

Passing Shots

by Norm Blum
Publisher & Editor



Holiday Courtrooms to play host

Strandemo camp comes to Florida

(Editor's Note: Steve Strandemo, who directs AMF Head's Advisory Staff, will be running two racquetball camps at the Holiday Courtrooms in Fort Lauderdale February 16-19 and February 23-26. Strandemo has authored several books and has developed an excellent reputation in the instructional field over the last 10 years. The Florida Racquet Journal hopes you can attend this once-in-a-lifetime opportunity. The Journal conducted the following question-and-answer session with Steve).

My game has leveled off. How can this camp help me?

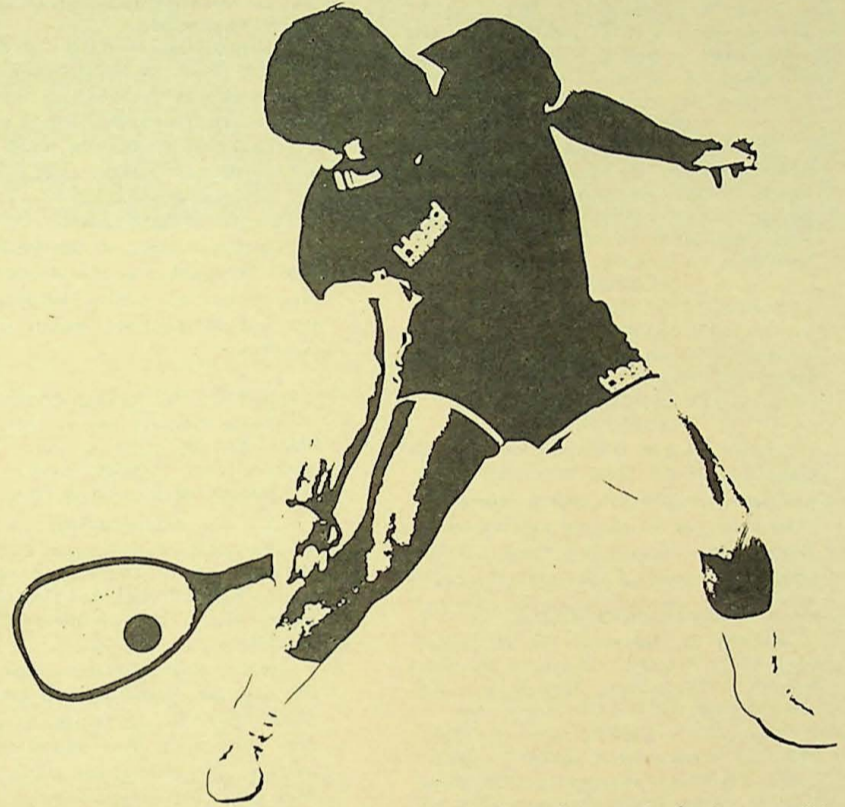
A lot of times when your game levels off you fall into predictable patterns of play. You need someone to be able to give you new ideas and to evaluate your play from an objective perspective. Being able to see yourself play on video tape in game situations allows you to see exactly what you are doing and what appropriate changes should be made to your game.

Can't I just get lessons from my club pro?

Lessons from your club pro are fantastic as long as you are taking them on a consistent basis and you are being shown the proper fundamentals in such areas as: serving at the proper angle, proper re-location out of the service box and watching the ball properly so you can anticipate the type of shot your opponent is shooting. These are just a few of the areas that should be worked on with you. What often happens in the area of consistency is that a lot of players only take one or two lessons and then stop. The camp situation offers the opportunity of four days of concentrated instruction.

How much individual attention do we get?

Individual attention in a camp situation is very important so the players attending feel it is personal and that their specific questions are answered. We try to work as much individually as we can in a group instructional program. At our camp, players are grouped according to ability so they are playing someone close to their level. This allows the staff to produce the most competitive racquetball play possible. We also evaluate individually your



video tape and, of course, my staff and I are always available to help you with your game. I feel that it is very important to learn in a group situation with players of your own ability so that you have a variety of players to try the improved strategy and stroke techniques with. It is unbelievably valuable for five or six B players to alternate on the court and all improve their game at the same time.

Will this camp be beneficial for Open players?

Open players obviously are at a top level of play. Many times subtleties in their game will hold them back from maximizing their potential. It is often the case when we watch these players and videotape them in slow motion certain idiosyncrasies show up that these players are totally unaware of. Specific examples might be just a slight error in their front wall serving target, certain predictable shot patterns in game situations, not understanding how to effectively control center court and understanding their margin of error in shot selection. To put it into perspective for the open player, it is my sincere feeling that many of the top women and men pros could significantly improve their game by analyzing video tapes.

Are there only juniors at this camp?

Our camps are basically comprised of adults who range in age from 20 to 65. We have just initiated a new juniors program, the junior training centers, where we will be funneling a lot of youngsters in to. Juniors are always invited to attend our camp program, but we ask that they be capable of handling themselves in an adult learning situation. Approximately nine out of every 10 of our camp participants are adults.

I can't understand those diagrams in racquetball magazines and books. Will your camp be more of the same?

We use similar situations but use people instead of x's and o's. This simulates a game situation and seems easier to understand. Also, there is always someone to answer questions. In magazines there is no one to interpret the information.

Why is videotaping an important part of your camp?

Video tape is the most underrated instructional tool available. It is a crucial aspect of our camp program. It allows the player to see himself play in a game situation and

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RACQUETBALL'S GREATEST LIES — "We're beginning construction next month." "I'm a C player." "I left my card at home." "I'm an AARA member." "I just bought a new can of balls." "I'll buy the beer." "I could have gotten to that ball."

SPECTATOR GUARDS — Watching racquetball can be dangerous to your eyes. At least that's what one spectator discovered when watching a match. The ball flew over the rail and hit her in the eye. Two ice packs later, the girl vowed she'd never watch a game again without eyeguards.

SLASHED BALLS — A sign which caught our eye in a sporting goods store. "All balls slashed." Wonder how they bounce?

DIRTY T-SHIRT — Honest to God, one fellow was wearing a t-shirt that reads: "Give me Ektelon or give me HEAD." . . . Our bumper stickers "Racquetballers Do It In The Corner" was apparently too suggestive for a Baptist printer. She refused to print them.

NO. 1? — Mike Yellen clearly established himself as the world's No.1 racquetball player last year when he won all four major national titles. But it appears that fact has been lost somewhere in the advertising world. At the recent Tennis Industry Show in Miami, Dave Peck endorsed a product and it clearly stated that he was No. 1. Hmmm.

ENHANCE PERFORMANCE — The All-Sports Bra is beginning to catch on, says a spokesperson for Jogbra, Inc. "It's especially valuable to racquetball players. You don't have to worry about straps falling down so it isn't distracting and won't take away from your performance."

THUMBS UP — Laurels to Fred White who helped the Journal run a tournament at the Harbour Pines Racquet Club in Melbourne. Fred runs the desk with amazing know-how and the tournament ran on time like the flyer guaranteed. More laurels to the AARA and the computerized rankings. It's pumping new interest into the sport. Laurels to Dick Booker of Pripps Pluss. When it comes to a tournament, he makes sure the product arrives on time. . . Laurels to the friendly desk people at the Harbour Pines Racquet Club.

THUMBS DOWN — Darts to players who call their opponents' names. . . Darts to clubs that don't answer the phone before it rings 10 times. . . Darts to players who'd rather win by forfeit than play the match. Come on, do you enter tournaments to play or win by forfeit? And yes, the rules allow the tournament director to waive the forfeiture time if there are extenuating circumstances.

HE'S OKAY — Savannah's Pete Iott suffered a recent scare while competing in a racquetball tournament at Racquet Power in Jacksonville. Competing in the C division, Iott, 35, won his first two rounds and was ready to head into a tiebreaker in his third match. Iott felt a severe headache prior to entering the court for the tiebreaker and suddenly collapsed. "I burst a blood vessel in my head. I lost my cool in the second game and started arguing with the official. During the break I had something like an aneurism. I'd like to thank

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Where To Play

AUBURNDALE

Auburndale Tennis & Pro Shop — 202 West Park St. (813) 697-7265. 4 outdoor 4-wall courts. 8 a.m.-11 p.m. Public courts. Non-resident, \$3 during daytime, \$5 after 5.

BOCA RATON

The Olympiad — 21069 Military Trail, (305) 368-6441. 11 racquetball courts, 2 squash courts. Nautilus, whirlpool, sauna. Pool under construction. Restaurant. \$5.25 guest fee for out-of-towners.

BRADENTON

Power Racquetball Plus — 6412 14th St., West Bradenton. (813) 755-0137. Six air-conditioned courts. Pro shop, snack bar. \$3 guest fee. 6 a.m.-11 p.m. Under new ownership. Guests welcome.

CORAL SPRINGS

The Quadrangle Racquetball Complex — 2160 University Dr. (305) 753-8900. 12 courts. No guest fee for NCCA card holders; \$5 for others. Pro shop, cafe, nursery, Nautilus, whirlpool, sauna. 7 a.m.-midnight weekdays; 8 a.m.-8 p.m. weekends.

CLEARWATER

Suncoast Court House — 2147 Pine Forest Dr. (813) 531-8933. 15 courts. 2 glass tournament courts. Aerobics room, Nautilus, pool, fully equipped lockerroom. Lounge/restaurant. \$5 guest fee.

CRYSTAL RIVER

Kelly's Racquet & Swim Club — Rt. 2 Duncan Field St. (904) 795-3703. 2 racquetball courts, 2 tennis courts. Large swimming pool, spa, weight and exercise room. ¼-mile roller skating and jogging track. Shuffleboard courts. \$3 guest fee, plus court fee.

FORT LAUDERDALE

Holiday Courtrooms — 750 W. Sunrise Blvd. (305) 764-8700. 19 courts. \$6 guest fee for out-of-towners. Basketball court, running track, two Nautilus rooms, pool.

Raquets 2 — 5300 Powerline Rd. (305) 772-2222. 9 racquetball courts; 2 international, 2 American squash courts. Complete Nautilus Fitness Center. Full restaurant and lounge. 30 seconds off 1-95. Commercial Blvd. exit. Take Powerline Rd. North.

Bodycenter, Health & Racquet Club — 5065 NE 13th Ave. (305) 491-2255. 9 courts. \$5 guest fee. Aerobics, Slimnastics, Dancerize, Yoga. Nautilus for men & women. Complete lockerroom facilities. Day care center.

FORT MYERS

The Olympiad — 8450 Dayton Ave., SW (813) 939-4477. 10 courts. Country club atmosphere. Fully equipped lockerroom, outdoor jogging track. Convenient and accessible from all directions. 7 a.m.-11 p.m. every day.

HOLLYWOOD

South Florida Racquet Club — 5555 Ravenswood Rd. (305) 987-6410. 10 courts. No guest fee for NCAA members. \$3 for others. \$2 guest fee for basketball & volleyball. Whirlpools, saunas, free baby sitting in nursery. Pro shop. Video games & pool ta-

bles. 7-ft. TV screen in a full-service cocktail lounge. Full Nautilus facilities. Open challenge courts every Tues., Fri., & Sun.

JACKSONVILLE

The Place — 6651 Crestline Dr. (904) 724-6994. 10 courts. Nautilus, aerobics. The only club in Jacksonville that caters to out-of-towners.

Ortega Racquet Club & Fitness Center — 4206 San Juan Ave. (Ortega/Avondale area). (904) 388-1500. 6 courts. No guest fee for active out-of-town club members. Largest heated indoor pool in town. Separate men's and women's lockerroom facilities. Steam Seafood Restaurant.

Racquet Power — 3390 Kori Rd. (904) 268-8888. Premier club in Jacksonville. 14 courts. No guest fee when accompanied by member. Otherwise, \$10 during non-prime time hours. Modern Nautilus room, Dynavit, outside whirlpool, steam room, sauna, aerobics, self-defense classes.

LANTANA

The Court Sport — 1111 Hypoluxo Rd. (305) 586-4420. 9 courts. Aerobic Center. Nautilus and free weights. Whirlpool, sauna, full bar. \$5 guest fee, except for NCAA members.

NEPTUNE BEACH (JACKSONVILLE)

Beaches Wellness Center — 450 Atlantic Blvd. (904) 241-5252. 6 courts. Nautilus, aerobics room, complete lockerroom, nursery & snack bar. Expanding. Check us out.

MELBOURNE

The Harbour Pines Racquet Club — (305) 777-6737. NEW CLUB! 13 racquetball courts, 1 squash court. Nautilus, equipment room, steam room, whirlpools, saunas. \$3 guest fee.

MIAMI

Holiday Health & Racquet Club — 10631 SW 88th St., Dadeland West Office Park. (305) 596-0600. 11 courts. \$5 guest fee, plus court time. Fee waived for NCAA members. No reservations, please call. Separate men's and women's health club. Nautilus, fully equipped lockerrooms, pro shop. Lounge, social area.

Miami Court Club — 9395 Bird Rd. (305) 226-4014. 10 courts. No guest fee for NCCA members; \$3 for others. No reservations. Hotel guests in Miami can reserve non-prime for \$7 (6 a.m.-4:30 p.m. weekdays, 6 p.m.-midnight weekends). Prime \$9 or \$12. Raquets, shoes for rent. Pro shop, whirlpool, sauna, steam room. 6 a.m.-midnight daily.

The Rafters — 9300 SW 152nd St. (305) 233-8603. 10 courts, sauna, whirlpool, steam room. Modern weight room. Plush restaurant will open this month. Guest fee: \$7.35 prime, \$5.25 non-prime.

NAPLES

The Olympiad — 1048 Castello Dr. (813) 262-1112. 8 courts. \$5 guest fee. Pool, complete lockerroom. Restaurant. Under new ownership.

NEW PORT RICHEY

Richey Racquetball — 8836 US 19 North. (813) 842-1455. 10 courts. Whirlpool, sauna, weight room & bar. \$2.50 guest fee.

OCALA

The Ocala Athletic Club — 2120 NE 46th Ave. (904) 236-2288. 10 courts. \$5 guest fee. Nautilus, swimming pool, sauna, steam room, whirlpool, lockers. Aerobics, supervised nursery. Video games, snack bar, lounge.

ORANGE PARK

Park Avenue Racquet Club — 714 Park Ave. (904) 269-8000. 6 racquetball courts, 8 soft tennis courts. \$3 guest fee plus court time. Nautilus, whirlpool, pro shop, nursery. Bar and lounge. 7 a.m.-11 p.m. weekdays, 8 a.m.-11 p.m. weekends.

ORLANDO

The Club — 825 Courtland St. (305) 644-5411. 10 racquetball courts, 16 tennis courts, pool, Nautilus, Lounge, pro shop, sauna, whirlpool. Guest fee \$3 & \$5. 7 a.m.-11 p.m. weekdays; 8 a.m.-6 p.m. weekends.

The Racquet Ball — 5165 Adanson St. (305) 857-1388. Brand new facility. \$5 guest fee. 8 courts. \$6 guest fee. Nautilus, complete lockerrooms, restaurant.

Racquetball South — 5224 S. Orange Ave. (305) 857-1388. Brand new facility. 8 courts, 2 glass championship courts. \$5 guest fee. Nautilus. Spacious lounge and grill with large screen TV. A new era in relaxation — Flotation. Completely stocked pro shop.

ORMOND BEACH

Omega 40 — 1 S. Old Kings Rd. (904) 672-4044. 10 courts. 24 pieces of Nautilus, swimming pool, whirlpools, steam/sauna. \$5 guest fee. Open 7 a.m.-11 p.m. Manager of the year, Mike Phillips, resides.

PALM BEACH GARDENS

PGA National Sports Center — 600 Ave. of the Champions. (305) 686-4420. 6 courts. Nautilus, swimming pool, whirlpool and sauna. Bar & Lounge. \$3 guest fee; \$5 non-prime, \$7 prime.

POMPANO BEACH

Tennis Trainer — 1301 W. Copen Rd. (305) 974-4310. 7 racquetball courts, 3 tennis courts, 2 indoor practice tennis courts. \$7 guest fee (full use of club). Fully equipped lockerroom.

PORT CHARLOTTE

Charlotte Racquet Club — Loveland Blvd. (813) 629-2223. 4 racquetball courts, 6 tennis courts. \$3 guest fee, \$6 non-prime, \$8 prime. Universal, ping pong, snack bar. Plans for expansion.

SARASOTA

Sarasota YMCA — 1075 S. Euclid Ave. (813) 967-0770. 8 courts (2 new exhibition courts with excellent spectator viewing). \$2 guest fee, \$5 non-prime, \$7 prime. Co-ed whirlpool. Visitors & guests welcome. Open 7 a.m.-11 p.m. daily. Massage therapist on duty 9 a.m.-5 p.m. Monday thru Friday.

Sarasota Bath & Racquet Club — 2170 Robinhood Rd. (813) 922-3546. 8 air-conditioned courts, 2 exhibition courts. Nursery, lounge, snack bar. \$2 guest fee, \$6 non-prime, \$8 prime. Racquetball Director: Judi Schmidt.

ST. PETERSBURG

Tyrone Racquetball Club — 6690 Cross Winds Dr. N. (813) 381-8711. 16 courts. \$10 guest fee for out-of-town club members with current card; \$7 non-prime, \$9 prime. Whirlpool, sauna, exercise room. Private club. 8:30 a.m.-midnight.

STUART

Mid Court Racquetball Club — 20 NE Dixie Hwy., Rt. 707. (305) 692-9488. 8 courts. \$2.50 guest fee (guests welcome); \$8 prime (4 p.m.-11 p.m. weekdays). All other hours \$6. Raquets, balls for rent. Universal gym, whirlpool, saunas, pro shop, nursery. Lounge, billiards, game room. 8 a.m.-11 p.m. daily.

TAMPA

Brandon Racquet Club — 2011 S. Parsons Ave. (813) 689-4410. 5 courts. We welcome guests; \$6 non-prime, \$8 prime. Universal, saunas. 10 a.m.-11 p.m. daily.

Tampa Bay Court House — 7815 N. Dalembry. (813) 932-5321. 10 courts. 2 side-wall glass courts. \$5 guest fee covers court time. Nautilus, pool, fully equipped lockerrooms. 6:30 a.m.-midnight weekdays, 8 to midnight weekends.

TAVENIER

Wall to Wall Racquetball — Upper Florida Keys, Milemarker 91.5 (behind Harry's Restaurant). (305) 852-2634. 5 courts. No guest fee for out-of-towners with current club card. Nursery. Ideal resort area. Finally, racquetball in the Keys! Check it out.

VENICE

Venice Racquetball and Fitness Center — 581 N. Venice By-pass. (813) 484-8427. 8 courts. \$3 guest fee, \$4 non-prime, \$8 prime. 2 full gyms, swimming pool, sauna, steam bath, inhalation room. Big lounge.

VERO BEACH

The Forum — 650 12th St. (off US 1). (305) 567-7727. 6 courts. Under new management. Watch the LA Dodgers train and play a game of racquetball.

WEST PALM BEACH

The Courthouse — 1500 Old Okeechobee Rd. (305) 684-2111. 7 courts. Complete Nautilus Fitness Center. Enjoy the sun and then visit the Courthouse. Food and cocktail area.

Winners

Florida Racquet Journal Racquetball Classic Harbour Pines Racquet Club Melbourne

Women's Open — Jan Curtis def. Therese Berry. 3rd — Chris Collins def. Judy Eastwood. B — Karen Lawres def. Donna Eggeston. 3rd — Linda Diamond def. Kathy Guccione. C — Teresa Chaffin def. Darlene Hodges. 3rd — Barb Maxwell def. Teresa Chaffin. D — Julie Newton def. Bharti Dudhela. 3rd — Mary Paine. Novice — Robin Busch def. Melinda Nelson. 19+ — Jan Curtis def. Beth-Ann Alois. 3rd — Donna Eggeston def. Sharn Davis (forfeit). 30+ — Karen Lawres def. Darlene Hodges. 3rd — Therese Berry def. Sammie Varela. B Doubles — Patti Rushing/Cathy Patrick def. Sharon Budnick/Wendy Jeffries.

Open — Tim Hansen def. Dan Lefor. 3rd — Jim Roberts def. Steve Rose. A — Armando Alonzo def. Tony Barnini. 3rd — Scott Richbourg def. Jim Canitz. B — Edgar Borrell def. Sam Easterbrook. 3rd — Danny Allie def. Steve O'Hara. C — Robert Christ def. Tom Sisco. 3rd — Walt Bezio def. James Brooke. D — Joey Moody def. John Cyrus. 3rd — Jim Morris def. Don McNeil. Novice — Manuel Varela def. Joe Boyle. 3rd — Paul Hanley. 19+ — Chris Smith def. George Mollenberg. 3rd — Tom Maroney.

27+ — Bob Driscoll def. Dan O'Brien. 3rd — Joe Serabia def. Gene Owen. 35+ — Steve Chapman def. Bob Riley. 3rd — Fred White def. John Alton. 45+ — Bill Roe def. Tom Rumsey. 3rd — Don Woodington def. Lou Biltz. Mixed Open — Chris Smith/Chris Collins def. Ted Bailer/Judy Eastwood. 3rd — Therese Berry/

Larry Cashion def. Dan O'Brien/Sharn Davis (forfeit). Open Doubles — Tim Hansen/Mark Kazen def. Mike Phillips/Scott Nelson. 3rd — G. Morrell/G. Owen. C Doubles — Venice/Diamantass def. Milchalek/Sanders. 3rd — Cyrus/Green def. Horne/Horne. B Doubles — Scott Richbourg/Rob Kulp def. Scott Hirsch/Fred Stallworth. 3rd — Richard Aten/Link Nelson def. Woodington/Smith. Juniors — Carl Seppanen def. Mike Peyton. Don McNeil def. Mike Bender.

First WFL "Death Match" Sports & Courts Gainesville

Don Steele/Terry Burnson def. Neil "Buddy" Drake/Levi 21-3, 21-4.

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Florida Racquet

Journal

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STRANDEMO/HEAD

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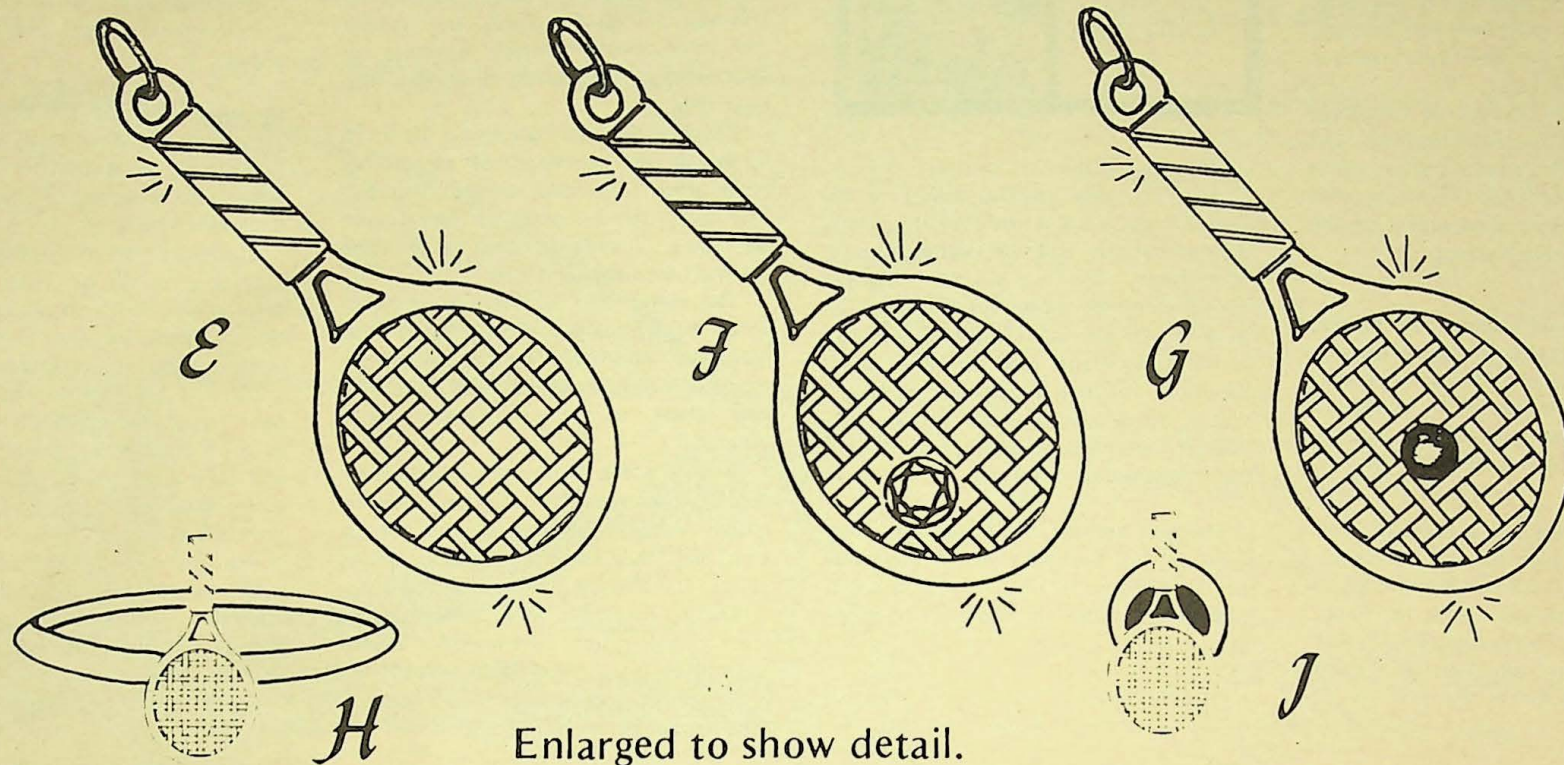
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Are you prepared before your match?

The pre-match warmup is an integral part of your game that often is taken for granted.

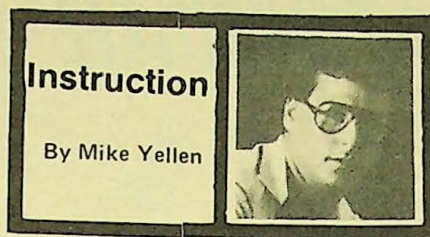
My philosophy is simply summed up by using stretching exercises to warm up, jumping rope for quickness and Star and Carioca drills to increase your reflexes and conditioning.

Now let's pretend, you've stretched, your heart is racing from exercises and you're ready to play a match. What's next on the agenda? Probably one of the most important, yet overlooked aspect of the sport: The Pre-Match Warmup.

Generally, most racquetball players figure the five to 10 minute pre-match warmup period is one for casual conversation with your opponent, a chance to really blast the ball around court, or basically, kill time before the bell rings.

The good players have a different idea.

When I walk onto a court before my match, I have a set plan on how I want to use my warmup period. I just don't aimlessly flail away. Depending on my opponent, I'll work on skills and shots that will benefit me in the minutes to come.



You should too.

How do I gear up both myself and my game? Easy, I break the time into easily divided periods. Say the warmup time is 10 minutes, I may use one minute of the 10 for different shots and angles I want to cover. Or, perhaps I'll use two minutes on five important areas. Either way, as the time for the match approaches, I slowly, but surely, get ready to play. My intensity increases, as does my concentration and speed of my shots.

The best method I've found is to start at the back of the court with ceiling balls, and basic ground strokes, move back and forth with pinches and passes, then finish up with serves.

I usually start at the ceiling to get a feel for the type ball and consistency of

the court. In five or 10 swings, my right arm is loose and I know what I can and cannot do.

I start with the forehand ceiling ball. Sometimes, when the ball comes off the backwall, I'll go for a kill. But usually you have another person warming up next to you, so you don't want to distract them.

After hitting the ball about 10 to 15 forehands and backhands off the ceiling, move along to ground strokes. After hitting about 10 forehands off the side and back wall, I'll slide over and do the same thing on the backhand side.

The secret here is just making good, solid contact with the ball. Watch your hand-eye movement. See the ball hit the racquet. You hit more of these shots than any others, so feel comfortable about moving on.

At this point, I move to just off center court and concentrate on pinches. Usually I start with a short drive off the front wall, then work the corners, starting about 18 inches up and moving down.

Don't overload your concentration level at this point. Just look for a spot and try to hit it. Work both sides of the court so you feel comfortable enough to pinch either corner.

Now that I'm pretty warmed up shot-wise, I move along to drives and passes, looking for spots on the wall I want to hit.

With about five minutes left before the match starts, I start practicing kills and serves.

Kills I take anywhere I can get them. By that I mean I'll drop the ball in various spots, simulating a game condition, then shoot for the bottom board. After two minutes of this, I move into the server's box.

Depending on my opponent, I'll start with lobs or z's or drives. Since I'm a drive server, I like to set up, concentrate on my footwork and form, then really work over the service line.

After I feel comfortable moving the ball around the court that way, I switch to my "off" serves, usually lobs and z's and take a couple of each just to make sure I have confidence in them when the time comes.

At this point, I've covered the court both mentally and physically. My game is starting to show through and all I need is a change of glove, perhaps, a towel off and I'm ready to play.

Hopefully, if you follow these hints, you will be, too.

Strandemo

(Continued from page 1)

evaluate how effective his swings and game strategies are. Taping also takes the emotion out for the player and allows me to be objective in analyzing his game. Last summer we started giving each participant their own video tape of their play at camp. This has been by far the biggest improvement in our program. It has improved the quality

of our instruction immensely and allows the participant to continually review at home the sound fundamentals that we worked on at camp.

How much experience do you have instructing racquetball players?

We started doing instructional camps in 1973 and have been doing them every year since. A lot of the

information we convey in a camp situation I had to learn via the trial and error method in my own training as a professional player. What we can do for players attending is to give them the guidance they need and hopefully shorten the learning process for them and get them headed down the proper road to good racquetball.

Could the camp enhance an instructor's ability to teach students?

Yes, I know that it will be tremendously informative. After going through the program, he will see the important areas of the game he needs to work on and will realize that many of his students have these same needs. He can then take a lot of this information home and set up his own program and will be well on his way.

Is there still room in the camp?

Yes, there are still openings available and we invite you to come and join us.

Winners

(Continued from page 2)

Marty Hoan Racquetball Tournament
Tyrone Racquetball Club
WRA Stop No. 1
St. Petersburg

Open - Sergio Gonzalez def. Tim Hansen.
3rd - Mark Morrison. A - Jim Roberts def. Cary Reese. 3rd - Rick Odell. B - Ken Kelly def. Jim Dundee. 3rd - Mac Jeffries. C - John Chelna def. Trent Tourabene. 3rd - Rick Smith. Novice - Glen Tutt def. Roger Skaggs. 3rd - John Dunn. 27+ - Randy Pfahler def. Steve Jones. 3rd - Steve Chapman. 35+ - Leo Marsocci def. Steve Chapman. 3rd - Ed Vlock.

45+ - Ed Vlock def. Mike Mojer. 3rd - Bill Roe. 14 and under - Mike Altman def. Rob Kulp. 3rd - Glen Roberts. Open Doubles - Joe Icaza/Sergio Gonzalez def. Tim Hansen/Mark Morrison. B Doubles - Don Gibson/Brian Walsh def. Carl Weinrich/Don Morrow. Open - Brenda Poe Barrett def. Diane Bullard. 3rd - Julie Ginsburg. A - Jan Curtis def. Therese Berry. 3rd - Connie Whitaker. B - Lisa Massarilli def. Linda Icaza. 3rd - Lindy Nadline. C - Karen Bouchard def. Gail Carson. 3rd - Kathy Brameyer. 27+ - Linda Derreck def. Judi Schmidt. 3rd - Therese Berry. Mixed Open - Joe Icaza/Brenda Poe Barrett def. Van Dubolsky/Diane Bullard.

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Passing Shots

(Continued from page 1)

the people at Racquet Power and the doctor (Jim Baldock) who got me squared away." Iott is in satisfactory condition and will be transferred to Walter Reed Army Hospital for further tests.

GRAND PRIX UPDATE — Don't fret, the wheels of justice are turning against Steve Ruedlinger, who allegedly absconded with the funds from the Grand Prix September 16-18 at The Racquet Ball in Orlando. "We haven't forgotten about him. We just want everything documented," a law official said last month.

Ruedlinger, by the way, played in a tournament in Valdosta, Ga., the weekend of the second Grand Prix.

"He won the A's and played doubles with me," said the Valdosta club manager. "He told people he was a geologist on

leave and his wife and kid had died in a car accident. A week later someone brought me a copy of the *Journal*. I couldn't believe it was him. He seemed like a real nice guy."

THINGS WE LIKE — 15 point games. Challenge courts for both men and women. Racquetball camps. Ektelon's new ball.

THINGS WE DISLIKE — Bickering between local clubs. The sale of lifetime memberships, which, by the way, is illegal in Florida.

POTPOURRI — Florida almost lost a pair of its top players. Miami's Bubba Gautier and Plantation's Mitch Campbell had a near wreck enroute from Miami to Jacksonville for a recent tournament. . . South Florida's Seymour Gladstone allows club pros to play at his place for nothing. "I let any pro play for free."

Can you imagine that some clubs refused to place our Steve Strandemo camp brochures on the counter? It's just a case of being narrow-minded. Any person who attends the camp will love the sport even more and, in turn, become the club's best salespeople. . . Of all the companies, Ektelon has the most to lose because there's no pro tour. They have the game's top players in Mike Yellen and Dave Peck, but no place to showcase them outside of clinics and exhibitions. Ouch.

MORE POTPOURRI — If you want to compete in the nationals this June in Houston, you have to enter the regionals April 12-15 at The Complex in Buford, Ga., near Atlanta. You can send in an entry without competing and you'll still qualify for the nationals. Eventually however, you'll have to be among the top eight in your division to compete in the

nationals. . . A true novice player is one who enters a tournament and forgets to check the division entered. . . A player sent us his entry to our last tournament via Postal Express Mail. Honest, he paid \$22 for the first event and \$10 to send it via the post office. . . Tim Hansen's new nickname is "Points." Tim, ranked second in the state, will travel to any AARA sanctioned tournament whether it offers money or trophies in order to accumulate AARA points. . . At a recent tourney a ref intentionally made bad calls against a woman who was playing because he felt she had called a bad match in a previous tournament. The woman eventually walked off the court and forfeited. What she should have done was go to tournament control and complain. . . Can you really tell the difference between a new ball and one that has been used for two games? Now, really.

AARA Notes

By Van Dubolsky
AARA Editor

The AARA State Singles Championship will be held at The Club in Orlando February 9-12. We will hold an AARA state meeting at the Club on Saturday, February 11 at 1 p.m. Everyone is invited.

The state rankings are now computerized and available to anyone needing the information for sanctioned tournament seedings.

The AARA state intercollegiate will be held at The Club March 9-11. Call (904) 378-5093 for details.

Last year students from 10 community colleges and universities participated in the first ever Penn Racquetball/AARA sanctioned Florida Intercollegiate team championship.

Rollins College captured the overall title largely as a result of a total team effort. The defending state champions' team include Sam Hocking, Scott Roth, John Eggert, Joe Shorin, Linda Mojer and Kori Rae.

Here's a list of last year's intercollegiate title holders:

Men's No. 1 singles — Tim Hansen (Santa Fe Community College-Gainesville)

Men's No. 2 singles — Bubba Gautier (Santa Fe Community College)

Men's No. 1 Doubles — Ted Hagan, John Dean (Florida State)

Women's No. 1 singles — Linda Mojer (Rollins)

Women's No. 2 singles — Kori Rae (Rollins)

Hansen and Gautier went on to the national intercollegiate in Memphis where they captured the National No. 1 Doubles title.

TEAM STANDINGS

Rollins College (33), Santa Fe Community College (28), Central Florida (22), Florida State (20), Florida (17), Florida Junior College (8), St. Pete. Jr. College (7), Tampa Tech (4), University of South Florida (2), Valencia CC (0).

This year's intercollegiate has been expanded to include three singles positions (instead of two) and one doubles team.

If you want to compete in the nationals this June, you have to play or send in your entry for the AARA Southeast Regionals April 12-15 at The Complex in Buford, Ga. near Atlanta.

THE RATINGS

Tournament Report Cards

	Tyrone RB	Suncoast—Clearwater
Balls	4.7	4.8
Facility	4.2	4.2
Towels & Locks	4.5	4.9
Hospitality	3.7	4.6
Tourn. Shirts	4.6	4.8
Trophies	4.3	3.9
Promises on	4.5	4.8
Entry Blanks		
Tourn. Directors	4.6	4.3
Scheduling	4.5	4.7
Sandbagging	4.0	3.2
Overall Rating	4.3	4.5

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Circulation Dept., P. O. Box 11657, Jacksonville, FL 32239 or call (904) 721-3660.

NEW RAFTERS ATHLETIC CLUB CASH AWARDS PRIZES TROPHIES

Miami's friendliest racquetball club will be hosting a UNIQUE cash racquetball tournament on March 30-April 1.

There will be a "SUPER OPEN" draw, in which the top six men's players in the state will compete in a round robin format. There will also be a separate Men's Open draw for cash awards. (The "Top 6" in the "SUPER OPEN" draw cannot compete in the separate Men's Open draw.)

Cash awards will be given to all Open divisions. If possible, prizes will be given in the Men's and Women's "A" and age divisions.

Entry blanks will be available in the March issue of the Florida Racquet Journal. For more tournament information call (305) 233-8603.

Ask for: Bubba Gautier or Terry Dezzutti.

Surprise
your Valentine Page 5

HOW TO BUY WITHOUT BORROWING EVEN WHEN YOU'RE STRAPPED FOR CASH.

If you operate a business or profession, large or small, you can now barter what you have for what you need. Barter Systems International, the \$200 million barter network, makes it easy.

If high interest rates are causing you to postpone important business buying decisions, here's the cash-free solution.

You can now barter your product, service, or professional time for what you need. And you can do it without the time and trouble of searching for a trading partner.

Barter Systems International does it for you. We have organized the "barter concept" into a network of 30,000 business and professional people, now trading over \$200 million worth of goods and services through seventy Barter Systems offices.

Who barterers?

Today, people in all walks of life are discovering the advantages of barter.

Clients of Barter Systems International range from individual retailers, doctors, lawyers, and small service businesses to Fortune 500 companies such as Allis-Chalmers, Continental Airlines, and Xerox Corporation.

In fact, fully 65 percent of manufacturers on the New York Stock Exchange now do some part of their business in barter.

Trades range from a few hundred dollars to millions.

Why do they barter?

Some use barter to conserve cash. Others to liquidate inventory. Many find it a way to broaden their customer base, tapping into Barter Systems' 30,000 accounts.

Professional people barter their unused time, factories their downtime. Some even use barter dollars to pay debts. And several major companies use barter to optimize production efficiency—allowing equipment to run "full out" and putting the overrun into a trading system.

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* XEROX® 2600 is a registered trademark of XEROX CORPORATION

What can you barter for?

Practically anything. As a client of Barter Systems International you receive barter dollars for what you trade. These barter dollars are usable to obtain any product or service in our multi-million dollar "barter bank." And we've placed it all on computer to match wants and needs.

A florist obtained a Xerox 2600* copier for 34 palm trees, 7 dieffenbachia, and 3 yucca trees.

A lawyer uses barter to get legal printing done.

A carpet retailer used barter to pay for the entire \$45,000 cost of opening a new store.

Many companies barter for office space, hotel rooms, and airline tickets.

Some parents have even bartered for their child's tuition.

You can literally clothe your family, buy your home, lease an office, and take an exotic vacation all with barter dollars.



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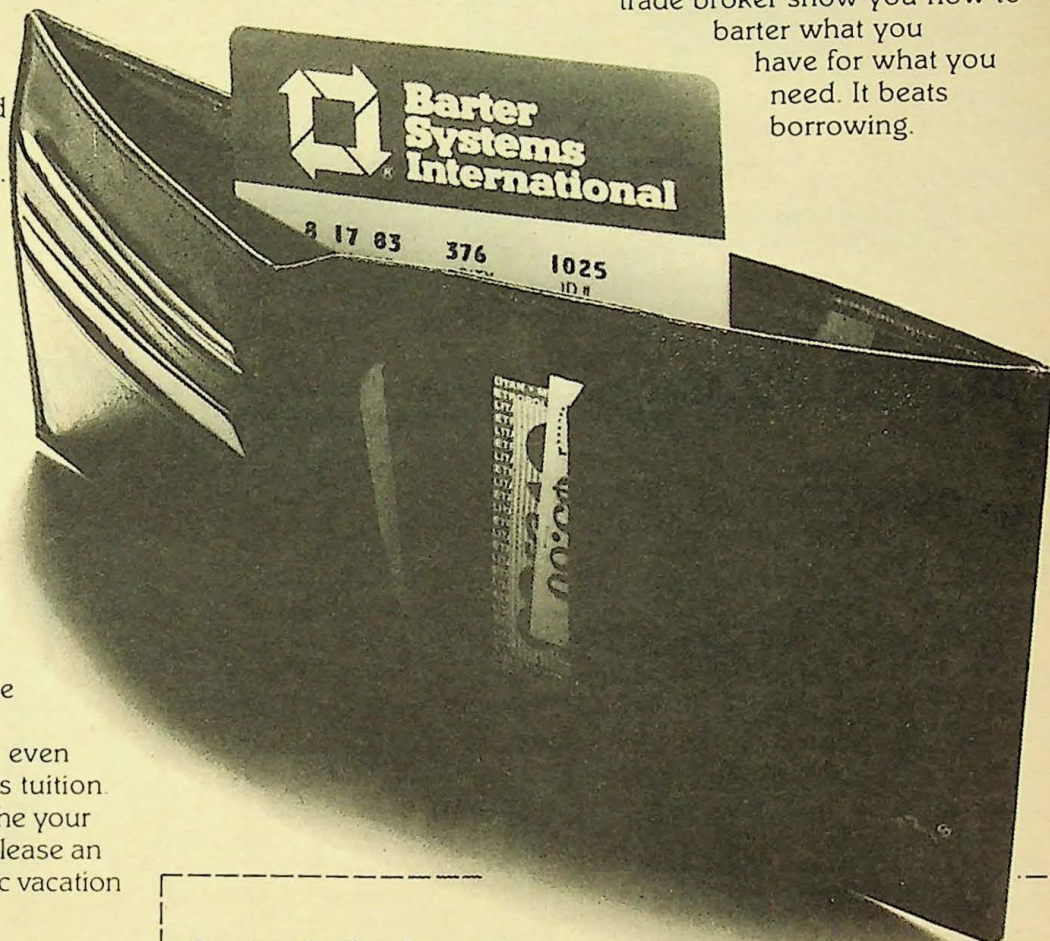
Clients pay a modest yearly retainer. This covers including them in the computerized network and making their product or service known to other clients.

When a trade is made, each trading party pays Barter Systems a commission of five to ten percent of the value of the trade. That's all there is to it.

How does the IRS view barter?

If you're looking to barter as a way to beat the tax man, forget it. The IRS views barter as a taxable transaction.

But, if you're looking for additional business from sources you don't ordinarily reach... and you want to conserve cash while procuring the things you want... let a Barter Systems trade broker show you how to barter what you have for what you need. It beats borrowing.



One hundred and one things businesses like yours have obtained without cash through Barter Systems International.*

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| <input type="checkbox"/> Advertising Services | <input type="checkbox"/> Convention Planning | <input type="checkbox"/> Meeting & Conference | <input type="checkbox"/> Stationery Supplies |
| <input type="checkbox"/> Advertising Space and Time | <input type="checkbox"/> Copiers and Service | <input type="checkbox"/> Facilities | <input type="checkbox"/> Stereo Systems |
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| <input type="checkbox"/> Audio Visual Productions | <input type="checkbox"/> Exterminators | <input type="checkbox"/> Prescription Glasses | <input type="checkbox"/> Vacation and Travel Packages |
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Barter Systems International The Cash Alternative

BARTER SYSTEMS OF JACKSONVILLE

6593-10 Powers Ave., Jacksonville, FL 32217 (904) 731-5440

75,000 gallons of water ruin courts

By Norm Blum
Publisher

JACKSONVILLE — Six racquetball courts were destroyed when a pipe burst during a recent freeze last Christmas at the Ortega Racquet Club here, causing more than \$30,000 in damages.

The club closed on Saturday, Christmas Eve, and when it re-opened Tuesday morning, an employee discovered the courts immersed in 22 inches of water.

The courts, located below ground

level, were warped and buckled. More than 75,000 gallons of water was pumped out during the cleanup process. The incident was not isolated. Broken pipes caused thousands of dollars in damages across the city.

The club was able to keep its Nautilus room and other areas of the club open, but the racquetball courts were ruined.

Ortega Racquet Club manager Toni Bonifili, who was out of town on vacation during the mishap, expects the racquetball courts to be fixed in four to

six weeks.

In the meantime, club members have been using three other racquetball facilities in Jacksonville.

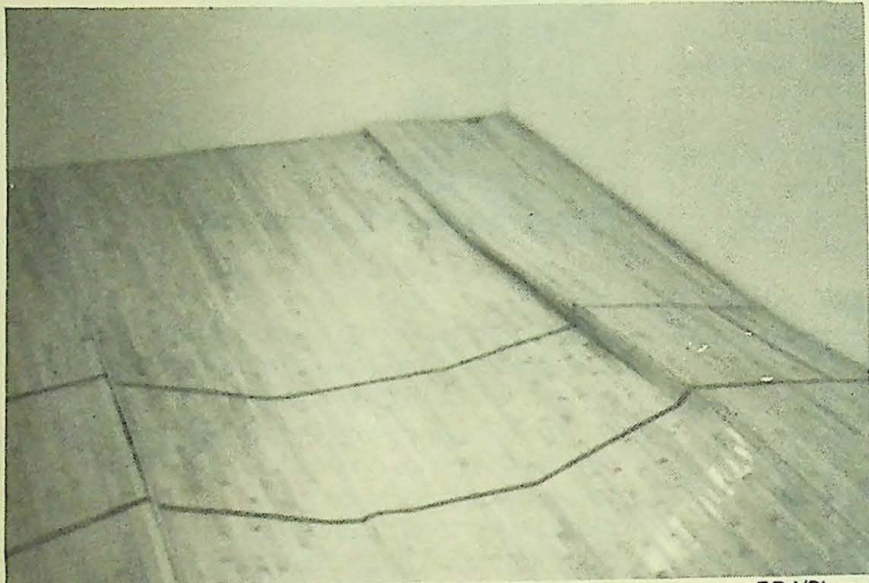
"We had a crisis and the other clubs have been very cooperative. They've been charging the rate they'd charge their members and have waived the guest fee," said Bonifili. "We've lost a few members who joined the other clubs, but I'm glad they came to our aid."

Bonifili says she's constantly asked by

members when the courts will be fixed, but added that most members are sympathetic to the club's plight.

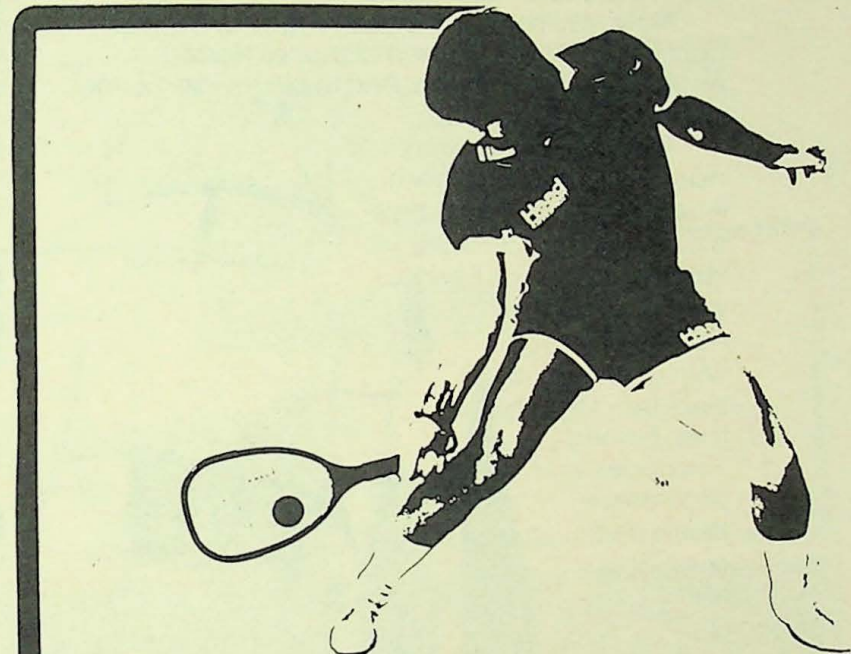
"It's an act of God. There isn't much we can do about frozen pipes," Bonifili said.

"I talked to one engineer and he suggested a sensory device that can tell if water gets on the floors so we can come down here before it becomes a disaster. We'd rather refinish floors than replace them."



The ball would take funny bounces on these courts.

FRJ/Photo



STRANDEMO'S

RACQUETBALL TIPS: by Steve Strandemo

Watching your opponent set up will greatly increase your readiness to cover his next shot. How he sets up and starts to swing will dictate if he is shooting or going to the ceiling. By not reading this information you will reach a plateau in your anticipation and your game will not improve.

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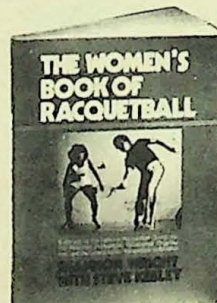
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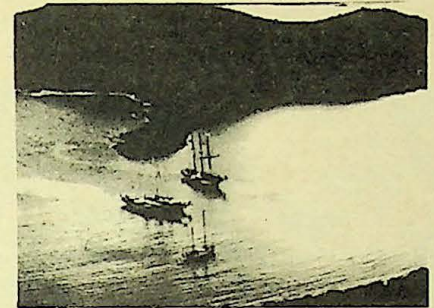
The tall ships. Sleek sailing vessels out of another age. Ships which were the prized personal yachts, schooners of the millionaires Onassis, Vanderbilt and the Duke of Westminster.

Now, you can sail them through the mystical Caribbean. To well-known islands as Nassau, Antigua and St. Maarten. And to places the 12 story oceanliners never touch.

To magic islands with names like Saba, Carriacou, Anegada. Bligh's breadfruit isle. Stevenson's Treasure Island. They are all here waiting to be discovered again. With unforgettable beaches, forgotten forts, hushed volcanoes, picturesque towns and our island friends.

Join us in your barefeet, bikinis, or shorts. Start off with your morning eye opening Bloody Mary or a hot steaming cup of coffee, and brace yourself for a day unlike any on earth. This is the sea.

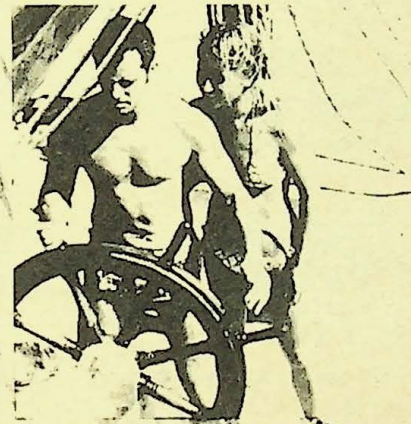
A special place of rainbows, iridescent sunsets, living reefs, rainbow fish and pink and white sand beaches.



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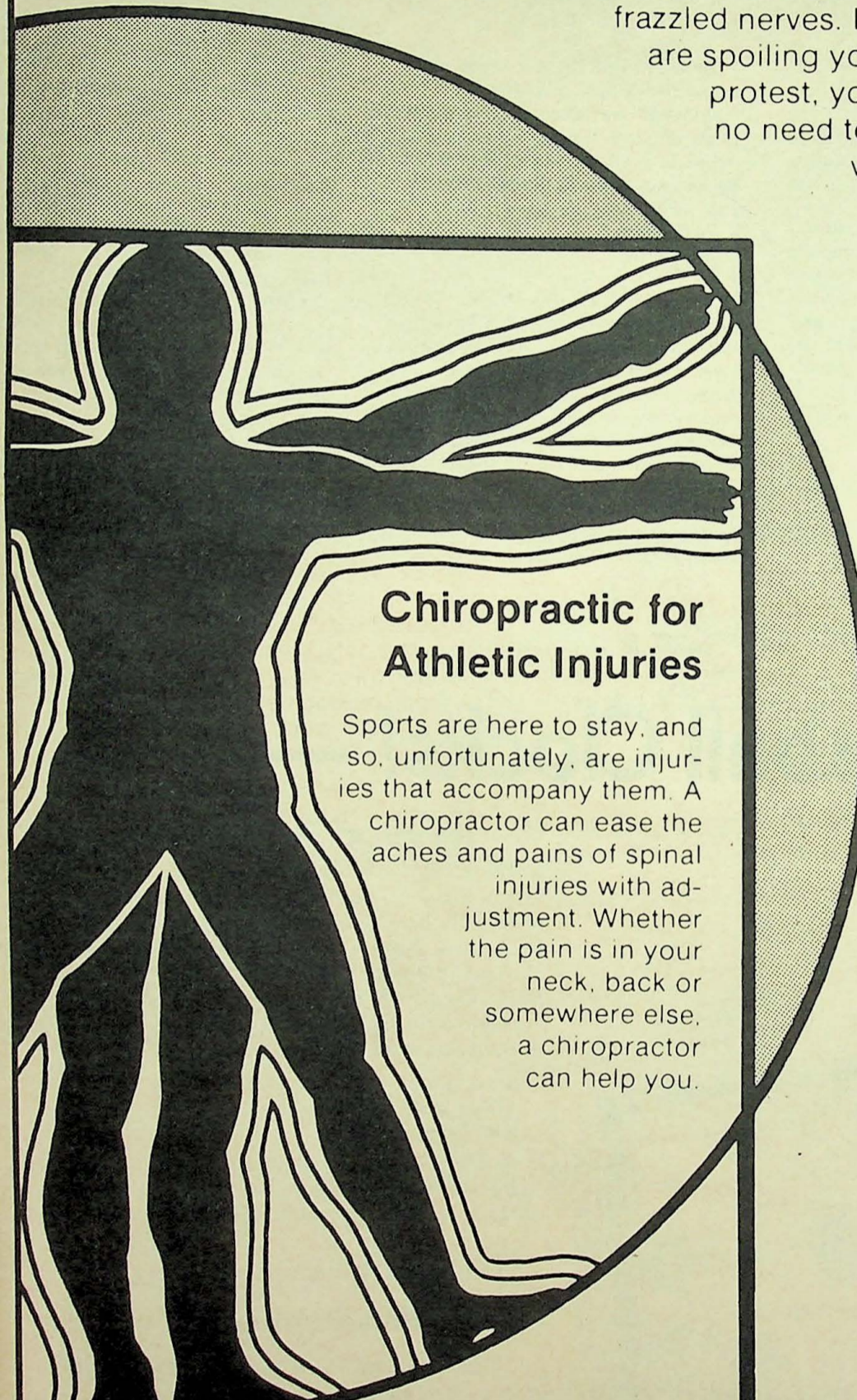
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Letters

(Editor's Note: Imperial Courts in Melbourne recently filed for reorganization under Chapter 11, as they are \$600,000 in debt. The owner suspended membership privileges to lifetime members and offered them a new membership program. They are being asked to pay a monthly fee. An initiation fee was waived. Many members are protesting the program. The Journal is investigating the incident. Read next month's issue for details).

Sir:

On Tuesday, 17 January 1984, at 7 p.m., 28 loyal, revenue-producing "Lifetime" Members arrived at the Imperial Courts Racquetball Club to gain admittance to and support (revenue wise) their club. In their possession were lifetime membership cards and lifetime contracts "entitling them to full rights and privileges pertaining to all facilities of Imperial Courts, including Nautilus equipment, and all future expansions of the facilities." These 28 people were representative of over 120 individuals and families who paid between \$400 to \$1,200 each for "Lifetime Memberships" just three years ago.

The Imperial Courts Operations Manager has stated to these members in correspondence that, "Recently Imperial Courts, Inc. has been forced into Chapter Eleven. This decision was in part predicated on the fact that some (Lifetime) Preferred members and Charter members

have not supported the Club." Surely initial payments for \$400 to \$1,200 and "pay as you go" court fees aren't token donations. They represent real revenue.

It is hoped the owners of Imperial Courts are reading this as they ponder the future of their organization. Are we really talking about generating revenues or simply ego gratification?

Richard Aten
Satellite Beach

Sir:

On January 16, 1984, the Lifetime and Charter Members of Imperial Courts suddenly found ourselves unrecognized (i.e. dead) by the management of Imperial Courts. In reflecting on this untimely demise, I decided to look up the meaning of LIFETIME. My Webster's dictionary defined it as "... the duration of the existence of a living being or thing." Based on that definition, I found it hard to believe that I had died, therefore, I have been moved to write a requiem to myself and the others who have perished with me.

REQUIEM OF AN IMPERIAL COURTS LIFETIME MEMBER

Here I stand,
Racquet in hand
For I cannot play
Because I'm dead. . .

I found it strange,
Could they be deranged?

For a pulse I feel
And the I.R.S.
Still thinks I'm real.

That I still exist
Is not a myth,
Imperial Courts, check it out,
Lifetime lasts until we die
And not just thereabout!!!!

Because I care about my fellow man, I would like to give a WARNING. . . All those who are considering purchasing "The Ultimate Fitness Experience", an Imperial V.I.P. Lifetime Membership: Do you know how fatal this could be to your wallet?!!!!

Pam Hughes
Melbourne

(Editor's Note: The November '83 Journal included a letter from Jim Carson who, along with his wife, women's pro Lynn Adams, challenged Joe Icaza and Sergio Gonzalez to a winner-take-all doubles match. The following month Florida's Tim Hansen reminded Jim that he and Bubba Gautier had beaten Icaza and Gonzalez in the nationals. Gonzalez responded through a letter to the Journal by challenging Hansen and Gautier to a money match. Here's Hansen's response:

Sir:
Thanks for printing my previous letter (Dec., '83). I'm glad to see that we have a

great editor who cares about players of his home state.

I would like to say a few words about Sergio's grudge letter (Jan., '84). Sergio: Bubba and I would never play you for money or any other prize. The sport of racquetball is for fun and enjoyment, not for betting. If you want to bet, go to Las Vegas. I understand the reason for your letter. It really burns you to lose to us. Winning is not everything; at least you tried. You have to learn not to be a sore loser; you win some, you lose some. That's the fun of this great sport.

Also, we know that all of us (Joe, Bubba, Sergio and myself) are good enough to beat all those teams out of Florida, because Florida is the best in all its divisions. But remember, Sergio, the National Doubles is our turf!!!

Maybe during the upcoming year, you and Joe could come to the "HANSEN-GAUTIER" Doubles Racquetball Camp. We will teach you and your partner how to perform well at a national level. Next year's nationals will be an all-Florida finals and maybe you and Joe could do better and beat your old time; maybe 50 minutes instead of 38 minutes. Look for the camp dates in the Florida Racquet Journal. You won't be sorry.

Thank you, Norm, for your great work. Keep it up.
Tim Hansen
Palm Beach

(Please turn to page 15)

Racquetball Clocks!

The perfect gift for the Holidays!

These clocks are a must for any racquetballer's office, den or bedroom. A unique novelty item, reasonably priced, for the racquetball fanatic. Choose from two battery-operated Heritage International Movement Quartz Solid Wood Frame Models. Or pick from two quartz, battery-operated clocks on racquets available with or without a ball. Ninety-day limited warranty on each clock.

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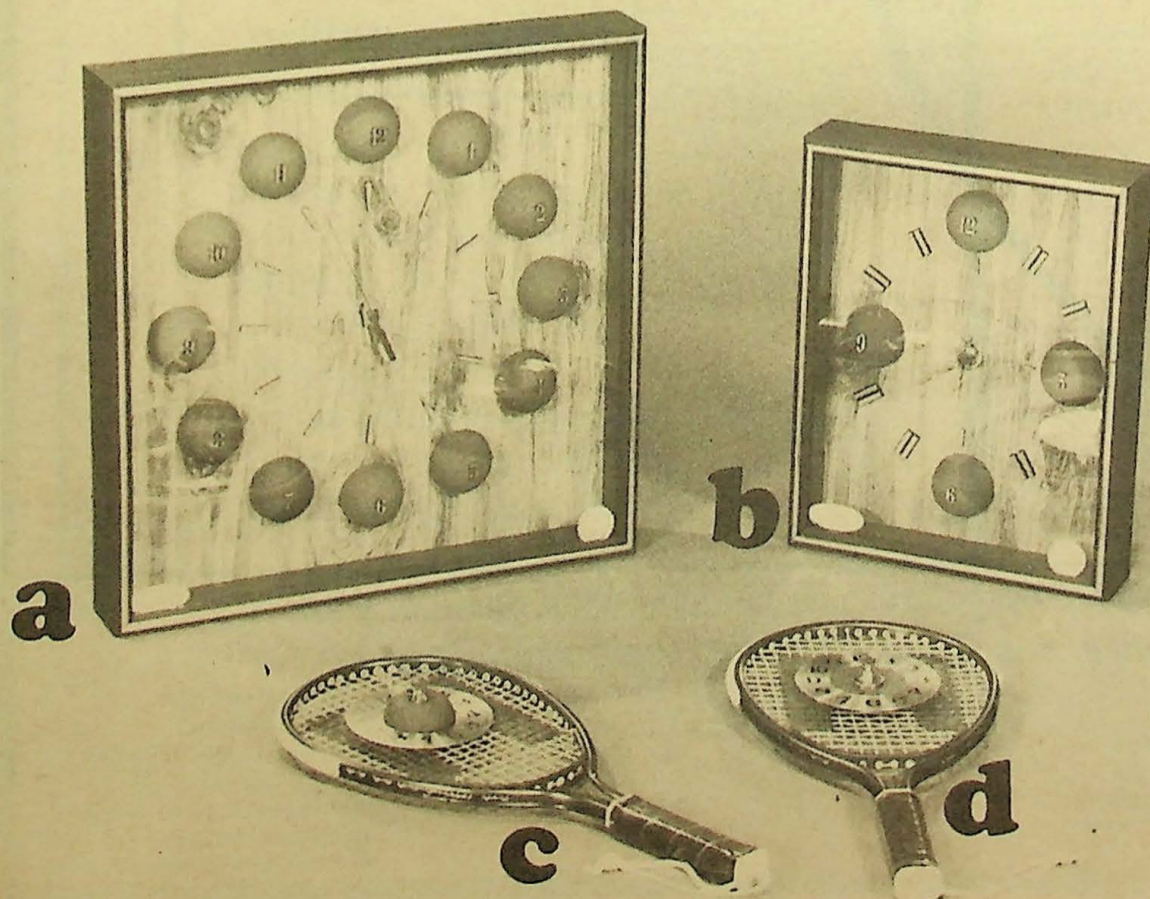
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The

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For \$22 (1st event)

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Reduced hotel rates

Plenty of beer

Matches that will run on time

Limited to 225 entrants

Look for the application at your club

To receive an application write P.O. Box 11657 Jacksonville, FL 32239 (904) 721-3660

Marathon veteran raises money for charity

Special to the Journal

ORMOND BEACH — Forget that he sprained his ankle. Forget that he hadn't worked out in two weeks. Despite those factors, Mike Phillips, general manager of Omega 40, completed a 24-hour racquetball/handball marathon last December and raised more than \$500 for the Florida Lung Association.

Phillips teamed with Bob "Merc" Morris and played 20 hours of racquetball and four hours of handball, winning 12 games and losing 12. Each team they competed against paid an entry fee to the association.

It was the third straight year Phillips competed in a marathon, but this year he struggled.

"I sprained my ankle three days before and it had to be taped. It really swelled up. I didn't play real hard until 6 a.m.

"We gave out plaques to each of the teams that beat us. This one team beat us and one wise guy started mouthing off saying he'd have signed up for three or four matches if he had known it would be that easy. By 6 a.m. we had a pretty good crowd so I asked him if he wanted to play for \$100. My partner, Merc, isn't a real strong racquetball player, so I told him to let me take over and we smoked them. We added another \$100 to the charity and the audience loved it."

Phillips said other clubs should attempt a 24-hour marathon and pointed to the media benefits.

"We don't get any better media coverage all year round. You can't match the exposure. We had about 30 articles written about the marathons. All I had to do was find someone to suffer along with me. It gets tough around 3 or 4 in the morning because you are off your sleep cycle. I'll be doing it again next year."



A tired Mike Phillips makes it through another marathon.

FRJ/Photo

Letters

(Continued from page 12)

Sir:

I would like to congratulate you and your staff for having an excellent tournament January 20-22. The Harbour Pines Racquet Club in Melbourne was an ideal choice (central location and a top notch facility). I thought Fred White did a great job of keeping the matches running right on time, just as was promised. Also the hospitality was very good.

However there was one little thing that bothered me about the tournament. The constant misspelling of my name. I went from McConogugal in the first round to McConalley in the second round, and then I was McConnellay in the third round. Heck, if I hadn't lost in the quarterfinals no telling who I would have been by the end of the tournament!

I think it's fair to ask that your real

name be used by tournament officials so you don't lose track of where you are in the tournament.

Steve McConnaughay
Lake Worth

(Editor's Note: McConnaughay, McConnaughay, McConnaughay. There, we finally got it right!)

Sir:

The directors of the recent WRA stop in St. Petersburg practiced what has become a recent trend in Florida racquetball. This trend is the inconsistent sanctioning of divisions in a tournament to allow professional players to compete. The consequences of this are felt by all players in the tournament at all levels of play.

The women's open division at the Tyrone Racquetball Club recently is a perfect example. The finals match between Diane Bullard and Brenda Poe-Barrett were very exciting to watch; it's not often this opportunity arises. However, many people feel that the small draw in this division (under 10 people) is a direct result of the professional players being allowed to compete.

In addition, the other women's divisions were affected. Some players who would normally play in the open division are allowed to move down to the A's. Knowing that this will occur, some A players move down to the B's. This continues all the way down to the novice division. In St. Petersburg, the sandbagging committee attempted to solve this problem. However, it is impossible for a committee to know every player, thus

there will always be some sandbagging. The pros in the open division only encourage this problem.

It seems just recently that racquetball in Florida was organized in such a way that 100 percent of the tournaments were sanctioned by the AARA. This recent trend is a step in the opposite direction. I commend the professional players in Florida and by no means direct this letter towards them. However, a professional tournament is for pros and an amateur tournament should be just for amateurs.

Lori L. Basch
Orlando

SIGN UP FOR THE
STRANDEMO CAMP TODAY

Horoscope

ARIES (March 21-April 20): There's a danger of playing too much racquetball and becoming exhausted. You'll be happier if you play moderately.

TAURUS (April 20-May 20): Promote your business or professional affairs with your customary wisdom. That means don't humiliate a client on the racquetball court.

GEMINI (May 21-June 20): You can get upset with bad calls too easily. You're not much fun when this happens. Make a change.

CANCER (June 21-July 22): Business comes before pleasure during working hours. Avoid the temptation of sneaking away to the club.

LEO (July 23-Aug. 22): Keep out of the way of aggressive people on the court. This way you'll avoid a needless injury. Your poise will come in handy.

VIRGO (Aug. 23-Sept. 22): Shake yourself loose from the feeling of de-

pression that may hold you in its grip. A win or two will make you feel like a million dollars.

LIBRA (Sept. 23-Oct. 22): Racquetball will provide recreation for you more this month than usual. You are keeping pace with your New Year's resolution. Keep it up.

SAGITTARIUS (Nov. 23-Dec. 21): You have a desire to be outdoors, which is just fine. Just be sure to play at least three times a week.

CAPRICORN (Dec. 22-Jan. 19): Expand your abilities on the court. Try some different shots and add some variety to your game.

AQUARIUS (Jan. 20-Feb. 18): Business ventures have diminished your game. Soon you'll have the time to get your game back to respectability.

PISCES (Feb. 19-March 20): Career interests are heightened. It's important to stay in shape and release your frustrations on the court.

Calendar

February 9-12 — The Club — Orlando (AARA State Singles Championship)

Feb. 16-19 — Steve Strandemo Instructional camp. Holiday Courtrooms — Fort Lauderdale

Feb. 23-26 — Steve Strandemo Instructional camp — Holiday Courtrooms

Feb. 24-26 — The Olympiad — Fort Myers (NOT SANCTIONED BY THE AARA)

March 2-4 — Sabal Chase — Miami

March 9-11 — The Club (Intercollegiate)

March 23-25 — The Place (formerly JRC) Jacksonville.

March 23-25 — The Quadrangle — Coral Springs.

March 30-April 1 — Harbour Pines Racquet Club — Melbourne

April 6-8 — Ektelon — Holiday Courtrooms (NOT SANCTIONED BY THE AARA)

April 6-8 — National Intercollegiate — Memphis, Tenn.

April 6-8 — Capitol Fitness Center — Tallahassee (NOT SANCTIONED BY THE AARA)

April 12-15 — AARA SE Regionals — Buford, Ga.

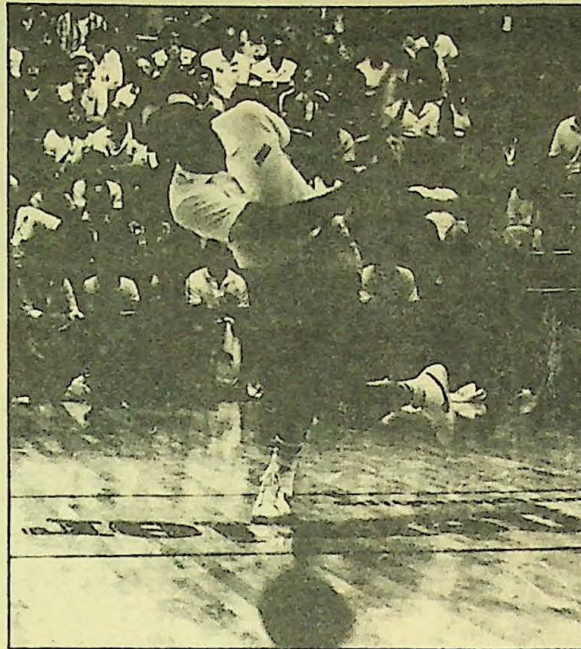
April 27-29 — Tyrone RB — St. Pete
May 4-6 — Junior Regionals — Wilson, North Carolina

May 24-26 — National Singles — Houston, Texas

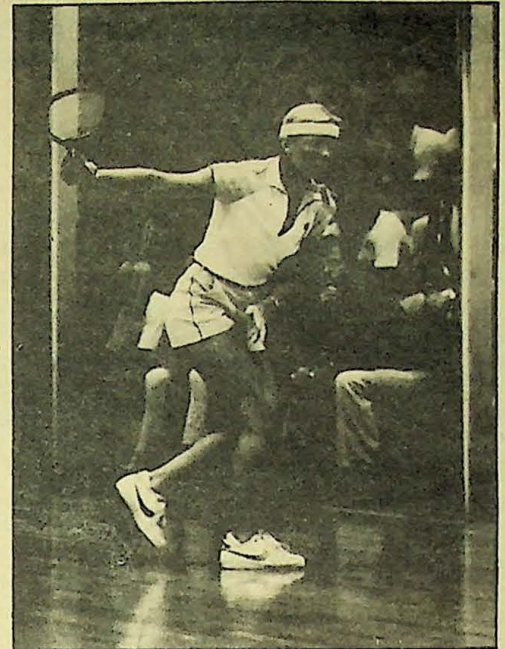
(All events AARA sanctioned unless otherwise noted.)



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