point to win Game Three (22-20). Then O'Brien - who appeared to be at the top of her form for this tournament - took Games Four and Five (21-12 and 15-10) for an upset victory. In two rounds, Panzeri had gone ten games, three of them with extra points. With the loss, Panzeri slipped from third to fourth place in the rankings while O'Brien climbed from 17th to a three-way tie for tenth.

Terri Gilreath ran into a determined Linda Porter in the first round, and had to play five to survive. The first two games were split, and the third went into extra points before Porter took it 22-21. Gilreath then took a close Game Four (21-19) and Game Five (15-9) to get her ticket to the quarter-finals.

Sixth-ranked Liz Alvarado was

(continued on page 40)

San Francisco Open Held To Benefit Treatment Center

by Ann Grace

Humble, grey-haired and clear-eyed. Soft spoken yet focused, the four-time National Doubles Champ and former National Singles Champ enters the court for still another go at it.

"A man with a keen sense of sport and a big heart" says Charlie Brumfield of Stan Berney, member of the Board of Directors of The Delancey Street Foundation and racquetball patriot.

Berney approached Athletic Director, Ann Grace, about the possibility of the Telegraph Hill Club sponsoring the City's Open Racquetball Tournament on behalf of The Delancey Street Foundation. When she learned not only the aims but the success of Delancey following a tour of the rehab center's facilities and businesses, Delancey Street Foundation won her heart.

Berney has been associated with the Foundation since its inception in 1971. The Foundation is a unique residential treatment center for ex-criminals, drug addicts and alcoholics. It provides counseling, socialization, education, job training, and work experience. Where this program departs from others of its kind is in its success. Delancey Street Foundation actually



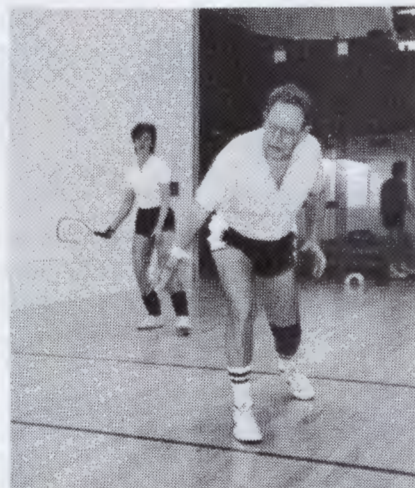
Stan Berney and Ann Grace worked out details of San Francisco Open Racquetball Tournament both on and off the court.

works on a long term basis, and does so at no cost to the taxpayer or client.

Interestingly enough, the Foundation is self-supporting, Delancey receives no state or federal funding. Revenues are generated from its business/training schools which also serve to prepare former drug addicts, alcoholics and/or ex-convicts to enter society as productive and caring individuals.

Everyone from a former president to mayors, police, and prison experts

(continued on page 42)



Jazz great Billy Cobham flew in from Paris to be on hand for the tournament.



Orlando Hosts AARA/Penn Intercollegiate Championships

The weekend of January 17 - 19 was a busy one in Central Florida as college racquetball teams gathered to compete in the 1986 AARA/Penn Intercollegiate Team Championships. Held at the Orlando Tennis and Racquet Club, and coin-

by Linda Mojer

ciding with Steve Strandemo's Racquetball Camp, the tournament drew five major state universities to

the annual event. Representatives from all types of 'majors' were listed in the draws and a college spirit prevailed throughout the weekend.

The men's open event was conspicuously filled with talent from both Tallahassee's Florida State University and Gainesville's University of Florida as the two rival schools prepared to face off in a 'non-turfed' arena. A full team was also included from St. Leo College (near Tampa) and local Valencia Community College. Women were in attendance from the University of Florida, VCC and Rollins College, while doubles competition drew teams from all of the schools.

John Ross, a freshman business major at FSU, was an early favorite in the men's open and made good headway from the round of sixteen into the finals. After winning the first game however, he succumbed to a case of the flu he had been battling, and to his talented doubles partner Jeff Bowman.

Bowman, a junior accounting major, seized the opportunity for the win without hesitation and later regrouped with his partner to win the doubles title for FSU.

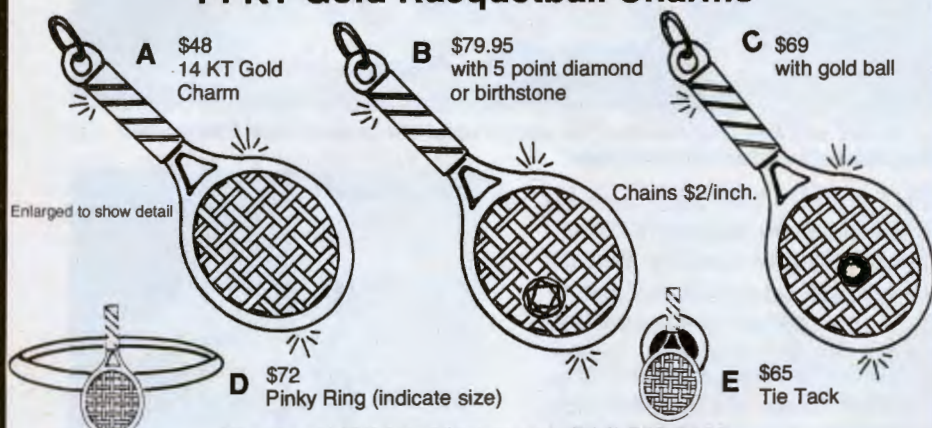
On a winning streak, FSU also captured the third place win, with Charlie Crawford defeating Mark Volterre from St. Leo in their semi-final playoff. For team points, FSU and UF were close into the quarter finals, when the well-practiced FSU team took the lead and never relinquished it.

A consolation runner-up bracket was filled with enthusiastic athletes from the participant schools, with St. Leo's Eric Wynne edging out FSU's John Robinson in that final. Another FSU player, Bob Magann, captured third place over VCC's Shan Price.

The women's competition was no less exciting - although considerably smaller in number. Nonetheless, determined UF teammates Angie Browning and Lori Basch gained substantial points for their alma mater by taking home first and second place wins respectively. Another strong local women's

(continued on page 42)

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AROUND THE COURTS

Important industry news that you should know about in the world of racquetball.

Sacramento Upsets Memphis State

California State at Sacramento defeated Memphis State for the 1986 crown as the No. 1 Intercollegiate Racquetball Team in the United States at the U.S. National Intercollegiate Championships sponsored by Diversified Products and Penn Athletic Products Company.

Forty-one universities and over 400 competitors played off for the number one position. Memphis State has dominated Intercollegiate Racquetball winning nine straight National titles. University of Texas at Austin took third with Purdue University and University of Texas at Arlington rounding out the top five. Individual honors went to Roger Harripersad, California State, in Men's No. 1 Singles and Crystal Fried, California State in Women's No. 1 Singles.

RESULTS

Men's No. 1 Singles

Finals — 1st Place — Roger Harripersad, California State, defeated Andy Roberts, Memphis State, 15-12, 15-7. Doug Ganim, Ohio State, defeated Javier Chapa, Austin Community College for 3rd Place.

Men's No. 2 Singles

Finals — 1st Place — Bobby Rodriguez, California State, defeated Scott Reid, Memphis State, 15-5, 15-9. Todd Stead, University of Minnesota, defeated Jeff Dethlefsen, University of Texas at Arlington, for 3rd Place.

Men's No. 3 Singles

Finals — 1st Place — Jim Jeffers, Memphis State, defeated Shawn Fitzpatrick, California State, 15-9, 6-15, 11-1. Kerry McClain, University of Texas at Austin, defeated Larry Schankin, University of Texas at Arlington, for 3rd Place.

Men's No. 4 Singles

Finals — 1st Place — Paul Marino, California State, defeated Todd O'Neill, Memphis State, 15-12, 13-15, 11-6. John Robinson, Memphis State, defeated Seth Hollander, University of Texas at Austin, for 3rd Place.

Men's No. 1 Doubles

Finals — 1st Place — Rick Komistek/Andy Roberts, Memphis State, defeated Hart Johnson/Todd Stead, University of Minnesota, 15-9, 15-7. 3rd Place — Roger Harripersad/Bobby Rodriguez, California State, defeated Kerry McClain/Ray Aronowitz, University of Texas at Austin, 15-11, 15-9.

Men's No. 2 Doubles

Finals — 1st Place — Jim Jeffers/Scott Reid, Memphis State, defeated William Holmes/Shawn Fitzpatrick, California State, 15-4, 15-13. Brad Jerome/Mike Zwierzchowski, Memphis State, defeated Nick Nemeth/Steve Sabac, North Texas State University, for 3rd place.

Women's No. 1 Singles

Finals — 1st Place — Crystal Fried, California State, defeated Toni

Bevelock, Memphis State, 10-15, 15-1, 11-6. 3rd Place — Tammy Hajjar, Wichita State, defeated Kathy Treadway, Auburn, 15-11, 15-0.

Women's No. 2 Singles

Finals — 1st Place — Mona Mook, California State, defeated Dina Pritchett, Memphis State, 15-12, 13-15, 11-5. 3rd Place — Roz Hamilton, California State, defeated Gina Fera, Buffalo State University, 15-6, 15-9.

Women's No. 3 Singles

Finals — 1st Place — Trina Rasmussen, California State, defeated Teresa Beresford, Memphis State, 15-3, 15-2. 3rd Place — Joann Seigert, Memphis State, defeated Maria Fountain, Providence College, 15-6, 15-4.

Women's No. 4 Singles

Finals — 1st Place — Tracy Eagleson, California State, defeated Kim Kooling, Memphis State, 15-4, 15-12. 3rd Place — Krista Fox, Memphis State, defeated Mary Bloom, R.P.I., 15-3, 15-11.

Women's No. 1 Doubles

Finals — 1st Place — Mona Mook/Trina Rasmussen, California State, defeated Toni Bevelock/Dina Pritchett, Memphis State, 15-4, 15-6. 3rd Place — Krista Fox/Joann Seigert, Memphis State, defeated Susan Holt/Lisa Mendez, University of Missouri, 15-3, 15-0.

Women's No. 2 Doubles

Finals — 1st Place — Tracy Eagleson/Crystal Fried, California State, defeated Teresa Beresford/Kim Kooling, Memphis State, 15-2, 15-0.

Men's Team Championships

1st — Memphis State University	137 Points
2nd — California State University at Sacramento	132 Points
3rd — University of Texas at Austin	65 Points

Women's Team Championships

1st — California State University at Sacramento	126 Points
2nd — Memphis State University	108 Points
3rd — Purdue University	46 Points

Combined Team Championships

1st — California State at Sacramento	258 Points
2nd — Memphis State University	245 Points
3rd — Purdue University	92 Points
4th — University of Texas at Austin	78 Points
5th — University of Minnesota	54 Points
6th — Providence College	49 Points
7th — University of Colorado	45 Points
8th — Ferris State College	38 Points
9th — University of Texas at Arlington	36 Points
10th — Renesslaer Polytechnical Institute	35 Points
11th — North Texas State University	34 Points
12th — Southwest Missouri State	30 Points
13th — Penn State	26 Points
14th — SUNY-Buffalo	19 Points
15th — Bryant College	19 Points
16th — Ohio State	19 Points

AROUND THE COURTS

Coors, Marty Hogan Fight MS

Marty Hogan, and Coors Light have joined forces for the 2ND Annual Coors Light/Marty Hogan Classic, a series of amateur racquetball tournaments scheduled throughout Southern California to benefit the national Multiple Sclerosis Society.

Last year, the Classic featured a one day, open racquetball tournament featuring TV and sports celebrities such as Ted Lange of "Love Boat", Shelly Taylor Morgan of "General Hospital" and Mike Lansford of the Los Angeles Rams playing with members of the community.

Springboarding off 1985's success, the 1986 Classic will feature a series of 12 qualifying tournaments held May through July, with the finals on August 16, at the Mid Valley Athletic Club in Reseda, CA. The Coors Light/Marty Hogan Classic will be 1986's largest racquetball tournament series in Southern California.

Each of the 12 host clubs will sponsor a qualifying tournament with the winners in each division advancing to the Classic Finals. All Classic participants will receive a tournament T-shirt. Winners and second place finishers at each qualifying event will be awarded trophies. Classic Finals' winners will receive Marty Hogan performance series racquets, with Hogan pro tour bags presented to runners-up.

The Classic Finals will also feature Pro/Celebrity exhibition matches featuring Hogan, top ranked pros and television and sports celebrities. A special Wallyball exhibition and raffle drawing for sports merchandise and other fabulous prizes will also be included. Media coverage of the Classic Finals is expected, including tournament series updates by KRTH 101FM.

KRTH, one of L.A.'s top stations and the official classic radio sponsor, will keep the public informed about upcoming tournaments, qualifying results and facts about

the August 16th Finals throughout the duration of the Classic Series.

Proceeds from the Classic series will be donated to the National Multiple Sclerosis (MS) Society. MS is a chronic, progressive disease of the central nervous system affecting over one-quarter of a million Americans.

The Classic is also being sponsored by PRO Kennex, RAM balls,

and the Mid Valley Athletic Club. All of our sponsors deserve our warmest thanks in helping to make this year's Classic Series the biggest and best ever! The 1986 Coors Light/Marty Hogan Classic is once again being produced by SHO BIZ Productions. For more information, please contact SHO BIZ Productions at (818) 344-3148.

Championship Racquet Named

The Omega Racquet, made by Omega Sports, has been named the official racquet of the third World Racquetball Championships, the International Amateur Racquetball Federation (IARF) has announced.

The world championships, to be held August 3-10 at SaniSport Brossard Racquetball Club in Montreal, Canada, are considered the most prestigious championships in racquetball, according to the IARF. Awarded at the championships will be gold medals, signifying the world titles in the areas of men's singles and doubles, women's singles and

doubles, combined team and individual titles. The Gold Cup will be awarded to the top overall national team.

The first three days of the competition will feature team games, followed by a one-day break; the last three days will consist of individual competition. Previous world championships were held in 1981 in Santa Clara, CA and in 1984 at Sacramento, CA. The U.S. National Team won the Gold Cup in both events.

National teams from 22 countries and 250 players will participate in the 1986 World Championships. In the U.S., national team players are chosen from the National singles, U.S. National Juniors, top inter-collegiate players, and top doubles players, all of which are open divisions. The event is scheduled to be broadcast in Canada and U.S.A. by ESPN.

"We're proud that Omega has been named the official racquet" said Donald E. Addy, president of Omega Sports. "It will give more people a chance to see a unique racquet."

All racquets in the Omega line have the Mad Raq stringing pattern, the only stringing pattern that is patented. Omega racquets have a stringing pattern that goes in three directions.

Omega Sports is a division of Jason Empire, Inc., which is located in Overland Park, KS.

Hiser Chosen

The RMA Board of Directors reacted in record time to replace Drew Stoddard with Jim Hiser as their new Pro Racquetball Commissioner. Stoddard recently resigned the position to return to academic pursuits.

"We are fortunate to have such a capable replacement to carry on the task of running RMA's 1986 Pro Racquetball Tour," said RMA's Chairman Greg Eveland. Hiser's experience as a pro player, tournament director, director of AARA and head referee at the 1984 World Games in Sacramento and the 1985 World Master Games in Toronto was instrumental in his being selected as the number one candidate for the commissioner position.

Hiser is married, has a Ph.D. from Michigan State University, and was a university professor at Eastern Michigan University.

Tacoma

(continued from page 26)

the number three ranking. Whoever won that match was going to keep it. I feel like I've gotten to number two because I've earned it by beating both Terri and Vicki."

While McKinney was excited about earning the number two ranking, she was not quite so happy with finals which she lost to Adams in three games, 22-20, 21-15, 21-13.

After winning the championship match Adams said, "I felt this tournament was the first one in a while that I played extremely well. I struggled in Alaska and California, but I really hit a stride in Tacoma. I felt I hit a level of performance I hadn't played at for a while. It felt so good. I loved being on the court and hitting the ball."

Adams avoided losing her first game of the entire season by coming back from a 9-5 deficit early in the match. She then scored the next ten of 13 points to create her largest lead of the game.

It seemed like Adams had the game in hand when she went up 19-13, but McKinney tied the score at 20. Her comeback trek included a diving forehand rollout before Adams missed four backhands in a row. Still, she recovered with a tough serve, hitting a crack which McKinney returned to set up Adams for a game-winning forehand.

"The first game was important," said McKinney. "I came back from being down and everything might have been a little different if I had pulled it out. She played tough to win that first game. I felt like I had the pressure on here and there wasn't any on me but she executed when she had to."

Adams went on to take the next two games 21-15, 21-13. A combination of strong serving and McKinney mistakes gave Adams the victory. McKinney also suffered a set back early in the second game when she twisted her ankle. "I felt maybe twice that I pulled up after I rolled my ankle. I wasn't too tentative on it. In between points I was thinking about my ankle because it did hurt, but I'll be fine by Atlanta."

Adams semi-final match against fourth seeded Gilreath proved to be a rematch of the previous year's Seattle tournament when Gilreath upset Adams in five games before falling to Panzeri in the finals. That was Adams' only tournament loss last season.

Pac West/WPRA Classic Tacoma, Washington March 6 - 9

Round of 32:

Adams (Bye)
Robson def Cherry 21-5, 21-15, 21-6
Bell def Porter 21-9, 21-18, 21-17
Davis def Spangler 21-9, 21-7, 21-11
Drexler (Bye)
Evon def Reyes 21-16, 21-18, 21-10
Lee def Paese 21-9, 21-13, 21-11
Gilreath (Bye)
McKinney (Bye)
Low def Hammock 21-17, 21-8, 21-11
Lynch def Hjelm 21-14, 21-19, 21-16
Alvarado def Lauresen 21-11, 21-13, 21-14
Stoll def Latham 21-19, 21-20, 21-19
Harding def O'Brien 17-21, 21-19, 21-10, 21-9
Bohling def Goblish 21-11, 21-8, 21-16
Panzeri (Bye)

Round of 16:

Adams def Robson 21-16, 21-15, 21-7
Davis def Bell 21-15, 21-12, 13-21, 21-15
Evon def Drexler 21-14, 21-14, 14-21, 14-21, 15-11
Gilreath def Lee 21-13, 21-3, 21-7
McKinney def Low 21-13, 21-16, 21-8
Lynch def Alvarado 21-16, 21-13, 16-21, 21-15
Harding def Stoll 21-13, 21-13, 21-18
Panzeri def Bohling 21-13, 21-16, 21-8

Quarterfinals:

Adams def Davis 21-6, 21-15, 21-19
Gilreath def Evon 21-8, 21-16, 21-15
McKinney def Lynch 21-10, 21-12, 21-13
Panzeri def Harding 21-14, 21-19, 21-19

Semifinals:

Adams def Gilreath 21-11, 21-17, 21-15
McKinney def Panzeri 21-13, 21-15, 21-13

Finals:

Adams def McKinney 22-20, 21-15, 21-13

The results were very different this time with Adams winning in three amazingly well-played games even for Adams' standards, 21-11, 21-17, 21-15. Gilreath's only chance for victory came in the second game when she held a 9-2 edge.

"The second game when Terri went up 9-2, she was playing pretty awesome," said Adams. "We were having three shot rallies where she'd hit this incredible serve, I'd barely get to it and she'd put it away. I just tried to get back a little at a time. I feel like I can get to within three or four points, it's just like being down 4-0 so I can come back."

Adams did just that by switching from her normally overpowering drive serve to a lob serve which frustrated Gilreath for a few points. Adams kept within three points until Gilreath cooled off and Adams was able to match the score at 13. Adams took her first lead at 17-16 which she would never relinquish, winning 21-17.

The final game Adams controlled from the start, much like her earlier opponents including Fran Davis 21-6, 21-15, 21-19 and Sandy Robson 21-16, 21-15, 21-7.

McKinney had earlier defeated Tamara Low 21-13, 21-16, 21-8 and

Marcy Lynch 21-10, 21-12, 21-13 on her way to the finals. Lynch turned out to be a surprise quarterfinalist, with the best showing of her career, after upsetting six seeded Liz Alvarado, 21-16, 21-13, 16-21, 21-15.

Fifth seeded Marci Drexler did not make it beyond the round of 16 where speedster Chris Evon upset her in a five-game match, 21-14, 21-14, 14-21, 14-21, 15-11. After the biggest win of her career, Evon fell to Gilreath in three games. Jennifer Harding also posted a good performance by defeating eighth seeded Bonnie Stoll in three games, 21-13, 21-13, 21-18, to advance to the quarterfinals.

As always, Pacific West hosted an exciting and successful event. For the past six years, Pacific West has used their WPRA Tournament as a grand opening event for a new facility in the Seattle-Tacoma area. The new Tacoma facility is as beautiful and complete as the other Pac West clubs, with outstanding staff, hospitality, and spectator viewing. The WPRA would like to offer special appreciation to Tournament Director Bruce Hartley for another superb tournament and his continued help and support! □

You're Only As Strong As Your Spine...

by **Jacque Hooper**

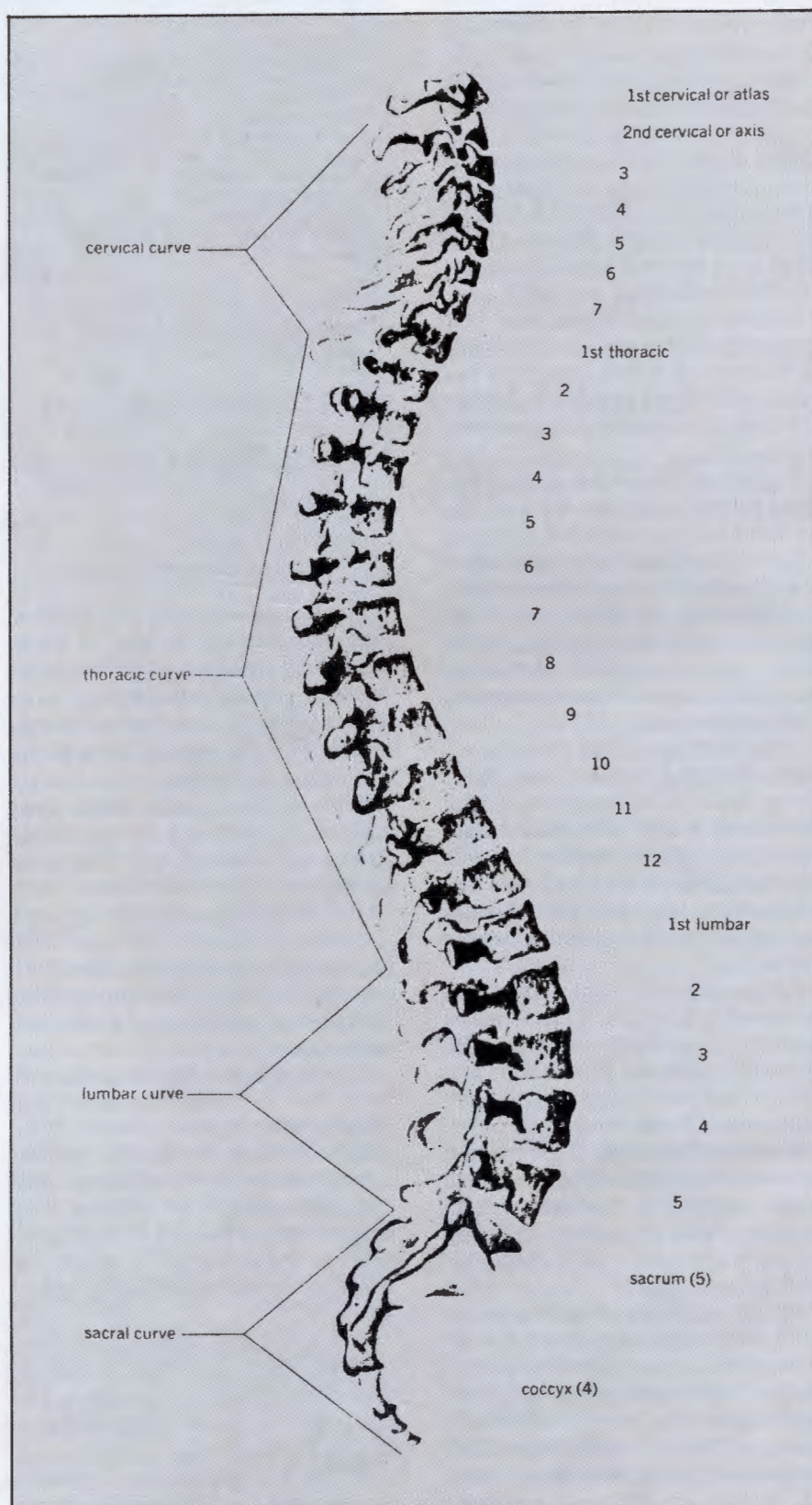
Can you ever remember coming off the court and feeling any undue stiffness or a twinge of pain in your lower back? When did it occur? Five years ago? Two? Or just the other day? Whatever the time frame was, I would wager that you did not do much, if anything, about the cause. You probably just put yourself in the hands of the club masseuse or re-treated to the whirlpool.

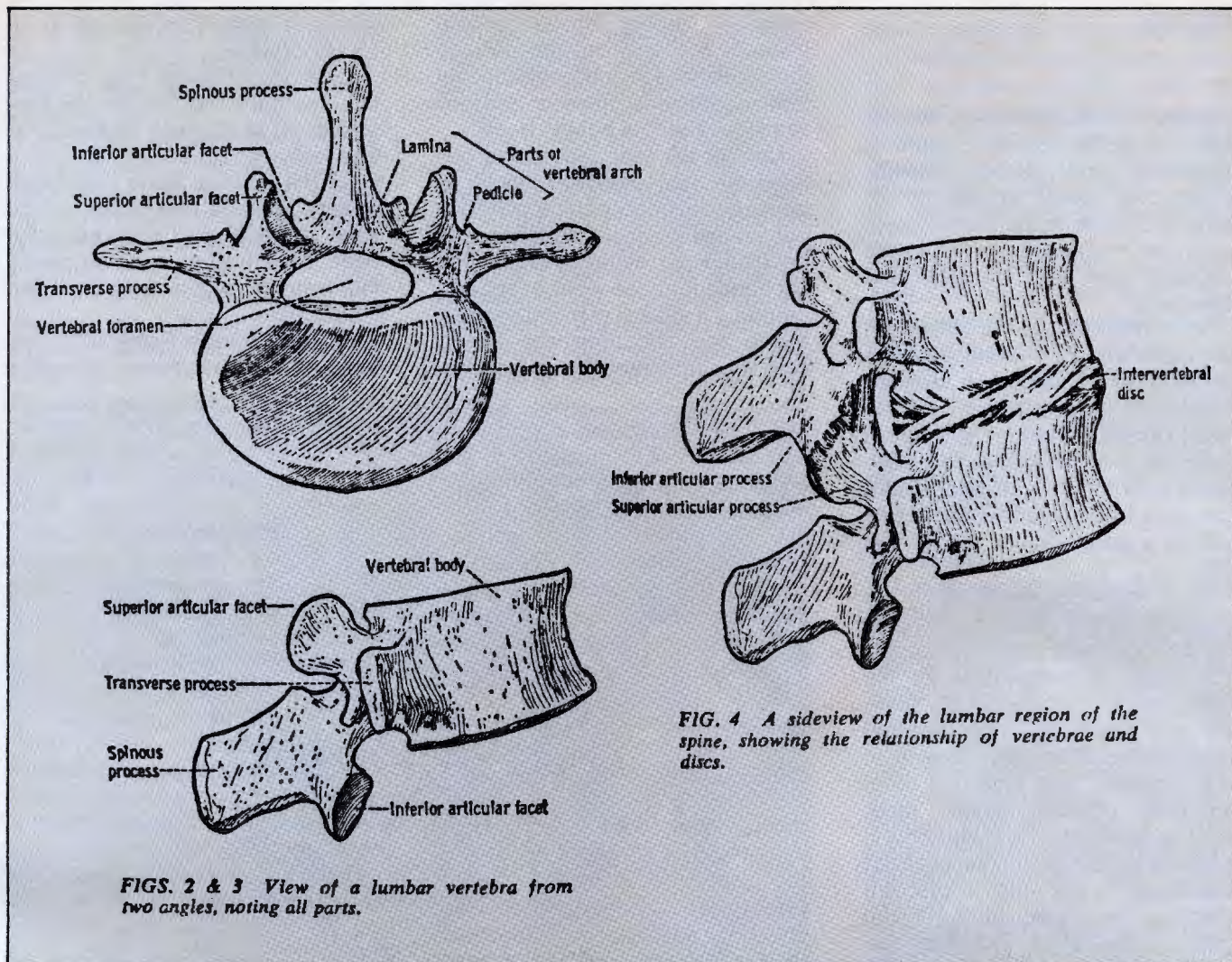
So the scenerio goes on, every time your back would bother you, you would relieve the discomfort by looking for quick remedies - not the cause. Until one day, you began to notice that your back was acting up more and more. And each night after you played racquetball or raked the leaves the pain or stiffness was becoming noticeably worse. Finally, at that point you began to concede that you had a low back problem.

Like most people, you had the choice of either facing the problem or ignoring it by learning to "live with it". Admitting you had a problem meant seeing a doctor. Coming from an athletic perspective you figured you could solve your own problems by "playing through the pain" until it went away. so you let the problem ride. Until one day, you were dumped flat on your back, totally immobile and besieged with pain. Now you were forced to face the problem head on.

Ironically, the slight twinge and stiffness you felt at the onset of your back problem was a warning. Your back was telling you that it was not getting the proper care and daily treatment it needed. Something in your daily lifestyle was not copacetic to good back health.

It might be something as simple as the way you sit at work, the shoes you wear or not stretching or doing strengthening exercises following your racquetball game. In many cases, you could have corrected the problem at the onset if you had made some slight alterations in your





FIGS. 2 & 3 View of a lumbar vertebra from two angles, noting all parts.

FIG. 4 A sideview of the lumbar region of the spine, showing the relationship of vertebrae and discs.

everyday lifestyle. Instead, you now are pursuing costly and time consuming medical care from the doctor you avoided seeing in the first place.

What's the moral of the story? Common lower back discomfort can often be prevented if you intervene before you have a problem.

The human back is inherently weak. Once the weakness manifests itself, there is no way to reverse the tide. Simply repairing the damage, as a slipped disc, in no way repairs the back itself. The back is a complicated piece of standard equipment that consists of 24 vertebrae, three pelvic bones, over 20 muscles, and numerous tendons, ligaments and nerves. After the appropriate medical attention has been administered and the injury has healed, you will undergo extensive therapy to attempt to regain the natural strength and flexibility of your back.

Back injuries are a breed of their own. How many times have you heard of great athletes returning to

professional sports after recovering from reconstructive knee or shoulder surgery, torn Achilles tendons, and even serious bone fractures. Even Dave Peck returned to the pro racquetball circuit after a serious leg muscle injury! The chances of returning to a strenuous sport after a back injury are remote.

Unfortunately, it does not take a traumatic injury per se to take you off the court for good. You can become a permanent spectator just as easily from a slow and gradually developing back problem.

The sad reality is that it would be better if all back problems stemmed from a severe injury. Then you would receive medical attention immediately. Direct action would be taken to correct the problem - not the symptom. Then you would be instructed on how to offset the weakness resulting from surgery and prevent recurrence of the injury.

Wouldn't it be smarter to learn about how to care for the back to

prevent a problem rather than to learn how to alleviate a problem?

The Domino Effect

Basically, the human back is a flexible framework. Every part of the body is suspended or supported from this main frame. In fact, every part of the body is inherently linked to the back in one way or another.

The principle structure of the back is the spine. In vitro, it is about the first noticeable structure that the embryo develops inside the womb. The spine's meticulously precisioned vertebrae, are sturdily linked together by some of the strongest and most durable ligaments found in the body. The body's central neurological network is neatly and safely housed inside the bony framework of the spine. From here, the spine's highly organized neurological system, called the spinal cord, directly controls every function of the body from the neck down and a few above the neck as well.

The spinal package is held

Spine

together in suspension by associated muscles, bones, tendons, ligaments and blood vessels. Except for direct injuries to or general defects in the spinal structures, the inherent weak link in the package are the muscles and ligaments.

Most low back pain in adults can be traced to earlier weaknesses as far back as childhood. A strained muscle at the age of 12 can as easily lead to a ruptured disc at 30 as can a direct blow to the same disc. Poor posture through the growing years can lead to chronic low back pain just as a sports injury can at age 40.

As a weakness develops in the musculature that supports the back, the way you carry yourself changes. You begin to compensate for the weakness by unconsciously holding your back in unaccustomed positions by making adjustments in your posture. With time, the compromised posture causes other weaknesses and before you know it, what started out as a minor localized weakness turns into a problem affecting the musculature of the entire back, often including the vertebral column itself.

Injuries to the back are analogous to the domino effect. Once part of your back "goes", it is not long before the remaining structure follows.

The only way to prevent the anatomical domino effect is by identifying the weak link immediately and strengthening it. What strengthens a weakened or compromised back, in most cases, is exercise for the specific area that was injured or strained. Pills, injections, manipulation, diathermy, hot and cold packs, and massage all relieve the symptom of pain, but not the cause. Strengthening and flexibility exercises for the weakened parts of your back or the adjacent parts that were compromised by the weakness is the only way to receive long term relief or initial prevention of low back pain.

Meet Your Back

Man's best friends are said to be his dog and his back. If a man's back is his best friend, he doesn't need

enemies. During man's upright years, no body part has proven to be more unfaithful than the collection of bones, ligaments, muscles, and nerves known as the human back.

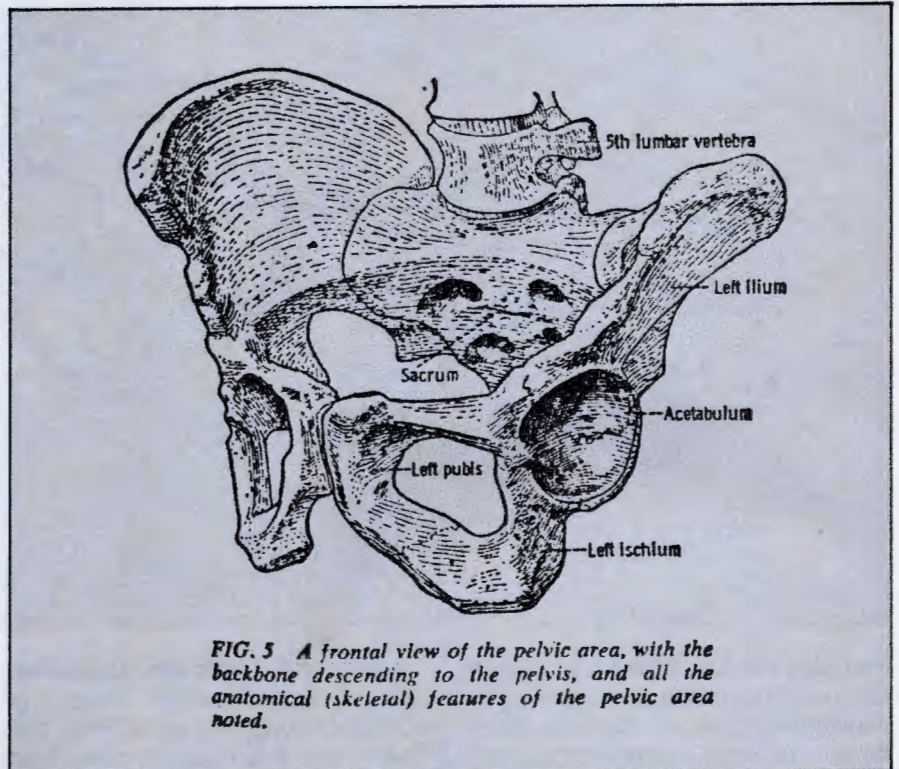
Next to the brain, the spine has been the most significant factor in man's evolution. The spine is the one component of man's structure that enabled him to stand erect and free his hands from the need to support himself. As a result of biped posture, man's legs and arms are free to operate independently. However,

to get a better understanding of it's importance.

Looking at **Figure 1** we can see that the spine can be (for the purposes of illustration) divided into four regions:

(1) *The Cervical Spine* consists of seven vertebrae that make up the neck. In addition to supporting the head, the cervical vertebrae permit the head to rotate around a stationary axis.

(2) *The Thoracic Spine* is 12 vertebrae and relatively immobile



your spine the "backbone of strength" is structurally a poor design in the upright position. When standing, the full weight of the body is supported directly by the low back.

The Spine

One way of demeaning a person is by telling them they are "spineless". You are inferring that they are weak or cowardly. The spine, in essence, is both the pillar of strength for the body as well as the character.

Your spine serves three main purposes:

- (1) Support of the body;
- (2) Protection of the spinal chord;
- (3) Flexibility of the body.

Let's examine an illustration of the structure of the spine or "backbone"

because it acts as the attachment site for the ribs, shoulders and arms.

(3) *The Lumbar Spine* supports the brunt of the weight of the upper body and is made up of five large vertebrae known as the low back. These vertebrae are broader and heavier than the other 19 because of the weight they support as well as being the place of attachment for a group of large muscles. It can be easily weakened and become the site of pain and discomfort if not properly cared for.

(4) *The Sacrum and Coccyx* act as the base of the spine.

If you were to take out one of those vertebrae from the lumbar spine and examine it, you would find a generally circular object with three bony projections extending from the rear portion as illustrated in **Figures**

2, 3 and 4. The main structural mass, the *body*, is the principal load-bearing area of contact between the vertebrae.

The space between the surfaces of the adjacent vertebral bodies is filled with a fibrous pliable object called the intervertebral disc, which cushions the spinal column from shock.

In the center of each vertebra is a hole or an opening, the spinal foramen, which houses the spinal cord.

Projecting out from the back side of each vertebra is a bony structure called the *spinous process* that you can feel when you run your hand down your back.

On each side of the *body* is a *transverse process*. These processes of each vertebra of the spinal column are joined together by ligaments to form a unified flexible structure. From here, various muscles are anchored to allow for every day bodily movement.

On the top and bottom surfaces, between the spinous processes and the two transverse processes, there are four vertical bony projections, two on the top and two on the bottom, called *articular facets*. Facets from each vertebral body are aligned next to each other to act as joints that the entire vertebral column can pivot around.

If the spine was without discs, each vertebra would rub against each other until a portion of the bony surface would wear away. Once that smooth surface is worn, it becomes rough and begins to literally grind the surface of the other bone similar to the action of sandpaper. If this was allowed to continue, you would eventually lose the stability of the backbone itself. The jelly-like interiors of the discs act like a hydraulic system that disperses pressure from shock from walking, running, jumping, and lifting.

The discs are designed to withstand tremendous pressures. Research has shown that when a man bends over to pick up a 50 pound box, he exerts a pressure of 650 pounds on the lumbar and sacral regions of the back!

Discs can survive the brutal treatment if they stay strong and healthy. It is when the discs begin to weaken from injury, neglect or age, that trouble such as a slipped or herniated disc can develop.

From the age of 25, natural changes due to aging occur. The discs slowly lose their pliable gelatinous nature, scarring begins, and desiccation or drying out results in the spaces between the vertebra narrowing. This gradual deterioration happens to everyone, but does not imply that everybody will end up

with a painful disc problem.

This does mean that the deterioration process can be offset by eliminating abnormal stresses due to neglected muscular strength and flexibility, poor posture and sudden injuries from participating in activities that you are not conditioned for.

This is common in the case of the weekend warrior who plays a concentrated period of racquetball after too long an absence from the court. Heredity also plays a role in the fate of the disc. But most orthopedic surgeons believe that the care of the back through a person's life time is the real determining factor in long range health of your back.

The Pelvis

The remaining portion of the bony structure of the spine is a group of bones making up the pelvic girdle as seen in **Figure 5**. The fifth lumbar vertebra rests on a combination of the three bones of the pelvic girdle. One is called the *sacrum* and the other two on either side of the *sacrum* are the *ilia* or the hip bones. The famous *sacroiliac joint* is found where the ilia bones are attached by ligaments to either side of the *sacrum*.

On either side of the pelvis or on each hipbone, there are two sockets, the *acetabula* where the ball-like head of the thigh fits in. These sockets make up the hip joints that allow you to walk, run, climb, stoop, sit, straddle and, of course, play racquetball.

To sum it all up, the pelvis is the connecting link between your spine and your hips and legs. It provides support and stability by having little mobility itself. In many cases the site of the lower spine and the sacroiliac joint and the tail-bone alone, are the cause of an "aching back".

Have you ever thought about the strength of your character in terms of your spine? In essence, you are only as strong as your weakest link. If the bones of the spinal column are not aligned correctly the rest of the back is out of equilibrium. But as you will learn in the following issue, the muscles and ligaments are responsible for keeping your pillar of strength mobile and in the upright position. All in all, the strength of your racquetball game really is determined by the strength of your backbone. □

NTTR Starting Second Season

National Teenage Team Racquetball, a Little League Baseball type summertime program, enters its second season with an optimistic outlook.

There will be two brackets of competition offered this year; retaining the 14 years of age and under program and adding one for the 12 and under group.

The format covers teams for boys and girls of four players each, in skill categories ranging from one to four. Flexibility is allowed in both local league play and the followup national allstar tournament playoffs. Teams can be composed solely of boys or girls or be combined.

In the first season the Scottsdale, AZ Clubhouse all-star team, made up of two boys and two girls, won the invitational world series playoffs at

Steamboat Springs, CO, defeating an all-boy team from Hextun, CO.

NTTR was introduced as a "grass roots" youth program to reach the mass teenage market, and not just a frosting-on-the-cake national tournament for top level youngsters seeking individual laurels. There are four players to a team, a minimum of three teams to a league. Key to the program are the adult volunteers, mainly parents, who participate as referees, coaches and administrators. Local league sponsors can supply a needed glamour with uniforms, equipment and court fees if such is necessary.

Full details on organization and registration can be obtained from NTTR, 7603 E. Bonnie Rose Ave., Scottsdale, AZ 85253, (602) 945-0143.

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SCHEDULE OF EVENTS

1985-86 RMA MEN'S PRO RACQUETBALL TOUR

June 12-17, 1986
Men's \$33,400 Open
Women's \$16,600 Open
DP National Championships
Arlington, TX
Mark Fairbairn
918-493-3331

FOR RMA TOUR INFORMATION

Jim Hiser, Commissioner
313-653-9602

WPRA 1985-86 SEASON SCHEDULE

June 19-22
\$25,000 Open (singles and doubles)
WPRA National Champ.
Riverbend Athletic Club
2201 East Loop 820 North
Fort Worth, TX 76118

June 28-July 2
National Juniors Champ.
(Qualifying required)
Chicago, IL
Contact: AARA
303-635-5396

July TBA
World Games
(Qualifying required)
Site To Be Announced
Contact: AARA
303-635-5396

July-August TBA
AARA Elite Training Camp
(Qualifying required)
Colorado Springs, CO
Contact: AARA
303-635-5396

October 23-26
National Doubles Champ.
Racquet Power
3390 Kori Road
Mandarin, FL 32217
Tom Collins
904-268-8888

**FOR WPRA
INFORMATION**
Caryn McKinney, President
714-641-7452

AARA NATIONAL EVENTS

April 11-13, 1986
Intercollegiate Champ.
Playoff Athletic Club
2191 Post Road
Warwick, RI 02886
Contact: 401-738-0833

May 21-26
National Singles Champ.
(Qualifying required)
Downtown YMCA
Houston, TX
Contact: AARA
303-635-5396

Down South

(continued from page 30)

upset in the first round in a tough five-game match against Toni Bevelock. The intensity of the match is reflected in the scores of 21-16, 20-22, 17-21, 21-13, and 15-9. Not content with one upset, Bevelock then defeated Bonnie Stoll in three straight (21-17, 21-13, 22-20). In the quarters Bevelock lost in four to Terri Gilreath (21-10, 21-15, 18-21, 21-14).

Diane Bullard, a finalist in last year's Ektelon Nationals and an infrequent competitor on the tour, went five games in defeating ninth-ranked Chris Evon 12-21, 21-9, 21-11, 22-24, 15-7. Bullard then suffered a round-of-sixteens loss at the hands of the reinvigorated Jennifer Harding.

Cathy Nichols was down two to zip before rallying against Barb Faulkenberry and winning the tie-breaker fifth game 15-13. She then faced and lost to Lynn Adam in straight games in the quarters.

Marcy Lynch required a tie-breaker in order to get by Babette

Bell (23-21, 11-21, 21-14, 13-21, 15-11), then lost to Marci Drexler in four games (21-14, 21-18, 15-21, 21-15) in the following round. And Mary Dee had to resort to a tie-breaker in defeating Martha McDonald (15-21, 13-21, 21-17, 21-13, 15-8).

There were many new faces in Atlanta, doing their part to add freshness and excitement to the tour. Local players Robin Whitmire and Carrie Healy joined Vicky King, Janet Kelleher, Lin Wetherby, Randy Friedman, Roxanne Goblish, and Jan Curtis in the qualifying rounds.

The doubles provided several thrills, but few surprises, as first-seeded Lynn Adams and Terri Gilreath defeated all comers as they have for as long as memory serves. Second-seeded Caryn McKinney and Jennifer Harding gave Adams and Gilreath Three close games in the finals (15-13, 16-14, 15-13), but couldn't quite unseat the champs. McKinney and Harding did show improvement in their doubles play, and could make future matches decidedly unpleasant for Adams and Gilreath. □

RANKINGS

The sources for these national rankings are as follows: Men's-Official RMA Pro Racquetball Tour rankings; Women's-Official WPRA Tour rankings; Amateur-Official AARA national rankings.

RMA PRO RACQUETBALL TOUR OFFICIAL PROFESSIONAL RANKINGS JANUARY 20, 1986

Ranking Player	Points
1 M. Hogan . . .	390.17
2 G. Peck . . .	380.22
3 M. Yellen . . .	372.11
4 B. Harnett . . .	320.18
5 J. Hilecher . . .	239.91
6 R. Gonzalez . . .	229.24
7 C. Swain . . .	215.24
8 G. Price . . .	210.39
9 D. Peck . . .	187.67
10 M. Ray . . .	186.01
11 S. Oliver . . .	175.17
12 D. Cohen . . .	154.24
13 J. Cascio . . .	150.93
14 D. Gross . . .	134.85
15 E. Andrews . . .	134.01
16 J. Egerman . . .	126.59
17 C. Brysman . . .	117.05
18 A. Gross . . .	102.99
19 S. Lerner . . .	100.90
20 D. Obremski . . .	85.01
21 B. Sell . . .	79.43
22 J. Newman . . .	78.65
23 R. Navarro . . .	64.18
24 M. Levine . . .	61.29
25 R. Wagner . . .	60.96
26 E. Inoue . . .	60.04
27 M. Griffith . . .	57.81
28 D. Green . . .	48.83
29 D. Johnson . . .	43.66
30 J. Nolan . . .	42.00
31 A. Roberts . . .	33.48
32 S. Moskwa . . .	30.51
33 D. Ganim . . .	28.16
34 E. Terry . . .	27.13
35 R. Harriersad . . .	23.97
36 B. Hawkes . . .	21.69
37 D. Negrete . . .	20.29
38 B. Wilhelm . . .	20.23
39 M. Plotkin . . .	16.08
40 M. Ceresia . . .	15.90
41 B. Koltun . . .	14.42
41 T S. Clark . . .	14.42
43 W. Snead . . .	10.82
44 J. Plazak . . .	10.18
45 W. Clouse . . .	9.96
46 E. Remen . . .	9.05
47 B. Williams . . .	7.68
47 T L. Meyers . . .	7.68
49 J. Sacco . . .	7.11
50 C. Cole . . .	6.74
50 T J. Grosshans . . .	6.74

WPRA RANKINGS MARCH 23, 1986

Ranking Player	Points
1 L. Adams . . .	200.00
2 C. McKinney . . .	160.00
3 T. Gilreath . . .	115.00
4 V. Panzeri . . .	86.66
5 M. Drexler . . .	83.75
6 F. Davis . . .	75.00
7 J. Harding . . .	52.50
8 L. Alvarado . . .	47.50

9 B. Stoll . . .	45.00
10T C. Evon . . .	36.25
10T M. Lynch . . .	36.25
10T M. O'Brien . . .	36.25
13 J. Jackson . . .	35.00
14 S. Robson . . .	30.00
15T L. Martino . . .	25.00
15T T. Bevelock . . .	25.00
17 B. Bell . . .	23.33
18T C. Nichols . . .	20.00
18T L. Wojcik . . .	20.00
20 D. Bohling . . .	16.66

AARA/ARHS NATIONAL RANKING (28) WOMEN'S OPEN MARCH 24, 1986

Ranking Player	State
1 C. Baxter . . .	PA
2 C. Fried . . .	CA
3 M. Dee . . .	NH
4 T. Latham . . .	TX
5 C. Evon . . .	IL
6 N. Higgins . . .	NH
7 T. Rasmussen . . .	CA
8 C. Doyle . . .	NY
9 M. Mook . . .	CA
10 K. Kuhfeld . . .	IN
11 F. Davis . . .	NJ
12 S. Robson . . .	IL
13 E. Mardas . . .	OH
14 L. Price . . .	IN
15 C. Nichols . . .	CD
16 J. Curtis . . .	FL
17 T. Eagleson . . .	CA
18 M. Kamahdahda . . .	VA
19 L. Diamond . . .	FL
20 T. Singletary . . .	OK
21 J. Hastings . . .	MI
22 M. Lyons . . .	FL
23 C. Overstake . . .	OK
24 D. Fischel . . .	PA
25 K. Despain . . .	UT
26 M. Drexler . . .	CA
27 D. Mackell . . .	IN
28 J. Quinlan . . .	MA
29 K. Cremeans . . .	IN
30 M. Wielesesen . . .	CO
31 C. McCarthy . . .	FL
32 D. Almeida . . .	CO
33 J. Kelleher . . .	NH
34 D. Adams . . .	CO
35 T. Dever . . .	UT
36 D. Chaney . . .	IN
37 M. Gilman . . .	OR
38 D. Bullard . . .	FL
39 A. Katz . . .	CO
40 L. Porter . . .	TX
41 C. Shields . . .	IL
42 S. Bullington . . .	NC
43 L. A. Coutu . . .	DE
44 J. Eon . . .	ME
45 L. Hjelm . . .	CA
46 B. Stoll . . .	CT
47 J. Azeka . . .	IL
48 T. Benelock . . .	TN
49 L. Fenton . . .	NE
50 S. Luscher . . .	MA
51 K. Tiedeman . . .	WA

AARA/ARHS NATIONAL RANKING (1) MEN'S OPEN MARCH 24, 1986

Ranking Player	State
1 E. Andrews . . .	CA
2 D. Obremski . . .	PA
3 A. Roberts . . .	TN
4 F. Calabrese . . .	MA
5 T. Hansen . . .	FL
6 C. Nichols . . .	FL
7 D. Ganim . . .	OH
8 A. Katz . . .	TX
9 J. Cline . . .	NJ
10 S. St. Ong . . .	MA
11 M. Spugnardi . . .	ME
12 J. Hamilton . . .	IN
13 D. Kelly . . .	CO
14 D. Negrete . . .	IL
15 M. Morrison . . .	FL
16 O. Gonzalez . . .	FL
17 T. Montalbano . . .	NY
18 S. Rubin . . .	NY
19 S. Gonzalez . . .	FL
20 R. Harriersad . . .	CA
21 T. O'Neil . . .	VT
22 D. Aceto . . .	MA
23 F. Snow . . .	WA
24 S. White . . .	AL
25 M. Ceresia . . .	CD
26 S. Moody . . .	CA
27 J. Sumner . . .	UT
28 S. Reid . . .	TN
29 M. Hegg . . .	CO
30 P. Marino . . .	CA
31 T. Riley . . .	MA
32 S. Hastings . . .	MI
33 T. Gabriel . . .	IN
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The intensity and effort is as great here as on any racquetball court, four-wall or one-wall, indoors or out. Here Ken Kershaw reached for a backhand retrieve.

Diehard

(continued from page 20)

of racquetball. Now everybody's inside playing four-wall. And we're still here."

One of the whack-it ballers yells over to Fiori to come and play one more game. The sun is way below the

horizon now, a late New England winter's Saturday growing darker, more bitter cold. Fiori and three others wedge in close to the middle of the court, pulling tight their jacket collars, and leaning forward, ready for the ball's serve and their quick return.

This last, fast rumble of the day, face to face with their friend, the big gray slab, takes off.

Promotions

(continued from page 23)

The late Bob Kendler, who ruled the racquetball roost in the 1960s and '70s used to bemoan these "bastard" events, preferring the purity of promotions involving bona-fide racquetball players, pitting their skills against each other.

San Francisco

(continued from page 31)

have commended the Delancey Street program and numerous publications have called Delancey Street "the most successful program in the country."

The San Francisco Open was held at the Telegraph Hill Club and the San Francisco Bay Club, two clubs owned by Western Athletic Clubs.

Guest Champions Charlie Brumfield, Bud Muehleisen and Carl Loveday were on hand for clinics and exhibition matches, as was all-time great jazz drummer Billy Cobham, who flew in from Paris exclusively to participate.

For further information about Delancey Street, please contact Ann Grace at the Telegraph Hill Club (415) 982-4700.

Kendler felt an obligation to bring to the public the best show that racquetball could provide - a noble cause that nevertheless ignores the fact that millions more people can identify with William Devane sliding around the court with modest skills than can identify with Marty Hogan's awesome backhand or Mike Yellen's crisp cross court passes.

More people can identify with Jim McMahon's C level game than can identify with Brett Harnett's blistering forehand drives. And more people, to be sure, would prefer to watch Miss America or Cathy Lee Crosby, or Farah Fawcett-Majors or Rodney Dangerfield or Steve Garvey or Donny Osmond or any well-known celebrity.

We have entered into a time of non-tournament promotions. Rather than wring our hands and cry the blues over the lack of exposure for the pros, we should embrace the concept of promoting without them. To do so will only enhance the sport and lead eventually to the professional player's place in the sun.

To ignore the opportunities of creative promoting will lead only to stagnation of the sport.

AARA/Penn

(continued from page 32)

player, Linda Diamond, took third place for Valencia Community College.

Lori Basch, another favorite in her final year of competition at the inter-collegiate level, was unexpectedly upset by her own teammate, whose unerring service aces surprised the veteran competitor. Lori, a senior computer science major at the University of Florida, has been a driving force in the success of Florida intercollegiate competition since the first tournament four years ago.

Another intercollegiate veteran, Linda Mojer of Rollins College organized and ran the event with the expert assistance of OTRC club manager, Julie Pinnell.

The participants themselves kept the tournament running smoothly as courtside players gladly volunteered to referee each match. The group itself was a diverse one, with interests as varied as sports management and electrical engineering, finance and fine arts. They spent the available time getting to know each other in typical collegiate fashion. Short on number, but long on talent, the 1986 Florida Inter-collegiate Team Championship was a winner! It's bound to remain a one-of-a-kind experience in racquetball and good sportsmanship!

Club Owners

(continued from page 25)

progressing. Whether it be the number of laps or miles or pounds of weight, objective measurements allow a player to compete against himself or herself. When you provide a sport with objective measurement, you go a long way toward keeping it hot!

The ARHS concept is similar to that of golf handicaps. It is designed to make racquetball more fun for players by providing a new dimension to their game. For club owners, it's an excellent programming tool for persons who will likely remain club members for a long period of time.

As a lifetime sport, racquetball, when programmed the right way, will make major contributions toward reducing membership turnover and increasing membership stability.

OFF COURT FITNESS

By Jean Sauser



Summer Fever

Every racquetball player I know has had a case of summer fever at least once in his life. You know, that knee-jerk reaction to those first, sunny 80 degree days after a long hard winter. In extreme cases, it can take a player off his fitness program and out of the courts during June, July and August, only to return in September, out of shape and reduced to a skill level far below par.

If your racquetball goes into the closet, and your fitness program goes out the door every summer, you may be suffering from an advanced case of summer fever. The shame of it all is that going full force into outdoor activities and totally dropping your indoor racquetball and fitness program the minute the sun shines isn't as healthy as you might think.

First and foremost, going into outdoor activities such as tennis, baseball, running, biking, water skiing or windsurfing with the same intensity you were racquetballing and working out indoors all winter, can result in an injury that can take you out of action all summer. In fact, more people get injured at the beginning of summer than at any other point during that season. The main reason is because they didn't start their outdoor sports routines slowly enough.

Instead of getting injured, or just plain getting sore from too much outdoor activity too soon, it's much better to change gears slowly. If you are going to slow down your racquetball pace, begin by cutting down on the number of weekly matches you play over an extended period.

Be sure not to drop your racquetball game totally over the summer. Play at least once or twice a week. Many players play a lot of doubles which enables them to keep up their racquet coordination with minimized physical effort. Playing small amounts of singles or doubles keeps you in shape for a friendly challenge on a rainy day and will prevent your racquet skills from sliding to the bottom of the barrel by the time Fall finally rolls around.

Keeping your racquet on a racquetball during the summer will also keep your hand-eye coordination sharp for such summer favorites as baseball and tennis. In return, those sports can actually improve your racquetball skills.

As for the fitness center, you should change your summer workouts to complement your outdoor activities. It's a good idea to see your fitness instructor and tell him what summer activities you are planning. He'll be able to change

your fitness routine to one that will prevent injuries while at the same time, build up your strength and endurance for the great outdoors.

Another tip for keeping summer fever under control involves what you eat. Even though summer is a time when the best fruits and vegetables are on the market, so is the best junk food.

Hot dogs, hamburgers, chips, dips and beer taste great, but are also among the highest and emptiest calories you can consume. And more meals get skipped in summer than any other time of year. When this happens, you tend to overeat at the next meal, taking in more calories than two meals combined! Skipping lunch to pig out at an evening barbeque explains why I've seen more pot bellies grown in summer versus any other time of year.

Last but not least, what would summer fever be without a good case of sunburn? On this subject, I can speak from personal experience.

While playing in the Women's Professional division of the Nationals in San Diego, in the summer of 1976, Kathy Williams (a fellow pro and close friend) and I decided to get tanned at the beach between matches. Being true midwesterners we were coming off a hard winter and wanted to return home not only as racquetball champions, but with championship tans as well.

The plan backfired when we accidentally fell asleep on the beach. Instead of beautiful tans, we ended up with second degree sunburn, blisters all over our backs, and sun-poisoning. Somehow, we managed to finish the tournament in the top 10, but both of us spent our last days in sunny San Diego sick in the shade while the rest of the players toured the town.

Nowadays, many racquetball and health clubs have tanning beds. If you know you are going to be spending a lot of time outdoors when summer comes, getting a good solid protective tan in your club's tanning bed can save you hours of agony. If you don't have access to tanning beds, your local supermarket carries a wide range of skin care and sun protection products.

In light of all the temptations that summer fever brings, it's easy to see why it's important to make a conscious effort to plan ahead when the first summer-like days appear outside your door. □



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CANADIAN REPORT

by Sigmund Brouwer



Two Champions

Hold tight, Mildred, and watch. Stage dims. Floodlights on. Drum roll. Here comes the reigning world champion of racquetball. Flag unfurled and there he stands! Proud beneath the red, white . . . hold it, no blue. Mildred, turn your eyes. There's a red maple leaf on that flag. A Canadian, Mildred?

Yes, a Canadian. Ross Harvey has the world champion crown. He defeated American Andy Roberts in the World Championship final, 1984 in Sacramento, CA. This year, this August, Harvey defends the title in his hometown of Montreal, Quebec. His stage, as they say, has been set.

His stage was upset, though, last year at the 1985 World Games in London, England. There, Roberts avenged the 1984 loss 15-6, 15-12 to remain undefeated and claim the *World Games* title and gold medal.

Let there be no confusion. Two titles exist in international racquetball — the World Games. A Canadian holds one and an American holds the other. The world's best, of course, might be neither. Money, that terrible word in international sport, talks at professional events; and in racquetball, too, bank accounts usually provide better motivation than titles. Which is not to say the amateurs are not good. Ed Andrews, former touring pro and reigning U.S. Amateur Champion only managed a bronze at the London games, behind Andy Roberts and silver medal-

ist Roger Harripersad of Canada.

Let there be no confusion. Two different world titles do not result from the hocus-pocus that endows boxing with a plethora of champions. Rather the two different titles stem from two entirely different types of events.

It is racquetball only at the World Championships. Fourteen countries, including the Japanese, South Americans and Europeans sent teams in 1984, with more expected in 1986. The Championships are held every two years, alternating with the Games.

The Games, on the other hand, as little brother to the Olympics, bringing together countries competing in 24 "developing sports". Racquetball has been included, along with other events such as archery, body building, karate, motorcycling, softball and waterskiing. All of these sports are struggling for a higher international profile.

The good news is that racquetball has finally been recognized by the IOC (International Olympic Committee) because of its growth, established international events and the tremendous lobbying efforts of Luke St. Onge, director of AARA and IARF (International Amateur Racquetball Federation). Next step up for racquetball means representation at the Pan-Am Games or the Pacific Rim Games, and then . . . the Olympics and as many flags as anyone could ever wave at our sport.

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