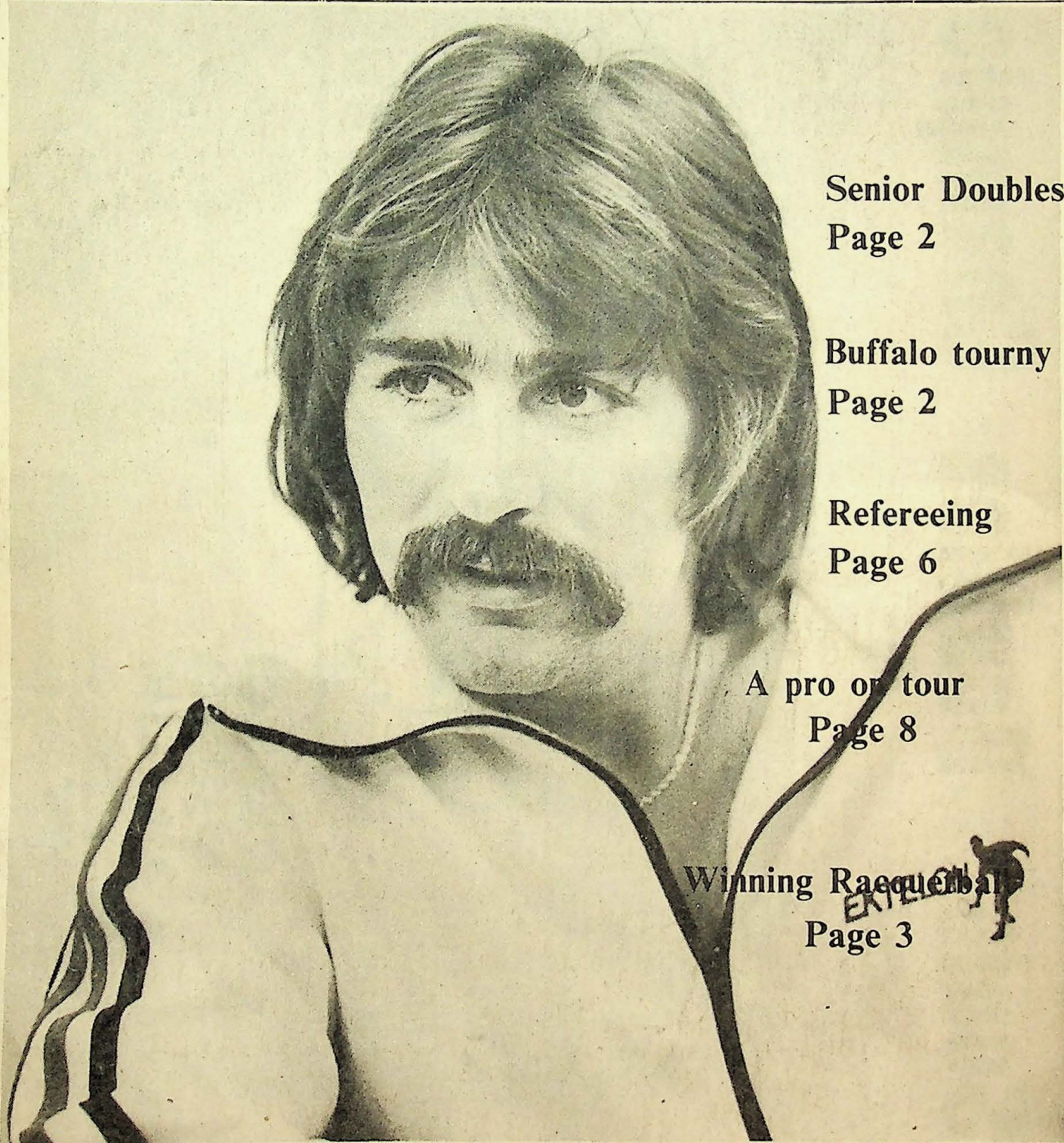


RACQUETBALL HANDBALL NEWS

Vol 1 No. 3

April, 1976

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Senior Doubles Championship

The senior invitational doubles championship was held March 19, 20, 21 at Santana Courts, the beautiful new 10-court complex in Santa Ana, California.

The team of Dr. Bud Muehleisen, San Diego, California, and Myron Roderick, Stillwater, Oklahoma, once again proved too much for a very formative field as they successfully defended their title. The tournament was played on the very popular round-robin basis, and the winners emerged with a perfect 7-

0 won-lost. Three teams tied with records with 5-0, but on the basis

of total points scored, the awards for second place went to Al Rossi and Mark Wayne from San Francisco, third place to Dr. Charles Hanna, San Diego, California and Jim Austin from Dallas, Texas. Fourth place went to the San Diego team of John Halverson and Jim Trent. It is interesting to note that only after the 8 matches had been played, only a total of 19 accumulated points separated those three teams. Fifth place went to the team of Buddy Meeker of San Diego, California and Keith Luhnow, El Cajon, California. This was their first try at the Senior Open Doubles title, and

although they got off to a slow start in the early rounds, they finished very strong and will certainly be a team to be reckoned with in the future. Sixth place in the standings went to the team of Jeff Mullins of Santa Cruz, California and Bob Petersen of Boise, Idaho. Seventh place went

to the team of Pat Colombo of Scarsdale, New York and Ron Botchan from Granada Hills, California. Eighth place went to the team of Tom Carlyon and Bob McInerney both from San Diego. And ninth place went to the team of Bruce Russell, San Diego and

Ron Starkman from Costa Mesa, California.

The spectators in attendance were treated to some of the finest doubles play ever put on in any tournament. Not only has the caliber of play increased, but the

sportsmanship exemplified by the participants was of the highest mention.

For those of you who would aspire to be invited to this same tournament next year, you would

only have to talk to any of the participants to see that this is

probably one of the most fun tournaments that you can compete in during the year. The camaraderie, sportsmanship and which is so prevalent at one of these tournaments is second to none.

It would be unfair not to mention the banquet dinner held one of the nights at which Dr. Charles Hanna M.C.'d and Tom Carlyon aided with his guitar. Should you even now see a smile on any face of those in attendance, it is probably because they are still recalling events of that evening.

S.D. Handball Doubles

by Dave Diehl

The 1976 San Diego County Open Handball Doubles Championship Tournament was held at the Downtown YMCA March 12, 13, 14 and 19. Finals were held on March 20.

Out of 16 teams entered in the Open division, the father-son team of Tom and Mark Penick faced the team of Dick Shaw and Dan Bender in the finale. The elder, Tom, was a former open handball Champ. Shaw and Bender proved too powerful, however, as they came on strong in the final game to win the match in three games 21-17, 10-21 and 21-4.

In the B class, Walt Romanowski and Jon Minich went three games also to overcome Ted Sieto and Don Phillips 10-21, 21-11 and 21-16. There were also 16 entries in this class.

A tough battle emerged in the C class between the 12 teams entered. Steve Metzger and Bob Chisum came out on top as they edged out Roger Gredvig and Jim Gleason 10-21, 21-11 and 21-16.

Glen Vaughan, Director for Physical Education at the YMCA commented, "It was a well run tournament, although we really didn't have very many players as we usually do." Vaughan said that there were not enough entries to run a Masters class.

Chamberlin Grabs Lefty Coyle Open

The Third Annual Lefty Coyle Open was held at the San Diego Rowing Club over the Easter Holidays and once again proved itself one of the finest and popular handball tournaments of the year. Hotly contested matches were played in every division and with the tournament limited to 16 "open," 16 "Masters," 16 "B's" and 16 "C's" playing for \$125.00 1st place money in the "Open" and \$100.00 in each of the other divisions as well as a beautiful "Lancaster" designed trophy for the runnerups. Each match was played like a championship match.

The "Open" title went to Dan Chamberlin over a strong and impressive Ron Moonmeister. Moonmeister's powerful low wall hugging serves were the talk of the tournament as he seemed to own the Rowing Club courts but Chamberlin came up with a few serves of his own and won going away in two 21-12, 21-16. This

ORANGE COUNTY CLASSIC

Novice Division
John Shaw of Long Beach over Dan Almazon of Westminster 21-19, 21-18. Tom Smith of Costa Mesa third.

Class C
Gary Berberet of La Mirada defeated Inars Agrums of L Mirada 21-7, 20-21, 21-19.

Masters Division (over 45)
Lee Griffin of Newport Beach over Bill Carroll of Fountain Valley (forfeit)

Senior Division
Wally Burgess of Newport Beach defeated Bob Wetzell of O. Coast College 5-21, 21-20 and 21-13.

Class B
Bob Wetzell of Orange Coast College defeated Bob Bilbe of Long Beach 21-12 and 21-11.

Class A
Toni Marti of the Orange County Athletic Club defeated R. O. Carson of the same club 18-21, 21-6 and 21-19.

was the only division championship won by a San Diego player as the invasion from the North really came on strong.

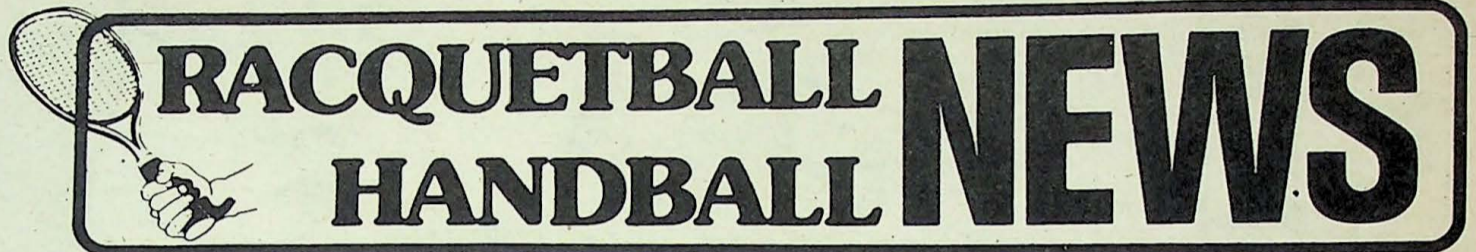
Master's division was a battle of two wily veterans, California State Champion Harry Packer over Fireman Tom Tohrback - scores were 21-19, 21-19.

Rohrback semi-final match with Lou Morales was a real classic, around two and a half hours of pure torture. Packer met San Diegan Nacho Bracamontes in his semi-final and as usual the Brock gave it all he had as well as giving away about 14 years.

Class B - Long Beach's Conlisk over San Diego's Dale Burke

Class C - Long Beach's Vestermark over San Diego's Don Phillips

Ace handballs furnished for every game, referee's every game, seeds of good food, plenty of cold wet beer and super hospitality furnished by Manager George Stephenson.



Winners in the senior invitational doubles held March 19-21 in Orange County, Ca. L to R Al Ross, Bud Muehleisen, Myron Rodenick, & Mark Wayne.

Richie Wagner S.D. Defeats Schmidtke in Buffalo Pro-Am

Richie Wagner from the University of San Diego defeated veteran Bill Schmidtke of Minneapolis in the recent Pro-Am Tourney at Buffalo, N.Y. The San Diego youngster came from behind in a thrilling victory with scores of 20-21, 21-12, and 11-8 in the tiebreaker.

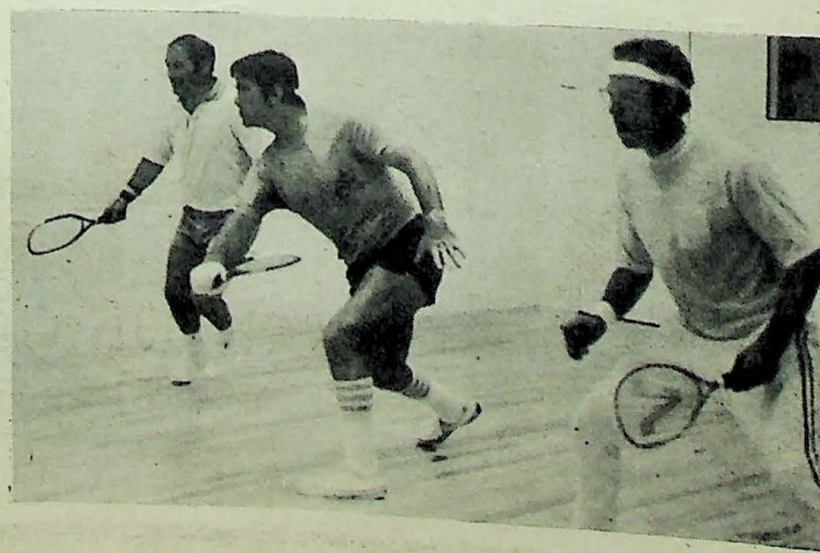
Although the finals produced the expected excitement for the Buffalo fans, Wagner's victory in the semifinals over Marty Hogan of St. Louis ranked even better. Sides switched repeatedly without any points scored in a match that ended with scores of 21-8, 18-21,

and 11-10, and, of course, with Wagner heading for the finals. In the other semifinal match, Schmidtke defeated Jerry Hilecher of St. Louis 21-14, and 21-21. Hilecher earned his match with the Minneapolisian by upsetting number-one ranked Charlie Brumfield of San Diego in a comeback victory, 12-21, 21-9, and 11-8.

In other quarterfinal matches, Wagner defeated Steve Keeley, San Diego, 21-9 and 21-13; Hogan downed Steve Strandemo, San Diego, 21-14 and 21-13; and Schmidtke won over Dave Bled-

soe, Memphis, 16-21, 21-20, and 11-10, in another thriller. In the Pro-Women's Division, Peggy Steding, Odessa, Texas, repeated her winning ways by defeating Sue Carow, Glenview, Illinois, 21-16 and 21-18.

In the Men's Amateur Division, Charlie Garfinkel, Buffalo, N.Y., took the championship by downing Mike Romano of Fitchburg, Mass. Garfinkel also walked away with the Men's Senior Division title by defeating host-pro and manager of tourney site Four Wall Courts, Chuck Wurzur, in an all-Buffalo finale.



Rodevick, Botchan & Muehleisen during action in the Senior Doubles at Santana Courts (story above.)

Winning Racquetball



By Bud Muehleisen

Possibly the most important shot in racquetball is the return of serve. The overall ability of most players can be measured in direct proportion to their ability to handle the return of serve. While there is probably no other shot which is hot more, there is also probably no other shot which is discussed less or has had as little written about it.

No other shot requires as much mental preparation, places such a high premium on instant computing, or requires such total concentration.

Let us first look at some of the things that are required to complete total mental preparation before getting into position to receive serve. You should be thinking about the score, what returns have worked or failed in the past, and you should have

regained your composure from the preceding rally. All of these points should be concluded before getting into position to receive the next serve. Positive thinking must enter and dominate your thoughts at this time.

Consider the shot alternatives for returns from either the forehand or backhand. These should include 'kills', drives, lobs, ceiling shots, drop shots, passing shots, "Z" drives and around-the-walls shots. You should be going over your repertoire of serve return alternatives that you know will work for you.

Once you have thought out your best return percentage alternatives, you should turn your concentration to the served ball. Do not determine what return you will use before the serve is hit. (This would be like a baseball hitter who makes up his mind to swing at the next ball before it is pitched). Force the served ball itself to dictate your final selection of a return. Once your selection has been made stick with it.

In singles, as you assume the 'ready position' for the return of serve, you should be facing the front wall. The feet should be parallel and you should be gripping the racquet properly at waist level with the opposite hand lightly supporting the racquet. The actual position you take is about six feet in front of the backwall in about the center of the court. From this position it will be easy for you to move to any spot where the ball might be served. You should move to the proper position to hit the ball before the serve ever reaches you. As you proceed to the spot where the ball is being served, and as you complete the return of serve, you should have carried out the basic stroke fundamentals.

Bear in mind that the first intent of the return of serve should be to regain center-court position. Very seldom should you try a 'kill' shot on the return of serve. This depends, of course, on the situation at the time and the served ball itself. Remember, the percentages are against trying a 'kill' shot on the return of serve.

In all shots hit from the backcourt, allow the momentum from the follow-through position, depending on the success of your return.

Also remember to vary the speed of your returns. If you note a particular return of serve is giving you trouble, make the necessary adjustment in order to turn things around in your favor. Utilizing the soft lob and ceiling shot for the return of serve will usually pay great dividends.

Whenever you are able to anticipate a serve and get a jump on the ball, you should quickly move forward to cut off the serve. This will also give you forward momentum and carry you toward center-court position. Often, this "cutoff" move will startle the server and place him at a disadvantage.

New Courts LETTERS

Garden Grove Athletic Club, 9562 Garden Grove, Ca.; now under construction, hopes to open around the first part of March.

Rossmoon Racquetball and Handball, 12235 Seal Beach Blvd., Seal Beach, Ca. just opened a month ago. They don't plan any tournaments until June.

North County Racquetball, Escondido, Ca. will open the first of March.

Opening the first week in June 1976 are the new racquetball-handball facilities in Fallbrook, California, named the **FALLBROOK ATHLETIC CLUB**.

Built by Dr. Fred Jackson and Jim Chaffin, the 3 court facility will offer the latest in physical strengthening testing and strength programs, Nautilus arm, leg, torso and neck machines, upper and lower body and torso ergometric testing, stress EKG testing and medical strengthening programs for the serious athlete and for those who wish to keep medically fit.

Dr. Jackson is a neurosurgeon in northern San Diego county with ancillary interests in racquetball and strengthening and conditioning programs.

Racquetball-Handball News Editor:

Congratulations on your newsletter. It will surely meet a need here in San Diego.

I am dismayed about one aspect of the tremendous growth of racquetball over the past few years—the exorbitant increase in cost to play racquetball at most clubs in San Diego.

When I came here two years ago, after having played at YMCAs and community centers, I joined Mel Gorham's in Ocean-side as it had the only courts available in the North Coast. The cost at the time was \$1.50 per hour or \$15 a month membership. In July, I moved down to San Diego and was amazed at the great increase in court fees. I have since joined the Jewish Community Center, which along with the YMCAs must be the best racquetball bargain in the country. Of course, there are a lot of dedicated "racquetballers" playing at San Diego State and the junior colleges because they can't afford any charge to play.

I realize construction costs probably increased recently, but couldn't courts be built without all those amenities such as a TV lounge, jacuzzies, and game rooms which should then bring down the cost of memberships?

Racquetball would grow at an even greater pace if court fees were lowered. If not, it will become an elitist sport serving primarily those of substantial incomes able to afford to play.

Sincerely,
Robert A. Simmons

Dear Editor:

Please put my name on your mailing list to receive the Racquetball Handball News. I especially enjoyed reading "The Benefits of Racquetball" column by Bud Muehleisen. I have been playing racquetball for six months and among the benefits I experienced are a decreased blood pressure reading, and generally, a better physical condition.

Very cordially yours,
Jim Neal, D.P.A.
City Manager
Fountain Valley, Ca.

\$25 For the best article of the month. Send any type of story concerning Racquetball or Handball to Racquetball News. Bud Muehleisen & Don Bialk will select the best one for the \$25 prize. All entries become the property of Racquetball News and may be used in future issues.

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Jan Jones wins again

Jay Jones continued his winning ways this month as he captured the Open Singles Championship at the Annual Spring Classic held at the Atlas Health Club located in beautiful Mission Valley. Jones went three games before defeating R. Ehren 21-3, 10-21 and 11-7 in the tourney that was held March 26, 27 and 28.

It was the second big win in as many months for Jones, who won the Open Singles Class at Mel Gorham's Sports Center in Oceanside, California last month.

In other Spring Classic Men's Singles action, in B class: Weightman df. Novotny, 12-21, 11-10. C class: Kobernick df. Boynton, 16-21, 21-13, 11-4. Novice: M. Nizic df. B. Petrich, 21-15, 21-20. Juniors: B. Bowlin df. S. Davidson 21-20 17-21, 11-7. Masters: J. Halverson df. E. Castle, 21-0, 21-6. Seniors: B. Muehleisen df. J. Trent, 21-12, 21-5.

Women's Singles

Open: P. Berneathy df. B. Weed, 21-15, 21-12. C class: K. Seavells df. E. Thorton, 12-21, 21-11, 11-6. Novice: K. Radford df. S. Ledbetter, 21-11, 16-21, 11-6. Juniors: G. Villa df. K. Wickham, 21-6, 21-12.

Men's Doubles

Open: Fortune-Ehren df. Lusk-pool, 21-16, 21-11. C class: Goodwin-Panos df. Thomas-Bowlin, 19-21, 21-8, 21-13. B class: Meyers-Meyers df. Radford-Scheinbaum. Seniors: McInerney-Hanna df. Trent-Russell, 21-14, 21-7. Masters: Muehleisen-Halverson df. Botchen-Gibson, 21-9, 21-8.



Donald Demars

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It's like Popcorn without the Salt!

IN TODAY'S HIGHLY COMPETITIVE RACQUETBALL MARKETPLACE SUCCESS CAN OFTEN BE MEASURED BY HOW WELL THE INTERIOR PERSONALITY OF THE CLUB HAS FALLEN TOGETHER.

Why is it that certain clubs seem to have a pizzazz to them, while others seem to exude a "case of the blahs"? One aspect of the answer is found in a secret, long known by the better artists, decorators and designers, simply...that color has the ability to elicit an emotional response, a mood and an image. The best designers cater to that response and plan for it. Color has a powerful psychological impact on all of us without our ever knowing it. And yet with all that we know about color psychology, clubs are continuing to be built without proper planning in this regard.

A club, for example, is developed at a cost of \$300,000.00 To plan the space, an architect is called upon. He is an expert in this regard. His talent, training and exposure in terms of what will work, what is appropriate, what is legal and what forms must follow function are generally accepted without question. This is his profession, and he is the best at it. The same thing is true of the contractor selected to build the project. Although his bid is crucial in landing the job, his construction record and experience, his tenacity in getting the job done and his ability to do a good job within budget are all important.

But here is where the ball is usually dropped. There has been no budget established for the interior. Therefore, the owner's mother's cousin's neighbor, who is a "part-time" decorator, is called upon to do the job. The club opens and something is missing; there is no excitement! It's like popcorn without the salt! The job is not bad, and you can't put your finger on it, but something doesn't work. Of course not! Without the training, exposure and nurtured talent, one cannot expect an amateur to have the same success as a professional.

Professionalism to interior design is crucial. It is in this area that you will have your greatest marketing success. The environment will "feel so good" that word of mouth alone will pay the designer's fee. A good designer does not have to be expensive. If he is "worth his salt," he'll work with you every step of the way toward developing a budget that you can live with on every level.

So remember, you can go to the best store in town to buy popcorn and you can buy the best brand of popcorn available, but if you forget to add the salt, "you won't be able to give it away"!

Donald DeMars heads the creative interior design staff of DONALD DEMARS ASSOCIATES, who seem to be taking a lead role in developing new and interesting environments for racquetball clubs. SUPERGRAPHICS is a division of the company that has created sensational wall graphics. The work at Atlas Health Club in San Diego is but one of Don's many credits.

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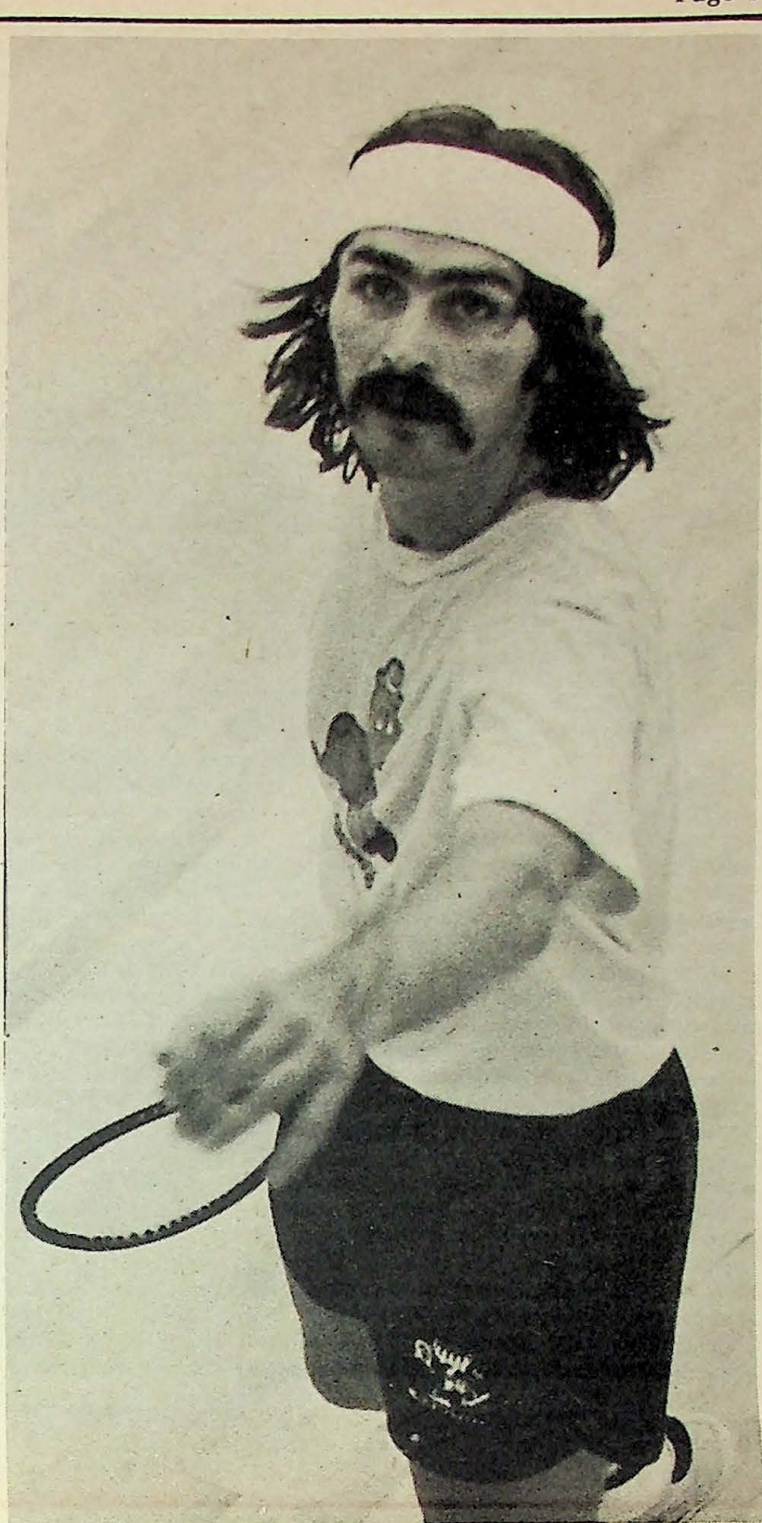
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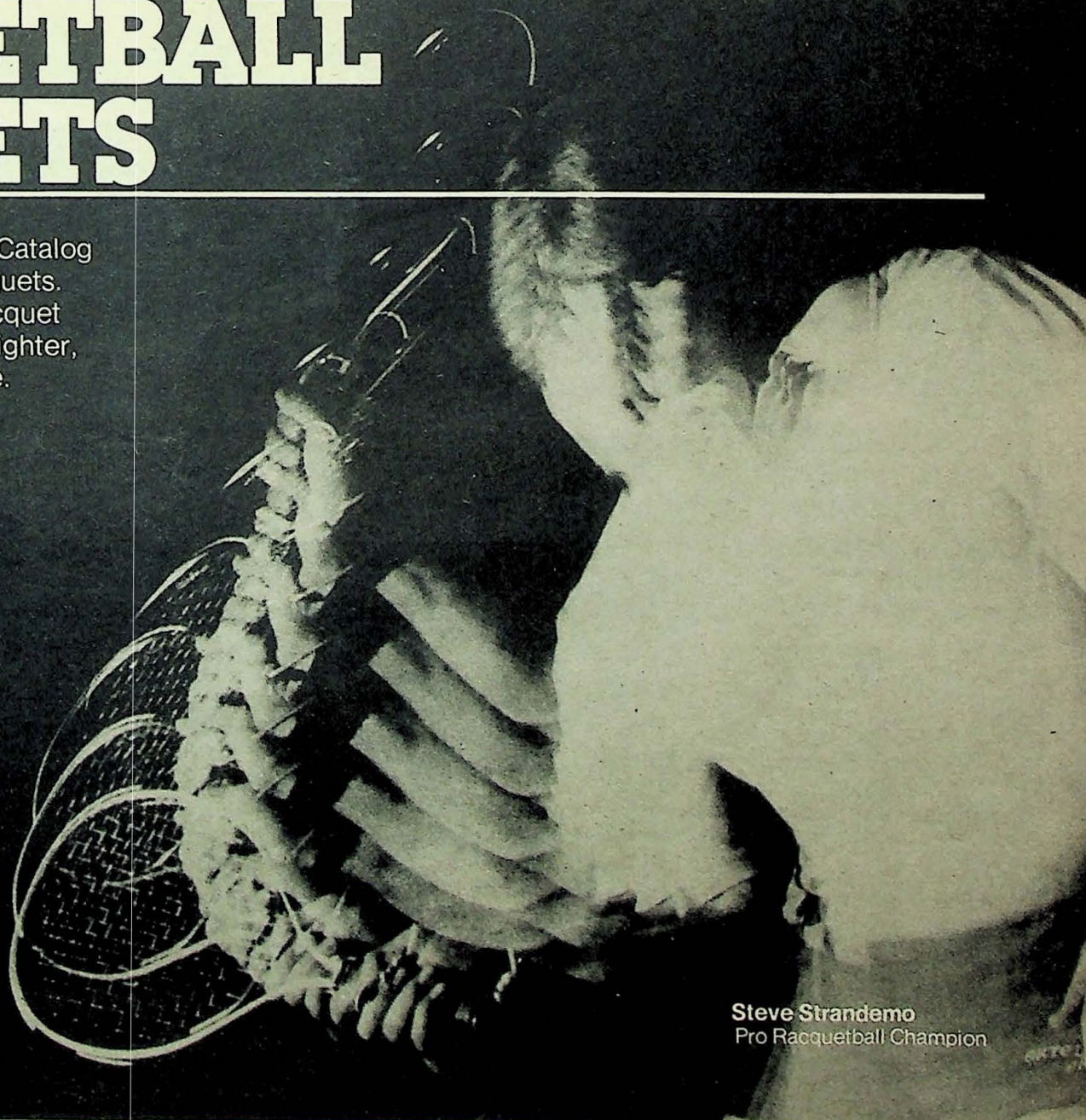
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Steve Strandemo
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Fundamentals Of Refereeing

By Bill Stevens

There are a multitude of responsibilities bestowed upon any referee during a racquetball tournament, from house to National. Perhaps the biggest burden facing the ref is keeping control of the match, i.e., making sure it goes smoothly without arguments between players or between the referee and the players. To accomplish this feat, the referee must be firm in tone of voice and consistent in his calls. Here is an insight into some secrets of refereeing.

KNOW THE COURT

Complete familiarity with the court on which his match is being played is an absolute must for all referees. Many courts will have "court hinders." These are obstructions in the court which cause the ball to bounce untruly. The referee must also be able to recognize these irregular bounces and make the appropriate call.

Lights are also a problem in many four-wall courts. If the lights are not perfectly flush with the ceiling the ball will not take a true bounce upon striking the lights. If the light is loose, the ball will be deadened and the ceiling ball to bounce erratically to one side or the other, rather than a straight rebound.

The gallery area is also a court hinder if the ball has hit the front wall before entering the balcony. However the gallery is not a court hinder if the ball goes into the balcony without first hitting the front wall. In this instance the correct call is point or side out. The same is true in those courts where portions of the upper, rear side wall are left open, and the ball caroms into an adjacent court through this opening.

WHAT THE PLAYER CAN CALL

Next step in being prepared for a match is for the referee to instruct the players as to what they can and can't legally do on the court. Among the most important things are 1) The only time a player can stop play is on a backswing contact. It must be called immediately; 2) Inform the players that avoidable hinders will be called. Never allow warnings; 3) Inform the players that technical fouls will be called.

The backswing hinder is a touchy situation because it can possibly create an "option play." That is when a player is hindered on his backswing but goes through with his shot anyhow. If he hits a winner he won't call the hinder. As referee, you cannot allow this. The player being hindered must call the hinder immediately, if he does not the shot must stand.

The referee should request that all players call their own skips balls and double bounce pick-ups. The referee should make a call and if there is disagreement among the players as to whether the shot or pick-up was good or not, the referee's call will stand. For the sake of sportsmanship and a smooth running match, honesty on the part of the players is mandatory.

The double bounce pick-up is probably the most difficult call to make when refereeing a match. This is because the speed of the ball, plus the poor vantage point of the referee make it almost impossible to see or hear the bounces in certain front court situations. If, as referee, you are not 100 per cent, certain that the ball bounced twice, do not make a call. Let play continue. This will not upset the players as much as calling a double bounce that possibly was a clean pickup.

CALLING THE SCORE

One of the most important jobs the referee has is the often overlooked science of calling the score. Prior to the start of the match, the referee should inform the players til the score has been called. The biggest reason for stressing this point, is that a well timed method of calling the score will set the tempo of the match in the referee's control, rather than that of either player.

The referee should wait until both players are in a state of near-readiness. The server is usually ready first. As the receiver is almost ready the referee should start his score call, timed so that the last number will be called very shortly after both players are ready. If the receiver is ready first, the score should be called immediately. The ball will then be served when the server is ready. The receiver is ready only when he

is facing the server.

This method of calling the score keeps the game running smoothly. Both players are able to anticipate your call and get ready appropriately. There is nothing worse for a player to make a string of points, have both players ready, and then have to wait, and wait for a lethargic "16 playing 17" call to come from the ref. Call the score as both players (or sides) are getting ready, not after they are ready.

From the time you call the score, both sides have 10 seconds in which to either serve (the server) or be ready to receive (the receiver). There can be no intentional delays in returning to ready position. If the receiver is not ready in 10 seconds, the server may serve the ball, — if it is not returned it results in a point for the server. If the server has not served in 10 seconds a handout is called.

The only time this rule can be circumvented is for a legal delay such as the need to wipe the floor due to accumulation of perspiration. The referee should, if he agrees that the floor is wet, provide a towel for this. If the ref notices the floor is wet he should immediately throw down a towel after the rally and instruct the players to wipe the floor in order

to keep play moving as fast as possible. The floor should then be wiped by the player whose dive or fall caused the wet spot with no

undue delay.

STOPPING PLAY

During the course of a match the referee will have to stop play from time to time. If the reason for stoppage is not a hinder the referee should call "Hold it" or "Stop play." This could occur when the server serves before the receiver is ready, or in the case of a court hinder.

If the reason for play stoppage is a hinder, the referee should call "Hinder" loud and clear immediately upon recognizing the hinder.

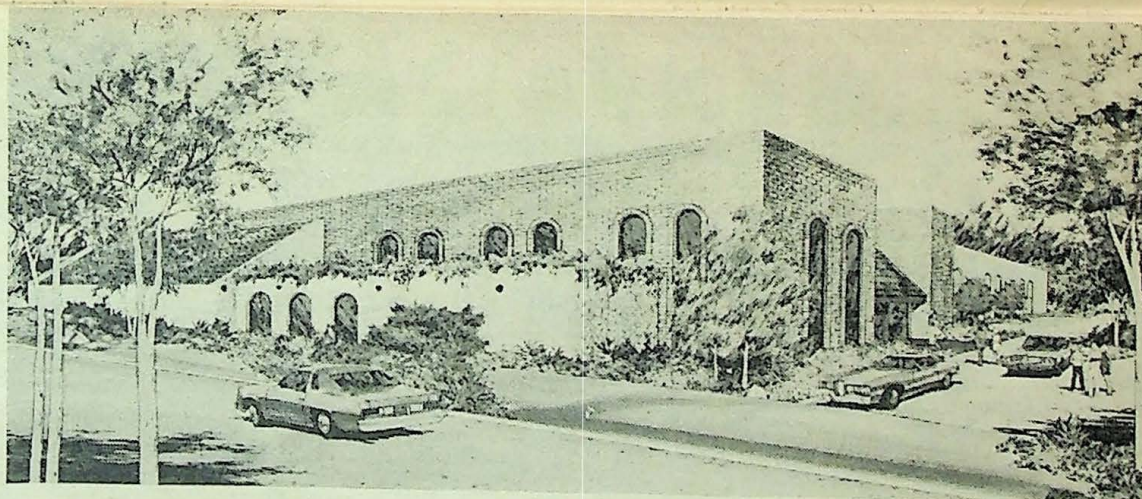
Hinders fall into two categories, dead ball hinders in which case the rally is re-played, or avoidable hinders, in which case a point or side-out is called depending on the situation.

A dead ball hinder is described in official N.R.C. and U.S.R.A. rules as: any unintentional interference by a player which prevents an opponent from having a fair, chance to see or return the ball. This can be a number of situations, including 1) the ball going through the legs of the player who just returned the ball (not automatic); 2) the ball passing too close to the body of the player who just hit it, preventing the returning side from seeing the ball; 3) any ball which hits an opponent on the fly before hitting the front wall; 4) Anybody contact with an opponent that interferes with seeing or returning the ball; 5) any court hinder struck by the ball.

Avoidable hinders were the topic of lengthy discussion in a recent issue of National Racquetball (Sept., 1974) but for the record the official definition reads:....It is the duty of the side that has just served or returned the ball to move so that the receiving side may go straight to the ball and not be required to go around an opponent...it is no excuse that the ball is killed, unless in the opinion of the referee he couldn't return the ball.

Another reason for stopping play is a skip ball. There are two things which tell if the ball skipped in or not. —sound and spin. A skip ball will generally have a rubber sliding on wood sound (squeak) and will always pick up backspin when coming off the front wall. A good shot will have a solid "thunk" sound when it hits the front wall and will usually have topspin coming off. These methods will enable the referee to call 99 per cent of all the shots. The one per cent in doubt will come with experience. After you have seen 500,000 kill shots you will know which ones are good and which ones bad.

Many players shy away from refereeing for a variety of reasons. I can only make an impassioned plea to all players: everybody wants to have a good, competent referee during his or her matches. Everybody should then volunteer to learn to referee properly. In order to demand a ref. you should be one.



The new saddleback court club at 25732 Taladro Circle, Mission Viejo, Ca. is getting the finished touches and General Manager, Woody Woods tells Racquetball News that it should be open the end of May or 1st of June.

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When You're Hot, You're Hot. When You're Not, You're Not!

Dan Bialk

There are two local pro's involved in some heavily contested racquetball matches lately. They're not racquetball pro's, though. One's a former football player with the San Diego Chargers, and the other spent the last 12 season in the National Basketball Association, playing his last year with the Kansas City Kings. Meet Bob Petrich and Don Kojis.

Bob and Don currently stand at 5-3 in favor of Kojis, with the roundballer winning the latest match on his home court at Muehleisen's in El Cajon. 3Zip! The boys return to the Stilas Health Club in San Diego on Tuesday to continue their series on Petrich's home grounds. Both boys play a pretty fair game and are extremely tough to beat when they're on.

The matches started when Kojis was taking a clinic from Dr. Bud

Muehleisen earlier this year, and Don progressed so rapidly that Petrich finally had to take one from the doctor, too. After learning, and executing the lob serve very well, I might add, Petrich beat Kojis two-weeks ago. The following weekend, Bob entered a tournament at the Atlas Club and placed second in the novice division. Kojis became concerned, and after a quick consult with Dr. Bud, was fully prepared to defend the lob serve of Petrich. The 3-Zip score tells you how effective Dr. Bud's lesson was. The question now is, "What will Dr. Bud tell Mr. Petrich about a counter to a counter?" For thrills, excitement and plenty of laughs, you can view the matches each Tuesday at noon in person. Better check with the proper courts to determine where they're playing. Good luck, turkeys!



Craig McCoy gives the evil eye to ball as he plays at the opening of...

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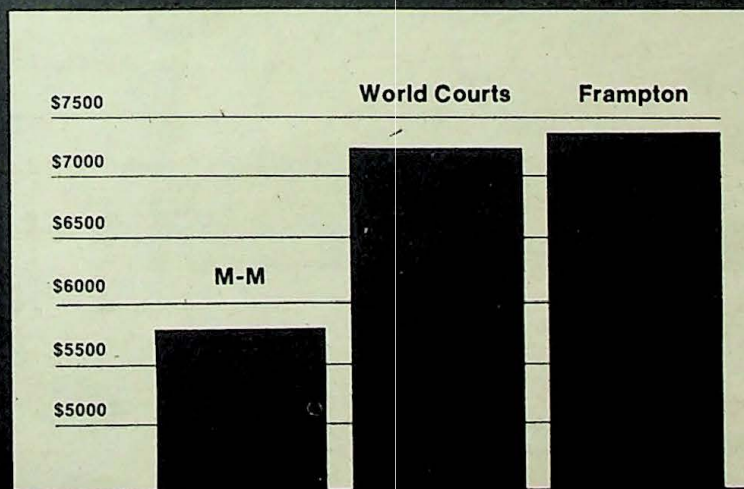
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A PRO ON TOUR

A Pro on the Tour
By Steve Strandemo
with
Dan Bialk

A racquetball professional leads a hectic schedule during the season. The following interview of Steve Strandemo by Dan Bialk gives you an insight into some of the highlights of a pro's life.

BIALK: How does Steve Strandemo train during the course of the Professional Racquetball Tour from September through June?

STRANDEMO: During a tournament week from Monday through Wednesday, I practice an hour early in the afternoon. I play a match for an hour-and-one half in the afternoon, and then I work out with Phil Tyne, my trainer, for an hour. During a non-tournament week, I follow the same program every day of the week, except I don't work out with my trainer for an hour. During a non-tournament week, I follow the same program every day of the week, except I don't work out with my trainer on weekends.

BIALK: How do you usually practice by yourself in the afternoon?

STRANDEMO: First, I hit a ball to the front wall to simulate my opponent's shot, which I then return to the respective corner. If I'm on the right side of the court, I return it with my forehand to the right corner for a kill shot, and if

I'm on the left side of the court, I return it with my backhand to the left corner. In addition to the kill shot attempts, I also practice the cross-court pass to the opposite side of the court. I prefer to



simulate my opponent's shot, rather than merely dropping the ball to the floor as in a serve, because it's the next best way to practice without actually playing an opponent.

BIALK: What do you do following your afternoon match?

STRANDEMO: I possibly get in the water and just swim and loosen up the shoulders a bit. Then, I rest for about an hour, and I won't do anything as far as athletic exercise is concerned until I work out with Phil, usually at

4:30 or 5 o'clock at Tom's Point Loma Health Club.

BIALK: What does your workout consist of with him?

STRANDEMO: Exercise with weights, exercise of flexibility, exercise of running. I concentrate on my wrists and forearms. That's a tough hour!

BIALK: I know you're a proponent of fluid leg and hip motion in the racquetball swing. How do you train to improve this aspect of your game?

STRANDEMO: Phil puts me through about 10 exercises with weight resistance.

BIALK: Is there anything special you do when practicing alone to improve leg and hip motion?

STRANDEMO: I try to hit balls to the front wall that correlate to my opponent's shot and work on that form, like possibly for 10 or 15 hits. I work on that front leg and try to really drive into the ball.

BIALK: What kind of racquet are you using presently?

STRANDEMO: I'm using the Ektelon Strandemo. I enjoy the flexibility of the racquet. I like the way it comes through the ball, because I don't have to supply all the power. It weighs about 275 grams, and I have mine strung at about 25 pounds, which is about two-pounds less than the same racquet sold in stores. The racquet gives me control, and the ball stays on the racquet better.

BIALK: What type of grip do you prefer?

STRANDEMO: A small leather grip. I've changed in the last three weeks from a medium grip to a small grip, because the smaller grip allows me to snap my wrist quicker. I wear a glove, too, in order to prevent the racquet from turning in my hand because of perspiration.

BIALK: What happens once you get to the tournament, on a Thursday, for example?

STRANDEMO: A round of 32 is held on Thursday night, a round of 16 on Friday morning, a round of eight is on Friday night, a round of four is on Saturday night, and the finals are on Sunday. Friday can be pretty guelling because there are 16 very good racquetball players in competition. Other than the matches, I don't work out during a tournament. I just do some stretching exercises to make sure my muscles are ready to go. I try to get some rest and some good food.

BIALK: At that level of competition, in the top 16, do most players know each other's styles very well, or is there still some scouting to be done?

STRANDEMO: All the players have played each other enough that basically everybody knows what the other person's going to do. It's really a matter of executing my own game plan.

BIALK: How does the mind of Steve Strandemo function when he's playing a match?

STRANDEMO: I think the mind is the most important thing. When

you get up into the top 16 players, virtually all the people have the ability to play excellent racquetball. It's the person who has done his homework, put in his time and prepared himself mentally for competition.

BIALK: What does Steve Strandemo do after each tournament?

STRANDEMO: I sometimes stay in the tournament area for two or three days afterwards and do some promotional work with the local clubs, or help individual people in the club where I was playing, or go to another club to put on a clinic.

BIALK: But for the most part, you'd be returning to San Diego after each tournament?

STRANDEMO: Right now I do, although I did have a chance to stay in Buffalo after the last tournament. But getting ready for these last three important tournaments is a priority, so I came directly home and started working out right away.

BIALK: What happens to Steve Strandemo during the off-season?

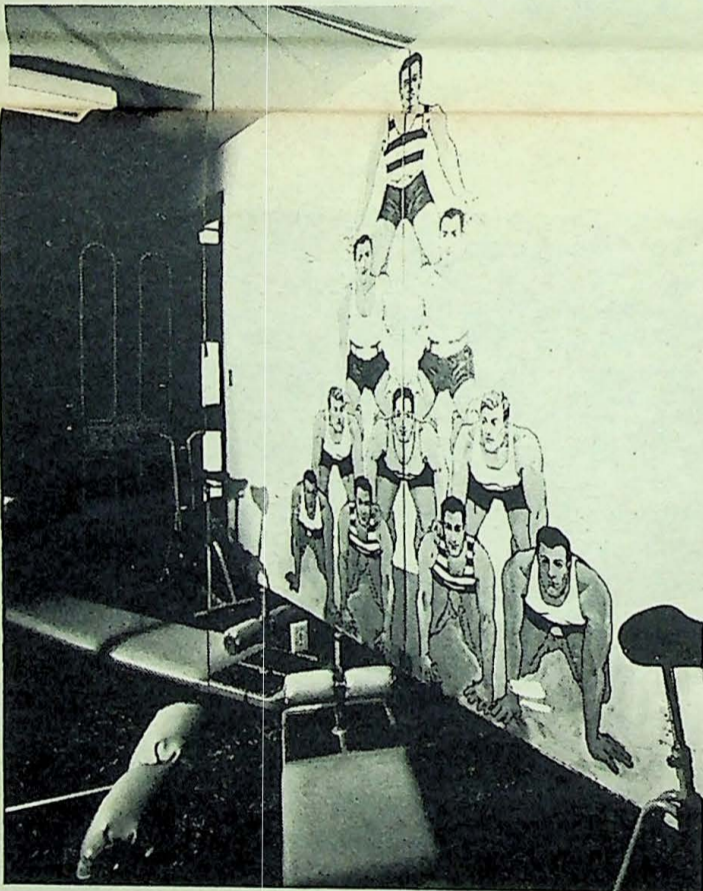
STRANDEMO: I'm involved with promoting Ektelon as well as participating in summer racquetball camps.

BIALK: What are your prospects for the remainder of the year?

STRANDEMO: I'm channeling my efforts into these next three major events, and I will become as prepared as I can be. I'll peak in the next few months.

BIALK: And what are these three events?

STRANDEMO: The Tournament of Champions at the end of April in Peoria, Illinois; the IRA Nationals the last week of May in Chattanooga, Tennessee; and the NRC Nationals on June 13th in San Diego at the Atlas Health Club.



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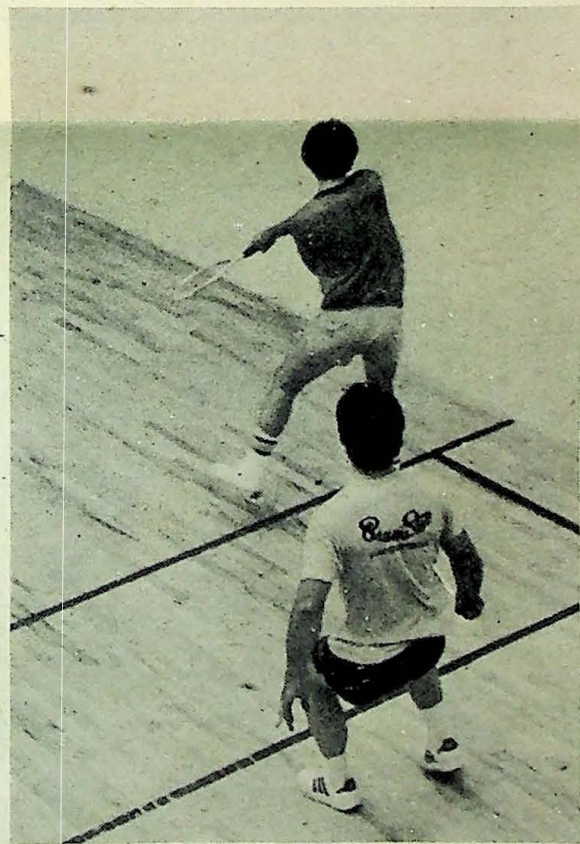
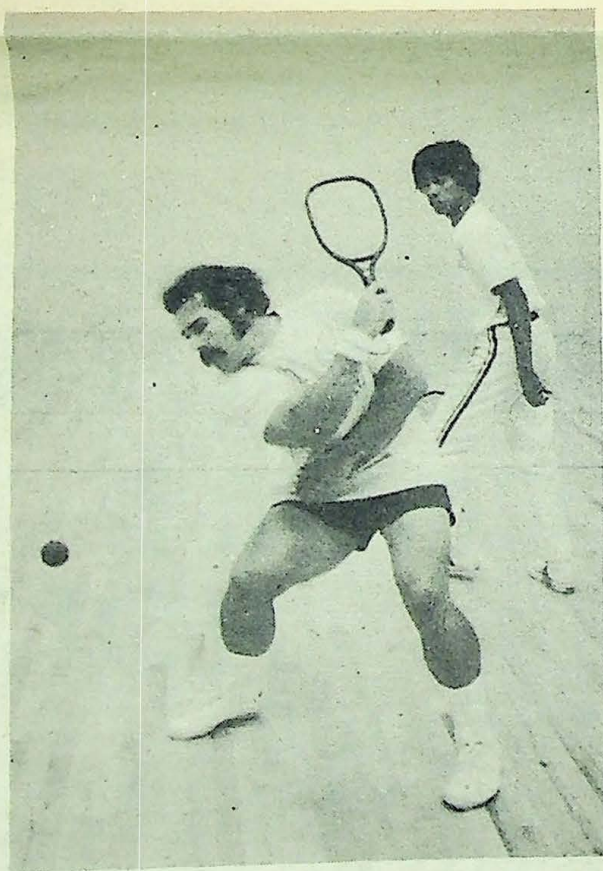
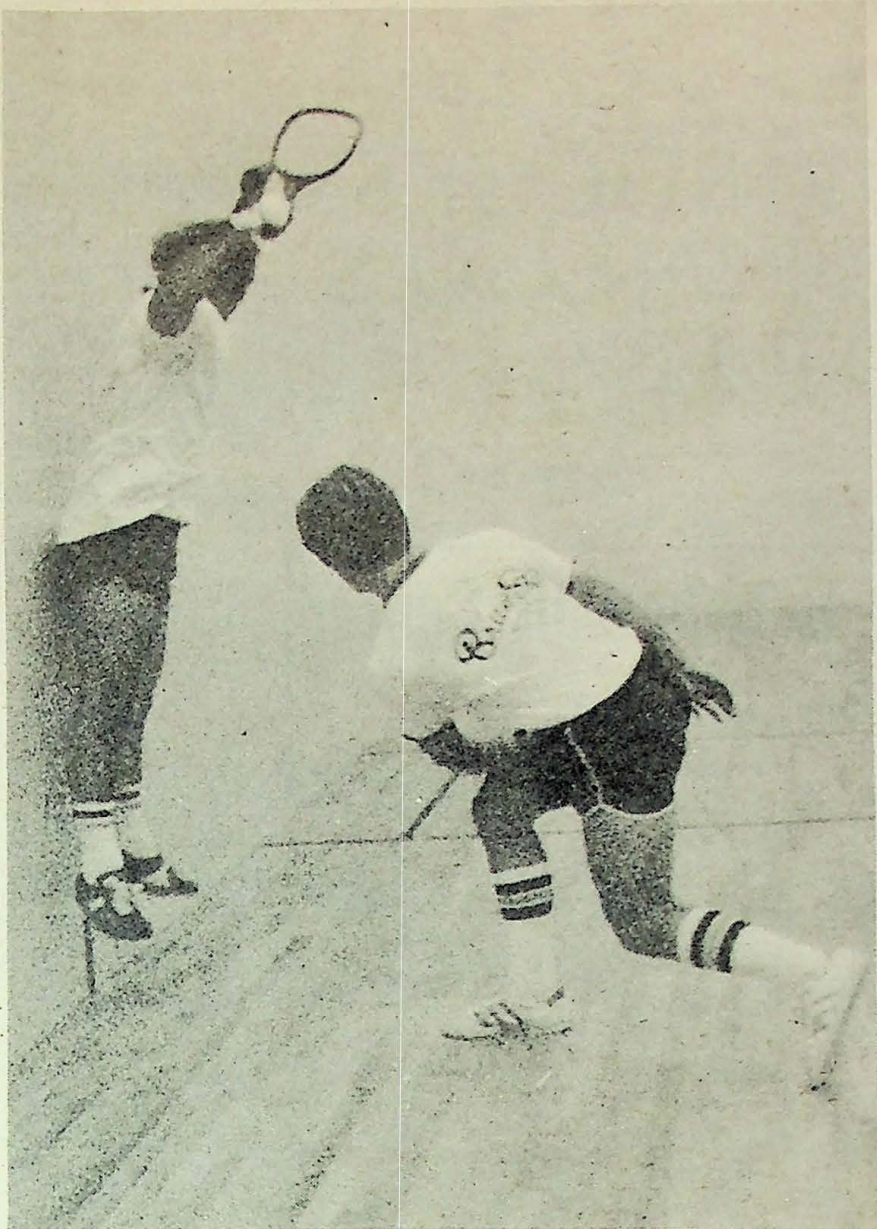
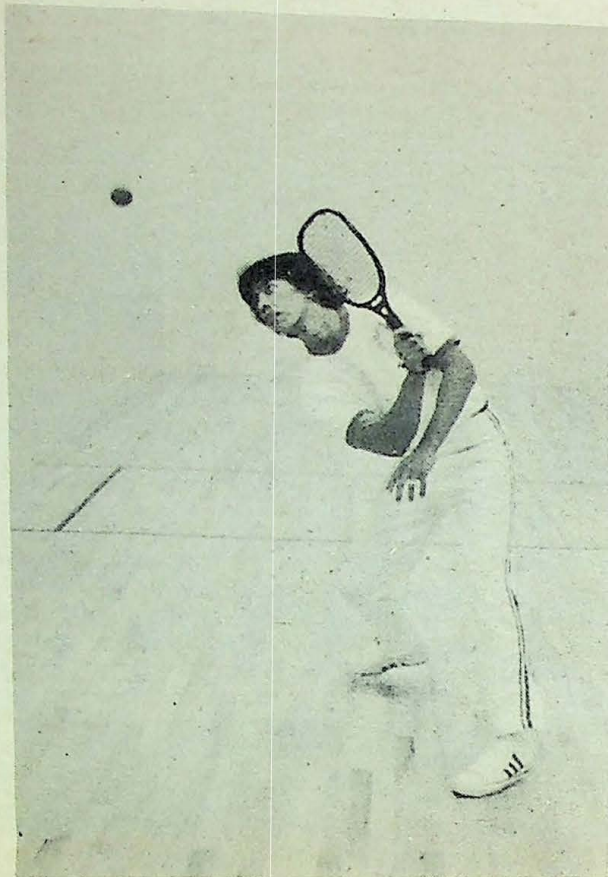
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Daniel R. Bialk is a professional free-lance journalist with credentials in radio, television, newspaper, magazine writing. He also has been active in advertising and public relations and various promotional activities. He has a background in athletics, both as a player and as a writer/reporter.

Photos from readers



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The cry being heard throughout the country daily is... "Let's play racquetball!!!" Tennis players are leaving behind their traditional whites to adorn themselves in more "nitty-gritty" attire, dropping their longhandled racquets to pick up the short, stubby ones and exchanging their little white ball for a black one, then marching off to their nearest racquet club. Jogging enthusiasts have finally realized that it "takes two," and every evening and every morning they come pouring into the racquetball clubs of San Diego.

The usual exodus to the local bar after working hours, or to that darkened cocktail lounge has stiff competition from those square buildings with numerous cubicles singling out a twosome or foursome getting together for some FUN and EXERCISE.

Many of the stars of baseball, football, tennis, etc., can also be found in these clubs, getting in shape for their coming season.

Racquetball has captured the athletic minds and bodies (and hearts) of San Diego. And indeed has taken hold of America like Franklin's kite took to lightening.

Not wanting to be left out of What's Happening Now, my inquisitive senses led me to find out what this new creature called racquetball was all about. What I found is unparalleled by any other game in the history of sports in the United States. It's tale is true and here is only a small portion: The story of San Diego.

Mel and Bob Gorham are credited with opening the first real court club in San Diego. Bob recalled, "Mel and I were great handball enthusiasts and we were playing at the rowing club, the Kona Kai Club and the Y's. But they were becoming so crowded it was hard to get court time. So we decided to build our own courts. Getting financing was impossible, so we had to raise the money elsewhere."

The first Mel Gorham's Sports Center was opened in Pacific Beach in July, 1971. "The building was really designed with handball in mind" remembers Bob. "There weren't many people around that even knew anything about racquetball at that time. And there weren't any women playing either." As a result, their first six court facility was very much "male" oriented. Only courts one and six can be entered without going through the men's locker and shower area! And the women's facilities are limited to a very small area. However, they do have plans to remodel and expand that area.

"When we first opened," continued Bob, "we didn't have many racquetball players. Brumfield and Keely would come down from Los Angeles to play here. But it caught on fast, and by 1972, it was really hot. Today, we have at least 80% racquetball players, and at least 20% of those players are women."

And what's happened since that first meager beginning? Racquetball clubs have exploded on the San Diego scene like popcorn in a frying pan!

George Brown opened his first facility with 6 courts on 70th Street in March of 1972. Gorham opened their second facility of 8 courts in Oceanside in July, 1973. Since that time, a myriad of others have appeared. Today, there are approximately 13 facilities with slightly over 100 courts servicing some 10,000 players in the area.

Local sporting goods merchants report that sales of racquetball equipment have increased anywhere from 50-100% and project that figure will continue to skyrocket. Leading manufacturers of racquetball equipment are now turning out over 12 times the number of racquets and over 200 times the number of balls produced since the game really started in 1969.

Are there too many clubs in San Diego? Call your local club and see what court time is available. "We haven't built a facility that isn't overcrowded by the time we get it up," says Dr. Bud Muehleisen, entrepreneur and pioneer of the sport. According to Charles Leve of the United States Racquetball Association, "There are only 65,000 courts (less than 300 facilities) in the entire United States, and they cannot meet present demand for court time. San Diego has the largest number of courts per population than any other city in the nation."

Indeed, San Diego has the largest number of courts as well as some of the finest, with the Atlas Health Club being one of the most luxurious in the country. Combine that ingredient, blend it with sunshine, and one of the most enviable places in the country to live, and you have the recipe that has drawn most of the top pros in the country, (Strandemo, Serot, Keely, Campbell, Brumfield, etc.) to San Diego. And, of course, the fact that Leach Industries and Eketelon, (manufacturers of racquetball equipment) are based here in San Diego and have these players under contract. Seasoned players will tell you that San Diego is the best place in the country for competitive playing. And so it has happened, ironically, that San Diego, known nationally for its outdoor recreation, has become known as the "mecca" of racquetball.

And what does the crystal ball see for the future? "Racquetball has come a long way," says Bob Gorham, "from the smelly gym type of atmosphere, to a real social game that includes not just men, but women and children too. There are some new types of court construction around, but I think they'll need time to prove themselves." "I think we need to get more sponsors involved," predicts Steve Strandemo, "and bigger prize money to attract the attention of TV, other media, and the interest of the general public. We need a lot of promotion and we've got to be able to get the game to more people. Facilities with larger seating areas and more glass-walled courts will allow us to do that. People need to better view the expressions, the exasperations and the drama and intensity of what's happening inside that court." The statistics show over a million people have armed themselves with that stubby little racquet and no one can even guess how many are joining the ranks daily. Once inside a court and they're hooked. They love it! And are coming back for more and more. They'll tell you its the best darn game in the country. And San Diegans are proud to boast they are a major part of that scene. Charles Leve has said, "racquetball has progressed 150 years in only 8 years (of existence)." — and we've only just begun. WATCH OUT TENNIS!

A-B SPRING LEAGUE

Nº	TEAM NAME	CLUB ADDRESS	CLUB PHONE	TEAM CAPTAIN	HOME #	CAPTAIN'S WORK #
1.	ATLAS HEALTH CLUB	701 HOTEL CIRCLE SD 92138	298-9321	PETE LONGANBACH	272-4910	236-2344
2.	GORA OCEANSIDE	1963 APPLE ST. GORHAM'S	433-1334	JOHN STEINBACHER	729-7669	460-9820
3.	WALLBANGERS	15 S. VERNON AV CHULA VISTA	425-0140	GARRY LUSK	420-8752	425-0140
4.	HELIIX COURT HS.	8517 CAMFORD SPRINGS VALLEY	462-8330	BETTE WEED	447-2338	462-8330
5.	MUEHLEISEN DEL MAR	2775 VIA DE LA VALLE	755-1158	DR. BUD	462-9560	440-5828
6.	MUEHLEISEN CAJON	702 BROADWAY EL CAJON	440-5828	LYNNIE WEIGHTMAN	463-1021	440-5828

FEB 23	MAR 1	MAR 8	MAR 15	MAR 22
2 vs 1	1 vs 3	4 vs 1	1 vs 5	6 vs 1
6 vs 3	4 vs 2	3 vs 5	4 vs 6	2 vs 5
5 vs 4	5 vs 6	2 vs 6	3 vs 2	4 vs 3

HOME TEAM IS ALWAYS THE FIRST ON THE SCHEDULE.

MAR 29	APR 5	APR 12	APR 26	MAY 3
1 vs 2	3 vs 1	1 vs 4	5 vs 1	1 vs 6
3 vs 6	2 vs 4	5 vs 3	6 vs 4	5 vs 2
4 vs 5	6 vs 5	6 vs 2	2 vs 3	3 vs 4

C LEAGUE NORTH GROUP

Nº	TEAM NAME	CLUB ADDRESS	CLUB PHONE	TEAM CAPTAIN	HOME #	CAPTAIN'S WORK #
1.	ATLAS HEALTH CLUB	701 HOTEL CIRCLE SD 92138	298-9321	ATTANASIO	447-4170	
2.	GORA OCEANSIDE	1963 APPLE ST. GORHAM'S	433-1334	MIKE BRAY	729-0826	
3.	MUEHLEISEN DEL MAR	2775 VIA DE LA VALLE	755-1158	RICK SCHACKLE	239-1957	
4.	NORTH COUNTY RC	1510 W. VERNON AV EL CAJON	743-4311	MIKE BARTOL	793-0971	
5.	POMAY RACQUETBALL CLUB	1180 POMAY RD. SD	566-5860	WAYNE FERRARE	797-8549	566-5860
6.	RANCHO BERNARDO RC	1380 POMAY RD. SD	566-5860	MIKE HALLORAN	487-3415	495-6300
7.	ROSE CANYON RC	1711 MORELAND SD	272-3111	RICH THRENTON	270-4979	

FEB 23	MAR 1	MAR 8	MAR 15	MAR 22	MAR 29	APR 5
1 vs 2	8 vs 1	1 vs 7	6 vs 1	1 vs 5	4 vs 1	1 vs 3
3 vs 8	2 vs 7	8 vs 6	7 vs 5	6 vs 4	5 vs 3	4 vs 2
4 vs 7	6 vs 3	5 vs 2	4 vs 8	3 vs 7	2 vs 6	8 vs 5
5 vs 6	4 vs 5	3 vs 4	2 vs 3	8 vs 2	7 vs 8	7 vs 6

HOME TEAM IS ALWAYS FIRST ON SCHEDULE.

APR 12	APR 19	APR 26	MAY 3	MAY 10	MAY 17	MAY 24
2 vs 1	1 vs 8	7 vs 1	1 vs 6	5 vs 1	1 vs 4	3 vs 1
8 vs 3	7 vs 2	6 vs 8	5 vs 7	4 vs 6	3 vs 5	2 vs 4
7 vs 4	3 vs 6	2 vs 5	8 vs 4	7 vs 3	6 vs 2	5 vs 8
6 vs 5	5 vs 4	4 vs 3	3 vs 2	2 vs 8	8 vs 7	6 vs 7

C LEAGUE SOUTH GROUP

Nº	TEAM NAME	CLUB ADDRESS	CLUB PHONE	TEAM CAPTAIN	HOME #	CAPTAIN'S WORK #
1.	BROWN'S CAJON	1465 GREENFIELD SD	440-2772	BOB HOLLAND	462-1937	
2.	COPELEY Y	3901 LANDIS SD	283-2251	GARY TAYLOR	280-5002	
3.	CV WALLBANGERS	15 S. VERNON AV CHULA VISTA	425-0140	RUSS PANCONG		425-0140
4.	HELIIX COURT HOUSE	8517 CAMFORD SPRING VALLEY	462-8330	BETTE CHUCK	447-2338	462-8330
5.	JEWISH COMMUNITY CENTER	4919 54TH ST SD	583-3300	LYNN LEVINE	287-5905	297-4242
6.	MUEHLEISEN CAJON	702 BROADWAY EL CAJON	440-5828	JIM HILTON	447-8698	
7.	SAN CARLOS	655 GULFCREST (LANAIS) SD 9411	465-6300	JOHN SHAW	465-4035	465-6300

FEB 23	MAR 1	MAR 8	MAR 15	MAR 22	MAR 29	APR 5
1 vs 2	8 vs 1	1 vs 7	6 vs 1	1 vs 5	4 vs 1	1 vs 3
3 vs 8	2 vs 7	8 vs 6	7 vs 5	6 vs 4	5 vs 3	4 vs 2
4 vs 7	6 vs 3	5 vs 2	4 vs 8	3 vs 7	2 vs 6	8 vs 5
5 vs 6	4 vs 5	3 vs 4	2 vs 3	8 vs 2	7 vs 8	7 vs 6

HOME TEAM IS ALWAYS FIRST ON SCHEDULE.

APR 12	APR 19	APR 26	MAY 3	MAY 10	MAY 17	MAY 24
2 vs 1	1 vs 8	7 vs 1	1 vs 6	5 vs 1	1 vs 4	3 vs 1
8 vs 3	7 vs 2	6 vs 8	5 vs 7	4 vs 6	3 vs 5	2 vs 4
7 vs 4	3 vs 6	2 vs 5	8 vs 4	7 vs 3	6 vs 2	5 vs 8
6 vs 5	5 vs 4	4 vs 3	3 vs 2	2 vs 8	8 vs 7	6 vs 7

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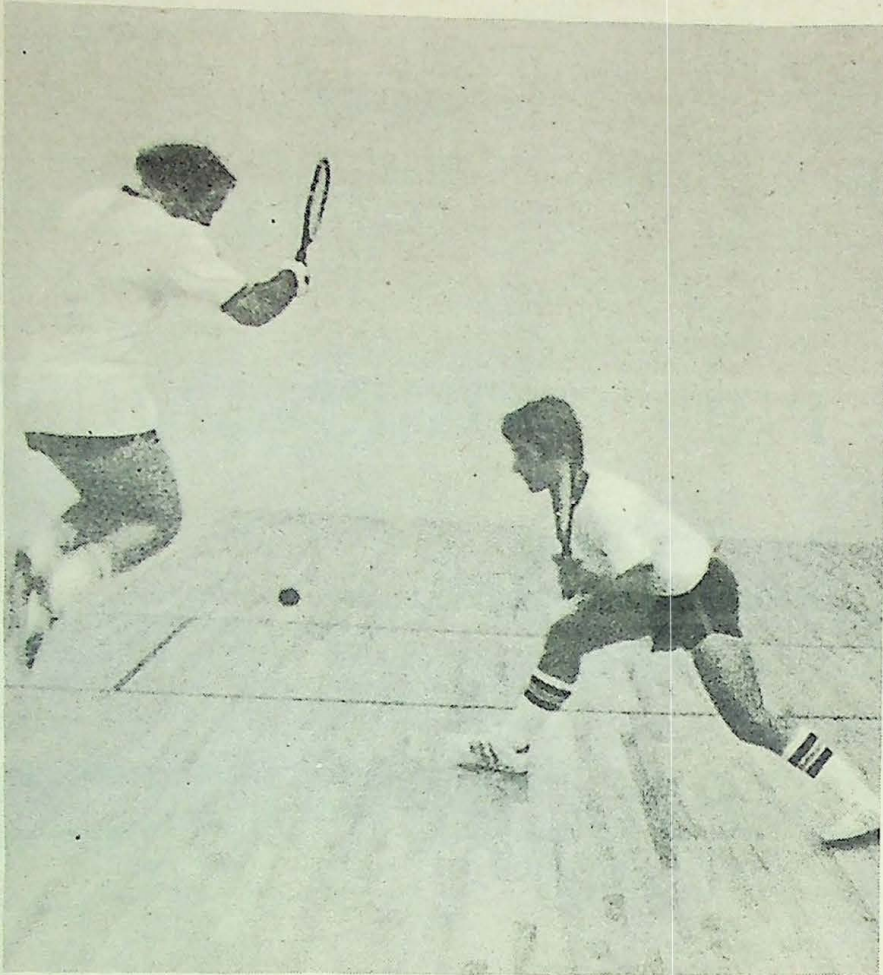
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S.D.R.A.

The San Diego Racquetball Associations will conclude it's Spring schedule for the A-B League, Monday, May 3 with the C leagues continuing for another five weeks. The A-B League, however, will continue for the additional five weeks with a tournament. At the end of the period trophies will be presented. The C Leagues will end with playoffs.

S.D.R.A. STandings

1. Muelheisen E.C.	28-17
2. Muelheisen D.M.	27-18
3. Siners	26-19
4. Helix	19-26
5. Atlas	18-27
6. Gorham	17-28

A-B

1. Muehleisen E.C.	29-11
2. Helix	27-13
3. Brown	22-13
4. Siners	20-15
5. Copley	16-24
6. J.C.C.	11-29
7. San Carlos	10-30

C-South

1. Gorham	34-6
2. Muehleisen D.M.	26-14
3. Rose Canyon	25-15
4. Atlas	17-18
5. Poway	16-24
6. Rancho Bernardo	3-7
7. N. County	7-33

C-North

1. Gorham	34-6
2. Muehleisen D.M.	26-14
3. Rose Canyon	25-15
4. Atlas	17-18
5. Poway	16-24
6. Rancho Bernardo	3-7
7. N. County	7-33

April 13 Standings



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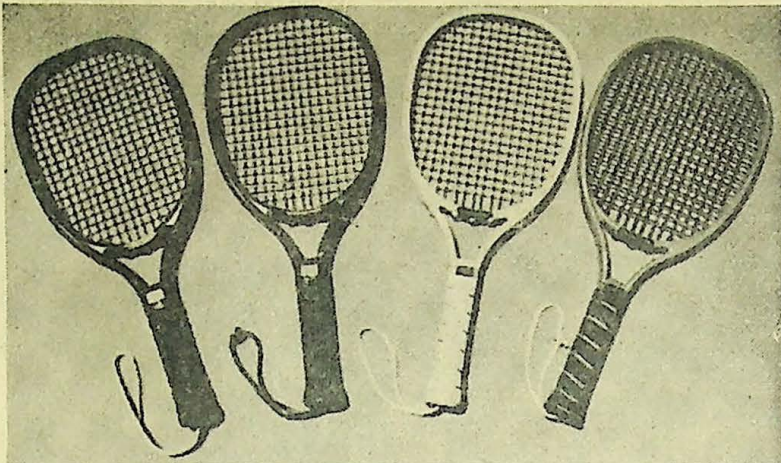
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- 2) June 27 - July 3
- 3) July 4 - 10
- 4) July 11 - 17

- 1) July 18 - 24
- 2) July 25 - Aug. 2
- 3) Aug. 3 - 9
- 4) Aug. 10 - 14



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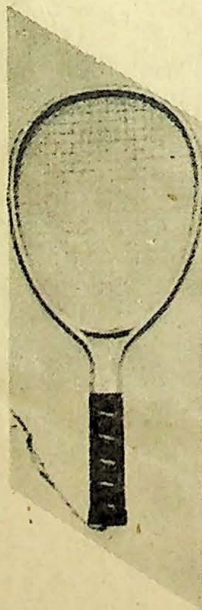
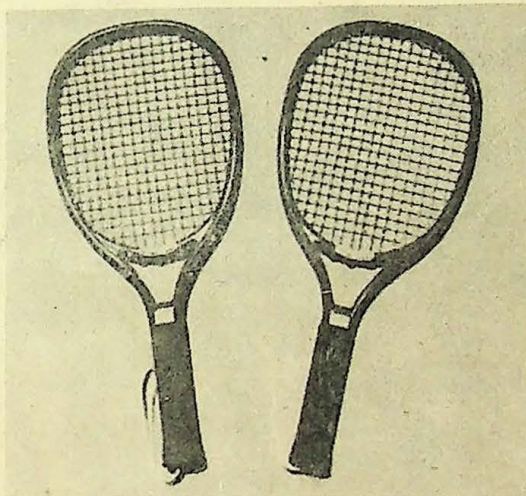
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- ★ *BROWN WRANGLER*
- ★ *WHITE LIGHTNING*
- ★ *BLUE PHANTOM*

All with Hi-quality Nylon-Glass frame. Genuine leather grip and tournament nylon string

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For those who like the special "zing" feeling that accompanies the performance of this "spaceage" frame material!



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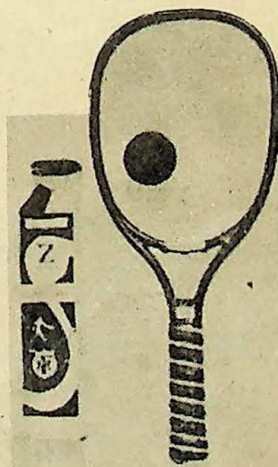
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