

INTERNATIONAL



RACQUETBALL

JAN. 1985 VOL. 3 NO. 1 ISSUE #18

**SPECIAL
SERIES:**

**THE PSYCHOLOGY
OF SPORTS
PART I**

INTERVIEW:



TERRI GILREATH

**MARTY HOGAN
WINS IN
PLEASANTON**



STRANDEMO • AEROBICIDE • NEWS FROM JAPAN

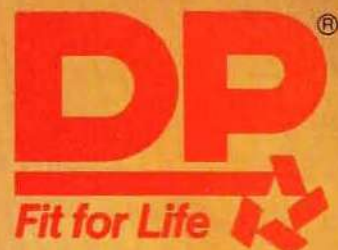
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VOL. 3 NO. 1 ISSUE #18

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January 1985



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RACQUETBALL**



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Jason Holloman

Scribbles On 1985



look at it, 1985 could be a very good year, a wing-ding of a rollercoaster ride, or a real bitter cup of tea. It makes me rather anxious to get this year started so I can get more clues as to what will be the actual outcome.

What will make the events of 1985 more interesting for you as readers is the fact that International Racquetball is not a blithe journalistic bystander calmly reporting the facts as they happen. No, it has always been our stance to influence the sport of racquetball toward a more powerful place among other sports. Racquetball is not a small sport. It is not an incidental pass-time for retiring types. It is a hot-blooded, earnest, competitive game that commands the attention of eight million people or more. That's one out of every thirty people in the U.S. Why racquetball has not come to the forefront of the national sports conscience is still a great mystery to us and one that we work daily on trying to solve.

Perhaps 1985 will see a day that we can print a headline that reads, "Racquetball Solves All Problems—Heads Into Golden Era," but I wouldn't bet much money on it. There are too many Chefs at this point and not enough Indians (to mix a metaphor). In a pot that contains the AARA, the RMA, the WPRA, the PRO and the CLUBS, you've got a potent brew of alphabet soup that's been simmering on the stove for a while now. Too bad no one as yet has been able to mix this concoction into a palatable form that all could digest. But, 1985 might surprise us.

Well, I've talked about The Chalk Board of Life, tea leaves, rollercoaster rides, mysteries, chefs, Indians and the national sport conscience. Now, if I can only add a little religion and politics into this, it might make a good script for a TV mini-series. One thing that would have made for good TV viewing (ah, what a segue!) was the men's pro stop last month in Pleasanton, California.

This tournament has been around for so long that the mere mention of the word "Schoeber's" does pavlovian things

to the pros and amateurs that show up each year. There was a lot of chest beating and cage rattling among the 1,400 participants of the two week event, and some unknown animals broke out of obscurity to inflict some damage on a few of the top pros. To find out what happened after the ruckus died down, turn to page 20.

John Barlow, our associate editor in charge of the women's pro scene, met up with Terry Gilreath at the Schoeber's tournament. The interview with Terry begins on page 16. As the number four player on the women's tour, Terry offers a fascinating tale of what it takes to become a top pro.

On page 12 is an article that we found in the "California Living" section of the San Francisco Chronicle. It's called "Aerobicide." After a couple of weeks of batting around the office some of the passages we found funny, we thought it would be wise to pass on to you the sage advice of the author, Peter Cocotas.

Beginning in this issue is a series of articles about sports competition and mental preparation. Drew, in association with noted psychologist, Dr. Jerry May, is going to tell you why you are such a screw-up on the racquetball court when tournaments roll around. I think you'll find that the distance between your ancestors climbing out of the trees and you stepping on to the racquetball court isn't as great as you would like to think. Turn to page 28 and lay back in a comfortable couch for a good mental session.

Starting on page 32 are inside stories on the Canadian pro stop in Vancouver, a Japanese Racquetball Federation tournament and interview, an outdoor racquetball event in sunny California, and the non-ranking men's pro stop in Amarillo. Surely there is something on those pages for everyone.

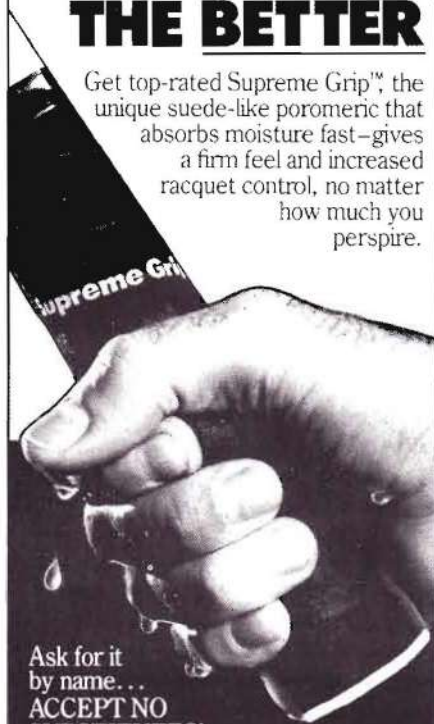
The three short but sweet instructional are compliments of Strandemo, Yellen and Dave Peck and right after that is the burgeoning Schedule of Events. Some newcomers to the ranking page should be noted: Canada and Japan. Welcome aboard!

Mentally, a lot of us would like to think that January is a clean slate. It's a new year, right? Just take that ol' chalk eraser and wipe clean the mistakes of last year and try again. Unfortunately, things don't work that way. On the Chalk Board of Life, once you've written something down, it's there for good. It makes it hard to plan the new year when your mental blackboard is full of scribbles from 1984.

But, it's all those scribbles from 1984 that are going to give you a clue as to what will happen in 1985. It's like reading tea leaves—according to how you

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Drew Stoddard

Another Look At Marty



Since Marty Hogan is the subject of our cover story this month, I want to set the record straight about something that has been bothering me for quite a while now. As I've traveled around the country covering pro-stops and working on various stories for the past few months, I've found that there seems to be a general impression among many of the people who read this magazine that Marty Hogan and I are engaged in some sort of running feud. Actually, it isn't only readers who seem to feel that way; occasionally someone on staff here at the magazine will make a comment to the same effect.

I suspect this all started with a column I wrote back in the July/August issue of 1983—the third issue we published—titled “The Other Side of Marty.” In that article, which admittedly was one of the more vitriolic pieces I've written, I attacked the practice of paying appearance fees to professional racquetball players, a subject which was very sensitive at the time. I also directly criticized Marty for resisting an attempt by the men pros to form a workable players association.

I'm sure it's no mystery to most of you that I still feel very strongly that appearance fees are destructive, and that a players association must eventually be created if pro racquetball is ever going to go anywhere. But many people seem to have concluded that, because I disagree with Marty on those two subjects, I dis-

“Acknowledging that we do have differences in the political side of the sport, I have always been in awe of Marty Hogan, and my respect for him as a professional athlete has grown considerably...”

like him in general. That is far from the truth. Acknowledging that we do have differences in the political side of the sport, I have always been in awe of Marty Hogan, and my respect for him as a professional athlete has grown considerably in the year-and-a-half since I wrote that early column.

Like many of you, as I was learning how to play this game I read a lot about the legendary teenager who was revolutionizing racquetball. I remember in college spending all afternoon at the courts trying to figure out how to hit the front wall with my wimpy backhand, and then ignoring my homework in the evening so I could read again about this kid from St. Louis who was built like a fireplug, and could kill the ball at 142 mph from anywhere on the court. My sports-minded friends talked about athletes like Julius Erving, O.J. Simpson, and Mohammed Ali; my hero was Marty Hogan.

But I also remember reading, and hearing the stories about Marty Hogan, the bad boy. He was an on-court terror, they said; he cheated, he intimidated opponents, he cursed at the crowd, he

railed at referees and linesmen; he did anything he had to to win.

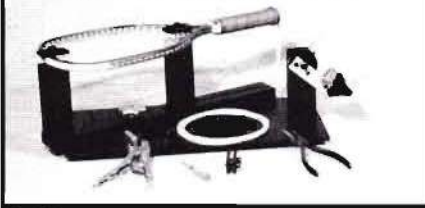
I finally got a chance to see the great Hogan play in the spring of 1977, and have been able to watch him fairly regularly in the years since. In that time I've become convinced of one thing: besides being one of the greatest talents racquetball has ever known, Marty Hogan is a consummate professional. For nearly ten years he has lived under a magnifying glass while he has reigned at the top of this sport, and yet he remains, in my view, one of the fairest, most honest, and best controlled players in the professional game.

That observation will not sit well with some of his fellow competitors. It is common for top athletes in all sports to criticize each other for their differences in style and behavior. But the truth is that most criticism of Marty stems from the fact that he is so difficult to beat. For example, stories about his cheating still circulate, but in six years I can never recall seeing Marty blatantly take a shot that was obviously bad. To the contrary, I have seen him give away hundreds of points he could easily have taken. I can't say the same thing about some other top pros.

It is almost an exercise in futility trying to think of a way to describe Marty's playing talent. Although a lot of attention has been given the last few years to the Bledsoes, Pecks, and Yellens who have threatened him, the fact remains that no one has played this game better, or stayed at the top longer than Marty Hogan. His talent is almost staggering. More importantly, he's not just a great technician; he's a master showman. As the crowds at every pro stop will attest, Marty Hogan is—by light years—the most entertaining racquetball player in the world to watch. Why? Because he is so creative. Even in the tightest matches, you never know what he's going to pull

continued page 15

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The RCP-1 (shown above) comes complete with instructions and all accessories: vise grip speed clamp, start clamp, long nose pliers w/cutters, stringer's awl and practice string.

This machine, designed by stringers, is constructed by American craftsmen. At its low cost, your investment can be recovered quickly. The typical payback is 25 racquets. The RCP-1 and RCP-1P are ideal for racquetball and badminton, where lower tensions are required.

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McKinney Beats Adams In Tampa Invitational



Second seeded Caryn McKinney of Atlanta, Georgia, upset top seeded Lynn Adams, 15-14, 15-7, 10-15, at the U.S. National Women's Invitational held this last November 30th at the Tampa Bay Courthouse in Tampa, Florida. It was McKinney's first win over #2 ranked Adams, who has held the women's national championship two times. It was a non-ranking stop for the women professionals.

With 110 amateurs and 18 professionals from eight states, Carl Nicks, the tournament director stated, "It was a great tournament. The women put on a great show and we look forward to having them back next fall."

The invitational was sponsored by Meyer's Rum Cream, D.P. Industries, Penn and Gatorade and a purse of \$2,050 was distributed among the winners.

Ashaway Chooses Sports Pal

Ashaway Line & Twine, Ashaway, RI, has chosen Sports Pal Co., St. Louis, MO, as its third distributor for the company's American-made racquet strings for tennis, racquetball, squash, and other racquet sports. The full line of strings is now available from all three distributors. Call Rocky Mountain Sports, Boulder, CO, at 1-800-525-2852, Moody Sports Division, Milford, CT, at 1-800-243-4561, or Sports Pal Co., St. Louis, MO, at 1-800-325-4021. Ashaway is the only U.S. manufacturer of synthetic strings for all racquet sports.

1985 EKTELON RACQUETBALL CHAMPIONSHIPS

Ektelon, the San Diego-based manufacturer of racquetball racquets and accessories, has announced plans for the 1985 Ektelon Racquetball Championship series.

The 1985 tournament series will represent the eighth consecutive year of play for one of the most prestigious and longest continuing events in racquetball.

Players may choose to enter one of 22 division of play. First-place finishers in Men's and Women's Open and the Men's Veterans (30+) divisions will win expense-paid trips to California to compete in the National Finals May 1-5 at The Sports Gallery in Anaheim, California.

The National Finals will feature the \$40,000 men's and women's professional tournament highlighting the play of the world's foremost racquetball pros. The simultaneous tournaments give amateur players an opportunity to qualify for the pro competition and play against the game's top players, including two-time National Champion Mike Yellen.

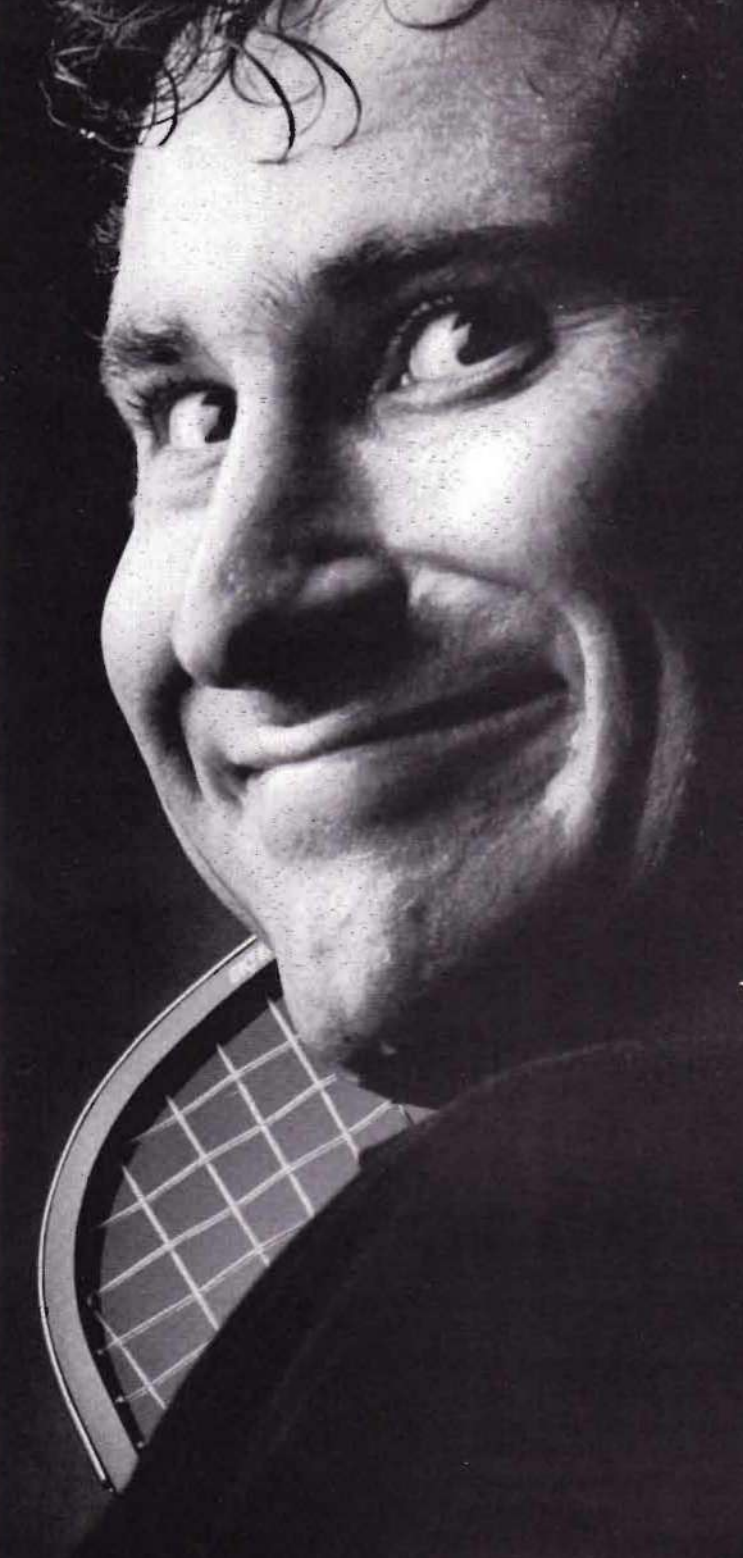
ESPN, the national sports cable television network, will televise the National Finals for the sixth consecutive year. ESPN, which boasts over 34,000,000 households, televised more than five hours of 1984 tournament action.

Baltimore will kick off the regional qualifying championships play the weekend of February 21-24. Tournaments will run through April 21st in Boston, San Francisco, Houston, Chicago, Los Angeles, New York and Orlando.

Manager Wanted

CLUB MANAGER AND SALES DIRECTORS POSITIONS AVAILABLE. SAN FRANCISCO BAY AREA: Must be experienced, ambitious, marketing-oriented. Call John O'Donovan, 415-651-1584. Send resume to Schoeber's Racquetball Spas, Inc., 44250 Old Warm Springs Blvd., #9, Fremont, CA 94539.

BALTIMORE	Merritt Racquetball & Fitness/Security 2076 Lord Baltimore Drive Baltimore, MD 21207 Tournament Director: Mary Linkous (301) 298-8700	February 21-24
HOUSTON	Gulf Coast Clubs 5300 Hollister Houston, TX 77040 Tournament Director: Dave Cardamone (713) 462-0467	February 28- March 3
CHICAGO	Lehmann Courts 2700 N. Lehmann Court Chicago, IL 60614 Tournament Director: Andra Torrence (312) 871-8300	March 15-17
NEW YORK	Narrows Racquetball Club 1736 Shore Pkwy. Brooklyn, NY 11214 Tournament Director: Bob Supple (212) 996-8500 Courts of Appeal 300 W. Service Road Staten Island, NY 10314 Tournament Director: Ernie Faraas (212) 698-4500	March 22-24
BOSTON	Playoff Club 7 Reservoir Road Beverly, MS 01915 Tournament Directors: Gloria Cocco and George Copelas (617) 927-0920	March 28-31
LOS ANGELES	Los Caballeros Racquet & Sports Club 17272 New Hope Street Fountain Valley, CA 92708 Tournament Director: Jim Carson (714) 546-2900	April 11-14
SAN FRANCISCO	Schoeber's/Fremont 3411 Capital Avenue Fremont, CA 94538 Tournament Director: Bill Dunn (415) 791-6350	April 11-14
ORLANDO	Orlando Tennis & Racquet Club 825 Courtland Street Orlando, FL 32804 Tournament Director: Julia Pinnell (305) 644-5411	April 18-21



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Schoeber's/Fremont

BALTIMORE
February 21-24
Merritt Racquetball &
Fitness/Security

NEW YORK
March 22-24
Narrows Racquetball
Club & Courts of Appeal

LOS ANGELES
April 11-14
Los Caballeros
Racquet & Sports Club

ORLANDO
April 18-21
Orlando Tennis &
Racquet Club

Tulsa Tournament Set for February

The board of directors of the first annual Tulsa Open Professional Racquetball Championships announced today that plans for the event have been finalized.

The tournament is scheduled for February 6-10 at the Tulsa Racquetball Aerobics Club, 4535 South Harvard.

The men's professional division will offer \$10,000 in total prize money to be distributed through the round of 16's. The tournament is being recognized as a ranking event by the current racquetball ranking today.

A special money doubles event will be held along with the singles, and all entry fees will be distributed back to the top three finishing teams (50% for first place, 30% for second place, and 20% for third place). In addition, men's and women's amateur events will be held in conjunction with the professional tournament.

The event is being sponsored by Michelob Beer and Clark Resources, Inc.

For more information, call (918) 749-9347.

Don Flikeid Joins RichCraft

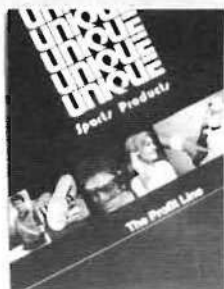


RichCraft Sports Products has appointed Don Flikeid as Marketing Manager for their new line of racquetball racquets that were introduced this last fall. Mr. Flikeid, with over 25 years of marketing and merchandising expertise with AMF Voit, looks forward to his responsibilities with RichCraft and commented, "Richcraft offers to the trade 'New State of the Art' racquets. With these products, all pro-

duced 100% in the United States under a system that allows for maximum quality control, I see a most exciting future."

RichCraft Sports Products is based in El Cajon, California, and may be contacted at 619-447-5260.

NEW PRODUCTS



New Unique Sports Catalog

Unique Sports Products has just printed its latest catalog. All the tennis, racquetball, running and jogging accessories are featured in this full color catalog.

Unique Sports has also relocated to a new facility. The new address as of January 1, 1985 will be: 840 McFarland Rd., Alpharetta, GA 30201.



Lean Machine

The Lean Machine PRO is the newly introduced high-tech retail model of its popular direct-mail version, The Lean Machine, a name established in the consumer fitness market over the past year with a \$2 million advertising and promotion campaign.

The sleek, quality constructed Lean Machine PRO is designed

as a complete home or office fitness center with 48 different toning and exercising capabilities. A patented cam and counterforce spring action affords the user consistent resistance for a more efficient workout. No weights or weight stacks are used; adjustments can be made in exact pounds, a desirable feature that contrasts to the usual weight adjustments in increments of ten pounds or more.

The Lean Machine, Inc. of Tempe, AZ, a subsidiary of Inertia Dynamics Corp., suggests retail pricing at \$599.00 per unit.

LETTERS TO THE EDITOR

Dear Editor:

Congratulations on your latest issue of "International Racquetball."

I noticed that on page 24 under "Ektelon Racquets" you mention: "The A.A.R.A. has recently approved the use of the Macro racquets in tournament play," and then again on page 36 in the second paragraph, first column: "The A.A.R.A. recently announced a moratorium on enforcement of that rule for one year to assess the impact of the oversized racquet on the sport." In both cases the above statements are incorrect in that the A.A.R.A. Board has given permission for the racquet's use in A.A.R.A. sanctioned events so long as the oversize racquet is not used in Regional or National competition. This stated decision is importantly different from what was reported in the magazine, and therefore, confusion has resulted on the position of the A.A.R.A.

We would appreciate any help you can give us on this matter through clarification of our position in a subsequent issue.

Regards,
Luke St. Onge
Executive Director

Dear Editor:

Thank you for printing my Dad's letter explaining my absence from the World Games in Sacramento, California.

I would like to put all of that behind me. Like Scott Hawkins, I don't want to become disillusioned with racquetball.

I notice in the AARA National Men's Ranking as of July 12, 1984 that I am rated #9. Something is inaccurate in the rating system. As an amateur, I have played in and won more AARA sponsored men's open events for the past 3 years than any amateur in the country. About 75% of the events were AARA sponsored. Surely I must have over 750 points in the year in question.

If your magazine is to be truly representative of racquetball in the USA, then you must publish more information and articles about players from the east. As you can see from the rankings, the best open players live on the east coast. I think the east is finally giving the west coast a run for its money.

Any good press would be appreciated.

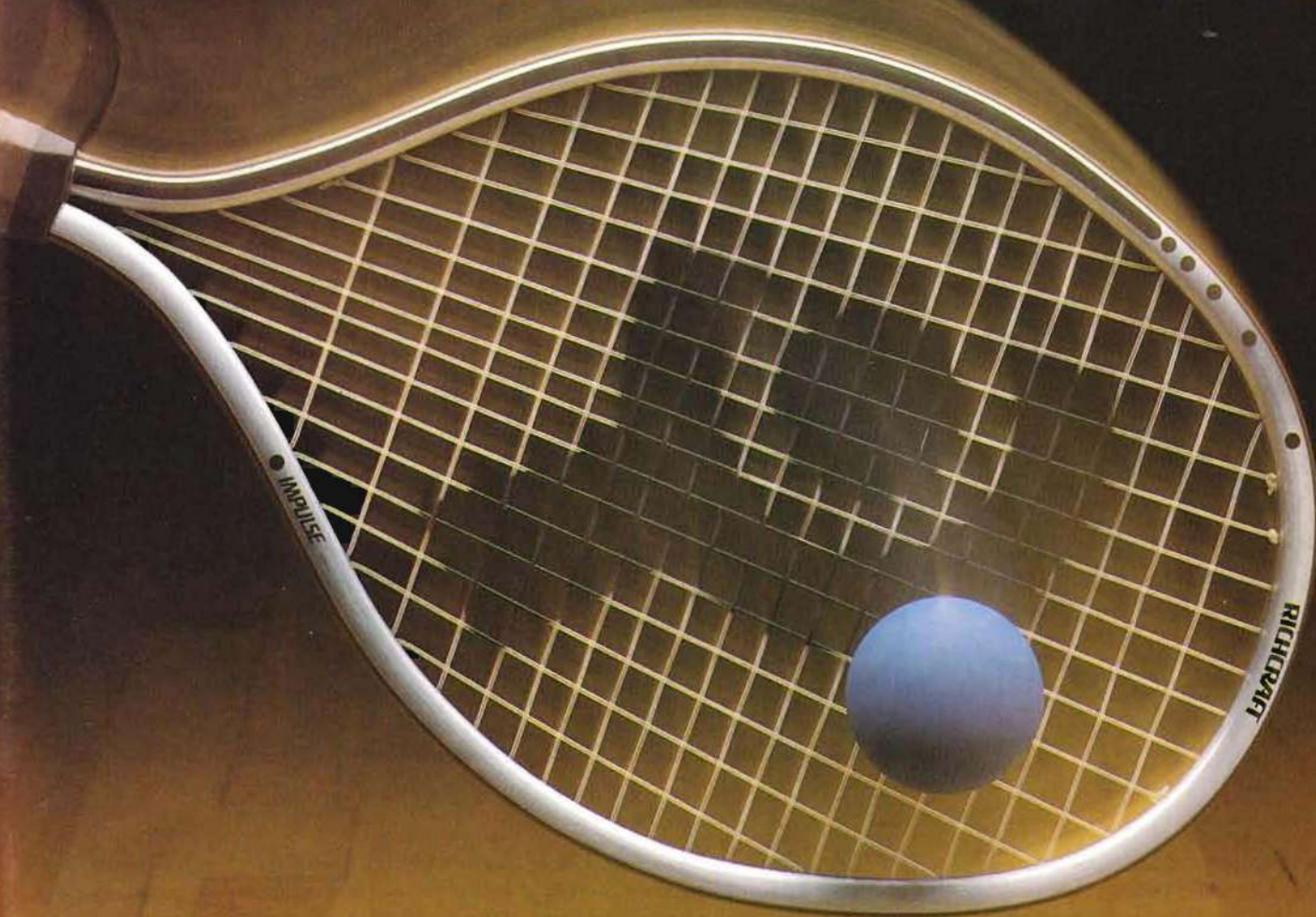
Sincerely,
Jim Cascio

Dear Mr. Cascio,

Your performance as one of amateur racquetball's finest players has been commendable, however, your national ranking which is published on page 46, is not computed by International Racquetball. Currently, all amateur rankings are determined by the AARA through an agreement with the American Racquetball Handicap System. If you have any questions about their methods of ranking, you can contact them at 1-800-328-8322 Ext. 533, or write them at 10237 Yellow Circle Drive, Minnetonka, MN 55343.

As for writing about more players from the east, all we lack is information. Eastern open players may indeed be better than their western opponents, but, we get far more tournament write-ups and photos from west coast events. In essence, they are winning the yelling match.

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the strings and frame, so your IMPULSE racquet will give you years of playing enjoyment.



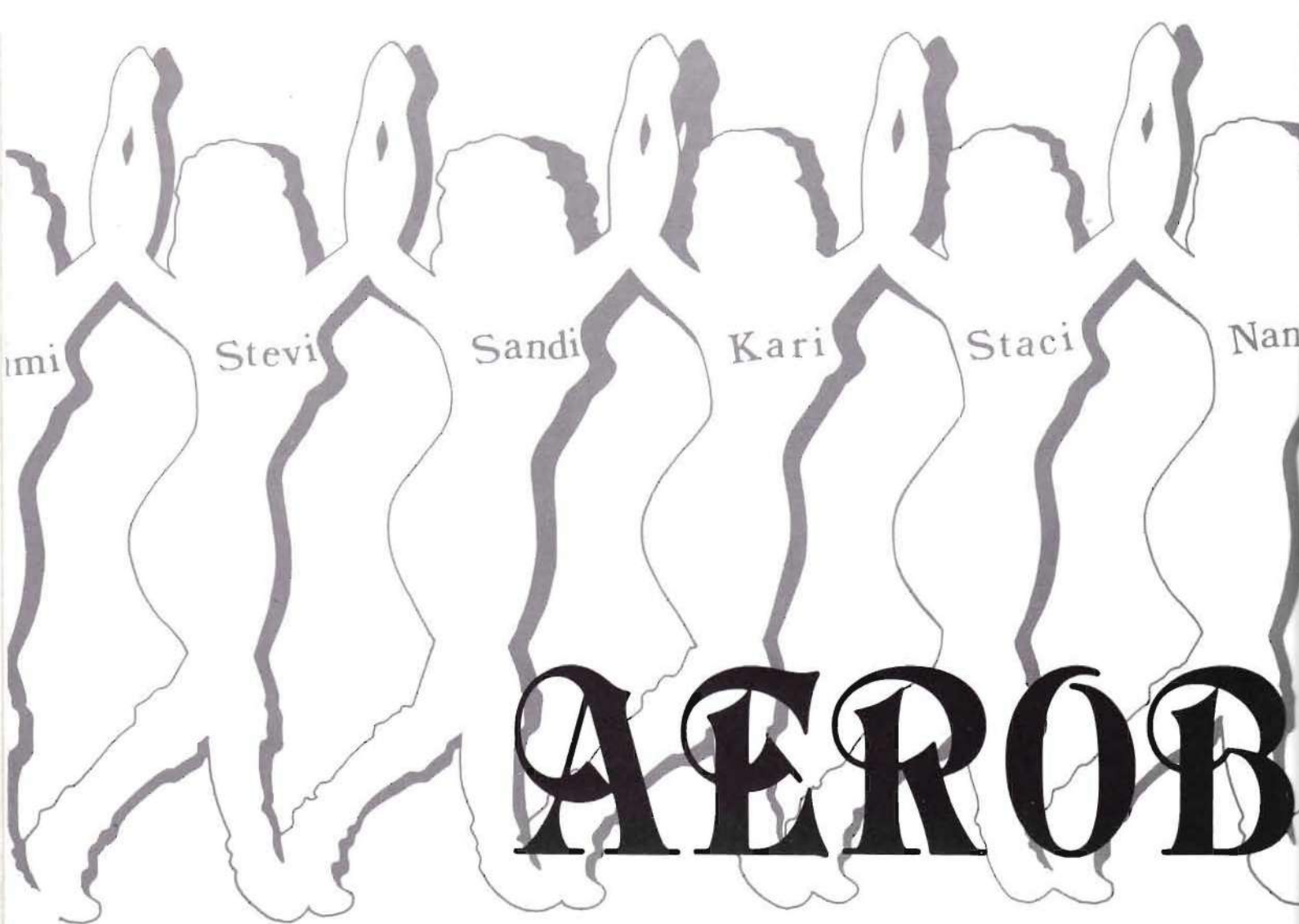
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The reason I am sitting in the Asia Garden eating duck's feet is because Chinatown is the only place in the Bay Area where one can avoid the manifestations of aerobicide, the phenomenon by which millions of citizens are killing themselves by excess oxygen intake during exercise. In Chinatown, there remains a distrust of transitory Western medical beliefs, the ancient folk medicine having long ago established that proper health is attained not through killer oxygen but generous doses of deep-frying, MSG and pork fat.

I look around happily: The crowd is noticeably short on baby-blue velour jogging suits; not one person is taking a resting heartbeat; an old man is smoking a cigarette until it burns his fingers. "I think we should take up smoking," I tell my wife. "The Chinese obviously have found out it's good for you but aren't letting on. It's like all the terrific things on the menu they never bother telling you about." (No matter what I point to in a dim sum place, it's always described by the waiter as shrimp.)

"What about the Surgeon General's

report?" my wife asks.

"The Surgeon General is a tool of Wall Street Imperialist Health Interests. Why isn't he investigating important things—like the number of deaths caused by shin splints?"

"You're just upset because you flunked out of Jazzercise class," she counters in that sympathetic tone couples reserve for moments of high assassination. I ignore this remark while furtively searching the room for another platter of duck's feet.

When a friend first recommended aerobics as a form of conditioning, my response was that in the entire glorious history of jazz, the only activities even vaguely approaching exercise have been the occasional snap of a finger or the nodding of a head before someone passed out on a piano. He then explained that Jazzercise was stretching and cardiovascular exercise—mostly by women—done to music. Music and women, I mused: How could I go wrong?

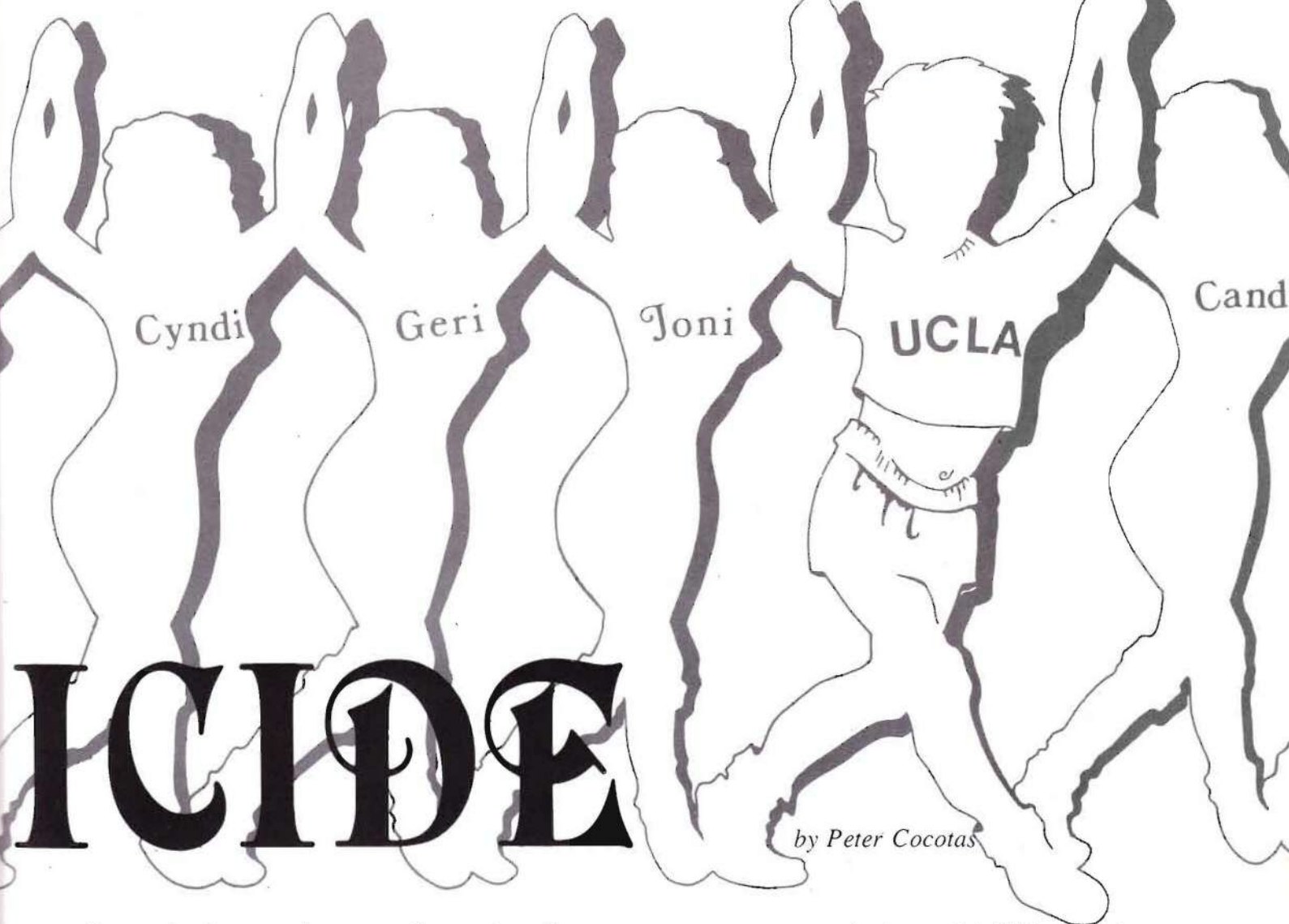
On walking into class, expecting to see a languid group of drawing room types, I was brought up short by the sight of very athletic, mesomorphic women grimly

loosening up like fighters two minutes before the bell. Although not unfriendly, they flashed me a look similar to that I remembered from pick-up basketball games in New York: "You may be in the game, man, but that doesn't mean you can play."

I introduced myself to Kevin, the only other man present, and we self-consciously eyed our ratty T-shirts and shorts, an embarrassing contrast to the women, who in brightly colored leotards, headbands and leg-warmers looked like a gymnastics team sponsored by MTV.

At that point our leader, Joni, bounced into the room as if traveling on some invisible trampoline. Trim and aggressive, Joni was true to my theory that any California woman whose first name ends in i (Lori, Cyndi, etc.) is entirely too optimistic for her own good.

Joni punched a tape player and we began a series of warm-ups. The first warm-up was dislocating our arms from their sockets to a Donna Summer record. This being accomplished, Joni announced it was time to "firm up those quadricep muscles." Suddenly, much to my aston-



ICIDE

by Peter Cocotas

ishment, the class seemed to agree with this dangerous notion and we began a series of squats taken, no doubt, from the KGB exercise book, that left me with the distinct feeling that my quadriceps had no desire to be firmed up, but rather were turning themselves into a muscle puree. Kevin and I exchanged glances, a moment of male bonding that reminded me of World War II prisoner of war movies. Should I nod at him and create a diversion while he overpowered Joni, holding her hostage as we crashed through the gymnasium exit pursued by the aerobic panzers?

Too late. We were completely immobilized, our legs extended in a split. The women touched their chests to the floor. Kevin and I observed from traction, unable to move any part of our torsos. Joni came over to help. "Relax here," she said, poking the bottom of my spine as she pushed me forward to the sound of bones shattering and tendons snapping like rubber bands. "Doesn't that feel better?" The music changed to driving disco. Joni led us to our feet. "Warm-ups are over," she said gleefully. "It's time to

work out!"

"And one, and two, and three!" Joni screamed as we launched into jumping jacks. I wondered whether Jane Fonda's protests in the '60s had been motivated not by anti-militarism, but by bitterness at not being able to join the Marines.

"Beat it! Beat it!" Michael Jackson chimed in. I had found a perfect metaphor for the '80s: doing jumping jacks to mindless music composed by the son of Diana Ross and Bambi.

"And sixteen! And seventeen! Make it burn, ladies!" Kevin and I looked at each other and the clock: twenty minutes to go! I saw that the little wrist exercise he was doing with his right hand was actually the sign of the Cross.

"I'm a maniac, a maniac!" the song droned. You're a maniac! Try hopping up and down on one foot to your song some time if you want a real definition of lunacy.

"And seventy-one! And seventy-two!" Joni and the class became a jumping, hopping, leaping, kicking band of exercise dervishes. Nineteen minutes to go!

"I like the night life, I like to boogie,"

the singer wailed. While performing some demented version of hopscotch, I began hallucinating, fantasizing about opening an exercise salon that played only Bach: For aerobic exercise, we'd hold our breath for a minute, then discuss it.

"And a thousand and one! And a thousand and two!"

I don't remember much about warm-down—just a blur of sweat, Marvin Gaye and heavy breathing. As I staggered from the room, I sought out Kevin and whispered: "Don't speak, just come with me to Chinatown. All will become clear."

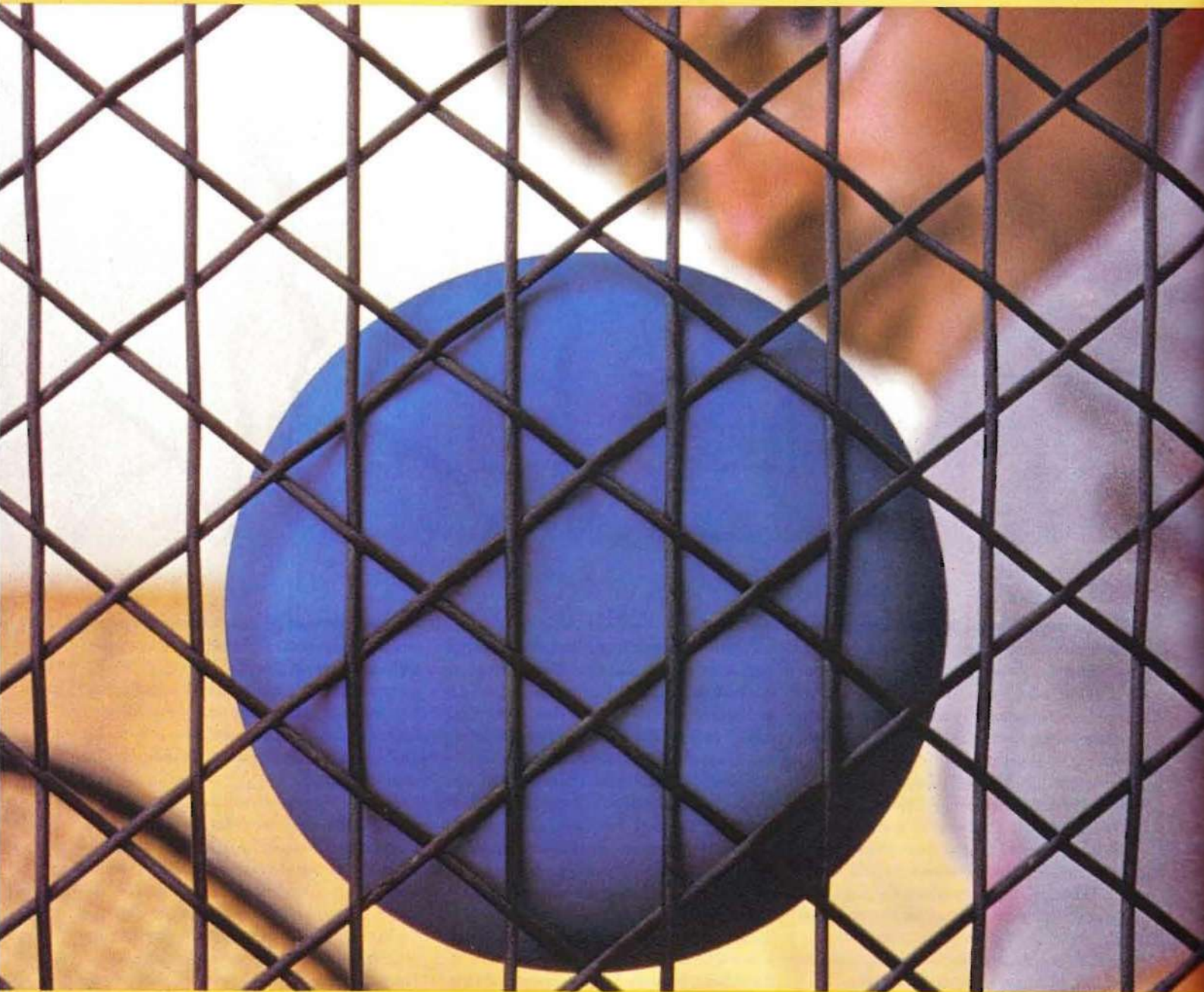
A waiter passes by, and I point to a platter of duck's feet and say, "Shrimp?" He nods and gives it to me. "Every time you eat those things," my wife says, "I can only think of Huey, Dewey and Louie."

"In the words of an ancient Chinese philosopher," I reply, "'If a man is to live a long, fruitful life, let him avoid the dancing beat and eat the webbed feet.'"

"What ancient Chinese philosopher said that?"

"Henee Yung Man."

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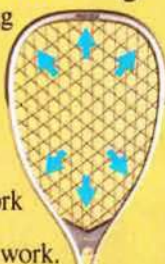
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Marty from page 6

out of his hat.

But I think what has impressed me most about Hogan over the years is his professionalism: he always seems to be in complete control of himself. One of the best examples I've ever seen of this took place last month in Pleasanton. In the second game of his semifinal match, a frustrated Dave Peck lost control (again) and tried to engage Marty in an all-out brawl by shoving him during the rallies, and eventually grabbing him around the waist and pulling him to the floor. Most of those who were watching would probably have sympathized with Marty if he had lifted Peck by the ears and clobbered him. But Hogan wouldn't have anything to do with it. Instead, he lifted Dave off the floor with his body and trapped him against the side glass wall until Peck had cooled down. I was flabbergasted! When play finally resumed, Marty continued as though nothing had happened. Hogan's professionalism turned what could have been a disastrous situation (who's going to break up a fight between those two?) into a harmless, minor incident. (Being the closest one to the door, I was particularly grateful.)

I'm sure when people recount that

incident in the future, they'll talk about the Peck-Hogan fight in Pleasanton. That's too bad, and it probably accounts for some of Marty's undeserved reputation as a bad boy. For those of you who still have that "brat" image of Marty Hogan, my suggestion is don't believe it: go see him play.

I think the best way to sum up how I feel about Marty is this: If I had a son who dreamed of becoming a professional racquetball player, I would encourage him to watch Marty play. He may not be the most personable player on the tour; champions seldom are. I may disagree with him about policy, and the direction of the pro game. But I still consider him a great example of what a professional athlete can be. For ten years he has trained more, tried harder, and performed better than anyone else in the game.

Marty Hogan has played a large part in building the sport of racquetball into a national pastime. He has been racquetball's most visible player, and I believe he has been a superb ambassador for the sport. If I have said anything that made it seem that I felt otherwise, it was not intended, and I apologize.

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Terri Gilreath

A Talk With One Of The Future Superstars Of Women's Pro Racquetball

Terri Gilreath, of El Toro, CA, is generally recognized as one of the best athletes in the sport of racquetball. She is also accomplished in a variety of other sports.

Terri played on a national championship softball team at Golden West Junior College. Later she earned a softball and basketball scholarship at Cal Poly where she graduated Phi Kappa Phi Honor Graduate in Physical Education and Science.

Terri made an immediate impact on the women's pro racquetball tour when she joined in 1980. Since then she has rapidly advanced in the WPRA rankings and currently holds the #4 position. For the last two years she has teamed with Lynn Adams to share honors as WPRA

National Doubles Champion. Terri is quick, agile, powerful and has developed a diving ability that many feel makes her the most exciting player to watch in the women's game.

Off the court, Terri operates and is part owner of a fitness evaluation center. She speaks proudly of her sponsors, DP and Nike, and insisted that we give them billing.

International Racquetball met up with Terri at Schoeber's Racquetball Club where we were covering the latest men's stop.

How did you start playing racquetball?

I started playing in the summer of 1979. I was a P.E. major and a science minor at Cal Poly. I was there on a soft-

ball scholarship and finished in June. I was taking some masters classes in guidance and counseling and needed a part time job to continue going to school because the scholarship had run out. So I went to the only place in town that was athletically oriented; it was a racquetball club. I had only played a couple of times before that but the guy said that if I'd learn to talk shop, learn about racquets, learn to play the game, then he'd hire me. So I started playing the day after I was hired.

I started playing a lot and just loving it, because the game was so fast. I couldn't play softball anymore because the scholarship was over so I thought this would be a great lifetime sport.

When did you decide to become a pro?

On August 4th, 1979, I'll never forget it. Karen Walton came to the club to do an exhibition and a play-the-pro type thing. I was too much of a chicken to sign up and play her because I was definitely a nobody. I was impressed with her play, but I thought that on an athletic note I could probably do what she was doing. By January of 1980 everything I was reading was racquetball, racquetball. On every corner there was a racquetball club going up. I thought this was the game of the future and I was going to be right there at the start like Billy Jean King was with tennis.

I talked to a couple of gals I knew about finding a coach and they said Jim Carson would be a good guy to talk to—he coaches Lynn Adams. I saw him at a tournament and knew I should talk to him but I was too chicken.

One day I was playing in a traveling league and there was a knock on the door; it was Lynn Adams. I had never seen her before, but I knew her name and that she was ranked #3 in the world. She asked my name and I told her, then she said, "How old are you?" Twenty-three. "How long have you been playing racquetball?" About six or seven months. "What do you want to do in racquetball?" Well, I want to be a pro. "Do you work?" No. "Do you go to school?" No. "What are you doing?" Well, I'm just trying to be a pro—that's what I want to do. And she said, "You're kidding (amazed)? When you're done playing I want you to come and meet a friend of mine." Then, right when she walked off the court she turned around and said, "Oh, by the way, you're holding your racquet wrong." After the match, which I lost because I was a ner-

Terri psychs up to the Pointer Sisters



Keeping the old right arm in shape

"I thought this was the game of the future and I was going to be right there at the start like Billie Jean was with tennis."

vous wreck, she introduced me to Jim.

Jim and I started working together as a way for Lynn to learn how to teach. He was going to teach me racquetball and at the same time he would teach her how to teach, so we would all be on the court at the same time.

So it was always the three of you?

As it turned out Lynn kind of faded out of it. Jim really got involved with my game and she was really involved with hers. At that time she was ranked #3 and was trying to fight Shannon (Wright-Hamilton) for #2, and at that point she was losing to Shannon. She realized it was going to be quite a time-consuming project and Jim and I just clicked so well. So I started working with Jim. For three or four months I didn't play another person—I would just drill on forehands and backhands. Then he said, "Okay, you can start playing," and three weeks later I

entered my first pro stop in Newport Beach.

Lynn once said in an interview that you were "by far" the most promising women's player. How does that kind of statement make you feel?

For so long in my racquetball career, until just recently, what really mattered to me was what everybody thought of Terri Gilreath the racquetball player—one—and the person—two. So that's where I was getting my self worth for a while. But when I would really sit down in my room alone and ask, "What are my priorities," all of the sudden things like money and rankings didn't seem important. There are only a few people that if they said something like, "You're the most promising player," it would mean anything to me. Those are players like Lynn, Heather, Shannon, and some of the others that have been around for a while like Janell (Marriott) or Jennifer (Harding). But to hear a club person say, "Goll, you're real good," that doesn't mean what it did, and I think luckily so because you can never be a winner in their eyes anyway. That's what I really found out.

You feel like you can never be a winner?

In my mind, I think they would interpret me as a loser.

I played Schoeber's, one of my best, quote-unquote, finishes ever. I placed second. In the semifinals I played until a quarter to eleven at night; I beat Shannon Wright in the tie breaker. It was the only time I've ever beaten Shannon and that was the first time I had taken off one of the top three. My parents flew up from San Francisco. They had only seen two or

three tournaments since I started playing. So, the next day I lost to Lynn in the finals; I got blown out. I went home to the local club and the people asked me how I did. I told them, "I just beat Shannon Wright, can you believe it?"

"How'd you do in the finals?"

"Well, I got blown out by Lynn."

"That's okay, Terri, you're going to be real good—some day."

That's when it hit me that I was measuring my own improvement by what they said to me, and that was wrong because I don't think they really understand what they're talking about.

We hear a lot about the "Lynn and Heather Show." What do you think of their talents?

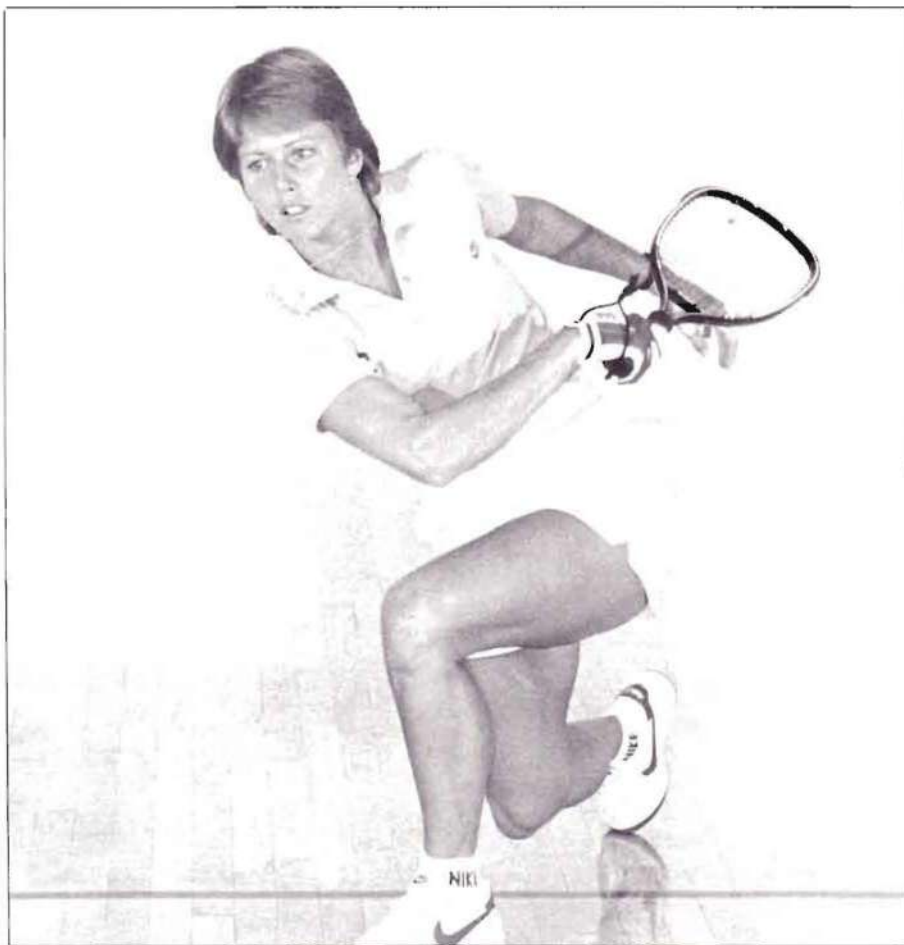
Heather and Lynn are both my heroes for different reasons. I think that most people admire Heather for her age and

"We have a lot of great women racquetball players, but not a lot of athletes... I think it has to have more prestige and money to get those people."

what she's doing at her age. I just admire her for her athletic talent. I love to watch Heather because to me she's one of the best natural talents on the tour. I don't think she works as much mentally on the sport as other players do. I think that she picked up her mental game almost by osmosis where most people at a younger age are still trying to learn it. I think she's had so much experience and can control herself so well, that it just kind of melted into her brain. But it's great to watch her, not because she's 43 years old, but because she's a female athlete.

As for Lynn, she's a trained athlete. She's like Chris Evertt. Lynn has worked so hard at it mentally and physically. She puts more time in her game on and off the court than anybody. So I respect her for that, because that's an area I'd just as soon hide from. I'd rather go do laps than sit in a room and write about how I'm feeling today or how racquetball's falling into place. I'd just as soon sweat it out.

Who do you see coming up through the



ranks?

I think someone like Caryn McKinney, who has the physical tools and works hard on the mental part of the game, will do very well.

I also believe in players like Marci Drexler or Heather Stupp, but that's Terri Gilreath speaking. Those types of players have raw speed and hit the ball hard, run around the court and get dizzy and sweaty but they might not have a mind. You just don't know what they're going to develop into, just like I don't know what I'll develop into, but they're players a lot like me.

With the tour struggling like it has this season, do you think it will be able to keep the interest of the players or attract new players?

Well, I don't know. I don't see a lot of girls committing to the tour. A player like myself, an athlete, is going to have to get involved with a sport whether it's just becoming a runner or a lifter or something like that, I think the other natural athletes will as well. The people who play a much more slower pace type game and really focus on concentration and stuff, I think that they will be able to hang with working

a 30 to 40 hour work week and still be a racquetball player. I don't know if I can explain it better than that.

When I first started I thought the tour was going to attract the college athlete—and I mean the athlete. I don't think we have a lot of athletes on the women's tour. We have a lot of great women racquetball players, but not a lot of athletes. I thought that's where racquetball was going next, but I think it has to have more prestige and money to get those people.

How do you compare the popularity of the men's and women's game?

I'm not usually at men's stops. At the DP Nationals I was impressed with the number of people that watched the women's matches, so that was good news. I thought they would all float over to watch the men's.

Popularity? I think they draw different kinds of crowds. I think that people watch men's racquetball for entertainment, and women's racquetball they watch to appreciate it and maybe even try to incorporate things into their own game.

In the women's game you can almost see the whole game forming in the player's mind. You can see the strategy. You

can see the good shots, and then there's the guy's game. The men physically are so fast and so strong—I mean I'm a good women's player and I can't relate to the way Marty Hogan is hitting that ball. There's no way. I feel like I'm at the movies and this guy is putting on a show. But there's no way I'm going to practice an overhead backhand splat that high, that hard, there's no way. I sit there in awe and I think that's what most people do, except maybe the men players, of course.

If you gave up racquetball what would you do?

Oh, I'm going to be a pro golfer after that. Last spring I played golf about three times a week for about a month. I went out and bought clubs—I got addicted real fast. I didn't want to play racquetball anymore; I wanted to play golf. Then all of the sudden the nationals came around and I got back into racquetball again.

I'd like to be a lifetime pro—that isn't the word—but I'd like to be a lifetime

golfer. I want to enjoy a sport and I think I'll always be running and I'll always be weight training light, but golf would be a neat way to compete within myself. I could see myself at 50 being a golfer, not on the tour, but as a member of the ladies' golf club at the local golf house. I like the team feeling too, just being in that kind of association.

What do you do for diversion?

For a long time Jim used to say, "Terri, you need outlets. You're going to put all sorts of pressure on yourself until racquetball is all you think about." That was especially true about two years ago when it really was my whole life. He said you need outlets, you need outlets, you need animals, you need hobbies, you need da da da. So I went out, I learned how to do woodworking. I took some classes and built some things. I play the guitar—very little—not very well. I have a dog, and I go to the beach. Now I have tons of hobbies and sometimes I don't want to play racquetball because I want to do my



"I could see myself at 50 being a golfer, not on the tour, but as a member of the ladies' local golf club. I like... being in that kind of association."

hobbies. I can even read (laughing), but it's pretty rare.

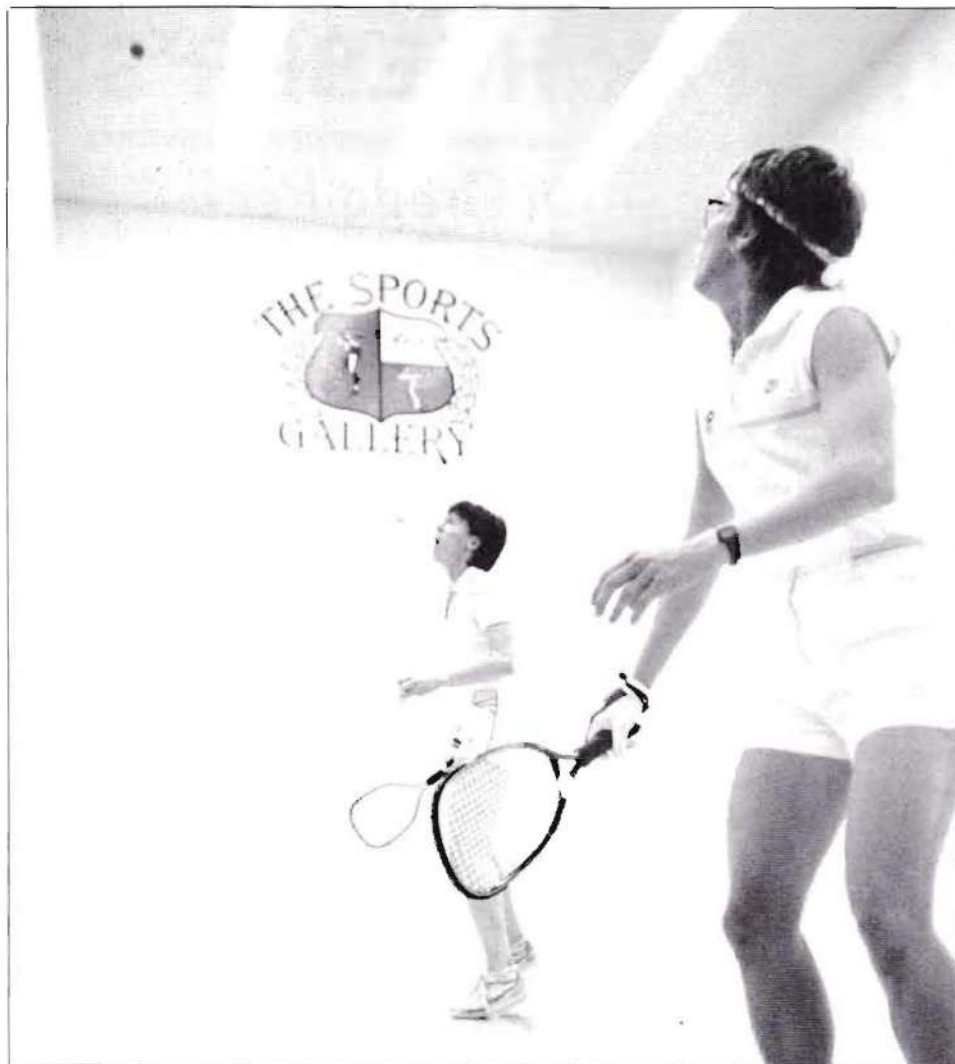
Do you do a lot of woodworking?

Well, I love oak things and I love to piddle with that kind of thing, so I took a couple of classes to learn how to use the tools then I had to go buy the tools, and now I just make things.

Like what?

I made a table for my house and little things like a jewelry box or something. I like it. It's like ironing—ironing is another Terri hobby (laughing). It's one of those things that you can lose your mind in because you have to concentrate on what you're doing. You know you're looking at the thing and you just space out. Like running. Running, ironing, boogie boarding they're all the same. Love to iron. Heather loves to needle point or something, Lynn likes to sew, and I'm into ironing. We're real wusses. ●

Terri sets up on a ceiling ball against Lynn Adams in Anaheim





HOGAN WINS THE SHOWDOWN AT SCHOEBER'S

Marty Hogan gets revenge on Gregg Peck in the final at Pleasanton

He had to wait almost three months to do it, but Marty Hogan finally evened the score with Gregg Peck, the 21-year-old racquetball sensation who some say is predestined to inherit the Hogan crown. As if to show he isn't ready to relinquish that crown yet, Hogan pounded the young Peck into submission in a four game final, 11-3, 11-8, 9-11, 11-9, to win the Schoeber's Christmas Classic in Pleasanton, California, December 6-9. The victory gave Hogan a tight grip on the number one ranking, and avenged his stunning loss to Peck in the final of the Stockton pro stop in September.

Fifty-four professionals and nearly 1200 amateur players entered this year's Pleasanton event, which is widely recognized as one of the largest and longest running pro-am racquetball tournaments in the world. Enormous crowds—sometimes bordering on unmanageable—packed

the spectacular white-glass stadium court at Schoeber's Racquetball Spa for three days to watch the top players in racquetball fight each other for \$12,000 in prize money and precious ranking points. The enthusiastic and knowledgeable Northern California fans came to see the state-of-the-art. What they got was a feast—some of the most memorable racquetball matches in a very long time.

Veteran Marty Hogan watchers have known for a long time that, while he is always entertaining to watch, you only get to see Hogan at his best when his dominance in the game is genuinely threatened. Dave Peck challenged him in 1981. Brett Harnett made his move in 1982. And, of course, Mike Yellen—the defending champion at Schoeber's—mounted the greatest assault of all by winning the national championship in '83 and '84. This year there is a new challenger. And, since Gregg Peck's master-

ful upset of Hogan took place just 20 miles up the road in Stockton, the Pleasanton crowd was eager to see the two matched up once again.

On Sunday afternoon at one o'clock, they got their wish. This time Hogan was ready. With the old fire, and a new reason, Marty put his awesome machine into high gear, and mesmerized the house as he gave Gregg Peck a new understanding of what it takes to reach the top. By two-thirty he'd left little doubt why Marty Hogan is still universally regarded as the greatest player the game has ever known.

The Marty Hogan-Gregg Peck match-up is a particularly good one to watch regardless of the outcome, because they are perhaps the best players alive in terms of speed and court coverage. Gregg is one of the tallest players on the tour and he is nearly impossible to pass because he plays the entire match in a crouch, darting around the court like a hyperactive

spider. Marty, of course, is just plain fast; when he is playing well, he can get to nearly any ball except a flat roll-out.

The difference in this final came down to Hogan's most potent weapon: his serve. Operating on the theory that you can't hit what you can't see, Hogan opened up the match blasting near-perfect serves to both sides, forcing Gregg into defense early. Game one was quick, 11-3 Hogan. Game two was closer, but Hogan again capitalized on four aces to win 11-8.

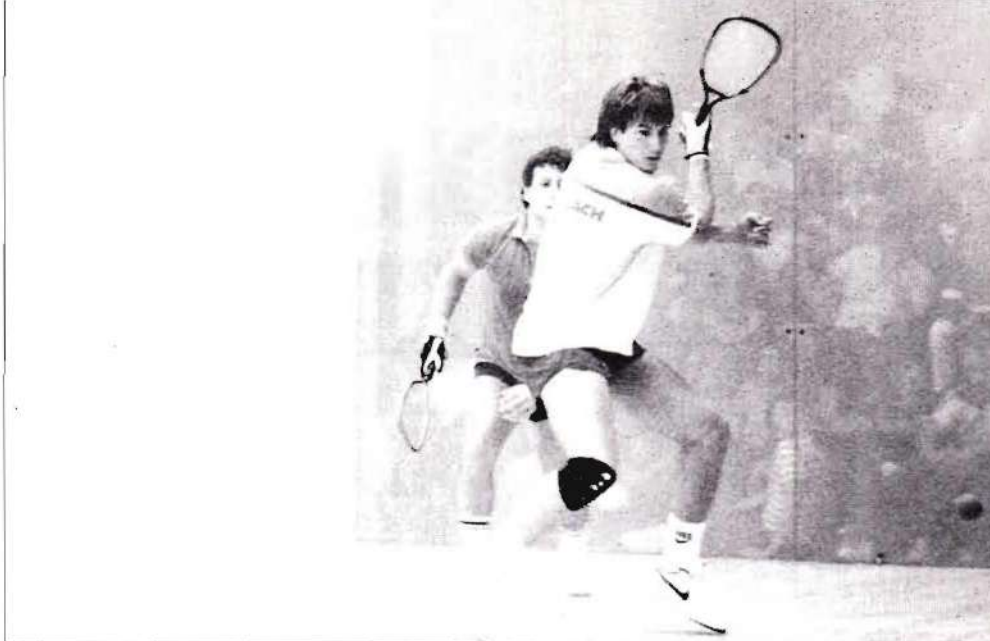
Gregg's problem was obvious. The strategy that worked so well in Stockton—driving and killing the ball down the left side wall—simply wasn't doing the trick this time. Hogan's backhand was deadly from everywhere, and he anticipated and re-killed most of Peck's left side drives.

With a two-game lead Marty decided to give his arm a rest in the third by lob serving. Gregg took advantage and won 11-9, but it was the only game he would take. Hogan moved up to full speed in the fourth game, going back to the drive serve and pushing Peck as hard as he could. Gregg was able to keep the game very close, but Hogan's fire-power was just too much. Marty took the serve at 8-9 and scored the final three points to win 11-9.

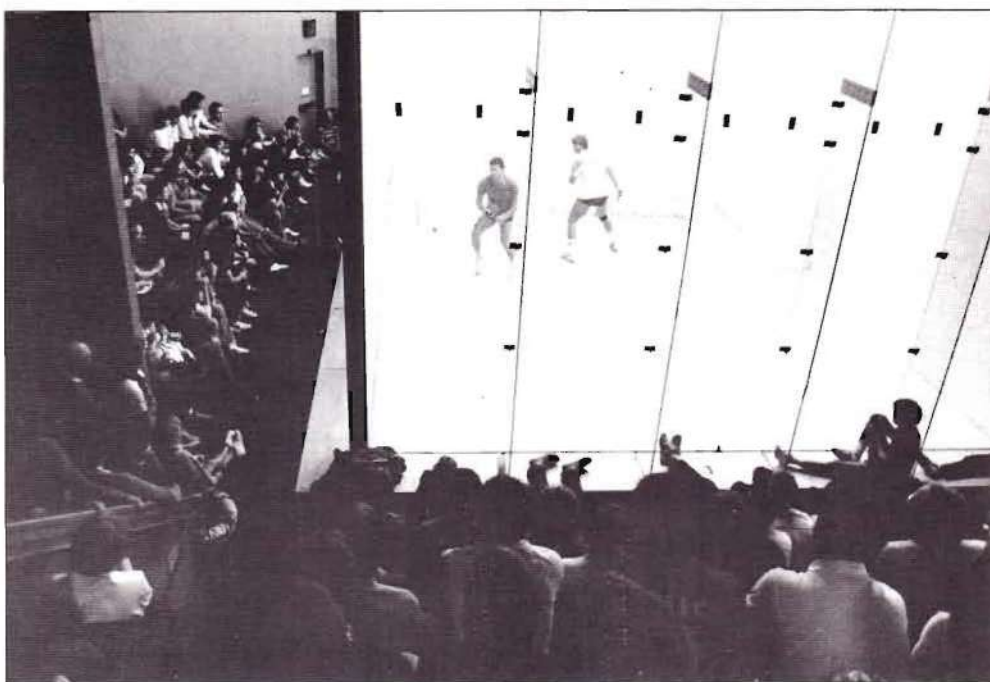
"I had a hard time concentrating today, probably because of last night," Peck said, referring to his semifinal contest with Yellen that lasted until nearly midnight. "Plus I could see in that first game that Marty was really coming after me. He played really well, moved really well."

In fact, Hogan did everything well. The Schoeber's victory was easily the best performance by Marty since his victory in Portland nearly a year ago.

Because the Schoeber's tournament is played from a round-of-64 in four days (instead of utilizing qualifying rounds), the event is infamous for its brutal scheduling. The top twenty all advanced into the round-of-32, but there the sparks began to fly. Doug Cohen, who this year deserves an award for getting the worst draws on the tour, needed five games to move past tour veteran Rich Wagner. Fifth-seeded Dave Peck barely woke up in time to survive a five-gamer with unranked Egan Inoue who was playing in his first professional event. Brian Hawkes and David Gross squared off, as they seem to at every tournament, with Hawkes taking this one, again in the tie-breaker. Mike Ray of Georgia shocked 18th ranked Steve Lerner, an upset that sent Mike on



Gregg Peck upset #2 Mike Yellen in the semis



The Schoeber's crowd watches the Peck-Yellen semifinal

Gregg Peck tries to power a backhand down the wall against Hogan in the Schoeber's final



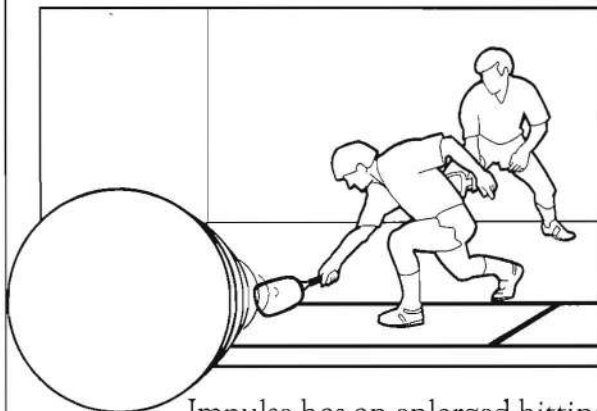
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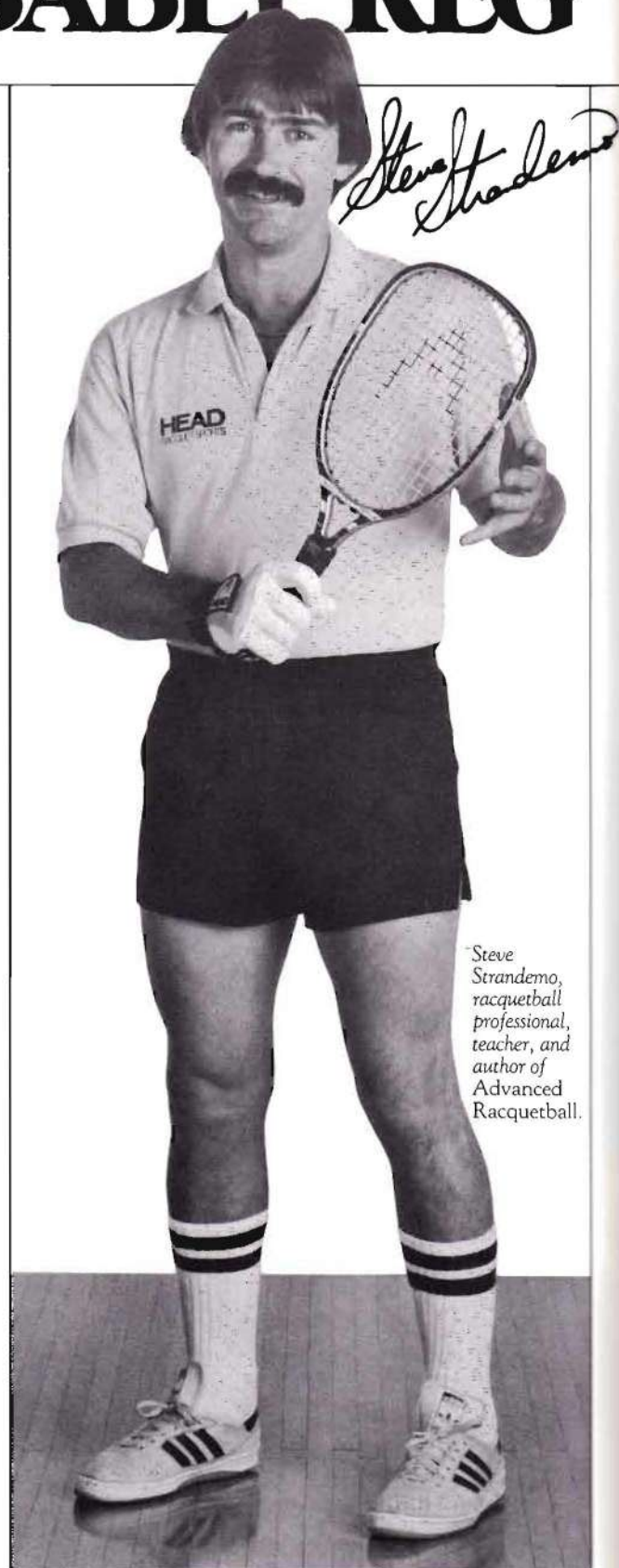
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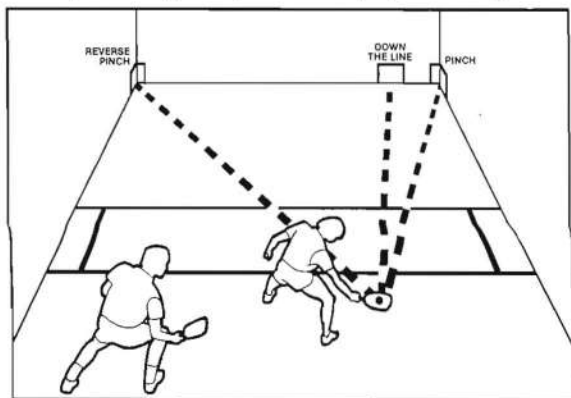
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win. And the Impulse is designed to help with the most aggressive shot of all—the cut-off. The Impulse's aerodynamically slick profile gives you really quick response



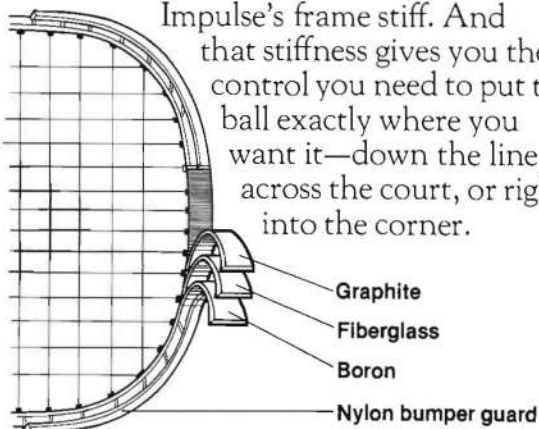
Be aggressive. Cut off a "left-up" shot with a quick racquet like the Impulse. You'll have a lot of offensive options and control of center court.

and great maneuverability. So as soon as you see a chance to cut off a shot, your racquet is in position to get the job done.

HEAD'S NEW BORON/GRAPHITE IMPULSE HAS A STIFF FRAME TO HELP YOU RUN ME ALL OVER THE COURT.

The tougher the opponent, the more important it is to keep him on the move, off-balance, and out of center court. And the Impulse is designed to help. You see, Head uses a unique combination of boron, graphite and fiberglass to make

Impulse's frame stiff. And that stiffness gives you the control you need to put the ball exactly where you want it—down the line, across the court, or right into the corner.



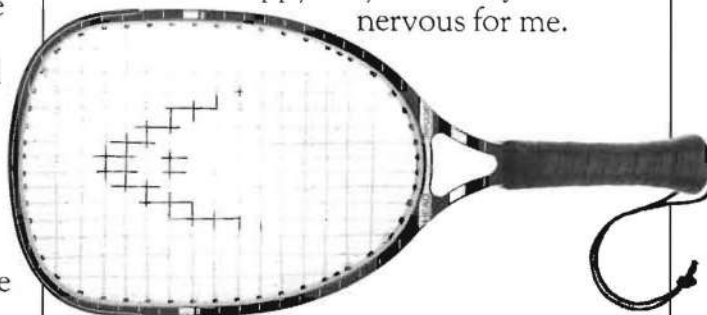
HEAD'S NEW IMPULSE CAN HELP KEEP YOU ALIVE, EVEN WHEN I HIT A KILLER.

When you've scrambled to get a piece of a tough cross-court pass, the last thing you need is a racquet that twists on impact. That's why the Impulse gives you

built-in reinforcement *against* twisting with its special integrated throat design. So even when you catch the ball off-center, you have the control and the power to keep it alive. (And that gives you one more chance to go for a winner.)

THE BORON/GRAPHITE IMPULSE IS NOT EXPENSIVE EITHER. SO YOU INTERMEDIATE PLAYERS CAN AFFORD TO IMPROVE YOUR CHANCES OF BEATING ME, IMMEDIATELY.

Now that you see how the Impulse can help you take the next steps in improving your game, you probably understand why I'm so happy for you. And just a little nervous for me.



We want you to win.

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his way to his best pro showing ever. Andy Gross continued his climb in the rankings by ousting #13 Bill Sell.

But the shocker of the 32's took place on a far back corner court where #10 Ed Andrews, one of the most consistent players around, was caught off guard by unranked Mike Griffith of Eugene, Oregon. Griffith, whose wristy stroke resembles that of fellow Northwesterner Jeff Larson, upset Andrews, 5-11, 11-8, 2-11, 11-5, 11-6. Although Griffith fell to Hilecher in the 16's, his first pro performance did not go unnoticed.

Mike Ray scored the biggest upset of his young career in the round-of-16 by outlasting fourth ranked Bret Harnett in a rare and exciting dual of left-handers. Ray contributed to Harnett's reputation as racquetball's streakiest player by coming from behind in a very tight match, 5-11, 11-7, 10-11, 11-7, 11-9.

Two other matches in the 16's were noteworthy. Andy Gross pushed Gregg Peck to the wall (in one of the few matchups where Gregg isn't the hardest hitter) before finally yielding, 10-11, 2-11, 11-2, 11-4, 11-3. And hometown boy Gerry Price fell to Ruben Gonzalez (an unusually tough matchup for the 16's) also in five games, 6-11, 11-5, 4-11, 11-8, 11-5.

It is common in pro racquetball for the hardest fought battles to take place in the quarterfinals. So it was unusual when three of the quarterfinal matches at Schoeber's ended in three straight games: Hogan beat Scott Oliver, 11-7, 11-5, 11-4; Mike Yellen downed Jerry Hilecher, 11-7, 11-10, 11-7; and Gregg Peck defeated Ruben Gonzalez, 11-9, 11-7, 11-4.

Only one match in the quarters went the distance, and once again it involved



Hogan's power forehand lifts him off the floor against Gregg Peck

Mike Ray. Fresh from his surprising upset of Harnett, Ray threw Dave Peck on the ropes immediately, winning the first and third games by wide margins. Peck was able to pull the match out in five games, 6-11, 11-4, 2-11, 11-5, 11-2, but it took everything the Texan had to hold the hot rookie off. Mike Ray has been playing professionally for about 18 months, but Schoeber's marked his first quarterfinal finish in a ranking event, and his showings against Harnett and Dave Peck proved he has the talent to play with the best. Many fans and players have high hopes for Mike Ray; not only is he talented, but he is one of the best liked and most personable men on the tour.

If the quarterfinal matches were usually one-sided, the semifinals were absolutely spectacular. The two matchups provided shades of the past and glimpses of the future: Dave Peck vs. Marty

Hogan and Gregg Peck vs. Mike Yellen.

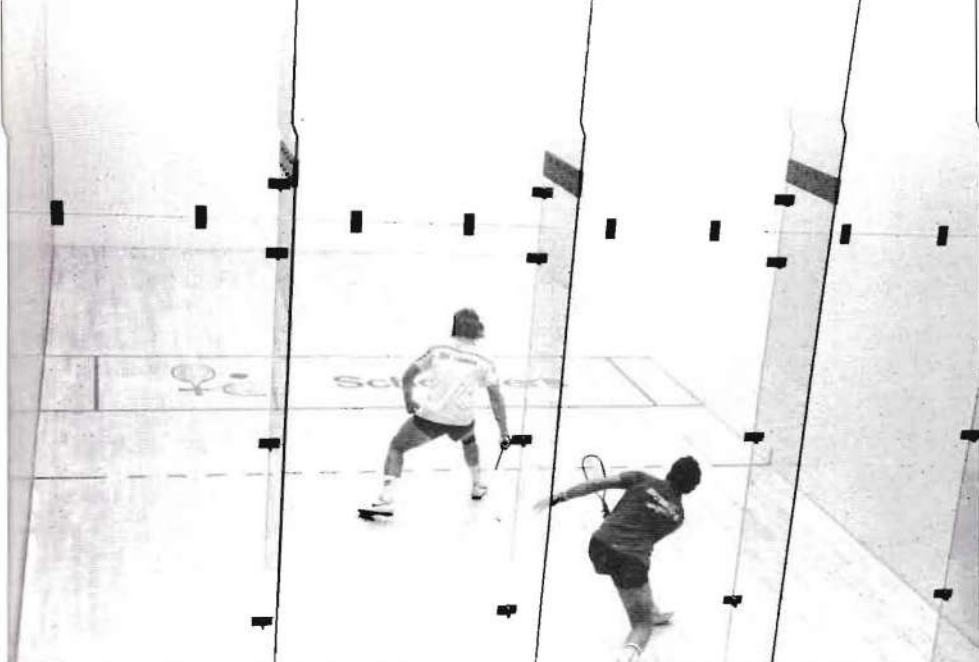
The Peck-Hogan semifinal brought back memories of the years (1981-83) when these two squared off in the final of nearly every professional tournament. Peck was the first player to truly challenge Hogan's dominance in the game, and in fact took the national championship from Marty in 1982. But Dave's soaring career suffered a flame-out at the end of the 82-83 season—a controversial loss to Yellen in Anaheim, an early disqualification in Chicago, and a serious leg injury in Atlanta. Their semifinal meeting in Pleasanton marked the first time in nearly two years that Peck was able to seriously challenge Hogan.

The match was a classic. Peck was in total control of the first game, leading at one point 9-1, and winning 11-5. Hogan sharpened up in game 2 and moved out to a 6-2 lead, when Peck's infamous temper

Hogan defeated Dave Peck in the tightest match of the tournament

Marty Hogan locks on the ball





Mike Yellen goes for a cross-court pass on Gregg Peck

cution courtesy of M. Hogan, shot selection by Walt Disney. The match ended quickly—and appropriately—as Hogan fired a blazing ace serve to Peck's forehand.

Despite the loss, Dave Peck's semifinal finish thrust him past Bret Harnett to fourth in the rankings, just .3 points behind his third-ranked younger brother.

Semifinal matches are always important, but his matchup with Mike Yellen had particular significance for Gregg Peck. The last time these two met Gregg was humiliated by Yellen, 11-7, 11-2, 11-3, in the semifinals at the DP Nationals in Atlanta. More importantly, after Peck won the Stockton pro stop in September there were suggestions that he wouldn't have if Yellen had been in the draw. In short, this match was the one Gregg needed to win to prove he deserves to be ranked in the world's top three.

What made Peck's victory over Yellen at Schoeber's so surprising was that he did it by coming from behind in the fifth game. Yellen plays the ultimate methodical, high-percentage game, and most pros know that you have to beat him quickly, because his consistency will eventually wear you down. Almost nobody—including Marty Hogan—can outplay him over the long haul.

The first four games were all close. Gregg won the first and third, 11-9, 11-7, and Mike won the second and fourth, 11-10, 11-10. What happened in the tie-breaker was a shock. After Peck scored the first two points, Yellen started to tighten the vise, and rolled up eight unanswered tallies to a commanding 8-2 lead. Gregg called time-out to consult with his brother Dave, who had noticed something; as Gregg grew more tired he

flared out of control again, causing a few very anxious moments. Apparently frustrated at his inability to score, Dave started blocking and shoving Hogan with his body during the rallies. Hogan continued to play and Peck lost control; he pulled Marty to the floor in an apparent attempt to start an all-out brawl. But with a surprising amount of cool Hogan stood up and trapped Peck against the side glass wall without retaliating until the Texan had calmed down. When play resumed a sigh of relief went up from the crowd—and universal agreement that Dave Peck may be alive today because Marty Hogan has a long fuse.

Peck's antics didn't change the outcome of the second game; Hogan won 11-3. Peck took the third game 11-2, Hogan won the fourth 11-6. That set the stage for the tie-breaker—and it was a nail-biter.

Nine serves were traded before the first point was scored. Peck went up 3-1, and Hogan came back 7-3. For the next 15 minutes Dave Peck played his best racquetball in a long time, holding Hogan scoreless while he went all the way from three to match point.

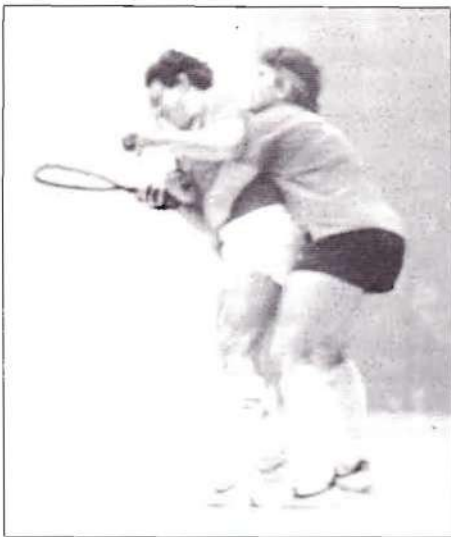
If Hogan only plays his best when he is pushed hard, then Dave Peck had apparently pushed hard enough. Marty was amazing. He took back the serve and quickly scored two points. At 9-10 he unleashed a bazooka-ball ace down the crotch of the right side wall that sent 300 spectators into hysterics and tied it at 10-all. Peck saved match point with a big forehand kill, but Marty wasn't finished. Dave hit a high lob serve that angled perfectly toward the backhand corner, but instead of returning to the ceiling, Hogan stepped forward and scorched a perfect chin-level backhand splat—exe-

Holds Gregg Peck in back court



Gregg Peck tries to help his brother David during semifinal loss to Hogan





A frustrated Dave Peck grabs Hogan, pulls him to the floor, and is pinned against the wall in semifinal wrestling match



Jerry Hilecher dives for a forehand during quarterfinal loss to Yellen

Suprise quarterfinalist Mike Ray lobs a serve to Dave Peck



was trying to end the rallies too early, and his rising pinches and splats were allowing Yellen to set up in center court. It was time to adjust, and the young Peck did it perfectly. Instead of aiming for the corners, he began to pull Yellen out of center court by driving the ball down the side walls, the same strategy that was so successful against Hogan in Stockton.

To everyone's amazement, Yellen's game was shut down completely. Peck scored nine straight points against the defending national champion, yielding the serve only twice, to take the match, 11-9, 10-11, 11-7, 10-11, 11-8.

From the standpoint of rankings, the implications of Peck's victory over Yellen were mind-boggling. If Gregg goes at least as far as Yellen in the next two tournaments (Phoenix and Tulsa), he will take over the #2 spot, and would have an outside chance of finishing the season #1.

TOURNAMENT NOTES

If the photo coverage this year looks different than last, it's because Schoeber's decided to reverse the stadium court. No, they didn't pick the court up and turn it around; they repainted the service box lines so that the glass is now the back wall instead of front. The change was made at the request of spectators who don't enjoy watching the game from the front wall. It is still a very difficult court for the referee... Another first this year; the weather in Pleasanton was pleasant! Sunny, warm, no wind... Schoeber's tried a new rule outlawing intentional foot-faults; it was a great idea and the pros had no problem with the call... The men did a great job again refereeing their own matches—it isn't any fun, but it does seem to be solving the ref problem... If you happen to run

into Andy Gross at the restaurant, ask him to do his card tricks. On second thought, don't ask—he'll show you anyway... Quote of the tournament—Dave Peck after barely beating, and being congratulated by, Mike Ray: "I can't believe these young guys, they're so nice."... Bobby Bible revived the Christian Attitude Award this year. The winners: Ruben Gonzalez and Shawn Fitzpatrick. Dave Peck received the "animal" award—his second—with this observation: "note how Brother David won the award in 1980, and has terribly back-sliden in 81-84. Let's pray for him, especially this Christmas."... As usual, a great job of running a gargantuan tournament: Bill Dunn, tournament director; Mary Jo Frenda, hospitality director; Bob Smith and John O'Donovan of Schoeber's.

SCHOEBER'S CHRISTMAS CLASSIC **PLEASANTON, CALIFORNIA** **DECEMBER 6-9, 1984**

ROUND OF 64:

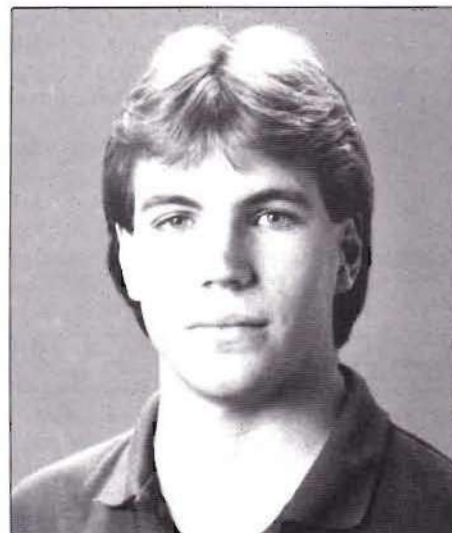
M. Hogan; bye
 S. Fitzpatrick d. D. Green; 10,6,(6),8
 R. Wagner d. D. Zirkle; 2,3,8
 D. Cohen d. M. Lowe; 6,5,6,
 J. Newman; bye
 M. Martino d. B. Leclair; forfeit
 M. Antes d. P. Marino; 6,5,(10),9
 S. Oliver; bye
 D. Peck; bye
 E. Inoue d. J. Mercante; 4,7,3
 D. Gross d. B. Barr; 6,4,3
 B. Hawkes d. C. Scott; 4,10,4
 S. Lerner d. G. Bargas; 1,3,(9),5
 M. Ray d. T. Wheaton; 1,2,2,
 W. Beardsley d. N. Akau; 7,1,(9),7
 B. Harnett; bye
 G. Peck; bye
 W. Snead d. E. Terry; 7,(6),9,(9),9
 A. Gross d. D. Gonzalez; 2,2,8
 B. Sell d. J. Evans; 7,8,(9),8
 G. Price d. G. Texeria; 6,8,4
 S. Moskwa d. D. Johnson; 6,9,5
 B. Wilhelm d. D. Dipalma; (9),(10),2,9,4
 R. Gonzalez; bye
 J. Hilecher; bye
 P. Britos d. B. Zimmer; 2,2,5
 M. Griffith d. A. Embry; 2,(7),4,(2),0
 E. Andrews; bye
 C. Brysman d. B. Austin; 2,9,(10),7
 J. Egerman d. S. Appel; 4,1,0
 J. Nolan d. S. Moody; 4,6,6
 M. Yellen; bye



L to R: Bill Dunn, winner Marty Hogan, Bob Smith, and Mary Jo Frenda



Ruben Gonzalez and Gregg Peck in quarters



Mike Ray

ROUND OF 32:

Hogan d. Fitzpatrick; 4,10,9
 Cohen d. Wagner; 9,(3),7,(3),3
 Newman d. Martino; 5,1,7
 Oliver d. Antes; 8,2,0
 D. Peck d. Inoue; (10),(9),5,9,3
 Hawkes d. D. Gross; (4),5,(5),10,0
 Ray d. Lerner; (9),10,10,6
 Harnett d. Beardsley; 7,1,(9),2
 G. Peck d. Snead; 5,5,8
 A. Gross d. Sell; 6,2,9
 Price d. Moskwa; (10),(5),1,4,6
 Gonzalez d. Wilhelm; 2,2,4
 Hilecher d. Britos; 8,5,6
 Griffith d. Andrews; (5),8,(2),5,6
 Brysman d. Egerman; 2,9,(10),7
 Yellen d. Nolan; 3,5,7

ROUND OF 16:

Hogan d. Cohen; 9,5,4
 Oliver d. Newman; (6),6,8,(6),7

D. Peck d. Hawkes; (4),4,3,7
 Ray d. Harnett; (5),7,(10),7,9
 G. Peck d. A. Gross; (10),(2),2,4,3
 Gonzalez d. Price; (6),5,(4),8,5
 Hilecher d. Griffith; 7,5,1
 Yellen d. Brysman; (9),5,2,4

QUARTERFINAL ROUND:

Hogan d. Oliver; 7,5,4
 D. Peck d. Ray; (6),4,(2),5,2
 G. Peck d. Gonzalez; 9,7,4
 Yellen d. Hilecher; 7,10,7

SEMIFINAL ROUND:

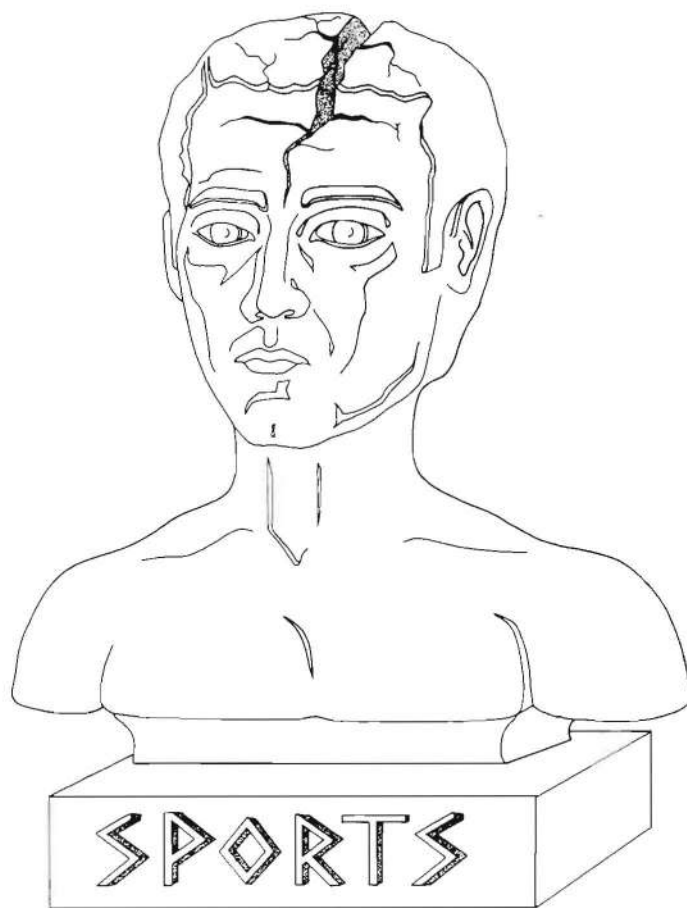
Hogan d. D. Peck; (5),3,(2),6,10
 G. Peck d. Yellen; 9,(10),7,(10),8

FINAL ROUND:

Hogan d. G. Peck; 3,8,(9),9

TOTAL PURSE: \$12,000

PART ONE STRESS & PERFORMANCE



THE PSYCHOLOGY OF COMPETITION

by Dr. Jerry May and Drew Stoddard

It's tournament time! For six weeks you've been training every day to get your game in top form—drilling forehands, doing sprints, suffering through Nautilus workouts, and destroying everyone you play in practice. A smile comes across your face as you check out the draw sheet and discover that your first round opponent is one of your favorite practice-match destroyees. You've got four racquets in your bag—all newly strung—some brand new gloves, and enough clothes to last you through the finals. All your friends are coming to watch. Everything is ready. "This," you say to yourself, "is going to be cake."

But as match time gets closer, things start getting a little weird. Your pulse is pounding, your mind is racing, you're starting to sweat, and your lungs just can't seem to get enough air—and so far all you've done is put on your socks.



Dr. Jerry May, Ph.D., is a Clinical Psychologist for the United States Ski Team. He is Co-chairman of the U.S. Olympic Sports Psychology Advisory Panel, and is Professor of Psychiatry and Behavioral Sciences at the University of Nevada School of Medicine, in Reno, Nevada.

Drew Stoddard is the editor of International Racquetball.

Those nice little butterflies are now staging full-scale war games in your stomach. What's going on here? When you finally walk into the court (why are all those people staring at you?) your only hope is that everything will change after you start playing.

It does. It gets worse. Your feet seem nailed to the floor, your arms and legs have turned to cement, and simply getting the ball to the front wall has become a major challenge. Your forehand—which only an hour ago was ripping like a cannon—is now moving the ball with all the power of a dripping faucet. In what seems like moments the match is over; you've scored a total of six points—all on shots where you accidentally hit the strings of your racquet.

Bewildered and angry, you walk off the court and swear to yourself that you will never play this stupid game again. What happened?

There is not a serious racquetball player alive—or athlete for that matter—who has not experienced something like the scenario above at some time in his or her career. Indeed, some of us are doomed to experience it over and over again because we never learn that physical preparation alone is only part of the formula for athletic success. A highly-trained body can be rendered utterly useless in an instant when it is controlled by the unpredictable reactions of an untrained mind.

Every athlete knows the importance of physical training for athletic performance. Because sports is a process of measuring one's ability to execute specific skills, most training programs are designed solely to increase the level of physical performance. However, on a given day in competition the difference between one athlete's performance and another's frequently depends on how well each is prepared mentally.

This is particularly true of racquetball, because it is played at such high speeds. Although the basics of the sport are easy to master, at higher levels racquetball combines the precise timing of a perfect golf swing with reaction times that are measured in micro-seconds. The slightest loss of concentration under the intense stress of tournament play can devastate an otherwise perfect game in seconds.

Fortunately, our minds can be trained in much the same way we condition our bodies. The purpose of this series of articles is to present a basic overview of the psychological aspects of athletic performance. We will explore why our mental processes break down under certain conditions, and how we can learn to condition our minds to function predictably under stress.

STRESS

It is perhaps the greatest challenge for every athlete, regardless of his or her sport, to understand that executing a given skill in the relaxed atmosphere of practice can be quite different from performing the same task under the pressure of competition. In racquetball, for example, hitting a perfect forehand kill in a practice match might be quite simple, while hitting the same shot in the semifinals of an important tournament can seem nearly impossible. Why? Logically, the act of killing a forehand would seem to be the same in either case.

The explanation is actually quite simple. The ability of the mind to re-implement a learned skill is altered—for better or worse—by the presence of stress.

So much attention has been given recently to the negative effects of it in our lives that we tend to think of stress as always destructive, but this is not true. Stress cannot, and should not, be totally avoided. To eliminate it would be to destroy life itself.

Hans Selye (M.D., Ph.D) was the first person to systematically study stress; he defined it as "the non-specific response of the body to any demand upon it." Stress is a very general concept, and includes almost any thought, feeling, or event that occurs in one's life. Stress is a vital, creative force that energizes the body. Yet, like all powerful

"The greatest challenge for every athlete is to understand that executing a given skill in the relaxed atmosphere of practice can be quite different from performing the same task under pressure."

forces, it can also throw the body off course.

Although all types of stress make certain demands on the body, it is important to learn which stressors are beneficial and which are detrimental to your own mental and emotional state, and will thus affect your performance. We all react to stress differently; for one player the stress of a tournament may act as a strong motivator, while another might view it as highly threatening. Each of us must learn to recognize overstress, and when the limits of our own adaptability have been exceeded.

There are many factors that can cause stress for an athlete, some external and others internal.

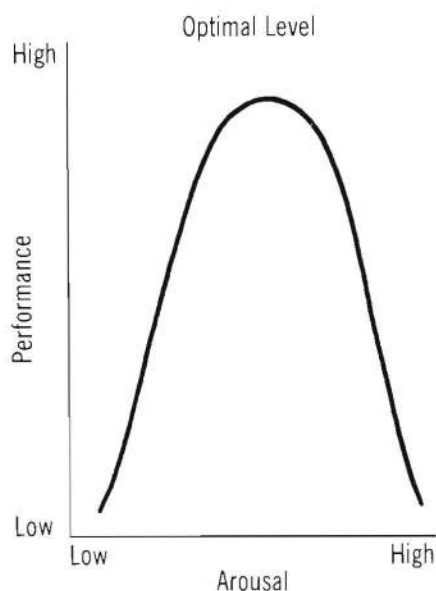
External factors are those that are beyond your control. They might include parental pressure, boisterous spectators, a crowding opponent, or the extreme physical demands of playing round after round in a large tournament. The higher in a sport an athlete goes, the more of these factors seem to develop.

Internal stress is that which we bring on ourselves, and is therefore possible to control. This type of stress can come from unrealistic expectations and goals, worrying about mistakes, self-consciousness, or a strong fear of failure. When an athlete learns to control these internal stress factors, it is often easier to limit the effects of the external stressors.

Regardless of its source, once the level of stress exceeds your own ability to adapt, your performance level will drop. It is when thoughts are difficult to control, feelings too intense, and situations seem overwhelming, that a good psychological training program can be most beneficial.

Table I

Relationship of Stress and
Performance Efficiency



GENERAL ADAPTATION SYNDROME

Whenever the mind and body are subjected to stress over a long period of time, no matter what the particular irritant may be, a reaction occurs which is called the General Adaptation Syndrome. This reaction takes place in three parts: (1) the alarm phase, during which the body is put on alert and summons its defensive forces to combat the stressor; (2) the resistance phase, where the body maintains and fights against the irritant; (3) the stage of exhaustion, when unable to resist and attack any longer the body finally gives in and experiences a breakdown in performance, the onset of disease, or ultimately death.

For an athlete the alarm phase can be triggered by the stress of a specific event on the day of competition; for the serious racquetball player this takes place most often during tournament play. When this happens the body and mind go into action to cope with the stress and normally do quite well. If, however, the competitive events continue at close enough intervals over an extended period of time, the mind and body are kept in the totally ready state and the responses of the resistance state are triggered. This is why it can be so difficult to play round after round in an important tournament; not only does the body become physically tired, but the mind begins to break down as well.

Unfortunately, the real situation does not have to be present for the alarm-resistance-exhaustion sequence to occur, because the mind has the

capability to store in memory an event, and then worry. Most of us have the capacity to endure this exposure for a while, but with extensive stress the mind and body break down. During this resistance phase the illness and injury rate goes up, and performance level is reduced.

If the stressor continues, the exhaustion stage takes over. This exhaustion is not merely the fatigue that is felt after a hard workout; it is serious and can have long-lasting effects on the athlete's mind and body. This phenomenon is known to many involved in sports as "burnout."

AROUSAL AND PERFORMANCE

There is a specific relationship between arousal (stress) and athletic performance. Table 1 depicts this relationship. It is vital for every athlete to understand this principle, and to learn how to apply it to his or her own situation.

If you look at the curved line that represents performance you'll see that when you're not aroused your performance level will be low. (Since competition is usually viewed as stressful, low arousal levels are seldom a problem for the athlete). As arousal increases, performance increases until an optimal level is reached. Beyond that point, however, further increases in arousal begin to have a detrimental effect, and performance diminishes.

This, of course, explains what happened in the scenario at the beginning of the article. Most of us would like to think that the anxiety we feel prior to

"Most of us would like to think that the anxiety we feel prior to playing in a tournament will drive us to play our best, but, in fact, we often become so anxious we are unable to play at all."

playing in a tournament will drive us to play our best, but in fact we often become so anxious during competition that we are unable to play at all.

The balance between arousal and performance is very delicate. And, it is possible to move from low to high arousal levels in seconds. For example, during competition you might think about a feared opponent, a past failure, a crowd of spectators, or a bad referee's call and immediately find yourself in an over-aroused state. If you are unable to detect that change and bring your arousal level back to an optimum level, your performance will quickly deteriorate.

Since we all react to stress differently, each of us must learn to recognize the signs of our own optimum performance level. Most top athletes agree that when you're performing well everything you do is automatic; there is very little conscious thought. For some there is a feeling of confidence, calm or peacefulness. For others there may be a feeling of pleasurable excitement. Although you are alert, your body may feel relaxed and your movements fluid. Many athletes report that their minds become almost blank, with total concentration on the moment and the task at hand.

It is also crucial to learn to detect when your own state of arousal has gone beyond the optimum level. Some of the more common signals of over-arousal are rapid breathing, tense muscles, anger toward yourself, and rambling thoughts

TABLE II
WARNING SIGNS OF NEGATIVE STRESS

Physical Signs

- () Fatigue
- () Pounding of the heart
- () Dryness of the throat or mouth
- () Insomnia, an inability to fall asleep, stay asleep or early awakenings
- () Frequent or lingering colds
- () Trembling and nervous ticks
- () Grinding of the teeth
- () Increase or decrease in appetite
- () Increased sweating
- () Frequent need to urinate
- () Diarrhea
- () Indigestion, queaziness in the stomach
- () Vomiting
- () Pain in neck or lower back
- () Increased premenstrual tension
- () Missed menstrual cycle
- () Headache
- () Weakness
- () Dizziness
- () Weight gain or loss
- () Shortness of breath
- () Stuttering or other speech difficulties
- () Increased pitch in voice
- () Nervous laughter

Emotional Signs

- () General irritability
- () Hyperexcitability
- () Depression
- () Boredom

- () Restlessness
- () Stagnation
- () Overpowering urge to cry, run, or hide
- () Difficulty relaxing
- () Need to generate excitement over and over
- () Feeling people don't appreciate you—feeling used
- () Inability to laugh at yourself
- () Increased feeling of expression of anger or being cynical
- () Inability to concentrate, the flight of thoughts
- () Disenchantment
- () Feeling of unreality
- () Feeling life is not much fun
- () Not enjoying your sport
- () Desire to quit the team
- () Mind going blank
- () Feeling afraid
- () "Free Floating Anxiety" that is to say we are afraid of something but we don't know exactly what it is
- () Feel under pressure to always succeed
- () Hyperalertness, a feeling of being "keyed up"
- () Automatic expression of negative feelings
- () Disappointed in yourself or others
- () Increased rationalization
- () Feeling indispensable
- () Obsessed
- () Unable to enjoy or compliment colleagues' successes
- () Fault finding
- () Nightmares

Behavioral Signs

- () Tendency to overtrain

- () Difficulty training
- () Decrease in athletic performance
- () Increased use of alcohol
- () Increased use of nonprescribed drugs
- () Increased use of various medications, such as tranquilizers or amphetamines
- () Increased use of tobacco
- () Less time for recreation
- () Less time for intimacy with people around you
- () Less vacation time
- () Overworked, but can't say no to more work without feeling guilty
- () Hypermotility, which is the increased tendency to move about without any reason
- () Inability to take a physically relaxed attitude, sitting quiet in a chair or lying on a sofa
- () Feeling that sex is more trouble than it's worth
- () Speaking up less and less at gatherings, and then only speaking negatively
- () Difficulty setting goals
- () A tendency to be easily startled by small sounds
- () Finding yourself further behind at the end of each day
- () Forgetting deadlines, appointments, etc.
- () Accident proneness—under great stress whether it is positive or negative, one is more likely to have accidents while at work, driving a car or during athletic events
- () Making a foolish mistake
- () Poor workout
- () Blame equipment for poor performance

that distract and ruin your concentration.

One of the most common mistakes made by athletes is to fight the symptoms of over-arousal by trying harder. Remember, over-arousal causes a decrease in performance level, so trying harder may actually produce worse results. Once your performance has started down the curve on the performance efficiency graph, the only solution is to reduce your level of arousal. There is no such thing as a quick fix.

It is often observed, with some degree of amazement, that the top competitors in most sports are seldom the most physically gifted, and this is true. Most highly successful athletes have learned to control their own state of arousal, often using the pressure of competition as a motivator. In fact, some top athletes, like national racquetball champion Mike Yellen, seem to only play their best game under great pressure. The principle behind mental preparation is really simple mathematics; you can give up a lot of physical talent if, under the pressure of competition, you are able to perform at 100% while your opponent is at 50%.

Learning to control arousal and to reduce stress takes time, effort, and practice. You must train your mind to adjust in the same way you once trained your body to hit a forehand kill. There are three basic methods that have been proven to be effective for helping athletes perform at their best under stress; cognitive restructuring, mental imaging, and relaxation training.

"Once your performance has started down the curve on the performance efficiency graph, the only solution is to reduce your level of arousal. There is no such thing as a quick fix."

Next month we will begin exploring these techniques.

CORRECTION:

Following are additional results from the U.S. National Doubles Championships in Boise, Idaho, that were accidentally left out of last month's issue. We apologize for the error.

DIVISION CHAMPIONS

MEN'S 60:

Ike Gumer (KY) and Allen Shepard

MEN'S 65:

Ike Gumer and Allen Shepard

MIXED DOUBLES:

Malia Kamahoahoa (VA) and Kelvin Vantrease (OH)

WOMEN'S OPEN:

Diane Bullard (FL) and Julia Pinnell (FL)

WOMEN'S B:

Sue Hill (OR) and Nancy Rogers (OR)

WOMEN'S 25:

Mary Lyons (FL) and Susan Morgan (FL)

WOMEN'S 30:

Carol Frenck (VA) and Vicki Boone (OR)

WOMEN'S 35:

Barb Smith (ID) and Susie Bates (ID)

WOMEN'S 40:

Mimi Kelly (MA) and Vicki Edelman (MA)



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Third Annual JRF Nationals

For three days, from November 17 through the 19th, the 3rd Annual Japan National Racquetball championship was held at the Musashino Sporting House in Musashino, Tokyo. The tournament was sponsored by the Japan Racquetball Federation and was played under their rules. (Each game is played to 11 points and the player to first win 3 out of 5 games is the winner of the match.) 94 players gathered from all over Japan with 58 men registering for the Men's Singles and 36 registering for the Women's Singles.

By the evening of the 18th, the quarterfinalists had been selected. In the Men's Singles, Minato of Do Racquetball Club, Kiuchi of Oaks Kashiwa, Ohshima of Big Bang Racquet Club and Furuta, also of Big Bang Racquet Club, proceeded to the semifinal.

The Women's quarterfinalists were Kiuchi and Tozawa, both from Do Racquetball Club, Ohta

from Kioicho Racquetball Club and Kurimoto, who does not have a club affiliation.

In the men's semifinal action, Minato defeated Kiuchi and Furuta upset last year's champion, Ohshima. In the women's semifinal, Kiuchi and Tozawa overcame their opponents Kurimoto and Ohta, respectively. This meant that the women's final would be between two players from the same club.

Both the men's and women's finals took place on the afternoon of the 19th and Minato, who was favored to win, was unexpectedly trounced in just three games by Furuta whose game has improved tremendously over this past year.

The women's finals also ended in three games as Kiuchi defeated Tozawa to become the women's singles champion for the third consecutive year. ●

INTERVIEW:

Michio Ishimoto



Mr. Michio Ishimoto is the Executive Director of the Japan Amateur Racquetball Association (JARA). He is also the General Manager of Do Racquetball Club in Harumi, Tokyo. With his well-proportioned, muscular physique and devastating 176 km/h serve, Mr. Ishimoto is one of the top players in Japan. He has been greatly involved with the promotion of racquetball and, it is not too much to say that racquetball in Japan would never have existed without him.

Mr. Ishimoto was interviewed for International Racquetball by our Japanese correspondent, Ken Shinn, who also translated the interview for us.

Mr. Ishimoto, could you please tell us about JARA, starting with how and when it started?

It was in 1980 that JARA was established. There were just a few racquetball players at that time and most of them played at the U.S. military base at Yokota where the sport had first become popular. There were also a few players in Kobe who were playing on a handball court at the YMCA. Around this time, Mr. Milton Radmilovich from the Yokota base was trying to spread racquetball in Japan and that was when Do Sports Plaza, where I am General Manager, became part of it.

At JARA, what kind of activities have you done and what are you planning to do?

Well, we've been doing a lot of promotional activities for racquetball in Japan. We help with the construction of new courts. We've been holding tournaments so the players will have a continuing interest to play. Next year, we are planning to provide training programs

for referees plus, we will try to establish the JARA rules. Every player knows the rules to a certain extent, but there still remains a lot of areas that need to be cleared up.

Could you go through the tournaments scheduled for this year?

In February, we will have the All-Japan Doubles. In April, the Japan Open will take place. In June, we will participate in the Asia Tournament. This tournament was supposed to be for all Asian countries to determine who would go to the World Games in London, but since we will be the only country participating here in Asia, it will be a tournament held here in Japan among Japanese players. In July, we will send players to the World Games, then in October, the All-Japan Championship Trials will be held for the western block (region) and the eastern block. The All-Japan Championship to determine the champions for the year will take place in December.

Are you planning any new kinds of tournaments for the next year?

As a matter of fact, yes. We are trying to add a Senior Class for those over 40 years of age. We'd also like to add a Junior Class and an Amateur Class (non-instructors), however, we don't have enough time for all those new classes yet. We are planning a Senior Class tournament to be held at the same time as the All-Japan Doubles in February. One of the reasons for having a Senior Class is that the level of racquetball in Japan has been upgraded and it is no longer fair that young players in the best physical condition play against older players who are on the downhill side.



Action in the 3rd Japan National Racquetball Championships

Photo by Ken Shinn

Other than the tournaments, what are you planning or would you like to do?

When JARA gets bigger, meaning when we have more staff, we'd like to have a class for every ten years of age, say, for teens, 20's, 30's, and 40's. Also, we'd like to issue a magazine or newsletter on a regular basis. I mentioned we will have referee training and, we would like to send more of our players to the U.S. to study and improve their skills. JARA would like to invite some top players from the U.S. to Japan and open up a better stream of communication between Japan and the U.S. so we could know what is happening in the racquetball scene. But, in doing any of these things, we've got to worry about financing. Each time we hold a tournament or any event, some amount of money is spent. So, at the same time we plan for an activity we must think of how to finance it. Another project we are working on is changing the way people can join JARA. We would like to make it possible for a whole club to join JARA at the same time. Currently, members join on an individual basis.

I understand squash was introduced to Japan at an earlier time than racquetball. How is racquetball doing as compared to squash?

Squash was introduced to Japan about 13 years ago, and there are presently about 80 courts. However, for racquetball, in a shorter period of time the number of courts has reached about 150. There are over 40 clubs nationwide, 10 of which are in the Tokyo area. I believe racquetball now has more players than squash and there are still plans for building more racquetball courts.

Thank you very much for letting us have an interview with you today, Mr. Ishimoto. We hope that all your plans will come true and racquetball will grow together with JARA.

Thank you. ●

Molson Grey Cup Falls To Myers

The second stop on the Canadian pro tour was held in the Expo '86 city of Vancouver, B.C., without a doubt one of the most beautiful cities in the world. It was at the Cambridge Racquets Centre and the Supreme Court Racquetball Club that over 260 participants played and partied while 19 professionals fought for supremacy on the Canadian Professional Racquetball Organization (CPRO) tour. The main sponsor, Molson Breweries Ltd., was accompanied by three other sponsors: AMF Voit Canada, CP Air, and the Vancouver Nautilus Centres.

On the night before the pro matches were to begin, CPRO hosted a free 3-hour clinic for any and all enthusiasts. Cliff Hendrickson and Roger Harripersad instructed a full court of players, fielding questions and putting on a demonstration match. It is the policy of CPRO to provide a free clinic of this sort with their finest players and instructors for all CPRO events (requests for specific players are encouraged).

Three qualifying matches were played to fill out a 16-man draw. The top seeds were: 1. Lindsay Myers (Vancouver), 2. Brian Valin (Toronto), 3. Sherman Greenfeld (Winnipeg), 4. Wayne Bowes (Edmonton).

The psychological advantage of being a top seed at this tournament was lost almost altogether as the unseeded players ripped into the meat of the draw, tearing two large chunks out of the top four in the names of Valin (quarters 3-0) and Bowes (16's 3-0), both by two upcoming lions Harripersad (Calgary) and Clouse (Vancouver). Myers faced a quarters charge by veteran Cliff Hendrickson but prevailed 3-1 and Greenfeld held off Shanks in the 16's 3-1 and Thompson 3-0 in the quarters.

The semifinal action saw Lindsay Myers vs. Haydn Jones in a classic hard fought match going the 5 game distance in two hours. Jones is a 6'6", 220 pound 20 year old mammoth with a 7 foot reach (from wing tip to wing tip and without having taken a step) and, as Myers was heard to say of his opponent during a timeout, "has an unreasonable amount of speed and power." Myers was repeatedly forced to dive to make returns as it was apparent his pass shots weren't getting by Haydn (Canadarm) Jones, who leisurely drove howitzer-like cut-offs down the line.

In the fourth game, though, it was experience and shot selection that managed to eek out a win for Myers who was down 2-1 in games and tied at 10-10. It was Meyer's notoriously poor forehand that pulled him out of the fire with an equally notorious splatt pinch. It was apparent the pressure was on Jones in the fifth to pull it off against the old (25 year old) vet from Vancouver and it took its toll as Myers turned out the lights, 11-5.

On the other side, Sherman Greenfeld had his hands full with Roger Harripersad. Up till this point, Greenfeld had made things look worse than they really were for himself, but now things really were worse. Harripersad had just beaten the number two seed, Valin, and nobody was sure what or who would stop him from going all the way. Sherman wasn't sure either when he found himself in the short end of a 6-0 score in the first game. Sherman managed to rally back combining wide passes with off-speed

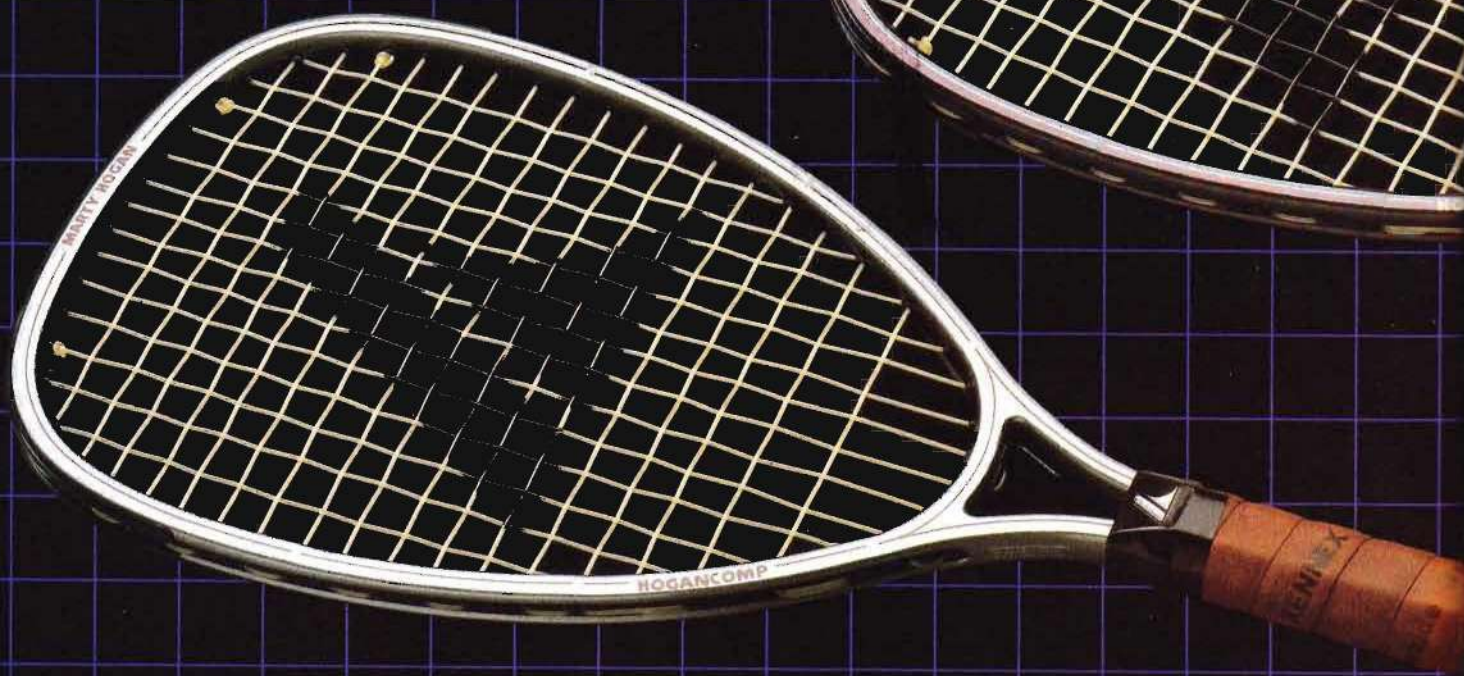


Lindsay Myers

pinches and drop shots. Roger seemed to tire and let the first game slip away. The second game saw Roger again way out in front only to tire and have Sherman charge back to win. The third game was a photocopy of the two prior games. Some felt it was the fact that Roger was overextended from playing doubles. With attention and energies split it's hard for anyone to press all the way.

The finals found Myers vs. Greenfeld squaring off for what was to be an interesting match to diagnose. Myers, after having been used as a mop in the semis by Jones and coming through only slightly scathed, figured nothing Greenfeld could do was going to be worse than that, and he was right, physically, but wrong numerically. Greenfeld had beaten Myers in this very tournament a year ago and had beaten him again in Winnipeg, but had lost to Myers as recently as early September in a five-gamer in Kelowna, B.C. Kelowna was a turnaround point for Myers. His first round loss in the Klondike CPRO/AM #1 stop had put Myers back to #4 in the rankings and now he had set his sights at regaining the #1 slot. This was the tournament to do it at. The largely B.C., Alberta crowd cheered frantically for Myers, not just because he's from the coast, but, because Sherman Greenfeld is from Winnipeg. On that same afternoon, just an hour or so before the match, the Winnipeg Bluebombers trounced the B.C. Lions in the CFL Western final,

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Weight (grams)	3 3/8	3 7/8	4
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	3 3/8	3 7/8	4
SL (230-245)	▲	▲	▲

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FEATURES: Calfskin leather grip; thin gauge synthetic strings; handsome vinyl cover.

Weight (grams)	Grip (inches)		
	3 3/8	3 7/8	4
SL (230-245)	▲	▲	▲

not leaving the western folk much to cheer about, except for Lindsay, their last ray of hope to somehow get back at Winnipeg.

It was obvious Greenfeld was feeling good about the Bomber win and about his own prospects of a win as he entered the court to warm up with a "Go Bluebombers" sweat top. This, needless to say, got the B.C. fans (mouths and tongues included) warmed up. But they were silenced by the awesome display of intensity, shotmaking and coverage of Greenfeld as he relentlessly and wrecklessly hurled himself into a two game lead over Myers 11-1, 11-2. The Winnipeg fans could taste a double victory in the making.

Myers' coach, Dale Pond, would have none of it. The age-old racquetball wizzard stepped into the court to have a few words with Lindsay for about a minute in front of 250 people. When he got off the court there was a change in the expression on Myers' face and in his posture. It was time to get rolling. And roll he did, out to an early lead he did not relinquish, finishing off game three 11-6.

There are two well known facts in Canadian racquetball: first, that if you're going to beat Myers, it's better to do it in three straight, quick games before he wakes up; and second, Greenfeld has a proven record of not being able to go the distance in long, pressure-cooker type matches. The wear and tear of the first three games began to show in the long rallies of wide-angle passes and line drives by Myers. Greenfeld's strength seemed to wane. You could see, on the other hand, Myers getting stronger and more powerful as the match went on, taking virtually all initiative away from his opponent. The last two games finished off 11-4, 11-5 as Myers avenged his last year's loss at this event to Greenfeld.

CPRO's consolation paid Rick Gartel (Calgary) for coming out on top of an 11-man draw comprised of 3 preliminary and 8 rounds of 16 casualties. ●

Brian Hawkes Wins Outdoor Match

by Carol Herd

Undefeated! That best describes reigning outdoor national singles racquetball champion Brian Hawkes of Huntington Beach, California.

For just short of five years now, whenever this 21-year-old tall, handsome blond steps onto an outdoor court anywhere, he has been unbeatable.

Top-seeded Hawkes did it again Thanksgiving weekend, playing under the lights in a rain-delayed three-day tournament at Santa Ana College, when he easily defeated second-seeded Mark Harding of Westminster 21-9, 21-16, 21-10. Harding, nursing a leg injury acquired earlier in the tournament, took home \$125, while Hawkes pocketed \$275.

1984 was the first year that prize money has been offered in outdoor competition and purses are expected to increase in the future.

Semifinalists in this first annual Fall Classic in open singles were Greg Sheffield of Chino and Dan Southern of Huntington Beach.

The pressure of being undefeated for so long is building for Hawkes in outdoor competition. "I feel like everybody's trying to knock me off," he smiled, "but I figure if I just keep playing well, I'll be able to keep winning."

"There are some good outdoor players that I always worry about. Dan's good (Southern), Mark Harding is good, and Bobby Stocker, whenever he plays, is good."

Hawkes, as all IR readers know, is also a formidable indoor player, ranked 11th nationally on the men's professional tour for the 84-85 season in progress, while he finished 16th overall during the 83-84 season.

There is only one other person who is a dominating force nationally, both in indoor and outdoor competition, today—Lynn Adams.

Historically, Marty Hogan was in the enviable position of simultaneously holding both the indoor and outdoor national titles in singles play in 1979. In 1980, he competed at the outdoor nationals but lost in the semi's to Steve Mitchell, a California outdoor player, who ultimately was beaten by Southern, another California outdoor player. Hogan has not competed at the outdoor nationals since 1980, but we're all looking forward to seeing him this July 4th in Costa Mesa, where work is already underway to make this 12th annual outdoor nationals, a premiere tournament.

Besides his four consecutive outdoor singles titles, Hawkes and only one other person, Charlie Brumfield, have the distinction of holding both the singles and doubles national outdoor titles in the same year.

Brumfield, teamed with Dr. Bud Muelheisen, took both titles in the inaugural 1974 outdoor nationals, and Hawkes, teamed with Dan Southern in 1984, won both titles, and then turned around and beat Southern for the third straight year in a row for the singles crown.

Hawkes says he hopes Hogan and other touring pros will be at the '85 outdoor nationals.

Outdoor racquetball players are one hardy breed. Last year, the July, August and September southern California tournaments were all played in 90 degree plus heat, while this late November tournament boasted a cold, windy Friday night which was rained out at mid-day Saturday. Everyone came back to finish

with a 16-hour marathon day on Sunday, when temperatures Sunday night dipped into the finger-numbing low 50's.

(Remember. This is California. We're not used to what the rest of you put up with! Of course, you're probably not outdoors in shorts, either, when it drops to 50 degrees!)

In the last seven years, this was only the third tournament held here that had to be stopped because of rain. Outdoor racquetball is played all year long, but tournaments are not generally scheduled in December and January.

Also played late and on that cold Sunday night was the men's open doubles championship which saw the second-seeded team of Jaime Barker of Huntington Beach and Bill Chadwick of Norco, muscle out Paul Olson and Mark Harding, both of Westminster, in an exciting 16-14, 15-13, 5-15, 17-15 match. Although Barker and Chadwick hold no titles, they are one tough and dreaded team and they win a lot of tournaments.

Harding and Olson, on the other hand, hold three national doubles titles, most recently 1983, and they claimed the 1984 California doubles title in October, when they downed Barker and Chadwick. (Dec. 1984 IR)

The top-seeded team of Hawkes and Southern, reigning outdoor nationals doubles champions, were defeated in the semi's by Harding and Olson in a tense five-game match 15-12, 10-15, 8-15, 15-11, 11-9.

After the match, Hawkes said, "Paul and Mark were playing very well and Dan and I were just not playing that good." Southern, recovering from burns on his leg and elbow received two weeks before the tournament, denied that these injuries affected his game. "I was just not playing that well today," he said.

A men's "A" singles division was offered for the first time in outdoor play at this tournament and drew an impressive field of 18 players, with Santa Ana's

Steve Gallegos downing Bill Rivera of Anaheim, in a relatively easy 15-11, 15-12, 15-8 match.

No women's divisions were offered this time but that didn't stop the second-seeded team of Dede Catherman of Fountain Valley and Sherri Knecht of Huntington Beach from knocking off top-seeded local favorites Oscar Sandoval and Art Gallegos, both of Santa Ana, in a tense 15-12, 14-16, 13-15, 15-12, 11-6 match for the men's B doubles title. Catherman and Knecht hold the 1984 California women's open doubles title and Catherman also holds the current California mixed open doubles title with partner Southern.

Another top woman player decided to show the men up, too, when in a field of 24, in the men's C singles division, unseeded Wendy Cushing of Yorba Linda defeated 2nd seed Pete Duran, also of Yorba Linda 8-15, 17-15, 17-15, 15-11.

Sports teamed up with a fund-raising project to close out the 1984 outdoor tournament schedule. Santa Ana Neighborhood Housing Services, a non-profit community organization that assists elderly and handicapped residents maintain their homes, sponsored this event putting up the \$1,300 purse, and sporting equipment was donated by Voit Sports.

1st Annual Fall Classic Santa Ana College

Men's Open Singles

Hawkes (Huntington Beach) def. Harding (Westminster), 21-9, 21-16, 21-10

Semifinalists: Sheffield (Chino) and Southern (Huntington Beach)

Men's Open Doubles

Barker (Huntington Beach)-Chadwick (Norco) def. Harding-Olson (Westminster), 16-14, 15-13, 5-15, 17-15

Semifinalists: Hawkes-Southern and McClellan (Westminster)-Sheffield

Men's A Singles

Gallegos (Santa Ana) def. Rivera (Anaheim), 15-11, 15-12, 15-8

Semifinalists: Moore (Fullerton) and Major (LaHabra)

Men's B Singles

Solis (Orange) def. Romo (Santa Ana), 15-12, 16-14, 16-14

Hilecher Defeats Peck In Amarillo Open

On November 15-18, King's Court Racquetball & Nautilus Fitness Center in Amarillo, Texas, hosted the city's fourth and largest money tournament in a little over a year. The tournament's sponsor, Amarillo Arby's Roast Beef Restaurants, contributed over \$9,000 in cash and prizes to make the tournament a big success and enjoyable for all participants. The men's Open purse attracted many of the top players in the country such as Gregg Peck, Jerry Hilecher, Ed Andrews, Gerry Price, David and Andy Gross, Doug Cohen, and Rich Wagner. Jerry Hilecher took the \$2,500 first place by beating Gregg Peck in three straight games. Joe Pulliam, owner of the Amarillo Arby's, surprised the two finalists by presenting them with a \$1,000 gold chain for Hilecher and a Panasonic portable TV for Peck. King's Court and Arby's have committed to making the "Arby's Racquetball



L to R: Debbie Heisel-director, Gregg Peck, Joe Pulliam-Arby's, Jerry Hilecher, Doug Rice-director

Classic" a tradition. The cash breakdown was \$2,500-1st; \$1,000-2nd; \$600-Semis; \$325-Quarters.

AMARILLO RESULTS

QUARTERFINAL ROUND:

Gregg Peck d. Andy Gross; 7,6,3
Doug Cohen d. Ed Andrews; 7,8,10

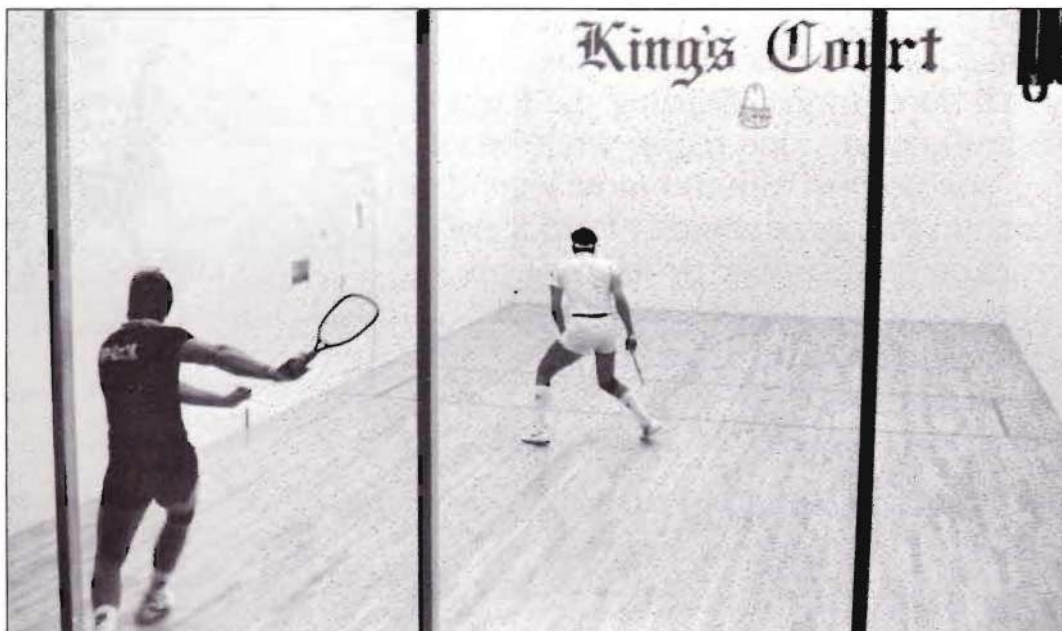
Rich Wagner d. Gerry Price; (9),2,10,(8),4
Jerry Hilecher d. David Gross; 10,(2),5,(5),4

SEMIFINAL ROUND:

G. Peck d. Cohen; 3,8,5
Hilecher d. Wagner; (9),8,1,4

FINAL ROUND:

Hilecher d. G. Peck; 7,5,9



Gregg Peck and Jerry Hilecher in Amarillo final

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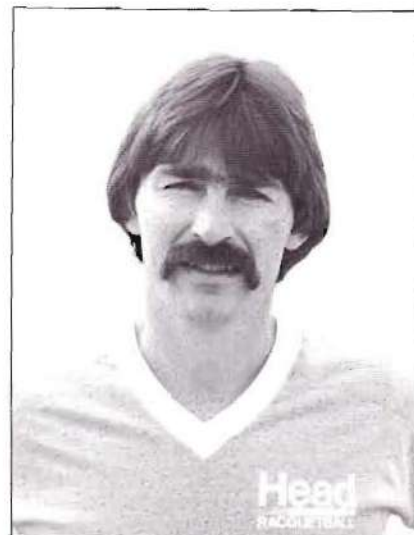
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BY STEVE STRANDEMO AND BILL BRUNS

ADVANCED RACQUETBALL



PART SIX: ADAPTABLE FORM

Introduction:

Steve Strandemo and Bill Bruns proved to be a winning team with their best-selling *The Racquetball Book*, a comprehensive guide to playing the game. They followed this up with the popular *Advanced Racquetball*, which provides expert advice for any player who takes the sport seriously. In both books, Strandemo drew on his years of experience as one of the game's most renowned players, as well as the insights gained from teaching the game to thousands of players around the country.

At every level of play, racquetball technique goes on as a struggle somewhere between the real and the ideal. Stepping into the ball and having good "textbook" form may be in the back of your mind as you cover the court, but when the ball is screeching straight at you off the front wall 22 feet away, or caroming past you down a side wall, or heading into a back corner, what counts is how well you can return the ball with what I call "adaptable form." Basically, you still want to try to score from these positions, but if that's not possible, then at least you want to minimize the setups you give your opponent—by having an efficient upper-body swing from different footwork positions.

Mastering An Upper-Body Swing

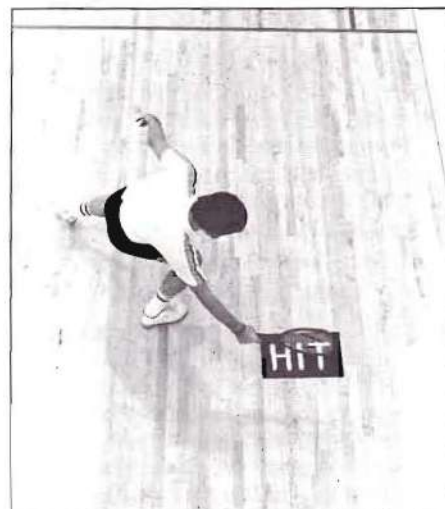
To make adaptable form work, you can't take an attitude that "anything goes" with your technique. Even though you'll often get caught in different stances, unable to step into the ball, you'll nearly always have time to execute a quick upper-body stroke. So learn how to position yourself in such a way that your upper body and hips can move freely through the shot, however, your feet are positioned. Then instead of simply "arming" the ball in desperation, you'll be utilizing the whipping action that



Notice how the hitter stretches for the ball by taking a long cross-over step with his left leg and then extends his racquet arm while using shoulder rotation and a wrist snap to hit the ball offensively. His opponent is in a good coverage position, watching the ball and ready to cover the shot if it's left up.



Many times you'll be forced to hit from an open stance, with your feet planted and pointed toward the front wall or into the front corner. From here, you must swing with a compact stroke that relies on your upper body and as much hip rotation as time and your positioning allows.



When you're caught in an open stance, a hard, well-angled passing shot will occasionally force you to contact the ball behind your back foot. The left arm will sometimes be held against your body for balance when you're reaching out to hit like this.

results when you get your shoulders into the shot, a wrist snap in the contact zone, and ideally some hip rotation. When you have a quick stroke like this, you'll find that you don't need to step into the ball in fast-action exchanges in order to hit with good direction and velocity.

Hitting From An Open Stance

In almost any extended rally, you'll be forced to hit from variations of an open stance, where you're either facing the front wall with both feet as the ball approaches or your feet are widened out toward a front corner. Although your feet are basically planted, generally you only have time to react to a shot that is heading into your body or threatening to get past you. What counts, therefore, is your ability to quickly set your racquet and wing through the best you can.

Work at expanding the area you can cover out of your open stance without having to take a step, for this is critical in a low-zone exchange with your opponent. In recent years I've widened my hitting base by spreading my legs a little further apart when I see the ball coming and I know I'm not going to have time for any extra body positioning. I feel like I now have a stronger swing in a wider area and that I can stretch out and hit with a clean, forceful stroke by pulling or driving through with good shoulder action. Knee bend is also crucial here, along with the ability to dip your hitting shoulder to get the racquet low for those potential winners that come to you only 6 inches off the floor.

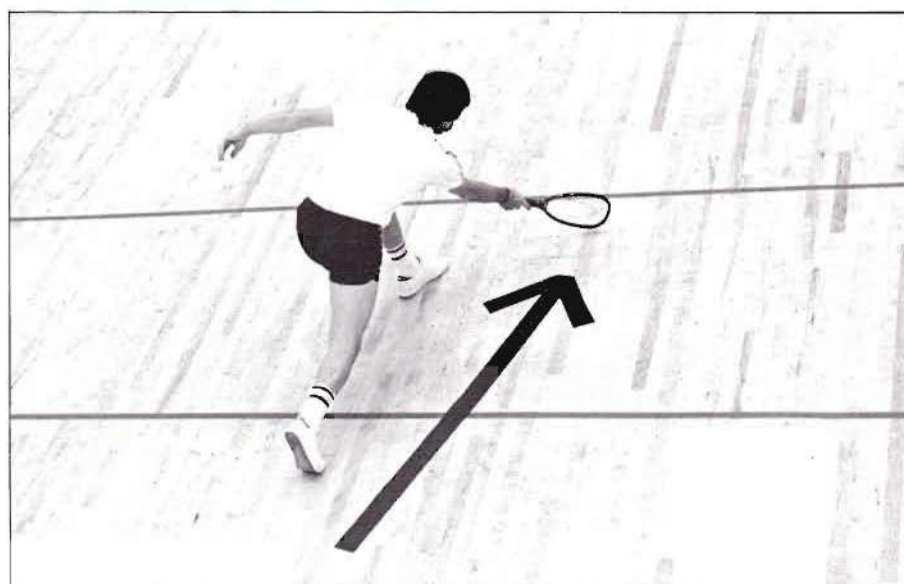
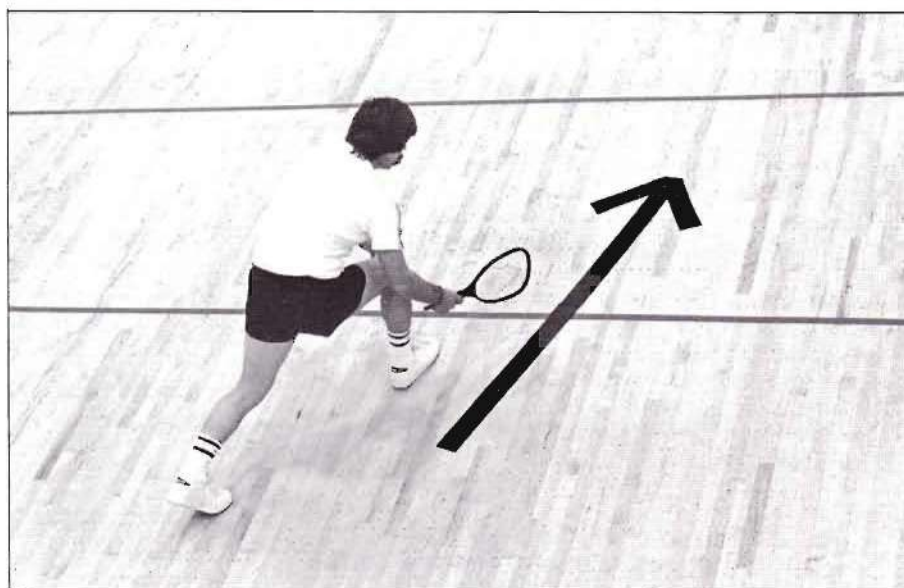
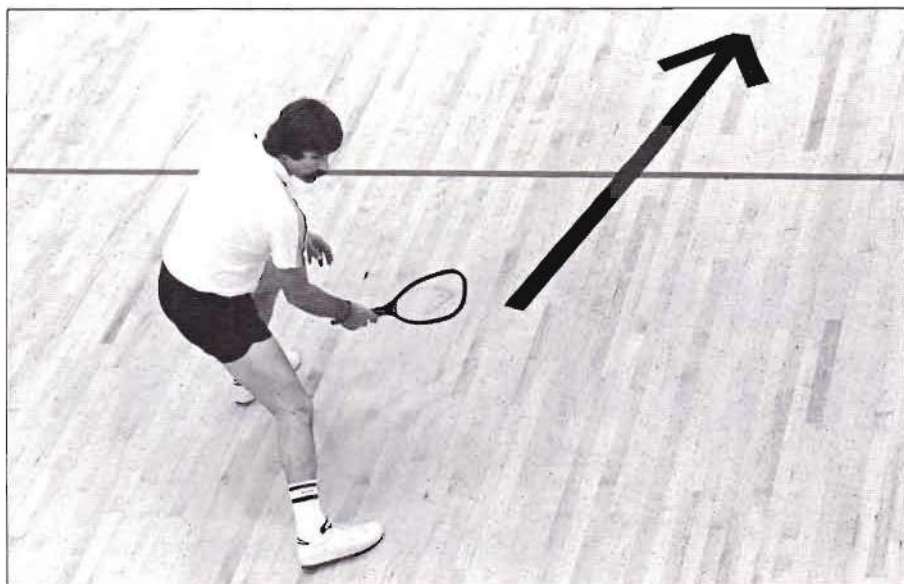
Hitting When Stretched Out Or On The Run

When the ball is out away from your body, forcing you to stretch wide or to hit while on the move, your form is not going to look picturesque, but no matter: *you must learn to be efficient with these shots.* Either try to score if the situation dictates, try to drive the ball if you can't go for an all-out winner, or flip the ball to the ceiling if you're totally on the defensive.

If you're digging the ball up in the service box area or thrusting over to a side wall, there's a technique you can work on: stretching out with your legs, then a reaching with your hitting arm, and then a snapping action with your wrist.

There's a tendency for players to think that anything hit while on the run should just be flipped back to the front wall to keep the rally going, but you'll find yourself capitalizing on scoring opportunities if you've worked on hitting with the free-flowing, upper-body swing described above. Many top players can't hit winners while on the run, but they have the ability to hit excellent passing shots—and the sense to flip the ball smartly to the ceiling to get a better foothold in the rally when they're on the defensive.

Although we're forced to hit while on the run throughout a match, I've found that few players ever actually practice this technique. Yet this is something you can do easily by yourself. Just throw the ball out away from you and then go after it, hitting with a whipping shoulder rotation as you're moving. You can also have a partner bounce or drive the ball deep into areas that force you to scramble for the ball. ●



In this sequence, the defender is studying his opponent's stroke, then moving forward quickly to cover his left-up kill attempt. Notice how much court he can cover by taking two long strides and then stretching forward with his racquet extended to either re-kill the ball or dig it up and keep it in play.

THE DRIVE SHOT

Hummers, Screammers and Cross Court Shots
by Mike Yellen



(Editor's Note: Mike Yellen is a member of the Ektelon Advisory Staff. He is a two-time National Champion and was the #1 ranked player in the 1982-83 and 1983-84 pro seasons.)

I love the drive shot. I love even more the look on my opponent's face after I have executed a perfect drive shot: the jaw usually drops and a look of respect comes over his face. It's not like it happens all the time, but when it does, it's great.

There are two very successful types of drives and one less effective drive that you should know. The most consistently effective drive shot is the "hummer" which moves directly parallel to the side wall. The other effective drive is the cross court drive which hits the side wall three quarters of the way back and either bounces twice before hitting the back wall or else dies at the wall. Least effective, but occasionally successful, is the screamer which comes directly back at your opponent so fast that he or she elicits nothing but a weak return.

There are many advantages to drive shots for players at all levels. Dictating aggressive racquetball, the drive will put your opponent off balance and will make it difficult for him or her to build any kind of rhythm during the match.

To be specific, the good drive down-the-line or cross-court will make it impossible for your opponent to get a racquet on the ball, while a drive right at the other player standing close to the service line or mid-court will, hopefully, leave him startled and unable to recover in time for a return.

Concerning the down-the-wall and cross-court drives, these shots don't necessarily have to be play stoppers to be successful. An alternative objective is to move your opponent out of position, thereby

forcing a weak return to which you can choose another shot to kill or drive, pinch or roll out.

Now let's have a look at the mechanics of the drive. The most important element of a good cross-court drive is the angle. It must be wide enough to prevent your opponent—who should be near mid-court—from cutting the shot off and blasting it back at you.

If the angle is even a bit too wide, the ball will rebound off the side wall too soon and hang far enough in the center of the court for access by your opponent. This will also be the case when the ball is hit too hard and too high, affording the other player a shot from the back wall.

Barring these mistakes, your drive should force your opponent out of center court enabling you to take this coveted position, and put him in the back court trying to hit a ball while he is moving away from the front wall.

A drive which reaches the back wall can also be effective by making your opponent run to back court only to find the ball dead and unplayable. This is only true if the ball is not hit too high.

The same is true of a down-the-wall drive which is a little more difficult to execute because the wall tends to inhibit your stroke. But then, your opponent will have the same problem with the ball on its rebound, perhaps worse if the ball is hit correctly. Then, it's known as wallpaper.

However, if the ball bites at the side wall on a down-the-line shot, it may result in a plum for your opponent, for the ball will slow down and change direction and head for middle court. It is worthwhile here to stress again the importance of hitting the ball low. A high ball will certainly reach the back wall, giving your opponent the opportunity of making you the defender.

Of the two most effective drive shots,

i.e., down-the-line and cross-court, the former is more difficult to execute precisely. This is because the side wall cannot be used to slow the ball down in its journey to back court. Therefore, it is easier to miscalculate and find the ball coming back from the back wall. The objective is to make the ball hug the side wall. It must be hit at just the right speed and height, with not even the slightest angle.

The third type of drive is the most ineffective and therefore not used often, unless the opponent is very close to the front wall.

In order for it to be effective, it must come at your opponent at about waist high, slightly to the forehand and very hard. The other player should be in the mid to fore-court area.

If the ball reaches him too high, he can duck out of the way and pick it up when it comes off the back wall. Too low and he may very likely kill it. But, if it is hit hard enough and in the right spot, it will probably result in a weak return.

This is a very tricky shot, with a low percentage of effectiveness. It is most effective in doubles when a pass may get by one of your adversaries only to be picked off by the other. Most players prefer to shoot away from the opponent, thereby forcing him or her to move out of position and center-court.

Since the cross-court drive is the most effective and easiest to execute, you will encounter this shot more than any other. If it's done well, you haven't a chance, unless you see it coming or anticipate. Then cut it off mid-court with a drive down-the-line.

In general, try to take the game to your opponent, mix up your shots, and break your opponent's rhythm and balance. Drive shots are a good way to accomplish all of these.

THE REKILL

Important After Service Shot Selections
by Dave Peck



(Editor's Note: Dave Peck finished the 1983-84 season as the number-three ranked professional male racquetball player in the world. He is a valued member of the Ektelon Advisory Staff.)

With the kind of power racquetball that's being played today, it's important to have a good, hard drive serve to get the point off to a good start. Usually, though, you can expect your opponent to blow the ball right back at you with a killshot return even before you've had a chance to get reset after the serve.

That's why it's equally important to have a ready comeback for that attempt and the best comeback I know of is the rekill. This is a special situation shot that differs from your other strokes in several ways and whose usefulness is pretty much limited to returns of hard shots by your opponent while you are in the fore to midcourt area.

The rekill has a hula hoop motion that takes advantage of the power generated by your opponent's return and is about the only way I know of to handle some of the cannon blasts you're going to get on the racquetball court these days. But let's set the situation up so that you can see what I mean.

It starts with your serve. About 80 percent of the time, that's going to be a hard drive to your opponent's backhand. You'll throw in an occasional change-of-pace serve or a lob shot of some kind (if your first serve is long or short) now and then, but you are usually going for that quick ace or, at least a weak return.

After I serve, I jump behind the short line and take up a center court position, watching my opponent from the corner of my eye. Either my serve is going to be right on or less than perfect.

If it is so good that my opponent has to scramble for it, then he will probably have to return with a ceiling ball or a passing shot so I scoot back a little farther in anticipation of a shot to the back court.

If my serve is a little long, a little short or a little slow and I can see that my opponent is going to be able to get set up on it, I hold my ground a step or two behind the short line and get ready to move laterally into a rekill position. Chances are 10-to-1 that he is going to try to drive the ball right back down my throat.

I should emphasize that all this transpires in just a couple of seconds and that both you and your opponent are moving as quickly as you can. It's a gun-and-run style that leaves you only a split second to make your observations, reach a decision and act. You never really stop moving before you find the ball coming back at you at 100 m.p.h.

For this reason, you aren't going to have the luxury of stepping over, setting up and shooting a proper kill off your front foot. In this situation, you are going to be in a straddle stance near the middle of the court and, by the time that you decide whether to step over to your backhand or your forehand, it will be too late.

You just have time to slide over, get your racquet up and stroke the ball from that straddle stance. Being able to anticipate which way you will have to move is very important so I always make one more important observation during that time that I'm moving back out of the server's box; namely, how my opponent's feet are positioned going into his return.

Either his lead foot will be directly in front of his other, indicating that he is going down-the-line, or that foot will open up to the right (assuming I served to the backhand of a right-handed player) indi-

cating a crosscourt shot.

I know of very few players who are going to take the trouble to change this basic footwork just to throw you off and, really, it's not worth it to them to try, anyway. It is wiser for them to just execute a good kill. Consequently, this is a tip-off for you as to which way the ball is headed in most circumstances.

So, at this stage in the rally, you should be in position and armed with the knowledge of what kind of shot is coming and to what side of the court it is going to be hit. By this time, I am leaning to the proper side and getting my racquet up for a rekill.

As the ball reaches you, whether forehand or backhand, you simply bring your racquet down and contact it while swiveling your hips in a hula hoop motion to generate what little power you will need. (On the backhand, you have to twist your body a little more but that is the only difference from a forehand shot.)

Power and height are no problem. Your opponent has just hit a low kill shot. Assuming that it doesn't roll out, you need only get your racquet down parallel to the front wall at about knee height to have the ball rebound back to the front wall.

What is important is that you have your racquet face flat, neither tipped up so that the ball lobs back nor down so that it skips into the floor. For this reason, the arc that your racquet head describes during your swing should be more to the side than down as in the normal pendulum stroke.

The racquet face held out to the side and perpendicular to the floor, enables you to direct the ball either crosscourt or down the line instead of into the floor or up to the ceiling. Control is everything.

Keep your knees slightly bent for good

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balance, your stroke even and your follow-through smooth and easy. Concentrate on placing the ball where you want it rather than smashing it.

Like many of your opponent's kills, your rekills aren't all going to stay down. Your shots should also double for cross-court or down-the-line passes.

The basic rule of racquetball shotmaking applies here: hit your passes to the rear corner farthest from your opponent. Since most of his service returns are going to follow the easier crosscourt angle, you'll probably find yourself hitting a lot of rekills off your forehand and down the line.

I know that it sounds like a lot to remember for a specialty shot but, with so many players emulating the hard-hitters like my Ektelon teammate Mike Yellen, you'll probably have plenty of occasion to put rekills to good use.

Just remember these three things:

- Watch your opponent and anticipate his shot.
- Shoot from a straddle stance with your knees bent.
- Concentrate on keeping your racquet face flat and your stroke smooth.

HEAD TO HEAD COMPETITION

This is the Head to Head Competition Chart for the top 15 men and women professionals.

How to read this chart: For any player, the won/loss record against every other player is read horizontally opposite his/her name.

Men's	HOGAN	YELLEN	G. PECK	HARNETT	D. PECK	GONZALEZ	HILECHER	OLIVER	PRICE	ANDREWS	HAWKES	NEWMAN	SELL	THOMAS	LEVINE
M HOGAN		2-5	1-1	5-1	4-0	1-0	2-0	3-0	2-1	3-0	2-0	3-0		3-0	
M YELLEN	5-2		4-2		3-1	2-0	4-0	1-0	1-1	1-0	1-0	1-0	2-1		1-0
G PECK	1-1	2-4		3-3	0-5	2-1	1-0	0-1	2-0	1-0	1-0		2-0		
B HARNETT	1-5		3-3		1-0	2-0	2-0	0-1	2-1	1-0	1-0				0-1
D PECK	0-4	1-3	5-0	0-1		3-0	0-1		1-1	1-1	2-0	1-0			1-0
R GONZALEZ	0-1	0-2	1-2	0-2	0-3		1-0	1-1	1-1			1-0			1-0
J HILECHER	0-2	0-4	0-1	0-2	1-0	0-1		1-0	0-1	1-1	1-0	1-1	2-0		
S OLIVER	0-3	0-1	1-0	1-0	1-0	1-1	0-1		2-0	0-1		1-1			
G PRICE	1-2	1-1	0-2	1-2	1-1	1-1	1-0	0-2		1-0		1-0	1-0		
E ANDREWS	0-3	0-1	0-1	0-1	1-1		1-1	1-0	0-1		1-0				1-1
B HAWKES	0-2	0-1	0-1	0-1	0-2		0-1			0-1					1-0
J NEWMAN	0-3	0-1				0-1	1-1	1-1	0-1					1-0	
B SELL		1-2	0-2				0-2		0-1					2-0	
D THOMAS	0-3										0-1	0-2		1-0	
M LEVINE		0-1		1-0	0-1	0-1				1-1	0-1			0-1	

Women's	McKAY	ADAMS	WRIGHT	GILREATH	PANZERI	DAVIS	MARRIOTT	McKINNEY	JACKSON	BARRETT	GARDNER	GREER	HARDING	STOLL	STUPP
H McKAY		4-3	2-0	2-0		2-0	1-0	2-0	3-0			1-0		2-0	
L ADAMS	3-4		2-0	2-0	3-0	1-0	1-0	4-0		3-0		1-0		1-0	1-0
S W-HAMILTN	0-2	0-2		1-0	1-0				1-0		1-0		1-0		
T GILREATH	0-2	0-2	0-1					1-0	2-1		1-0		1-1		
V PANZERI		0-3	0-2			1-1	2-0							1-1	0-1
F DAVIS	0-2	0-1			1-1		2-0	0-1	1-0		0-1	1-0	0-1		1-0
S MARRIOTT	0-1	0-1			0-2	0-2		0-1	1-1	1-0			3-0	1-0	
C McKINNEY	0-2	0-4		0-1		1-0	1-0			1-0	1-0	0-1			
J JACKSON	0-3		0-1	1-2		0-1	1-1						2-0		
B BARRETT		0-3					0-1	0-1			1-0	1-0			1-1
P GARDNER			0-1	0-1		1-0		0-1		0-1			1-0		
M GREER	0-1	0-1				0-1		1-0		0-1					
J HARDING			0-1	1-1		1-0	0-3		0-2		0-1				
B STOLL	0-2	0-1			1-1		0-1								
H STUPP		0-1			1-0	0-1				1-1					

SCHEDULE OF EVENTS

MEN'S PROFESSIONAL TOURNAMENTS

DATE	LOCATION	PRIZE MONEY
JAN. 23-27 RANKING	Arizona Athletic Club 1425 West 14th Street Tempe, AZ 85281 Jack Nolan 602-894-2281	\$10,000
FEB. 6-10 RANKING	Tulsa Open Pro RB Championships Tulsa RB & Aerobics Club Tulsa, OK John Hammock 918-250-7518, or Mark Fairbairn 918-587-8883	\$10,000
FEB. 17-24 RANKING	LaBatts Pro/Am Griffith Park Athletic Club 4925 SW Griffith Drive Beaverton, OR 97005 Devri Doty 503-644-3900	\$10,000
MARCH 14-17 RANKING	Crack Shooter Open Rocky Mountain Health Club 1880 Westland Rd. Cheyenne, WY 82001 Steve Galassini 307-634-8884	\$10,000
MARCH 21-24	Arcadia All Pro RB Club Arcadia, CA Jim Ross 714-539-3501	\$10,000+
MARCH 27-31 RANKING	Big C Athletic Club Concord, CA Bob Solorio 415-671-2110	\$15,000
APRIL 17-21 RANKING	Toyota Lite Classic Merritt RB & Fitness Baltimore, MD Dave Pivec 301-532-2250	Toyota 4x4 +\$7,200
MAY 1-5 RANKING	Ektelon Nationals The Sports Gallery Anaheim, CA Jim Carson 714-968-4313	\$22,000
JUNE 12-16 RANKING	DP Nationals Site Undetermined	\$40,000

WOMEN'S PROFESSIONAL TOURNAMENTS

FEB. 15-17 RANKING	Racquets Edge Rec. Center Essex Junction, VT Leslie Brenker 802-879-7734	\$6,000
FEB. 22-24 RANKING	Stamford RB & Fitness Club 49 Brownhouse Road Stamford, CT 06902 Peter Donahue 203-324-6160	\$6,000

MAY 1-5 RANKING	Ektelon Nationals The Sports Gallery Anaheim, CA Jim Carson 714-968-4313	\$18,700
JUNE 6-9 (date tentative) RANKING	WPRA Nationals Riverbend Athletic Club Ft. Worth, TX Ken Newell 817-284-3353	\$22,000
JUNE 12-16	DP Nationals Site Undetermined	\$20,000

1985 OUTDOOR SCHEDULE—CALIFORNIA

DATE	LOCATION	PURSE
MARCH 1-3	Santa Ana College Contact: Carol Herd 714-892-5821	\$1,300
MARCH (MID)	Orange Coast College Contact: Bob Wetzel 714-241-9075	
MAY 24-26	Santa Ana College Contact: Carol Herd 714-893-5821	\$1,300+
JULY (END)	OUTDOOR NATIONALS Contact: Barry Wallace 714-241-9075 or Jim Carson 714-968-4313	
AUG. 30- SEPT. 1	Santa Ana College Contact: Carol Herd 714-893-5821	\$1,300+
NOV. 22-24	Santa Ana College Contact: Carol Herd 714-893-5821	\$1,300+

JANUARY

Jan. 17-20
Pepsi Classic *3
Fairmont Athletic Club
3328 W. Genesee St.
Syracuse, NY 13219
315-488-3114

Jan. 18-20
Boy Scouts Benefit Tournament *3
Oxford Racquet & Golf Club
Pleasant Street
North Rockford, MA 01537
Al Dupont
617-683-4870

Jan. 18-20
Broadwater Athletic Club *3
4920 Highway 12 West
Helena, MT 59601

Jan. 18-20
Cancer Society Open *3
Manchester Court Club
1 Le Clerc Cr.
Manchester, NH 03101

Jan. 18-20
Dyna Jet Open
Gillette Parks & Recreation
1000 Douglas Hwy
Gillette, WY 82716
Jim Crisp
682-7406

Jan. 18-20
Kentucky Racquetball Assoc. Tour Stop
Lovers Lane Racquetball Club
Bowling Green, KY

Jan. 18-20
Lewerenz Classic Invitational
STBA in Michigan

Jan. 23-26
Feeling Great Tournament
1194 South Main Street
Springville, UT 84663
Judy Watkins

Jan. 24-27
Earthquake Open *3
Salinas Racquetball Club
20 E. An Joaquin
Salinas, CA 93901

SCHEDULE OF EVENTS

Jan. 24-27

New Mexico State Juniors Champ.
Rio Grande Sports Club
2500 Yale Blvd. SE
Albuquerque, NM 87106

Jan. 25-27

Court Club East *3
916 S. Gouverneur
Wichita, KS 67207
316-686-1442

Jan. 25-27

Grand Rapids Patrons Tour *3
Muskegon, MI
Lee Fredrickson
616-672-7736

Jan. 25-27

Junior & Adult Doubles *3
Sheridan YMCA
417 N. Jefferson
Sheridan, WY 82801
Jay McGinness
674-7488

Jan. 25-27

New York State Open *3
STBA

Jan. 25-27

The Club
Twin Falls, ID

Jan. 25-27

Wachusett Racquet Club Open *3
Routes 2 & 31
Fitchburg, MA 01420
Mike Luciw
617-345-5667

Jan. 25-27

WOKQ/March of Dimes Tournament *3
Off the Wall Racquet & Fitness
Albany Street Extension
Portsmouth, NH 03801
A.J. Prudhomme
603-431-1430

Jan. 30-Feb. 2

Racqueteer Tournament
615 East 980 South
Sandy, UT 84070
Randy Goodsell

Jan. 30-Feb. 3

DAC Invitational *3
Denver Athletic Club
1325 Glenarm
Denver, CO 80204
Tom Sabus
303-534-1211

Jan. 31-Feb. 3

AARA Regionals, Region 8
STBA
Chicagoland, IL
Alvin Barasch
312-673-7300

FEBRUARY

Feb. 1-3

3rd Annual Genesee St. Valentines
21st Point Club
McKown Road
Albany, NY 12203
Vincent Wolanin
518-489-3276

Feb. 1-3

3rd Annual Tom Foolery RB Classic
Shrewbury Racquet Club-MA
Kim Holle
447-4478

Feb. 1-3

Billings Racquetball Club *3
777 15th Street West
Billings, MT 59102

Feb. 1-3 & 8-10

Bud Light Valentine's Day Massacre *3
Sundown Meadows
4989 Hopkins Rd.
Liverpool, NY 13088
Jim Winterton
451-5551

Feb. 1-3

Court House Sports Center
3216 Highway 390
Panama City, FL 32406
Kathy Riely

Feb. 1-3

Leukemia Society Benefit
Off The Wall RB Club Court
100 Old Towne Road
Vestavia Hills AL 35216
Jim Winterton
451-5551

Feb. 1-3

Playoff Open *3
Playoff Racquetball Club
144 Gold Street
Needham, MA 02194
Warren Steinberg

Feb. 1-3

Off The Wall Open
Singles & Juniors
3100 Willowcreek Rd.
Portage, IN 46368

Feb. 1-3

Super 7 *5
Southfield, MI
Jim Hiser

Feb. 6-10

1st Annual Aurora Open *3
International Athletic Club
3191 S. Vaughn Way
Aurora, CO 80014
Mike Richardson

Feb. 6-9

The Ridege
4304 North Foothill
Provo, UT 84603
Joel Tuaileva

Feb. 7-10

Supreme Courts Open
Supreme Courts Racquet & Health Club
4100 Prospect Ave. NE
Albuquerque, NM 87110

Feb. 8-10

1985 Winter Open
Snowcreek Athletic Club
Mammoth Lake, CA 93546
Ruth Davis
619-934-8511

Feb. 8-10

Michigan Championships #6
Muskegon, MI
Diane Drivers
900 Long Blvd. #423
Lansing MI 48910

Feb. 8-10

Sanibel Harbour Resort
c/o Richard Gerson
15610 McGregor Blvd.
Ft. Myers, FL 33908
813-466-5435

Feb. 8-10

Telegraph Hill Club *3
1850 Kearney Street
San Francisco, CA 94112
John Aragoni
415-982-4700

Feb. 8-10

Kentucky Racquetball Assoc. Tour Stop
Racquetball Plus
Fern Valley Road
Louisville, KY

Feb. 8-10

Feb. 8-10
Wheatland Family Activity Center Open
Wheatland, WY 82201
David Rodriguez
322-5646

Feb. 8-10

Women '85 Tournament
STBA
Maureen Henrickson
617-754-6073

Feb. 13-16

Deseret Gym
161 North Main
Salt Lake City, UT 84103
Marty Frustaci

Feb. 14-17

6th Annual St. Valentine's Open
Rallysport
2727 29th
Boulder, CO 80302
Phil Rhoades
303-449-4800

Feb. 14-17

New Mexico State Intercollegiates

Feb. 14-17

The Club House *3
Comanche & Avenue F
Dodge City, KS 67801
316-225-0206

Feb. 15-17

Bank of Commerce Tournament *3
Sheridan YMCA
417 N. Jefferson
Sheridan, WY 82801
Jay McGinness

Feb. 15-17

Cedardale Shoot-Out *3
Cedardale RB Club
930 Boston Rd.
Haverhill, MA 01830

Feb. 15-17

Daniel Webster Classic *3
The Works
246 Star Rt. 16
Somersworth, NH 03878
Betty McLaughlin

Feb. 15-17

Florida State Singles
STBA

Feb. 15-17

Goose Town Court Club *3
909 E. Front Box 1392
Anaconda, MT 59711

Feb. 15-17

Riverview 1000 *3
Grand Rapids, MI
Diane Drivers
900 Long Blvd #423
Lansing MI 48910

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Colorado Springs, CO 80903

RANKINGS

CPRO RANKINGS (Canadian Professional) DECEMBER 10, 1984

RANK	PLAYER
1	Lindsay Myers
2	Ross Harvey
3	Sherman Greenfeld
4	Brian Valin
5	Roger Harripersad
6	Haydn Jones
7	Rick Gartel
8	Woody Close
9	Wendell Taliber
10	Wayne Bowes
11	Bob Daku
12	Cliff Hendrickson
13	Brian Thompson
14	Manny Gregorio
15	Martin Gervais

MEN'S JAPANESE RANKINGS DECEMBER 10, 1984

RANK	PLAYER	POINTS
1	Y. Hirasaka (DRC)	367
2	S. Naoi (KRBC)	300
3	S. Ohyama (B-BANG)	250
4	M. Ishimoto (DRC)	227
5T	Y. Furuta (B-BANG)	215
5T	T. Minato (DRC)	215
7	M. Kiuchi (OAKS)	207
8	S. Zaima (B-BANG)	175
9	T. Nirazuka (B-BANG)	160
10T	K. Okuyama (OAKS)	148
10T	T. Yoshiwara (DRC)	148

WOMEN'S JAPANESE RANKINGS DECEMBER 10, 1984

RANK	PLAYER	POINTS
1	M. Kurimoto (XAS)	368
2	S. Tozawa (DRC)	301
3	E. Watanabe (XAS)	225
4	M. Kobayashi (MSH)	196
5T	M. Sekiguchi (MSH)	189
5T	E. Kiuchi (DRC)	189
7	M. Hataya (B-BANG)	185
8	S. Ohki (EVEN)	170
9	S. Sagawa (BRC)	168
10	Y. Ohta (KRBC)	161

The women's rankings are the official rankings of the Women's Professional Racquetball Association (WPRA).

The amateur rankings are the official rankings of the American Amateur Racquetball Association (AARA).

MEN'S PRO RANKINGS DECEMBER 10, 1984

RANK	PLAYER	POINTS
1	M. Hogan	96.00
2	M. Yellen	75.56
3	G. Peck	67.00
4	D. Peck	66.67
5	B. Harnett	60.00
6	R. Gonzalez	52.00
7	J. Hilecher	47.78
8	S. Oliver	47.50
9	G. Price	45.56
10	E. Andrews	36.00
11	B. Hawkes	30.00
12T	J. Newman	28.00
12T	D. Cohen	28.00
14	M. Levine	26.00
15	B. Sell	25.56
16	C. Brysman	23.33
17	D. Thoms	22.00
18	M. Ray	20.00
19	A. Gross	19.00
20	J. Egerman	18.57
21	R. Wagner	18.33
22	M. Antes	18.00
23	S. Lener	17.50
24	C. Swain	16.00
25	E. Terry	15.50
26T	L. Myers	15.00
26T	L. Gilliam	15.00
28T	S. Moskwa	14.00
28T	D. Gross	14.00
30	D. Obremski	12.50
31T	C. McCoy	10.00
31T	B. Koltun	10.00
31T	P. Britos	10.00
31T	B. Valin	10.00
31T	D. Simmonette	10.00
31T	B. Mitchell	10.00
31T	M. Griffith	10.00
38	D. Johnson	8.50
39T	M. Martino	7.50
39T	L. Fox	7.50
39T	K. Vantrease	7.50
39T	S. Fitzpatrick	7.50
39T	J. Nolan	7.50
44	D. Green	6.00
45T	M. Plotkin	5.50
45T	J. Sacco	5.50
45T	G. Texeria	5.50
48T	D. Ferris	5.00
48T	D. Negrete	5.00
48T	S. Perry	5.00
48T	J. Juron	5.00
48T	S. Gonzales	5.00
48T	B. Wilhelm	5.00
54	M. Lowe	3.50
55T	C. Scott	3.00
55T	W. Beardsley	3.00
55T	S. Hawkins	3.00

WPRA RANKINGS OCTOBER 22, 1984

THIS MO.	PLAYER	POINTS
1	Heather McKay	322.00
2	Lynn Adams	302.50
3	S. Wright Hamilton	127.50
4	Terri Gilreath	117.75
5	Vicki Panzeri	109.50
6	Caryn McKinney	97.00
7	Francine Davis	93.00
8	Janell Marriott	88.50
9	Joyce Jackson	79.00
10	Brenda Poe-Barrett	67.50
11	Jennifer Harding	49.50
12	Peggy Gardner	41.25
13	Bonnie Stoll	40.00
14	Molly O'Brien	31.00
15	Heather Stupp	29.25
16	Marcy Lynch	28.00
17	Liz Alvarado	23.00
18	Marci Greer	21.75
19T	Martha McDonald	20.00
19T	Carol Pranka	20.00
21	Mary Dee	18.00
22	Laura Martino	16.50
23	Trina Rasmussen	16.00
24	Stacey Fletcher	15.00
25T	Diane Bullard	13.00
25T	Val Paese	13.00
27T	Marci Drexler	12.50
27T	Rita Hoff-Scott	12.50
29T	Babette Bell	10.00
29T	Monique Parent	10.00
31T	Suzie Carlos	7.50
31T	Leslie Clifford	7.50
31T	Cathie Fredrickson	7.50
31T	Sandy Robson	7.50
35	Jean Sauser	6.00
36	Suzanne Robert	5.50
37T	Elaine Riley	3.00
37T	Donna Meyer	3.00
39T	Diane Adams	2.50
39T	Cindy Baxter	2.50
39T	K. Bishop-Thulin	2.50
39T	Ellen Campbell	2.50
39T	Lisa Devine	2.50
39T	Cindy Donnally	2.50
39T	Carol Dupuy	2.50
39T	Chris Evon	2.50
39T	Dot Fishl	2.50
39T	Melody Fox	2.50
39T	Terri Graham	2.50
39T	Kay Kuhseid	2.50
39T	Robin Levine	2.50
39T	Tamara Low	2.50
39T	Cathy Nichols	2.50
39T	Tracy Phillips	2.50
39T	Theresa Pitts	2.50
39T	Karen Powers	2.50
39T	Joyce Robertson	2.50
39T	Beth Slade	2.50
39T	Tanya Spangler	2.50
39T	Peggy Steding	2.50

AARA NATIONAL MEN'S RANKINGS OCTOBER 19, 1984

NAME	POINTS
1 Charlie Nichols	220
2 Tim Hansen	185
3 Sergio Gonzalez	180
4 Cliff Swain	150
5 Lee Stocks	130
6 Rick Smith	100
7 Oscar Gonzalez	80
8 Jin Yang	75
9 Kevin Pillion	70
10 Mitch Campbell	65
11 Jeff Bales	60
12 Chris Smith	60
13 Bubba Gautier	58
14 Lee Bentsen	50
15 F. Calabrese	50
16 Jim Cascio	50
17 Jack Emes	50
18 Rick Ferrin	50
19 Dan Ferris	50
20 Doug Ganim	50
21 Brian Polsky	50
22 Mike Ray	50
23 Jerome Trail	50
24 Bill Cottrill	45
25 J. Krall	45
26 S. Dayvault	40
27 Ron Deegan	40
28 Ted Hagen	40

AARA NATIONAL WOMEN'S RANKINGS OCTOBER 19, 1984

NAME	POINTS
1 Diane Bullard	120
2 K. Randanzo	100
3 Leesa Smith	100
4 Julie Ginsburg	65
5 Terri Youngblood	65
6 S. Armbrrecht	60
7 Marsha Giglio	60
8 Julie Pinnell	60
9 Anne Barneburg	50
10 Cindy Baxter	50
11 Wendy Crews	50
12 Gini Henderson	50
13 S. Luscher	50
14 Trish Miller	50
15 Mary Jo Murray	50
16 Jean Deschger	50
17 J. Simon	50
18 Karen Walton-Trent	50
19 Debbie Wilber	50
20 Lucy Zarfus	50
21 Beth Aldi	40
22 Gail Troxell	40
23 Paula Truman	40
24 Jan Curtis	38
25 C. Alba	30
26 Kathy Gagne	30
27 M. Holmes	30
28 Shelly Lee	30

1985 ARIZONA PRO-AM

DATES: January 24, 25, 26, 27 1985
LOCATION: Arizona Athletic Club 1425 West 14th Street
Tempe, Arizona 85281 (602) 894-2281

ENTRY FEE: Men's Pro Singles (\$50)
First Amateur Singles (\$25)
Second Amateur Singles (\$12)
Doubles (per person) (\$16)

OFFICIAL BALL: **EKTELON**

AWARDS: All events with 8 or more entrants will receive 1st, 2nd or 3rd place awards.

	1st	2nd	Semi	Quarters	16s
PRIZE MONEY:					
MEN'S PRO	4000	1800	900	400	100
MEN'S OPEN	250	100			

ENTRY DEADLINE: January 21st 1985

STARTING TIMES: Call the Arizona Athletic Club after 7PM on January 23rd.

ACCOMODATIONS: RAMADA HOTEL AIRPORT EAST 1600 S. 52nd Street
Tempe AZ (602) 967-6600 (ask for tournament special)

TICKET INFORMATION: All tournament participants will receive one general admission ticket for all pro matches.

TOURNAMENT DIRECTOR: Jack Nolan (602) 894-2281

1985 ARIZONA PRO-AM

Please enter me in the following: (limit 2 events per person)

- | | | |
|---|---|---|
| ☐ Men's Pro Singles | ☐ Men's Open Doubles | ☐ Women's Open Singles |
| ☐ Men's Open Singles | ☐ Men's B Doubles | ☐ Women's A Singles |
| ☐ Men's A Singles | ☐ Men's C Doubles | ☐ Women's B Singles |
| ☐ Men's B Singles | ☐ Junior Singles | ☐ Women's C Singles |
| ☐ Men's C Singles | (17 & U) | ☐ Women's Novice Singles |
| ☐ Men's Novice Singles | ☐ Junior Singles | |
| ☐ Men's 30 + Singles | (14 & U) | |
| ☐ Men's 35 + Singles | | |
| ☐ Men's 45 + Singles | | |

NAME _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

WAIVER: I hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Arizona Athletic Club and Arizona Racquetball or their representatives and agents for any and all injuries I may suffer in connection with my competition in this tournament.

SIGNATURE (parent if a minor) _____ DATE _____

SHIRT SIZE: SM MED LGE XL MAKE ALL CHECKS PAYABLE TO: ARIZONA RACQUETBALL

MAIL ENTRIES TO: Arizona Pro-AM C/O AAC, 1425 W. 14th St., Tempe, AZ 85281

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