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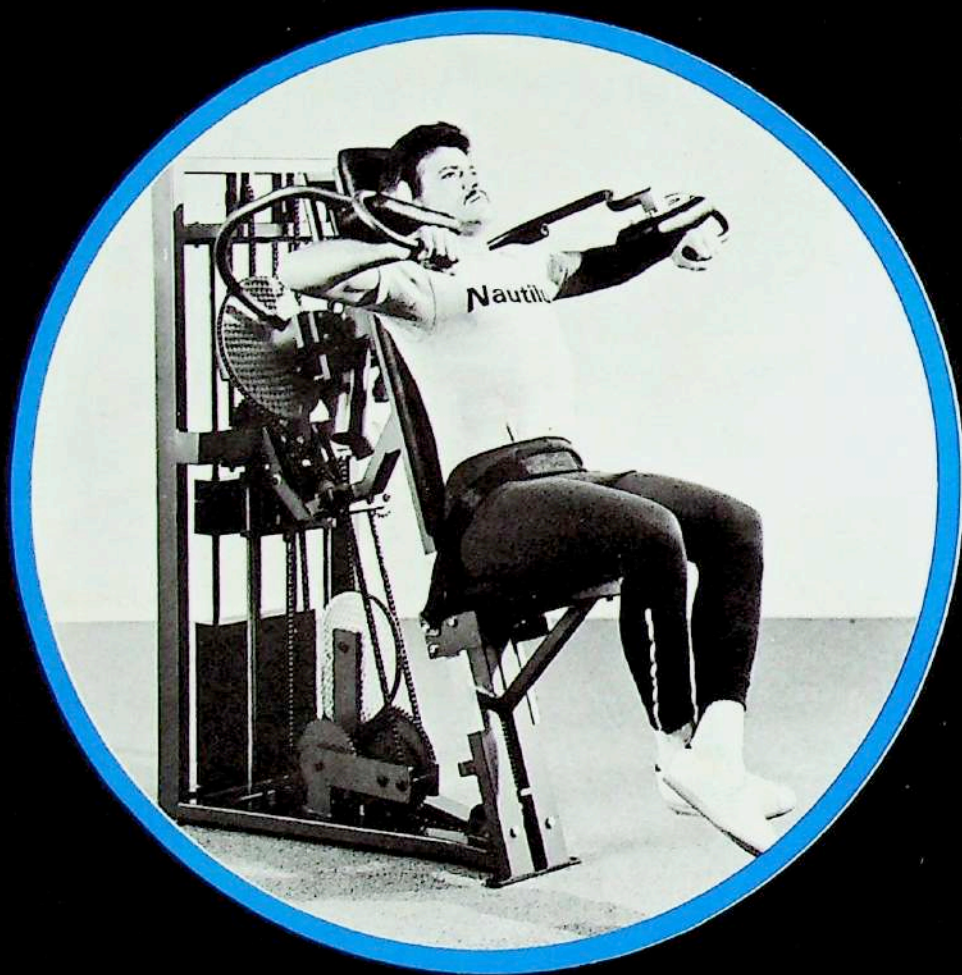
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RACQUETBALL ILLUSTRATED

NOVEMBER / DECEMBER 1978

VOL.1 NO.4

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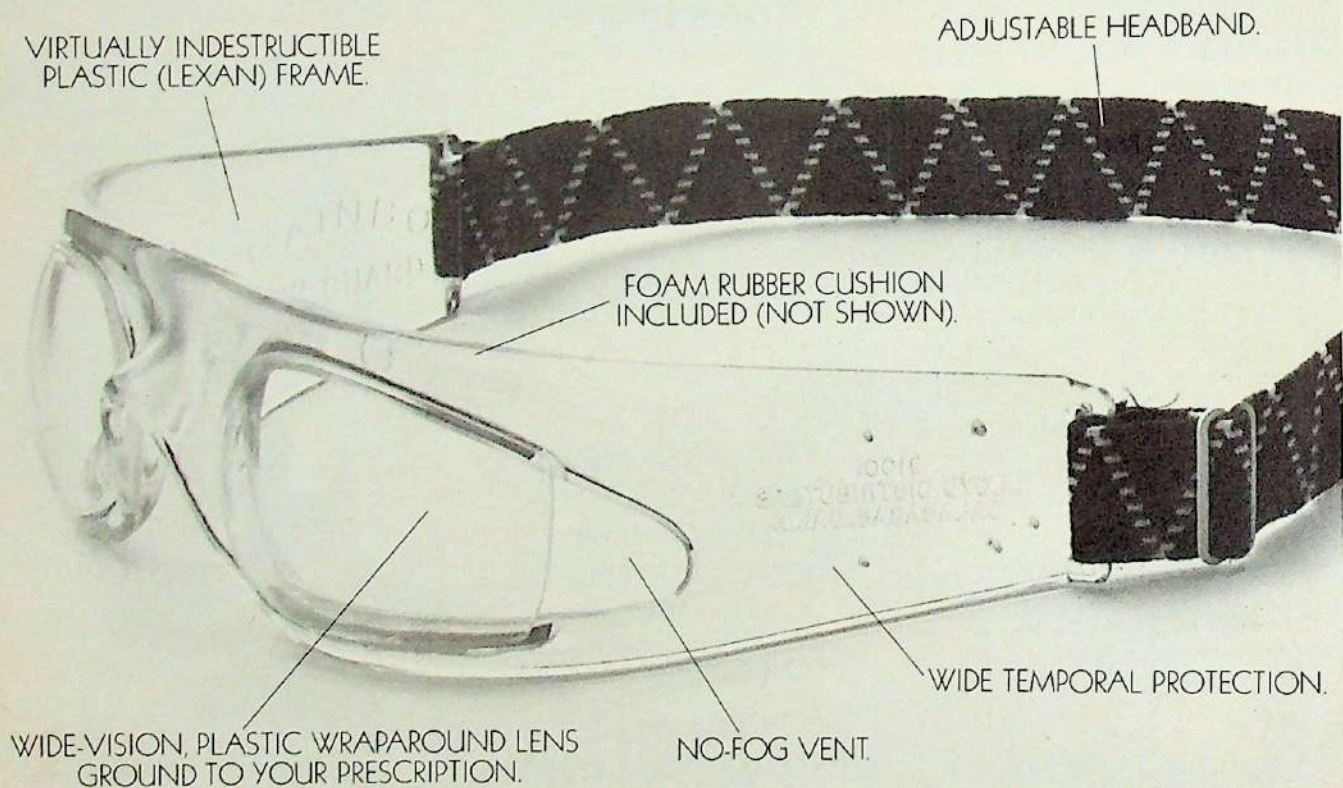
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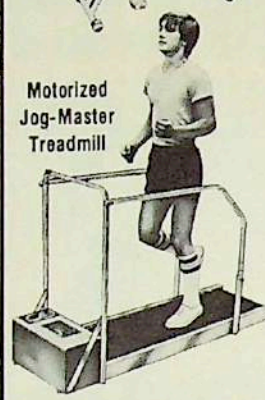
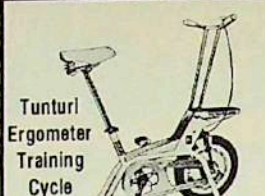
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LETTERS

THE RIGHT SHOE

With the boom of racquetball I am seeing more and more products made especially for the sport. I've been told that I could ruin my feet by using the same shoes for jogging as I use for racquetball. Is there any truth in this or is it just another manufacturers' hype to sell more specialized items?

J.R. Mehaffie
Omaha, Nebraska

After a careful study of the various types of athletic shoes we have found that different sports put different kinds of strain on the feet. The hard wood floor of a racquetball court requires a suction-cup type of sole, while tennis courts with clay floors call for a line pattern for traction. Jogging shoes for example help absorb the shock of running on concrete or pavement. That shock has been estimated at about 600 tons per foot over a ten mile course. Investing your money in the proper shoe for your sport is a healthy and wise investment.

A WINNER

Looks as if you have a winner! Am looking forward to future issues of *Racquetball Illustrated*.

August issue fine. Anticipate future will contain data on tournaments—National and International.

Good Luck,
John Esreg
Cherry Point, North Carolina

A big P.S. Enclosed find a subscription for 18 issues.

NATIONALS

I want to congratulate you on your excellent coverage of the NRC Nationals at Lemontree. I had the pleasure of being there in person for the exciting event this past June and can say first hand that racquetball is going to fast become a popular professional sport to follow. Racquetball Illustrated's coverage was second to none, after reading your last issue I relived my trip to the tournament...keep up the good work.

Charles Blake
Detroit, Michigan

TOURNAMENT NEWS

...I have read every (yes, every) word of Issues I, and II, and must say that you have done a terrific job, especially for the maiden issues.

I would like to see a special section in each issue called "Tournament News", with two sections: (1) Results of tournaments held since previous issue, (2) Tournaments to be held in near future—where, when, who...favorites, etc.

Any regional flavor would be a welcome feature. This could include top player rankings, new court facilities (very important to the frequent traveler), and the previously mentioned tournament news.

Thanks, and keep up the good work.

Eric L. Edwards
Lubbock, Texas

CLUB DEVELOPMENT

Congratulations on developing a magazine about the fastest growing sport in the country today, and one that nearly any age group or sex can enjoy! I am very pleased with the magazine after reading your first issue and I am enclosing my check for a subscription.

Also, I have friends in Arizona who are avid racquetball enthusiasts and I would really love to give them a gift subscription to your new magazine. Are you going to be offering these and how might I purchase one?

I am very interested in developing a racquetball club of my own in the near future. Can you give any tips on resource persons I might contact to get some advice in this matter? Any help you could give me would be greatly appreciated. Thanks so much.

Sincerely,
Debra Kline
Breckenridge, Colorado

Thanks for the kind words and the subscription Debra, if you would like to give a gift subscription simply fill out the card on page 48 of this issue. Regarding opening a new club there are many management and consulting firms. A couple of them would be Tim Schliebe and Associates, Denver, Colorado, (303) 751-1360. Another is Racquet Time, Inc., in Stillwater, Oklahoma, (405) 372-8655.

DOUBLES PLAY

I am fairly new to racquetball, as a novice I am anxious to learn all that I can to improve my game. I enjoy reading your magazine and the profiles that you carry on celebrities and pros, however I would like to see more in-depth instructional articles for beginners. My boyfriend and I have met some other beginning couples and are starting to play doubles. Will we see any instructional tips on where to stand when your partner is serving and how to return the serve in a doubles match as opposed to singles play?

Shirley Lou
Culver City, CA

Thanks for your comments! We welcome any suggestions our readers have for us to improve our magazine. We are currently putting together a series of instructional tips for beginning doubles players...

CLARIFICATION

...regarding the article entitled "Associating With Success"...

TS & A and Athletic Clubs International are organizationally unrelated except for the fact that Tim Schliebe, Rick Schliebe's brother, is president of TS & A and Rick is president of Athletic Clubs International.

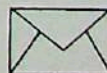
Athletic Clubs International currently has under construction a 24 court racquetball facility in Denver, Colorado. TS & A has no interest in this facility either as owner or manager.

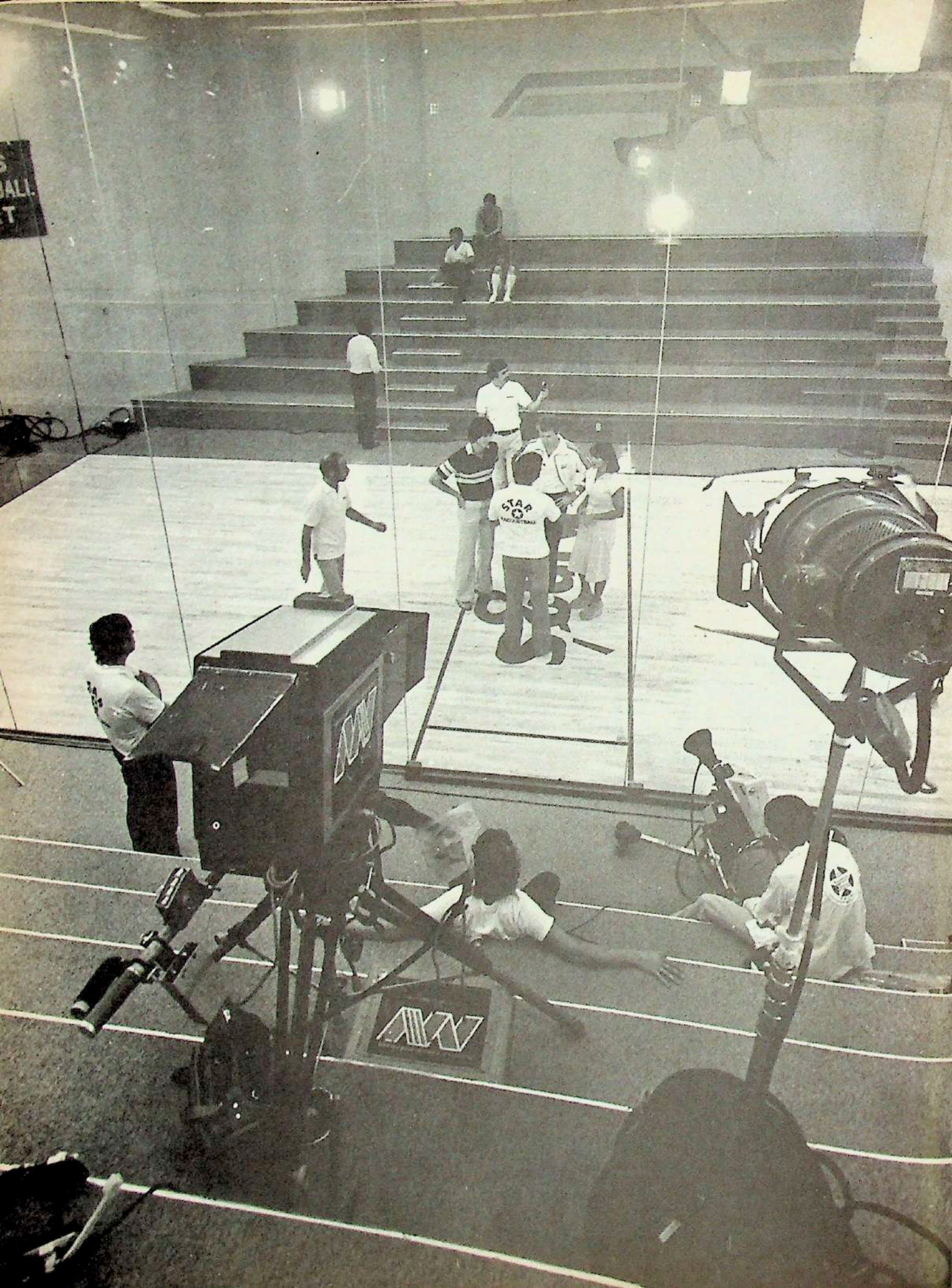
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LIGHTS, CAMERAS, ACTION...

Story and photos by Herkos Grafos

If you've been wondering why there haven't been any follow-up productions after a few starts at putting racquetball on television, it may be for the very simple reason that the ball and the action are just too fast for the average tv director/cameraman/viewer to follow. After speaking to quite a large number of folks who have watched all of the production attempts to bring this fascinating game into the homes of the viewing audience, we have found that most of them agree that it's extremely difficult to follow the ball and the game as it has been presented on the tube by most tv production methods.

Naturally, like a lot of other people, we have a strong desire to see the game grow and prosper. One of the best ways to bring this about would be through a series of on-going television productions about racquetball. It would be good for the sport because it would bring it before more people. It would be good for both amateur and professional players. By increasing interest in the game it could conceivably increase the purses for the professional matches and by giving more amateurs the opportunity to watch the professionals in action it would draw more persons and talent into the ranks, thus giving a broader base from which to draw the talent of tomorrow.

Sponsorship shouldn't really be much of a problem. Sporting goods manufacturers would welcome a way in which to place their products before larger numbers of people. Other manufacturers would likewise find an area of exposure for their products.

The real stumbling block has simply been finding the proper mix and technical



While the camera crew was getting set up for the taping of "Star Racquetball" (opposite page), director Tony Verna was checking things from inside the sound truck (above).

method of presentation for the show.

But, this may well have been solved a few weeks ago when A-F-H Productions of Hollywood in conjunction with Meca Productions of Texas moved onto the court at King's Racquetball Center in Fountain Valley to film what may become the prototype for racquetball tv shows in the future.

Drawing on a celebrity type of format they put together a pilot which is now in the final stages of completion. If this pilot is picked up by either a major network or one of the many independent nets, it could well mean that we will be seeing racquetball in our homes for the first time in an on-going manner.

The celebrities involved were Hillary Hilton, well-known tennis professional; Cathy Lee Crosby, beautiful tv and screen actress; Kenny Norton, former heavyweight world champion boxer making his debut on the courts; and Donny Most of Happy Days.

However, the really pivotal point and the unseen star of any tv show is its director. In this particular instance it becomes even more meaningful because of the talent which was brought in especially for this production. It's the director who calls every shot you see on your screen. It's the director who places the cameras and controls their movements during the events. It is ultimately the director who

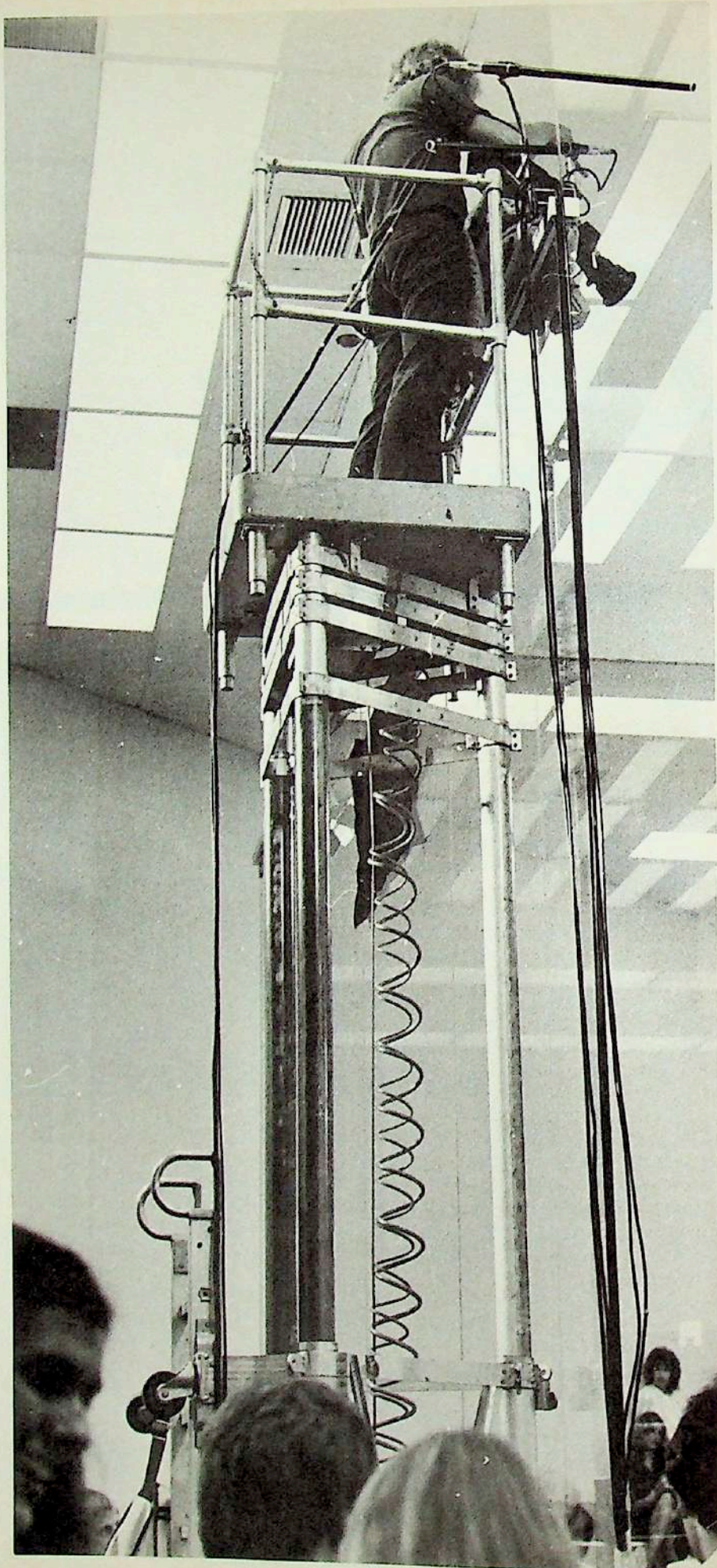
sits for long hours with the editor putting the show together from all the miles of tape and film he has gathered during the filming or taping. It is also this man who blends all the ingredients into a comprehensive totality.

Tony Verna is no newcomer to this chair. If racquetball is going to make it on the tube, it will probably be as a result of Verna's handling of this show. This particular show could be important enough to be the turning point in the future of the game on television.

Verna's credentials are impressive. Having directed the last five Super Bowl games, he knows how to handle ball sports in front of a camera. In addition to this he has done 21 seasons for the NFL, 12 Kentucky Derbys, the NBA Championships, 6 Stanley Cups, and about 100 pilots many of which are programs you still watch today. He has also written, produced, and directed the life stories of Joe DiMaggio, Mickey Mantle, Gayle Sayers, Roy Campanella, Oscar Robertson, and many others. His talents have taken him



Camerasman (right) gets an overhead view of Ken Norton talking things over with announcer (above). Guest commentators were Jerry Hilecher and Jennifer Harding.





Hillary Hilton dives for a shot in championship match against Ken Norton. Hilton won, 11-1.

to Russia to direct the Mike Douglas show from there and he has also done the Olympics for various countries. The next Games will probably see him doing this again. Besides originating the slow motion replay as we know it on tv, his book on directing sports for the Directors' Guild is the bible of the industry in that area.

"I like working with new sports," Verna says and there's a special emphasis on the words when he adds, "I like analyzing them to find out how best to present them and how they can be announced." He seems to have done his homework with this game. "With 'Star Racquetball' we will utilize some concepts which we don't normally put into play. Pictorially, it is very difficult to determine which will be the best angle when you're switching cameras. The ball combinations are such that it may hit any wall or the ceiling and come off with a strange bounce. Since I invented the instant replay and the isolated camera back in 1963, I think we can come out with something really spectacular in this game. In post-production we will pick the angle which services the viewer best." So, they will keep all the cameras rolling whenever the ball is in motion. Then, when they are actually selecting from the many takes on each play, they will interject either one angle or another and go to very slow-motion when it seems to best explain the ball movement. "This show is done live on-camera with running commentary...but, the commentary will be added later to the best of many camera angles.

"The re-play device used here, in addition to your regular slow motion and stop action, will be a multiple frame film device

which will show the action with almost a strobe effect. We will use this immediately after a play. So, we will try to show this multiple speed action after a play."

They have developed a good format for the show. "In essence, we will have a female and a male match. The winner of each will play the other. What we will see is that a good female player can hold her own quite well with a strong male player. She might even beat him. I've done a lot of shows where there are male/female competitions. But, it's nice to see one where there isn't the handicap the girl normally has when playing a male player.

"By editing the show down to the best of three games," he continues, "should provide some very interesting viewing for the audience." Tony talks about some of the previous racquetball shows which have been done for television. "The primary problem is that the director doesn't know what he is watching and can't tell far enough ahead where his cameras should be working and what the play will be. I can tell ahead in a football game when the quarterback is about to pass. And the scrimmage line is like a curtain which will open up and reveal all the players to you. Basketball is the only sport where you can have ten men all in the shot at the same time. Every player involved is in the shot. In horse racing I break down the race from many angles and put it together in the cutting so that the viewers have the best seat in the house at any given time. But, what's the best seat for racquetball? The human eye can follow the ball because it can pan a lot. But, a camera's lens is not as sophisticated as that of the human eye...it's fixed. The screens at home are not big

enough so that the director can shoot it wide enough to show the entire movement at one time."

It isn't hard to see that Verna has more than a little knowledge about his medium. He relates, and rightly, the viewers' ability to follow the action on the screen directly to the size of that screen.

He cites a good example of this. "In hockey you can follow the action of the puck all right. But, all that panning around with the camera makes the viewers nauseous." He is determined not to make the same mistake with racquetball. "Rather than pan a lot we are using different angles. We can take advantage of it by simply using a lot of cameras and doing a strong job in post-editing."

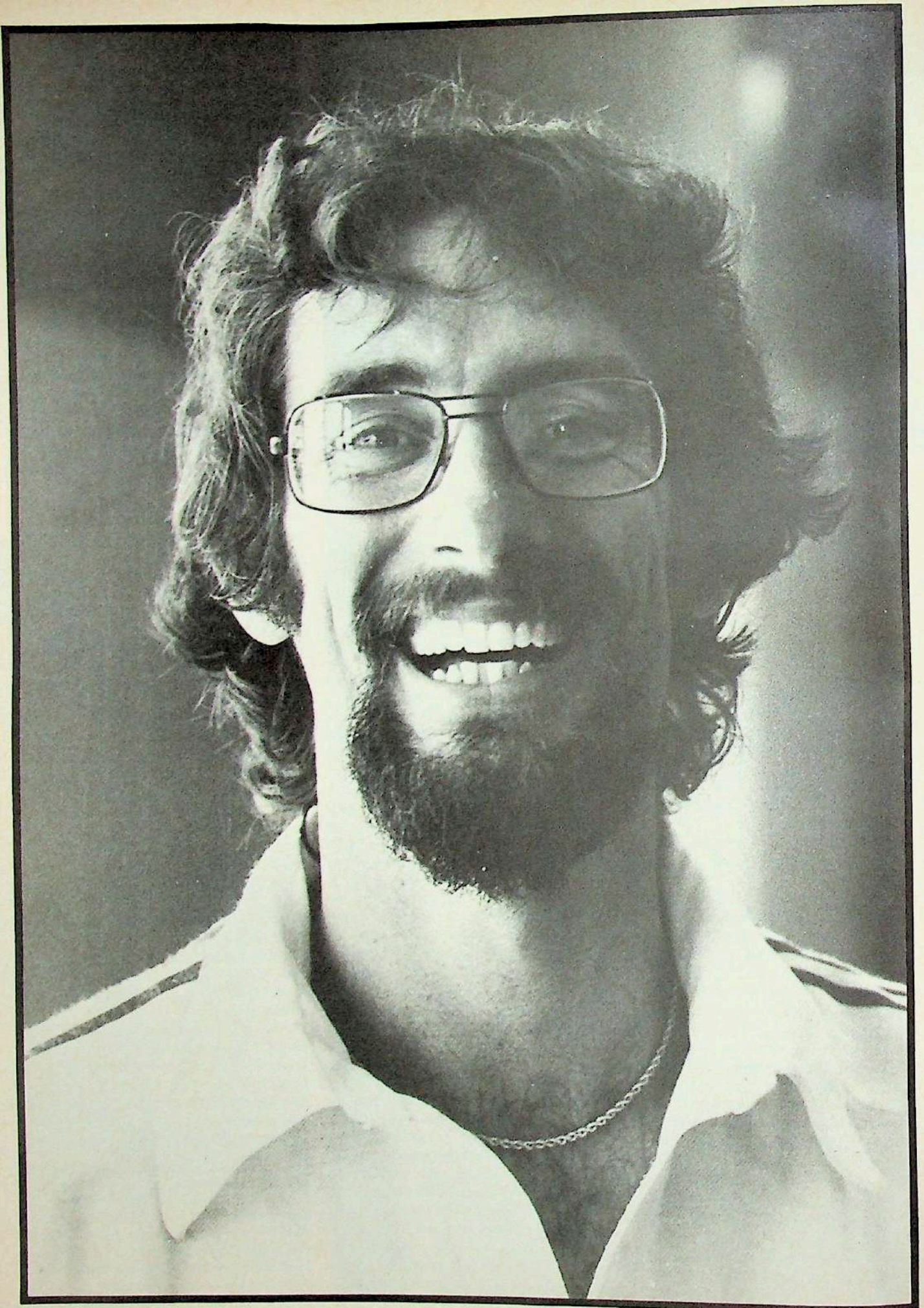
Tony is a positive director on the set or the court. He does not direct by indirection. This stems in great part from his own personal philosophy about life and living. "I think people should take a positive approach because it's the only approach. The only strength is mental strength. If people start weakening they're no good to themselves or anyone else. It's too easy to become the weakest link in the chain."

There's another reason Tony Verna may be the best man for this job. He believes sports should be fun. "I do believe," he smiles, "that any sport should not become World War number three. There are so many instant decisions you have to make in sports that unless you have a fun attitude, even though you realize that your tail is on the line constantly...they'd just have to throw a net over you."

So, his theory for covering racquetball is so simple it's amazing that it hasn't been done before. If the ball is moving too fast for the average cameraman or viewer to follow, then simply slow it down. By slowing it down, say ten times, a ball which is moving at 100 miles per hour moves across the screen at only ten miles per hour. It becomes a lot easier to actually see the finesse which is played into that ball. Those amazing kill shots of Hilecher, Hogan, or Yellen become readable at the slower speeds. You can actually study the flight of the ball and see what it's doing.

How often the simple solution eludes us. And it takes the right combination of producer, director, cameraman to bring about the final result. It looks like this may be the right combination for success. We're waiting to see the final cutting. If it looks as good as the takes in the mobile unit trailer...it's a hit.

Hilton defeated Crosby, 11-4, and Norton, scoring seven straight points on Z serves, defeated Most, 11-7. Hilton then outclassed Norton, 11-1, in the finale. It was obvious that Hilton and Crosby had played the game before, and it was just as obvious that the male players needed work on instruction. ●



CHARLES BRUMFIELD

The Professor of Racquetball

Story and photos by Bob Grant

"All of the books on the market teaching Racquetball techniques are outmoded, and the true generation of power and the proper contact positions as they are being taught in Racquetball clubs across the country are incorrect. And I'd like to be instrumental in changing that!"

... Charles Brumfield

It is obvious the second you meet Charlie Brumfield that the lanky, bearded 30-year-old Racquetball professional has ideas of his own about how the game should be taught and played.

While many would scoff if some pros made that statement, like "E.F. Hutton," when Charlie Brumfield speaks, people listen. And the reason people listen is equally divided between his most impressive credentials and his flair for eloquent speech. Charlie not only knows what he wants to say, but he knows *how* to say it!

A native of San Diego, California, Brumfield bounced into the ranks of racquetball from the field of paddleball. He played in the Nationals in 1967 when he was 19 years old, and finished second in the singles and first in doubles. The following year he won the National Championships in both singles and doubles, and was National Champ in singles again in 1969 and a finalist in doubles.

"I was probably the finest Paddleball player ever to take to the courts," Charlie states unashamedly, "and even though I was very inexperienced by today's standards when I entered the pro-racquetball ranks in 1969, I had a great deal of court knowledge from my paddleball days."

Brumfield explains that there was a lot of pressure in those early days of Racquetball since only one tournament a year was played, but the record shows that the pressure had absolutely no ill effects on his performance. To date Brumfield has finished in the finals nine times and won five National titles.

"I won virtually every doubles tournament I've ever entered including five straight Invitational Doubles Nationals which were the most prestigious titles of the day," he states, "and I've won four of

the last five doubles titles in both the International Racquetball Association and the National Racquetball Club."

Undoubtedly the reason Charlie Brumfield can express himself so unabashedly

"...today the game is such that very little strategy is needed."

is due to his training as an attorney. He graduated magna cum laude from the University of San Diego in Economics, English, and Speech, and even though he is licensed to practice law in California he states flatly that "I hope I never have to practice law!"

"When I passed the Bar that was the point in my life when I had to make a very grave decision, because at that time Racquetball was a non-paying profession," he explains "It had just turned into a professional sport but as leading money-winner that first year I only made \$6,000, and had virtually no endorsements. Today the prize money is still minimal, but the endorsement potential, especially for a player with my credentials, is enormous."

Brumfield feels that the opportunities for the youngster wishing to enter the pro ranks are excellent, and that both prize money and endorsement money is rapidly on the rise.

"As a top pro, I will probably earn between \$150,000 and \$250,000 a year for the next 10 years," Charlie says. But he feels that only from 7% to 10% of that figure will be prize money, and the rest will come from product endorsements. He attributes the reason his endorsement is so high to the fact that he is the "Father of Racquetball."

"The younger professional should be able to pick up somewhere between \$10,000 and \$15,000 in endorsements and exterior clinic activities, and another \$10,000 in prize money," Brumfield feels.

The prize money has gone up rather dramatically lately, as evidenced by the fact that when Brumfield won the Tournament of Champions last year he picked up a cool \$9,500.

"This was the largest prize money ever offered in Racquetball," explains Brumfield, "and I would expect money of that nature to be commonplace within the next five years. Perhaps even with the Nationals paying \$25,000, \$30,000, or maybe even as much as \$40,000."

"Marty Hogan and myself are about the only two players in the country who are outstanding catches right now," states Brumfield. "Hogan strictly as a player, and me as an 'image.'"

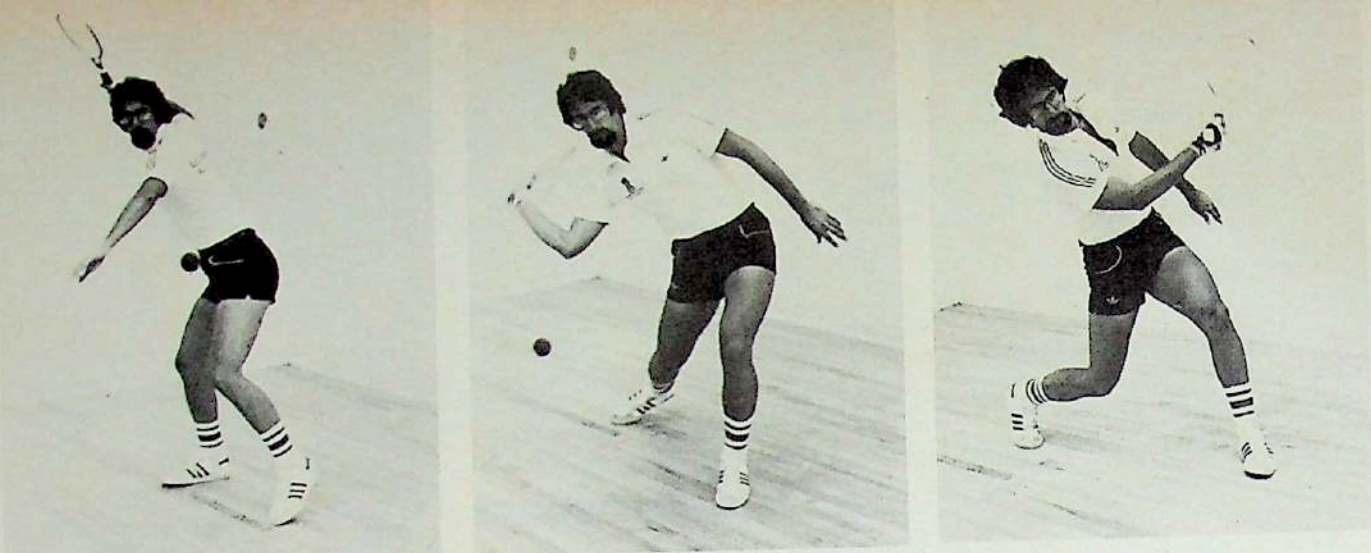
Brumfield feels that there are few other true "professionals" in Racquetball at the present time.

"There was a group of people who were playing amateur ball with me in 1972," he states, "and all of a sudden the 'Pope' came down and ordained us all 'professionals'. That does not make a professional in my estimation—what really makes a professional is an accumulation of various aspects of your personality, your commitment, your drive. What we have right now are a lot of kids playing, and they're playing for pocket money. I feel that when the time comes so the top 16 players can make a viable living—in excess of \$25,000 a year, *then* we have a professional sport!"

Charles Brumfield, who spends a great deal of his time on George Brown's Kearny Mesa Courts in San Diego, is one of the few racquetball professionals who is married. He tied the knot on August 11th of this year. His bride, Patricia, is a very fine racquetball athlete. She is a strong "B" player in San Diego, and wants to play some of the tournaments. And the Brumfields' plans are to have a little "Charlie" practicing his forehand sometime next year.

"I'm hoping that with the combination of Pat's speed and my intelligence, our kid will be able to hit the front wall!" Charlie quips.

Brumfield feels that the reason so few of the professional racquetball players



The Brumfield forehand—setting up, stepping into the shot, contact and follow through. Remember that power is achieved by combining the strength of your step-in to the ball with the velocity of wrist action at the point of contact.

are married is not due to the stress of the circuit, but simply due to their age.

"There is less travel in racquetball than any other professional sport with the possible exception of football," says Brumfield. "Eventually racquetball will be like tennis where there is a tournament every weekend. And right now we're fighting within the ranks of the pros, the manufacturers, and the sponsors to try and restrict racquetball the way the PGA restricted golf to a premier tour. What we don't want is the fragmentation that occurred in tennis. That makes it very difficult to maintain the integrity of the sport, and it quickly becomes oversold.

"Within the next two or three years we will probably see a tournament every three or four weeks—which again will not be enough traveling to interfere with a marriage. There are a lot of traveling salesmen who are married and are traveling a heck of a lot more than the racquetball pros!"

Charlie Brumfield thinks racquetball will eventually have 50,000,000 people, if not more, on the United States and Canadian courts. But the rapid growth of the sport, particularly from the spectator and professional aspect, is going to depend a great deal on television, and before it can become big on TV there are some major problems which have to be overcome.

"There are two basic things that have to be done to make racquetball enjoyable as a spectator and television sport," says Brumfield. "First, the proper type of glass courts have to be developed to permit TV coverage. Secondly, the ball has to be slowed down to the point where the TV camera as well as the spectators can follow it. This can be done several ways. Perhaps the floor speed could be adjusted by virtue of a hard, true-type surface as is used in tennis. Then the ball itself must be slowed

down to the point where the camera can cover it and the spectators can enjoy the game."

Brumfield feels that today even people who have had a lot of experience with racquetball cannot follow a telecast without an expert commentator to keep them abreast of what is happening. The problem is primarily visual—the ball is so fast and the volleys are so short that there is no discernable movement or strategy demonstrated to the viewers. The match is so fast and so slam-bang that it makes very little sense. Power dominates the game today, particularly considering the way the young pros can hit the ball, especially the serve.

"It is very reminiscent of the period of 1972-73 when Stan Smith was dominating tennis," remembers Brumfield. "Then there was a big hubbub within the tennis community to slow the pace of the play down. The spectators simply did not like the slam-bang serve and volley shooting. So what they did was adjust the surface that most of the professional tournaments were played on to generate a longer volley that is interesting and allows for a more or less equalization of the potential of a control and a power player to compete. For instance, Bjorn Borg is a control player, and Jimmy Connors is a power player. Today the two can compete on relatively equal footing. But the way Racquetball is right now, the control player has a very, very difficult time competing against a power player. About the only time a control player has a chance is when the power player is completely off his game."

Slowing the ball down will be fine for the amateur player, but it is going to give the pros some problems, Brumfield feels, because they are so expert in their serve that they rule the courts this way even more than tennis was once dominated by the hard serve.

"One possible solution might be to experiment with moving the second service line back to force the server to serve deeper without shorting. Another thing to try might be going to one server quadrant serving. A number of different solutions should be tried—anything to de-emphasize the advantage that the server has when he steps on the court. In essence this will lengthen the volley and make the game more interesting to the spectator, and if we don't get the spectator on television, racquetball can never flourish as a true professional sport!" says Brumfield.

The glass-walled court is the second major problem, both for the television camera and the player. The glass walls cause a tremendous loss of both depth perception and peripheral vision, and this tends to emphasize the problem of the fast ball even more.

But even more serious than the problem the player has is the problem the television camera has shooting from one glass sidewall to another glass sidewall. It is extremely easy to lose the ball completely. The only shots that tend to make any sense at all are the ones from the back court looking forward against the white background. This is about the only time you can really follow the ball.

But the difficulties are purely technical. Different lighting systems can be designed to make the glass appear opaque, or possibly one-way glass could be used. It's only a matter of time until these problems are resolved.

But what about that business of the clubs and books teaching novice racquetball players incorrectly?

"Just as once was the case in golf, the prevalent idea in racquetball is first to teach the novice to hit the ball straight, then to hit it hard," explains Brumfield. "But what is being done more and more in golf is to learn to stretch the muscles

early, and hit the ball with power. Then learn control. That's the way I feel racquetball should be taught. Learn to hit both the forehand and backhand with power from all heights, positions, and on the move, and then go back, review the game, and learn control."

"As far as I'm concerned, the work that's been done in instructional booklets as far as actual swing mechanics is also completely wrong. The modern method of hitting the ball that has been developed by the younger players has been by trial and error—the 'monkey typing Shakespeare', so to speak. But now that there are some players who are beginning to strike the ball from all heights and all positions with power and accuracy, my coach and I are utilizing high speed motion picture techniques and videotape to do an analysis of various swing types to develop a system of teaching young players which I think will be highly successful. It will no longer be happenstance when a young player develops—it will be a scientific movement from point A to point B."

"I developed my style much like Ben Hogan developed his golf swing—simply by hitting more and more balls until I found something that worked. There was really no formal instruction when I started my game."

Brumfield's system obviously worked, but after having watched what other players coming out of different locales did with their game, he began feeling that his method of play was too restrictive for the modern racquetball style. This is when he began really analyzing the game, and teaching the techniques that he feels will best enable the young players to develop their greatest potential.

"Again", Brumfield emphasizes, "the main problem is that the young pros can hit the ball hard and have great execution ability, but don't really understand racquetball because today the game is such that very little strategy is needed. The players are going to have to completely revamp their game as to knowledge and shot selection when the ball is slowed down for the television cameras."

Charlie Brumfield has been playing racquetball a long time. What does the future have in store for him?

"I'd like to continue my career for another five years," he says, "picking my my own spots to compete. I feel it's a myth that older players cannot compete in racquetball. I'd like to be instrumental in developing programs for the older player (this includes anyone over 25 years of age by the Brumfield definition) and help them develop new techniques."

"The organization of a national teach-

ing program and special clinical television spots will be one of my next endeavors. A lot has to be done in the education of the general public as to what racquetball really is and how the game is played before the spectators can enjoy a television broadcast. I'd like to see the game standardized in the next five years. I think the point system has to be changed, the service rule has to be changed, the referee system has to be changed. And since racquetball is going to undergo so many different changes in the next few years, I'd like to be instrumental in developing a Players' Association."

Charlie Brumfield is also interested in maintaining his image in becoming the Ben Hogan or Jack Nicklaus of racquetball.

"My credentials are strong, by far stronger than anyone else will ever attain in the sport because the competition is becoming stronger every day. I'm the People's Champion, the Holder of All Titles," he states with a twinkle in his eye.

"The time to make the changes is right now, while the sport is young. It can be changed for the better before it becomes too set in its ways. We can definitely make racquetball the biggest thing to hit this country. There is absolutely no doubt in my mind that it will be the participation sport of the 1980's and 90's!"

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WOMEN INVADE MEN'S CLUB

Story and photos by Peter Dupre

Throughout the world there are certain areas that stand out, because of their splendor and beauty, from the hum drum grey of the rest of the planet. Among cities, Paris is probably the most beautiful, though some will argue for Rio de Janeiro. For lush vacation spots, the French Riviera, Aspen, Tahiti, and Puerto Vallarta are standouts. Yellowstone, Yosemite, and the Grand Canyon are renowned the world over for their natural splendor. Egypt is famous for its impressive Pyramids, Arabia for its oil, and California for its beautiful women.

California women are slim, suntanned, come in all colors, and very athletic. Perhaps no where are the ladies more active in sports and related activities than in Southern California. And in this area, the South Bay Area around Los Angeles is famous for outdoor and indoor sports activities of both sexes. Centered in this area is a community known as Manhattan Beach—the nucleus of athletic activity for the West Coast. Close to the LA airport, the city, freeways, and alongside some of the world's most famous beaches, Manhattan Beach is a natural gathering place for stewardesses, models, Playboy Bunnies, starlets, secretaries, nurses, etc.

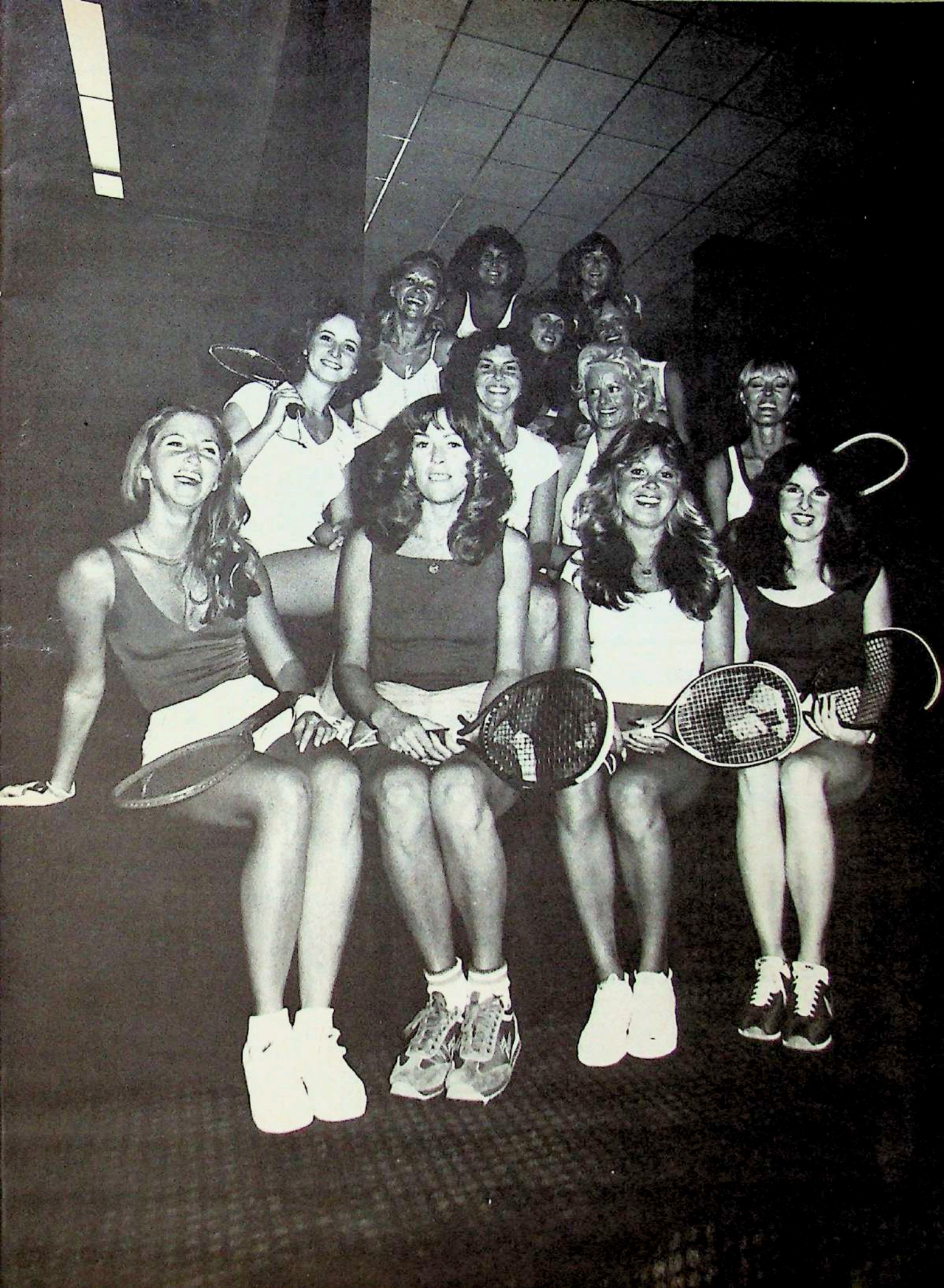
Of the many places these ladies frequent, none has more beautiful women than the Manhattan Athletic Club for men. That's right, for men. At first this may seem a bit surprising, but one must remember that the Athletic Club has a sister organization called the Manhattan Health Club for women. The reason the ladies congregate at the men's athletic club is to play racquetball on the excellent facilities at MAC.

The Manhattan Health Club hasn't completed its women's racquetball courts yet (there are presently three courts under construction) and so the 1600 female members must hoof it a

few blocks to the men's division to play. RACQUETBALL ILLUSTRATED recently visited the Manhattan Athletic Club and asked club president Fred Stellabotte about his organization and why it attracts such a bevy of beauties. "The bulk of our people are stewardesses. We have Playboy Centerfolds, two or three Bunnies, some of the Embraceable Ewes (the Los Angeles Rams Cheerleaders), actresses, singers, and even the normal housewives. I guess the main reason that we have so many beautiful, active members is the area. The beach area has got the best looking women of any place. We have the most active club around. We have the most modern facilities and we have programs to keep these ladies active and in shape."

"In the women's club," says Fred, "we have eighteen gymnastics classes a day. The first one kicks off at six o'clock in the morning. It's a very vigorous workout. Then we have the fun things like Yoga, Jazz, bellydancing, disco, and ballet. Our gym is very sophisticated. We weigh, measure, and program the girls so that they know exactly what they have to do to attain or keep the figure and health that they desire." In addition to the hard workout facilities the MHC has plenty of things to do when relaxing and pampering. There is a swimming pool; steam bath; whirlpool; private, nude sundeck; private locker rooms; boutique; body wraps; and a complete beauty salon. Finally, there is racquetball.

As mentioned earlier, the women play at the men's athletic club where there are eight regulation courts. Two of them have viewing galleries. Ladies can play on the men's courts at any time during the day except the bottleneck hours of 4 to 7 pm. Other than that they can and do play at almost any times. Mixed games, both doubles and singles, are popular. In fact the courts are a great place to meet members of the opposite sex. But don't



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These ladies spend an average of two hours a day on the court. That's more than many of the macho male players do. One reason they play so much is to keep in shape. Another is to have fun. You

"...The ladies spend two hours a day on the court. That's more than the macho men play."

don't get your picture in Playboy magazine when you have a midriff bulge and working like crazy in an airplane at 36,000 feet is no fun when you are out of shape. However, not all the ladies are ace players. Many of them don't know which end of the racquet is which. But this kind of ignorance usually doesn't last long; so pick your "students" carefully and play your best.

The men at the athletic club haven't been forgotten either. In addition to eight regulation racquetball courts, there are lots of other facilities and activities available. "Our programs for the men are very extensive," says Fred Stellabotte. "We have probably the best equipped gym in the Southland; and in addition we have a sauna, whirlpool, ice plunge, cocktail lounge, health food bar, and full locker room facilities. Our programs are very extensive—every month there's something happening."

Apart from the usual seminars and activities there's also the racquetball tournaments. In fact MAC's big turkey shoot (held in late November) is recognized by many pros and even the racquetball magazines (Watch for Racquetball Illustrated's coverage of that event). At the men's club, everything is furnished. All a member has to do is bring his body. Shirt, shoes, towel, togas, locker, everything you need is supplied. Not only that, but the club maintains the equipment, too. "Everything is furnished" points out Stellabotte. "We have our own laundry right here in the club. When a member joins we give him a shirt, shoes, and towels. They are placed in his own numbered box and maintained by the club."



When on layovers from flights, a few stewardesses get together at the Manhattan Beach Athletic Club to play racquetball.



It's possible to play racquetball in the morning and come back a few hours later and play again in clean, dry clothes."

In addition to all facilities and activities, the Manhattan Beach Athletic Club also had the "Dean of Racquetball" Earle Castle. Castle, a Masters Player, also teaches the sport and has arranged eight successful tournaments, both open and MAC members only, at the club. Last years Fourth Annual Turkey Shoot was attended by about 400 amateur and professional male players and around fifty female players. Castle's tournaments bring the players together. "A player who usually plays in the mornings", says Castle, "will often discover an equal competitor who's been playing afternoons. The tournaments bring these players together when they normally might not have a chance to meet."

Well, there you have it. A club where serious racquetball is played and where members, both male and female, can relax or get in shape. And don't forget the cavalcade of beauties. In the LA area, this is where they meet.

INSTRUCTION

What to do at CENTER COURT

by Mike Yellen

If you'd like to find some safe place to put your money, as far as betting on a future champ is concerned...look no further. The smart money is on Mike Yellen. His recent performances belie the fact that he has only been playing for 3 and a half years. His power and strength have brought him to the attention of every serious player in the country. Add to this something which might be a detriment in other areas of endeavor and you have the winning combination. It's his youth (18 years old) which makes him the easy bet for a high position in the game as he packs more experience into his bag of know-how.

If junior players around the country are wondering what sort of future they might have in this game, they could well look to this young man as a model. He has only recently graduated from high school and now plans to attend a junior college near his hometown. Mike is seriously considering a career in medicine...but, this decision will come after he finds his way into the heavier channels of higher education. It's a sure cinch that his contract with Ektelon will carry a large part of the expenses for what now has to be one of the most expensive educations around...medicine. But, medicine's gain will be racquetball's loss. His keen mind goes about his game with the same incisive thought process which graces most operating rooms.

While he remains a gentleman at all times, Yellen goes onto the court with one purpose in mind...to win. He goes out there to play each ball the best way he knows how...and he does know how.

ED.

You want to make contact with the ball in the center court. This gives you the largest number of angles to both of the back corners.

The position of your body and feet will

determine which corner you're going for. If you want to hit the ball down the forehand corner, you use the closed stance...where both feet are about at right angles to the side wall, but a little more toward the rear. If you're going to hit the ball toward the backhand corner, you have to open up your stance like you were going to throw the ball to left field...if you were playing baseball. So, just open up your stance if you want to hit the ball down the lefthand side.

As far as getting back into center court position after you make your serve...just push back with the left leg, take one more step, and you're right back into center court position. As soon as you push back those two steps, you are right back where you want and need to be.

The same push-back takes place on both the forehand and the backhand serves.

From just about anywhere in the center court position two steps will get you to a point where you can cut off any ball. Unless your opponent hits a perfect passing shot you can reach just about anything he can return. You simply move forward at about a 45 degree angle from your center court position and you can reach anyplace you want to cut off those balls before they get too far into the back court. You really want to cut off as many balls as you can in the center court position because your opponent can't be in that position if you dominate the area. If you wait for those balls and take them off the back wall, you're just giving your opponent a good chance to move in and dominate the center court position.

Practicing is such an important part of your game that a lot of attention should be given to the actual quality of that practice. This is the time when habits are firmly set. This is when we groove those responses into our muscular system. We should be absolutely certain that everything we do in practice is precisely the way we want to do it in actual play.

To help learn precisely what you're doing on those serves, you can take a couple of soap boxes or any small box about two feet square and put them into the rear corners to see how many balls

you can serve into them. Or, you can just tape the area on the rear wall. Red or black tape forming about a two foot square will let you know when your serves are going where you want them to. Be sure to have enough balls so that you don't spend all your court time retrieving them. And don't spend just a couple of days doing this. Take the time to get good. Too many people manage to get up enough enthusiasm to spend about two days learning these techniques, then they get tired and they abandon the practice sessions which could really help them more than all the matches they would have in the next six months.

You really do have to go through each of the serves and moves literally thousands and thousands of times. You practice each one until that movement is just grooved into your muscles and reflexes. It becomes part of your reflexive patterns. It takes a lot of concentration to hang in there for hours at a time. Of course, you break every hour or two. But, the main thing is just to keep after one move or one shot until you have really built those reflexes into your body. I still go for two or three hours at a time without a break. It's that much fun for me.

Don't go in there and try 50 backhands and then 50 forehands. Just take one thing at a time. Perfect it. Dissect your game. Perfect each and every movement separately...then you can bring them all together after they are perfect. If you try to work on the whole game you'll be trying to worry about too many things at one time. You'll wind up slipping and becoming disenchanted with your progress and possibly the game itself. Trying to work on everything means that you're bound to worry about this or that and all of them get less attention than they need.

Take apart each specific shot and work on the pieces. Don't worry about a well-rounded game until you have all the pieces to make one.

Until you get your forehand swing grooved in, don't worry about your forehand shots. First, get that swing. Then, you can work on your forehand kill shots to the rear corner, kill shots, then your

forehand pass shots, cross court, cross court kill and pass...

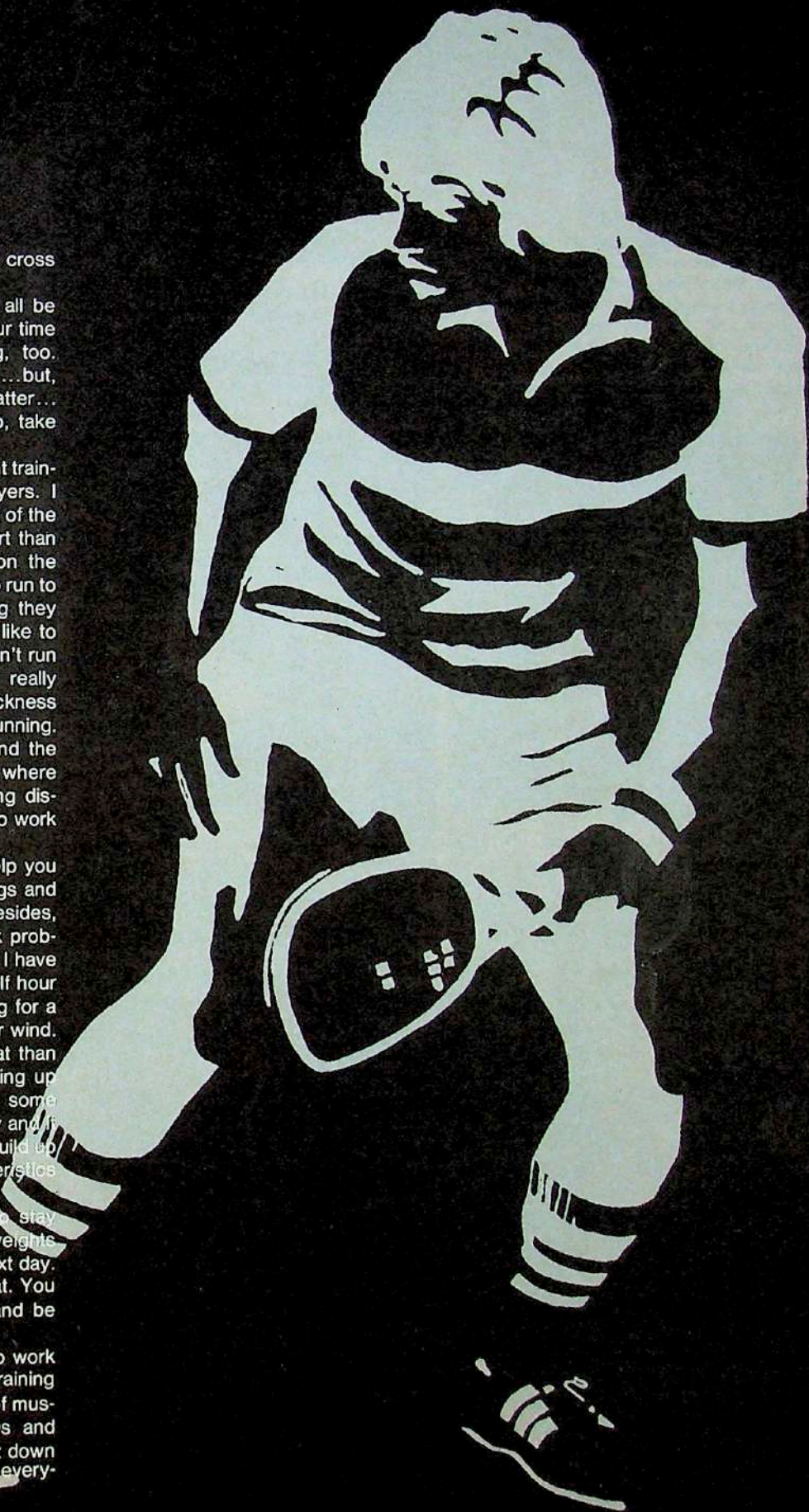
The game's a lot of fun. We'll all be playing it a lot longer if we take our time and enjoy it. Enjoy the learning, too. Some of us take it very seriously...but, we know it isn't a life and death matter...we play because we enjoy it. So, take your time and learn properly.

There are about as many different training techniques as there are players. I don't run in training. But then, most of the time I do less running on the court than my opponent does. It depends on the style of playing. A lot of guys like to run to the back wall and take everything they can right off the back wall. But, I like to play the center court position. I don't run for training because I think it's really tough on your body. Besides, quickness is the thing on the court...not running. Conditioning is the real factor. And the story is how fast you can get from where you are to where the ball is. Long distance running is just not the way to work out for this game.

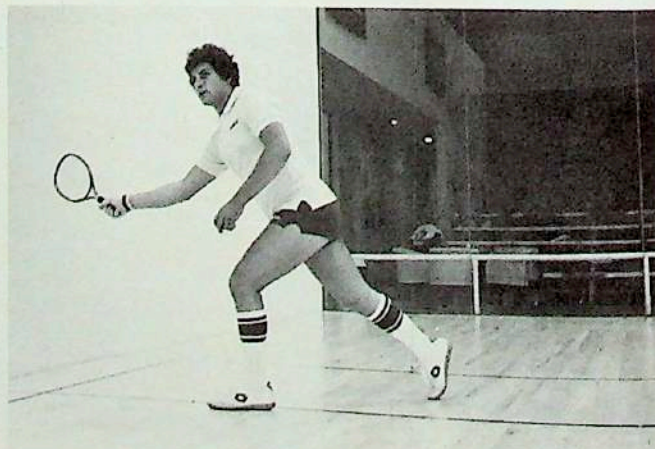
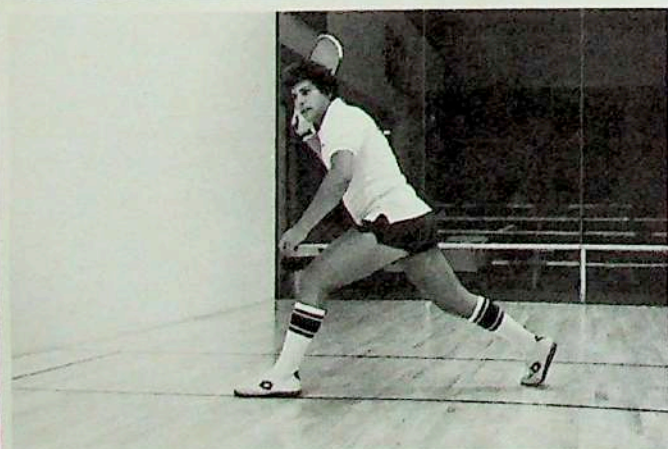
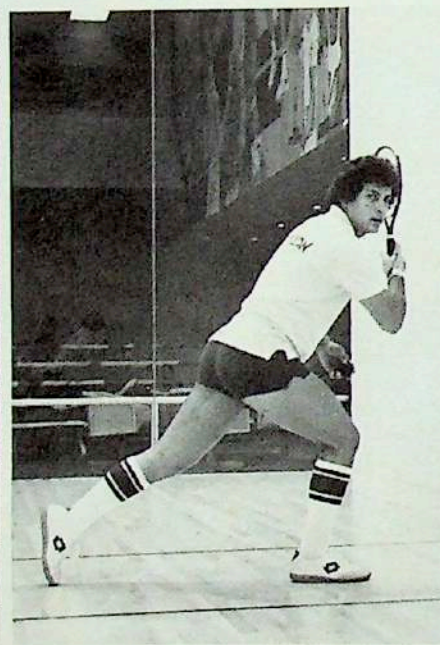
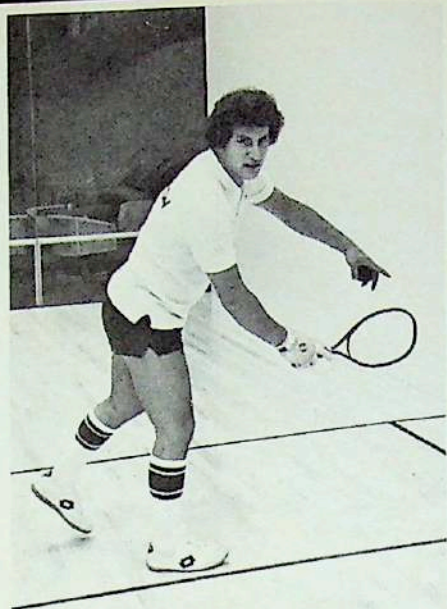
Jumping rope would actually help you more. It's much easier on your legs and would help with the reflexes. Besides, anyone who has any sort of back problems shouldn't do a lot of running. I have read that if you jump rope for a half hour it's just about the same as running for a half hour as far as building up your wind. So, if this is true, I'd rather do that than running because I'd also be building up my quickness and my wind. I do some swimming...it's easier on the body and it stretches the muscles and helps build up my wind. It has the same characteristics as running without the punishment.

In any conditioning you want to stay away from being tight. Lifting weights sometimes makes you tight the next day. I just like to stay away from all that. You want to be able to go in there and be loose every minute that you play.

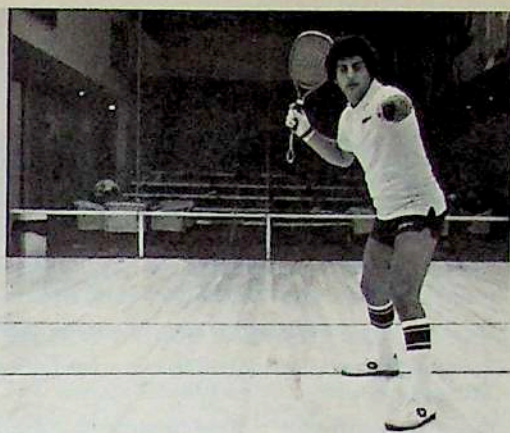
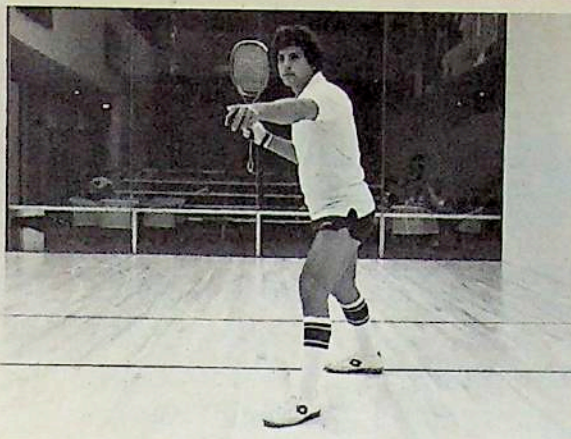
Besides, I think everyone has to work out a system of conditioning and training which works best for his own set of muscles and which suits his abilities and goals. It would be impossible to set down one formula which would work for everyone.



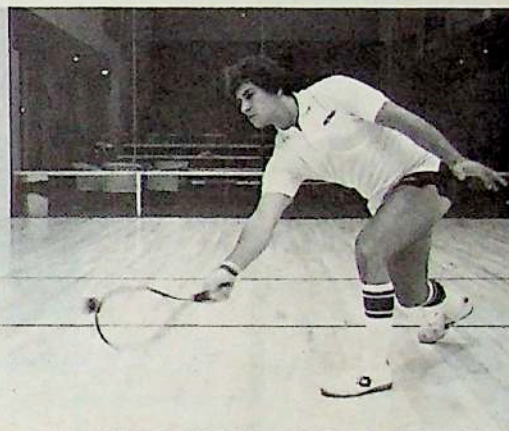
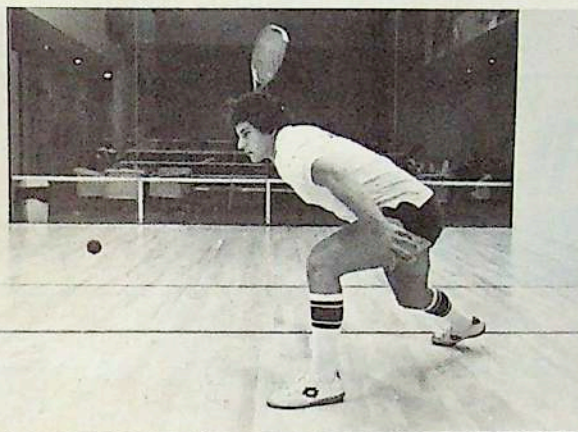
Mike Yellen shows how just a couple of steps from center court will get you to a shot down the backhand line. "You simply move forward at about a 45 degree angle and you can reach almost anywhere," says Yellen. Most shots should be hit from a center court position, if possible. Remember to cross your right foot in front of your left to get more reach.



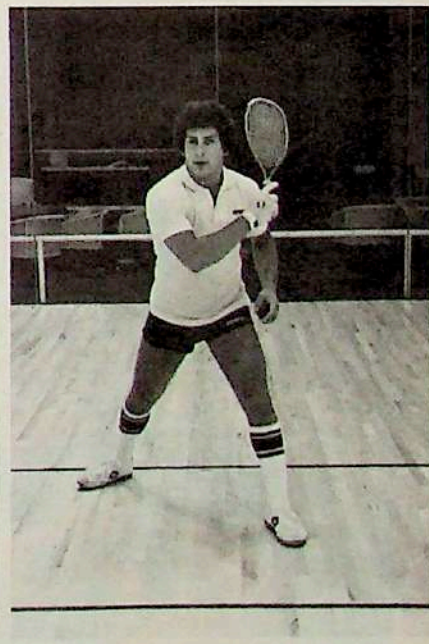
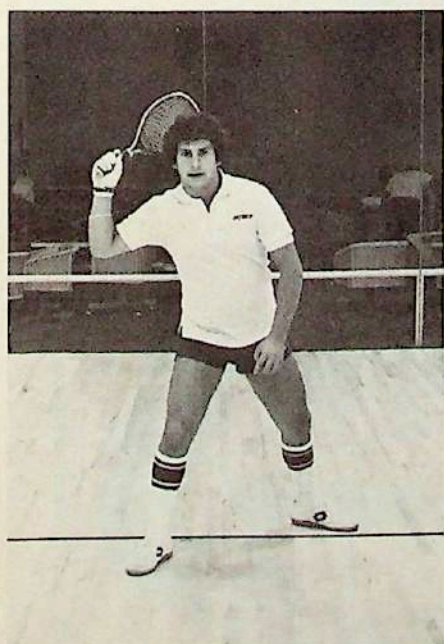
The same goes for the forehand shot down the line. Just a couple of steps from center court can get you to most shots. "If you wait for the balls to hit off the back wall," says Yellen. "You are giving up your center court position."



To hit a ball down the forehand corner use a closed stance (left) with both feet about at right angles. A shot aimed at the backhand corner uses an open stance, as if you were going to throw a ball into left field.

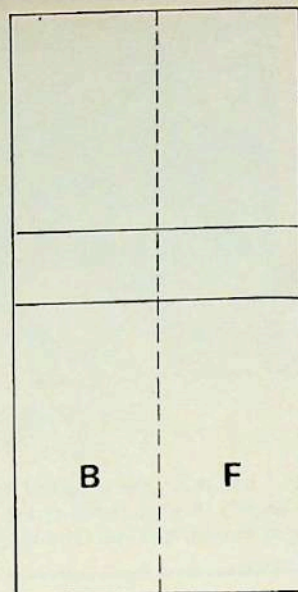


A closeup of the shot to the forehand corner. Face the side wall and use a lead wrist—that is more wrist at contact than racquet.

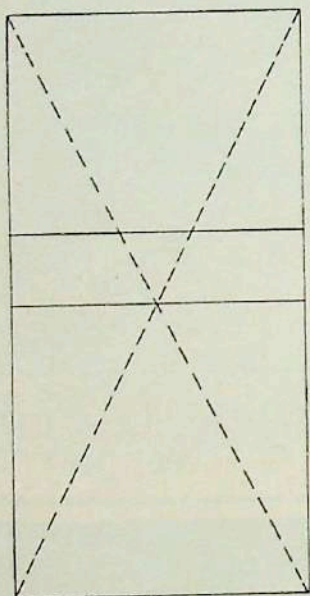


On a shot to the backhand corner, use an open stance. You are not facing forward, but you are not facing the side wall either. Use more lead racquet than wrist for this shot.

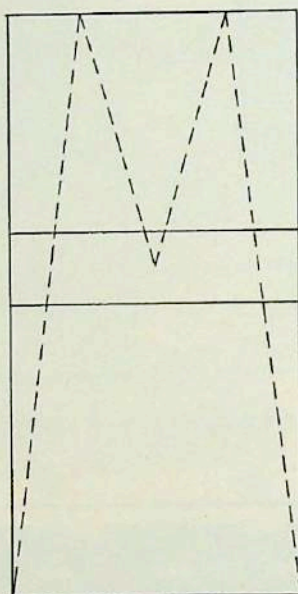
- a. Court is divided into backhand side (B) and forehand side (F) for right-handed players. Reverse is true for left-handed players.
- b. Diagonal lines cross at center court on service line.
- c. From center court position a drive into areas 1 or 2 about five or six feet from the side walls will easily put ball into rear corners.
- d. From back wall the ball can still be placed into the rear corners.
- e. Even from the back wall closer to the corners, the back corners are still a good target area.
- f. Center court outlined.
- g. All the shots form the center court area.



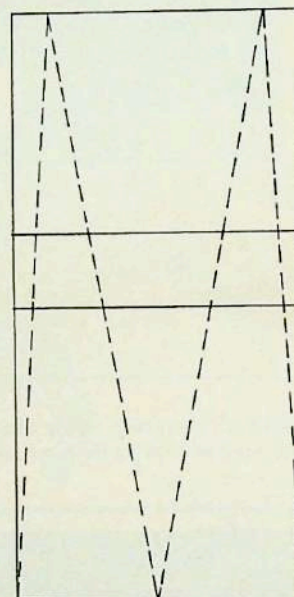
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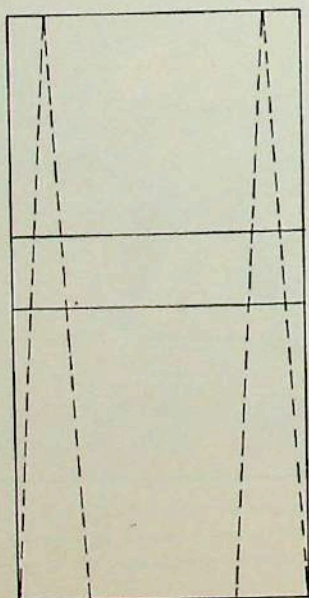
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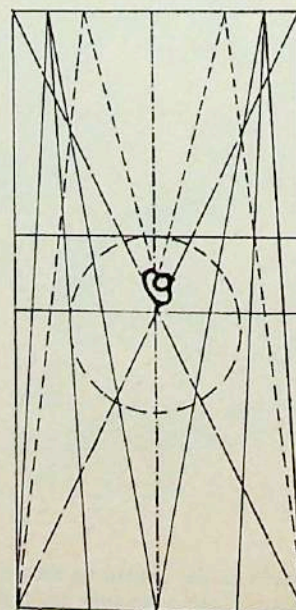
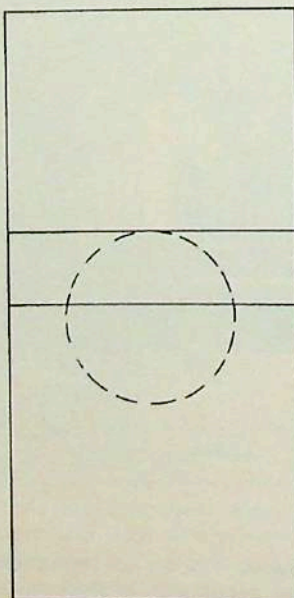
c



d



e



g

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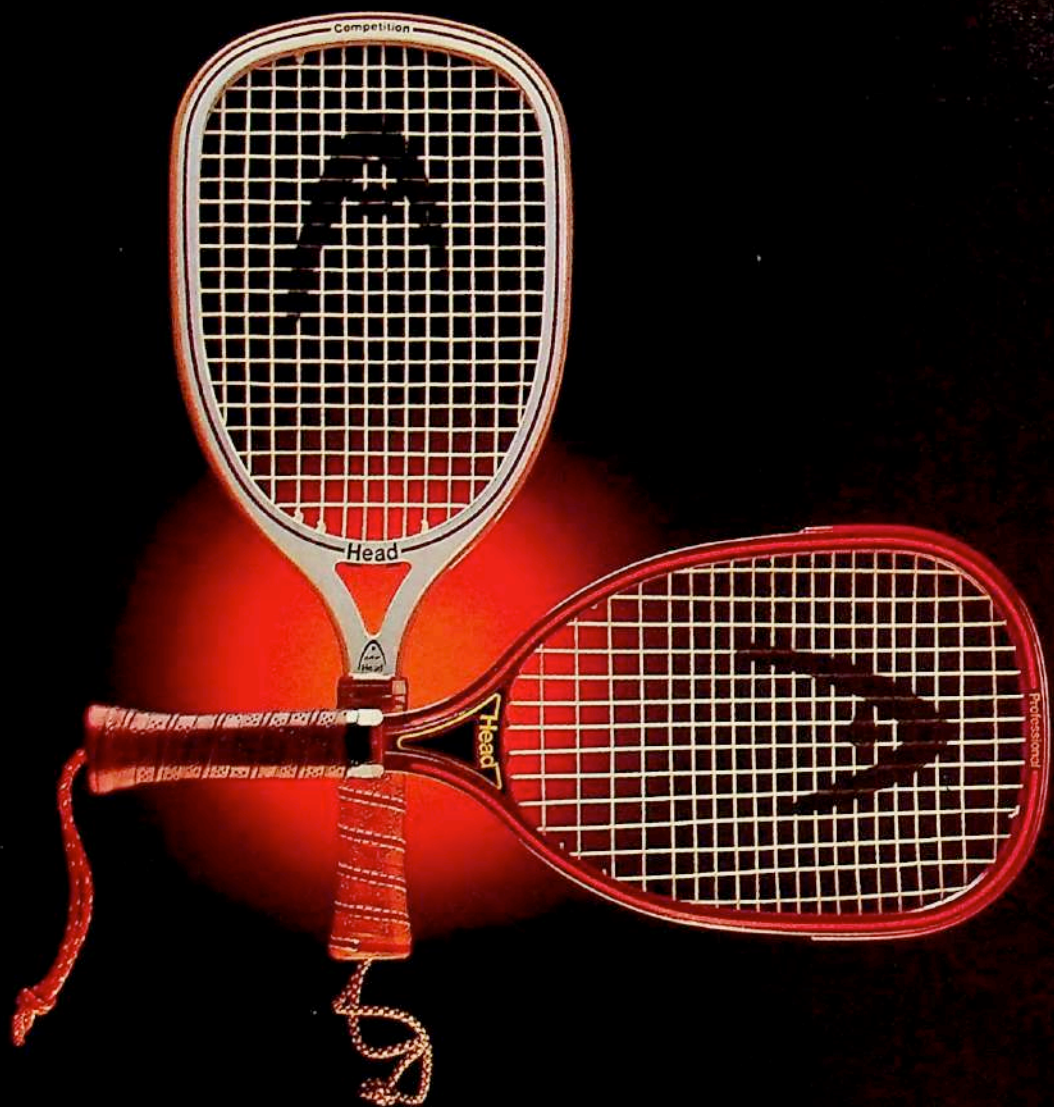


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KEN NORTON

A Knockout On the Court

Story by Ben Kalb

Sports experts agree that Ken Norton is one of the toughest fighters to put on the ground. Muhammad Ali couldn't do it in three fights. George Foreman did it, but except for a fluke shot here and there, that's about it. This, however, has been a basic misconception about Norton. There's nothing difficult about putting him on the ground. Ask Hillary Hilton, who played Norton in one eleven-point game of racquetball and sent him to the deck at least a dozen times.

Hilton's ability to send Norton to the ground did not have anything to do with power, of course. In racquetball, power is not the most important component of the game. Hilton just had the finesse to shoot shots past the ex-WBC heavyweight champ, and make him dive, fall and stumble to the ground in vain attempts to get to the ball. Norton went the distance on this one, but ended up losing 11-1 on all judges scorecards (see Star Racquetball story elsewhere in this issue).

Norton is a newcomer to racquetball, but like most other people who take up the sport, it has become addictive to him. When not training for one of those million dollar fights, Norton can usually be found at Racquetball West in Culver City, Calif. working on perfecting his game.

Norton's introduction to the game actually came indirectly through his wife. "My wife joins every health club around. She doesn't go to all of them, but she joins them all," says Norton. "All of a sudden I started getting bills from this club Racquetball West, so I came by to see what I was paying for."

Norton watched the game once and became hooked. "I had been reading a few books on it and after watching it once I got hung on it," says Norton, who then asked for and received instruction from Racquetball West general manager Mike Chaet and pro Mark Morrow.

Until his participation in the Star Racquetball television pilot, Norton had not played a game. He was conscientious about learning the game before attempting to play it. "If I do something I want to do it well," says Norton. "I don't want to

be an average individual. I want to know how to play the game. Otherwise I wouldn't be playing racquetball. I would just be hitting the ball against a wall."

Actually, Norton's first unofficial game was against a no-name opponent—Charlie Brumfield. Chaet had asked Brumfield to hit around with Norton at the club's official grand opening. "I agreed but only if Brumfield agreed to go three rounds with me afterwards," says Norton.

By his own admission he was not awkward. But spectators watching Norton had only one word for his game: Awkward. "I still haven't mastered the angles off the wall," says Norton. "And for a while I was still relating it to tennis. I have played a lot of tennis and it showed."

Norton's interest in racquetball is three-fold. Besides the enjoyment he has for the game and the oft-repeated attributes of conditioning and exercise, Norton says racquetball helps him with boxing.

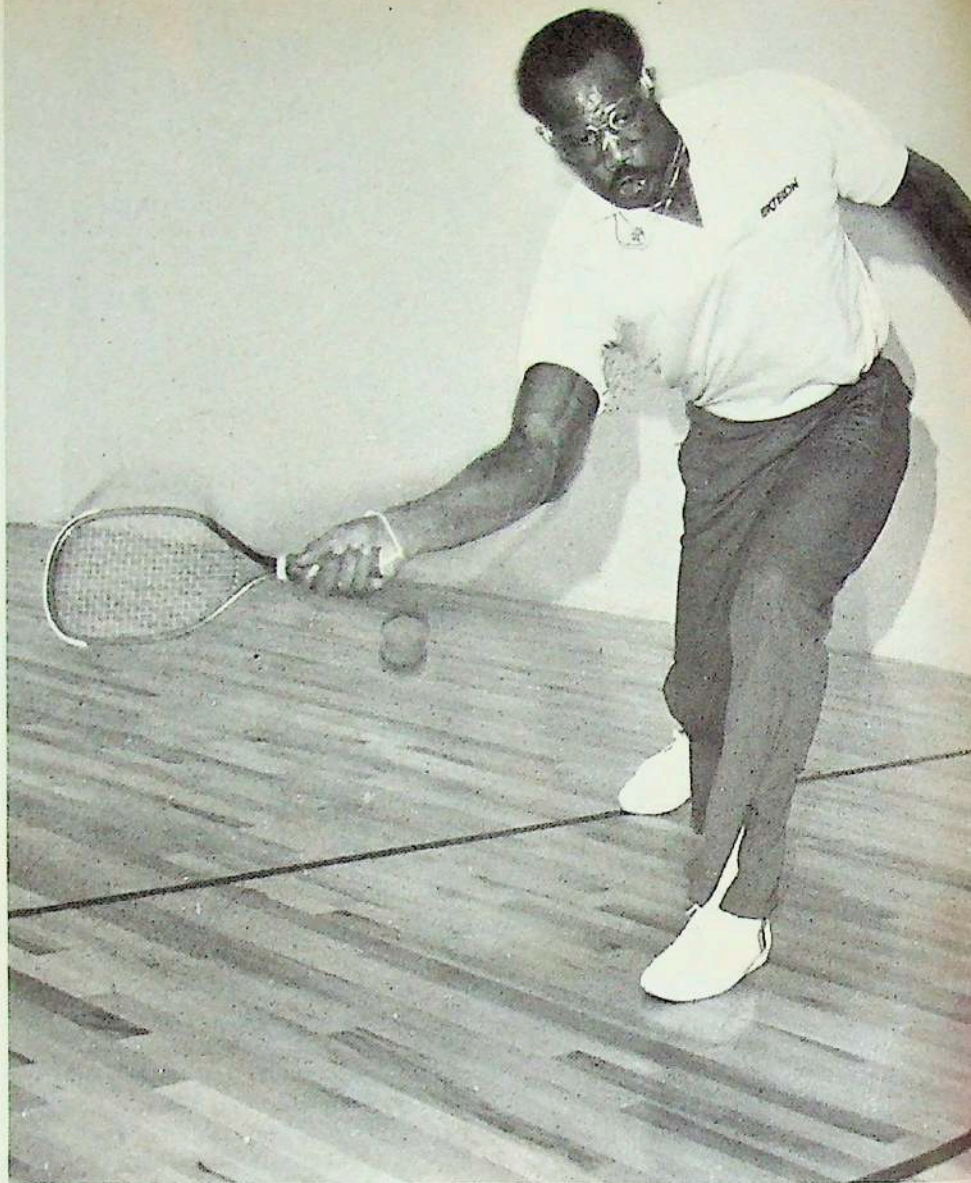
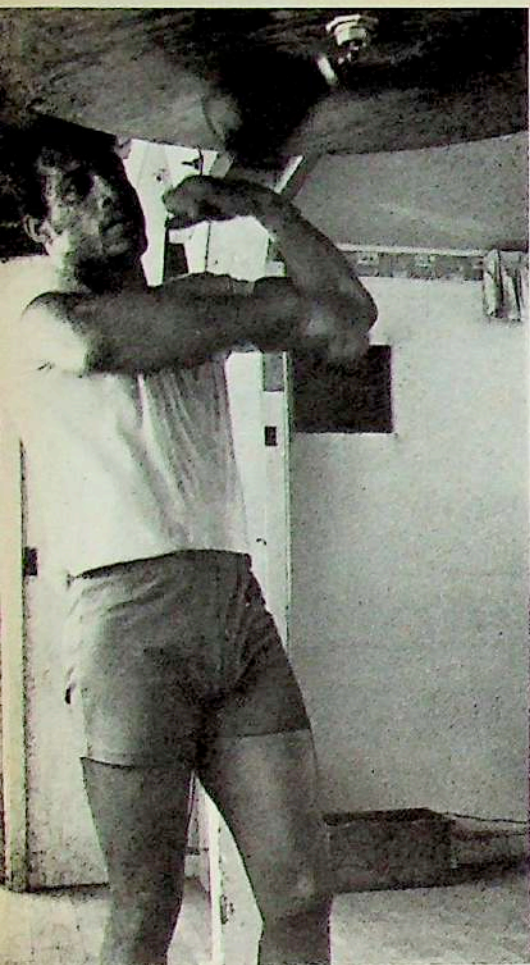
"It's great for the hand-eye coordination," says Norton. "When the ball comes off the wall, it comes off quickly. You have to react quickly. The hand-eye coordination has to be there. The timing has to be there. It's the same with boxing. Your mind sees a punch being thrown at you. Instead of thinking how to block it or duck, you have to have a conditioned reflex. You have to respond instantaneously. I would say racquetball is very helpful for me as a boxer."

Racquetball is constructive to Norton as a boxer, but only in the interim of his fights. He probably won't play much while he is in serious training. "Racquetball is not part of my training program, but it helps in leading up to it," says Norton. "When I train, I don't do anything but train. If I do something else, my interest is taken off my job at hand."

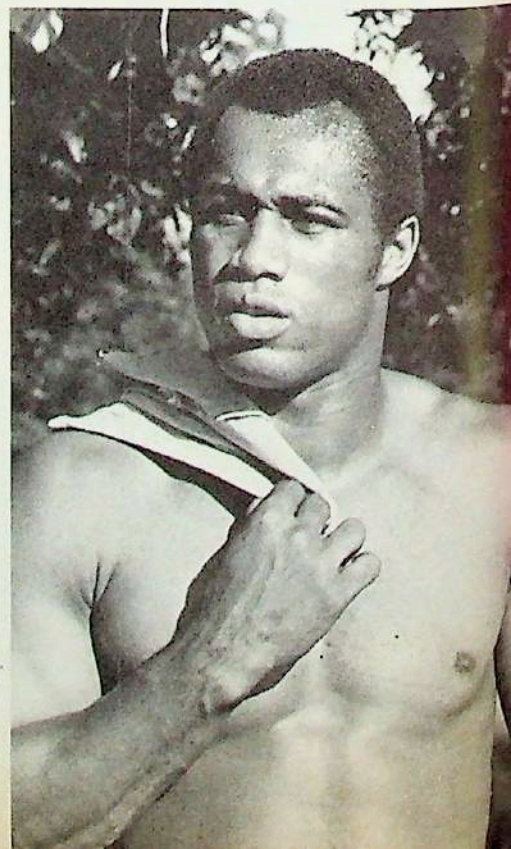
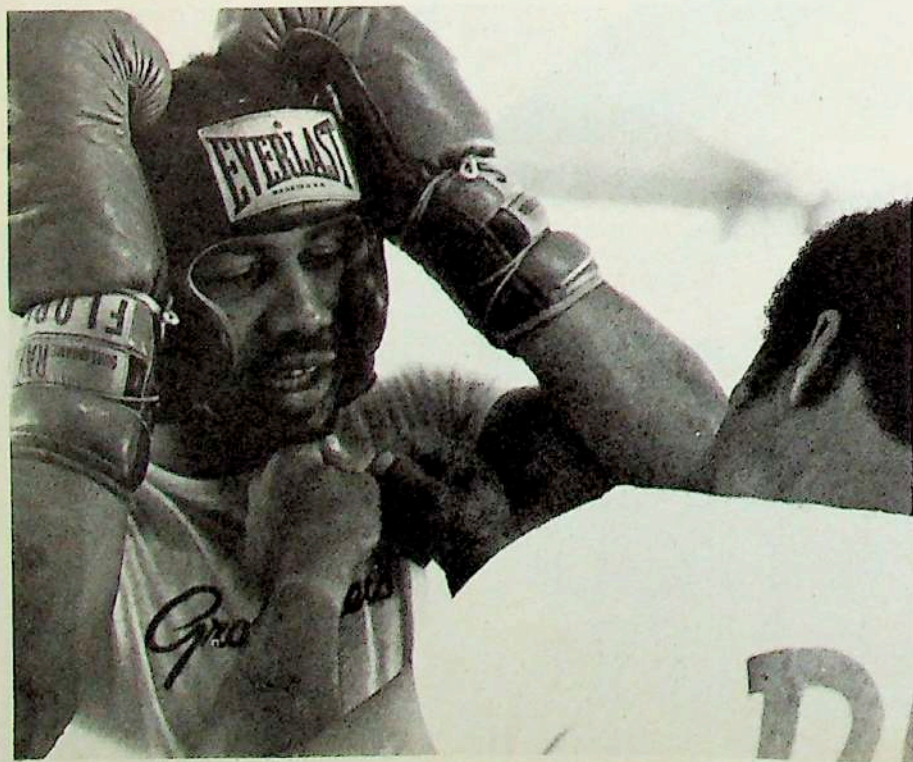
Norton usually gets up every day at 5:30 a.m. when training for a big fight, and these days with million dollar purses, every fight is a big fight. He will start out his daily program with a seven mile jog, and after a 15-minute "totally relaxing" nap, he will eat a big breakfast. After a

Photo by Bob Shultz





Clockwise from top left: Ken Norton works out on speed bag; practices serving for "Star Racquetball" match; taking a break while filming "Mandingo"; adjusting head gear in sparring session.



mile walk, Norton says he returns to his camp to sleep until noon.

"I'll get up and have a light lunch, maybe spaghetti or tuna, something with a lot of protein," says Norton. "Then I'll take another walk and come back and watch films of the guy I'm going to fight or watch films of myself to bring my ego up."

He then heads to the gym at 4 p.m. for his daily workout and sparring session. Dinner, relaxation, a little television and sleep follow. "If someone were to write a book on my training camp, it would be boring," says Norton.

The one main difference between boxing techniques and racquetball techniques is the wrist. In racquetball, it is important to break the wrist when contact is made with the ball. In boxing your punches are straight. "A person's mind can distinguish between the two, so there is no problem with that," says Norton.

Norton has read a couple of instruction books on racquetball, but uses them only as a supplement. "Books help to a certain extent, but unless you have playing time, it doesn't mean a thing. You have to execute in order to accomplish it mentally," says Norton. "I realize I'm not a good player now. I'm fair. But I'm still learning. One day I have a hell of a game and the next day I'll come back and make mistakes I shouldn't be making. That's frustrating."

Norton is very personable. When a celebrity steps before the public, whether at a department store or a racquetball club, people can become somewhat annoying. But Norton takes things in stride and is accommodating to autograph seekers and anybody who wants to ask him a question, even if he has heard it 74 times that same week.

When being interviewed, he has a bad habit of talking fast, sometimes slurring words together. In a more natural atmosphere, when not on stage so to speak, he is more relaxed, more candid. He is a firm believer in "positive thinking" and never hesitates to talk about the philosophy he says governs his life:

"Each day by the grace of God, I am getting better and better."

"Anything the mind can conceive, the body can achieve."

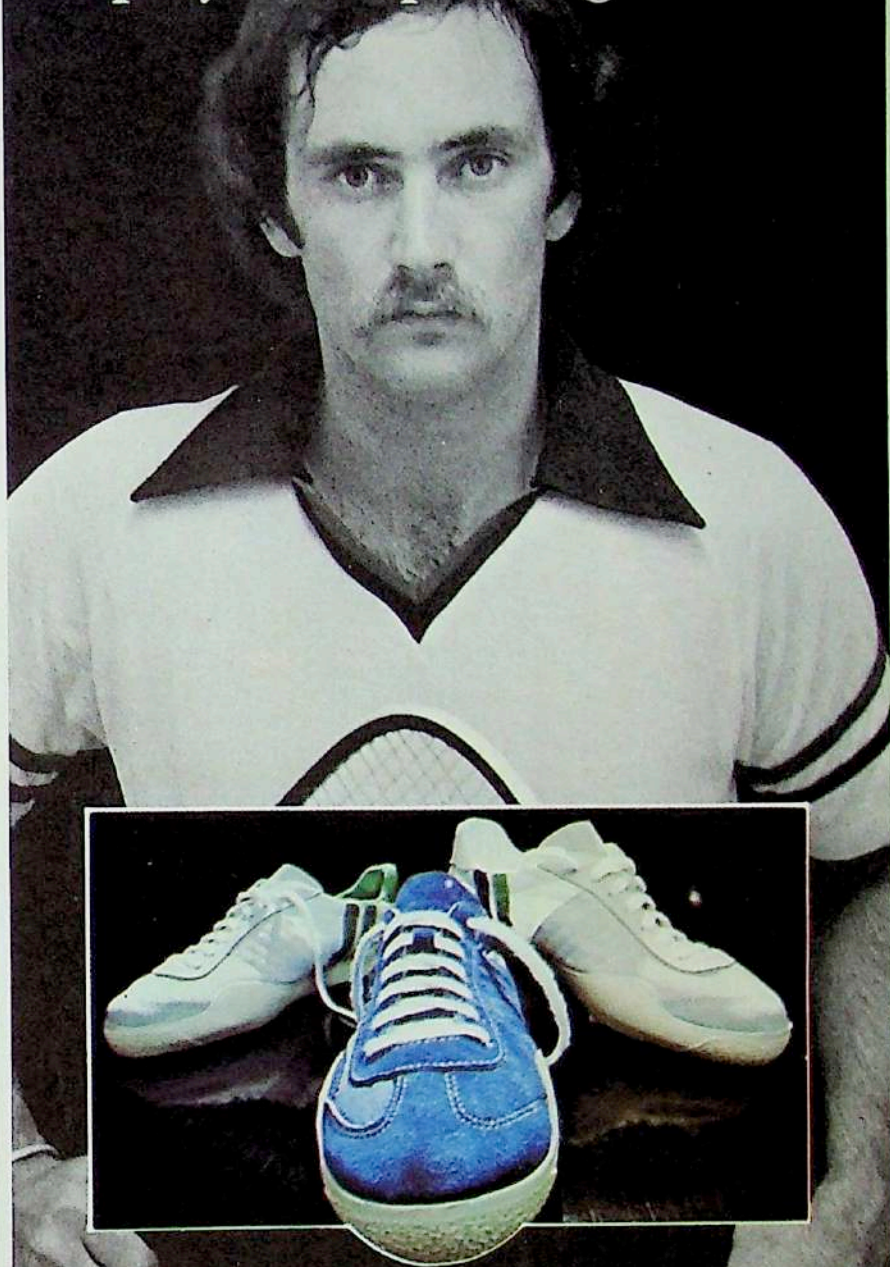
"Sooner or later the man that wins is the man who thinks he can."

The last bit of philosophy is interesting. Norton has always gone into a fight, tennis match, racquetball game thinking he can win. Yet, he has been beaten.

"That's life," he says, setting the listener up for another bit of philosophy. "I try to use adversity as a stepping stone to something better. There will be ups and downs in everything. It's how you bounce back from those downers that matter."

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There Are No Instant Champions, Ask BRUCE JENNER

Story by Bob Shultz

"After the games were over I didn't feel any different than I did before. I went through the meet... did something that no one had ever done before...but, I didn't feel any different. I didn't feel like some super human being. I mean, The World's Greatest Athlete, that's a big title. It hasn't changed my thoughts or feelings. But, everyone around you..." There's a meaningful pause in Bruce Jenner's words which makes one wonder about the mental images which may be playing through his mind...about the unspoken words which often conceal the wounds. "All of a sudden," he continues, "you're not Bruce Jenner anymore...you're the Olympic Champion. People put you up on such a pedestal." Now, a slightly longer pause, then, "A lot of times you wonder if it's justified that you're up there."

Lining the well tanned skin of his legs and knees is a pale, cobweb network of thick and thin scars... trophies of various accidents and operations. But, this is Bruce Jenner, the world's most outstanding athlete, present Olympic Decathlon Champion and holder of more world titles than any other human being. He has a lot more than scars on his legs to show for his many long years of training and competition.

And he didn't make it to the top of that pedestal by accident. This is a bright young man. At 28 years of age he has a future to look forward to which few others of any age can equal or hope for. He's a decisive person. He is going about his life with the same careful planning and foresight which brought him to this place in world recognition. He will apply the same diligence and hard work, the same careful attention to scheduling and training, homework and self-improvement which brought him those trophies and gold medals.

What he did in the 1976 Olympics is a

matter of record. It's all proudly recorded in the Olympic annals. It stands as a monument to man's determination to make something better of himself, to take the raw material which he was given and make the best possible product. Jenner outstripped every predecessor to make his mark. But, that's the quality one would expect from any Olympic Champion.

Where is Bruce Jenner today in his mind and in his heart? What does he look forward to? His lovely and devoted wife Chrissie has just presented him with a beautiful little girl. So, proud new father and Olympic Decathlon Champion Bruce must begin a new life far and away from those activities which occupied so much of his time before the Games.

"It seems like now I'm heading more and more toward the television business," he says with a smile which is becoming familiar to more and more persons every day. "With the show 'America Live' and the sports shows I'll be hosting for the 1980 Olympic Games...and other areas of television exposure...it just seems that is going to be the area where I'll be doing the most. I'm not dying to be an actor or a singer or a dancer," he adds quickly, "but, if the right thing comes along I'm certainly going to look at it very carefully."

Bruce has broken his endeavors down into several areas of interest. One is commercial, then there is the motivational speaking which he still does, there are personal appearances and communication, and there is the licensing of his name for product use. This is an area which he can now get into since he is no longer an active participant in the Games.

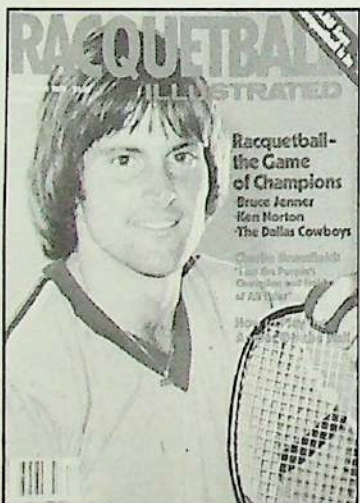
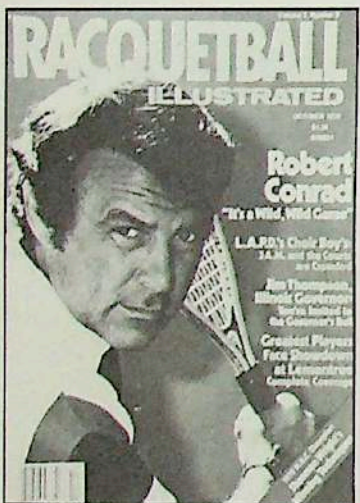
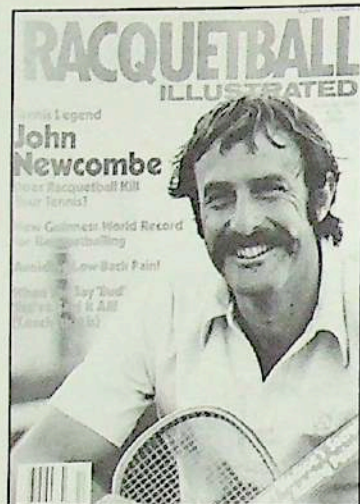
"Commercially," he explains, "it is obviously Wheaties. That's the only major commercial I am presently doing. There are some smaller ones, but, that's the largest one I have. I'm also the head of the Wheaties Sports Federation." There's a certain smile which is very warm and tells you that this is something which is very close to his heart. "In the Sports Federation we put on a national program for youth and for promoting physical fitness. We also have a fund

raiser for high school athletic programs where we raise money for their activities. We have a jog-a-thon. People jog so many miles and we donate so much money for each mile they run. There's another area...the Wheaties Summer Games, which is an all-around competition of about five different events which kids can enter and see how well they can do. We have the same events later and the kids come back to compete again. The winner is determined not by the best performance, but, by how much they have improved."

There's another area of Bruce's life which is deeply involved with young people and it has a special meaning for him. "Through Norelco Lighting I do some things for the Special Olympics for mentally retarded kids. For about four or five years now I have been head coach for their track and field events. This is especially satisfying work. These Games provide a great opportunity for the kids." Bruce's voice changes timbre and there's an expression which drifts across his face showing a very caring and involved nature. "I've gone to quite a few of the events and where I get the most enjoyment is in seeing these kids get the cheers and ovations from the crowds and their friends and families. They become a real part of their society and they find they're appreciated there. They enjoy themselves and become proud of their accomplishments. You can't help but get hooked on all this...these kids generate such excitement about it. They're such great people. If you go there and don't shed a few tears...you're not human. When you see the blind races...people running blind. You really begin to wonder. You begin to reevaluate your own life. I've been involved with this for a long time."

Bruce explains his other involvement in "motivational speaking." "We look into the minds of sportsmen and try to see why one person wins and another loses. We look at what goes through their minds and what they have done. Then we relate those ideas into business and family life or any area of your life that you would like to see improved. Basically, most of our

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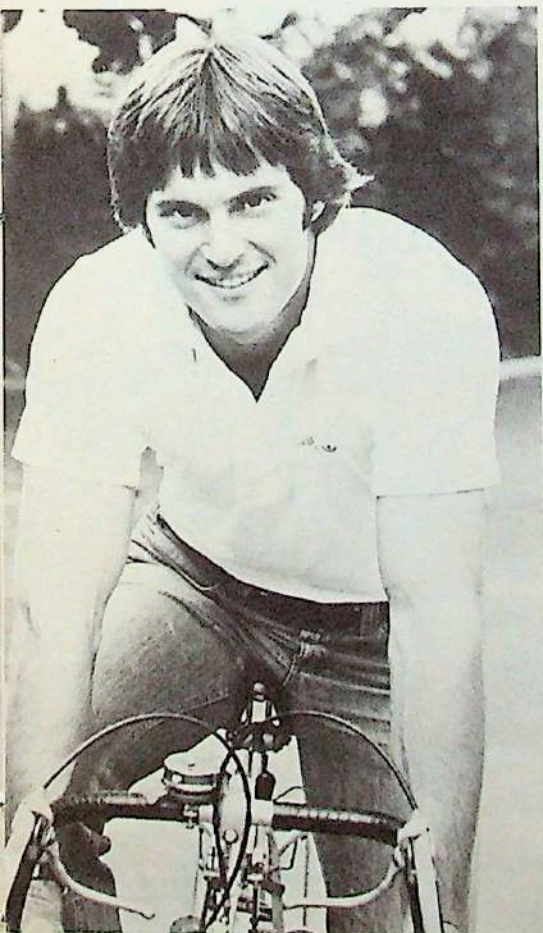
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endeavors take about the same things as sports...except that in sports you can see the results immediately. You see the finish line and know who got first, second, and third. In business you have a field which is just as or maybe more competitive than sports. But, you don't really see those results right away." The question of definitions of success also enters here and Jenner seems to have faced those both for his speaking engagements and for himself. "What is it that determines the best businessman? Is it how much money he can make? How good a job he is doing? How many hours he's putting into it? There's no real way to determine that." These definitions are personal and individual, he continues, "Sports is the easiest thing. You can look at a sportsman and see why he's winning and losing. You can relate all these things into other life areas. You talk about putting your nose to the grindstone...putting your mind to it...doing the work which has to be done...you do the work and you get the results. All this is what my speaking engagements are all about."

It isn't difficult to see how Bruce got started in this area. His own life has been one of such determination and structured progress that it becomes very easy to discuss what he already does. "I've been doing this since 1972. It's really gratifying when you have people come up to you 2 or 3 years after you have spoken to them and say 'I remember what you said and it really helped.' That's the most gratifying part of it because a lot of times you don't get the immediate results. You can go out and get everybody psyched up, get their juices going, but then you wonder if they have lost it 2 hours later. But, it's great to see people who do have results from it and who take time to tell you about it."

When Jenner talks about his and other people's reactions to his decathlon championship it is in the context of how it has changed his relationships with them...or rather how they have made or allowed it to change the way they now perceive him. "It hasn't always affected my personal relationships adversely...sometimes for the good...sometimes for the bad. In a sense you become two different persons. You become first, Jenner the Olympic Champion, the public image, the person on the Wheaties box, the one on America Live, NBC Sportscasting. Then, all of a sudden, there's a big line in the middle and you go home. You've still got to take the garbage out, you have to do the dishes. You have to do things like that and you have a personal life. You have a few friends who don't ask for your autograph. You can go out fishing or swimming or something. It was just a few months ago that I began to realize how different my life really is. I was home for



When not jogging or riding his bike or playing racquetball, Jenner likes to spend time with his wife Chrissie and their dog.

about a week and never once did anyone ask me for my autograph...or treat me any differently than anybody else. I led a very normal life. Leaving there, getting out of the car at the airport, some guy yelled out 'Hey, Bruce, let me have your autograph.' Suddenly I was back in the other world." He continues, but the thought brightens, "This is what happens to you personally. It doesn't change my thinking any. But, what does happen is that people listen to you more. In my speaking engagements I am saying the same things now that I said before I became champion. But, now there is a tremendous amount of credibility to what I say. People sit there and really listen. But, I'm saying the same things. I guess the only way you can prove what you believe is to go out there and do it. I was a very lucky person."

But, one has the feeling that there was very little luck involved in Bruce Jenner becoming champion. He very carefully planned and scheduled his progress and his winning. He worked very hard to become what he did. "If you're going to be good and win the Olympic Games you've just got to put a lot of time into it. I put in that time...but, I absolutely loved it."

It was that enthusiasm which carried Bruce forward toward his ultimate goal. "I woke up every morning and I was excited about life. I was excited about what I was doing. I loved it...I was having so much fun, even though I wasn't making any

money at it. People would look at me and say 'Bruce, when are you going to accept some responsibility in life and get a job?' I wasn't really working at the time. I was doing some speaking and some part-time stuff in insurance. But, I was so thrilled. I would wake up every morning and go over the list of what I had to do. I had a definite program. I had to accomplish certain things every day, because if I didn't make it each day I wouldn't be ready when 1976 came along. I was so enthusiastic about life. I had such a goal that I felt a hundred times better off than the person who woke up every morning and had to force himself to a job which he didn't enjoy. Oh, he might be buying a house or putting a little money in the bank ...but, to have to put in eight hours a day on a job they hate doing...! These people are miserable in their lives. Chrissie and I both felt the same way...that this is what I wanted to be doing...it didn't make much money, but, it was a tremendous amount of fun and we were both excited about life!"

Bruce isn't the only man who acknowledges the help and support of a loving and understanding wife. But, it's the tone of his voice which makes his words sound especially appreciative. "Chrissie has been very supportive of my effort. Any wife of a husband who is in a position like that, where their spouse is trying to accomplish something, has to be. If it isn't a real team effort, you just can't do it. Some don't and it makes it tremendously

more difficult for the one who is going out and trying to achieve that goal. You really can't do it on the high caliber level if you don't have the support of the people around you."

If the personal life has changed, has the sports and recreation area of living changed also? You bet it has. "When I was in training I wouldn't get near racquetball or tennis. The only thing I would do was play a little golf once in a while. The main reason for this was the possibility of injuries. I just couldn't afford to get injured. I thought about that an awful lot. 'The only thing that's going to hold me back from winning is if I get injured, or pull a hamstring at the wrong time, or twist my ankle.' I could have gotten myself banged up going for a shot in racquetball, or falling on the court, or sticking my hand out to keep from banging into the wall. There were too many things which could have happened...and I just couldn't afford to take that risk. I wouldn't touch anything that could have injured me while I was in training."

But, it wasn't solely the fear of being injured which kept Bruce off the courts during those tough training years. "Another thing which caused me to stay out of other sports during training was the fact that you build a different type of muscle...particularly in racquetball. You stop

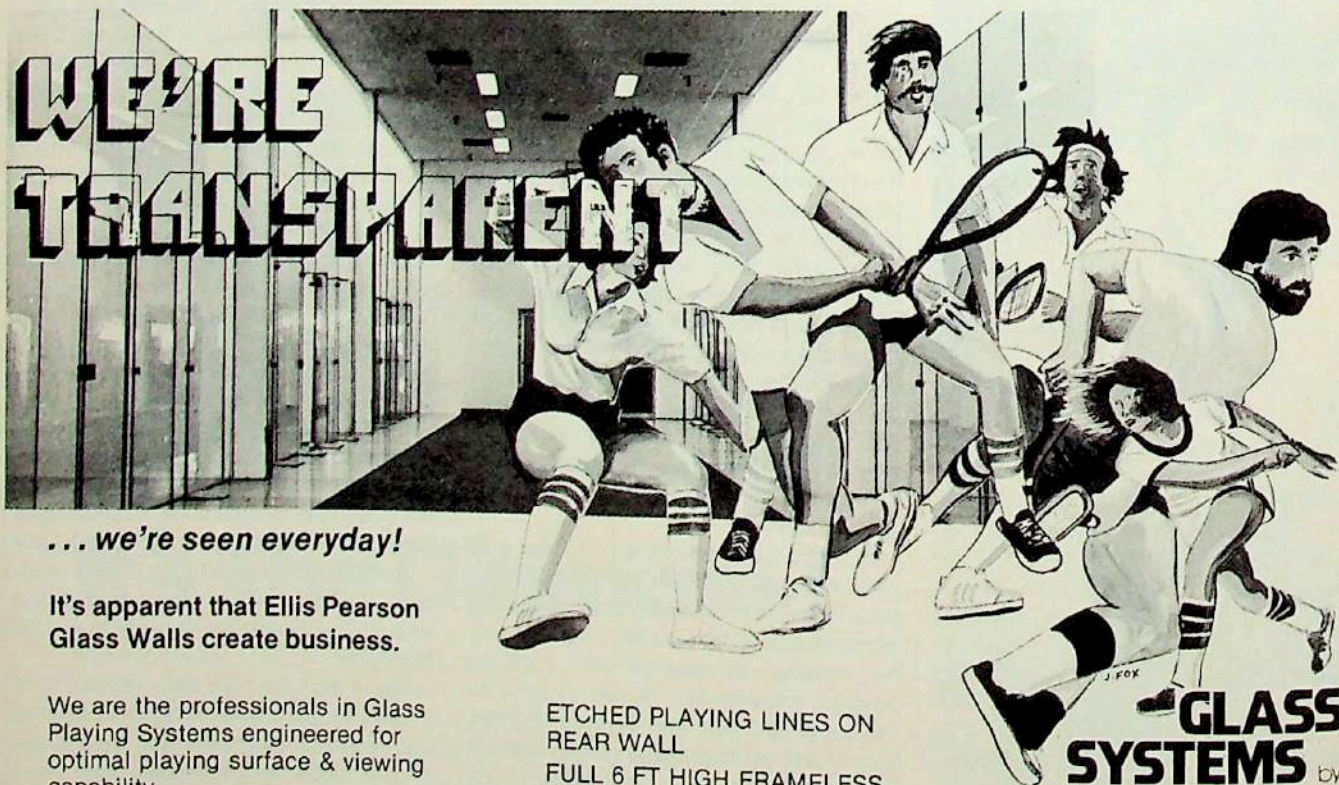
and start...you're going sideways and backwards. When I was training I was trying to build up a very fluid muscle. I worked so hard just for that fluidity. I worked on being easy...no hard muscles. You could think of it as a slow twitch...I just thought of it as being fluid. That's what I worked on with all the running. You work on being as fluid as possible, and to conserve as much energy as possible. Run fast and easy is the name of the game. You're going to get some very fast timings if you can do that. I had worked on these things so hard that I just couldn't get into any sport where you have to start and stop because in them you build up a completely different type of muscle and different muscle groups. These might actually contradict those which give the fluidity to a race. So, I wouldn't do anything which didn't conform to what I was specializing in."

Now that the training pressures are over Bruce makes time for both tennis and racquetball. He finds a great deal of relaxation in the skill sports and like any number of us, works out a lot of other problems on the courts. "I enjoy the competition and what you feel like after you play or after you race. I love to get away from everything and go take out my aggressions from business or travel. You can come home and go out and play rac-

quetball or tennis and when you're done you feel good and you feel relaxed." His tennis game has gotten so good that he recently won the RFK meet in New York. Obviously he isn't having any problems with that game. But, he finds that, "Tennis is frustrating for people who are just beginning to play because you have to stay within the bounds. In racquetball you don't have this problem. You can just pound away and get in a great workout. It's much easier to get started in racquetball. You can see some fast improvement in your game. But, once you get past that starting point, then it becomes a lot more difficult. You get to thinking you're pretty hot until you play against some guy who just keeps that ball about two inches off the floor all the way around. Then, you realize what a skill sport it really is. Then's when you know you're in deep trouble."

Bruce's advice to young athletes applies equally well to his fellow racquetball players who want to see themselves climbing those ladders. And if he decides to take his basic athletic talent onto the court we might see him gathering another title unto himself.

"Take it one step at a time. Look at it realistically...what do I have to do to get there? Just start picking off those goals one by one. You'll be amazed at how far you can go this way."



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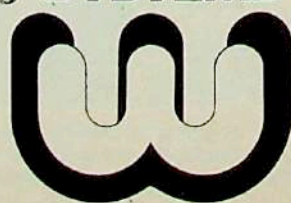
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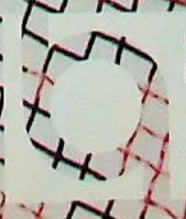
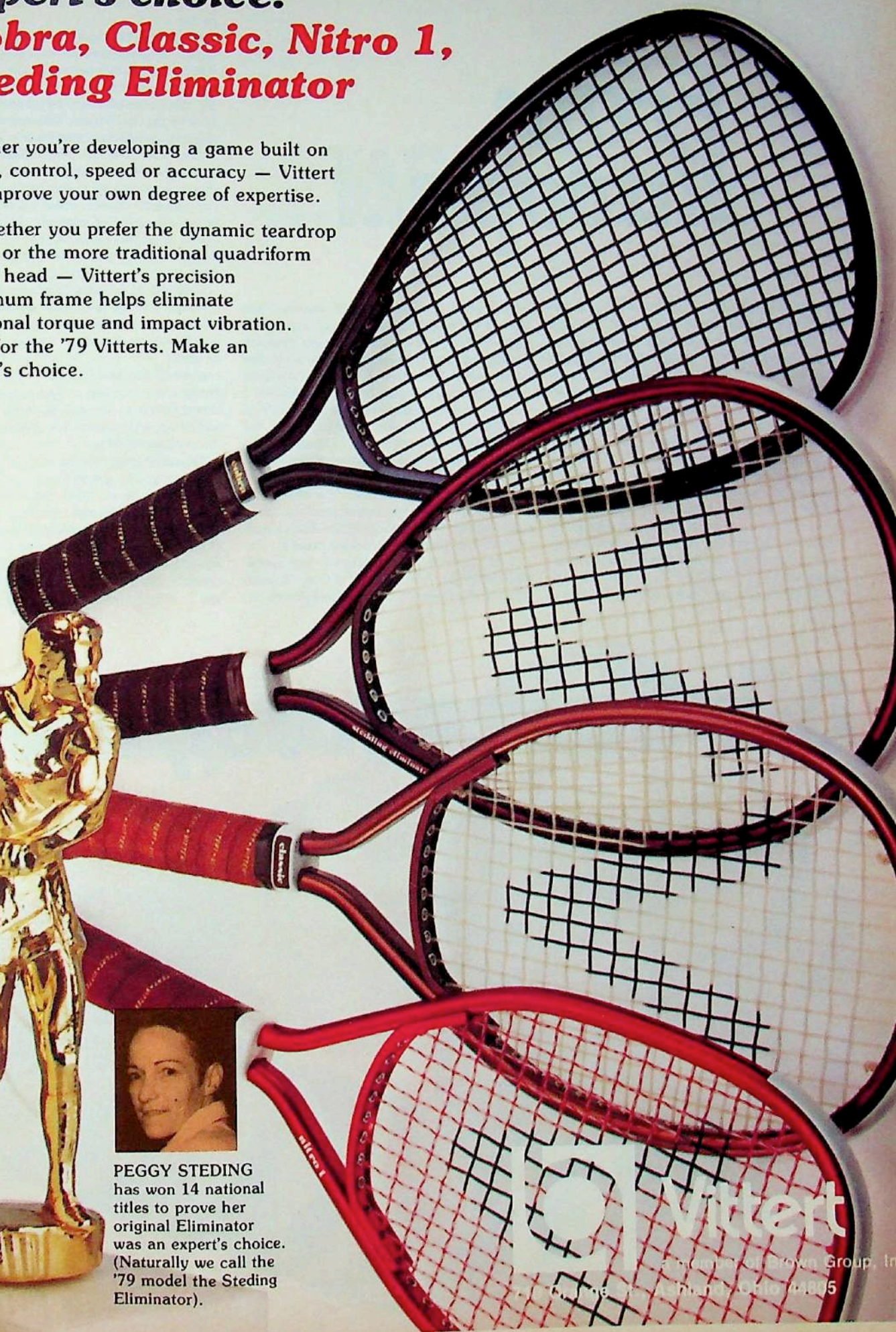
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From Europe...

LONDON—I say there you chaps, bad form! Casting aside all those notions of jolly old British fair-play, two rival teams are seeking to bring Racquetball to Britain. Their weapons are many-faceted—press releases, flying visits to the States, even two different sets of rules. And what's up for grabs is not only control of the game in Britain but its future development and British participation in future international tournaments and championships.

"I think it's a great pity that other people are seeking to introduce a version of Racquetball to Britain which is different, in many ways, from the rules we have developed with great care over the past three years," says Dennis Lyons, Chairman of the British Racquetball Association.

"Those guys have been fiddling for three

years while Racquetball was burning, and haven't accomplished anything," retorts Rex Guppy, President of the National Squash Federation, which markets a brand of the game called Racketball, with a K. "We're in this thing to stay, and we're going to win."

Right now it seems as though there's a standoff. The BRA has demanded that the Squash Rackets Association of Great Britain, which theoretically controls Racquetball here since the game is played exclusively on Squash courts, take a stand. The SRA, cautiously, is launching an investigation into what a spokesman terms "the effect of Racquetball on the development of Squash in Britain."

Guppy, whose National Squash Federation represents the owners of 5,000 Squash Clubs in Britain and is thus heavily involved on

a commercial as opposed to an aesthetic plane, damns the SRA investigation with faint praise.

"I get the feeling they'd like to stunt the growth of Racketball because they see it as a threat to Squash," he says. "But it's not. It's complementary to Squash, and if you have a Squash court which is only being used 6-7 hours a day for Squash, why not fill up all the remaining time with Racketball?"

The only point on which Guppy and the BRA agree is that the future of the game in Britain, whatever it's called, lies in an affiliation with Squash. There's about as much chance of an explosion of custom-built Racquetball courts in Britain, says Guppy, as there is of Russia winning the world cricket championship!

"Too risky," he says. "And in any case, unnecessary. Here we have all these under-utilized Squash courts and we have the game which can be played on them. Simple economics."

Over to Chester Nobbs of the BRA, who brought the American game back from a business trip to the States three years ago and is now Britain's only manufacturer of Racquetball Rackets.

"If you're going to develop a sport internationally you've got to have one set of rules, not 10," he says. "Our rules are basically those of the USRA and the IRA in the States, with some minor changes to take the dimensions of a Squash Court into account. We also play only to nine because we think that makes for a quicker game, particularly since

Continue on page 75.

Our newer, truer, bluer,



GENEVA—To most Europeans, and particularly the sports press, Racquetball is about as familiar as cricket is to Eskimos. But a group of far-sighted pioneers have set their sights on establishment of a European governing body which will regulate the fledgling sport throughout the old continent, promote its growth and work with American experts to raise the level of European Racquetball to a point where genuine international competition will be possible.

"It's essential that we Europeans get together and make sure that we run our own game in our own way," says Dr. Daniel Roveri of Metz, France, a leader in the movement to bring Racquetball to the boil in Europe.

"What you've got to avoid, at all costs, is a bunch of carpet-bagging Americans seeking to ram the game down European throats because 'that's the way we do it in the States'", says Alain Giroud, Sports Editor of Geneva's "Tribune de Geneve" newspaper, gloomily.

Somewhere between these two points of view the truth lies. It's important for Europeans to run their own show, but unless they lean heavily on American know-how they'll never succeed in raising the level of their game, because the best players, the best courts—and, indeed, the very origins of the game—are in the United States.

Help is readily at hand for European Racquetballers however. More than 200 active American players, some of relatively high quality, are stationed in Europe with the U.S. Armed Forces, and they provide a pool of talent on which European clubs can draw for coaching and demonstrations. Organized into

the European Racquetball Association (ERA) three years ago, the Americans play on courts scattered across Germany, Britain, Italy, Belgium and even as far away as Turkey and Spain.

"We're hoping to help in the development of Racquetball among Europeans because that will bring about more widespread competition," says Hal Leffler, President of the ERA. "We're talking with people in half a dozen countries to see just how we can lend them our expertise to their best advantage."

Leffler plans a meeting with Racquetballers from Britain, Holland, Germany, Switzerland and France to try to put together a European Racquetball Federation. This would group national bodies currently existing into an international framework, work closely with the ERA

and seek closer ties with governing bodies of the sport in the States to promote coaching classes, international player exchanges and a general raise in the level of play.

One complicating factor in the development of Racquetball in Europe is the necessity of working within a governmental framework in almost all countries. It's not possible simply to hang up your shingle and go to work—in virtually every case some kind of government affiliation is necessary and the Racquetball Association of Lower Slobbovia would never get off the ground if it didn't ask for government permission first!

Not that this is all bad. Governments in Europe usually have money to spend on the development of sport, and provided a case

Continue on page 76.

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"Funny you should ask about racquetball. A buddy from Texas called this morning and asked me to come down and play racquetball. I asked if he had built a club and he said, 'No, I have a court in my basement.'"

Pat Donovan,
tackle, Dallas Cowboys

It appears that the Dallas Cowboys have something in common besides 2 World Championship titles in football... racquetball! The majority of the team members have an enthusiastic attitude and commitment toward this rapidly growing sport. As a pillar of legendary strength, the Cowboys find racquetball a healthy contribution to their mental and physical vitality.

It's hard to compress 45 giant individuals into a team. It's even more difficult to submerge 45 personalities into a cohesive, dynamic mass... thinking, breathing, living for only one moment on the field—with only one goal—to win. Achieving this goal begins with the unofficial season in training camp. Here these men sharpen all the aggressive competitiveness that is their trademark in combat. Training camp is probably the most draining, tiring, and downright exasperating period in the life of the pro football player. Their daily routine begins at 7:00 a.m. and lasts until 10:00 p.m. This 15 hour day is filled with stretching, running, passing, lifting weights, and long evening meetings reviewing the daily work-outs. From the regimen of this unique period comes a current of devotion and dedication to their team. It becomes almost a religion as determination to excel exudes from every tired and bruised body.

So when does a Cowboy find time to play racquetball? The majority play during the off-season. However, some find the time to play during the season. And then, there are a few that even find the time to play during training camp.

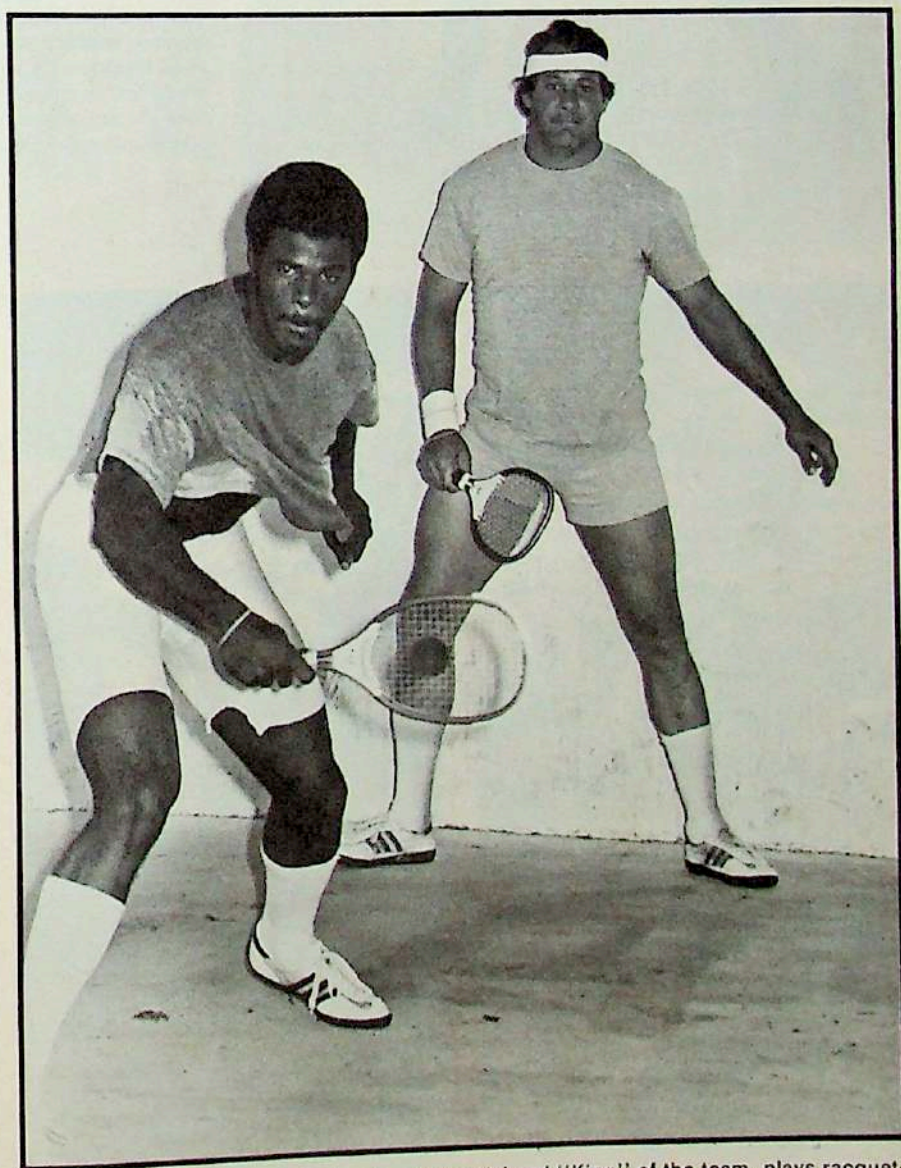
"I have a night off in training camp in the middle of double practice days and I've been out playing racquetball. How about that!"

Tony Dorsett,
running back

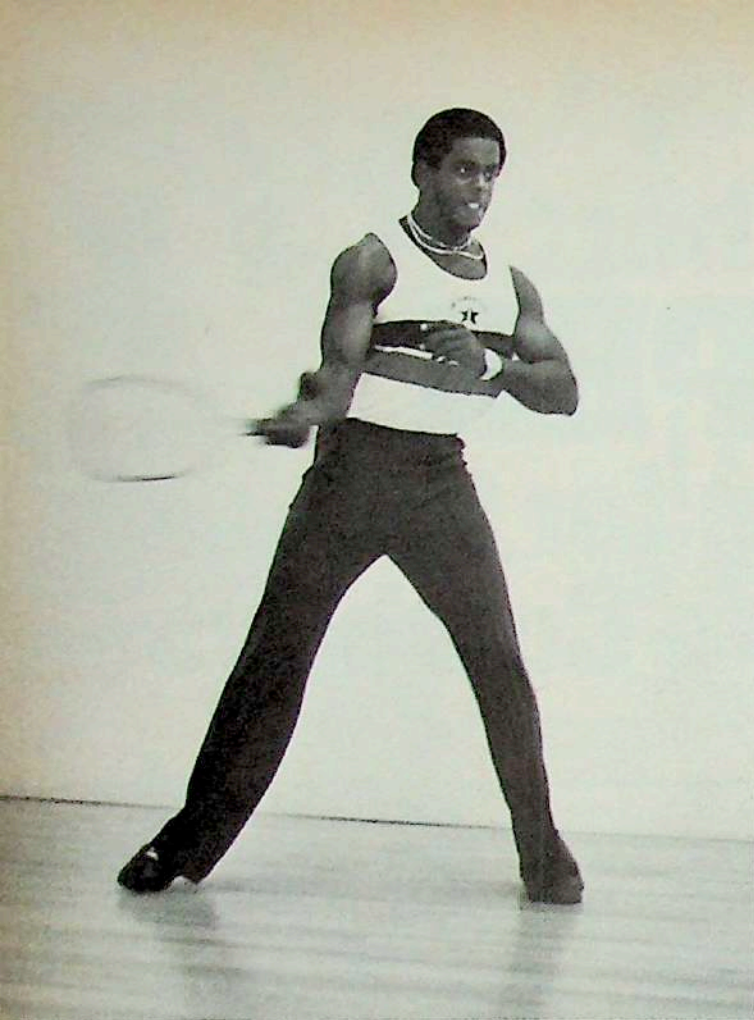
Dorsett is a relative newcomer to the racquetball court, although he was first exposed to it 5 years ago. Due to his heavy football schedule, personal appearances and charitable functions, he has not had the available time to pursue racquetball; however, he did find time to play on a court just outside their training camp in Thousand Oaks, California. "I'd play every day if I had the time." What Tony Dorsett does have time to do every day is gear himself up both mentally and

Another **SUPER** Game for the Dallas Cowboys

by Candice Block



Dallas Cowboy linebacker D.D. Lewis, self-proclaimed "King" of the team, plays racquetball with friend Guy Brons. Opposite page: Lineman Tom Rafferty.



Top left: Tony Dorsett gets in a little racquetball workout after morning practice with the Cowboys. Above: Doug Dennison (left) and Cliff Harris take a Rolls Royce to their racquetball game. Below: When not in racquetball togs, linebacker Bob Breunig, running back Dorsett and wide receiver Golden Richards switch to a more normal attire. Richards has since been traded to the Chicago Bears.





No story of the Dallas Cowboys these days is complete without a picture of their Cheerleaders. Some of them must play racquetball.

physically to maintain his status as one of the fastest players in the NFL today.

Besides being a Heisman Trophy winner from Pitt, Dorsett earned NFL Rookie of the Year in 1977. Considered one of the leading contenders to break O.J. Simpson's rushing record, he is off to a healthy start in his second season of pro-ball. "We won the Super Bowl! It was a very rewarding season for both the Cowboys and myself. I am looking forward to even better things this year both as a team and as an individual."

Commenting on his nickname, "Hawkeye", Tony explained, "My eyes were very big when I was young; however, my head was swelled up. Got big-headed, so to speak. My eyes are no longer my biggest features, my head is! So, now it is just 'Hawk'". The "Hawk" doesn't miss much.

A self-proclaimed free spirit, Tony feels it takes time to master anything. He is hoping to establish himself as a better racquetball player—especially within the competitive realm of the football squad. "As far as the team's racquetball ladder is concerned, I didn't participate this year. We have some excellent players and I hope to go out and compete with them

soon. And maybe be 'King of the Hill'."

Competing for "King of the Hill" among the Cowboys would be a difficult challenge for any one of the racquetball playing members. At present, the professed leader is D.D. Lewis. "I am the King..." Although D.D. plays strictly for fun, he finds it an exceptional conditioning and shaping-up sport. He has been with the Cowboys for 10 years and commenting on retiring next year, "I am planning to play a lot more racquetball and I am planning to never lift another weight." D.D. plays defensive linebacker. He also plays defensive racquetball. "The important thing is to watch the other person's racquet." He obviously carries this approach over from his performance in football.

Another defensive linebacker, Bob Breunig, finds racquetball a lot of fun also. "Racquetball is a great auxiliary sport." Bob also thinks, "It's a body controlled type sport, which is good for football. Basically, your stance is the same as football—a low, crouching position, with strong lateral, forward, and backward movement, which is essential as a linebacker." Bob would like to see the team be a little more competitive in racquetball this year, as everyone's game would improve.

After playing in a celebrity racquetball tournament in Dallas and being beaten by a woman, "She whipped me!", Bob still thinks, "It's a great sport." He feels it coincides well with football, providing a conditioning effect that is essential in football. For Bob Breunig, "Working on my opponent's weaknesses and utilizing shots that work best," is a characteristic of both his games.

"The first pro football game I saw, I played in."

Golden Richards,
wide receiver.

Golden has come a long way since that first pre-season football game (Dallas vs. L.A.) five years ago. He hopes to play another 5 years, but feels he is on borrowed time as far as being a wide receiver (longevity is 4-7 years). Golden has since been traded to the Chicago Bears; however, he will be a great asset to any football organization. Although his free time is limited due to personal appearances, he finds time to pursue his main interests of hunting and fishing. Now, he also makes time to play racquetball. It is a natural for Golden "...you can do it regardless of the weather, you can do it in a short period of time with maximum work out, it's competitive, and you can improve yourself very easily." In addition to being fun, Golden remarks, "I love it. The hand-eye co-ordination. The eyes to my hands to the football...that's how I make my living."

The term "All brawn and no brain" does not apply to the Cowboys. Dallas boasts the most complex plays offensively and defensively in the NFL. Athletes must not only have tremendous physical tools and ability, but also the mental ability to learn a system. Golden states, "There is a great emphasis on the mind. You must be smart to play here." There is a lot of unity and a comradery which builds up similar to the military, along with a very strong bond which goes unspoken.

Recognized as one of the greatest quarterbacks in the NFL, Roger Staubach also plays racquetball. "I'm a hacker, but I like it." Having led the Cowboys to their 2 World Championships, Staubach is a sound example of competitiveness and perfection.

One outspoken member of the Cowboys' organization anticipates an increasing desire and personal involvement with racquetball, "I have played racquetball and I like it. I am going to be playing more in the future." Tex Schramm, President and General Manager. With the authorization of Tex, to racquetball courts were installed at their practice field in Dallas. Realizing the benefits of racquetball, this addition has been a tremendous motiva-

tion for the elevation of the sport among the team members. Now racquetball is very much incorporated into the team's training program as Tex observes, "Racquetball has a great effect on their quickness, agility, and general conditioning."

Gil Brandt, another vital antennae in management for the Cowboys, a racquetball advocator and enthusiast, is also recognized as perhaps the best player in the Cowboy organization. "It's the greatest." And with his consistent success as the Cowboys' scouting genius, one cannot deny the fact that he has that elusive ability of picking winners.

And one player with just such a winning attitude is that of Danny White, quarterback, "I think I could beat anybody on

the team." Although Danny was referring to racquetball, that statement exemplifies his aggressive approach to his profession. Danny has been gaining knowledge and experience behind Roger Staubach the past two seasons although his major contribution is that of punter. Although football is his job, Danny finds, "Racquetball plays a very important part in my life." An avid player for almost 6 years, Danny lauds the sport as the easiest to get you in shape, besides finding it the most fun. "It's really a part of our program and is recommended a couple of times a week as an aerobic activity by Bob Ward, our conditioning coach." Danny has confidence, and goes into both football and racquetball games with this spirit. "You

have to go into every game thinking that you are going to win."

Tom Rafferty, offensive guard, finds time to play racquetball every week, both during the season and off-season. On the Cowboys racquetball ladder you usually find Tom somewhere near the top. A serious player for 3 years, Tom finds his 6'4", 250 lbs. something of an asset on the court. "I think my size is good as it shields the ball," he smiles. "For your agility and for quick movement, I think it is the best thing you can do." Besides running and lifting weights, Tom finds racquetball excellent training to maintain his essential strength and conditioning. "It's a fun game, I enjoy it." However, Tom does not enjoy playing with women on the racquetball court, "I could never play with a woman because if she beat me I could never..." A sorrowful expression and shaking head finish the thought.

Macho is the middle name of most footballers. The Cowboys are no different.

"I would never play a girl again after I got beat 21-6 by one. And we have some fun games, but the one where the girl beat me wasn't fun worth a damn."

Danny Reeves,
offensive coach.

The staff of the Cowboys are staunch supporters of racquetball, as Danny Reeves professes, "It's a great game. It's super. I love it!" Anticipation is a major part of his game. Watching his opponent's racquet and anticipating which way the ball is going to go are basics. Danny, along with the other coaches suggest racquetball for the players because of its conditioning factor and it helps to cut down on injuries; thus, minimizing the loss of key people and key areas. "It's the greatest game in the world for reaction. It has improved our players as far as reaction, movement, and co-ordination."

A safe conclusion about the Cowboys' involvement with racquetball is that the majority of them find it fun. Its popularity among the players, staff, and management is evident. Carrying on the winning tradition, which is an integral part of the organization, is first and foremost. Although there are many individual personalities, when they form up on the field their opponents are facing a very formidable TEAM.

So, if that special Sunday in January 1979 finds the Dallas Cowboys in Super Bowl XIII (as several computers and individuals have predicted) part of that drive and spirit, that ability to move fast and think in action has probably been helped by their involvement and dedication on the racquetball courts, and a balanced development of body, mind, spirit, and attitude.

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HOW TO WIN AT RACQUETBALL

This is the first in a series of articles by Victor I. Spear, M.D., from his book "How to Win at Racquetball" published by Camelot Towers, Rockford, Illinois.

THE MASTER PSYCH

Mental and psychological factors can often prove to be highly significant in determining the outcome of an athletic struggle. It is neither dishonorable nor immoral to be aware of some of these factors, and to use them to your advantage. Watch Charlie Brumfield play a few times, and you will see a player whose raw talent is not greater than four or five other players on the pro tour. But he consistently overwhelms his opponents by his attitude, approach and superior understanding of the game. He knows exactly what to do, and when to do it, to take maximum advantage of his opponent's mental status.

Here are a few suggestions:

1. Pause for a minute or two during the warmup, and watch his feet. It may bother him some, and at the same time you will be learning about his body language.
2. If you lose the coin toss, try to hit a kill shot on his first serve, unless it is a very difficult one. Players rarely expect this, so it doesn't take a roll out to make a winner. If you succeed, you might rattle him. If not, it's only one point in a long game.
3. If he serves a lob, move up immediately and hit it before the bounce. This is very unnerving to most lob servers, and will enable you to take charge of the tempo of the game right away.
4. If you win the toss, try for an ace with a short corner serve. He is probably not ready for it. If you succeed, it's a great way to get off to a flying start. If you miss, you'd better be short, so that you don't give him a set-up.
5. Put out your greatest effort to win the longest rallies. The longer the point goes on, the harder you run. Nothing is more demoralizing to a player than to lose a point after he has played his heart out.
6. The second most demoralizing thing is to win one of those marathon rallies, and then to lose it all back on one shot. So if you lose one of those long ones, try hit-

ting a kill shot against the very next serve, if at all possible. If you succeed, you will have delivered the greatest morale-buster in the game.

7. Dig extra hard on the first three or four points of the game. Most players tend to pace themselves early in the game, but you can gain a great plus for yourself in the early stages if you can manage to create the illusion that you are going to dig after, and are capable of getting to, **absolutely everything**. This can really shake your opponent up in a bad way. And it's also a good tension reliever for you. The more physical you can be right off, the sooner you attain that loose, relaxed fluidity that you need for good racquetball. All football players will tell you that they like to get in on the first tackle if they possibly can.

8. Call your time outs when they can be of advantage psychologically, as well as when you need them. Before serving match point in a close contest, a time out is worth a few shakes from your opponent's knees. I also enjoy calling time out when my opponent is upset about a referee's call. Why not let him stew about it a little longer? It might disturb his concentration.

SHOULD STRATEGY DEPEND ON WHO HAS THE SERVE?

This is a question which is in constant debate in racquetball circles. The argument goes something like this: When you are serving, there is no actual risk of **losing points** on the scoreboard, so why not take more chances? When you are returning serve, every mistake is matched by a point on the scoreboard, so why take chances until you get the serve back? Doesn't this all make good sense?

No!

This shallow line of reasoning fails to recognize the very essence of the game. Your choices are dictated almost exclusively by the **position** of your opponent and his previous shot. Whoever served simply has nothing to do with the question. A smart shot is a smart shot, no matter who put the ball into play. A stupid

shot is... well, a rose is a rose is a rose.

I think the argument fails in another respect, as well. During a long, heated exchange rally, players who are concentrating on the problems at hand will eventually forget who served the ball. How many times can you recall standing there with your opponent during a practice game, trying to remember who started it all? The last thing you want to have on your mind at crucial turning points in a rally is to have to stop and think about who served, before you choose your next shot. This leads only to chaos and poor play. The whole purpose of developing a sound racquetball strategy is so that it will become so deeply integrated into your play that you begin to react instinctively. The long term goal is **less thinking**, not more.

Of course you will not take a low percentage kill shot opportunity when you are facing match point. That is simply good racquetball. That is a pick and choose situation. But if you get a **high** percentage kill shot set-up, you darn well better take the shot, even if the score is 0-20, because you probably won't get another one. You can't depend on the other player to oblige you by hitting one into the floor.

Those who argue this whole question somehow delude themselves into thinking that they can return serve, and then stand around hitting ceiling shots, *ad nauseum*, waiting for the other player to miss. Then, of course, they will have the serve, and go out and play aggressively. It's all a dream. They will never get the serve back. Smart players will beat them every time by simply waiting for the inevitable weak return, and burying the ball into the corner.

Obviously, you should be doing a lot more experimenting and feeling-out of your opponent during the early part of a match. You should, then, be ready for more definitive application, based upon what you have learned, in the late stages. But all is still within the framework of good, sound racquetball strategy. This must apply equally to both the serving and serve return positions.

So don't get trapped into simplistic thinking. **Play the right shots all the time.** The score will take care of itself. ●



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A Woman's Touch

Story by Ben Kalb

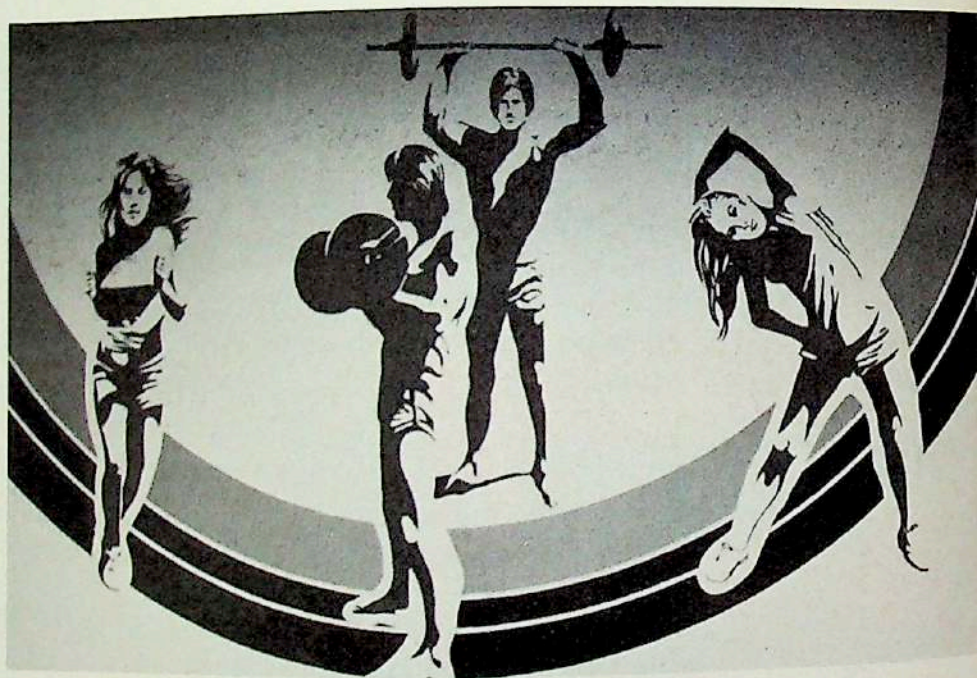
One had been all over the world by boat. The other had traveled the same route by plane. But neither air nor sea provided what they wanted to do most. That could only be fulfilled on land. So one came down and the other floated up and together they have formed a successful interior and graphics organization with an eye for racquetball facilities.

Jeanne Cagan, a former Continental Airline stewardess who has flown everywhere from Denver to Athens, and Tamsen Firestone, who has crewed and sailed the Pacific, Atlantic, Mediterranean, Panama Canal, Suez Canal and Caribbean, combined their talents in 1976 to form the Century City (Calif.) based Design 1. Since then they have done the interiors or graphics or both for over 25 racquetball facilities, most located on the West Coast.

Although men handle some of the subcontracting duties, the organization itself is made up entirely of women. Once in a while the chauvinistic attitudes of male club owners have prevented them from getting accounts, but most of the time their femininity works as an advantage.

"At first it was tough, but not any more," says Cagan. "In most athletic industries women had never been included. But it's different with racquetball. Since a very large percentage of players are women, club owners are glad to have a woman's viewpoint in opening a club."

It was a chauvinistic attitude that almost prevented Cagan from reaching her goal as an interior designer. After high school she answered an ad in the Los Angeles Times for a "furniture salesman to be trained in interior design." She was 18 at the time. "They wanted a male 25 years old," recalls Jeanne. "I went back seven times before they got tired of me and finally hired me to sell lamps. Later they paid for my design training."



Jeanne Cagan and Tam Firestone head up a women's design organization that has done the interiors or graphics for over 25 racquetball facilities in the West.

Tam grew up in a Navy family and lived (not necessarily in order of appearance or preference) in Maryland, Rhode Island, Virginia, Hawaii, Japan and California. She attended the University of Oregon for two years before returning to California to attend Art Center and begin a career as a designer.

Cagan and Firestone were introduced to each other while sailing on an 80-foot schooner, which they and several other friends now own.

Jeanne plays racquetball as often as work will allow. Tam has yet to take up the game, yielding for the time being to her newly born baby.

After the initial contact with a club owner is set up, usually by saleswoman

Arlene Giwoff, Jeanne or Tam meet and interview the club owner and show off photos of previous club designs. "A design for a private club varies from a pay-and-play club," says Cagan. "I want to find out what type of club and what type of atmosphere is desired."

A week or two later Design 1 will come up with a basic proposal. If an agreement is made, a contract is drawn up and a date for a final proposal is agreed upon. "Some owners know exactly what they want and some give us a lot of freedom," says Cagan. "In 90 per cent of the cases an owner will have a general idea in mind and trust our judgement all the way through. Other owners will want us to show them everything from fabric to furniture."



Designs on these pages were done by Design 1. Opposite page—the graphics for the weight-exercise room. Above—at one club which features a day care center. Below—a homey touch to the lobby of one club.



One thing that bothers Jeanne and Tam is the unbelievable last minute rush on some jobs. "Often times a contractor has given the owner an overly optimistic completion date and the owner has already announced an opening with advertisements, newsletters and billboards, so there is this last-minute panic to get everything completed in time. There are a lot of clubs we've had to work 24 hours to get the job done," says Jeanne.

Then there are other things that are unforeseen. For example, one racquetball club wanted graphics of muscular men in their weight room, so Cagan decided to do a little research by visiting Gold's Gym in Santa Monica, the home of several world famous body builders. "When I walked in there was this hush. Everything stopped," says Jeanne. "They were stunned to see me. That is an all-men's club and women are not allowed."

But Jeanne did manage to stay a minute or two or three or four or five to look, ur, ugh, sketch. So much for occupational hazards.

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9. Advantage racquet by Wilson, \$67.
10. Championship racquetballs by Wilson, \$2.19 per can.
11. Racquetball gift pack (rollout bleu balls plus mug or necklace by Voit, \$10.95.
12. Tube bag by Ektelon, \$9.95.
13. Impact 1 racquet by Voit, \$39.95.
14. Racquetball shoes by Pony, \$19.95.

"B"

1. Tube bag by Ektelon, \$14.95.
2. Vantage 16 racquetball string by Ashaway, \$12.
3. Professional racquet by Head, \$50.
4. Shoes by Patrick Copenhagen, \$30.
5. Tube bag by Elan, \$18.
6. Racquet by Elan, \$25.
7. Goggles by Ektelon, \$10.95.
8. Racquetballs by Vittert, \$3.35 per can.
9. Gloves by Saranac, \$6.95 each.
10. Pistol racquet by Aldila, \$50.
11. Tube bag by Aldila, \$15.
12. Shoes by Lotto-Newk, \$28.
13. Prescription eyeguards by Rainbo, \$79.

C



B



"C"



1. Sportsmate by Nautilus, \$29.95.
2. Power Swing, \$22.95.
3. Racquetball license plates, \$2.95.
4. Magnum racquet by Ektelon, \$45.
5. Century racquet by Omega, \$49.95.
6. Dynamate slim-trim by Nautilus, \$29.95.
7. Athletic socks by Jobst Institute, \$4.



DO TENNIS AND RACQUETBALL GO TOGETHER?

By Dr. Ellington Darden Ph.D.

While we're certain that gentle John Newcombe had no intention of starting a great furor over the tennis/racquetball practice controversy, his comments in the August issue of Racquetball Illustrated have sparked enough letters and comments that Dr. Ellington Darden has tried to set straight some of the questions regarding "transfer".

We're equally certain that John Newcombe meant the non-professional, the person who plays strictly for recreation with no thought of serious competition when he referred to "the average player". And, "average" to a professional of Newcombe's standing is quite different than it would be to the "average" layman.

However, we're delighted to have Dr. Darden explain some of the factors involved in the exceedingly complex process of muscle learning.

ED.

In the August issue of *Racquetball Illustrated*, John Newcombe makes an argument for mixing racquetball and tennis... especially, he says, if you're "an average tennis player and an average racquetball player."

Other athletes, however, have found that there's great difficulty in making the transition from tennis to racquetball, or vice versa.

What is the scientific thinking on this dilemma? Do racquetball and tennis go together like a horse and carriage? Or do they mix about as well as oil and water? Or perhaps there's a middle-of-the-road relationship?

To fully explore these questions, an understanding of various motor-learning processes is necessary, particularly the area of "transfer of motor skills."

In order to pursue the concepts of transfer, we must assume that your intent is to become as skilled as possible in racquetball. That being the case, then how you practice is very important.

The kind of transfer activities used in practice may help, harm, or have no effect on competitive performance. Basically, there are three types of transfer: positive, negative, and indifferent.

Positive transfer occurs when the activities of practice and competition are identical.

Negative transfer occurs when the activities of practice are *nearly* the same as those in the game.

Indifferent transfer occurs when the activities of practice are totally unrelated to what occurs in competition.

For the most positive transfer between a practice session and a racquetball game, what is done in practice must be exactly, precisely, and specifically the same as that to be done in the game. You should take great care to practice the exact movements that are used in the game.

To practice movements that are nearly the same as those in competition can be disastrous. In fact, that is when the most negative transfer occurs. Said another way, an activity that is very similar to racquetball can greatly confuse or hurt

your racquetball performance. Tennis is such an activity, and so is badminton, squash, paddleball, and handball.

It is negative transfer that makes the basketball shooting contests at carnivals so frustrating. I'm sure you've seen the game I'm referring to. For 50 cents you get three tries at shooting the basketball through the hoop. Two balls through the hoop win a stuffed animal.

During Easter vacation at the Daytona Beach boardwalk, I've watched many college basketball players loose \$5 to \$10. Yet the man who's running the side show hits the basket consistently to demonstrate that it can be done, and naturally, to get the athlete to try again.

The secret of this side show's success is directly related to the habit of specific practice. The standard basketball goal is exactly 10 feet above the floor and has a diameter of 18 inches. The baskets at the side show are either higher or lower, usually 11 or 9 feet, and the hoop's diameter is slightly smaller than standard. The situations are *almost* identical, and this is where the confusion enters.

Skilled free-throw shooting at a 10-foot basket requires a specific set of motor memories which are different from those required to shoot an 11-foot basket. Certainly, successful shooting at an 11-foot basket can be learned through practice. Doing so, however, will probably confuse the player when he goes back to the 10-foot basket.

The closer the 11-foot basket gets to 10 feet, the more confusion there will be because the motor memories and patterns will be even more similar. A highly skilled basketball shooter who learned to shoot a 10-foot, one-inch basket and then tried to shoot a 10-foot basket

would be more confused than if he had learned to shoot an 11-foot basket.

Practicing racquetball and practicing tennis in close proximity to one another might be compared to shooting free-throws at a 10-foot basket and shooting free-throws at an 11-foot basket. It's the similarity that makes these activities confusing.

Although there are numerous similarities between racquetball and tennis,

three of the most confusing factors are the size of the racquets, the size and composition of the balls, and the use of the wrists.

This is not to say that some positive transfer won't occur from playing both racquetball and tennis. Most practice drills contain both positive and negative transfer. Nothing is likely to be 100 percent positive or 100 percent negative. There are varying percentages of both in all activities. As a racquetball player, however, you should closely examine all your practice sessions for drills or activities that contribute more negative than positive transfer to the actual game situation. The objective is not to practice better, but to practice to play racquetball games better.

The higher up the ladder you go as far as skill proficiency is concerned, the more specific the practice should become. For example, let's take a youngster who wants to learn how to play racquetball. At first, hitting any type of ball with a racquet will probably help his skill more than it will hurt it. Initially, there's some generality involved in skill training. As he becomes more proficient, however, the practice should become more and more specific...so specific, in fact, that many professional racquetball players can actually tell the difference between new and slightly-used balls and racquets. Or, as a motor-learning expert once commented to a group of Olympic paddlers: "If you really want to mix up the timing of a team of rowers, put an extra coat of varnish on their oars the night before an important competition."

In college and professional football, place-kicking and punting are seldom done by the same athlete. This seems a bit impractical, but the techniques of kicking and punting are not the same. The positioning of the foot is different. In punt-

ing, the foot should be extended. In place-kicking, the foot must be flexed. Athletes who do both, frequently confuse the two foot positions, especially in pressure-packed situations.

Certainly both place-kicking and punting can be done successfully by the same athlete. It should be realized, however, that it takes an exceptional indi-

vidual to do both, an individual who can clearly discriminate between the two similar but different skills.

The same thing holds true for the soccer player who tries to make the transition from kicking soccer balls to kicking field goals. The really successful ones are few. They are merely exceptions to the rules, statistical standouts. Most European soccer players fail miserably at kicking American field goals.

The fact that John Newcombe can successfully discriminate between the skills involved in racquetball and the skills involved in tennis means that he's an unusually gifted athlete. The average racquetball or tennis player could not do this without being confused.

There is still one more type of transfer (besides positive and negative) that needs to be discussed, a type of transfer that will prove to be very meaningful to all racquetball players. If what you do in practice is totally unrelated to what you do in a game, the *indifferent transfer* occurs.

Certain performance variables, like strength, flexibility, and heart-lung endurance, are best developed *not* by playing racquetball, but by carefully examining the physiological requirements... then selecting the best exercises for developing each of these variables. Racquetball will not develop an athlete's maximum strength, flexibility, or heart-lung endurance. If it were possible to design a conditioning exercise in such a way that it simulated playing racquetball, then the use of such an exercise would hurt you far more than it could help you. And the more it resembled racquetball, the worse it would hurt you. Remember, negative transfer occurs most readily when two activities are *almost* identical. The most positive transfer occurs when the activities are identical.

Strength training, as well as most other conditioning movements, should differ from racquetball skill practice to the maxi-



mum in content, meaning, form, method of execution, and environment.

Develop strength and condition in the best possible ways—in ways that are totally unrelated to racquetball (indifferent transfer). Then learn to use that strength and condition to your greatest advantage in the only way possible, by the practice of racquetball itself (positive transfer). Playing other sports, like tennis, will probably cause more harm than good (negative transfer).

(For the latest information on strength training and conditioning, send \$3.50 to Anna Publishing, Dept. L, 2469 Aloma Ave., Winter Park, Fla. 32792.)

R_x FOR WINNING

Vitamins Can Make the Difference

By Robert Scott, M.D.



There are probably very few of us who have not given some thought to the subject of vitamins. Increasingly, everywhere we read, mention is made of an awareness of the need for adequate supplies of vitamins in our daily diet. The authors frequently point out that most of us operate on the assumption that a well-balanced diet will provide us with one hundred percent of the vitamins that our bodies need.

The writers go on to say that these assumptions may be based on faulty data and that we need to reevaluate our beliefs about nutrition and the amounts of vitamins that we are getting from our daily diet. Certainly we would like to believe that we are well-nourished and that we can get along just fine without taking vitamin supplements.

Yet the nagging feeling persists that maybe the figures released to us by the government are not really all that

accurate. If we think about the masses of information given to us by government agencies and if we reflect on the repeated episodes of half-truths and worse that we have gotten from these sources

“...Don't blame the doctors because you don't find it convenient to take their advice.”

in the past, it does indeed become a subject for thought and questioning.

The so-called RDA's, the Recommended Dietary Allowances by the Food and Nutrition Board of the National Research Council are based on work and conclusions that were done a long time ago. Official information has come under increasing suspicion in recent years, and in the field of health and nutrition this has been particularly notable.

Popular books have been written about Megavitamin therapy, that is, recommending the intake of huge amounts of vitamin supplements every day in order to cure a variety of conditions and to ensure good health. Yet a great deal

of this material is not based on scientific evidence, but rather on anecdotal information, that is, stories told about experiences by people the author knows or has heard of. How seriously can we take this information and the recommendations that go along with it?

This is a difficult question to answer, and I wish I could say that easy answers are at hand. Actually they are not, and we are going to have to continue picking and choosing from what we read about in order to come up with a personal plan for good health and nutrition.

This is a time of great controversy actually, with many different views being presented. On the one hand there are the traditionalists who say that we can and do get every ingredient essential to good health and nutrition from the average daily diet. These people hold the view that anything added in the way of vitamin and mineral supplements is totally unnecessary. They attribute all arguments in favor of such supplements to “faddism” and dismiss this with no further thought. This is the position taken by the FDA (the U.S. Food and Drug Administration) and it led to a classic confrontation in 1977. The FDA was leading a fight to gain control over and restrict the use of vitamins and minerals, thus taking them off the open shelves of the health food stores, markets and pharmacies all over the country. Senator William Proxmire introduced and pushed through the U.S. Senate a bill which took this power away from the FDA. The House of Representatives agreed and these preparations are now freely available to anyone who wishes to use them.

This is not to say that unrestricted and careless use of these food supplements

is to be encouraged, because that could be the start of problems from overdosage. The responsibility for using vitamin and mineral supplements in our daily diet lies with us as individuals, and it would be wise to read several of the many good books on the subject before making drastic changes in your diet. Your doctor should be delighted to help you to construct a more healthy diet and life style. And though instruction in nutrition in medical schools tends to be quite technical and to stress the basic ways that the body functions and utilizes foods, your doctor is quite capable of guiding you in your efforts to change your way of life to better health, nutrition and fitness. Remember, your doctor is the one who has been nagging you about smoking, lack of exercise, overeating, drinking too much and other things you do that are just not good for you.

Don't blame the doctors because you don't find it convenient to take their advice. Be mature about it and admit that most of the blame or credit for the way you live and the way you feel, lies directly with you. These are your choices, and you have only to decide in which ways you are going to change in order to achieve your goals.

So far as the advocates of vitamin and mineral supplements are concerned, you must read and listen to their advice with an open and questioning mind. You simply cannot throw away your good sense and embrace every new dietary idea that comes to your attention. A little common sense applied at the right time will keep you out of trouble. The health supplements will not, by themselves make you healthy, happy, beautiful and successful. If they could, then how to explain what most of us look like when we go in to browse through the goodies in the health food stores. We look like just what we are: average, fairly healthy people in search of some improvement in our lives, and a little more freedom from the additives, the insecticides and preservatives that we have begun to fear in our foods. We feel, and rightly so, that there is a direct connection between what we eat and what we are.

There is in the U.S. a growing recognition of this desire by people to improve their nutrition. An article in "Nation's Restaurant News", an influential trade journal, on May 29, 1978 says: "Healthy food trend takes root. Healthy foods (salads, vegetables, yogurt, seafood, eggs) are spurting in popularity across the country as they ingratiate themselves with masses of consumers." The article goes on to say that there is a general consensus in the food industry today that light, healthy and nutritional eating is here to stay.

Linus Pauling, winner of the Nobel Prize in Chemistry and one of the most respected scientists in the U.S. has a great deal to say about vitamins and minerals. In his book, "Vitamin C, The Common Cold and the Flu," published by W.H. Freeman & Co., he says: "There is sound reason for believing that the recommended dietary allowances of most vitamins are significantly smaller than the optimum intake. The values of thiamine, riboflavin, and niacin in a day's ration of raw natural plant foods are about three times the recommended dietary allowances of these three B vitamins." He says that there is evidence that people improve in health when they take vitamin supplements.

He goes on to say that it is especially important that people in poor health or borderline health be well-nourished and that an effort be made to see whether or not they are benefitted by a high intake of vitamins. He feels that there is ample evidence that vitamin B, C, and E have very low toxicity and few serious side effects. He cautions that special care must be used to avoid taking too much of vitamins A, D, and K, because too much of them can be very harmful to you.

There are many good books on the subject of nutrition and vitamin supplements. I suggest that you browse at your book store and pick up a few paperbacks to read. If you don't know which titles to pick, drop me a line and I'll send you a list of suggested reading. When you have informed yourself, and after checking with your doctor, you are ready to start with a multivitamin preparation. Read the label on the bottle carefully and then get started.

I suggest moderation and that you avoid the megavitamin route. Very large doses are unnecessary and potentially dangerous. Until we know more about the effects of vitamins and how they work for each individual, moderation is advised. Let me say it once again. We all need good, fresh fruits and green vegetables, lean meats and fish, eggs and dairy products, whole grains and nuts in our daily diet. The highly processed and preserved foods are to be avoided. Excessive use of alcohol, caffeine-containing products like tea and coffee, refined sugar and flour and the products made from them, hydrogenated (solid) fats, and the large variety of "junk foods" is generally agreed to be very bad for us, so start reducing these in your diet.

The same judgement that goes into setting up a good physical conditioning program for racquetball must be used in selecting your diet and vitamins. If you do that, it should keep you out of trouble and headed toward achieving better health, nutrition and fitness. ●

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What You See is What You Hit!

By Candice Block

The score is 20-20. It's the last serve in the match. Suspense is growing as you've screened out everything but total concentration on that little rubber circularity. The pressure is mounting, as is the intensity within the court. And here comes the ball—off the side and deep in to that rear left hand corner...Where's the ball?

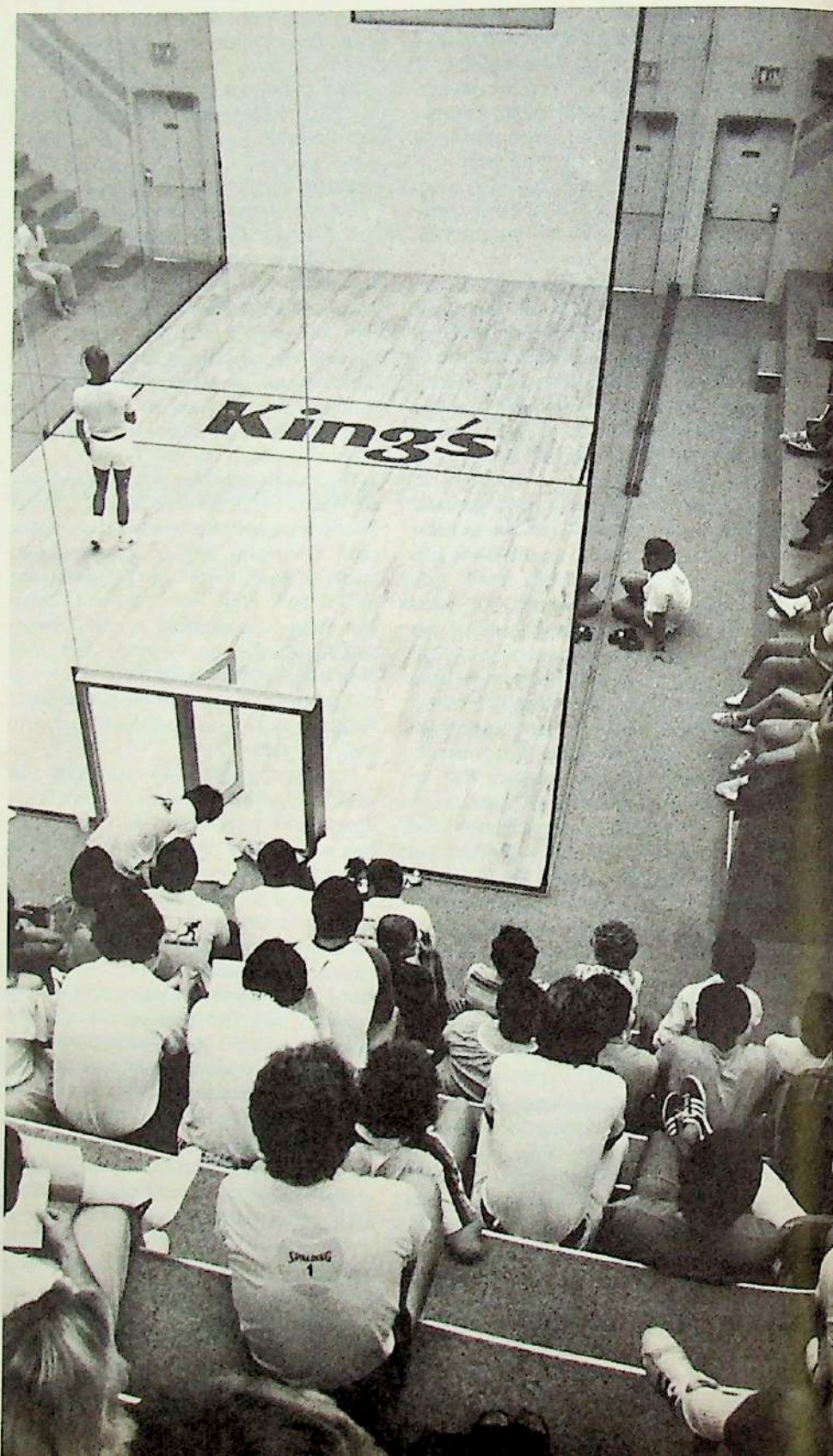
Sound familiar? Losing the ball on the 3-wall glass court is an occurrence that takes place quite frequently for the players not accustomed to the conditions. However, sometimes, losing the ball happens to the most advanced players. Therefore, the obvious is to concentrate more on the ball. Ah ha! Much easier said than done. Nevertheless, it can be done. And it must be done if you want to improve your game when playing on a glass court.

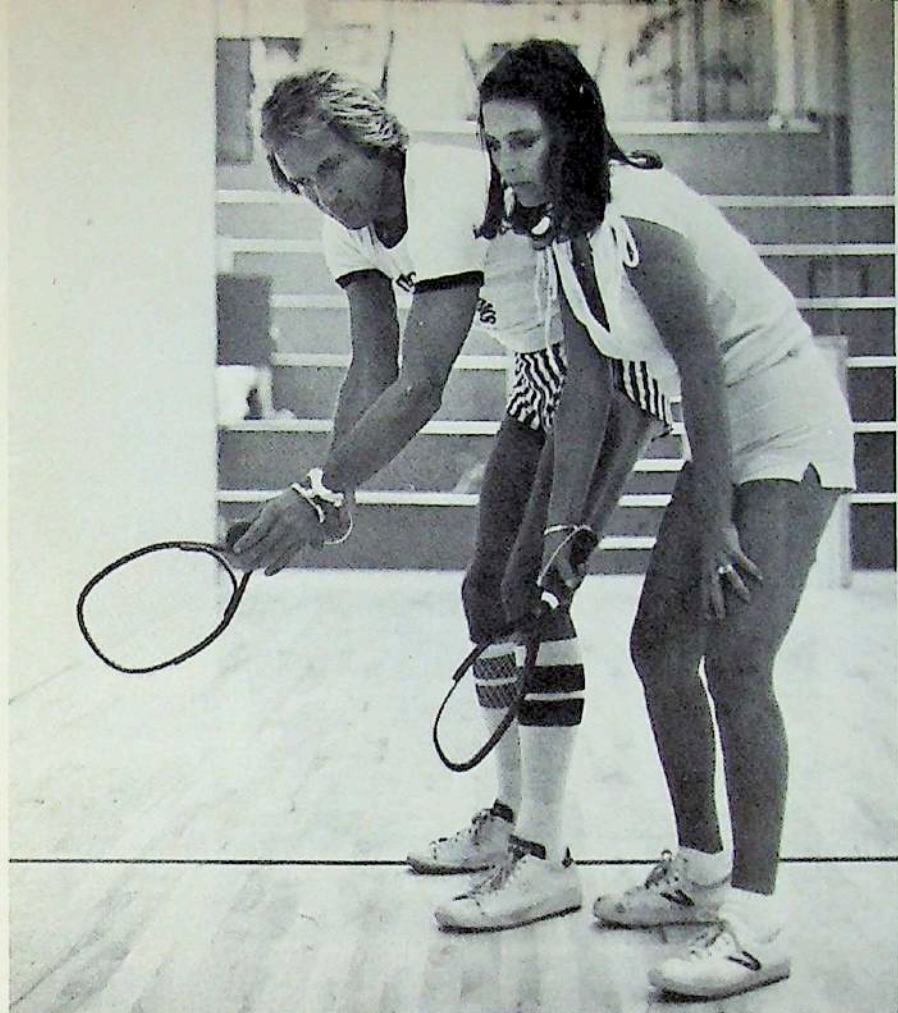
With the increasing interest of both the participator and spectator in the sport, glass courts could not go by unnoticed for long. Visibility, a key factor in the recognition of the sport, encourages people to watch the game, and the attitude of the players to want to be seen.

One of the few 3-wall glass courts in the country is found at Kings Racquetball court in Westminister, California. Although it is the standard 20 x 20 x 40, the glass gives the illusion that the court is bigger, much less confining. Four hundred seats surrounding the three glass walls creates an arena effect, which can be very intriguing to both viewer and player.

The glass court gives another dimension to the sport, an exterior, and an added challenge for the professional racquetball player. As Steve Strandemo states, "If I play on it, so does my partner." The conditions are the same for all parties; however, the competition is keener as your game must be sharper on the glass. Steve reflected, "The first time I played on glass I was very intimidated as I couldn't see anything. I thought I would miss a lot of shots, and then I started missing them. After I got familiar with the glass, concentrating on the ball instead of outside distractions, it didn't bother me at all." In fact, as Steve states, "I like it."

Mike Yellen likes to play best on the glass courts, especially when his opponent has a qualm about it. Playing with





Some players have trouble with glass courts. Others have adjusted without problem. Says one player: "Imagine the glass being a wall. This is as far as you look. Don't look into the crowd. Let the crowd look into you."

that advantage, Mike feels he has an edge in the game. Also feeling that the effect of the glass court on your game is psychological, Mike's advice is, "Imagine the glass being a wall. Block the glass out. That is as far as you look. Do not look into the crowd. Let the crowd look at you!"

Most players find the transition from hard wall to glass is relatively easy. A few minor adjustments are necessary. The transparency of the walls makes extreme concentration on the ball essential. Anticipating and coping with the distractions outside the court is an adaptive measure, minimizing interference with your game.

Unless, of course, you just begin on a glass court. It is not recommended for the novice; however, we found one such beginner on Kings Court. Michelle Levin, wife of Irv Levin, owner of the San Diego Clipper Basketball franchise, hit her very first racquetball on a 3-wall glass court. Finding it a "fun" experience, her main complaint was, "I had some difficulty following the ball at times, in fact, quite a few times, but I really like it."

Another first timer on the glass court was Linda Blake, a free-lance interior decorator from Marina del Rey. "I like playing on any court because of the exercise factor. I did, however have some problems with depth perception on the glass court."

Depth perception bothers many beginners on the glass court, especially as many are still in the initial learning process of playing the game. Co-ordinating the skills of just hitting the ball, angles, and reading what the ball is doing is their primary concern. However, for the better player, those are secondary, as they are now anticipating where the ball is going to be and where to hit it.

Many of the intermediate players found the glass court a pleasant diversion. Tony Goble, an international businessman and sports enthusiast from Beverly Hills, California, commented, "I thought it was great! And I found the glass an inspiration to try harder."

David Anspaugh, a film writer and director from Playa Del Rey, California, thought, "The ball was a little slower on the glass court, but there's really not much difference playing on the glass." His wife, Tammy, a sales director with Princess Cruises, remarked, "I don't like being watched on any court."

Some players like to be watched, enjoying the attention as much as the actual play. For Ken Norton, former World Heavyweight Boxing Champ, being inside the "ring" is a natural. Playing on the glass court, "...had no real effect on my game. I really like it."

The reflection in the glass, giving a mirror effect, can be an added hindrance for

the beginner. Losing the ball in the surrounding dark shadows can be a problem also. Jill Howser, a student, noticed, "I kept losing the ball because of the lighting." Lighting is still in experimental stages; however, on most glass courts, they take extreme care to make sure the lighting is at optimum level.

As long as the glass courts do not minimize the quality of play, and maximize visibility and spectator appeal, the majority of players at all levels like it. Donny Most, TV personality of "Happy Days", finds, "I really enjoy playing on the glass court."

Just as anticipation is a major contributing factor in the game, the glass court is anticipation into the future by its promoters. Building for tomorrow. Looking ahead. As coverage of racquetball increases, so does the player's interest. And so does the level of competition. Glass helps to meet this challenge.

And with this challenge comes the possibility of attaining the "best of both worlds". That would be combining high grade competition with spectator visibility along with a game of power and control.

Ken Norton, who is hoping to attain such a level of expertise, has his own techniques. After his loss to a lady, he acknowledged, "I have to watch all the different angles." And that's ringside on a glass court.



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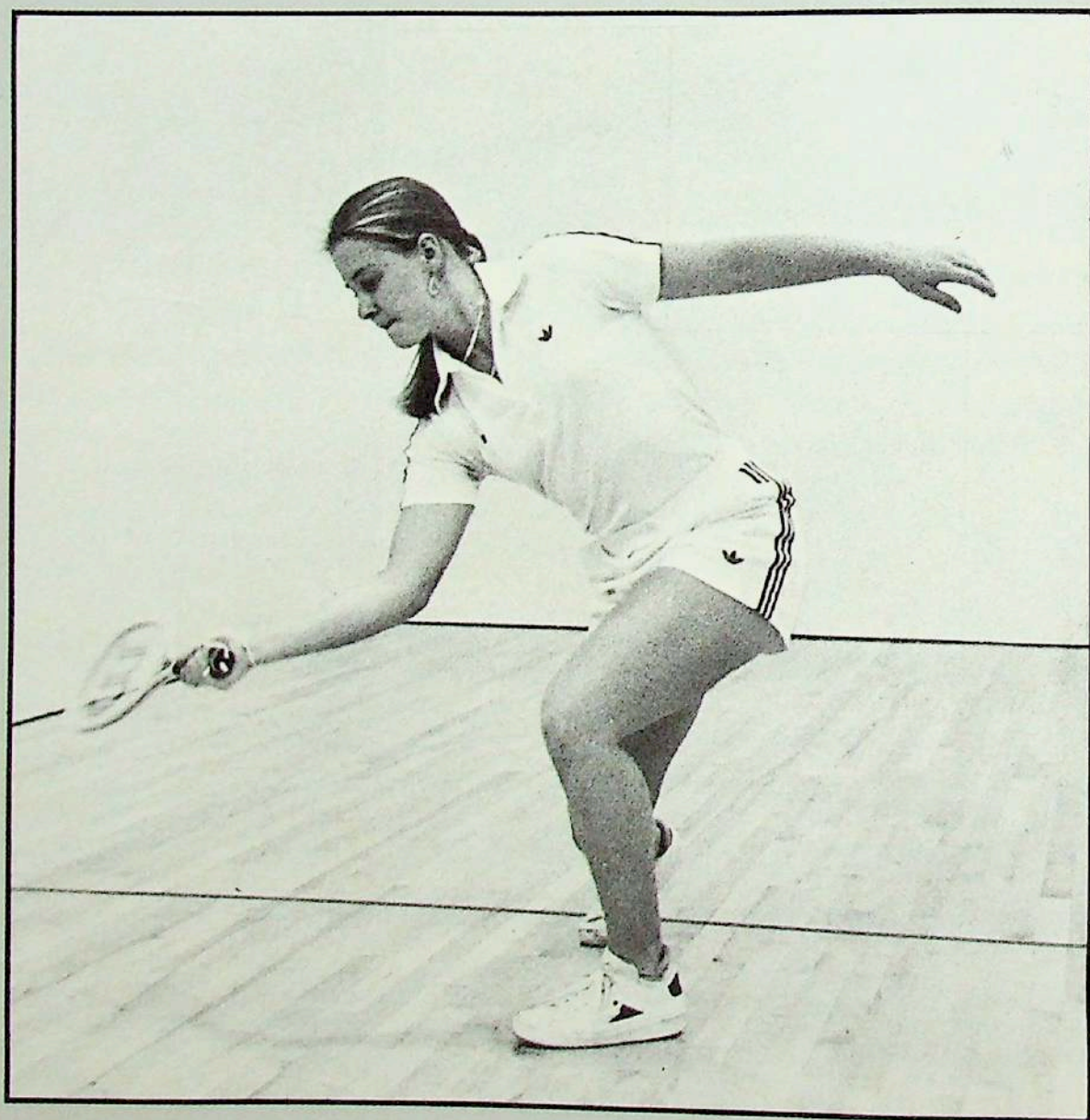
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How to Learn the **ANGLES**

by Shannon Wright.



Last time we talked about some basic drills, exercises, and stretches which can make our game a lot better. We went through a complete set of these and some hand-eye-ball coordination movements which should help bring even the most inexperienced player to a point far beyond where they began. If you haven't been practicing these, I really recommend that you do because they can truly help your game. And even if you're the worst kind of player, they can improve your health and general feeling of well-being. After all, we're all playing because we like the game and feeling better goes right along with it.

We're going to assume that you've been practicing and are ready for the next step in learning. So, this time we're going to talk about some footwork, plain and fancy, and some of the basic angles on the court.

After "mastering" the basic hand-eye coordination, the next step is to learn the angles of the ball as it comes off the walls. A lot of people never consider that a few hours of concentrated practice and study of those angles (the same as in pool or billiards) will make it a lot easier to know what's happening out there with the ball. This is really the fastest way to learn. Sit down, study the diagrams until you really understand them...then, go out there on the court and put each of the movements and angles into practical demonstration. Take this along with you so that you may refer to it as you go. Just work it step by step until you can make each of the shots do exactly what they should. Then, do each of them until they become second nature to your entire reflexive system.

The main thing to learn about these angles is that if the ball goes into the front or the side wall at a particular angle it has to come out at the exact same angle. If it hits the wall going in at 30 degrees it will come out at that same angle. We refer to this as our "Law of Angles." (See Fig. 3).

A "Z" shot is the only exception to our "Law of Angles." In a "Z" shot the ball hits two walls and keeps its angular honesty. However, upon contact with that third wall it does something different. That's because it has taken on so much spin and it must reverse that spin coming off the third wall. The reversal causes that little 'skidding' sound and makes the marks on the walls. (By the way, we'd call the spin 'english' if it were on a pool ball.) The spin reversal also causes the ball to deviate from its normal angular pattern. See figure 6.

If you notice in drawings 8 through 10 the proper distance for figuring the angle of return is roughly one half the distance from the impact point to the wall. But, you have to be very careful when you're

figuring that " $\frac{1}{2}$ " distance because it doesn't mean that you figure $\frac{1}{2}$ the distance from your body to the wall. It means that you figure $\frac{1}{2}$ the distance from the ball to the wall. If you were to add in your own body distance you'd be adding about 3 or 4 feet of body and arm extension.

This brings up another very important point. When we're first learning we often

"...If a ball goes in at a particular angle, it will come out at the same angle."

don't really know where the ball we're hitting is striking the front wall. We don't or can't follow it closely enough to really determine the exact point of impact. It just doesn't occur to the inexperienced player to do this. Yet, this is such an important factor in making a good serve. If you will just take the time to discover where the ball is hitting the front wall and then where it is going on the court, you'll be able to correct the mistakes you're making. This is the only real way you can correct yourself. You must make careful note of that point of impact and then where it's going. This is what you're trying to control and the only way to do it is with practice.

While I never did it when I was learning, a good way to learn those important points on the front wall might be to place a couple of pieces of tape up there. You might put one at a point 3 feet in from each side wall and another one about 5 feet in from those side walls. Place them about a foot off the floor. This will give you some reference points. You can aim for them or in between them to determine just where the ball goes after striking those points. Of course, at first you'll just be learning how to get the ball into those spots with some degree of accuracy.

When we start playing the ceiling and front wall we have left the realm of the 2 dimensional game...we have moved into a 3 dimensional game. This is when our playing becomes more fun and we start to move that ball around the court with considerably more authority.

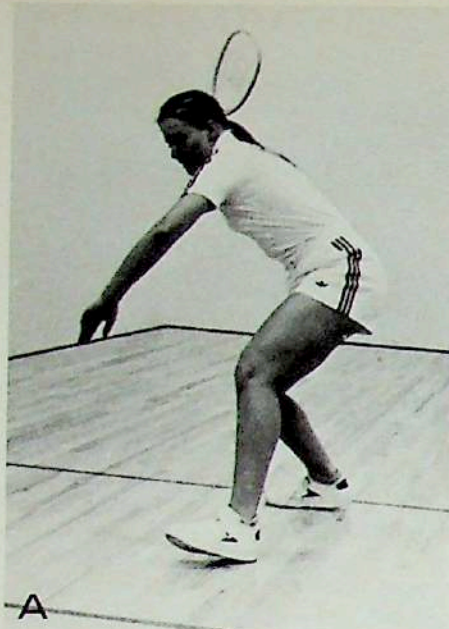
If we hit the ball into the crotch of the front wall and the ceiling the ball will have a tendency to carry farther into the rear of the court. If you move that impact point farther back from the front wall into

the middle of the ceiling, the ball will carry shorter...it will come off the front wall and land nearer the center of the court. If you are playing with a livelier ball this is a good way to keep it from coming off the back wall. It has to drop nearer the center of the court.

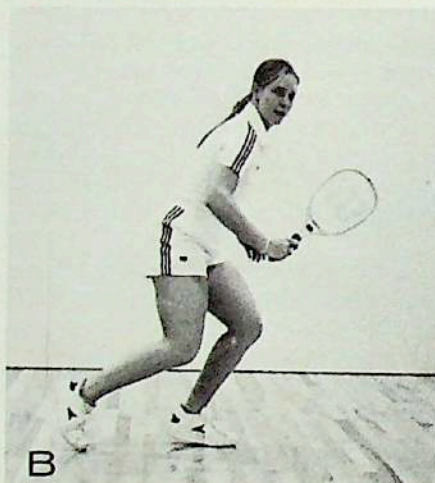
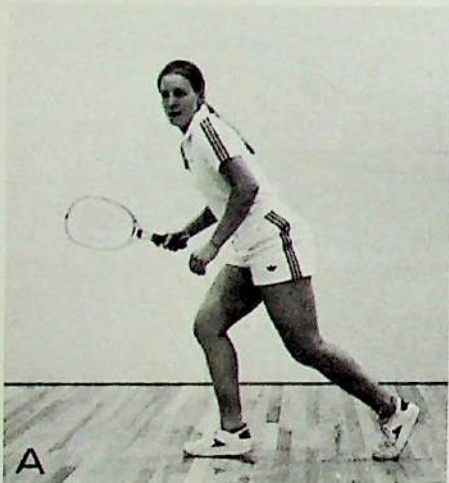
The proper footwork for returning the serve involves a crossover step. This movement begins with a pivot on the balls of the feet toward the left-hand side of the court. Then, crossing the right foot over (in front of) the left foot one achieves the closed stance...which is the proper stance for returning the shot. With one big step you can be on either side of the court ready to return the coming shot. When you make the crossover it automatically puts you into a closed stance which is the proper stance for returning the shot. A closed stance is where your lead foot is closest to the side wall. This applies to either the forehand or the backhand. It is also the correct position to initiate any stroke. So, this crossover automatically puts us into the closed stance which is the very position we want.

Despite whatever you may have read or heard, I do not believe that the proper position for hitting a forehand is with your feet facing the side wall. I believe you should have your hips and shoulders angling toward the rear crotch of the back and the side walls. If you're facing the side wall your natural tendency is to hit a cross-court. The torque of your torso in the swing will bring the body around too far to hit straight into the front wall. So, keep your body angling some toward the back wall or back wall/side-wall crotch. This way when you pour on the power in your swing, you will actually be hitting the ball straight down the line into the front wall. So, keep your hips and shoulders angled toward the rear and your drives will be more likely to go where you want them.

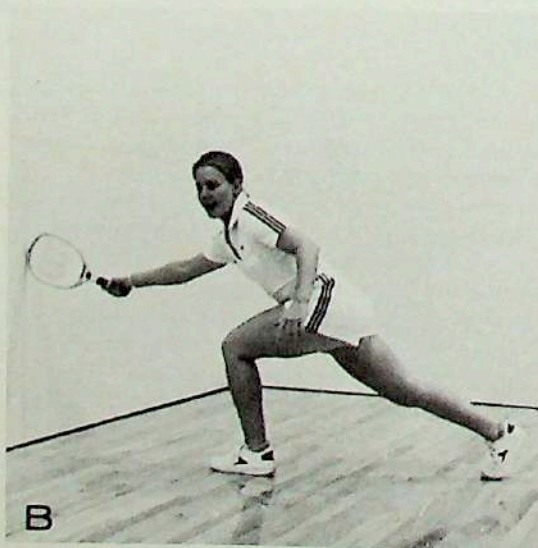
On the service return there's a common mistake which I have seen a lot of people, including myself, make a habit of. Instead of simply crossing-over, they take an extra step backward and then have to make a very clumsy attempt at a cross-over. This adds a step, takes more time, and doesn't necessarily put them into the position they need. It actually took me about two or three years to break myself of this bad habit. I did it, so I know how easy it is to fall into this trap. But, the key to quick movement is to cut out all those things which aren't necessary to your game. There are a lot of little things which we do that really detract from our efficiency out there. We just have to become aware of each of them and really work on getting rid of them. If we simplify our movements to the point



To maintain maximum power, a shot should be hit from a closed stance (right). The open stance, left, leaves you facing the front wall.



Whether a forehand (left) or backhand shot (right), you should train yourself to take that first crossover step.



By placing yourself in center court for a service return, you can reach the entire width of the court, either forehand or backhand, with a crossover and a step. Proper positioning can save you from a lot of needless running.

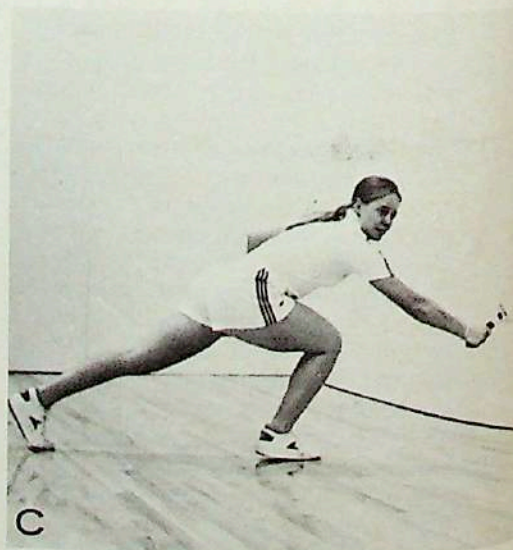
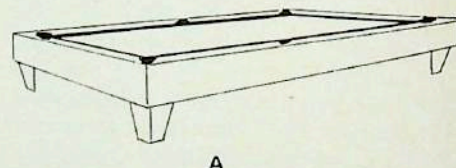
where we don't waste any time or motion we will be playing a lot better, and having a great deal more fun.

Something else which is bad about taking that extra step is that it tends to put you into an open stance. You just can't play the ball from an open stance. You really must be in the closed stance to get at the ball and maintain maximum power and control. If I have a choice, I will always choose the closed stance rather than an open stance.

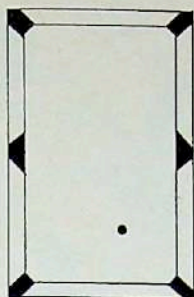
It doesn't matter whether you're going toward the forehand or the backhand side, hitting a service return, or retrieving a pass-shot...train yourself to take that first crossover step without falling back one. Don't trap yourself into an open stance and then try to hit your way out of it. You just can't do it. Learn it right from the start and you won't have those problems later...that's a lot harder than learning it properly from the beginning. It's very hard to break bad habits.

Remember: The closed stance gives you greater power and makes it a lot easier to bring that ball down the line where you really want it. Learn it right and hang in there.

First, let's envision a standard pool table...

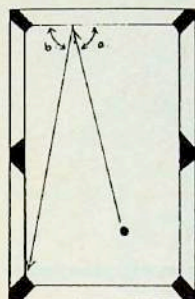


then, let's look at it from the top... With a ball on it...

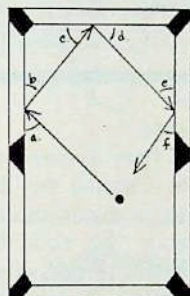


B

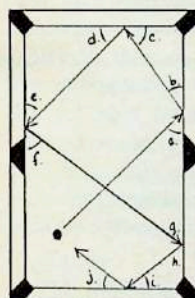
Now, let's set that ball in motion. It may travel in any of a number of directions. When it does, it will strike the bumper. It will rebound off the wall (bumper) at the same angle it was traveling when it hit.



C



D



E

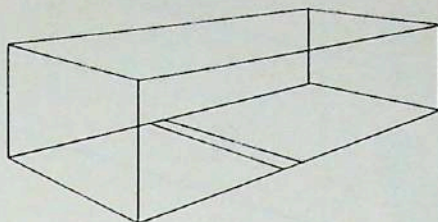
Exactly the same thing happens in racquetball, except that we have added a third dimension because we're not playing on a flat surface. Also, gravity has an effect on the ball on the court. It begins to fall from the moment it leaves the racquet. But, as far as the angles are concerned, its behavior pattern is exactly the same. The racquetball rebounds at exactly the same angle it had when it struck the wall. This is how we can control the play. This is how we know where we're going to place the ball... or where it's going to be after our opponent strikes it.

3). Here, the angles a and b are exactly the same... $a = b$.

4). Again, it's easy to see that $a = b$, $c = d$, $e = f$.

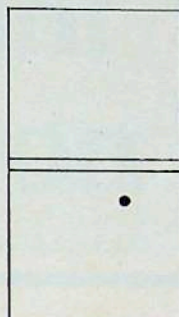
5). It looks more complex because the ball travels across its own path. But, $a = b$, $c = d$, $e = f$, $g = h$, and $i = j$.

Now, let's transfer that thought to the racquetball court. Let's envision a standard racquetball court...



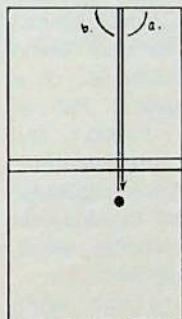
F

Then, let's look at it from the top... With a ball on it, somewhere near center court...

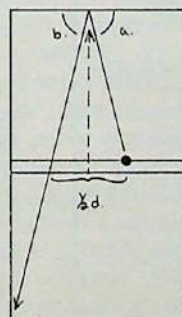


G

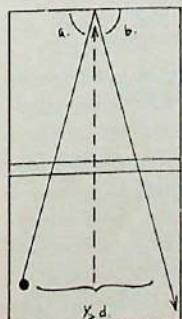
Now, let's set that ball in motion. It, too, may travel in any number of directions. When it does, it will strike the wall. It will rebound off that wall at the same angle it was traveling when it hit.



H



I



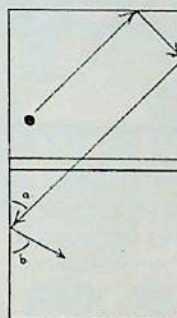
J

There really is no difference...except that we have added the third dimension...height. Our racquetball travels around six walls instead of the four walls (bumpers) found on the pool table. So, it becomes very obvious that if we're going to become really competent players we must learn those angles and how to use them to our advantage. When we speak of "reading the ball" all we're saying is that we have learned to anticipate those angles and be ready for them.

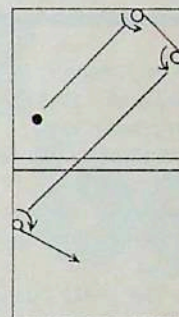
3). If we were to drive the ball straight into the front wall it would come back at the same angle. 'a' would equal 'b' and it would return to us.

4). In a drive serve to the left rear corner, $a = b$ and the ball goes where we want it to.

5). In a cross court pass $a = b$ again and the ball is under control.



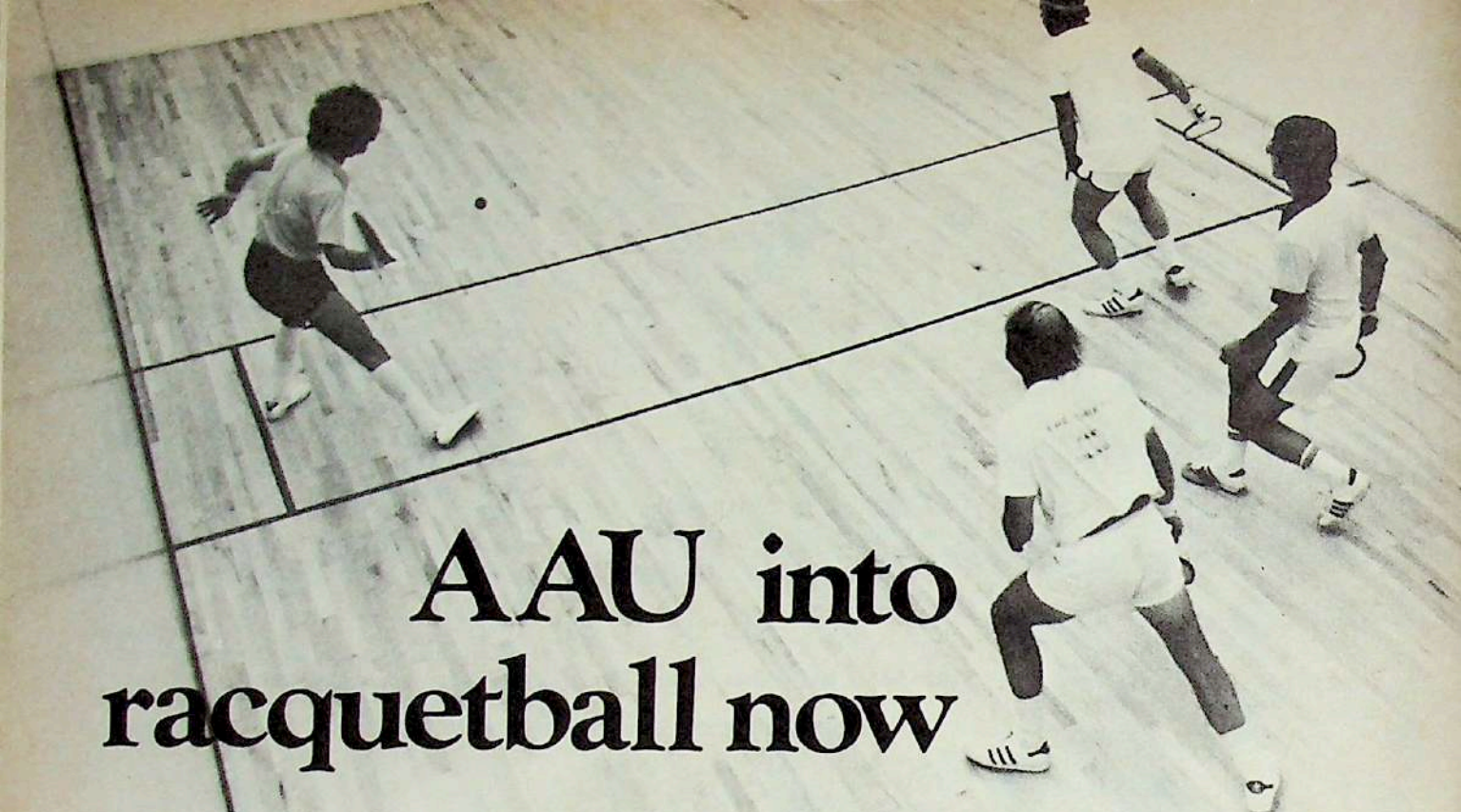
K



L

6). The "Z" shot (Note: the "Z" shot is not the same as a "Z" serve...we'll go into this more next time.) is a little different for reasons which become very simple once we really look at them. The "Z" all its angular honesty fairly well until it comes off that third wall. The reason it makes a change there is because of its spin or 'english'.

7). Once it has struck the third wall its angularity changes because it has had to change its spin. The spin it had before it struck the third wall is reversed by the third wall and this has an effect on the angularity of that last rebound. The ball in Fig. 7 is spinning counter-clockwise as it hits the front wall and the side wall. If it were to strike another wall which was 90 degrees to the last wall (side wall) its counter-clockwise spin would just continue. But, by striking a wall which is parallel to the side wall (the opposite side wall) it must reverse its spin. This is what changes the angle it takes coming off that last wall and gives it that funny skidding sound.



AAU into racquetball now

In a recent letter from Jim Stevens, National Chairman and International Representative Handball-Racquetball Committee of the American Athletic Union, headquartered in Indianapolis, Indiana, the AAU announces their position regarding the world's fastest growing sport.

The AAU has been offering its services and counsel to almost every area of amateur sports for 91 years. They have taken a close look at our sport, decided that it's here to stay, and have recently incorporated it into their sports disciplines. They are currently in the process of organizing State Associations and national programs. This will lead to a set of guidelines and recommendations which could have far-reaching and constructive effects on the sport...it could also lead to international competitions and to the Olympic Games.

Their program will be structured, operated, and supervised by, "...the AAU's autonomous, independently incorporated, Handball-Racquetball Committee; and, is designed to complement and function in cooperative alliance with already established organizations such as the International Racquetball Association, United States Racquetball Association, YMCA's, Jewish Community Centers, military, and educational institutions."

Stevens goes on to state that some of the goals and objectives of the AAU Handball-Racquetball Committee include, "...the encouragement and adoption of unified rules of competition; quality con-

trol and standardization of equipment; adoption of a common definition of amateurism among national racquetball associations; establishment of a national officials certification program; development of a nation-wide player classification and ranking system; promotion of team competition events; the conduct of State, Regional, and National Championships; implementation of the National Grand Champion Award; establishment of a National Handball-Racquetball Hall of Fame; increased civic support and industrial sponsorship participation; assistance with national media exposure; and, international program development leading to eventual continental, world, and Olympic Games competition."

To facilitate planning and bring together those parties most interested in this program, "the first national assembly meeting of the new AAU Handball-Racquetball Committee will be conducted at the municipal convention Center in San Antonio, Texas, from November 26 to December 2, 1978." We will report on that meeting here in the pages of Racquetball Illustrated.

One of this nation's most prestigious sports organizations, the AAU is presently seeking and inviting cooperation from persons within the sport. They issue the following invitation: "qualified persons interested in serving on the AAU Handball-Racquetball Committee, at either the State Association or national level... should contact National Chairman Jim Stevens, 7690 Harcourt Road, Indianapolis, Indiana 46260, as soon as pos-

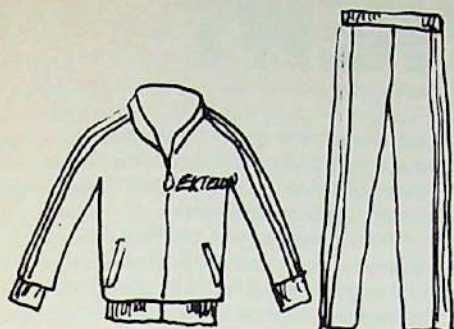
sible."

They further announce that they plan to conduct the first national championships during the Olympic year of 1980, and, "will soon begin considering site locations and sponsorship bids for this inaugural event." They conclude by asking that all interested racquetball organizations and product manufacturers contact the National Handball-Racquetball Committee promptly.

It looks like an exciting future for our sport. The timely entrance of this body into the scene can help alleviate and perhaps preclude some of the confusion which seems to be building in some areas of the sport. Their assistance in organizing on an international level could help with some of the impending international problems (such as court size and ball design; see "European Report / Great Britain Changes the Rules" elsewhere in this issue) which could even prevent meaningful international play.

It isn't often that one gets to watch the development of a sport at such an early stage. Those who had the privilege of being in on the early stages of baseball and basketball are all gone. A hundred years from now the racquetball players of today will be looked on as we view those early pioneers of other sports. What a rare thing it is to be able to say to one's grandchildren... "I was playing when this game first came of age."

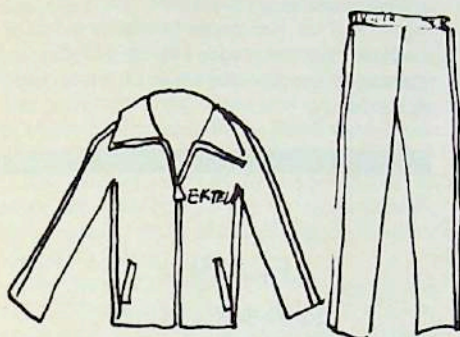
As players, we should all be very proud of the heritage we can offer to those who follow us.
ED.



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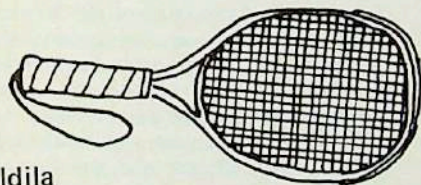
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TOURNAMENTS/NEWS



two points, won game three, game four, and the match 3 games to one. The competition between these two top women players becomes closer at each match.

The two male players continued their fierce rivalry as their match was similar to the women's. Splitting the first two games, Bledsoe, serving first in game three, seemed to break-out of his '78 slump, and smoked his serve on to victory over Hilecher in game three (11-4), and game four (11-5) to take the match, three to one.

Championship Racquetball, Inc., the promoter, and the Las Vegas Sporting House are confident that Las Vegas has the facilities and glamour to become the home of "Racquetball Action".

FLASH:

Strandemo Wins in St. Louis

Steve Strandemo defeated Jerry Hilecher, 21-7, 12-21, 11-8 to win the Jack In The Box Open at the Town and Country Club in St. Louis—the first stop on the 1978-79 tour.

Jennifer Harding won the women's championship with a 21-6, 21-14 victory over Peggy Steding.

Strandemo collected \$4,500 for his victory with Hilecher picking up a check for \$2,500. Harding won \$1,300 and Steding earned \$800.

To reach the finals, Strandemo defeated Rich Wagner in two games and Hilecher topped Davey Bledsoe in two games in the semis. Strandemo upset top-seeded Marty Hogan, 17-21, 21-13, 11-8 in the second round.

Harding defeated top-seeded Shannon Wright, 21-18, 21-16 and Steding defeated Karin Waltin, 21-16, 21-9 in the women's semis.

In-depth coverage of the tournament including quotes, anecdotes and photos, will appear in next month's issue of RBI.



Jerry Hilecher serving against Dave Bledsoe (top) and Shannon Wright shooting from back-court against Jennifer Harding in Las Vegas Challenge.

Vegas Challenge

Racquetball has come of age in the city of glamour with the addition of three court clubs, consisting of 51 courts! The flag ship, The Las Vegas Sporting House, heightens the professional scene with the year's first major competition on September 16, and 17.

What a line-up! What action!

On September 16, the team of Shannon Wright, 1977-78 National Champ, and Davey Bledsoe, 1977 National Champ, met head on for the second time, the team of Jennifer Harding, 1978 National Champ Runner-up, and Jerry Hilecher, 1976 IRA National Champ in mixed doubles. Under a new scoring experiment, games to eleven, the best of five games declaring the winner, the pressure of short

games demanded intense concentration behind the blazing lights of the Las Vegas Strip.

The team of Wright-Bledsoe opened the action under a blaze of racquetball skills and finesse. Obviously, revenge was in the air, for Harding and Hilecher have previously defeated their opponents in April, 1978. The rematch was a contrast between a team on fire, and playing precision racquetball, and a team searching for water to dampen the on-slaught of points, and eventually the three straight game victory margin.

Look-out for the deciding third match!

On Sunday the singles action started with an exchange of two closely fought games between Shannon Wright and Jennifer Harding. Game three consisting of eleven points under the experimental scoring, was locked at nine-nine. Wright applied the pressure for the last

Wyler's Women

The third annual Wyler's Women's Open tournament was more than a simple amateur tournament for women. It had all the makings for a classic.

Many racquetball industry figures and top stars in the game believe that the real future of the sport lies not in its ionosphere where only Stedings, Hardings, Marriolts, and Hoffs tread,

but rather with the vast number of women players that The Court House, a seven-club group in Chicago and suburbs, and Wyler Foods, a division of Borden, Inc., have directed their efforts with tremendous success.

"We had close to 200 entries in the five divisions—junior, Women's A, B, C and seniors," says Jim Verhaeghe, manager of The Court House club in suburban Northbrook, site of the event. "The number of players has nearly doubled every year the tournament has been in existence. It started three years ago with just the Wyler's employees and has grown into something that is really an event in midwestern amateur racquetball. We had entries from five states this year."

First and second place finishers received trophies and sets of glasses (the better with which to drink their Wyler's beverages) as prizes. All entrants were given colorful Wyler's T-shirts, a Wyler's gift package, and a chance at a wide variety of door prizes.

According to Phil Klintworth, Northbrook's head pro and co-director of the tournament with Verhaeghe, the event was sanctioned by both the Illinois State Racquetball Association and the United States Racquetball Association.

The competition in all divisions was intense but there seemed to be an air of friendliness, nonetheless, since many of the competitors are off-court friends.

The seniors championship was won by Gail Klein, Deerfield, over Hope Schwartz, of Glenview, 21-15, 21-19. Schwartz acknowledged that Klein was the better player but added, "Sometimes she has a tendency to get nervous in a tournament and that was what I was hoping for."

Betsy Koza of Lake Forest downed Tinley Park's Vicki Carr in the juniors final, 21-8, 21-7, for her first tournament win. In the C finale, Mary Trousedale of Crystal Lake defeated Mary Andrews of Oak Park, 21-7, 21-10.

Two good friends met in the B championship match where Oak Park sharpshooters Pat Klinger and Sue Prisching duelled in one of the most exciting final round matches of the tournament. An exhausting 11-7 tiebreaker gave the title to Klinger after Prisching had battled back from a 21-19 first game loss to take the second game, 21-20.

"I'd played in the Wyler's last year," recalled a happy Klinger, "but I went out in the second round because I really wasn't a B player then. I've been playing 2½ years now. This is my fourth tournament and winning it feels just incredible."

The heavy artillery was saved for last. After the consolation round finals had been played, it was time for the Open finale. Hope Weisbach, now living in Tempe, Arizona, but a former top Illinois competitor, met Glenda Pommerich Young, recently crowned Open Division titlist in the Illinois State Racquetball Association championships. Young, who is one of the top instructors in the Chicago area, has been improving steadily now that she practices between teaching at Mid-Town Court House.

Weisbach's speed and accuracy prevailed 21-13 in the opening game. In the second Young held on for a 21-19 win in a see-saw contest that saw their momentum changing almost as often as the serve. The tiebreaker seemed to last as long as both of the earlier games combined. Finally Young was able to string together several points and run off with the championship with an 11-6 tally.

"The whole event was just outstanding," Young commented afterwards. "It was run so well, everything was taken care of throughout the entire tournament."

Weisbach shared Young's feelings about the tournament but expressed a wish for a slightly different outcome, perhaps next year. "I was fourth in the first Wyler's, third last year and now second—you know what that means for next year, don't you?" she laughed.

Steding Classic

ODESSA, Tex.—Ageless Peggy Steding felt right at home.

In fact, she was at home. Playing on the same courts where she learned the game of racquetball, the Odessa housewife downed a field of women pros (some of them young enough to be her daughters) and won, appropriately enough, the fourth annual Peggy Steding Racquetball Tournament at the Odessa Family YMCA.

It was a time for reflecting. And that was heavily on her mind...reflection, that is.

Steding enjoyed the home confines because of the visibility of the ball. "Three-wall glass courts bother me. It's hard for me to pick up the ball in the back corners."

After receiving her \$800 first prize purse, Steding indicated that she's not too old to learn some new tricks. And she was taking the hint from her closest competitor in the Steding, Oregon's Jennifer Harding.

"Jennifer's been wearing glasses that she says reduce the glare. I may try them."

The three-day pro action was hectic. The eight-woman field, which included Jan Pasternak, Janell Marriott, Jean Sauser, Sarah Green, Kathy Williams and Rita Hoff, had to play a round-robin schedule. Each woman played each of the other competitors for a total of seven matches apiece in three days, concluding with two the final day, Aug. 13.

Steding compounded the singles with her entry in the open doubles. She and her partner, Jim Latham of Odessa, fell in the semifinals, however, to eventual winners John Hellard of El Paso and Bob Notley of Odessa.

But the Odessa pro, who owns four national titles, was obviously tired from the grueling singles action that saw her win by two slim points over Harding.

"I may have to be fitted for a coffin," Steding joked after the doubles loss.

"But I'll tell you what. When I lose my own tournament, that'll be the time for me to retire."

Steding's ability to come on strong when extra effort was needed made the difference. Several of her matches went three games. After splitting 15-point games, Steding always won the 11-point tie-breaker to pick up her 10 bonus points for match wins. Never did an opponent score more than six points in the tie-breaker.

The finest example of Steding's clutch play came the final day when she lost the first game to Green, 15-4, but rebounded for 15-7 and 11-1 crushings.

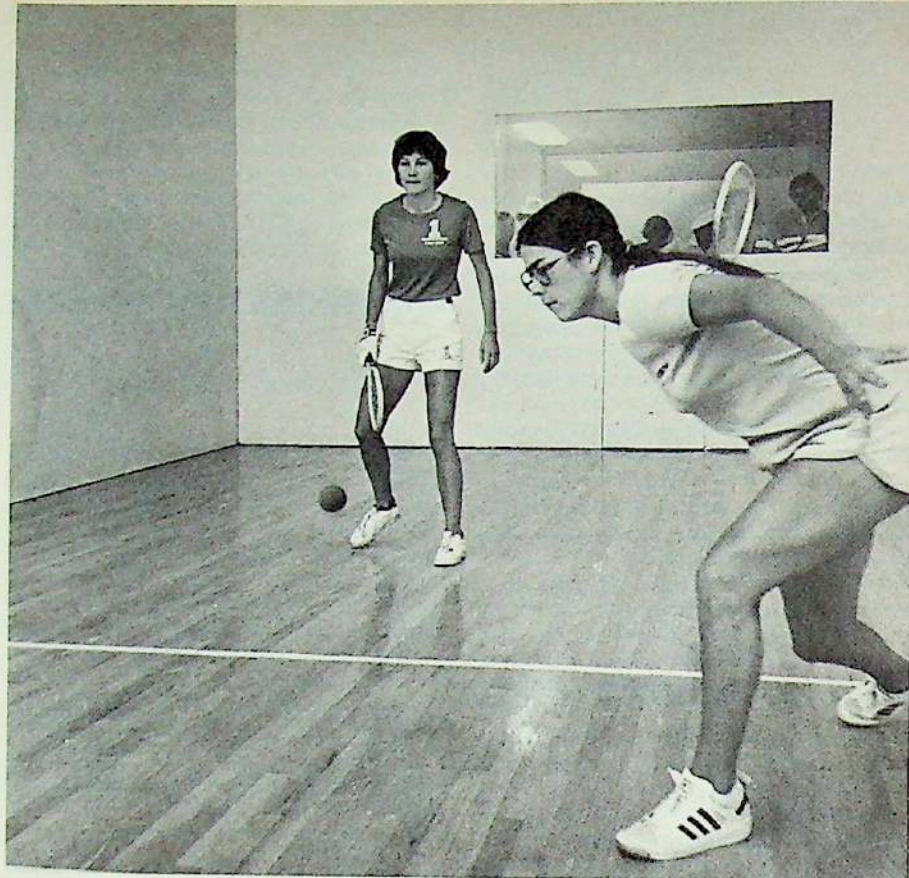
Steding and Harding were trailed by Marriott and Sauser in the points race. However, it became apparent from the first day



Peggy Steding warms up with doubles partner Jim Latham.



Jennifer Harding in action (above left) in women's final of LA Open. Above right: Rita Hoff serves to Sara Green in early round play.



that the two frontrunners would be battling to the wire.

The key match in the tournament came Saturday when Steding bested Harding, 15-10, 14-15, 11-6. It was Harding's only loss and her eventual downfall.

And it will be remembered as the tournament when Peggy unveiled her new, mod look for the home folks. Steding kept the same basic hair lines, but has a "natural" hairdo that drew more comment than her devastating corner kill shots to the left.

The \$2,000-plus purse was made possible by the sponsorship of Vittert Sports and Seamco Sporting Goods Co. It also enabled tournament director Marsha Melton to open the tournament with free admission and draw a packed gallery. It also worked well for Steding since she is sponsored by Vittert.

While the pros took center stage, there were some exciting battles in the amateur division, too.

The open women's class gave racquetball fans a glimpse of 15-year-old Liz Alvarado, an Odessa schoolgirl. Alvarado won her second straight women's title at the Steding by topping Melton, 21-14, 21-2.

Racquetball is a family affair for the Alvarados. Liz' father, Simon, advanced to the semifinals in open singles before falling and was a member of the open doubles finalist.

Odessa has another young lion on the courts—18-year-old Mark Feemster. The teenager won open singles by besting Hellard, 19-21, 21-19, 11-4.

Feemster teamed with Simon Alvarado in open doubles, but lost to Hellard-Nolley, 21-8, 21-15 in the finals.

Masters doubles was won by the Odessa team of Lonnie Sims-George Mounts while Scott Bussey of Houston won B singles.

David Shiflet of Austin won C singles.

Sims-Mounts defeated Jim Fields-Bob Porter for the title. Bussey edged Odessan Byron Harrison and Shiflet beat Jack Durham of Odessa.

Los Angeles Open

Approximately \$450 was contributed to the California Special Olympics Foundation as a result of the recently completed Ektelon/Natural Light/Los Angeles Open Racquetball Tournament at the new Racquetball West Court Club.

The five-day tournament, participated in by 450 amateurs and professionals from across the United States and Canada, saw Lindsay Myers of Vancouver, British Columbia, beat

Mike Yellen of Southfield, Michigan 21-19, 21-20 in the Men's Professional Singles Finals for a \$2,000 first prize.

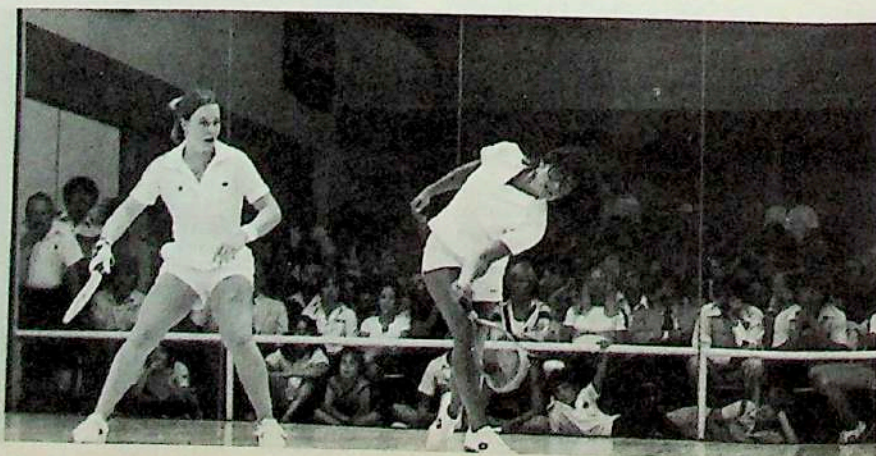
In the Ladies' Professional Singles Finals, Shannon Wright of Las Vegas, Nevada, defeated Jennifer Harding of Portland, Oregon, 19-21, 21-10, 11-4 for a \$1,000 first prize.

Yellen and Harding won \$1,000 and \$500 respectively, while amateur winners received handsome trophies as reminders of their accomplishments.

One dollar from each contestant's entry fee was earmarked for the California Special Olympics.

John West, the executive director of the California Special Olympics, announced that the money will be used to establish racquetball clinics for the California Special Olympics.

Jennifer Harding (right) hits forehand in match against Shannon Wright for LA Open Championship. Wright won in three games.



PRIZES AWARDED TO 64 PLAYERS

LOMBARD, Ill.—Final results have been tabulated in all eight divisions of the recent AMF Voit/Perrier Racquetball Classic and 64 players took home some \$10,000 in prizes.

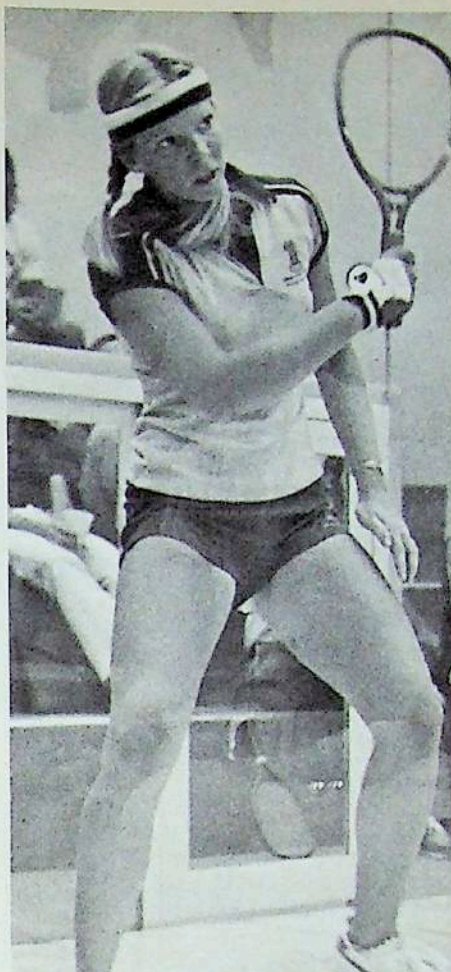
The final entry total in the tournament designed to appeal to grass roots and weekend-level players came to 396. Players competed in eight different classes: Men and Women Pro/AM Open, Seniors (over 35), B/Intermediate and C/Novice.

Paul Ikier, 25, of Madison, Wis., got by Rick Dern of Hoffman Estates, Ill., 21-10, 21-6, to win the Men's Pro/AM Open Division title. Ikier had a tough match in the semi-finals, squeezing by Bob Deuster of Mount Prospect; he lost the first match 17-21, won the second, 21-16, then came from behind in the tie-breaker, 11-10, to beat Deuster, the current Illinois State Singles champ.

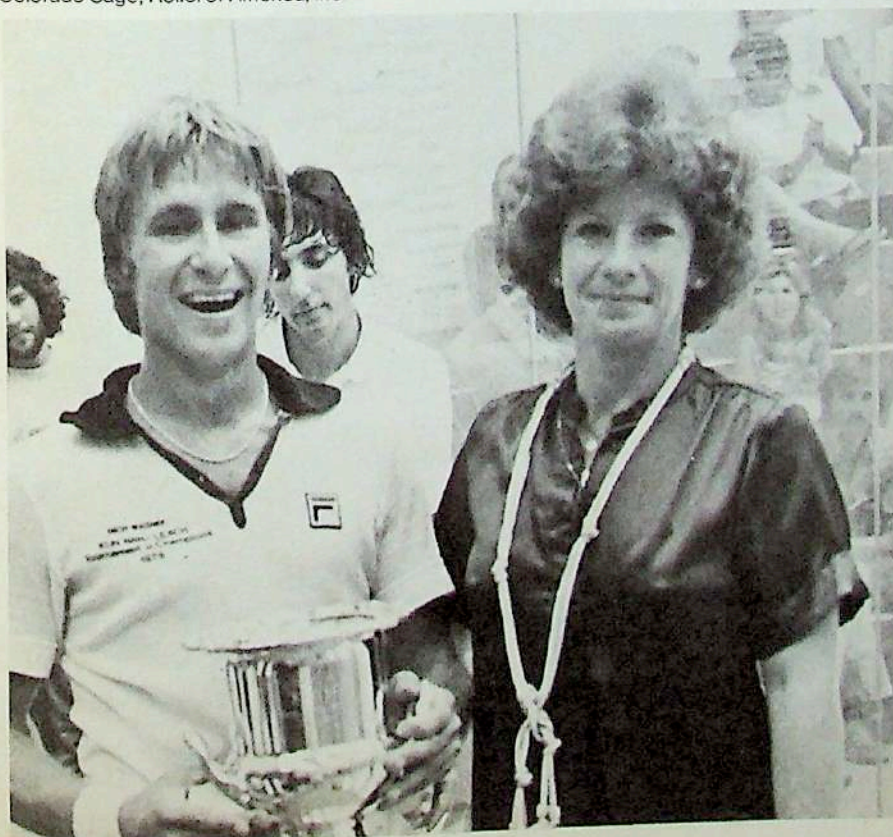
Glenview's Jean Sauser beat Glenda Young of Chicago in straight games, 21-11, 21-7, to win the Women's Pro/AM Open Division. To get to the championship match, Sauser beat Hope Weisbach of Tempe, Ariz., 21-7, 21-10, and Young got by Sue Carow, Glenview, 21-12 and 21-9.

The top two finishers in each division are invited to compete in Las Vegas Jan. 12-14, 1979 in the Racquetball Classic National Playoffs for another \$10,000 in prizes. The Chicago area tournament was the fourth stop on a national tourney schedule. San Francisco, Baltimore-Washington, Detroit, Atlanta, Dallas and St. Louis are also on the schedule.

Cooperating with AMF Voit and Perrier in making the tournament possible were Bally Manufacturing Corp., Datsun, Bonne Bell, Patrick Shoes, Clorox 2, Playboy Clubs International, Quasar Electronics Co., Robert Bruce, Colorado Sage, Rollei of America, Inc.



King's Joust champs: Karin Walton above and Rich Wagner below.



KING'S SECOND ANNUAL JOUST

The weekend of August 24-27 saw over 260 players competing in King's Second Annual Joust for the Bank of Newport Cup. This event sponsored by the Bank of Newport, Century 21, Irvine and Associates, and AMF, Voit saw the likes of such pros as Rich Wagner, Jerry Hilecher, Lindsay Myers, Mike Yellen, Ben Koltun, Mark Morrow, Karin Walton and Marci Greer competing for \$2,000.00 worth of prize money in the open events. Besides the open events which included both singles for men and women there was also a Men's Open Doubles draw which provided a lot of exciting action.

The action in the 16 Amateur events, which got underway Thursday night provided a few surprise winners and also contained a few top seeds who went all the way as expected. Two National Champs, who competed in the Joust came out winners in their divisions and they were Dr. Bud Muehleisen in Senior Singles defeating Price Thomas and Dr. Burt Morrow beating Bill Brierty in the Golden Masters.

The open events provided much of the action as top seeds Ben Koltun and Mike Yellen were defeated in the earlier rounds by Lindsay Myers and Rich Wagner. Lindsay then lost to Jerry Hilecher in the semi's, thus setting up a finals match between Wagner and Hilecher. Jerry, after playing great in the opening game, tired from his previous match in Men's Open Doubles in which he emerged victorious, teaming with John Davidson of Kings to defeat Bill Hildebrand and Brian Cloud, and saw Rich Wagner take the last two games and the match to win the Bank of Newport Cup and \$1,000.00 first prize.

Karin Walton as the top seed in the Women's Open was tested in her finals match against Marci Greer and finally pulled it out in the tie-breaker by a score of 11-6. Thus, she won her Bank of Newport Cup and the \$150.00 for first prize. Earlier in the day Karin had defeated Laura Martino and Marci bested Diane Heims in semi-final matches to set up their confrontation in the finals on Kings Royal Court.

The results are as follows:

Mens Open—Rich Wagner defeated Jerry Hilecher. **Womens Open**—Karin Walton defeated Marci Greer. **Mens Open Doubles**—Jerry Hilecher and John Davidson defeated Bill Hildebrand and Brian Cloud. **Mens A**—Carl Buggs defeated Dave Bush. **Mens B**—Jim Hicks defeated Steve Mitchell. **Mens C**—Marc Kaplan defeated Terry Kressel. **Mens Novice**—Brian Sideritis defeated David Baca. **Mens Beginning Novice**—Ron Garcia defeated Kent Karnes. **Seniors**—Dr. Bud Muehleisen defeated Price Thomas. **Masters**—Duane Cain defeated Vance Lerner. **Golden Masters**—Dr. Burt Morrow defeated Bill Brierty. **Womens B**—Irene Dolan defeated Janell Raulins. **Womens C**—Janet Preleyko defeated Lori Mullen. **Womens Novice**—Nancy Barreras defeated Diana Kaylor. **Womens Beginning Novice**—Lynda Breithaupt defeated Michelle Garland. **Juniors**—Jim Flannery defeated Steve Lerner. **Mens B Doubles**—Gross and Olson defeated Hohl-Mitchell. **Mens C Doubles**—Perkins and Lopez defeated Durant-Brunk. **Upper Mixed Doubles**—Walton and Wendel defeated Levin-Heims. **Lower Mixed Doubles**—Rodriguez-Raulins defeated Raul and Garcia. ●

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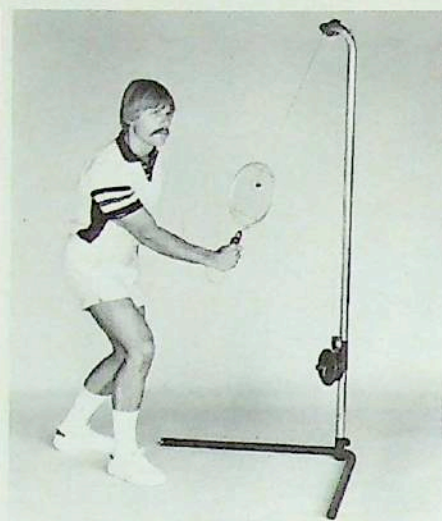
The lenses are a special design made of lightweight plastic. The feature a "curved to fit, wrap around face form" frame.

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Ramco has developed a new exercise machine designed exclusively for racquetball called "Racquet-ciser II". Utilizing a racquet and working on the principle of stroke duplication with adjustable weight resistance, it's the perfect tool for acquiring strong wrists and forearms, so needed in racquetball.

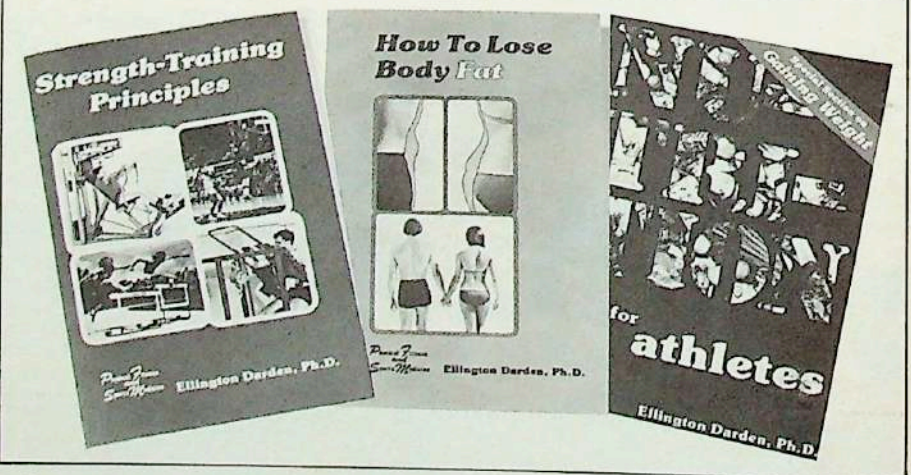
Manufactured of the finest heavy-duty materials, "Racquet-ciser II" is free standing, portable, and reasonably priced. For further information, contact RAMCO 8300 Lamplight Dr., Jenison, Michigan 49428 or call (616) 457-2396.



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One can improve in racquetball and in overall fitness with a new series of books edited by Dr. Ellington Darden, director of research for Nautilus Sports/Medical Industries.

Darden's books are titled **STRENGTH-TRAINING PRINCIPLES**, **HOW TO LOSE BODY FAT** and **NUTRITION FOR ANTLITES**.

STRENGTH-TRAINING PRINCIPLES is an illustrated how-to book with step by step details for organizing an effective strength-training program. Paperback, \$2.95.

HOW TO LOSE BODY FAT punctures the myths behind the lose now-gain later crash

to lose body fat. Menus and recipes are included. Paperback, \$2.95.

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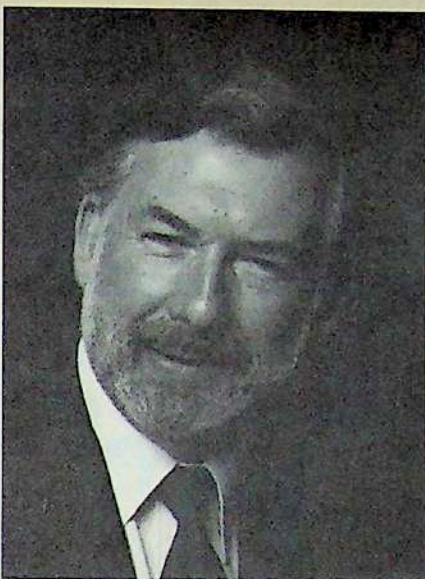
Santa Ana, California 92704

the rallies are rather long.

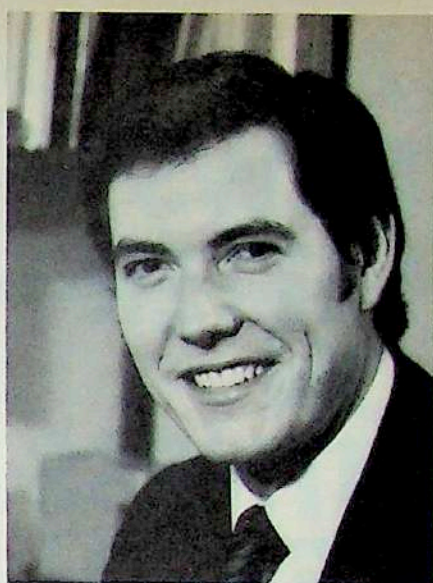
"But the Guppy group have introduced a slower ball, developed in Australia, and they've made some other changes as well. This means that whatever they're playing, it's not Racquetball as it's played in the States.

(The Guppy version of the rules allows scoring to 15 in doubles play, and scoring both in and out of hand as in tennis or table tennis.) Guppy claims the slow ball makes for a more interesting game. And he's scored a considerable publicity coup by persuading Dunlop Rubber, the mammoth British tire and rubber goods manufacturer, to produce his ball in Australia and associate themselves with him in his advertising.

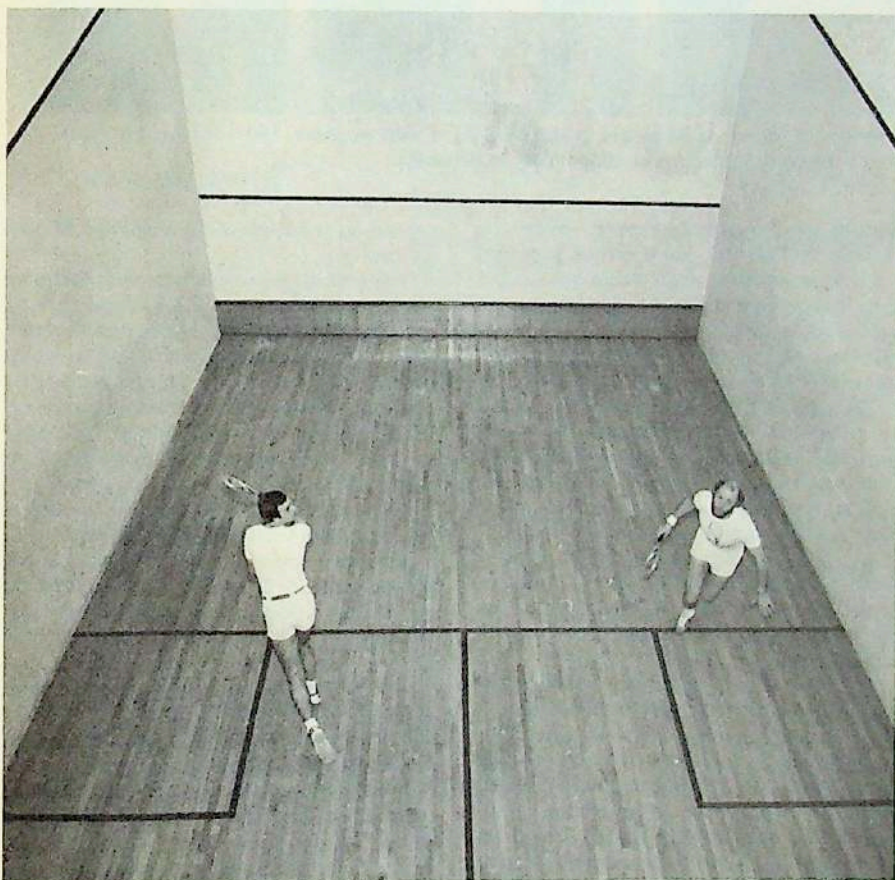
Dunlop, caught squarely in the middle of the fight between Guppy and the BRA, deny that they are actually sponsoring Racketball however. "Our involvement is purely commercial," says Julian Cox of Dunlops, cautiously. "The



REX GUPPY



DENNIS LYONS



The British have been playing racquetball on squash courts for the most part and often they can't agree on the rules.

fight is between the BRA and the NSRA. We make a ball in Australia which the NSRA is using; but if the BRA were to win, we could just as easily make a ball in the States—or procure one from there—to supply the BRA."

Attempts to bring the two sides together have so far proved fruitless and Guppy has launched his own version of the game during the summer. He told RACQUETBALL ILLUSTRATED he now has "upwards of a couple of hundred people" playing Racketball, and says he's had enquiries from Switzerland, Germany, France and Israel following his advertising

campaign in British newspapers. He'd like to see some international competition he says—using his own rules, of course.

But since his rules are different from those that everybody else plays under, won't that be impossible? Not so, says Guppy, who backs his invention with the convictions of a Thomas Edison or Alexander Graham Bell.

"Outside the States Racquetball is bound to be a game played on Squash courts," he says. "Our game is developed for Squash courts—thus, it's our game which will develop faster. I forsee the day when the Americans

realize this and agree to play us in international events under our rules and on our courts."

With this in view, Guppy is keeping his lines open to Racquetballers in the States. Mort Leve, the Chicago Racquetball Club consultant, will be attending the Annual General Meeting of Guppy's NSRA this Fall to talk on the U.S. version of the game and give some hints on the running of tournaments. Guppy himself goes to the States twice a year to visit Racquetball clubs and keep up with what's happening.

All this movement sits ill with the BRA, which last year got itself affiliated with the Sports Council, a government body which oversees sport in Britain and hands out cash grants to new sports seeking to establish themselves—provided they meet certain criteria. The BRA used the money it got from the Sports Council to mount some modest advertising, particularly in Squash clubs around the country, and would like to go on doing more of the same.

"Basically we've got two objectives," says BRA Chairman Lyons, a London Management Consultant—"to make the game in Squash courts in Britain as compatible as possible with the American Game, to develop international competition." — "to produce a real alternative game to Squash.

"I think we've been successful with both these objectives, and it's a real pity that these other people have just gone ahead without trying to mesh their effort in with ours."

Who will win the battle for control of British Racquetball—or, if you like, the battle of how to spell the game's name? Lyons, Nobbs and the BRA appear to have the inside track because their game is the same as the American version, they have the government affiliation AND they were there first.

But Guppy and his NSRA have the financial clout, they have the backing—at least for the moment—of a major commercial company, and they're more aggressive in their approach. Whoever wins will set the course of British Racquetball for the next decade. The in-fighting promises to be rough and as for that famous British politeness—it seems to have been banished from the court! ●

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Robert Scott, Publisher

(Continued from page 41)

can be made out to the satisfaction of the officials concerned, a new sport such as Racquetball can usually get its share.

"One of the first things we did when we formed the French Racquetball Association was to ask for affiliation with the Ministry of Sport," says Roveri, who has created France's Racquetball scene—and its only court—virtually single-handed. "We did this

people who run the "amateur" game here. Ignoring advice from their European partners they packed a few dozen players aboard a plane, flew to Europe, set up shop—and found they had the rug pulled out from under them before the first free throw had been made.

The game's European rulers barred Europeans from joining the U.S. teams—thus cutting out local interest—refused to rent stadiums, blocked attempts at cooperation in other fields and generally hung tough. The Americans lost close to \$5 million in three months,



Winners of recent tournament in Belgium pose with trophies. Hal Lefflerx (far right) has successfully organized tournament play in Brussels.

through the Squash Federation, since the government likes to group games together, and as a result we're hopeful that we can get some government cash to build more courts in the next decade."

Chester Nobbs of the British Racquetball Association takes up the story.

"The Sports Council, a government body, has to bless any new sport before it really takes hold in Britain," he says. "We went to them, explained what Racquetball is, got their approval and—we hope—a chance of getting some promotional money in the future."

"But you've got to prove you're serious. Some get-rich-quick artists tried to get the Sports Council to back Platform Tennis two years ago and got turned down flat. Nobody's ever heard of them since."

Nobbs, who is involved in a battle of his own over who controls Racquetball in Europe (see companion story) admits that getting the game going on a European basis will be tough going. The British play Racquetball on Squash courts and the only genuine Racquetball courts in Europe, with the exception of those on military bases, which are usually off-limits to civilians, are two in Holland and one in France.

Where to play, in fact, will be one of the items on the agenda of the coming meeting. So, too, will be the question of relationships with the United States. While recognized as necessary by everyone concerned, there's a general feeling that Racquetball in Europe should be run from the top by Europeans.

"You don't want a basketball situation," says Geneva's Giroud, referring to an abortive attempt three years back to import American-style pro basketball, complete with pom-pom girls, to Europe.

A group of U.S. entrepreneurs decided to impose an American pro league on Europe without bothering to come to terms with the

packed up and went home to write it off as a tax loss.

"That's what you've got to avoid in Racquetball," says Giroud. "It's a game that nobody ever heard of here in Europe, and if you're going to have it take hold it's got to be locals who are involved, both as players and administrators. Nobody—and I mean nobody—is going to show up and watch Marty Hogan play somebody in an exhibition game. Nobody ever heard of Marty Hogan! But if you have Jean-Pierre local-boy playing against Wolfgang local-boy, then you'll have a full house."

Before you can have Jean-Pierre playing Wolfgang in a European tourney, though, you've got to have courts for Jean-Pierre and Wolfgang to learn the game on. And that may prove to be a problem.

Han Van der Heijden, a Dutch entrepreneur, has built two Racquetball courts into a new sports complex he's building near The Hague. He hopes if the game catches on—and he's relying heavily on the area's 5,000 American residents to help him—to add two more in 1980. That's a total of four. France's Roveri has one, and may build one more next year. Where will everybody else play?

"There's no chance of anybody in Britain putting up cash to build U.S. style courts here," says the BRA's Nobbs, flatly. "It's too much of a financial gamble. Somehow we're going to have to work out ways of playing internationally on Squash courts—and I'm convinced it can be done."

If it can't, then the chances of Europeans eventually competing against Americans on a equal footing are slim indeed. The embryo European Racquetball Federation has a monumental task on its hands—quite literally that of starting a completely new sport from the ground up on a continent already satiated with sport.

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4100 Prospect NE
(505) 266-7781

NORTH CAROLINA

Greensboro

Sportime Racquet Club
P.O. Box 21687
(919) 275-2521

Winston Salem

Racquetball & Handball Club
of Winston Salem
301 Executive Park Blvd.
(919) 765-0691

NEW JERSEY

Bricktown

Kangaroo Courts
193 Chambers Bridge Road
(201) 477-8500

Randolph

Olympic Racquetball and Health Club
Randolph Park West
(201) 328-0660

Tom's River

Racquetball of Tom's River
671 Batchelor Street
(201) 349-6100

NEW YORK

Buffalo

4 Wall Courts
580 Cayuga Road
(716) 632-1894

Cedarhurst

Executive Courts West
395 Pearsall Avenue
(516) 239-3500

Dewitt

Dewitt Clubhouse
Widewaters Parkway
(315) 466-0376

Hauppauge

Off the Wall Racquetball, Inc.
230 Oeser Avenue
(516) 249-0828

Patchogue

ABC
RACQUETBALL COURTS, INC.
620 Old Medford Ave.
(516) 475-3758

Rochester

Winton Racquetball Club
3120 South Winton Road
(716) 271-3700

Wallingford

Wallingford Clubhouse
Neal Road
(203) 265-2861

Westbury, L.I.

Health n' Sports
1020 Old Country Road
(516) 997-8855

Westvale

Westvale Clubhouse
3328 West Genesee Street
(315) 488-3126

OHIO

Cincinnati

Pat Matson's Racquetball/
Handball Fitness World, Ltd.
4780 Corwell Road
(513) 791-9116

Columbus

Arlington Court Club
5005 Arlington Center Blvd.
(614) 451-1930

Columbus

Countryside Racquetball &
Handball
1635 E. Dublin-Grandville
(614) 885-BALL

Columbus

Harvey's Wallbanger
6555 Kings Mill Court
(614) 436-1261

Columbus

Racqueteer Club
2400 Park Crescent Drive
(614) 864-7676

Dayton

Dayton Circuit Courts Assoc.
1497 Shoup Mill road
(513) 276-5959

Holland

Spring Meadows Court Club
6834 Spring Valley Road
(419) 866-1101

Kettering

Court Management Co., Inc.
1240 Ridgeview Ave.
(513) 294-5830

Kettering

Dayton Circuit Courts No. 2
5600 Kentshire Dr.
(513) 435-3113

Madiera

Court House East Ltd.
8229 Camargo Road
271-3388

Massillon

Glove & Racquet
3885 Wales Road, N.W.
(216) 837-9602

Moraine

Dayton Court House
2750 Bertwynn Dr.
(513) 294-0700

OKLAHOMA

Stillwater

Racquet Time of Stillwater
1225 N. Perkins Road
(405) 372-8655

Oklahoma City

Racquet Time Courts
6701 W. Wilshire Blvd.
(405) 721-9205

OREGON

Eugene

Court Sports I
2510 Oakmont Way
687-2811

Medford

Medford Superior Courts
727 Cardley Avenue
772-3194

Portland

USA Oregon Athletic Club
8333 NE Russell
254-5546

PENNSYLVANIA

Erie

Forest Hills Athletic club
3910 Caughey Road
(814) 833-2468

Harrisburg

Bentley Club and Courts
2301 Grimes Drive
(717) 545-4231

Lancaster

Greenfield Court Club
1845 William Penn Way
(717) 392-4194

Lower Burrell

Hillcrest Racquet Club
No. One High School Drive
(412) 339-7100

Monroeville

Racquet Time of Monroeville
Old Wm. Penn. Highway & Duff Rd.
(412) 373-1911

Southampton

Fox Racquetball Club
Second Street Pike & Jaymor
Rd.
(215) 322-8080

TENNESSEE

Memphis

Center Courts, Inc.
2611 S. Mendenhall road
(901) 794-6000

Memphis

Don Kessinger Court Club
1010 June Road
(901) 682-6661

TEXAS

Corpus Christi

Corpus Christi
Racquetball Club
1017 Barry Street
(512) 855-4175

Dallas

Racquetball at Northpark
8878 N. Central Expressway
(214) 692-6000

San Antonio

Racquetball & Handball
Clubs of San Antonio
7700 Torino Drive
(512) 349-8596

WASHINGTON

Spokane

The Spokane Club
West 1002 Riverside Ave.
838-8511

Tumwater

Tumwater Valley Racquet Club
4833 Tumwater Valley Drive
(206) 352-3400

WISCONSIN

Menomonee Falls

Falls Racquetball Club
1485 W. 15960 Appleton Ave.
(414) 251-1420

Milwaukee

North Shore Racquet Club
5050 N. Glen Park Road
(414) 351-2900

Milwaukee

South Shore Racquet Club
4801 S. 2nd Street
(414) 482-3410

West Allis

The Racquet Ball Club, Inc.
1939 S. 108th St.
(414) 321-2500

WYOMING

Laramie

Slim & Swim Health club
411 S. 20th Street
(303) 742-4760

BRITISH COLUMBIA

Vancouver

Supreme court
Racquetball Club
1114 Alberni Street
(604) 669-3636

ONTARIO, CANADA

Oakville

Aidenlea Racquetball
(Oakville) Limited
474 Iroquois Shore Rd.
(416) 842-2366

FASHION RAC

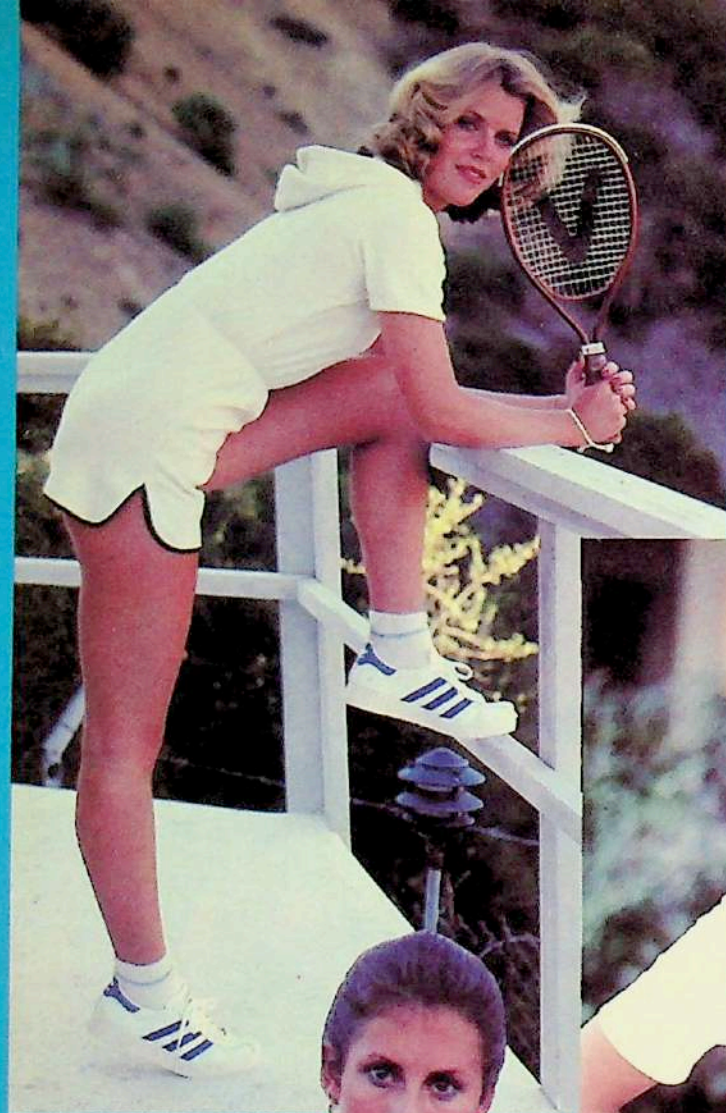


Arriving in fashion to the doorstep of your local racquetball club is Adidas.

Known primarily for its emphasis in the track and field and tennis markets, Adidas has now added racquetball to its marketing program.

The first thing Adidas did was engage the services of racquetball pros Marty Hogan and Charlie Brumfield to help develop and, of course, endorse the line.

The Adidas outfits are outgrowths of its tennis line. But there are a few additions geared specifically for the racquetball player.



Model Tamara Lewis is thinking about her racquetball match that night in her Ventura jumpsuit made by Adidas. The outfit is a cotton / poly terry velour with a zippered front and a hood. Suggested retail price \$46. Tamara's shoes are the new "The Hogan" made of extra soft quality leather featuring a double stitched velour leather reinforcement area around the toe box.

Model DeAnn Gary has another color coordinated poly / cotton outfit from Adidas highlighted by the everpopular La Pinta jacket. The jacket is cotton/poly velour with a zipper front, a convertible turtleneck and embroidered trefoil. Suggested retail price is \$39.50.



Model Patty Ireland looks ready for a three-wall match in her red and white polyester skirt featuring the side zipper with the self flap. The famed Adidas three-stripes goes across the waist and down the front. Her shirt is a polycotton combo with three stripes over the chest. The skirt retails for \$24 and the shirt at \$18. Patty's opponent for the afternoon match, Dave Kubly, has a matching navy blue and white shirt-shorts outfit made of poly/cotton. The shirt retails at \$18.95 and the shorts at \$20.95.





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a ceiling ball that'll wear you down,
and a racquet that'll win you over...
the new Jennifer Harding™ from Ektelon.**

Ektelon's new Jennifer Harding racquet is designed to fit a woman's hand... and her game.

It's 25 grams lighter and ½ inch shorter than our smallest men's racquet, so it swings faster and maneuvers easier. There are four handle sizes to choose from, including Extra Small and the new Super Small (3 11/16").

As in all Ektelon racquets, the aluminum frame extends to the end of the handle for strength and is tapered for lightness and better balance.

The Jennifer Harding carries a one-year racquet frame and ninety-day string warranty.

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1976 NRC National Doubles
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