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THE OFFICIAL VOICE OF PRO-AM RACQUETBALL VOLUME I NUMBER 1 SEPTEMBER, 1973 50¢

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The National Racquetball Club, who's behind it, what it has and is doing and the beginnings of the pro racquetball tour, including a schedule of tournaments.

Page 9 The Decision To Go Pro

The time was ripe for pro-am racquetball, and the man who put the package together, (who else could have done it?) Bob Kendler. He tells why in a feature article.

Page 11 N.R.C. Signs Top Players

The contract professional players, who will match their skills against all comers in N.R.C. pro-am tournaments. They include Brumfield, Keeley, Serot, Schmidtke and many more.

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A pictorial essay of the world's best racquetball player, and his forehand style. Charlie takes you step-by-step through the most crucial stroke of all.

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A racquetball training program to supplement your normal workouts. Exercises and Activities to aid your game. By Saul Ross.

\* Publisher: ROBERT W. KENDLER\* \* \* \* \*

Editor-In-Chief: CHARLES S. LEVE: \* \* \* \* \* \* \* \* \* \* \* \* \* \* \* Associate Editor: ELLEN DOCKERY

Production Manager: ART KELLY \* Handball Editor: MORT LEVE \* Photo Consultant: ARTHUR SHAY

Regional Correspondents

FRED BLAESS (Midwest) BILL DUNN (West)

BRUCE KRANZ (South)

TOM SWEENEY (East)

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#### FROM THE EDITOR . . .

It is with mixed emotions when one voluntarily changes positions or organizations, especially when that person enjoyed very much the former position. However, when a great opportunity arises young in life, one is a fool not to take advantage of it.

So it was with me. After nearly three years with the International Racquetball Association I was in a quandary, whether to stay with the I.R.A. or take a position with the new National Racquetball Club. It was not an easy decision, in fact, it was only after much deliberation and family discussions that I made it.

But the futures of racquetball and the N.R.C. are bright, indeed. The prospects of professional racquetball, incorporated in the N.R.C.'s pro-am set-up, is a challenge that I could not resist. And when Bob Kendler offered me the post of National Director and editor of National Racquetball magazine with a free reign in organizational and editorial matters, well, I went his way.

I feel that pro-am racquetball will be the stimulus to carry this game from the point to which it has come now, to national prominence, where it should be. We can only look at the great successes of other sports which have pursued similar routes,—bowling, tennis, golf and now track. It is time that racquetball takes its place alongside these games in the major leagues.

Professionalism in sports is hardly new. And amateurism is even older. I feel that the truly great potential in racquetball lives in the masses of yet-untapped players. We all know that we have a sport that will live as long as leisure time, for it gives the player something back for his or her time, – physical fitness and health.

Remember, this will be a pro-am organization. There is no intention of disenfranchising the average player, for in him lies our strength. We want to help the average and beginning players, and we feel pro-am racquetball, and National Racquetball magazine, will do just that.

We have organized a professional-amateur racquetball tournament tour to showcase the world's best players. And they will compete for prize money. The complete listing of the tournament schedule is on page seven of this issue, and you will note that the tournament season culminates with the pro-am National Championships.

Eventually we will expand our program to bring pro-am racquet-ball into every community that wants it. For the time being we have selected the 16 hosts who we feel think as we do, that to showcase this sport is to stimulate it.

Nobody is left out. There is a place for any player in our open tournaments. Amateurs may compete, and they will be allowed to pay a reduced entry fee as compared to the pros. Amateurs need not accept prize money. But in every place we go, the amateurs will have a chance to compete against the top professionals. We feel he will welcome this opportunity, as a method of improving his game. If he does not feel capable of performing against the pros, remember that there will be scores of fellow amateurs also entered in each tournament, just regular players, as in any open tournament today.

You will note that every tournament scheduled is at a facility that seats a minimum of 150 spectators. We want you to see the game, as it should be played. We want you to be able to learn from the best, not just by reading about them, but by watching them and playing against them.

This is a bi-monthly publication. It will become the voice of the proam racquetball players, clubs and friends. The goals are the same as ever,— to provide the reader with instruction, features, tournament results and advertising that will enable him not only to improve his game, but make him feel more a part of this great sport.

Why are we sending you this publication? We know that you are an avid racquetballer, either player or fan. You love the game just as we do and we feel you will be interested in this and other major developments.

This issue is free, so tell any who you know that they can obtain a copy just by dropping us a line and asking for it. And in order to continue receiving National Racquetball, just send us \$3 for 1974 or \$7 for 1974-76. You will receive the remainder of 1973 free!

#### Court Club Assn. To Meet In May

A combination recreationbusiness weekend will be the theme of the Second Annual National Court Clubs Association Seminar-Meeting, May 24-26, 1974. At the request of many who attended the initial formulative meeting of the NCCA last March in Chicago, it was decided to stage the event at an attractive site that could also offer handball/racquetball facilities.

The Storm Meadows Athletic Club with two fine standard courts, an integral part of the Storm Meadows development, will be utilized for informal "quickie" competition. Also available at this time of the year: Tennis, golf, bicycling, fishing (119 lakes and 900 miles of streams in Steamboat area with excellent trout fishing), hiking, and swimming.

Plans will be made to congregate in Denver by Friday afternoon, May 24, and take a charter Aspen Airways or Frontier flight to Steamboat Springs at a cost of only \$26 per person.

Food arrangements: The Gallery Restaurant at Storm Meadows is available for banquets, cocktail parties, meetings, etc. Additionally all the condominium units have fully equipped kitchens, and numerous restaurants are located within walking distance.

Daily rates for condominiums: (based on 1973 summer rates)—convertible one bedroom \$24; one bedroom, one bath \$26; one bedroom, loft \$28; convertible two bedroom \$30; two and three bedroom \$40; townhouses \$60.

Reservations can be made: Mort Leve, National Court Clubs Association, 4101 Dempster St., Skokie, IL 60076. Area Code 312; 673-4000. There will be an additional \$15 registration fee, covering welcoming cocktail party, opening night banquet, and seminar meetings.

Remember that address:

NATIONAL RACQUETBALL,

4101 Dempster St., Skokie, IL 60076.

Where the pros are!

# Pro Racquetball Is Here!

At signing ceremonies in San Diego, Steve Keeley places his signature on a National Racquetball Club contract. With Keeley are Charlie Brumfield (1.) and Ron Rubenstein. All three have inked pacts with the N.R.C.



Pro racquetball is here! Or it will be this fall, as the newly organized National Racquetball Club (N.R.C.), applies the finishing touches to an entire package of pro-am racquetball play, including a 16 city September to May tournament tour, and this publication.

The N.R.C. is the brainchild of Robert W. Kendler, former president of the strictly amateur International Racquetball Association and current head of the U.S. Handball Association. Kendler resigned from the I.R.A. in April to begin the formation of the N.R.C. His work has taken the following forms:

Players...the N.R.C. has under contract 13 of the best racquetball players in the world, including two-time National Champion Charlie Brumfield, Steve Serot, Steve Keeley, Bill Schmidtke, Ron Rubenstein and many, many more. The list of contract professional players looks like a Who's Who of racquetball stars.

Organization...With Kendler came Chuck Leve, former Executive Secretary of the I.R.A., who has taken over the organizational work for the N.R.C. as National Director. Leve has assumed editorship of National Racquetball and will continue to solidify all the loose ends leading up to the start of the tour.

"We plan to hire a National Tournament Director within a few months," said Kendler. "And we may even hire a National Floor Manager. The way the pro-am racquetball tour is set-up we will be needing qualified racquetball personnel to help us in this bold endeavor."

One of Leve's first accomplishments was to name Regional Directors to aid the N.R.C. in the development of the pro-am game in each area of the nation. In the West, Bill Dunn, from Hayward, California will become Regional Director, and among his responsibilities will be the hiring of referees and the establishment of tournament sites and dates; in the East Tom Sweeney, of State College, Pennsylvania will hold down the same duties; as will Bruce Kranz, of Louisville in the South, and Fred Blaess, of suburban Chicago in the Midwest Region.

Schedule...The N.R.C. tour begins the weekend of September 27-30 with an open tournament at the Houston, Texas Downtown

#### N.R.C. TOURNAMENT SCHEDULE

The National Racquetball Club's pro-am tournament tour will visit 16 sites during the racquetball season from September through May. The sites and dates are listed below, subject to change.

September 27-30	Houston, Texas	Downtown Y.M.C.A.
October 11-14	Long Beach, Cal.	Long Beach Athletic Club
October 25-28	Norfolk, Virginia	Central Y.M.C.A.
November 15-18	Sunnyvale, Cal.	Supreme Court I
Nov. 28-Dec. 1	Cleveland	Executive Club
December 13-16	Minneapolis	The Court House
January 10-13	Oceanside, Cal.	Mel Gorham's Sport Center
January 24-27	Milwaukee	Milwaukee Handball/Rac- quetball Club
February 7-10	Vancouver, B.C.	Men's Athletic Recreation Centre
February 21-24	Denver	The Court Club
March 7-10	Edmonton, Alta.	Royal Glenora Club
March 21-24	Tucson, Arizona	Mel Gorham's Sport Center
April 4-7	Houston, Texas	The Court House
April 18-21	Undetermined	
May 1-4	San Antonio	San Antonio Racquet Club
May 14-19	Chicago	

Y.M.C.A. The tour will continue two weeks later to the Long Beach, Cal. Athletic Club and then on to such racquetball hotbeds as Vancouver, Chicago, Atlanta, Norfolk, Virginia, Minneapolis, Tucson, Arizona, and Milwaukee. The tour will culminate with the N.R.C.'s National Championships which will be the Super Bowl of racquetball, seeing prize money topping the \$20,000 figure.

Referees...will be supplied both by the local host and by the N.R.C. through each Regional Director. There will be a crew of six to 12 referees in each division who will be paid either a per match or per day fee to referee for tournaments on the tour in their region. Refereeing has been one of the biggest headaches in past racquetball events and with prize money on the line, the N.R.C. is going to make absolutely certain that the best refereeing is available at every sanctioned tournament.

Financing...The N.R.C. is sponsored by substantial interests that guarantee the successful operation of the tour and the purses involved.

As Bob Kendler said, "We are fortunate in having a backer who not only has the capability but the dedication to insure the future of pro-am racquetball."

New players...will be offered N.R.C. contracts (which include free travel and up to \$25 per day for each tournament) if they become sufficiently successful in enough tour events for the N.R.C. to feel it would be to the N.R.C.'s advantage to place such players under contract.

"The fact is that we expect to add players as the tour develops." said Kendler. "We know that there are many fine racquetball players who are not under contract, but who are capable of reaching the high rounds in our tournaments. If they consistently perform well, we will pick them up."

Rules...will generally follow the existing rules of racquetball. A few minor changes will be incorporated, but none to significantly alter the game.

"We don't want to change the game," said Kendler, "We just want to make it more appealing to the players, the fans and the public." Amateur standing...will be given up by the contract professional players unless the I.R.A. decides to drastically alter its amateur code. As the rules are now, an amateur will not lose his amateur standing by merely competing with or against a professional, only if he is a contract N.R.C. pro. There is some doubt as to whether a non-contract player who accepts prize money, will still be eligible in I.R.A. events. This is strictly up to the I.R.A. and players

will have to abide by the decisions of that organization. But, no matter what the I.R.A. rules on amateurism, the N.R.C. will continue to award prize money and continue to pay the way to its tournaments for best players in the game.

Format...The tour will include 16 tournaments and will be open to amateurs as well as professionals. In fact, all the tournaments will be "open" including the pro-am National Champships, which are expected

to draw close to 400 entries. In each open tournament, the top 16 players will be seeded, regardless if they are pros or amateurs. These 16 will be automatically seeded into the round of 32 and will not play until this round, usually Friday night of a particular tourney. The remaining participants will compete in preliminary rounds Wednesday and Thurs-

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Opens Sept. 27-30

#### Houston, Long Beach Inaugurate Tour

The National Racquetball Club will open its sixteen-site pro-am tournament tour the weekend of September 27-30 at the Houston, Texas, Downtown Y.M.C.A. Through negotiations with contract pro Jim Austin, the Houston tournament was set and will set the pace for the other fine events to follow.

"I am really looking forward to the tour," said Austin. "And I'm especially pleased that the N.R.C. has elected to come to Houston to kick it off."

The Houston tournament will be followed by Long Beach, California, at Ben Agajanian's Long Beach

Athletic Club, October 11-14. Norfolk's Central Y.M.C.A. follows two weeks later, October 25-28. Entries for these and other N.R.C. tournaments can be sent by using the forms on page 20 of this issue.

The tournaments, which will feature prize money in the open singles bracket of play of \$5,000 will be the first of 16 such tournaments on the N.R.C. tour, which will culminate in the N.R.C.'s \$20,000 National Championships in May of 1974.

As for Agajanian and the Long Beach A.C., the N.R.C. tourney adds another niche in their evergrowing list of outstanding racquetball/handball events, a list which already includes the second Paul Haber vs. Bud Muehleisen "Hands vs. Racquet" match, and the U.S. Handball Association's Top-16 Invitational doubles tournament.

"Myself and the Long Beach Athletic Club would be most proud to host one of your tournaments," said Agajanian, the ex-pro football star. "I sincerely appreciate the opportunity to serve the National Racquetball Club and am looking forward to these events."

The Long Beach A. C. is as perfect a facility to host a major tournament as can be found anywhere. It's five courts can handle virtually all the needs of a tournament, and the 600-plus gallery court is the most spectacular in the nation.

In Norfolk, a combined organizational effort between the Y.M.C.A. and Jewish Community Center has been promoted, with Lloyd Wood, general secretary of the "Y" being the key man. The Norfolk "Y" has four courts, including one with a glass back wall, and the JCC has three courts if needed.



Handball's Paul Haber shoots with his left on Agajanian's 600+ gallery court at the Long Beach Athletic Club. Opponent is Bud Muehleisen in the famed hands versus racquet encounter.

# The Decision To Go Pro

Bob Kendler tells why he felt it was time to pay the players.

The first thought that has entered the minds of many racquetball enthusiasts since the announcement of Bob Kendler's pro-am organization is not, "Why pro-am racquetball?" but, "Why is Bob Kendler behind it?"

The fact that professionalism is coming into the racquetball world is no surprise, it had to happen sooner or later. But the big surprise has been Kendler's zest and enthusiasm for it, as he has long been a staunchly anti-professional, pro-amateur leader. Why then, the switch?

"Many things have happened in the past several years to change my opinion," said Kendler. "A very large part of it was the fact that we knew it had to happen. In fact we even had signals that preparations were being made by other parties. And we simply felt that the racquetball community would be more receptive to pro-am racquetball sponsored by well known racquet-

ball people like ourselves, rather than unknowns from outside the game."

Another reason, Kendler related, was the difficulty in attaining Olympic status for handball or racquetball. Long one of his fondest hopes, the Olympics now seem farther away than ever for the court sports.

"It's just too difficult to get 40 countries involved in the sport," he said. "That's the Olympic rule, 40 countries necessary before it can become a full-fledged event."

With the United States and Canada the only countries currently playing the games on the standard 20x40 courts, and Ireland using huge 30x60's, the education, cost and time involved seems to make an Olympic endeavor virtually impossible for many years.

"For a time we were willing to settle for an Olympic demon-stration," said Kendler, "and we thought we had it in Denver for 1976. In fact, we even aided the people there in preparing the plans for building the courts to be used for that demonstration. However, even with success in Denver, which is now impossible since the Olympics were voted down by Colorado's voters, we still would have been eight or 12 years away from Olympic competition. The combination of creating the interest, building the courts, investing the capital and teaching the players amounted to a truly monumental task."

Another reason for opening the sport up to professionalism was the tremendous pressure of professional success of other sports, notably tennis, golf and to some extent, track.

"We feel there is money to be made," said Kendler. "Not only for the players, who will surely benefit, first and foremost, but also for the backers and sponsors. We are certain that television will be a big part of pro-am racquetball in the very near future and that is one of our primary goals, to bring this game into the living rooms of people across North America.

"The game's universal appeal certainly makes the chances outstanding. The rules are basic, the strategy sound and the skills easy to learn on a beginning basis. All the ingredients for a rapid-success sport are built into racquetball. And by going pro, by offering prize



**BOB KENDLER** 

money, by reaching television, and by national exposure, we will make racquetball's current success look like the Depression."

Another fear being rumored around racquetball circles is that Kendler, Leve and the N.R.C. are out to destroy the I.R.A. Nothing could be further from the truth. The N.R.C. recognizes the I.R.A.'s right to exist and it's place in amateur racquetball. But the N.R.C. also feels that pro-am racquetball is a must for the enhancement of the entire game.

"Look what professionalism did for tennis," said Leve. "Television and prize money made people like Smith, Laver, Ashe and Rosewall instant sports idols, people to be looked up to and admired. We feel the same can be true with the Brumfield's, Keeley's and Serot's.

"And that's what we're going after. We are not looking to tear anything down, just to build up the N.R.C. and pro-am racquetball. We are looking for positive recognition, to give the nation's racquetball fans an image to look up to, that of the professional racquetball heroes."

The main thrust of the N.R.C. will be toward prize money and travel expenses for the touring pros, the theory being that the best players will make the most money. With 13 players under contract now, the N.R.C. plans to add two or three more as the season progresses. After the initial year, the records of

To page 13

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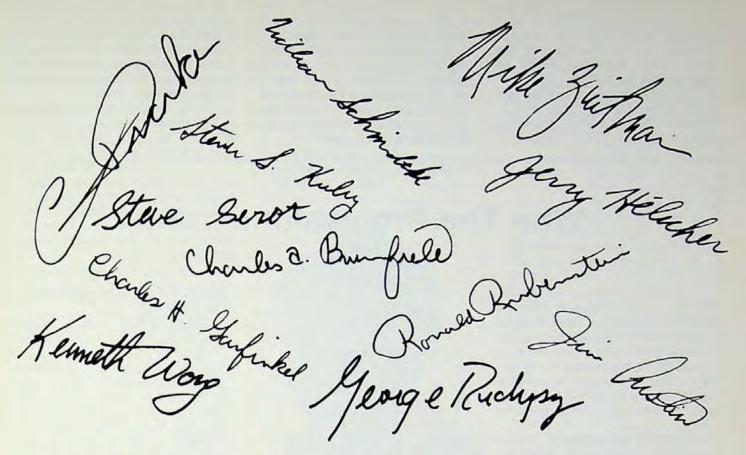


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## N.R.C. Signs Top Players

The biggest moment to date for the National Racquetball Club came on July 26, 1973 when five key players signed their 1973-74 professional contracts to play for the N.R.C. on its pro-am racquetball tour.

Included among the signees is Charlie Brumfield, two time and defending International singles champion, unquestionably the top racquetball player in the world. Many of the nation's other top players were waiting to see what position Brumfield, who is also on the Board of Directors of the International Racquetball Association, would take with the professional N.R.C. When the 24-year-old San Diegan indicated he would sign, the other big names quickly followed suit. In fact, all five were in San Diego on the same date, and together put their signatures on N.R.C. contracts.

Others signing at the same time as Brumfield were 1973 International runner-up Steve Keeley, third ranked Steve Serot (who, with Brumfield currently holds the I.R.A.'s doubles title), former number two ranked Ron Rubenstein, currently in the top eight, and Charlie Drake, another top player from Southern California.

Prior to the above signing, two other Internationally ranked stars also inked pacts with the N.R.C. They are Bill Schmidtke, former (1971) International singles titleholder and currently ranked fourth, and Charlie Garfinkel, who has been a top eight finisher in every International tournament in which he's ever competed.

Others who have signed are Mike Zeitman, Jerry Hilecher, Jim Austin, Ken Wong, Bill Thurman, and George Rudysz.

Thus the world's premier 13

players are under N.R.C. contract with other top flight players also under consideration.

"There are other very fine players who we are considering putting under contract," said N.R.C. National Director Chuck Leve. "And if they prove themselves after a few weeks on the tour, we will. But at the outset, we have elected to stay with the quality, proven players."

From all indications both the players and the N.R.C. are delighted with the arrangement, which calls for the players receiving travel and expenses to each of the 16 N.R.C. tournaments, and the right to compete for a minimum of \$5,000 prize money in each.

Meanwhile, the International Racquetball Association in an executive session of the Board of Directors voted to not make a distinction between professionals and amateurs in their tournaments. Word from the I.R.A. is that any player who is a member in good standing will be eligible to compete in I.R.A. events. The news of that decision was well received by the players and the N.R.C.

"I think it was a giant step forward for all of racquetball," said N.R.C. president Bob Kendler. "The fact that the I.R.A. will allow the N.R.C. pros to compete in their tournament shows that both the I.R.A. and N.R.C. can live peacefully and harmoniously in the racquetball field."

We would have signed anyway," was the opinion of most of the players, "but the I.R.A. made it easier for us by not banning professionals, and the N.R.C. has been most generous in allowing us to compete in I.R.A. events."

So, finally professionalism is out in the open in racquetball. No longer will players be forced to beg for expenses from manufacturers and sponsors in order to reach tournaments. And finally they will be able to reap some material benefits from their superior skills.

It is, as they say, a whole new ball game.

#### Who The Professionals Are

The N.R.C. professional players without doubt bring with them the highest credentials conceiveable from their racquetball experiences. They were selected on the basis of their tournament credentials, and willingness to work for and with the National Racquetball Club. Here are brief profiles of these athletes:

CHARLIE BRUMFIELD ... What more can be said about the greatest of them all? Only 24-years-old and owner of the most complete game in the sport today, Brumfield brings not only his on the court mechanical skills to the N.R.C., but also his flamboyant personality and crunching wit. He has compiled 17 National and International titles in racquetball and paddleball over the last seven years and currently is all alone at the top of the hill. He was the first player to ever win two I.R.A. singles titles and he did them consecutively in 1972 and 1973. Currently studying for the California Law Boards, this bright San Diegan was the key player needed in the N.R.C. fold. Brushing aside his initial hesitancy Brumfield said, "I'm just like everyone else. I'll play for money.'

STÉVE KEELEY . . . From paddleball obscurity in 1971 to the racquetball limelight in 1973, this has been the story of 24-year-old Steve Keeley. A Michigan native who more than once hitchhiked over 20 miles in the brutal Northern winter to compete in tournaments, Steve has sinced moved to San Diego, the haven for racquetball fanatics. He won the paddleball



STEVE KEELEY



STEVE SEROT

singles title (over Brumfield) in 1971, took up racquetball, and in only his second try at the title finished a close second to Brumfield this year. Steve recently passed the California Veterinary Board tests, but in the process came down with mononucleosis, from which he is fast recovering. "I plan to be ready when the tour opens," said Steve. "And as for veterinary medicine, I'll wait until

the end of the tour before deciding anything."

STEVE SEROT ... What a future this young man has in racquetball! Only 17-years-old and already a tournament veteran, southpaw Steve has wowed the galleries from coast to coast with his hustling, shooting style of play. Competing in his first National singles competition this year, he finished third, losing in the semi-finals to Brumfield in three games. About to enter his senior year in high school in native St. Louis, Steve overcomes his youth with tremendous power and skills. He had never before broken into the winner's circle on the major tournament level until this year when he and Brumfield blitzed through the open doubles bracket in the Nationals. "I'm really excited about the tour," said Steve "And I'm grateful that I could be around a long time to see it fully develop."

BILL SCHMIDTKE . . . Despite being coined the "Country Bumpkin" 32-year-old Bill has a great amount of savvy and finesse in his racquetball game. A Wisconsin native, Bill wallowed 12 years in various YMCA's in that state before being offered a managerial post at the Court House, an eight court club in Minneapolis. Bill jumped at the opportunity, which he feels has helped his game. He captured the 1971 International title, coming from an obscure number seven seed to pull upsets in each round, eventually topping then defending champ Craig Finger in the finals.

His game is known for a ferocious forehand ("The best in the game," says Brumfield) and an inate ability to come from behind. Bill is at his best in the biggest tournaments, bringing his game to a peak as each round develops. "I certainly hope I can peak during the tour," said Bill. "It's the first time we've ever competed for prize money."

RON RUBENSTEIN...This 34year-old Chicagoan was one of the disappointments of the 1973 Internationals, losing to Keeley in the quarter-finals. To that point, Ron had been the rage of the amateur tour, defeating Schmidtke in the Central Regional, and again in the Chicago Open, and finishing a close second to Brumfield in the Canadian Nationals. But a back injury at the Regional slowed him down, and it appeared that he peaked about two weeks prior to the International tournament. A second place finisher in 1972, and the only Illinois singles champ that state has ever known, Ruby still rates a good bet to win any time he steps on the court. His game is marked by pin-point pinch kills, both forehand and backhand. His athletic endeavors go back to tennis and basketball (he starred in both in high school and college) where he learned the racquet strokes and quickness necessary for racquetball. Says Rubenstein: "It'll be a different story when we're playing for money. Nobody is going to win all the tournaments."

CHARLIE GARFINKEL . . . "The Gar" as this 6'6 former squash and tennis star is known in racquetball circles, was the last person to defeat Charlie Brumfield in International competition, ousting him in the round of 16 in Salt Lake City in 1971. Their long awaited re-match occured at this years Internationals and Garfinkel was soundly beaten. He has an inconsistent game, showing flashes of brilliance at times (three game win over Rubenstein this season), and others of mediocrity (losses to Serot and Brumfield), but he is never at a loss for effort. His game is highlighted by his adamant belief in his own skill and ability

to change his style if necessary ("Always change a losing game, never change a winning game"). A 34-year-old assistant principal in the Buffalo, New York school system, Garfinkel is also known for his ability to keep conversations going, using a corny humor in the process. "I know I've got the best game there is," he deadpans. "And the tour will prove me out."

CHARLIE DRAKE . . . Another of the Midwesterners transplanted to San Diego, Charlie couples a



BILL SCHMIDTKE



**RON RUBENSTEIN** 

fierce competitive drive with good skill to make him one of the better players in the game. A 29-year-old doctor of behavioral psychology and professor at the University of San Diego, Charlie worked hard at attaining his present level of ability. A former paddleball player, his racquetball skills have been greatly enhanced by the excellent

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#### Decision

From page 9

the players will be looked at and the deserving non-pros who have done well during the course of the season will be added.

"None of the players will be bumped along the way during the first year," said Leve, "unless he commits a gross misconduct action covered in his contract. We want the guys to go along with us for a year, and then we'll re-evaluate the entire situation of each player. We're new and young and both the players and the N.R.C. have to be flexible."

"The only thing we will not tolerate is misconduct," said Kendler. "Our pros will be high class, discreet players and gentlemen at all times. We want our publicity to be good, our fans to be satisfied and our players to be happy. The N.R.C. is going to be a first class organization."

The players won't do much complaining. The standard N.R.C. contract calls for air travel to and from each N.R.C. tour tournament, plus up to \$25 per day in room and food. All that in addition to being able to compete for prize money, something never before provided in racquetball, should make the player more than happy to perform for the N.R.C.

In return the player agrees to be available (in shape) for all N.R.C. tournaments, with injury, illness or severe personal problems being valid excuses to miss a tournament.

"Remember that the fans are going to expect the best players at each tournament," said Kendler. "After all, they will be paying to see the professionals. We cannot let the fans down, for they are the means of support for the local host."



#### Strandemo Shocks Canadian Nationals

Minnesotan's elimination of Hilecher, Schmidtke and Serot en route to his first major racquetball title, wows the Edmonton, Alberta galleries.

With neither of the finalists returning to the Canadian National Championships, the field was wide open this year, with a number of very good American and fast rising Canadian players vying for the crown.

Well-known tournament vets like Steve Serot, Bill Schmidtke, Bud Muehleisen, Bill Thurman, Jerry Hilecher and Charlie Drake were on hand to attempt to capture this highly coveted singles title. None of them won.

The glory belonged to 26-year-old Steve Strandemo, a St. Cloud, Minnesota native, who has spent the past two and one-half months in San Diego, readying his game for the upcoming pro-am tour. Steve, in a display usually saved for the Brumfield's and Keeley's, knocked off Hilecher in the quarters, Schmidtke in the semi's and Serot in the finals. He blitzed young Steve 21-2, 21-10.

Although the victories were achieved amid a few extenuating circumstances (there always are at the Canadian tourneys), it was the biggest win in Strandemo's life. His efforts over the past few months have been to prove to himself and the racquetball community that he can and will be a factor on the N.R.C. tour. But to prove he could do the job on the tour, Steve had to beat a few of the players who would be on the tour, and he did just that in Canada.

The tournament was hosted at the

University of Alberta, in beautiful Edmonton by the Canadian and Alberta Racquetball Associations. The seven court facility at U.A. is one of the most spectacular set-ups for racquetball that is around today.

With defending champ Brumfield back home studying for the California Law Boards and runner-up Ron Rubenstein vactioning with his family, both the singles and doubles thrones were abdicated (Rubenstein won with Drake in the doubles a year ago).

The open doubles featured some fine teams with Hilecher and Schmidtke teaming for the first time in their careers, and capturing the title with a 20-21, 21-17, 21-14 victory over Serot and Ron Starkman. Third place went to Keith Calkins, San Francisco and Tom Kutas, Cincinnati who topped the Memphis team of Randy Stafford and Dr. Bill King.

The closed Canadian brackets, always an exciting event for the natives, found Wayne Bowes, Lethbridge, Alberta topping Bob Bear, Edmonton, 21-16, 21-6 for the crown. Bowes had bested defending champ Wes Hadikin in the semifinals 21-16, 21-14. Hadikin then took third with a 21-8, 21-2 win over Don Crawford, Edmonton.

The Canadian Closed doubles was won by Bowes and Tim Filuk, Lethbridge over Hadikin and Ron Pawlowski, Edmonton in a thrilling



STRANDEMO

21-18, 14-21, 21-18 victory. Third went to Bear and Rob Dingman over the Montreal tandem of Ivan Velan and John Spencer.

"Everyone was happy to see Wayne captured the Canadian title," said Marilyn Rankin, secretary of the Canadian Racquetball Association. "He's worked very hard, not only on his game but for racquetball in Canada."

The unique system of brackets finds any Canadian losing to an American going directly into the Canadian closed bracket with a chance at that title. Canadians losing to Canadians play in consolation. Bowes had lost to Serot, while Bear was defeated by Stafford.

In other open events Don Wynn, Edmonton topped Peter James, Bellingham, Washington for the Masters singles title, another one which was abdicated as Muehleisen entered the open. Scores were 11-21, 21-11, 21-5. Dale Pond took third place over Al Rossi by a coin flip.

Masters doubles was an all-Canadian final with Pond and Herb Capozzi, topping Tevie Smith and Bob Pickell 21-11, 21-7. Wynn and Art Kruger, Edmonton took third place over Don Green and John Wagoner, Hayward, Calif. 21-19, 21-17.

Wynn, by virtue of his victory in the Open Masters singles was declared Canadian Masters singles champ and the play-off was for second place with Smith topping Kruger 31-26.

The B bracket was highlighted by the performance of Peggy Steding, the Odessa, Texas women's National titleholder, who was allowed to entered and play against the men despite it being against International competition rules. In any event, Steding showed the great game she surely owns to the Canadian fans, losing only once, in the semi-finals to Gary Cutmore, Edmonton. Cutmore went on to win the B title with a 21-6, 21-12 victory over Charles McLarty, Portland. Steding took third by defeating Wes Montgomery 21-5, 21-8.

Canadian Closed women's singles was captured by Ellie Bell, who knocked off Jan Sage in the finals 21-18, 21-16. Third place went

to Sandy Shenton.

In the Women's singles open, Steding easily took top honors, giving up a total of only six points in the semi-finals and finals combined. She eliminated Sage in the finals 21-1, 21-2 and Bell in the semi's 21-2, 21-1. Bell took third.

In Class C competition Bob Daku, Lethbridge defeated 15-year-old Brad Kempo, Edmonton 21-11, 20-21, 21-11. Kempo is the son of Canadian Racquetball Association president John Kempo. Third place was won by Leo Fedoriw, Edmonton over Hank Marcus.

The Strandemo-Serot finals was preceded by a tremendous semi-final match between Muehleisen and Serot, in a battle of two lefties, the young kid against the veteran. Tournament people were pleasantly surprised that Muehleisen elected to play in the open after by-passing it in last year's tournament in favor of a relative easy time in the Masters. In fact, this tournament was Bud's first return to the open event since a year ago at the Norfolk Memorial Day Open.

It was a grueling match, with Bud forcing the play to Serot, keeping Steve on the run, thereby lessening Steve's shooting ability and attempting to tire the voungster. It was a difficult undertaking, however, because Muehleisen at age 42 was forced to pace himself, as well. After a 21-13 win, Serot dropped the second game 18-21, but ran up a big lead in the third of 19-5 before all the running caught up with him in the form of cramps. Muehleisen made it back to 10-19, before Serot somehow tallied the needed two points.

Shortly thereafter Steve and Starkman had to play the doubles finals and again it went three games this time 20-21, 21-17, 21-14 in favor of Hilecher-Schmidtke.



#### **TEVIE SMITH**

It was then that Strandemo played Serot for first place, and although Steve was obviously tired ("Every inch I moved was complete pain."), Strandemo showed the hustle and shots and quickness that made him unbeatable.

TOURNEY NOTES . . . The Capozzi-Smith confrontation was one of the highlights of the tournament with Capozzi demanding that Tevie remove his bathing suit type shorts in favor of conventional gym shorts. The two men had played a "grudge" match in Vancouver some months before, with Capozzi's right to make such a demand as the stakes. Herb won, and this was the first time he had the opportunity to put the winnings into practice. Smith

got a standing ovation from the fans when he re-appeared in gym shorts . . . It was great to see so many Americans at the tournament, which has become a favorite for us gringos. The record for longest distance goes to Marc Auerbach and Joe Ycaza who made the trip from Atlanta...Hats off to the C.R.A. and their hard working friends . . . always nice to see the Kempo's, Rankins, Wilsons who not only work hard but do so much extra, like putting players up for the tournament's duration.

Schmidtke and fellow Minnesotan Paul Ikier found that they may play pretty good racquetball, but their hearts game could stand improvement...Papa Capozzi's annual bash was, as usual, a rousing success, although it's rumored that Capozzi punch has been the ruin of more racquetballers in Canada than any other illness or injury . . . Americans were wowed by the elaborate costumes and events surrounding the Klondike Days celebration, Edmonton's answer to Mardi Gras that was being staged at the same time . A meeting with the C.R.A. found substantial progress with the game's popularity, especially in the form of new faces and eager workers along the tournament trail . . . Hopes are for both Edmonton and Vancouver to be hosts of N.R.C. pro-am tournaments during the upcoming season.

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### "Keeleyisms"

or If You Can't Play, At Least Sound Intelligent

#### By Steve Keeley

Steve Keeley, the number two ranked player in the world, is probably the game's number one wit. He has become famous around the racquetball circles for his humor and slang expressions. Here he relates a few of them. Illustrations by Jan Campbell.

ABC's. The ABC's of racquetball were invented by my most unforget-table racquetball personality, Carl Loveday of San Diego. Loveday's present claim to fame is that he is one-half of the current Masters doubles championship team. His past claims to fame must go unheralded here, lest this publication lose its "G" rating.

At 52-years-old, the cigar-puffing, potbellied (see cover, January, 1973 Racquetball) veteran resembles a white whale on the court, with an unique ability for never moving after, but always getting to, the ball.

The ABC's, I recently discovered, stand for Always Believe Carl. Present national champion Charlie Brumfield was taught the game by Bud Muehleisen, the first national champ. Bud was taught the game by Loveday. For this reason I believe in the ABC's of racquetball.

AROUND-THE-WALL-Z-BALL. Peruse the following 50 or so words and then forget them. Do not practice this shot; it is simply an accidental mutation of the around-the-wall ball and requires a very lively ball ("Superball") to even come close to becoming a reality.

The shot was first witnessed in the most recent Nationals after being hit by George Rudysz in a doubles match. George hit one of his vapor balls and by the time the ball slowed down enought to be visible the gallery was in shock.

"Did you see that?!" was the incredulous murmur. "The ball hit four walls!"

As it is hit by George, the ball flys off the right side wall—front wall—left side wall—right side wall—floor. By the time the ball completes its aerial acrobatics the person awaiting its return has Either been hyponotized or has twisted his body into something that resembles a pretzel holding a racquet.

As a corollary I have witnessed the around-the-wall-Z-ball hit such that the ball actually strikes four side walls (i.e., each side wall twice) during its tour of the upper atmosphere of the court. If you have five (or more) free minutes, attempt to diagram or think this one out.

CHABOT TIME OUT. This portrays perfectly the "psyche factor" in action. Chabot is the mid-coast California college where this little ruse arose. To execute the Chabot time out, one must be awaiting service. As the server drops the ball and is about to strike it you yell "Chabot Time Out". It's the timing that gets 'em. I have seen grown racquetball players shake, from being so upset by this untimely time out. I have seen younger players break down and shed tears of frustration. The Chabot time out is guaranteed to break your competitor's concentration.

GOD'S WILL. Another psych of sorts orginated, I believe, in San Diego and now hundreds of players across the country benefit from its effects. I'm sure each reader has been in a position at some time on the court when a referee's decision (see "White Cane Award") has gone against him on a "bad" call,



occasionally aided by your opponents incompetent judgment on a near skip ball, etc.

The next time this occurs you may find that you subsequently hit your next shot for a lucky kill or other freak ball. If this happens, gesture toward the heavens, scream "God's Will!", directly into your opponent's face, and serve the ball with divinely inspired confidence.

Your opponent will most likely be thinking things like (to paraphrase my eighth grade history text) "If God is with him, who can be against him?" In short, your competitor is psyched out. Synonyms: "Justice is served," and "God knows!"

CARL LOVEDAY CRACK. Carl Loveday, referred to above in the ABC's is the only player I know who aims for the crack between the side wall and floor on pass shots, and consistently hits them. He just has that magic touch. Time after time he will hit a cross court drive which strikes the crack at midcourt and the ball trickles or freaks out. On San Diego courts one of two things happen after Loveday performs the foregoing: 1) Carl yells "God's will!" (to his opponent's embarrassment) or 2) someone in the gallery pipes

up, "Its Loveday's crack" (to Carl's chagrin).

This type of humor would no doubt be interpreted as psychopathic in many societies, with its proponents being thrown into straight jackets.

SELF WAFFLE. In other publications I described a "waffle" as the impression left by the racquet strings after hitting a person's body (and ably illustrated by Jan Campbell. The SELF waffle is fairly self descriptive. The foremost advocate of this play is my doubles partner, Charlie Drake.

In practicing for the recent Nationals, Drake and I were playing a pickup game against Brumfield and Muehleisen. On one particularly exciting rally the ball was somehow



partially screened from Drake's vision. This resulted in "Chaz the Spaz" swatting thrice and missing before finally connecting on the fourth swing. That is, he connected with his own face, splitting open his lower lip (which later required four stitches).

This turned out to be only a warmup for the Nationals, however. In our third round doubles match Charlie again administered the self waffle. This time he chipped a tooth (which later required capping).

SPLINTER BALL. An euphemism for a skip ball. This is an attempted kill shot which hits the floor just prior to rolling off the front wall. In St. Louis a player will pick up the ball after such a shot and methodically remove imaginary wooden floor splinters from it as proof that his competitor's shot



#### The 3-toed Sloth

skipped in. Other synonyms: dirt ball, ground ball, oil well ball.

THREE-TOED SLOTH. For those who attended the Nationals in St. Louis, you may have noticed the California contingency periodically giving what appeared to me to be an upside down boy scout three-fingered official salute. You veteran boy scouts know to what I am referring. Upon inquiry as to what this gesture signified, I received the following explanation:

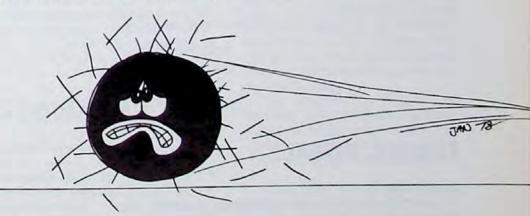
"According to the Gueniess Book of World Records the three-toed sloth is the world's slowest land mammal, traveling at six to eight feet per minute." Thus I realized why they flashed their three finger gester at me when I plodded and plundered around the court in a manner that is inherant to only myself and this North American mouse. As a postscript I was told,

"In case of crucial situations such as when its babies are being attacked, the three-toed sloth is able to almost double its normal speed to an amazing 14 feet per minute."

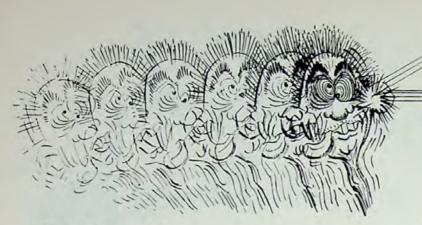
In such a groove does the San Diego mind run; it never ceases to amaze me.

WHITE CANE AWARD. That rare honor bequested on any tournament referee who makes continuous miscalls on skip balls, hinders and things like that there.

The above group of terms is, along with other related words and phrases an integral part of one's racquetball repertoire. Players who wish to become a part of the racquetball "in" group must master the game's slang. For once you have learned the lingo, your game can't be far behind.



Splinter ball



#### DEAR EDITOR:

.... now that I have your attention ....

#### I'll Take It ...

Dear Chuck:

Thanks very much, Chuck, for thinking of me for the position of Eastern Regional Director to the new National Racquetball Club, Inc. As you well know, I have a deep interest in the sport of racquetball. It has given me several years of competitive activity I missed from the days when I was a competitive swimmer. I have made many friends in states stretching from coastto-coast since I usually take my racquet with me and let all comers give me a trouncing.

The N.R.C. program as you outlined to me sounds great, and I'm ready to go. I would be honored and pleased to serve as your Eastern Director and I think we can work together to make this pro-am idea take

I've got some ideas that I would like to kick around with you, including the creation of some kind of referee's shirt with a patch to give to those persons who attend and complete a short refereeing seminar prior to several of the pro-am tournaments. Refereeing, as we both know, will be a key to the success of the program. The shirt-patch idea really caught on in swimming and will, I am certain, in racquetball, too.

Just let me know if there is anything more I can do to help racquetball and the N.R.C. I am always available. I even have some more nutty ideas and perhaps I will even learn to communicate in shorter letters in the future.

Happy roll outs from the hinder king of the East.

TOM SWEENEY State College, PA chance also, to be competing against Brumfield, Keeley, and all the others, is what I want and need.

I look forward to receiving the contract greatly, and the sooner the better. As I told you before, I have to make some arrangements for next year. Please thank Mr. Kendler for me for including me on the tour. I also want to thank you again for all you help and time. I really appreciate it.

> Charlie Garfinkel Buffalo, N.Y.

(Note: Contract was sent and signed by "The Gar," who became the first player to put his John Hancock on an N.R.C. pact.-Ed.)

#### The Nationals...

Dear Chuck:

I just read in the I.R.A.'s RACQUETBALL magazine the write-up you did on the National Championships. I thought I would take a few minutes to congratulate you on a job well done. I found the articles to be very well written, exciting and accurate. In fact the whole magazine looks very well.

Good luck to you on your new venture with the National Racquetball Club. The pro-am racquetball tour sounds like it will be a winner, and the new magazine you are working on should be likewise. Remember to

put me on your mailing list.

TED GILBERT Chicago

#### Good Luck!

Dear Chuck:

I've been on vacation for a month and what a surprise when I returned! Two racquetball organizations, two magazines, and a pro tour! You guys sure work fast in Skokie, Illinois. Anyhow, I did want to wish you and Bob Kendler the best of luck (which I doubt you'll need) in this bold endeavor which should finally put the sport of racquetball at the top,—just where it belongs.

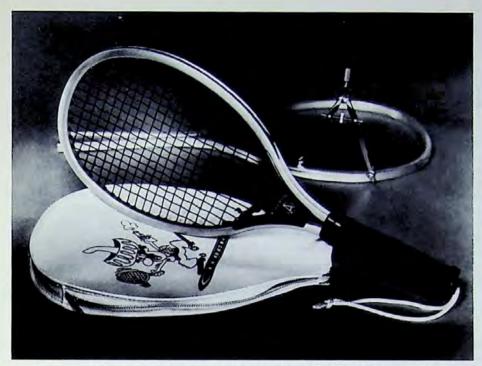
> HOWARD ANDERMAN Brooklyn, NY

#### Thanks, Again...

Dear Chuck,

I was both honored and excited when I received your fantastic offer in the mail on Friday. I definitely want to be part of pro racquetball. I feel that I will be a real asset to the tour. Also, this is what I have always really wanted. I feel that I have as much ability as any player today, if not more, and this is the type of competition I need and thrive on. As you know, my past track record under pressure has been exceptionally high. The

RACQUETBALL



Leach products will be exclusively endorsed by the N.R.C. including the new aluminum racquet (above).

#### Leach Industries, N.R.C. Sign

The National Racquetball Club, Inc. and Leach Industries, Inc. of San Diego have signed a contract calling for exclusive endorsement of Leach racquetball products by the N.R.C. Through a confidential royalty arrangement, Leach Industries will pay the N.R.C. for the exclusive use of the N.R.C.'s name and mandatory racquet usage by the contract professional players.

In announcing the agreement, N.R.C. president Bob Kendler said, "It is with a great deal of pleasure and optimism that the National Racquetball Club has joined forces with Leach Industries. Leach is by far the largest selling and forward thinking products manufacturer in the game today."

Kendler wanted to be sure to emphasize, however, that this agreement, in no way will outlaw racquets manufactured by other companies from being used in N.R.C. tournaments.

"Anybody other than the contract professionals can use whatever racquet they choose," said Kendler. As long as it falls within the legal specifications. However, we felt that since we are giving the players travel and lodging at all 18 tour tour-

naments this season, and that Leach Industries will be footing a portion of the bill through royalties, that the contract pros should use the endorsed racquet."

It wasn't much of an adjustment for the players, as eight of the 13 pros who were offered contracts used Leach racquets in the 1973 National Championships. The others are being encouraged to try Leach's new aluminum models.

"We'll customize the racquets for the contract pros if it's necessary," said Charlie Drake, manager of Leach Industries Racquetball Division, and himself one of the pros. "We want to make every one of the players as much at ease with his racquet as possible."

But Kendler was even more pleased with the general attitude of the two parties, which if it stays as amiable as it is now, should enhance the position of both organizations.

"I like this crew," said Kendler.
"They are great promoters, real dynamos who know how to go out and market their product. We feel we're the same way and by working together, can only make for better equipment and sales for both of us."

#### New N.R.C. Ball Is Green

The National Racquetball Club and Seamco Sporting Goods have signed an agreement, giving Seamco the exclusive right to manufacture the N.R.C.'s new green racquetball, to be the official ball in all sanctioned N.R.C. events.

The agreement, signed in June by N.R.C. President Robert W. Kendler and Seamco Executive Vice President Donald Strong, will provide the N.R.C. with a live, consistent ball that the pro-am players will certainly enjoy.

The ball's green color (see Seamco ad, inside front cover) has been perfected and will give the N.R.C. a ball that will televise beautifully. It was this characteristic that spurred Kendler and Strong to move so quickly.



"We need a ball that we could call our own," said Kendler, "and it had to be a color that would televise. Seamco was the company who was willing to do the initial testing and we are delighted with the results. The new green ball will be a welcome addition to the racquetball scene."

The balls are currently in production, with advance samples currently being used by the top professional players tuning for the upcoming N.R.C. racquetball tour.

"The green ball will be available by September 1," said Strong. "It can be ordered from your regular Seamco dealer."

Kendler added that anybody having trouble obtaining green balls, should contact Seamco or the N.R.C. direct, and arrangements would be worked out.

#### Here's How To Enter Pro-Am Tournaments

Simply decide which tournaments you want to enter and whether you will compete for prize money. Those competing for money are designated professional and must pay an entry fee of \$20 in open singles. Those not competing for prize money are deemed amateurs and their entry fee is \$15 in open singles. Prices will remain the same for all tournaments, although not all tournaments will offer the same brackets. Mark down the tournament's number in the space provided below, the brackets in which you will compete (maximum, two brackets in any one tournament), and send in the appropriate amount. All checks or money orders (no cash, please) should be sent to the N.R.C., Tour Division, 4101 Dempster St., Skokie, IL 60076. Checks should be made payable to the N.R.C.

Tournament 1. September 27-30, 1973. Houston, Texas Downtown Y.M.C.A., 1600 Louisiana St., Houston, TX 77017. Brackets: Open Singles (O.S.)—\$15 and \$20. Calcutta Doubles. Masters Singles (M.S.)—\$10. Masters Doubles (M.D.)—\$15 per team. B-Singles—\$10.

 October 11-14. Long Beach Athletic Club, 4000 Long Beach Blvd., Long Beach, CA 90811. Brackets: O.S.—\$15 and \$20. O.D.—\$15 per team. M.S.—\$10.

October 25-28. Norfolk, Virginia, Y.M.C.A., 312 West Bute St., Norfolk, Va. 23510. Brackets: O.S.—\$15 and \$20. O.D.—\$15 per team. M.S.—\$10. M.D. \$15 per team.

4. November 15-18. Sunnyvale, Calif. The Supreme Court I, 2059 Ticonderoga Dr., San Mateo, Calif. 94402. Brackets: O.S.—\$15 and \$20 O.D.—\$15 per team. W.S.—\$10. W.D.—\$15 per team.

November 28-December 1. Cleveland, Ohio, Executive Club, 21330 Central Ridge Rd., Rocky River, OH 44146. Brackets: O.S.—\$15 and \$20. O.D.—\$15 per team. W.S.—\$10. M.S.—\$10. M.D.—\$15 per team.

Entry deadline for all tournaments—10 days prior to tournament starting date.

\$5,000 Prize Money In Each N.R.C. Tournament

N.R.C. TOUR DIVISION, 4101 Dempster St., Skokie, IL 60076 Please enter me in the following tournaments:

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Brackets	
Enclosed is \$	
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Address	
City/State/Zip	

#### Pro Racquetball

From page 8

day for the right to meet the seeded players in the round of 32. From there the players will compete in one round Friday, two Saturday with the semi's and finals Sunday.

Entry fees...All entry fees for open tournaments will be standard, \$15 for amateurs (defined as those not competing for prize money) and \$20 for professionals (those competing for purses). Anybody paying a \$15 entry fee cannot accept prize money, even if he should reach a position in that tournament where his efforts would be so rewarded. A player paying a \$20 entry does not have to accept prize money, although such a decision is unlikely.

Prize money...will be awarded in the following manner: winner of a tournament will receive \$1,500. Second place wins \$1,000, third and fourth \$600 each (there will be no third place matches), players finishing in the five through eight spots will receive \$200 each and those ending up in the nine through 16 slots pick up \$50. Prize money will total \$5,000 per tournament and may be increased by local hosts or sponsorship. All prize money is currently being planned for open singles events only, although each tournament can and probably will include open doubles, masters and women's events. Those brackets of players will compete for conventional trophies, unless the local host wishes to donate prize money for them.

Draws...for the top 16 players will be on a basis of past National competition at first and after three weeks of tour play, a composite mathematical formula will be used to determine the player's seed. Seed one will be placed at the top of the draw and seed two at the bottom. Seeds three and four will be placed at the top of the bottom bracket and the bottom of the top bracket by the luck of the draw. Five through eight and then nine through 16 will be drawn accordingly out of a hat. The 16 players surviving the preliminary rounds will then be drawn out of a hat to determine what position they will take against the 16 seeded players.

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Tickets for the first five N.R.C. pro-am tournaments are now available through the National Racquetball Club's headquarters in Skokie, Illinois. To order season (assigned seat, entire tournament) tickets simply mark below in the appropriate space the number of the tournament you wish to attend and the number of tickets you want to purchase.

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## What Is An American?

He yells for the government to balance the budget...then takes his last dime to make the down payment on a car.

He whips the enemy...then gives him the shirt off his back.

He cries for the speed laws that will stop fast driving...then won't buy a car if it can't do 100 mph.

An American gets scared to death if we vote a billion dollars for education...but is unconcerned when he finds out we are spending \$3 billion a year on cigarettes.

He knows the line-up for every baseball team in the American and National leagues...but doesn't know half the words to the "Star Spangled Banner."

He'll spend half the day looking for the vitamin pills to make him live longer...then drive 90 miles an hour on slick pavement to make up for lost time.

He ties up his dog...but lets his 16-year-old son run wild.

An American will work hard on a farm...so he can move into town ...where he can make more money...so he can move back to the farm.

He is the only fellow in the world who will pay 50 cents to park his car while eating a 25 cent sandwich.

He is never ready for war...but has never lost one.

We're a country that has more food to eat than any other country in the world...and more diets to keep from eating it.

We're the most ambitious people on earth...and we run from morning until night trying to keep our Earning power up with our Yearning power.

We're supposed to be the most civilized nation on earth...but still can't deliver payrolls without an armored car.

In America we have more experts on marriage than any other country in the world...and more divorces.

But we're still pretty nice folks. Calling a person "A Real American" is the best compliment you can pay him.

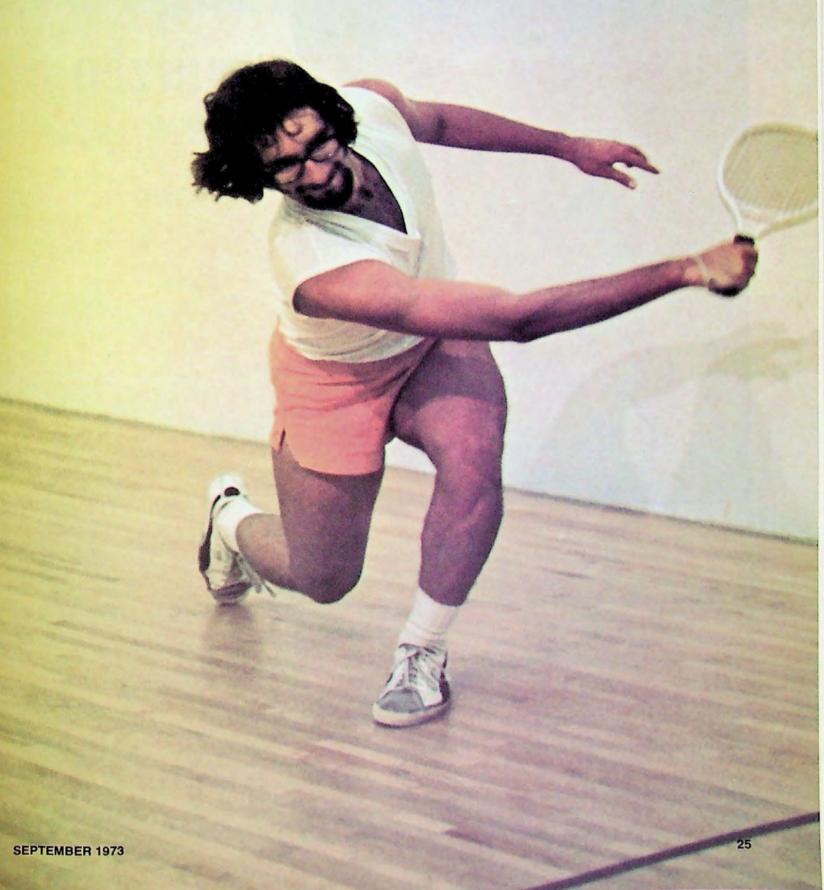
# Instructional: The Brumfield Forehand Note as the ball approaches Brumfield's cocked wrist, total eye contact, and the beginning of forward movement into the ball. 22 RACQUETBALL

As Brumfield starts his swing, the right knee bends inward slightly, more weight transfers to the front foot, his arm although now moving downward to the ball still holds a cocked wrist, and he never takes his eyes off the ball. SEPTEMBER 1973

At point of contact Charlie's weight has now shifted almost entirely. He has struck the ball off the instep of his front foot and opened his hips to allow for a smooth stroke and direction. Note that from his shoulder to his wrist neither the elbow nor wrist are bent. And, as with all good players, the eye contact is still there.



In his follow through, Burmfield's weight has entirely pitched forward, enabling him to easily re-gain his balance. His hips have revolved, as have his shoulders about three-quarters of the way around his body circle. He has finally turned over his wrist, and is now about to look up and see, no doubt, another roll out.



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#### Ron Strom Captures Minnesota State

Southpaw tops partner Steve Strandemo en route to singles and doubles victory.

By Fred D. Banfield, M. D.

The Rochester, Minnesota. YMCA hosted the first annual Minnesota State Racquetball Tournament on April 13, 14, and 15, 1973. Southpaw Ron Strom of St. Cloud emerged as the champion, aided by an upset semifinal victory over fourth-ranked nationally Bill Schmidtke of Minneapolis, 14-21 21-11, 21-17. Despite the closeness of the scores, the victory was decisive. When it boiled down to the nitty-gritty at the end of the third game, Ron made short kills and passes as well as making outstanding saves. The final victory over his doubles partner, Steve Strandemo was an anti-climax as Ron scored a rather easy 21-4, 21-10 victory. Runner-up Strandemo was unable to muster a significant challenge. His usual sharpness on corner kills was missing. This in turn seemed to dishearten him, causing him to lose a half a step on his normal lightning quickness.

Schmidtke easily beat Paul Ikier of Mankato, 21-2, 21-7, for third place. Ikier gained the semifinals with a well earned victory over Bob Adam, Sr., of Edina. Adam had earlier upset highly regarded Bob McNamara of Minneapolis. McNamara went on to capture consolation honors.

Semifinals in the master's division (40 years and over) championship showed McNamara beating Dean Constantine of Minneapolis 21-13, 21-9, and George Sladky of Edina winning over Ed Nordling of Minneapolis 21-8, 21-11. The finals found Mac winning easily over Sladky 21-12, 21-10. Constantine captured third place 21-8, 21-15. Bill Colclough of Winona won a hard fought consolation final over Jim Enderson of Rochester, 21-15, 21-10.

Ron Strom and Steve Strandemo were never really challenged in being crowned 1973 doubles champions. The finals showed them winning out over Schmidtke and Dr. Charles Schaeffer of Winona, 21-8, 21-14. Mike Kulas and Tom Dobbins of Winona won third place in a grueling three game match over Mike Gorman and Dick Carpenter of Rochester, 16-21, 21-14, 21-19. Consolation honors went to Ron Haskvitz and Norm Goldetsky of Minneapolis as they won five straight consolation matches following their first round loss to champions Strom and Strandemo.

We were very grateful to the Kahler Hotel who acted as our sponsor. They hosted a poolside party which was well attended. Old-time masters competitor, George Waters of Rochester, donated a barrel of beer. He further regaled us with his hilarious experiences as a third-string blocking back for Harvard. A good time was had by all as tournament co-chairman Banfield almost missed the 8:00 a.m. starting time on Sunday morning.

We tried some new features in

the tournament which we felt were very succesful. Foremost in everyone's mind who attends a weekend tournament is a desire to play racquetball. We adopted a philosophy that no entrant should be beaten out until he losses twice. We followed this through all events by doubling back our first time losers into the consolation bracket. The only exceptions were the four quarter-final losers. Almost everyone went home tired. The winners seemed to appreciate the replacement of the traditional statue trophies with silver bowls for first and seond places and pewter beer mugs for third place and consolation. These trophies were most graciously donated by the Kahler Hotel.

Racquetball is really growing in Rochester. We are encouraging players to participate in our weekly A and B leagues. Unfortunately, court demands are increasing greatly, but we hope to build at least two and possibly four more courts in the near future. We are anxiously awaiting the second annual Minnesota State Racquetball Championships.

#### Phoenix

Racquetball's phenominal increase in popularity was clearly demonstrated by the increased number of entries in this years class "C" tournament for members of the Phoenix Downtown YMCA. Forty-five participants—an increase of 32 over last year—paid their money and took their chances in the double elimination singles contest.

Gene Fazio overcame a winner's bracket loss to Russ McKnight by coming back through the losers bracket to meet McKnight again and defeating him twice in the finals. Their final match went the full three games with Fazio taking the first one 21-18 and McKnight taking the second 21-5. The third and deciding game was close all the way and with the score tied at 20-20 four scoreless innings passed before Fazio finally scored the winning point.

**RON STULIK** 

#### Humor/Tragedy

#### A Donut Is A Donut Is A Donut...

by Chuck Leve

Zero. None. O. Zip.

Anyway you look at it nothing can be worse than "scoring" no points in a racquetball game. Except perhaps, scoring none in two games. However, there is much to learn when on the short end of the 21-0 tally, at least that is what losers say. And so when it happened to this reporter the immediate thoughts were transferred to print.

I'll set the circumstances for you. There's this guy from Chicago named Ron Rubenstein. Not a bad player. Hits the ball nice, pretty fair backhand, does well in tournaments now and then. Happens to be one of the top eight players in the nation. The nation, hell, the whole world!

Well, we're five days from the Illinois State doubles tournament so Rubenstein is playing a fair amount of doubles this time of year. Has to defend that title, you know. Me? Well, there's no title to defend, but I too am aiming for the Illinois State doubles, so recently I find myself on the court with three others instead of just one.

It's Monday night, the weekly nocturnal competition in the Chicagoland Racquetball League. My facility, the Bernard Horwich J.C.C. is hosting the Symons Y.M.C.A. from the Northwest side. Rubenstein plays for Symons. His partner this night is Sam Rizzio, a crafty old ex-handballer with the deceiving handball belly and quickness that belies his age.

I play for Horwich. So does Ron Solomon, my partner. We're tuning up (or down) for the doubles tourney and the lineup for this Monday night reads Doubles: Leve-Solomon vs. Rubenstein-Rizzio. I'm feeling ill. Solomon can't talk. He opens his mouth, but words don't come out.

I might add at this point that the Leve-Solomon team is probably the best tandem at Horwich, at least we've never lost as a team to my recollection. In fact, we've got the guys around the Health Club thinking that we're actually pretty good players. Oh sure, maybe not a Rubenstein (of whom they had heard but never seen), but not too much worse either.

Ha. Me. I know better. I lose to guys Rubenstein shuts out. Now, where does that leave me? I know, up the creek without a paddle, or racquet.

It's eight o'clock, we're on the court warming up, Ruby and Rizzio are still in the locker room. Check the clock, they've only got 20 minutes before a forfeit. It's now 8:06 and the favorites enter the court to the low murmuring of the packed crowd. My hands turn to ice. I'm beginning to tense up.

Rubenstein, who I'll be playing on the left (we're both righthanded) is taking that smooth stroke he is well known for as he warms up. Then the thought strikes me: There is no way we can win. C'mon Chuck, don't think negatively. Didn't Charlie Brumfield always tell you never to fear losing? But what does the Brumfield school of racquetball say about annihiliation?

"They don't look so tough," says Solomon. "We'll do all right."

"Okay," I said, while thinking how Rubenstein can make shots in tournaments that I can't make while practicing alone. Forget it, get it out of your mind, Leve. Just play the game. You'll do all right.

The time is now. Coin toss, oops no coin. Visitors serve first I offered. Solomon almost passed out. "Hey,

you idiot, what are ya trying to do? We may never get the serve back." Talk about confidence.

"Look Solly, that means we'll get to serve the second game, so all will be fair. You don't think it'll go three do you?"

"Nah," he says. "We should win in two." Ever call a time out before the match?.

We're ready to go. Rubenstein serves first, a Garfinkel to Solomon who promptly goes cross court to the ceiling. Atta boy, Ronny, just like we planned. Rubenstein killed left side wall—front wall. 1-0.

"Forget it," I said. "He can't make those all night. Horrible percentage shot. The odds'll catch up to him."

Another Garfinkel, this time Solly misses the ceiling and here comes a backwall shot to Rizzio. Kill, dead, right corner. Solomon's caught behind Sam and I can't cover. 2-0.

"It's still early," I thought. "Just relax, the shots'll come." They did, all from the other guys.

At 4-0 we gained the serve when Solomon killed right in the center of front court, and deftly stepped in front of Rizzio, while I screened Rubenstein. They let us have it.

Solomon served first, a hard-hit cross court to Rizzio, who put it up to the ceiling driving me into deep left court. I returned with a ceiling hoping I could get it cross court back to Sam. No such luck. It came down at mid court at the short line and Rubenstein killed in the left corner.

I too served a Garfinkel to Rizzio, who again hit a beautiful ceiling cross court, driving me back. This time my return never made the front wall. Side out.

Well, the game continued on this plane. The next time we salvaged the serve it was at 11-0 and I thanked the heavens we were play-

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#### **Profiles**

From page 13

competition he faces daily in San Diego. He is currently the manager of the racquetball division of Leach Industries, the largest racquetball racquet manufacturer in the world. As for holding down two full time jobs and still competing on the tour, Drake says, "Well, it might be tough, and eventually I'll have to make a decision. But with the way this game is going, it won't be a difficult one."



CHARLIE DRAKE

MIKE ZEITMAN . . This 25year-old two time defending Southern Regional champion has had his triumphs and heartbreaks during a turbulent, five year, racquetball career. A national champ in open doubles at the age of 20 (with Alan Hyman) and again two years later (with Ken Porco), Mike has yet to reach that pinnacle in singles. He has the game and seems to now be "getting his head together" to complement it. After a serious back injury, he made a tremendous recovery by taking third place in the top-16 singles tournament, only to lose in the quarter-finals of the National Championships this year to Schmidtke, whom he beat in the top-16. Mike has a smooth picturebook style along with great hustle and desire to win. His only draw-back is the one thing that has haunted him throughout his career,—occassional lack of concentration on the court. "When we're playing for prize money, said Mike, "I don't think I'll have any trouble concentrating."

JERRY HILECHER...Without a doubt, Jerry is the biggest gambler on the racquetball circuit. A 19year-old University of Missouri sophomore, Hilecher is a shooting man's shooter, executing the well known adage "you've got to kill the ball to win." He oftens wins, but when he doesn't you know he went out low and hard. Jerry is coming off a paradoxical year, which saw him play the best racquetball of his life, but not win very many tournaments. Bad draws were part of it, he ran into Brumfield in the first round of the top-16 singles and actually scored more points against him than any other player during the tournament. In the National Championships, Hilecher met Keeley in the round of 16 and lost a heartbreaker, with the third game a 21-18 Keeley win. "It'll be different this year," vows Jerry.

JIM AUSTIN ... An excellent athlete. Jim has reached the quarter-finals or round of 16 in every racquetball tournament he's ever entered. For five consecutive years he has been the Texas State Champion. Jim is still a practicing tennis instructor and has overcome much tennis playing coupled with substandard home courts to play a very good game. He is one of the few players in the game today, who actually has a better backhand than forehand, something that puzzels Jim as well as his opponents. But he uses it to his advantage, even serving backhand, something quite rare on the tour. Stymied somewhat by lack of competition at home, Jim is wetting his lips at the chance to bite into the pro tour. "I feel all my game needs," says the 31-year-old Houston native, "is continued top competition. I know I'll get it on the pro-am tour."

#### Donut

From page 28

ing racquetball, not table tennis, where 11-0 is a shut out.

At 15-0 I felt we would really do it. Solomon served, surprisingly to Rubenstein whose return left me with a backhand set up. "This is it," I thought. "We finally break the ice." I skipped it in,—at the short line.

It might have been a turning point. We had the shot, and I just missed it. Things like that happen. But I was confident. "We've got 'em now," I announced loud enough for the crowd to hear. "We've found their weakness."

The next rally was beautiful. Solomon kept Rizzio off balance with hard drives down the right and I countered with good ceiling balls to the right, effectively keeping Rubenstein out of the play, while attempting to give Solly his forehand right corner kill in front of Sam. We got the shot but Ron left it up, Rubenstein covered and hit backhand Z ball. I frantically raced back, around and over, crossed my legs, lost my balance, swung and missed. Side out.

It was all downhill from there. I know, I know, you thought we were already at bottom. Well, there was one more blaze of glory. At 20-0 we put out Rizzio. I looked over at Solomon, he looked at me.

"This is it," I said.
"This is it," he said.

"Let's make 'em earn it," we both said.

The serve came to me. I backhanded effectively cross court to Rizzio. His attempt at a ceiling was off mark and the ball came off the backwall. Solomon set up, raised his ferocious forehand and shot for the right corner. It was close, but the ball skipped.

"Good shot," I yelled, grabbing the ball and walking in to serve. It was our last hope—deceit.

"Skip ball," bellowed the referee, some handballer we had kicked off the court for our match. And that was that. The ultimate embarassment was ours. It mattered little that we actually scored five points in the second game. Those that had witnessed the match will only remember one thing, from that gloomy night on.

Zero. None. 0. Zip.

# Touring The Racquetball Court

By Alan and Michael Steinberg

All right, sports buffs, let's play some esoteric trivia. But put away your Guinness Book of World Records and your soggy, old sports dictionaries because this quiz as the man says is a real "tour of the court." Twenty questions. Ready? What is a "tour of the court.?" How many of you know what a "Brumfield Carbon Swinger" is? Who eats "Cosmic Munchies," and what are they anyway? What's a "Z-ball" and why? Who is "The Gar?" What's the difference between a "freak ball" and a "tweak ball?" What's a "photon?" Where is The Court House and what, by God, goes on there? Let's hold off a bit on the next bunch. Because if you know the answer to one or two, okay, even three of these stumpers, then chances are you are either Charlie Brumfield, Steve Keeley or Charlie Garfinkel, three of the top racquetball players in the country, or else you are a bonafide racquetball freak.

On the other hand, you might ask, what in heaven's name is racquetball? Well, it is one of the fastest growing indoor sports in America. Last year over a quarter of a million racquets (Many of them "Brumfield swingers") crossed the counters in sporting good outfits around this country. What accounts for the sport's sudden popularity and prominence? Is this the recreation lobby's lastest hula-hoop or frisbee? Well, maybe not, because indications are that racquetball could be to the seventies what surfing was to the fifties and skiing to the sixties.

A four-wall game, this offshoot of handball, squash, and paddleball might even have more staying power and eventually involve more participants and fans than surfing or skiing. For unlike those sports, racquetball is the kind of recreational game that, with some practice and patience, anyone can learn to play, and play well. As National Racquetball Club, Inc. and U.S. Handball Association President Bob Kendler exuberantly exclaims: "I tell you that racquetball is absolutely exploding all over the United States and, as a result, courts are springing up; and when we finally get national exposure, it'll be only a matter of time before this sport becomes the favorite indoor sport in America. It is fast, a great conditioner and everyone-men, women and kids-can play it. And believe me, in one word, this game is fun. That's what sells it, that's why it's gonna go."

Recreation and fun, however, comprise only one aspect of the game's appeal. As in any sport, those athletes who are at the top of the game play it with grace and artistry, skill and precision. And because racquetball is becoming so popular, fans and players alike are in the process of creating for the sport an appropriate mythos, complete with culture heroes, legends and apocrypha. While none of the top ranking players is yet as well known as say, Jean Claude Killy or the Palmers and Nicklauses, Lavers and Kings who are the darlings of the links and courts, racquetball's top notchers are not without class, color, and charisma of their own.

Every sport has its legendary figures, its "old guarde" and in racquetball that distinction belongs to San Diego dentist, Dr. Bud Muehleisen. Once its premier player (he was first National Open Singles Champ in 1969), because of this experience, poise, and thorough understanding of the game Muehleisen, at 41, can still give most of the younger comers a run for their money. In fact, has has already played to highly publicized "Hands against the Racquet" matches with handball's legendary profligate and perpetual national champion, Paul Haber (Sports Illustrated, Feb. 7, 1972.). Haber won the first match and the good dentist the second. But instead of competing as regularly as he used to, Mehleisen now prefers to concentrate on publicizing his sport.

The veteran Muehleisen is not even the best or most outspoken exponent of his sport. That celebrity is 24 year-old San Diego law student, Charlie Brumfield. Most insiders consider Charlie, to be not only the game's most audacious personality, but also presently unbeatable. Unbeatable? Hell, you say, no one is unbeatable in any sport, right? Not exactly. Though you can't fully compare Brumfield's string of victories to that of the Miami Dolphins, Charlie has managed to win all of the major racquetball tournaments in the past year. And down there on the narrow, tight courts (20' x 20' x 40'), where you jockey for position and smell each other's sweat, you go both ways; no coach, no trainer, no Manny, Nick or Jake to spell you. So, to be unbeatable in raquetball, you need skill, stamina, and as fellow-racquetballer Steve Keeley says, "you got to have that grey matter moving all the time." Which Charlie Brumfield does.

Describing his own game, Brumfield recently gave this, frank evaluation. "Now that I've learned to adapt to various situations, I'm probably the brightest 'court general' in the game today. I excel in thinking. I make so few mental errors that my opponent has to hit 21 kill shots against me to win. I don't think there's anyone in the country who can do that. If my opponent is not 'on' then he's going to get "my tour of the court." If he has a good day he might get 12 to 15 points." The "Tour" is the patronizing tag Brumfield uses to describe the way in which he can exhaust an opponent as he moves him left, then right, to the front court, then to the backcourt-all over the place. "That's where I show my opponents the facilities of the court," Charlie boasts.

Sixteen top-ranked players are chosen annually to participate in a top-16 Singles tournament. Racquetball's showcase event, this year's top-16 was held during the Christmas season at the newly erected Court House, a magnificent racquetball-paddleball-handball complex in Minneapolis, Minnesota. The facility, one of several burgeoning around the country in cities like San Diego, St. Louis, Chicago, and Louisville, is the brainchild of local investment counselor, Dick Lurie and attorney Malin Greenberg. Inspired by the increasing popularity of racquetball, Lurie and Greenberg modelled the Court House after some of the impressive private clubs out West, notably the posh layout of a Newport Beach, California kiosk, known for its eucalyptus, massage and infrared rooms. As the sport expands, they plan to build sister facilities in places like Atlanta, Denver and Houston. In fact, their long-range prospectus is to break ground for court clubs in almost every N.F.L. city, hopefully by 1976. The reasons? Racquetball is fast catching on as a conditioner for professional athletes, especially because it helps develop quickness, agility and stamina. Among those Twin Cities athletes and coaches, for example, who have actually invested in the Court House and who work out there regularly are: Rich Reese (now of the Tigers) and Jim Kaat of the Twins; Barry Gibbs, Bill Goldsworthy, Murry Oliver, and Lou Nanne of the North Stars; Bill Brown and Dave Osborne, as well as General Manager Jim Finks and head coach Bud Grant of the Vikings.

So-what better showcase for the top-16? Along with national champion Brumfield, who regards himself as a non-athlete, some imposing exprofessional and college jocks in the top 16. Among them are: Ron Rubenstein, who played collegiate basketball at Louisville a decade ago and then hooked up with a team which toured as cannon fodder for the Harlem Globetrotters; Charlie Garfinkel another ex-roundballer from Buffalo State, and Ken Porco. who played his professional football in Canada. Some of the less publicized amateurs among the racquetball creme de la creme include: 1971 and 1973 national paddleball champion, Steve Keeley, a kinky, young, veterinarian, Steve Serot who at 17 is the tour's youngest member: Mike Zeitman from Louisville who, together with Porco, won the National Doubles title in 1971; and Paul Lawrence, the veteran from Ann Arbor, Michigan and winner of the National paddleball title in 1969.

Many of the top sixteen regularly make the racquetball circuit competing in open and invitational tournaments all around the U.S. and Canada. But until the new N.R.C. pro-am tour it was only here at this top-16 singles and later at the National Open that you could find all of these "racquetball bums" in the same place.

In light of Brumfield's big-game streak, the Minneapolis tournament had been billed half-jokingly as the "Brumfield Invitational." But trucking to the frozen north from places as distant and divergent as Buffalo, St. Louis, San Diego, and, for God's sake, East Lansing and Ann Arbor, Michigan, the top seeds didn't make the trip just to tuck in for Charlie's celebrated "tour of the court."

Still, don't get the idea that all these guys are grim, determined pros or that, eccentric and brash as he is, Brumfield is the only zany in this touring group of racquet rascals. Several of them can match "the Brum" not only in various court skills

and precision but also in individuality. Seems racquetball draws these kinds of tutti-fruittis. Take, for example, number two ranked singles star, Ronnie Rubenstein. Described by National Racquetball Club's former National Director, Chuck Leve, as racquetball's "natural athlete," this ex-All-City Chicago cager of the 1950's took up the sport four years ago. After having played some serious tennis. he found a faster game and although he has never quite made it to the top yet, at 34, Ruby is invariably among the big eight in the game. A well-to-do real-estate man in Chicago who spends spare time in the southern sunshine, Ruby loves to jet to tourneys looking like a litchi-nut. In fact, as Leve observed: "Ronnie never shows up at a major tournament without a tan." Litchi-tan, brown velvet bells and all, Rubenstein seems to warm the cockles of his cohorts' hearts. "I'd say he's the most well-liked guy on the tour," Keeley points out, and Leve adds: "Believe me, he's got it but he doesn't flaunt it. Everyone digs Ruby."



Keeley shooting against Brumfield. The pros are here.

For all his poise, dapper manners, and savoir-faire, Rubenstein, also has a flair for the whacky. The favorite Rubenstein story comes from racquetball's notorious, spaghetti-haired raconteur, Steve Keeley: "Ruby hates my game but he likes my hairdo, so he got himself a permanent. And instead of paying for it, I guess the person who gave it to him was a racquetball buff, so he traded one of the racquets he doesn't use for his permanent. He thinks it goes great with his tan." Idiosyncracies aside, when he gets on the court, Rubenstein is all business. He was ranked number two behind Brumfield for over a year and he showed up in Minneapolis, as he put it, "to collect Brumfield's buttons."

Another colorful contender for Brumfield's title is the slapstick, non-stop confabulator from Buffalo, New York, Charlie Garfinkel. Charlie has the kind of dig and hustle, beardown game which, when on, can blow anyone off the court. The high point in Garfinkel's career occurred two years ago in the Nationals at Salt Lake City, where "the Gar" napooed Brumfield in the round of sixteen. "I cleaned his clock, baby. I cleaned his clock!," Garfinkel is fond of recalling.

His own best P.R. man, "the Gar," who in mock-modesty refers to himself as "the graceful one," never tires of recounting his exploits on and off the court. Unlike Brumfield who talks to his opponents all the time, trying to psych them, Garfinkel is a marathon talker who has developed an interesting habit of keeping up a running conversation with himself during a match. Constantly he chatter's analyzing small mistakes in his game: C'mon, Charlie, hit that ball, HIT it!"..."You're standing around, Jesus!"..."That's the easiest shot in racquetball! C'mon now Charlie, DIG, DIG!"

Standing 6'6" and roaming the box-like playing area like a giant tarantula, Charlie is credited with having invented the "Garfinkel serve" which if placed just right, gives his opponents fits. The shot has been so successful that it is now an indispensable part of everyone's game.

Because he lacks consistency, Garfinkel is often the dark horse in major tournaments. This doesn't



Schmidtke hits desperately into back wall against Rubenstein. The Country Bumpkin versus Mr. Tan.

bother him though; proudly he incorporates it into his strategy. "I don't mind being the underdog. In fact, I'm working on a new shot by the same name. I see it working this way: game and match point, I serve the underdog, it comes off the back wall growling and bites Brumfield's backside. I win be infection!"

Mike Zeitman is affectionately called "Super Jew" because of his flamboyant, reckless style of play; he'll dig for everything, dive into corners, scramble on his rasberries. Zeitman has a spectacular, often Barnumesque, yet very inconsistent game. But, because of his intensity he might put it all together, as they say, any time.

No rundown of racquetballers is complete without mention of it's "Country Bumpkin," "Boy Wonder," and "Superflake." He is Bill Schmidtke, who was recruited out of a Pt. Edwards, Wisc. YMCA by Lurie and Greenberg to manage the Court House, is also the number four ranked singles player in the country. Recognized as the Gomer Pyle, the easygoing hayseed of the circuit, Bill admits to feeling lost in

cities with populations over a thousand.

National Open Singles champ in 1971, Schmidtke has an interesting history of feeling sick before big tournaments. Some of the more sympathetic faithful believe it's all psychological while fellow players, who have listened, amused, to Bill complain about his ailments, only to get whipped by him later, believe that well, maybe, just maybe "Wild Bill" ain't the rube after all. It is a well-known fact that when sleepy or drunk, Schmidtke can spell out the work "sandbag" without missing a letter.

Then there's Steve Serot, "Boy Wonder." At all of 17 this St. Louis, Missouri high school student is already a veteran on any kind of one, two, or four-wall court. Known for his ability to consistently produce deveatating, power-kills ("photons"), he can move even the more

physical players cringing to the side walls, hoping to avoid collision with the ball. Where did the kid with acne and braces still on his teeth ever find the "photon" touch? How did he learn to blast like that? Serot explains. "My dad used to play handball about 9-10 years ago at the JCCA in St. Louis. He used to play about 5 days a week and I used to go there and watch him and take a handball and hit it against the wall all the time. About 9 years ago, I took a wooden racquet on the squash courts and began playing every day. About 3 years later, I used to play 6-7 hours a day. I just played and played. From then on, I sorta beat all the men there, All the Class B Players."

This kind of background and dedication has produced one of the purest "shooters" in the game. Serot's kill shots have been variously described as "dynamite," "speed of light," and "pure wind." "Serot is super," says Garfinkel, "they had to move the wall back 3 feet in St. Louis for him."

At 17, Steve has had adjustments to make while spending more and more time on the road involved in the unique world of racquetball. "I remember my first tournament in Tulsa, Oklahoma. When I walked on

the court, all the men just laughed. They said: "porky little kid" and stuff like that but I just sorta laughed too and my doubles partner Biron Valier and I won 21-0, 21-0. The guys were so embarrassed, they didn't come back that day." And since most kids his age are tied to home and school, Steve lives a totally different existence than his peers. "Most kids I know, 14, 15, 16, they don't travel at all. I've traveled around the country to almost every city to play racquetball. It's funny, all my friends are men. My younger friends act a little different and its really strange."

One of the most interesting and authentic of this rogue's gallery is 23-year old Steve Keeley. The epitome of the "Racquetball Bum," Keeley's trademark is the large uncombed bush of naturally golden ringlets on his head. His curls may be all that he owns, however, because Keeley rarely shows up for tournaments with a coat or even an extra pair of socks. It surprised no one when he arrived in Minnesota on a weekend when the wind-chill factor plunged to 30 below, wearing just a flannel shirt, jeans and addidases. "I don't like to wear coats much. Coats keep you warm," Keeley explained, as if coats weren't really supposed to do that.

Because of his somewhat rococo approach to life, he has become known as the game's Jack Pudding, it's superflake and token freak. Even if all the corn isn't on Keeley's cob, he is, nevertheless, a true original. One of his more conservative adventures was when, several years ago, on the day before New Year's Eve, he packed a lunch of fruit and a bag of "Cosmic Munchies," his own screwball mixture of soybean nuts, cashews, ricekrispies and who knows what else, and walked 40 miles from his hometown, Jackson, Michigan to East Lansing. Picture, if you will, Keeley, on his way out of Jackson: he's wearing black rubbers over his sneakers, bell-bottom dungarees, a

transistor radio dangling from the tie-string on his parka, his mother's red mittens, red-stocking cap, a knapsack on his back and large, green shades to shield the sun glaring off the snow. And following him all through town, staring in puzzled amazement, stray dogs.

Keeley's clear, blue eyes sparkle with haphazard daffiness when he talks abut his next project. Sometime this year, he is going to pack his racquetball gear, get on a 10-speed bike and journey from San Diego (he's just moved out there where he can practice with the best: Brumfield, Muehleisen and Charlie Drake) to East Lansing, stopping along the way in places like Salt Lake City, Fargo, North Dakota, St. Louis, and Chicago, where he knows he can pick up a game and a free meal. When rational skeptics asked him: "Why?," Keeley, like Yossarian in Catch-22, retorted: "Why not?" No one has bothered to ask him the same question twice.

But don't get the notion that Keeley is just some spaced-out, oddball, hippie. A little baroque, maybe. Nevertheless, he is a superbly conditioned and talented athlete. Whose fault is it that his idea of a training program is to run a mile to the neighborhood bar, have a beer, say hello to pals and then run right back to his room? At least he has a training program. Keeley also has an impressive repertoire of shots and his game is coming fast: just about every knowledgeable fan who follows this sport feels that once he begins to play regularly, Steve will eventually be the heir apparent to his buddy Brumfield's title.

If this does indeed come to pass, it will be something of an ironic justification, for Keeley himself is probably more responsible than anyone else for Charlie's sudden rise to the top of his sport. For two years previous to the 1972 Nationals, Brumfield was the most highly regarded younger player in the game. He was an overwhleming favorite to win all the big ones in 1970 and 1971 but, like Mark Spitz in Mexico Ctiy, he just couldn't get his thing together and somehow managed to disappoint in the big tourneys. As Chuck Leve recalls: "In Salt Lake City, all we heard was watch Brumfield, watch Brumfield, he's gonna win it all, but then was knocked out by Garfinkel in the round of 16. He was



Steve Serot about to hit a forehand to the ceiling. "My younger friends act a little different."

a name but he had never won it. He should have won it the first year, he should have won it the second year, and supposedly, he should have won it the third year when Schmidtke won it. Well, what can a guy do? He can't go on being a hot-dog if he has nothing to be a hot-dog about. He went to East Lansing that summer and played with Keeley until he got his game down and kind of calmed down for a year and just concentrated on the racquetball".

After the Salt Lake City match, in obvious disappointment and frustration, Brumfield vowed that he'd "never play singles again. I'm sticking to doubles from now on." It didn't take long for him to change his mind, however, for that summer he journied from San Diego to East Lansing and moved in with Keeley, who, at the time, was sharing a house with, naturally, the "Woolies, a popular Michigan rock group. All that summer, Charlie and Steve practiced on the Michigan State University Intramural courts for 5 hours a day, every day. Brumfield spent hours hitting each shot in his repertoire several hundred times, until he had his game down.

It was that summer which really marked a turning point in Brumfield's career. Not having realized his potential in the past, he had compensated by becoming a crowd pleaser, a hot dog. Fondly recalling Brumfield's old antics, Keeley recounts: "Before he got his game together, Charlie used to be my hero. He was so colorful and outrageous. His game was based on what you might call the "psych factor." He'd do anything to intimidate you, throw your timing off, distract you. The first time I ever played Charlie in the 1971 paddleball nationals he showed up late for the match and when he came onto the court he was wearing a clerk's visor, black high top tennis shoes-which he called his "black wheels," and his paddle had a Superman emblem on it. All during the game, he kept talking to the crowd, saying things like "what time is my next match" and "get my lunch ready," and every so often after I'd hit a good shot, he'd say to me 'You're swinging a little funny at the ball' or 'Look out for that slippery spot' or, If I'd roll one off, he'd say: "How'd you do that? After a

while, I started asking myself: 'How did I do that?' and it would begin to screw up my whole game."

Brumfield himself candidly admits that "psych" was and still is an important part of his game. "I like to win more than anything else. If a guy got in my way, I'd give him the waffle face, nudge him with the racquet or trip him a little or just casually bump him. Make him worry a little about me and maybe throw his concentration off just enough to give me an edge. Now, that I've won the title, I'm much more concerned with my opponent. I think my problem was immaturity and inability to adapt to different situations on the court. In essence, I psyched myself out. Whenever I can keep may mind on the game and concentrate, I usually have very few problems.

Admittedly, Charlie's old image and approach to the game has changed. He's still part show-biz out there but he can get away with that stuff because now he's recognized as one of the most dedicated, hardworking and intelligent racquetball players in the sport. And when it came down to the tournament itself, this analysis was pretty accurate. Brumfield opened with 18 year-old Jerry Hilecher from St. Louis. Charlie dropped the first six points and then gave Jerry seven more but he beat him easily anyway 21-13. He tested his younger opponent. Knowing Jerry would come out fast and strong, shooting everything. Before the second game, Charlie Drake, another San Diegan participant predicted: "Good shooters don't win here. Everyone here's a good shooter. This is a control game. Watch Brum clean this guy."

And, indeed, as Hilecher tired, he began making mistakes a young, impatient kid would make and soon folded. Charlie ran him around, letting Jerry tire himself out, gave him the "tour" and put him away again. Calm, poised and in complete control, Brumfield hardly seemed winded.

In his next match, Charlie faced Bob MacNamara who, though physically stronger than Brumfield was just out-maneuvered. In the first, "Mac" got 10 but couldn't get court position as Charlie moved him back and forth, from side to side and corner to corner wth ceiling balls and passes. Demoralized, MacNamara could muster only two points in the

2nd game. Two-straight, again.

Then, in the semi-final round, Brumfield met "Super-Jew" Mike Zeitman, whose game has been so sharp up until now that he'd wiped both Schmidtke and Keeley. But, somehow, came that inconsistency (was it Zeitman or was it just the "psych" of playing Brumfield?). Mike's game was flat and, again, Charlie controlled the tempo taking, the usually exciting Zeitman, 21-10, 21-6.

Meanwhile, in the other bracket young Steve Serot was subduing his opponents, Drake, Garfinkel and Ken Porco, with his famous kill game Serot was really "on." But in the final, Brumfield's predictions regarding "errors" came to mind as Serot began by blasting away but missing spots. With Charlie covering the kills, Serot neded something else but couldn't find it. He just didn't have those 21 kill shots to beat "the Brum." Not up to the pace that Charlie's "tour" sustained, the kid's "dynamite" was a dud. In all of 21 minutes, Brumfield effortlessly cleaned Serot's clock, 21-6, 21-6 and that was that. It all looked so easy, maybe it really was the "Brumfield Invitational" after all. When interviewed later, Brumfield candidly snapped: "I got Serot beat for the next three years."

When the gear got packed and the only sounds were the intermitent whispers that twittered off the court walls, you could sit back and wonder just what would happen in the next year. Between now and then—Ruby would get himself another tan, maybe even another permanent; Garfinkel would try to think up another shot like the "underdog," "Super Jew" would merchurochrome his rasberries; the "Wild Bill" would get some R. and R.; Keeley would begin taking notes for the new book of racquetball ancedotes he is compiling: "Boy Wonder" would spend the time sacrificing his teenage pangs and pleasures, sweating on his father's old courts, getting his shots down for Brumfield again; and Brum, well he'd probably get there early and show himself the facilities, priming for the time when he'd bring these guys the St. Louis blues with another and another real good tour of the court.

By: Mike and Alan Steinberg

Formerly a paddleball stronghold, racquetball finally made its long awaited debut here in Lansing. Michigan, as the Lansing YMCA hosted the three-day Lansing Open on May 11-13. Although the event drew several competitors from Illinois, Ohio and Wisconsin, Michiganders took home most of the hardware. Gordon Kelly from Grand Rapids took the open singles; national paddleball doubles champs Dan Alder and Evans Wright of East Lansing won their event; Kathy Williams, Hazel Park, third-place finisher in the Racquetball Internationals copped the women's singles title; and John Leech and Ken Mitchell from Rocky River, Ohio prevented a Michigan sweep-Leech winning the Master's singles and then teaming with Mitchell to take the doubles crown.

Kelly, who played consistently and deliberately all throughout the tournament did not have an easy road to the finals. En route to his singles victory, he had to defeat the area's three top players—Jim Santino, consolation winner in the paddleball nationals, Dan Alder, the top seed, and finally, in the finals, second-seeded Tom Connin, who along with Steve Keeley was runner-up this winter to Alder-Wright in the paddleball doubles.

Having finished second to Mike Luciw in the previous week's Paterson open, the smooth-moving Kelly had little trouble sweeping his first two matches, handily defeating Dan Foley of Livonia six and one and John Baranac of Monroe three and seven (just for the record Baranac knocked off highly-regarded comer Al Steinberg in a major upset on the first day of play). But after that it was all uphill for the would-be singles champ. In his quarter-final match with Santino, Kelly lost the first game 13-21 before coming back and barely nipping his smaller and faster opponent 21-7, 21-20.

Then in the semi-final against Alder, Kelly repeated the pattern he had established against Santino. Alder came out fast and with some deft shooting and placements and took him in the first game 21-10. But once Kelly steadied and found his rhythm, he methodically wore

## Gordon Kelly Wins Lansing, Mich. Open



KELLY

down the quicker and more spectacular Alder, finally taking him 21-16, and 21-18 in two very tense and wellplayed games.

Meanwhile Tom Connin in the lower bracket whipped four opponents in the minimum eight games. Connin's only difficulty was in his first semi-final with Jerry Davis of Cleveland who took Tom to 21-20 before tiring and dropping the sec-

ond game 21-5.

The Kelly-Connin final started out just like an instant replay for each man. In the first game Tommy came out fast and with a superb display of shooting, took the early lead and then held on to win it 21-18 but not before Kelly made his patented late run. In the second, Kelly wasted no time as he ran off seven straight points and built his lead to 20-5 before Connin made a belated bid, only to fall far short at 10. In the final game, flambouyantly, twisting, turning, body-surfing and mixing his shots deftly, Connin took the early lead at 7-2 and built it to 16-11 before the patient and poised Kelly began his inevitable comeback. The game was tied three times-at 16,

18 and 20—before Kelly finally put it away with a hard side-wall pass to the diving Connin's forehand.

In the doubles, Alder-Wright had little trouble defeating a tired Connin and his partner East Lansing's Ray Bayer 21-9, 21-14. Third-place doubles went to Jim Santino and Bill Terry also of East Lansing. East Lansingites dominated the consolation matches too, as Evans Wright took Bill Kopulos 13 and four.

In the women's final Kathy Williams was really on her game and took little time disposing of a determined but outclassed Teri Davis of Plymouth, Mich, three and two. Sandy Byrne of Lansing won the consolation when Linda Jackman of East Lansing sprained her ankle in the opening minutes of the first game.

In the only matches which saw non-Michiganders triumph, John Leech beat his doubles partner Ken Mitchell in the master's singles final, 10 and 20, and Leech and Mitchell defeated Henry Krause of Union Grove, Wisconsin and Gerry Lapierre of Cleveland 13 and 12 in the doubles.

This three-day event, the first of its kind in the area, drew thirty-two singles entries, nine doubles, six women's singles and ten masters. The matches were played on the Lansing Y's seven courts, three of which are brand new. Co-tournament directors Walt Lingo and Mike Byren were cordial, earnest, and worked tirelessly to put this event together. Their efforts have contributed greatly to racquetball's exposure and growing popularity in this area.

# Circuit Training: An Aid To Racquetball Conditioning

#### By Saul Ross

What makes an excellent racquetball player? What quality, if there is a single identifiable one, does a champion possess? It is almost impossible to isolate one quality; it is more logical to examine some of the compo-

nents that comprise a good player.

The ability to execute the skills pertaining to the game probably ranks foremost as the single most important factor. However, in order to execute the skills, a capable player must have the ability to react to each play; reaction time is another prized component. The ability to think, to analyze each situation, to plan strategy, and to modify the plans as the game evolves is another valuable characteristic of a competent player. There is a psychological aspect, which can be described as the development of specific character traits such as mental toughness, determination, perseverence, even temperedness and inventiveness, that could be added to the list of desirable components.

A player could posses all of the fine qualities mentioned above and yet all of these attributes by themselves, are insufficient to make him a champion if he lacks a high level of physical fitness. Players who are in poor physical condition tire quickly. It is well documented that fatigue erodes skill execution, slows down reaction time, and even if thinking and analyzing are not affected, the muscles cannot respond fully to the neural messages from the brain. All the laudable character traits mentioned above are insufficient and ineffectual if the muscles cannot carry the body around the court.

How to attain a top level of physical fitness is not a secret known to only a select few. Most people, and all athletes, know that hard work, over a long period of time, is required to reach the peak level of fitness. Playing oneself into shape may be satisfactory for the recreational racquetballer—the noon hour participant, the two-nights-per-week swatter, or the week-end player, but for the serious player, the athlete who seeks to test his mettle by entering tournaments, playing the game for conditioning is insufficient. A planned, scientifically sound fitness training program is required. While it is true that hard work, over a long period of time will improve the level of fitness, it is also true that various fitness training methods emphasize different components of fitness, and so it is necessary to select that fitness training method which will yield the best results in terms of the requirements of racquetball.

Before discussing the fitness training method selected—circuit training—it is first necessary to explain a basic principle. In designing any fitness training program the first step is to analyze the game in terms of the physical fitness components that are requisite; these specific components need to be developed to enable the player to sustain his highest level of performance for the longest possible time.

An analysis of racquetball reveals the following requirements:

 Cardiovascular endurance—the heart, lungs and circulatory system must operate efficiently for a long period of time to deliver oxygen to all parts of the body.

2) Muscular endurance—the legs must be developed so that the athlete can keep running, shuffling and moving for a prolonged period of time; the wrist, arm and shoulder girdle must also be developed so that repeated volleys (rallies) can be made.

 Flexibility—work on this component will permit the athlete to bend and stretch to his maximum reach.

4) Agility must be developed to enable the player to move, with speed, in all directions, and also allow him to change direction suddenly with some degree of grace and smoothness.

5) Speed needs development for obvious reasons; it may be the most important fitness component for

racquetball.

6) Strength will be developed, as a by-product, because it is not that important for racquetball in the sense that strength development is required for a football lineman or a weight lifter.

A second analysis, the ebb-flow and duration of the game, is required before designing the training program. Racquetball, the actual game itself, is played for a relatively long duration with the energy output fluctuating between very high expenditure during rallies and then a lower level of expenditure during the brief interval between rallies. In tournament play the high intensity work during a contest is interspersed with a relatively short recovery period; this pattern is usually carried on over a two-day period.

From this analysis it is obvious there is a need for both aerobic and anaerobic conditioning. The term, aerobic, literally means with oxygen, that is, work performed at a lower intensity so that the body can make use of the oxygen inhaled. The term, anaerobic, means that the work performed is at a level beyond that described in the aerobic phase and the body goes into oxygen debt, using up the oxygen reserve within the

body. Obviously work at this level cannot continue for very long.

The aerobic capacity can be increased with training thereby delaying the onset of the anaerobic phase. It follows then that the training program should develop both the aerobic and anaerobic capacities. The aerobic capacity must be developed first. It requires a long time to achieve results. Six months, or more, are required before real benefits begin to accrue.

Aerobic capacity is increased by doing rythmic activity carried on over a prolonged period of time. Long distance jogging and running is an excellent method of building up cardiovascular (heart, lungs, circulatory system) endurance and makes the oxygen transport system more efficient. The heart becomes stronger and is able to pump more blood with each beat due to an increase in stroke volume. An additional benefit derived from the jogging program is an increase in the muscular endurance of the legs.

To benefit from a jogging program the pace must be quick enough to raise the heart rate to 150+ beats per minute. A racquetballer, starting a jogging program, should begin with a 2-mile run. Timing yourself over a measured course will enable you to chart your progress. While it is difficult, due to individual differences, to prescribe a time target to suit everyone, in general, when the 2-mile run is completed in 13 minutes or less it is time to lengthen the distance. The distance can be increased by one-half mile increments until the athlete is running 5 or 6 miles daily. This training, done in the off-season and pre-season will have strong positive effects on the aerobic capacity of the athlete.

Once the aerobic capacity is increased it is now time to concentrate on developing the anaerobic capacity to permit the racquetballer to function at optimal level in the game when the action is fast and furious. The body must be trained to work under the oxygen debt condition; it can adapt to the situation only if the training program has been devised to condition it to perform anaerobically. This part of the training program is instituted after the aerobic training program is under way. It must be emphasized that the aerobic program continues; the anaerobic program is added to it.

Anaerobic conditioning can be achieved through circuit training. Circuit training can best be described as a program involving a set number of stations with a specific exercise done at each station. The athlete must complete a pre-determined number of repetitions of each exercise within a given amount of time. To start with 30 seconds will be the time selected as a suitable length for the exercise to be performed at each station.

To determine the number of repetitions for each station the athlete tests himself, counting the maximum number he can do in 30 seconds. Once he has found out how many he can do, the number is divided by 2, and that figure becomes the Training Dose. (For example an athlete who can do 20 sit-ups in 30 seconds would have a Training Dose of 10 sit-ups at that station.) When training, there is no rest between stations; the entire circuit must be completed three times.

At the end of every three-week period the athlete retests himself, in the manner described above, to determine his new Training Dose. Since he is now in better physical condition his test results will be better, hence increasing his Training Dose. In this way the

athlete is putting into effect the "Overload Principle", the basic principle on which all fitness training programs are founded.

After a while the well-conditioned athlete will find that the 30 seconds time period for each station will be insufficient; at that point the time can be increased to 40 seconds and the test to determine the Training Dose is carried on for a 40 seconds time period.

The serious athlete will do the circuit training four times per week (on alternate days) and do the jogging program on the other days. This training program is augmented by sessions in the court where skills are practiced and perfected and games are played to hone the psychological edge.

The values of circuit training are many; high intensity work increases anaerobic capacity; muscular and cardiovascular endurance are built up; speed is improved; agility and flexibility are upgraded; there is a variety of exercises; the program is tailored to the individual; the program contains a self-testing mechanism to indicate when it is time to increase the work; and the exercises at each station can be changed or modified as the need arises.

A 15 station circuit, to develop overall fitness and specific fitness for racquetball, has been designed. Before starting the circuit, it must be stressed that a 10-15 minute warm-up period is required. The need for a warm-up cannot be overemphasized; it is a *must* to avoid muscle pulls and muscle strains, and, in a positive vein, it helps the athlete do more work more easily. It takes 10 to 15 minutes of easy activity to achieve a proper warm-up. A warm-up can consist of the following activities; walking, slow jogging, easy bending and stretching, trunk rotations, body twists, toe touching, hopping, skipping, arm circles, and other such easy, rythmic exercises until a good sweat is present.

#### A Racquetball Circuit

Station I: Side Bends Equipment - None

Feet shoulder width apart, bend sideways to touch floor outside right foot, return to erect position, bend to touch floor outside left foot.

Station II: Bench Press

Equipment - Bench

Barbell - 40% of body weight

Regular bench press exercise, grip bar shoulder width apart

Station III: Side Shuffle Equipment - None

Mark 2 lines, 20 feet apart. Start in the middle and shuffle sideways, as quickly as you can, to your right and then to your left. Stay within the lines. Avoid crossing your feet.

Station IV: Trunk Twist Equipment - None

Feet shoulder width apart, hands on hips. Twist upper part of body around to the right, as far as you can go, then twist upper part of body around to the left as far as you can go.

Station V: Forehand Swing Equipment - Wall Pulley

Grip handle of wall pulley (use light weight) and simulate forehand swing. Use exaggerated motion, starting further back and ending farther in front.

Station VI: Forward and Back Run Equipment - None

Mark 2 lines, 20 feet apart, start in the middle and run forward, as quickly as you can, until you touch the line, then run backward until you touch the back line. Always face the same way.

Station VII: Bent-Knee Sit Ups Equipment - None

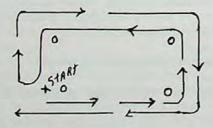
Hook toes under some heavy weight; back in lying position, bent knees, hands clasped behind head. Sit up with left elbow touching right knee, then next time right elbow touches left knee.

Station VIII: Backhand Swing Equipment - Wall Pulley

Same exercise as at Station V, except the backhand swing is simulated.

Station IX: Square Shuffle Equipment - 4 Traffic Cones

Place 4 traffic cones 20 feet apart, in a square. Start at X and run around the cones, facing the same way (wall) all the time. On first leg shuffle to your right; on second leg run forward; on third leg shuffle to your left; on fourth leg, run backward, then reverse the procedure.



Station X: Alternate Toe Touching Equipment - None

Stand with legs wide apart, touch right hand to left toes, the left hand to right toes, then stand erect.

Station XI: Curls
Equipment - Barbell -20% of body weight

Regular two-hand arm curls.

Station XII: Lunges Equipment - None

Start with feet together, take two quick forward steps, then thrust right leg forward as far as possible and at the same time thrust right hand forward as well; return to starting position and repeat, using left leg and left hand.

This exercise is designed to help you reach as far forward as possible.

Station XIII: Reverse Bench Press Equipment - Bench, 2-10 lb. Dumbbells

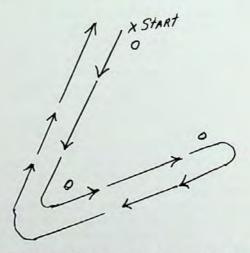
Front lying on bench, face down, arms outstretch, shoulder height, gripping the dumbbells on the floor. Keep arms straight and raise the dumbbells as high as possible.

Station XIV: Wrist Curls Equipment - 5 lb. Dumbbells

Wrist curl is done by keeping the arm still, and with the palm face up the weight is curled toward the body.

Station XV: V Run Equipment - Three Traffic Cones

Place traffic cones 20 feet apart so that they form a V. Run along the V and back, always facing the same direction.



An examination of the circuit will show that the exercises are simple and that each one individually is easy to execute. The key to benefitting from the circuit is to work non-stop, attempting to complete all required Training Doses at each station and finishing the 3 circuits within the total time alloted.

A shorter version of the circuit can be used by selecting the first 9 stations. For the athlete who wants to start at a lower level, the exercises at these stations will benefit him and as his condition inproves he can add the next 3 or the next 6 stations.

Following the completion of circuit training a cooling down phase consisting of very slow jogging and walking is recommended.

One key factor in determining a champoinship athlete is that his physical fitness level be high. Now is the time to start preparing for the future championships.

### Bayer Hits Double Play In Saginaw Paddleball

The Saginaw YMCA captured all the top honors in the Great Lakes Regional YMCA Paddleball Championships. Ray Bayer and All Korkus, Saginaw "Y" members, took the Doubles crown and finished 1st and 2nd in the Singles Division. In Consolation Doubles, Dr. Gerald Luczak and Larry Piper, also Saginaw members, were the winners.

In Singles competition, Ray Bayer defeated Al Korkus in the championship game, 12-21, 21-11 and 21-9. Bayer defeated Korkus by making some great saves and keeping Korkus off balance the entire match.

In the semi-finals, Korkus defeated Ed Barter of Livonia, 21-7 and 21-13. Bayer defeated Val Valenciano of Flint, 21-17 and 21-7. In quarter finals, Bayer defeated Larry Piper of Saginaw, 21-15 and 21-10. Valenciano defeated Mike Walderzak of Saginaw, 21-12 and 21-15. Korkus defeated Bob Foy of Kalamazoo, 19-21 and 21-16 and 21-11. Barter defeated Jim Santino of Saginaw, 21-19 and 21-18. Third place went to Ed Barter who defeated Val Valenciano, 21-18 and 21-18.

Doubles: Bayer and Korkus

defeated Val Valenciano and Max Calhoun of Flint in the championship game, 12-21, 21-16 and 21-14. In the semi-final matches, Bayer and Korkus defeated George Skaff and Dave Jeffes of Flint, 14-21, 21-16 and 21-10. Valenciano and Calhoun defeated the defending champions, Rodney Grambeau and Rodney Grambeau, Jr., 21-15 and 21-17. Third place went to the Grambeaus by forfeit. In consolation doubles, by forfeit. In consolation doubles, Luczak and Piper defeated Dr. Ted Grigg and Bob Krogman, 15-10 and 15-11. In consolation singles, Arv Gillette of Livonia defeated Randy Wackerly of Bay City, 8-21, 21-18 and 21-11 to win this division.

In the 3-day tournament there were over 50 entries representing the three states—Ohio, West Virginia and Michigan.

Eugene E. Sheets Saginaw Y.M.C.A.

#### Dixon Domination Continues in Indiana

The Indiana State "Y" Open Racquetball Tournament took place on May 18, 19, 20. The event was held at the Jordan YMCA in Indianapolis, which provided excellent facilities for both the players and spectators. There was a Class A, B and Masters with elimination events starting on Friday evening and all three final games played on Sunday.

Ten different cities were represented with a total of thirty-six players. Trophys were awarded for first, second and third places and warm-up jackets to the first place recipients.

The Class A final was an all-Indianapolis match between Earl Dixon and Jim Knauer. Both Earl and Jim played excellently with Earl coming out the winner before a large turn out of enthusiastic spectators.

The Masters was won by Jon Olheiser of Anderson, with Bill Lowe from Indianapolis taking second place in a hard fought battle lasting three games.

The Class B was between two Indianapolis players, Lester Brown defeating Lloyd Dehman in two games as the tournament came to a close late Sunday afternoon.

Five of the six finalists in the three classes were from Indianapolis,

which at present appears to be the strong racquetball area for the state.

Plans are already underway to make next years tournament better than this year with an even greater representation throughout the state of Indiana.

Dixon's domination of Indiana racquetball seems to be holding up well with four previous YMCA state open championships and the state doubles title.



From left to right-Dr. Lloyd A. Delman (2nd place Class B), Bill Lowe (2nd place Masters), Earl Dixon (1st place Class A), Lester Brown (1st place Class B).

## Success of Racquetball: Here's Why

by Ruth Alexander and Bill Mathews

One sport which has recently taken the campus of the University of Florida at Gainesville by storm is racquetball. This fast-moving "lifetime sport" is rapidly becoming one of the most popular leisure time and conditioning activities. Men, women and children are participating in singles, doubles, cutthroat and mixed doubles play. Clinics, leagues, tournaments and even classes carrying physical education credit are being offered in an effort to respond to the demands of the students, faculty and staff who have requested more opportunities to learn to participate and compete in this "overnight success game" of racquetball. Research has also recently been conducted in an attempt to discover new knowledge and scientific data about racquetball.

Why have so many individuals become interested in this sport? The reasons are many. Here are a dozen good ones that we have observed.

served.

 Learning to play is easy. The rules, strategies, and proper playing techniques used in racquetball are relatively simple to learn, to understand, and to put into practice. In no time at all the novice player may find himself completely and successfully involved with the

game.

2. Instant success is possible as well as probable. Returning the ball to the front wall after it has rebounded from this front wall is not a particularly difficult skill, and with a little experience and practice one can easily learn to return a variety of shots to the front wall by means of several methods which are available to him.

- Little equipment is required.
   Most racquets are valued from \$5.00 to \$35.00, and balls cost from \$.75 to \$1.25 each. A one, three, or four wall indoor or outdoor handball court is the facility needed.
- 4. Conditioning values are high. In a short period of time an individual may benefit from a vigorous physical workout which results in improved cardiorespiratory endurance, muscular endurance, coordination, agility, and reaction and response time. Muscular strength, flexibility, balance, power and speed are also challenged by racquetball.
- 5. Both sexes enjoy this activity. Whether separately or in coed play both men and women enjoy this game and can compete on a relatively even basis. The difference in strength among the players is not necessarily a handicapping factor. However, the difference between an experienced player and a novice player could result in an uninteresting and non-challenging kind of match.
- Two, three or four can compete. As mentioned previously, two can play a game of singles, three may compete in a game of cutthroat, or four may play doubles.
- 7. Psychosocial values are high. The opportunities for emotional growth are great in this game. One experiences opportunities to control or release outbursts of temper as well as being afforded opportunities to relieve emotional tensions. As one learns to play better and meets with success.

the self concept may be enhanced due to improved self respect and increased self confidence. Socially, the interaction found in fellowship with one's companions is very rewarding. In doubles competition, teamwork and cooperation are mandatory prerequisites to success. As one spends his leisure time in this activity, the experiences for leadership are also present in addition to a healthy outlet for competition.

8. The skills are few and simple to learn. The grip and stance prove to be simple tasks to acquire as one merely shakes hands with the racquet grip and assumes a position on the court in order to pivot the body according to the desired stroke needed to be executed. The drive serve and the lob serve are the two basic kinds of services, and are executed as their names imply with the ball contacting only the front wall prior to bouncing off the floor. The forehand and backhand strokes are the two basic types of strokes. The former is performed with the palm of the stroking hand facing the front wall, and the latter may be hit with the back of the stroking hand facing the front wall.

With any stroke or service, contacting the ball in the proper manner is the primary concern with emphasis placed on wrist action and keeping the eye on the ball. Proper footwork is important as a player should move to meet and stroke the ball in a form similar to tennis. Follow-throughs are especially valuable for insuring proper control and placement

of the ball.

9. Advanced skills make the game more challenging.
Once an individual learns to properly execute the basic skills, more difficult shots and strategies can be experienced. The kill shot and the drop shot are two examples. The kill shot may be directed low and toward the front wall; or via the side wall and then the front wall; or by way of the front wall and then the side wall using a powerful stroke. The drop shot

is a kill shot directed low and to the front corner with a very soft touch.

The overhead smash is performed with a powerful stroke contacting the ball above the head and directing it to the front wall and very low, or causing it to rebound off the front wall and pass the opponents. The lob shot is executed by contacting the ball from an underhand or overhead position and directing it toward the front wall forcing it to rebound toward the back court.

The pass shot is one of the most frequently used shots in racquetball. The main objective is to hit the ball in such a manner as to cause it to rebound off the front wall and pass by an opponent before he can reach or hit it. This is often accomplished by stroking a hard shot which avoids hitting the side or back walls (down the line). This shot is most effective when an opponent is out of position.

The cross-court angle (V) shot is most effective when a player desires to have a ball rebound off the front wall and force an opponent to travel the entire width of the court to reach the shot. This hit is executed by having the ball strike the front wall near the middle of the wall and rebound off the floor near the wall opposite the opponent.

The back wall shot is employed only in four-wall racquetball. The ball may be played in the air or on the bounce. A player has an option of stroking a ball which has already contacted the back wall in the direction of the front wall, or one may strike it via the back wall again. Either hit is legal as long as the ball contacts the

front wall before having bounced a second time.

The ceiling shot is executed on a four-wall indoor court. This shot is most effective when a player desires to force his opponent from the front to the back court, or vice versa. This type of shot can be hit from any area of the court and it adds a unique dimension to the game and to one's repertoire of shots.

The three wall shot (Z) is executed by stroking the ball to any combination of the front wall and side wall, back wall or ceiling. For example, a ball may contact the left side wall, front wall, and then right side wall. Reasons for hitting such a shot would be to gain a position advantage on one's opponent or to regain one's proper position on the court. This stroke requires strong wrist action and great control.

The two-wall serve is also an advanced skill which is performed by sending the ball to the front wall first and rebounding to either of the side walls before striking the floor.

- 10. Skills are easily transferred from other sports. Handball, tennis, badminton, squash, table tennis and paddleball are a few of the sports which have many elements in common with racquetball. The skills, rules, and strategies are very similar and have common values.
- 11. Safety hazards are few. One must remember not to over-exert oneself initially, to "warm-up" properly and to wear a racquet safety thong around the wrist in order to avoid slinging or dropping the racquet during play.
- 12. A few simple rules are all

you need to know.

—In serving, the ball must be hit off a bounce and it must strike the front wall first and land behind the short service line (second line from front wall) and within the boundaries of the court.

—In serving, the server stands in the service zone, and in the case of doubles, the server's partner stands in the partner's position against either side wall.

—Two service trials are awarded in the event the first serve is a "long service" or a "short service"; only one trial is awarded in the event the serve is wide of the side boundaries (three-wall) or if the ball does not hit the front wall first.

—A game consists of 21 points, each point valued at one, and only a margin of one point is required in order to win.

—Only the serving team may score.

—One continues to serve until one fails to win a point on the serve.

—Except on the initial service in a game of doubles in which only one player serves, both players of a given team have a service before the other team serves.

—Teams must alternate playing the ball, although partners need not alternate playing the ball.

—A "hinder" is called by a player who has an obstructed swing at the ball because his opponent is in the way. This is to avoid injuries caused by the racquet, and to give such a player a fair chance to return the ball. In tournaments, the referee, not the player, is empowered to call hinders.

#### ATTENTION TOURNAMENT DIRECTORS

To avoid conflict with the pro-am tour, please let the N.R.C. know of your tournament dates as far in advance as possible. If you are hosting tournaments on dates other than N.R.C. dates, and you wish one or

more of the contract professionals to compete, contact the N.R.C. and we will aid you in obtaining the player's services. That's National Racquetball Club, 4101 Dempster Street, Skokie, IL. 60076. Help us help you.

## landball

By MORT LEVE

Columbus, Ohio is the new site for out U.S. Handball Association's National Three-Wall campionships over the Labor Day weekend, Aug. 30-Sept. 3. A sixcourt facility has recently been completed at Westgate Park, using reinforced poured concrete with a partial (15') ceiling and side walls 20' high all the way to the 40' long line. So, after 23 classics at Detroit's Palmer Park the change has been made. Competition will take place in singles, doubles, Masters doubles (one partner over 40, other over 45), Golden Masters doubles (both over 50). Entry fee-\$10 per man for each event...must accompany all entries. Make checks or money orders payable to: Columbus Handball Association. Entries Close: Post dated Saturday, Aug. 18. Send entries to: Tom Bogen, 1927 Bedford Rd., Columbus, Ohio 43212.

What almost happened...Paul Haber, now working for Mel Gorham at the fine Oceanside, Calif., Sport Center, has lined up a "rubber" hands vs. racquet meeting with Dr. Bud Muehliesen as a Sports Illustrated feature set for mid-July. This is the doldrum time for SI and might possibly have gained the cover, according to that magazine's feature writer, Pat Putnam. But, in a Memorial Day weekend tournament at the San Francisco South End Rowing Club, Haber tore ligaments in an ankle playing doubles with his national Y champ partner, Paul Morlos, and is sidelined at least two months. Dr. Steve August won the singles in that tournament over USHA and YMCA national titlist, Terry Muck.

NATIONAL COURT CLUBS ASSOCIATION...The second seminar-meeting has been scheduled at Steamboat Springs, Colorado, May 24-26, 1974. Available will be condominiums for housing, the Storm Meadows Athletic Club with two standard courts for informal handicap-type handball and racquetball "quickie" competition, along with other recreational pursuits such as horseback riding, swimming, golf, hiking, fishing, sightseeing. Tim Schliebe, brother of Rick Schliebe, athletic director of the Denver A.C., is now in that position at Storm Meadows and has promised full cooperation. Plans are to assemble the group at the Denver airport Friday afternoon, May 24, and fly to Steamboat Springs (round trip at \$26 each). Full particulars are available: NCCA, 4101 Dempster St., Skokie, IL 60076. Phone-Area Code 312, 673-4000 (Mort Leve).

The growth of Court Clubs and other new court facilities continues to boom around the country:

ATLANTA—Olympian Village, inclusion of four courts with 100-acre club that will include swimming, European type outdoor jogging track, tennis, gymnasium. This is more or less a pilot operation and may go into three or four other locales.

TALLAHASSEE, Florida—Florida State University. Bob Kendler and I met with their planning group on a proposed eight-court (one with suitable gallery) building. FSU wants to be an integral part of the national

intercollegiate racquetball and handball scene.

LAS VEGAS— Tropicana building four courts...we're working overtime to persuade them to include a gallery court as this would be a natural on the pro-am tour.

LONG ISLAND, N. Y. ...Your reporter met with Lou Russo, Tony Baccaccio, and Abe Shames...Plans for a five-court club at Huntington, Long Island. Shames is the largest commercial developer in that area.

CHICAGO AREA...Executive Club opened on far southwest suburb with three courts.. ex-pro footballer Walter Cudzik in charge...We have met with the architects, Max Davidson, manager; Steve Levenson, tennis pro, at McClurg Court Sport Center with plans to add four or five more courts to present three. 1200 members already at this near-Loop high rise apartment building site. You can be sure Bob Kendler has "sold" them on championship gallery court. Northbrook—eight-court club in Glenbrook industrial park has gotten okay from planning board...will be patterned much like the King's Courts of Twin Cities. Unique one-court club included in Des Plaines office building—2454 W. Dempster St. TUCSON...Mel Gorham working with avid group for

TUCSON...Mel Gorham working with avid group for badly needed court club. Have already signed up 300 members, amazing achievement before ground breaking

PHOENIX...Group headed by Dr. Barry Kaplan. I met with Barry on his plans to build court club right in the city proper.

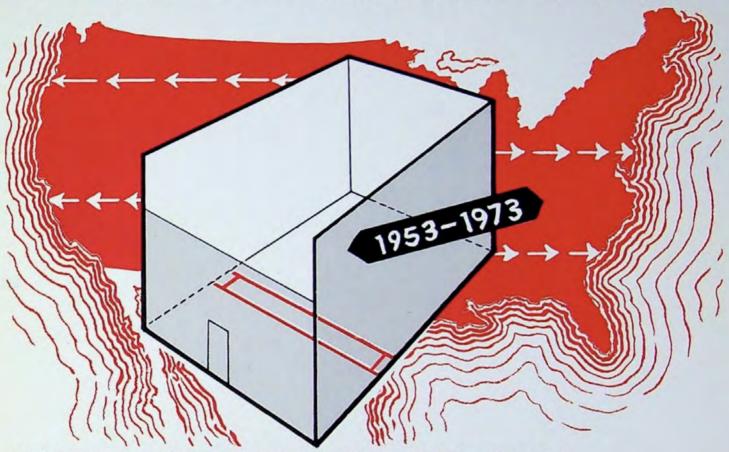
There are more and more in the offring...we seek information on any such planning so that we can offer our services.

POTPOURRI..Chuck and I went to a Chisox-Minnesota Twin game recently as guests of Twin pitcher Jim Kaat. Jim told Chuck he will move to an Orlando, Fla. suburb next Fall and go into a Court Club operation there with Atlanta Braves' Dave Johnson. Jim plays a strong game of racquetball and is involved with Malin Greenberg's Court House in the Twin Cities...Vic Hershkowitz, greatest all-around handball player of 'em all, has retired to the Ft. Lauderdale area and will certainly add class to the court progress there.

Chicago policeman Joe Flores is rapidly becoming one of our top handball promoters. Joe is taking charge of the Summer Rainbow Beach three-wall tournament, and will wind it up in late August with a "Super Eight" singles play, adding a couple of "name" players to the draw. And, he's got more than 100 policemen signed up as USHA members.

We're mighty proud of the newest "baby", National Racquetball Club, Inc. and honestly feel there is an integral place for this organization to further the promotion of racquetball and provide the "cream of the crop" players with a needed showcase for their talents. The time is NOW to justly reward these very talented men for their efforts and at the same time aid in gaining national exposure. You can be sure Bob Kendler and Chuck will give the 120% effort in making it successful.

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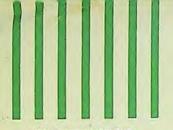
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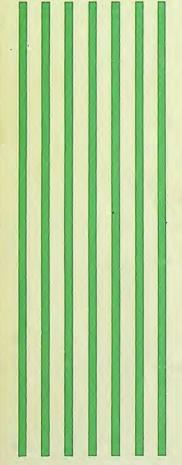
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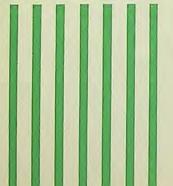


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#### There Is Room For Two...

It was inevitable that one day racquetball would take the last giant step from amateur to professional. The public wanted it, the players deserved it and the court clubs invited it. So we organized it in the body of the National Racquetball Club.

I still wish the best for the old International Racquetball Association. I was its father and no matter what happens, a father always wants his child to succeed. The N.R.C. is also my child and I have high hopes for this one, too.

The birth of the N.R.C. has not been an easy chore, - but it was something that had to be done. I believe that I have correctly read the intense feelings of the racquetball community that calls for prize money and national recognition. While the I.R.A. was penniless, this was impossible, - but when I brought its income up to six figures I felt the players were entitled to a share of it. I always worked for the players, and if you look at the record, you will find that I initiated every benefit that racquetball and handball players ever enjoyed.

So when the I.R.A. decided to stand fast, - I decided to move ahead. The new N.R.C. was my answer. Substantial sums of money will flow out to the important players and some to the unimportant. It's a whole new concept, like the major leagues, where the players share in the dividends with a pension plan. That is our next goal and the standard of the concept, like the major leagues, where the players share in the dividends with a pension plan. That is our next goal and the concept, like the major leagues, where the players share in the dividends with a pension plan.

Racquetball is really ready for the N.R.C. First, we have the money to pay the players; second, we have the courts to show the players; and third, we have the galleries to watch the players. To assure this I am personally guaranteeing \$100,000 in prize money. It is not too early for an adventure this bold although it may need even more capital. We must have the courage to act now before clandestine groups discover the rare opportunity that is available.

My critics will say, "He's doing it for profit," and they are right. I expect the players will profit and hope we do too. What my critics won't say, however, is that for over a quarter century I have poured back into the court sports far more than I ever received, and I intend to continue to do so.

There was never a time when the players could speak so loudly and as clearly as now. They will speak through their greatness and the careers that unfold, - through the tournaments and prize money and through the headlines in the media. And they will speak through the N.R.C., the father of this success.

My spirit is no different today than it was yesterday. I will quietly help distressed players, amateurs as well as pros, by providing scholarships, contributing to YMCA's, sponsoring tournaments and acting as the players father-confessor. Just ask anyone who has had an emergency if I turned a deaf ear.

I will always be grateful to Bud Muehleisen for naming the I.R.A. Sportsmanship Award "The Spirit of Bob Kendler." That was my spirit then, - that is my spirit now, - and that is what my spirit will always be.

Gob Kendler