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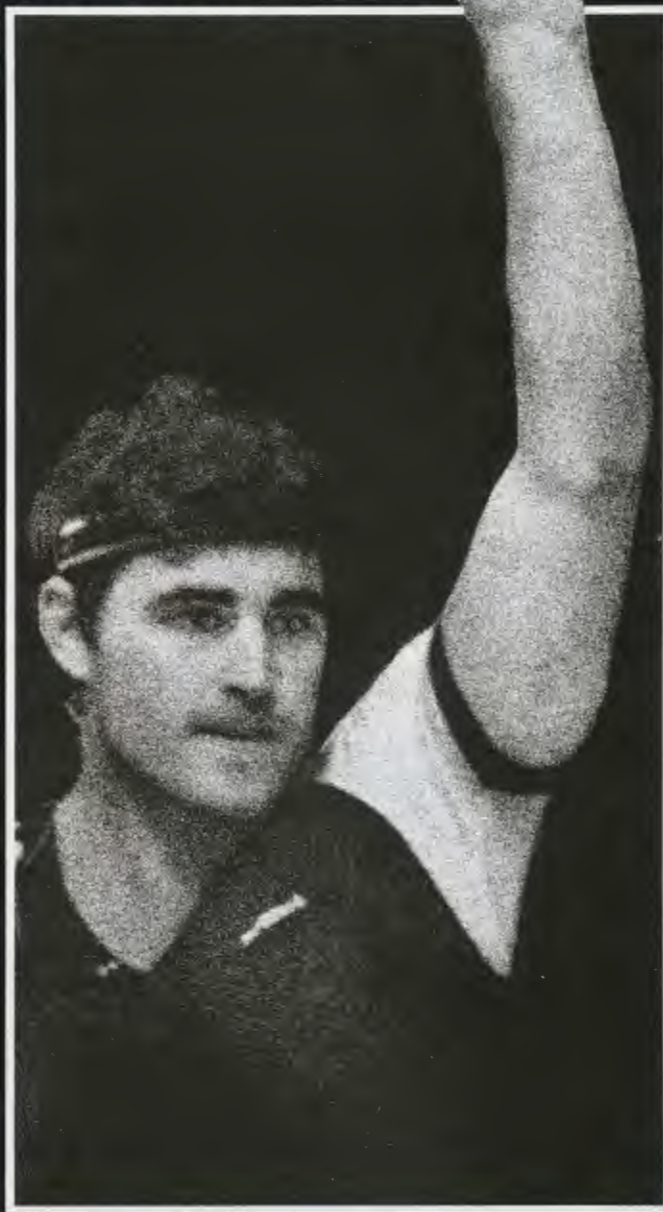
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Vol. 11 No. 11 November, 1982 • \$2.00

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### On the cover...

*Tattleball™ enters the racquetball scene billed as a "new, improved" version of racquetball, eliminating the bottom eight inches on the front wall. Bob Fitzgerald, one of the owners of The Court House Sports Clubs, hits a backhand against Randy Stafford at the Court House, Northbrook, IL. For a full report turn to page 12.*

—photo by Arthur Shay

### Next issue...

*A special feature on top pro Shannon Wright will highlight our December issue along with National Racquetball's First Annual Ball Guide and Charlie Garfinkel's assessment of the 10 best players of all time. Be with us for this and much, much more!*

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D.C.

From The Editor . . .

## Playing To Win



Not too long ago I found myself on the court against a neighbor of mine. In fact, he called one evening to ask if I wouldn't mind stepping in for his normal opponent who was under the weather. I accepted the invitation/ challenge.

Now this neighbor's wife, you see, is a close friend of my wife, yet we two males, although friendly on a social basis, had never pitted our physical skills against one another (unless you call a co-ed round of miniature golf skillful).

So I gathered up my jock, socks and mediocre B game and met him at our local club, not knowing if he would be a Dave Peck re-incarnate, dangerous hacker or something in between. He turned out to be that something in between, in fact, another mediocre B by my assessment.

After the usual limbering up episode we took to battle, with me remembering my wife's last words, *"Don't you dare embarrass him. This friendship means a lot more to me than one victory means to you."*

Yes, I reflected on those words as his blistering drive serve to my backhand caromed perfectly out of the deep left corner. Point number one to my neighbor.

It took me about one-third of the first game to gain a bead on his power, while I undertook the normal counter-strategy of lobs, garbage and occasional power. I found he didn't handle pinches too well and eventually I caught him at 12-all, game one.

Along the way it became obvious to me that one specific serve, my normally atrocious but tonight right-on high lob to the backhand, was giving my neighbor fits, so much so that I could notch a point or absurdly weak return on nearly every effort.

So I *stopped* using the serve, hung on to win the first game, but lost the second. We agreed to play the third game to 21.

Why did I stop using the serve? What was inside my mind that told me to give up my best weapon, perhaps my only superior weapon?

I wanted to win all right, but somehow I wanted to win on my terms. I wanted to win with a close outcome, 21-17 or so in the third. Yet our workout was already assured, surpassed actually, as both of our shirts were soaked and my beard leaked tiny sweat droplets all over the server's zone.

And while we continued through that third game I wondered if other players find themselves on the court feeling the same feelings, sort of a combination of desire and guilt. I know my ego wanted badly to win, for who wants a mediocre B strutting around town telling all that he beat the Editor?

On the other hand, I somehow didn't think it fair that I could reach back into 12 years court experience to find the one shot that pierced the flaw in his armor. He continued to blast and I gradually pulled away to win the third 21-14. But I wasn't happy. I felt empty and truly couldn't figure myself out.

Perhaps I was following my wife's advice, although the difference between my neighbor's skill and mine was not great enough for me to embarrass him. I suppose I felt we weren't close enough in friendship for me to risk winning big. Was I so insecure as to feel that a racquetball victory could end a budding friendship?

I knew that if I were on the other side of the fence, I would want my opponent to give it everything he had. I hate it when a player holds back, carrying another, which I view as more of an insult than a good shellacking. And here I was doing the same thing, to a point.

How uncharacteristic, I thought, looking back long ago to my tournament days when I would use every shred of skill and knowledge I had to squeeze out every last point. I knew the rules so well that I would maneuver right to their very edge and then push into the gray area for a win.

Perhaps some of you can help me explain these feelings. Perhaps you've felt them yourselves. In the meantime, my neighbor called again last night. Turns out he enjoyed our match and we've set up a game for early next week.

I'm gonna blow his \*\*@/x@#-ss right off the court.

*Chuck Lane*





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# Letters

## Risks of Jump Squats, Jump Lunges

Dear Editor:

I just finished reading your August issue and was particularly interested in the article written by Steve Mondry on "Weight Training For The Lower Body."

No one will dispute the necessity of "strength" training for the development of racquetball players at any playing level. My concern centers on the unsafe practices advocated by Mr. Mondry. The only apparent qualification possessed by the author is his professional status and the strength training he performed to achieve his standing. But this is comparable to calling a person a nutritionist simply because he has consumed food all his life.

Most experts in the field who have studied the effects of the Jump Squat and Jump Lunge have strongly recommended their discontinuation because of the trauma they transmit to the joints and ligamentous structures of the knee. Granted Steve may have advanced to where he is today in spite of such dangerous practices, but how many aspiring young racquetball players will sustain injury or permanent damage by following the advice given in Steve's article?

I have always appreciated the quality of *National Racquetball* and the forum it provides. Therefore, I was compelled to bring to your attention this grossly inaccurate information. Keep up the good work.

Chip Meador  
Melbourne, FL

**Steve replies:** *There is certainly some discussion among fitness professionals concerning the risks and benefits of strength training. My credentials for participating in this discussion include eight years experience as a professional player and teacher, using weight training extensively; and I am now in the process of completing a degree in physical education with an emphasis on sports physiology.*

*Mr. Meador's concern, in my view, is unnecessary for athletes with healthy knees. Both the Jump Squat and Jump Lunge will put more pressure on the knees than, say, a leg extension will, but they also produce that much more muscle development.*

*Any exercise that strengthens the legs puts stress on the knees, but in healthy knees it is most unlikely that the Jump Squat or Lunge will cause damage; if weaknesses are already present in the*

*knees, common sense will tell you to consult a doctor before starting a heavy program of exercise.*

## Racquetball For Everyone!

Dear Editor:

Regarding your article on "No Bounce"—what a wonderful idea!

Through your help, we are starting our program for kids with much enthusiasm. Here at Fern Hill, we are extremely interested in making racquetball a major force in the world of sports.

We want the whole world to play racquetball.

Tom Carpenter  
Cindy Sieders  
Mt. Clemens, MI

## John Darling

Dear Editor:

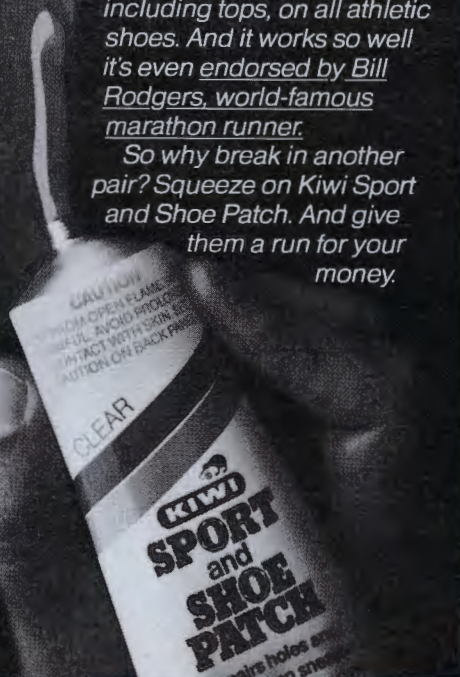
I just wanted to say thanks for the terrific job you did on the *John Darling* interview. It was, hands down, one of the nicest and most insightful interviews I've had the pleasure to do. Not to mention the fact that it made me the hit of my club!

Tom Batiuk  
Medina, OH

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## In Memory . . .

The world of racquetball is poorer for the deaths of two people who, each in their different way, enriched it and touched the lives of all of us in the sport.

Gene Mandel, of Scottsdale, AZ, was profiled in these pages last August for his extraordinary battle against heart disease and for his courage in living fully and continuing to play racquetball despite having received a heart transplant in the fall of 1981.

On August 26, not many weeks after the article appeared, Gene died.

Barbara Sheftel, wife of APRO President Chuck Sheftel, died in September after a long illness. Barbara helped to establish APRO, and her work over the years on behalf of the organization and of racquetball has been substantial and valuable.

We at *National Racquetball* offer our condolences to the families of Gene Mandel and Barbara Sheftel.



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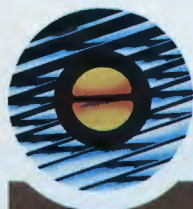


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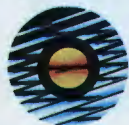
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# National Racquetball's 1982 Holiday Gift Guide

Here come the holidays, all you folks out there in racquetball land. Soon you'll be decking the halls and putting together your gift list, and what will you get for the racquetballer who's got everything?

Well, if you look carefully, you'll probably find that your friends and loved ones are woefully lacking in some of the little goodies that can add a dash of practicality or elegance to anyone's racquetball kit. We've rounded up a selection of those goodies from the loads of super stuff that's available this season. There's something for everyone, from beginner to champion, in a variety of prices ranging from 95¢ to \$25.

On the following pages you'll find the latest in gloves, bags, sweatbands, racquet covers, eyeguards, novelties, stocking stuffers and more. Gifts that will make a difference in everything from appearance to performance.

Our thanks to the manufacturers who provided us with information about and photos of their racquetball accessories. The prices we've supplied are suggested retail only and may vary. If you'd like further information about any of the products shown here, contact the appropriate manufacturer from the list at the end of this article.



The DP Leach canvas Tournament bag (about \$12).



From Omega—the Roll Bag (\$23), the Deluxe Sports bag (\$17), and the Duffle (\$10).



The DP All Purpose sports bag (\$8.50).



Racquet covers from Ektelon from \$4.20 to \$7.25.



Four from Ektelon: from the top, the Weekender (\$14.95), the Rollout (\$21), the Racquetballer (\$25.95), the All-Pro (\$18).



DP Leach racquet cover (\$3.10).



Omega's functional eyeguard, one size fits all (\$7.50).





The *Interceptor* from Ektelon combines style and safety (\$24.99).



The DP Leach Pro Racquetball glove of suede comes in five colors (\$9.20).



From Ektelon, the *Marathon*™ (top) of deer-skin at \$12.95; the *All-Pro*, cabretta sheep-skin and mesh (\$9.95); the *Racquetballer*, of synthetic suede and mesh (\$7.95). All three available left or right, men's and women's sizes.



Unique Sports' glove of calf skin and mesh, left/right, in a variety of sizes (\$9.95).



Omega's deer skin and nylon, XS to XL, left or right (about \$10).



Mesh back, cabretta leather palm in Penn's racquetball glove. Men's and women's sizes, left/right (\$12.95).



From Saranac's "Touch" line of gloves, the "Lighttouch" in deer skin, about \$12.



From California Wallets—nylon wrist wallet with terry underside, \$2.95.



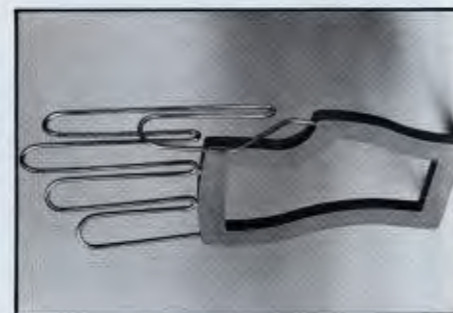
For toting indispensables, the Sports Pouch attaches to your shoelaces or the Wrist Wallet wraps around your wrist. Both from Bear Body, nylon/velcro (\$3.00 each).



A bumper crop of essentials from Ektelon; left to right, top to bottom, the Wristband/Headband pack (\$4.50), the Flame Stencil kit, Graphite CBK™ replacement kit (\$1.95), bumper/grommet strip replacement for Ektelon aluminum racquets (\$1.95), raised leather grip, and flat leather grip (each \$3.95), silver bumper replacement (95\*), Composite 250G™ replacement kit (\$1.75), safety cord replacements, white, brown and black (\$1.25 each), white bumper replacement (95\*), silicone oil-impregnated string (\$3.95), nylon string (\$2.95), wrist tether, blue-and-white or yellow-and-white (each \$5.95).

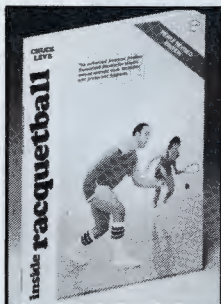
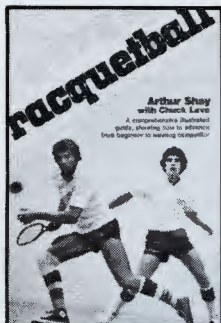
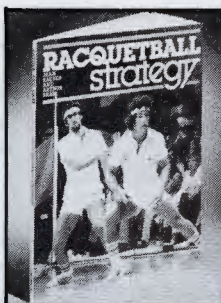
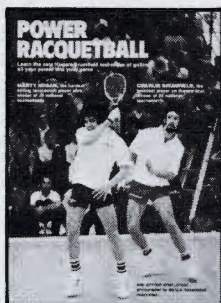


And to remind them of racquetball off the court, Judi Myers' salt-dough figures of racquetballers (\$3).



... and to keep all those gloves in shape, the Glove Tree from Warman Enterprises. For left or right, in lots of sizes (\$5.95).





Some racquetball reading from Contemporary Books: Power Racquetball by Hogan, Brumfield and Shay (\$7.95); Racquetball Strategy by Jean Sausser and Art Shay (\$5.95); Winning Racquetball by Art Shay with Chuck Leve (\$5.95 paper, \$8.95 cloth); The Woman's Book of Racquetball by Shannon Wright with Steve Keeley (\$7.95); Inside Racquetball by Chuck Leve (\$5.95); and Inside Racquetball for Women by Jean Sausser and Art Shay (\$5.95).



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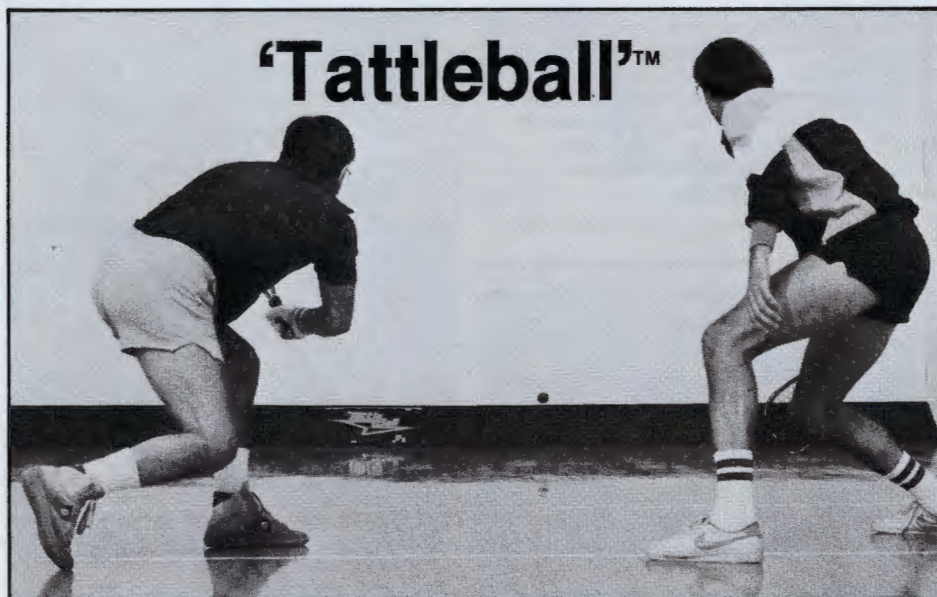
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# And Now — Here Comes



First there was wallyball. Then came court soccer, closely followed by court basketball. Then cestaball and we've even heard of smacquetball. Now there is tattleball.

Tattleball?

Essentially, tattleball is racquetball without kill shots (meaning a lot of us racquetballers are probably playing the game already). Tattleball removes the kill shot by removing the lowest eight inches of the front wall with a hard, plastic barrier known as a "tattle-board." When the ball strikes the tattleboard it makes a distinct, un-racquetball sounding noise and caroms wildly skyward. All other rules of racquetball remain the same.

The proponents of this as yet untested version of racquetball claim that it has many advantages over today's racquetball game, which we all know has evolved into a power-laden, serve-and-shoot contest.

"It may be a better game," says Randy Stafford, former pro racquetballer and president of The Court Company, a racquetball court construction firm which founded tattleball and manufactures tattleboards. "Tattleball emphasizes control, finesse, strategy and conditioning. It de-emphasizes power along with the serve-and-shoot concept."

Stafford spent nearly four months experimenting with varying heights of the tattleboard until he settled on eight inches. At that height, he maintains, the essence of racquetball remains inherent to the game.

"You can still kill the ball in tattleball," he said, "especially with pinch kills when your opponent is in deep court. You can even kill straight in. But the ball comes back higher, making for many retrieves, longer rallies, and therefore a better workout."

Tattleball is aimed primarily at beginning and intermediate players, for whom the kill shot is a rarity. With the lowest eight inches of the front wall eliminated, these players will be able to enjoy their time on the court more because they'll spend more of it hitting and running and less power blasting and skipping kill attempts.

"Tattleball is unlike any of the other new games played on a racquetball court," says Stafford, "because it's the only one that is still racquetball. Wallyball is volleyball, court soccer is soccer, court basketball is basketball and smacquetball is handball. But tattleball is racquetball—we've just made it easier and more fun."

Will the game catch on? Nobody knows, of course, but Stafford and others who have been exposed to tattleball believe it's an improvement of racquetball that will be noticed. Included among his many arguments for the new game, Stafford highlights the instantaneous recognition of rally-ending shots that tattleball makes possible.

"How many times have you and your opponent argued over whether or not that last shot was a skip or a kill?" he

Tattleboards™ measure eight inches from the floor to the top edge of the board, low enough for some kill shots, too high for most.

Randy Stafford, developer of the tattleboards, puts one in place.



asks. "How many times have tournament matches, pro or amateur, been interrupted while a player argues with the referee over the same thing? In tattleball there can be no arguments."

That's because the tattleboard is structured at a 60 degree angle which forces any ball that hits it to rebound in a vertical manner. That fact, plus the unique sound emitted by the impact of ball on tattleboard, leaves no doubt as to the "goodness" of any shot.

Tattleball proponents believe this version of racquetball will be the eventual catalyst to television coverage of the sport, since in the past the primary problem has been the viewer's inability to distinguish a skip from a kill.

"I've seen as much racquetball on television as the next guy," says Stafford, "and it's my opinion that if the viewer could immediately tell when a rally ended, he would enjoy watching more."



An overview of the court when Tattleball is the game.



Yet tattleball is not without drawbacks. Some who have tried it claim that it becomes boring because the variety of shots seems diminished without the bottom eight inches. Closely allied with that position are those who find tattleball frustrating because just when they've outmaneuvered their opponent, they have no clear, rally-ending shot to hit.

*"Both of those arguments gradually disappear as you play tattleball more than just once or twice," says Stafford. "As players catch on to the strategy difference and become more comfortable with the game, they develop winning shots."*

*"Actually, you can experiment with all sorts of shots and not fear that one mis-hit ball will be an immediate kill shot end to the rally by your opponent."*

Then there are the racquetball purists who view tattleball as nothing more than a squash invasion of their 20 x 40 space. How does Stafford handle that one?

*"Squash is an entirely different game," he says. "It's a smaller court, longer racquet, smaller, deader ball, and you can't use the ceiling. Tattleball is racquetball, all of racquetball, just without the bottom eight inches."*

Perhaps the key ingredient that will determine how far tattleball will go is its acceptance by club owners. Simply put, there will be no tattleball if nobody buys the tattleboards, which cost about \$245 per court.

*"I think the advantages for club owners will lead them to at least experiment with the game," said Stafford. "And that's all I'm asking. I don't for a minute really think that tattleball will replace racquetball. Rather, I think it's an alternative, an addition to it. In the end, the players will decide how far it will go."*

There is good reason to believe that club owners could benefit from tattleball. For one, it would give a duality to their existing courts. Since the tattleboards are portable, the owner could put them up on a court or two and see how it goes. Or, if the player requests tattleball, it's just a matter of a minute or two to set up the boards.

In addition, tattleball could be used as a teaching aid. As instructors expound the basics to their eager beginners, tattleboards can be used to help develop control and strategy. As players become more competent they could either "graduate" to racquetball or stick with tattleball.

*"Many instructors are already doing this with tape or actual teaching courts," says Stafford, himself a former teaching professional. "Tattleboards would just make their job easier and more effective."*

Ironically, one of tattleball's best applications might end up being better kill shots.

*"I'm not sure about tattleball," said one demonstration observer, "but I think aiming for the tattleboard would be a great way to practice kill shots."*

Stafford has not yet formalized any far-reaching promotional plans to bring tattleball to the masses, although he has given it some thought.

*"I think we'll take it slowly at first," he said, "and if the interest is there maybe we'll run a tournament or two to give the game a real, true test. In the meantime, we'll encourage owners to give it a try, perhaps set up tattleball leagues for beginners and see what happens."*

For more information on tattleball, contact Court Products, 1500 Old Deerfield Rd., Highland Park, IL 60035 or call them at (312) 831-5700.

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# Unathletic Woman: My Last Myth

by Nikki Ciardella White

I have been on the court for more than an hour and am starting to shake from exhaustion and nerves. The racquetball game is frightfully close; the tournament championship seemingly more unobtainable with each gasping breath. Three times it has been game point and the victory has eluded me. I am beginning to panic.

This near the close of a match, when it feels like it will never end, I question why I continue playing a sport competitively. Why was I, like so many women today, leaving the safety of the spectator for the vulnerability of the player? What was I gaining by putting my ego on the line and backing it up with a leather-tipped athletic shoe?

Nobody ever told me what it felt like to play a sport competitively and it never

***I grew up believing boys played sports and girls, if they were lucky, got to be cheerleaders.***

occurred to me to ask. I grew up believing boys played sports and girls, if they were lucky, got to be cheerleaders. Nothing hinted that someday I would step onto a court and people would cheer for me.

Until I began competing, I had no idea sports were so valuable. We know they are good for our bodies, but why don't women know how important they are for our minds?

It is not coincidental that men, who are reared on sports, are also the leaders in this society. Once you have learned how to out-think and outmaneuver an opponent in sports, it is easy to transfer those skills to other aspects of life. But if that set of mental muscles has never been exercised, success and leadership can be confusingly impenetrable. Sports can give us what they have given men and we too can become winners.

I had always seen myself as "unathletic" so competing in sports did not come easily. I never even heard of

racquetball until a fitness center opened near my home and I began playing it with my husband and best friend to lose weight. When the club sponsored its first singles tournament, both of them encouraged me to enter it.

"*Absolutely not!*" I said.

The thought was terrifying. Entering the tournament would mean living up to the expectations of people who thought I played well for a novice. I didn't know if I could do that. For all my convictions about women being as capable as men, somehow a racquetball tournament did not seem a fair way of having to test that theory.

It took nail-biting days and heart pounding nights before I knew the fear had to be confronted. Experiences which are the most frightening can also become the most enlightening. Also, turning from this challenge would make it easier next time to turn away from something else. Avoiding challenges did not fit my concept of a new woman: a woman who was competent, courageous and, gulp, competitive.

It turned out that making the decision was the easy part. I remember walking in the morning of that first tournament and being absolutely shocked at the huge crowd intently watching a match. It was instant nausea. Was I serious? Was I really going to waddle out there on my fat thighs and play racquetball in front of all those people? I had never felt so foolish, nor so vulnerable.

Competitive matches are like giving birth. When the time comes, you are on your own and there is no way to get out of it. The referee calls your name, shows you onto the court and slams the door.

That first match I was shut in with a thin, athletic woman named Jackie whom I had never seen before. That was a rarity. Competitors usually meet in the locker rooms, coming and going from the bathroom — sometimes several times. The girlish giggles that accompany these meetings are often the only humor in the emotional hurricane that is competition.

I thought the terror would stop once the game started. I thought I would stop worrying and have fun. The last thing tournaments are is fun. They are hard work, exhausting the players physically, mentally and emotionally.

You work for every point, trying to relax while your hands shake, trying to loosen up while every nerve-ending tingles. You learn quickly that concentration is your best ally. Skill and endurance are ephemeral without it. If nothing in life has taught you to concentrate, competition will.

You also feel incredibly alone.

I played badly that first game, isolated in front of a distorted swell of people I could not seem to ignore, trapped in a small, sweaty room with a woman I did not know whose only purpose was to break me down, make me lose. Because I wanted to win, I knew I had to try to do the same to her.

We all have our ultimate test, that point when we either break or grow. Mine came while running after a lob, when I tripped and fell on my face. I fell in front of that whole lobby of people, in

***It is not coincidental that men, who are reared on sports, are also the leaders in this society.***

front of my husband and best friend, in front of Jackie and her supporters and the insensitive scorekeeper who put another point on Jackie's side. I fell hard like a fat woman, skinning my elbow and knee like a child.

It was while lying on that floor, willing myself not to cry and wanting desperately to vanish, that I realized there was a way to for me to win. *But I would have to do something I had been taught to avoid all my life.*

Jackie was having trouble returning serves hit hard to her backhand. I had not hit too many of them, feeling it was unfair to take advantage of this fault. But it was my only chance to win. Finally, ignoring my concern for Jackie's feelings, I began hitting that serve she could not return. I hit it as low and hard as I could. Again and again. I hit that serve until I won.

It took only seconds after match point for the guilt to set in. Any pleasure I might have experienced from a victory



was overshadowed by a tremendous sense of shame for doing what I had done to Jackie, for ferreting out her weakness and exploiting it for my own benefit.

Women are not reared to know how to win or to feel good about ourselves if we are able to overcome that conditioning and seize an opportunity for success. When we compete traditionally, it is on a subtle unacknowledged level. But sports are not like that. They are very public. When you compete, there is no doubt in anybody's mind what you are doing and why. Everything is out in the open, the way competition should be.

Now I am glad I stuck it out through the long weekend of that first tournament, stuck it out to take third place. I learned what a wonderful, tangible gift winning can be. Winning at sports can give women the confidence to try greater challenges. The admiration we receive from others when we are successful can encourage us to believe in ourselves more wholeheartedly.

Sports have taught me many things that have nothing yet everything to do with hitting a ball with a racquet as perfectly as possible. Those lessons include how to overcome intimidation, how to quickly assess an opponent's strengths and weaknesses, and how to respond successfully to rapidly changing situations.

Competitive sports can also teach women how to wield power, how to become intimately aware of our special strengths and how to use those skills to achieve our ambitions, whether it be winning a racquetball tournament or getting a good job. These assets do not evaporate when we walk off the court and into the real world.

Most importantly, sports can teach us to rely on ourselves. Winning and being a winner are solitary acts. No one can help you once you step onto that tournament court. And nobody's name but yours is etched in gold on the trophy.

My name is on some of those first-place trophies, as it is on this writing and others. It all took a lot of work that only I could do, and whenever things come down to the wire, I'm still always a little scared. But I'm beginning to accomplish goals that were once little more than dreams. Sports, more than anything else, have helped me to reach this point.

I turn back to my latest tournament game. Just one more point, I think, stepping into the service box. I glance back at my red-faced opponent who looks as exhausted as I feel. Taking a deep breath, I bounce the blue ball, my heart throbbing in the fragmented time while it drops. When it almost hits the floor, I step and swing, snapping my wrist to send the ball perfectly down the side wall. The return is weak and a plum set-up. With a quick reflexive action I pinch the ball into an irretrievable corner kill and the game, the match, is over.

The locker room is deserted by the time I go in to the shower. Like a cavern, it echoes with the aching loneliness and isolation peculiar to victory. When you lose, you can sit joking about your

***Competitive matches are like giving birth. When the time comes, you are on your own and there is no way to get out of it.***

mistakes in the camaraderie of the other players. When you win, you are alone.

But I have come to accept, even savor, that special solitude, that time when I can sit in the steam room thinking about how much I would have missed if I had given in to my first fears.

I think fondly about the other competitors, many of them friends now, and there is no guilt in winning. That demon has been exorcised. We all play our best and respect each other for the strengths we see both on and off the court.

In the steam room, perspiration rolls in droplets down my golden, glistening body which is showing a leanness I always admired but never before possessed. I like the way my body feels in its tiredness, the aches the steam whips over and fades. I sit happily sequestered, musing about growth and change, and realize that sometimes I like very much to be alone. ●

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# Frank LeMaster: Man of Commitment

by Ray Doyle

The first time Frank LeMaster, the Philadelphia Eagles Pro Bowl middle linebacker, stepped onto a racquetball court he received a quick lesson on how to play the game.

*"I played a guy who was about 70 years old and he killed me,"* said LeMaster. *"He stayed in the middle of the court and just ran me from one side to the other. He beat me something like 21-4 and I lost about seven pounds."*

This happened while LeMaster was still a student at the University of Kentucky and racquetball had yet to explode on the national scene as one of America's favorite pastimes. Frank has remained a devotee of the sport ever since.

*"I was really impressed with racquetball from the start and losing that day was proof to me that experience and finesse are as much a part of the game as speed and power,"* he says.

Today he is a partner in his own club, the LeMaster Racquetball and Fitness Center in West Chester, PA, 30 miles west of Philadelphia, where he continues to accumulate knowledge on the intricacies of the game.

*"Right now I'm a club level B player but I think I could be an A. Just when I start putting my game together and getting pretty good it's time to go back to training camp,"* he says.

Team rules prohibit his playing once summer camp opens at West Chester State College in mid-July. So for half the year there's little time for serious concentration on the game.

*"With Dick Vermeil's program there's no way you'd have the energy to play anyway and then there's always the slight possibility you might get hurt,"* explains LeMaster. (Vermeil is head coach of the Philadelphia Eagles.)

In the off-season, however, he plays as often as possible, usually three or four times a week, and considers the game a major part of his year-round fitness program.

*"After seeing what kind of a workout I could get from playing racquetball for an hour I took to the game right away. I could lose up to five or six pounds and enjoy great conditioning particularly for the cardio-vascular system. Also I could help maintain the quickness I need for football."*

LeMaster, who has been named the best conditioned athlete to report to the Eagles camp the last two seasons running, also pointed to another big plus for racquetball. The game is fun to play.

*"For me it's a lot better than going out jogging and doing those kind of things. I've enjoyed it from the very first time I played."*

When the opportunity arose for him to become a partner in a racquetball and fitness center he needed no urging. As a man who only does things first class, however, he made sure that every detail of the operation was meticulously worked out.

*"One thing I'm a stickler for is planning,"* he says, *"and when we started I told my partners that we were going to be efficient but wouldn't cut corners. After all it's my name on the front of the building."*

The detailed research done prior to the actual building of the facility has paid off. In the one year the club has been in operation it has acquired over 2,600 members and has had to add four new courts to the original eight.

*"We did our homework and avoided a lot of problems and I feel we will have something we can be proud of down the road."*

From the outset, Frank has insisted that the club offer a variety of activities to its membership.

*"The field of health and fitness clubs is highly competitive and I feel that those that will succeed will be the ones which offer their members an assortment of activities, both social and athletic,"* says LeMaster.

In line with this his club tries to find activities tailored to the individual needs of its membership. Racquetball is number one but other offerings include aerobic dancing, karate, wallyball, three-on-three basketball, power-lifting and a complete line of Nautilus equipment.

What Frank has in mind is providing a club where one can achieve total fitness and it's important to him that his center adds a plus to the West Chester area which he has chosen as his year-round home.

*"I've made a commitment to live in this area, probably for the rest of my life,"* says the native of Lexington, KY, *"not*

Frank in front of the club.



—Photos by Ray Doyle

*only by building a home here but by starting a business as well. I honestly feel that a professional athlete must contribute more than just performing on the field."*

One thing the six-foot-two, 238-pound mainstay of the Eagles' linebacking corps wants to contribute is raising the level of public awareness about physical fitness. He is well qualified to do so. He sees himself as a self-made athlete who achieved success solely through hard work and dedication. If there were in fact a Johnny Appleseed of fitness, LeMaster could serve as the prototype.

A three-sport star at Bryan Station High School in Lexington, he went on to achieve All-Southeastern Conference honors in football at the University of Kentucky. He also lettered one year for the Wildcats in basketball before turning his full attention to the gridiron. His success, however, did not come without extreme effort.

*"When I enrolled in college I weighed 180 pounds and ran 5.1-second 40 yard dash. I looked at the older guys, the juniors and seniors, and knew I had to do something to be able to compete so I attacked the weights four to five hours a day and did a lot of running. When I left Kentucky I weighed 222 pounds and ran a 4.7 40-yard."*

He's been body-conscious ever since and actively seeks to share his interest in physical conditioning, which he has made a major factor in the operation of his club.

*"People invest a lot of money and effort in business and home-life, which is natural, but too often they forget to invest in their own health. You can have all the other things—success, money*



*For the past two seasons, Frank has been judged the best-conditioned athlete at the Eagles training camp.*



*happiness—but if you don't take care of your body, which is really a machine, and keep it well-conditioned, something will go wrong with it and then not much else will matter," he says.*

He carries that philosophy into the day-to-day operation of the club.

*"I enjoy doing something I know about, something I've experienced success with and when I talk with people about fitness they know I'm not fooling. I'm living proof that such things as power lifting and Nautilus are effective and that a sport like racquetball can help maintain the speed and durability needed to play in the NFL," he says.*

He is particularly interested in working directly with young athletes.

*"I was in their position at one time and I had to battle my way to a starting position in high school so I know what's involved. I can tell them that if they make the commitment to excel at something and put in enough work it will happen," he says.*

He puts this experience to good use at the club, designing individual fitness programs.

*"We try to meet the needs of each person when a total fitness program is designed. When I can I take a personal hand and I feel I can tailor a program for a particular sport or for a person of any age."*

In all cases he tries to incorporate variety.

*"Above all I want fitness to be fun; while a person is getting in shape there should be a degree of enjoyment," he believes. "When people are locked into one type of exercise and do it over and over they tend to lose interest and drop out."*

His own personal fitness program bears this out. Aside from time off for hunting, which is one of his favorite hobbies, he works year-round at conditioning, lifting weights three to four hours, four times per week, and supplementing this with extensive use of the Nautilus and large doses of racquetball. This, he feels, is necessary for him to maintain excellence in the tough world of the NFL.

It has sustained him as one of the top linebackers in the league over the last eight seasons. He was a fourth-round draft choice of the Eagles in 1974 after receiving a B.S. in biological and health

science from the University of Kentucky. He became a starter for the Eagles in 1975 and has been a major factor in the steady improvement of the team which has made the playoffs in the last four seasons and reached the Super Bowl in 1980. One of the most durable of NFL players, he has never missed a game in his professional career and this past season realized a major ambition by being selected for the Pro-Bowl.

His greatest athletic thrill came as the Eagles defeated the Dallas Cowboys for the NFC crown and journeyed to New Orleans to meet the Oakland Raiders for the World Championship.

*"Just getting to the Super Bowl was the biggest thrill," he relates. "Five years before we won only three or four games the entire year. But going from the cellar to the Super Bowl in that amount of time was tremendously exciting."*

The fact that the Eagles dropped a 27-10 decision to the Raiders in New Orleans ranks high on his list of disappointments but it is not number one.

*"This past season was the biggest disappointment because we had great expectations and then didn't get the job done," he says. "It was truly depressing. In the first half of the season we were 7-1 and had the best record in the league. Then in the second half we had more turnovers in a six-week period than any team I've ever been associated with. It got to the point we were giving games away."*

The Eagles finished the season 10-6 and were eliminated in the opening round of the playoffs by the resurgent New York Giants. Still it was an outstanding year personally for LeMaster, who helped make the Eagles the top defensive club in the NFL.

*"It was the best year I've ever had," he says, "and not just in the number of tackles but as far as being in the right place at the right time and coming up with some big plays. Things now seem to be falling into place and people are finally starting to realize my brand of football."*

That brand of football took him to Hawaii for the Pro-Bowl and fulfilled a long-standing goal.

*"It was important to me to be chosen," he stated, "and it's the only thing that salvaged my season. Still I'd give it all up in a minute to go back to the Super Bowl."*

Frank will have to wait, however, for the 1982 NFL campaign to get another chance at the title. Right now he spends much of his time taking an active management role at the club. He is assisted by five partners.

*"All of them are local residents and all contribute something more than just financial investment."*

His wife Theresa also takes an active interest.

*"We have two little ones at home (sons Justin, age 2½ and 10-month-old Brennan) and that's kept her busy but now she's becoming more active."*

He does not believe in being an absentee partner who merely lends his name to things. From the start he has participated fully in the planning and has personally designed the attractive woodwork which gives the club a unique ambience. He is at the facility nearly every day during the off-season and tries to make an appearance two or three evenings per week during the vigorous NFL campaign. ●

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# Ask The Champ

by Marty Hogan

Five time and current National Champion Marty Hogan answers questions about improving your game in this ongoing exclusive series in *National Racquetball*. Readers are encouraged to submit questions about their game to Marty Hogan, c/o "Ask the Champ," *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.

**Question:** After the comments you made in the September issue about Dave Peck, can you share with us what you've been doing to improve your game, and perhaps a prediction on how you'll do this season?

**Hogan:** I view my performance of last year, truthfully, as pretty good. My shots were as good as ever, I covered the court probably better than ever, and I was hitting the ball as well or better than any time in my career.

There was one element missing, however, which voided nearly all of the positive parts of my game. That missing element was proper attitude. I must play aggressively 100 per cent of the time or I will not play up to my potential.

Last year I was waiting to lose every time I stepped on the court. I never had this attitude before and it is totally against my philosophy of competition. So, my first goal was to change my attitude, which is not an easy thing to do.

This past summer I worked out harder than I ever worked in the past. My preparation was mental as well as physical. My program consisted of six to eight hours a day and my feeling is that with physical and conditioning improvement, the mental improvement will follow.

Frankly, I predict one of my finest years, maybe the finest of my career.

One reason I'll do much better is that the competition is much better and I desperately need that challenge to spur me on. I think you'll see Bret Harnett become an even greater factor than he was last year, and of course, Dave Peck will be tough, although I believe he'll find the early rounds more difficult than usual.

Let me state, on the record, that I will win better than 85 per cent of all the tournaments I enter in the 1982-83 season. I will so devastate the field that my performance will not leave a single doubt as to who is truly the best player.

**Question:** A few months ago you discussed the splat and the reverse pinch shots. What exactly are the differences between the two?

**Hogan:** There are plenty of differences. In reality the two shots are almost opposites.

The splat can only be hit on the side wall nearest you, usually a forehand on the right wall and a backhand on the left wall (if you're right-handed). The splat must be hit this way because it has to strike the side wall in an indirect manner in order to pick up the tremendous amount of spin necessary for it to react the way you want it to off the front wall.

Ideally, you want the ball to skid off the side wall so it doesn't flatten out when it hits that wall. (The more directly you hit the wall the more the ball will flatten—and the more it flattens, the less spin it carries.)

The spinning sphere will then carom cross court and strike the front wall about three or four feet from the opposite side wall and aided by the spin, will angle off the front wall in a nearly parallel path. Since the shot is hit from deep court (around 38 feet) it is an extremely low percentage shot. In fact, I would estimate that a 20 per cent success rate is good for most top players.

The reverse pinch, on the other hand, demands the opposite reaction from the ball. This shot is hit across your body, hitting the opposite side wall, then the front wall. In addition, it is almost always hit off a pure, center court set up as opposed to the splat, which more often than not is a deep court, off balance shot.

The reverse pinch travels at a sharp angle into the side wall, flattens out (therefore has little spin and loses considerable speed) and caroms around the corner to the front wall. A forehand reverse pinch (for a righty) will hit the left side wall about two or three feet from the front wall. If it's hit much farther from the front wall it will skip between the side wall and the front wall.

Reverse pinches are effective shots, yet most top players don't use them much because they're hit off a set up. In today's racquetball game, where pure set ups are few and far between, most players prefer to go with their best kill attempt in those situations, rather than the less desirable reverse pinch.

**Question:** The September issue carried a great deal of information about the various racquets used today, including differences between materials used in racquet construction. Just what are those differences and why have you chosen graphite when you had so much success in previous years with fiberglass?

**Hogan:** I would say that this is one of the most often asked questions I get. I think it gets right down to my personal philosophy of always trying to better myself.

No matter what materials go into racquetball racquets, the manufacturers have always tried to get the best playing characteristics out of each material. For years aluminum framed racquets were the only way to go. Then came fiberglass, which attracted many of the pros until about four years ago when graphite came on the scene.

With each material previously, there would be advantages and disadvantages. To correct a disadvantage would compromise the playing characteristics of that material. For example, I felt aluminum was heavy, yet to make it lighter would weaken the frame. Fiberglass didn't give you the power, but to make it more powerful meant more rigidity in the frame, therefore, lost control.

I loved fiberglass and played some of my best racquetball with the white Little Bandido. I could get more action on the ball because of its great flexibility. But because racquetball—and for sure my game—was built around power, I felt I could improve with a more powerful racquet, which the stiffer graphite construction was.

Any time you switch to a racquet with different construction you have to adjust. You gain and you lose. I did give up a lot when I switched from fiberglass, but I believe the switch was well worth it. The graphite gives me the light weight of fiberglass with unsurpassed power. I still have as much control as ever.

So what's in a racquet? It depends on your strength, your stroke and your style of play. Nothing in racquetball is more of a personal choice than your racquet. And choosing a racquet that's best for you can only be done by you. ●



# Practice Drills To Improve Your Game

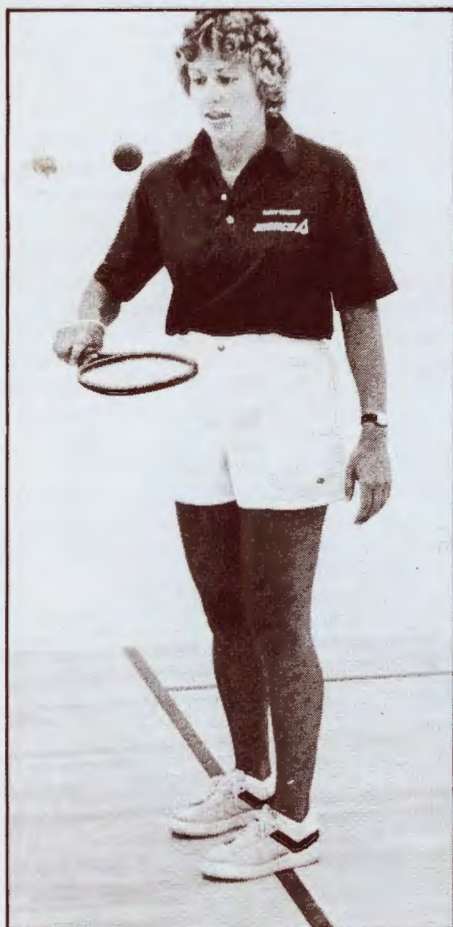
by Kathy Williams

A most important part of the value of drills is that they allow you to have fun while you're practicing a specific skill. Instead of simply trying over and over to kill the ball, for example, when you do the hit-the-can drill you've introduced an element of play and self-contained challenge that makes the drill fun in itself.

If you think of drills not as something boring and repetitious but as an opportunity to enjoy your time on the court in

a different way, you'll find yourself able to concentrate better on the objective of a given exercise and getting more out of it than if you let yourself approach them as a duty.

This month's drills are designed to sharpen a variety of skills—control, placement and footwork—and to improve your conditioning. And they're designed to do this while allowing you to have fun—either alone or with a partner.



Kathy Williams has been a racquetball teacher and professional player for 10 years. She has recently completed *The Book of Successful Racquetball Drills* from which this article is excerpted.

## Yellen Eight String

Mike Yellen, an old friend and playing partner, developed a way to *string a racquet* that required him to *concentrate* more on the ball when hitting a shot.

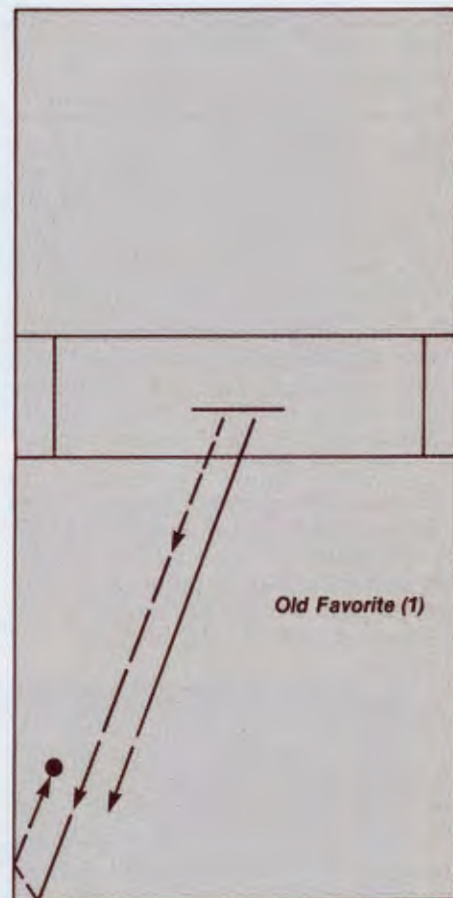
### Start

Every racquetball racquet has about the same sweet spot for hitting. If you will look at your own racquet you can determine the hitting area most used. Mike took a racquet and strung it with eight strands as in the illustration above. Find one of your old racquets and have someone string it in this manner and play a few games.



### Notes

I strung several racquets this way and had my students play and practice with them. You really have to concentrate hard on watching the ball or the ball will pass through the racquet without hitting a string. Use four strings in each direction only.



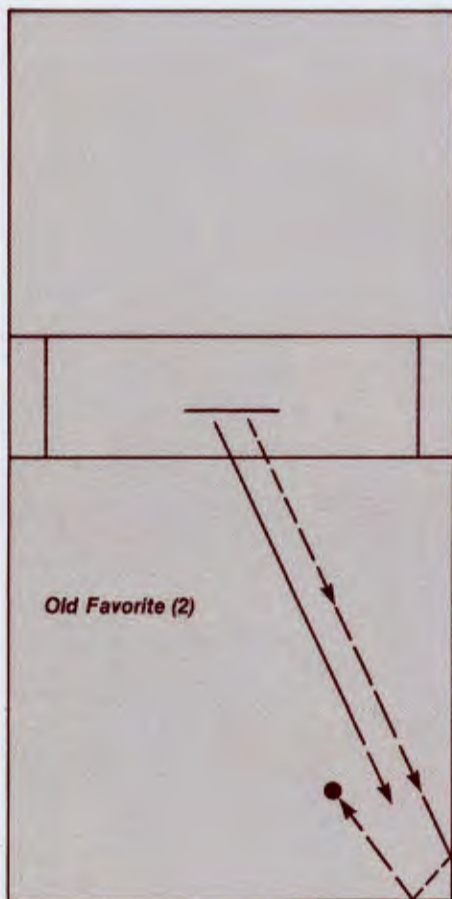
## Old Favorite

This is a *back corner* drill for *quickness*. The most difficult part of this drill is the throw. If you are not very adept with your off hand, you may find this drill impossible.

### Start

Stand in mid court near the short serve line facing either back corner. With an underhand throw, gently toss the ball into the back corner. The throw should be only about a foot high. The objective is to run to the back corner and retrieve the shot before it bounces twice. Try every way possible to get to the ball for a return. You'll really have to move on this one. The ball should hit the back wall first, rebound to the side wall and hit the floor. You must get to it before it bounces twice.





### Notes

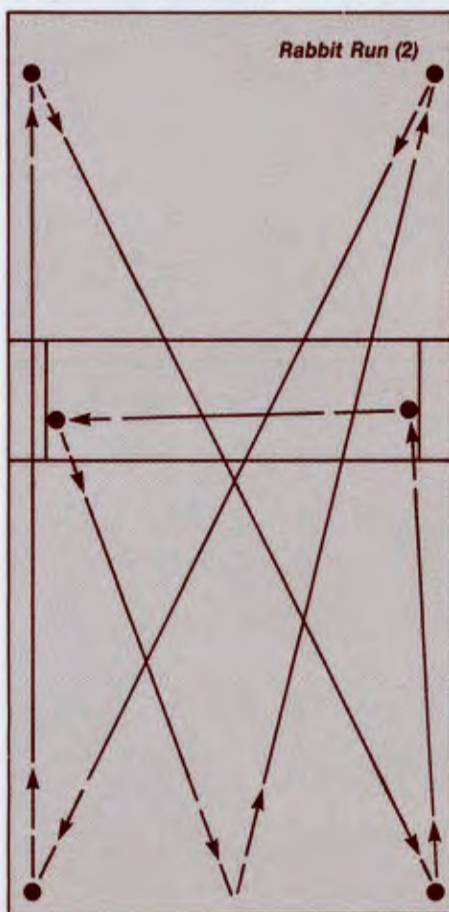
This is another of my favorite drills that really helped my back corner play.

### Rabbit Run

This is another *conditioning drill* that makes you move to every corner of the court. Young beginning players like this drill because it involves a lot of running around the court.

#### Start

Take six balls and place them on the floor in the positions indicated in the illustrations above. The starting and finishing line is the center of the back wall. Run to ball number 1 and pick it up. Let it bounce and kill it into the front wall. Run to ball number 2 and continue until ball number 6 has been hit. Finish by running to the back wall.

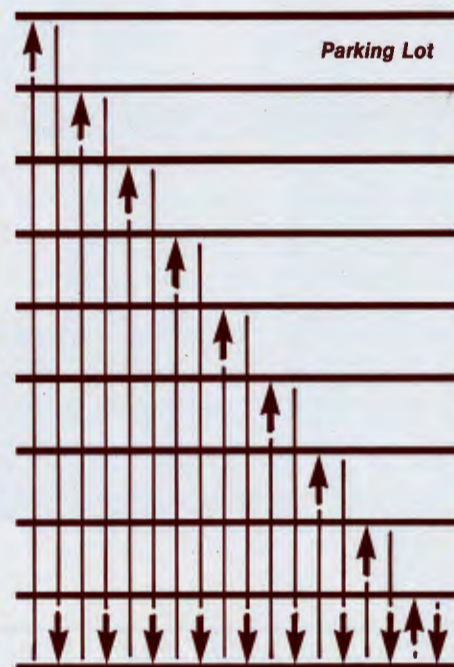


### Notes

Time yourself on this drill for five tries. To keep your score, subtract five seconds for every good kill shot you hit from the total amount of time it took you to do the drill. If you hit six good kill shots you should have a score of around zero. I have used this drill as a test for my college students.

### Parking Lot

This is an off the court drill for *conditioning*. It will help you to develop the *quick starts* and *quick changes in direction* that are so necessary for successful racquetball.



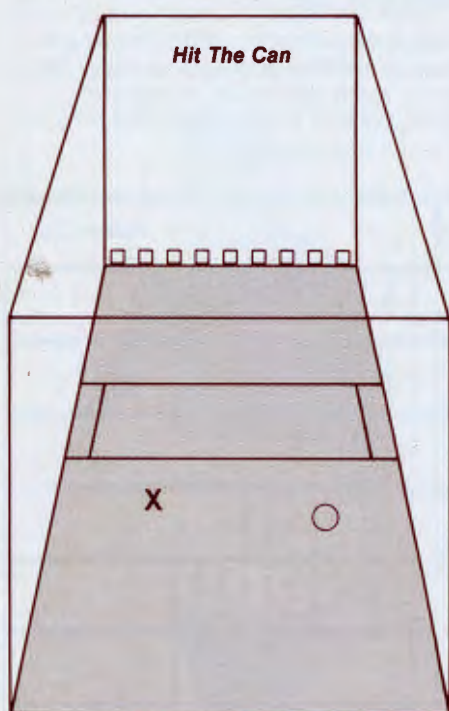
#### Start

Find the nearest parking lot that has marked lines for parked cars. Nearly every racquetball facility parking lot has these dividing lines. If possible run this drill with a stop watch in your hand to determine your progress. Select a starting point and count off 10 lines from that point. Start by running to the furthest line and touch it with your hand or foot. Turn and run back to the starting point and do the same. Turn again and run to the next closest line, working your way back and forth until the drill is completed.



## Notes

At one point during my professional career when I was jogging four to six miles a day, I noticed that my quickness was beginning to disappear. I began concentrating on fast footwork drills, like the one above, and noticed a significant improvement in my performance. My serious students enjoyed doing this drill.



## Hit The Can

Steve Keeley had many drills in which he used empty racquetball cans for targets on the front wall. This is a hit the can drill for practice of *kill shots*.

### Start

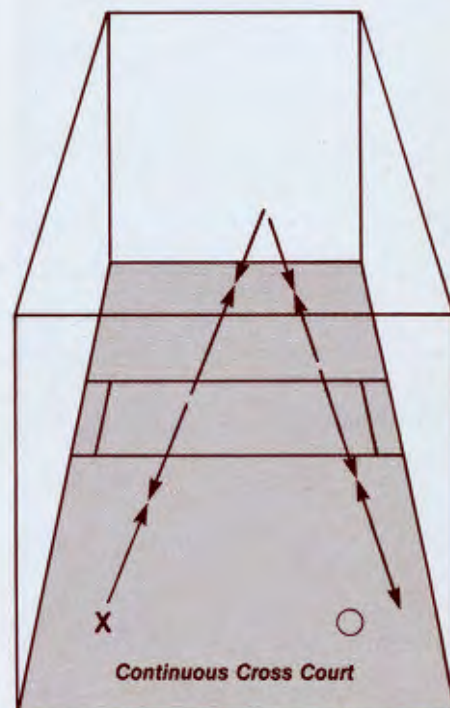
Place six empty racquetball cans against the front wall at positions indicated in the illustration above. Play an 11-point game with a friend; every time either of you hits a can on a kill shot score two points for that player. After a can has been knocked down, set it up again.

### Notes

You will be surprised at how difficult it is to hit a can. You can do this drill alone by hitting soft set ups and attempting to hit a can. Try it, it's fun.

## Continuous Cross Court

This is a *cross court* continuous pass drill. The objective is to hit cross court pass shots with a partner and count the number of consecutive hits you can keep going. This is a *ball control* drill for both the forehand and backhand.



### Start

This drill can be done alone but is more fun with a partner. You and your partner stand in deep court on opposite sides of the court. Alternate hitting cross court shots with your partner and count the number of continuous shots you can keep going. Change sides of the court after 20 good hits.

### Notes

This is a good drill to determine the correct area on the front wall to hit for a successful cross court pass. Try this drill by yourself as a drill for hitting cross court pass shots while on the move. ●

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# Do You Really Want To Improve?

by Lynn Adams

This article is another in a continuing series authored by Lynn Adams, current Women's Professional Racquetball National Champion. Adams is also one of the nation's foremost instructors, dealing with players of every level.



## The Drop And Hit Drill

Any time you're reconstructing or learning a new stroke, don't skip the initial phase of drop and hit. The drop and hit is your foundation, a solid base on which to build. If you have flaws and weaknesses in your drop and hit, you'll have flaws and weaknesses in your game.

Until now, you've been practicing your swing without the ball and finding your stroke by using the tape on the floor (see October issue). Now it's time to reintroduce the ball and learn to hit it with your new stroke. First off, keep the tape on the floor as a guide for your feet.

It's a normal tendency to change and adjust your feet and legs once you start hitting the ball. By keeping the tape down for a while, you can overcome that tendency. What you need now is a tape mark for the ball.

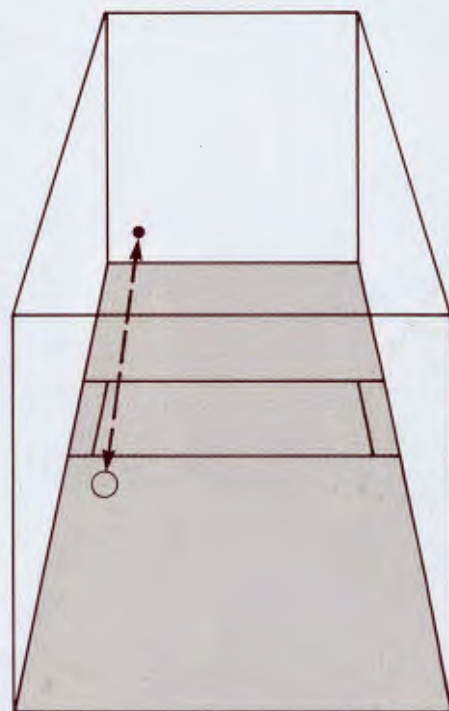
Begin at or near the short line and have someone stand behind you to watch your swing. He or she should visually mark where your racquet head comes through in relation to your body. You want to make contact with the ball near your front foot but away from your body so your arm can be extended when it goes through the point of impact. After you do four or five swings, your helper should mark with the tape the spot on the floor where you should contact the ball.

It's important to follow the guides you've set on the floor. That way you'll achieve the consistency you need to have a solid stroke. Don't go back to old habits at this point. Right now it's crucial to concentrate on keeping the stroke consistent so that the new motions will become natural and feel normal.

Repetition is the key to this drill. If you're really serious, you won't deviate from this drill until the stroke is right. What do I mean by "right?" You can go to any part of the court and without benefit of the tape, hit a smooth, flat, solid stroke. You don't have to roll the ball out 10 out of 10 times. But the ball should go into the wall straight and come back at you straight. If the ball skips or strays to either side of the court, you have more work to do.

Now is the time to make those basic, yet very necessary, adjustments in your stroke. If your drop and hit is going to the side wall that you're hitting next to, one of two things is happening. First of all, you might be hitting the ball too far behind your front foot which creates an open racquet face. Because an open face directs the ball slightly sideways instead of straight, you'll hit the side wall first. Another reason might be that you're contacting the ball too close to your body, which also causes the racquet face to open up. You'll also slice the ball a lot if you hit it in close to your body. By keeping the ball away from your body and up by your front foot, you'll be able to correct this error. Remember, you want to hit flat and solid.

## Part III



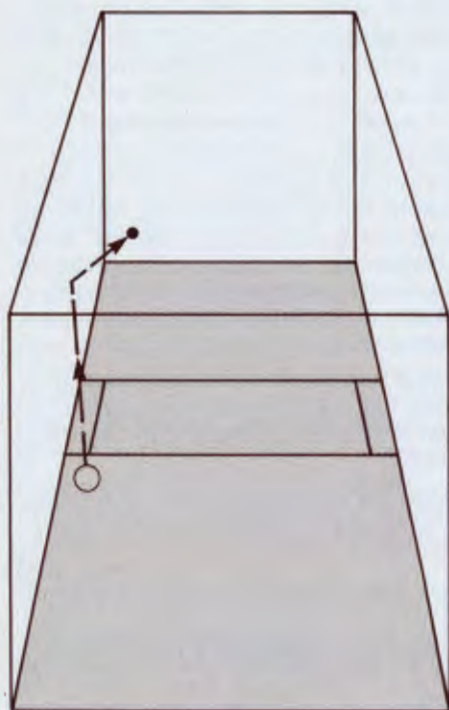
**Proper Drop and Hit Drill.** The path of the ball should be straight into the front wall and straight back to you.

What if your balls are going to the cross court side of your stroke?

That's caused by contacting the ball too far out in front of yourself. Your racquet face is past the normal contact point, and it's closing off, thus sending the ball to the other side of the court. By contacting the ball back a little in your stance, you'll correct that problem.

Probably the most frequently made error is the skip ball. Skips can be caused by a couple of things. One is hitting the ball too far behind your front foot. The tendency here is to stand up straight and do a pendulum-type motion. As you're coming into the ball behind your front foot, your racquet face is traveling down, toward the floor, creating a skip ball. Another reason the ball might skip is if you start bending at your waist instead of with your legs.



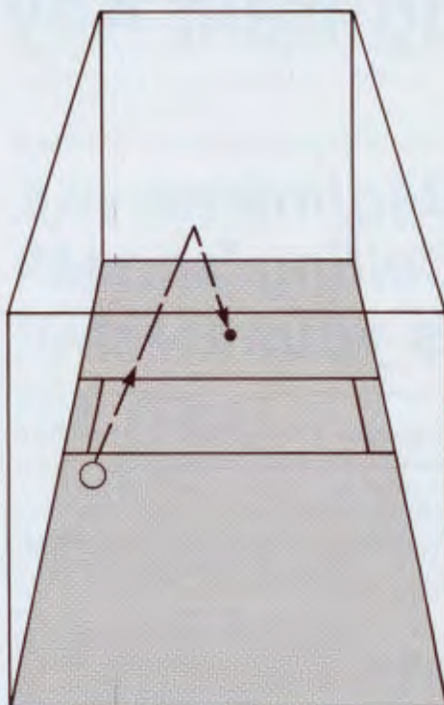


**Improper Drop and Hit Drill.** If the path of the ball is into the side wall closest to you, your racquet face is too "open."

Once you bend your waist, the top end of the racquet drops down toward the floor. And if your racquet is pointing to the floor, you can be sure the ball will follow.

Also, check your grip. You may be doing everything right with your body, but your grip is wrong. That can also cause the ball to skip. There is one more potential problem—your balls going into the front wall too high. Again, there are a few common causes.

One, hitting the ball too far in front of your front foot may cause your racquet face to point up slightly. Or, if you bend at your waist and hit the ball a little early, it will rise. Also, if you use a pendulum swing (similar to a golf stroke) and you hit the ball as your stroke is rising, that will cause the ball to go high. Even if you're doing everything right, if you contact the ball at hip level, that's the height the ball will



**Improper Drop and Hit Drill.** If the path of the ball is cross court, your racquet face is too "closed."

travel. Practice letting the ball drop to below your knee and you will hit lower on the front wall. Keep the ball at your front foot and use your legs, not your waist, as a means of getting low to the ground.

Use your tape markings as a guide as long as you need them. There isn't a time limit on learning so take as much time as you need and don't cut corners. Then you won't have to go back and work on weaknesses later. ●

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# **APRO** Teaches: **The Ceiling Ball: Key To Defense**

by **Connie Peterson**

The ceiling ball in racquetball is like putting in golf—everyone has their own style. The “classic” strokes or the most unorthodox strokes can achieve the desired objective—to stay in the rally by putting the ball in the hole (in golf) or getting the ball to the ceiling and into deep court (in racquetball). No two people hit a ceiling ball the same just as no two golfers putt the same. But there are some basic criteria to which all players must adhere.

At any level of play it should be remembered the ceiling ball is a defensive shot. It is used to keep the ball in play, get you out of trouble and back into the rally, as well as slow the pace or regain control of the game.

After leaving the racquet, the ball should contact the ceiling about 4-6 feet out from the front wall, contact the front wall, and then have its second bounce land in the back court. The closer the second bounce lands to the back wall (without hitting it) the better. Why? This does not give the person a second chance off the back wall.

A ceiling ball should never contact a side wall unless it is in the back corners. When a ceiling ball contacts the front wall and then a side wall, the chances are it will come down somewhere near center court. This allows your opponent a great opportunity to set up and hit an offensive shot.

The ceiling ball is meant to keep the play in the back court or allow you a chance to recover from a “get” and put yourself back into the flow of the rally.

Most people have a tendency to ignore the defensive part of their game and work only on kill shots, overheads, and maybe some pass shots. Why? These are the shots that look so impressive, and that win you the points.

But the defensive shots are the catalysts to set you up for the winning points. In volleyball, for instance, the setter has no claim to fame; it's the spiker who wins the points. But without that set there would be no spike. You can't have one without the other. So don't shortchange yourself or your game. Practice all parts of it and concentrate most on the parts that need the most work.

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## **Beginners: Ceiling ‘sense’ is your start**

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As soon as a person has spent enough hours on the court learning to judge shots off the front wall, off the back wall, and the angles involved, they should begin thinking about where and how to hit the ball within the different hitting zones.

Some of the most awkward strokes are those contacting the ball around the chest area. Beginners have a tendency to hit down on the ball thus hitting it into the floor; or to hit the ball hard to the front wall which only gives their opponent a set up off the back wall.

You have to learn how to patiently put the ball up to the ceiling. The result will be that you no longer are in trouble, you are still in the rally and you may be the one to get the next offensive opportunity.

Here are some ways beginners can improve their ceiling ball game:

- 1) Watch some of the better players in your club hit ceiling balls. Don't worry about when they use them, just how they hit them. Strategy on ceiling balls will come after you have learned the fundamental skill of hitting the shot. Observe the shot and then try to put yourself in their place as if you were hitting the shot. Shut your eyes and picture the same.

- 2) Next time you play, try to figure out how many times you get caught hitting a shot chest high or higher without doing anything constructive with the ball; or try to hit the shot low to the front wall and miss—when you should have put the ball to the ceiling.

- 3) Drill by yourself. Here are some drills to learn and improve your ceiling ball:

Stand in the middle of back court. Don't stand by a side wall just yet. You want positive results and the greatest chance of being successful, so limit your difficulties. Facing the side wall on your forehand side, bounce the ball shoulder high and hit a ceiling shot.

Catch the ball and repeat. Once you have done this and can successfully do 25 or so, go on to your backhand. Repeat the drill on your backhand side.

Now, every time you hit a ceiling ball which can be returned with a ceiling ball, do it. Try and hit as many ceiling balls consecutively as you can. Always try to keep the ball near the middle of the court away from the side walls. You are working on stroke and consistency.

Standing in the middle of back court, set yourself up with a shot off the front wall by hitting a half lob, and return the shot with a ceiling ball. If the ball lands short on the set up, move up and go for the kill. This will give you an idea of what your opponent will do on a mis-hit ceiling shot.

While in a match, start using ceiling balls. Do not worry about placement, just the correct stroke and hitting the shot.

Once the above is achieved as a beginning player, you can move on to the next level.

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## **Intermediates: Consistency and accuracy**

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At the intermediate stage, you should be able to hit ceiling balls consecutively with some degree of accuracy and efficiency. You should now begin working on ceiling balls down the right and left side walls.

Ceiling balls become much more effective when hit down the side walls. When they are hit to the middle, your opponent has a better chance to hit an offensive shot. If you can begin to keep your ceiling shots down the side walls without hitting those side walls at a great angle, you now force your opponent to return a shot more accurately. Otherwise, he runs the risk of hitting the side wall on his return, which should set you up for the winning shot.

At the intermediate stage whoever has the strongest ceiling ball game usually will win if the other components are fairly equal. Intermediate players can become a little more selective on what



shots to hit to the ceiling and which ones to bring down for a pass or kill.

You may know what to do, but you probably still need the work on consistency. Intermediates can improve their game with the following drills.

1) Hit consecutive ceiling balls by yourself. Do 100 ceiling balls and count your misses. The first time through count any shot that hits the ceiling at any time before the floor as "good." Practice this at least four times for the next two weeks. Try to get your misses on consecutive shots down to 10-12 for each 100 ceiling balls.

Once you have accomplished this, make the drill harder by counting as a miss any ball that contacts a side wall in front of  $\frac{3}{4}$  court, lands in half court, or comes off the back wall.

2) With an opponent, hit alternating ceiling balls. Make up games, play for sodas, whatever. One example is alternate ceiling balls with each of you hitting 50. If the objective is to not hit a side wall, count how many times each of you do. Whoever hits side walls the most buys the other person the soda.

Repeat the same drill by alternating ceiling balls but only keeping it on the left side of the court or keeping it in back court.

3) For the intermediate player one of the safest serve returns is to put the ball to the ceiling. As a general rule, a hard shot elicits a hard return and a soft shot elicits a soft return. However, a hard drive serve which cannot easily be returned low to the front wall, should be returned to the ceiling.

The serve return is the important shot for the receiver. The server is in the most advantageous position on the whole court, and an intermediate player is capable of at least 50% success rate in capitalizing on an error off the serve return.

One way to practice effective ceiling ball serve returns is to have one person serve continuously the whole game with your serve return always being a ceiling shot. You can break it down even more and have the first 10 serves be all drives while you return to the ceiling. Then the next 10 are lob serves. In this way you can begin to analyze how many returns you made to the ceiling from each type of serve. Breaking it down even more—did your ceiling shot leave a defensive or offensive shot for your opponent?

4) Begin to use ceiling balls more in your matches. Try to evaluate the best time to use the ceiling ball for each opponent, as well as when and where on the court it is most effective for you.

Once a ceiling ball has become a consistent part of your game, and requires little effort 50-75% of the time, you can begin working on the other 25% as an advanced player.

## Advanced Players: Precision is the Key

When you are an advanced player playing an advanced player, your ceiling balls have to be precise. There is little room for error at this level. If you leave the ball too short, your opponent has the set up; if you hit the ball so it comes off the back wall, your opponent again has the set up.

Most of the time when advanced players get a set up they can and do kill or pass with great accuracy. As an advanced player you need to work on pinpoint accuracy of the ceiling shot. You should be keeping the ball consistently in back court, far enough back so overheads from your opponent do not pose a threat. In addition, you should not be leaving enough backswing room for your opponent to put the ball successfully down the side walls or in for a pinch shot.

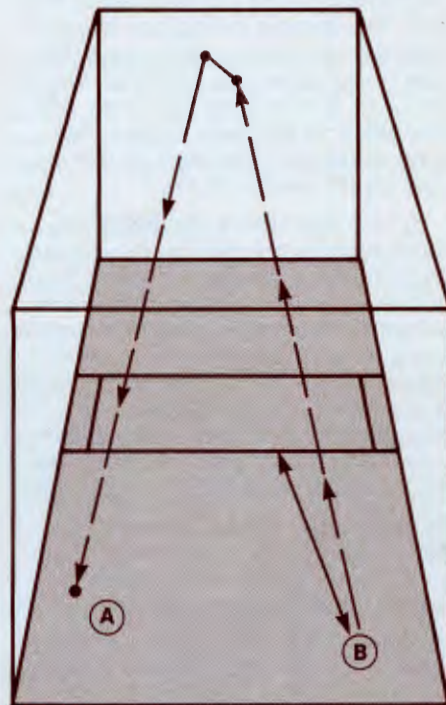
When a ceiling ball rally is in progress, the opponents usually are rallying in deep court until an error is made and the other player tries to capitalize on it. As an advanced player, you need to zero in on each person's ceiling ball shots. Learn to recognize individual stroke and shot patterns so you can see when and if the person is going to put the ball up or bring it down for an offensive shot.

You need to become aware of what each opponent is and is not capable of doing. It's the little signs of a player's stroking technique you need to become more aware of. Here are some helpful comments and drills for the advanced player.

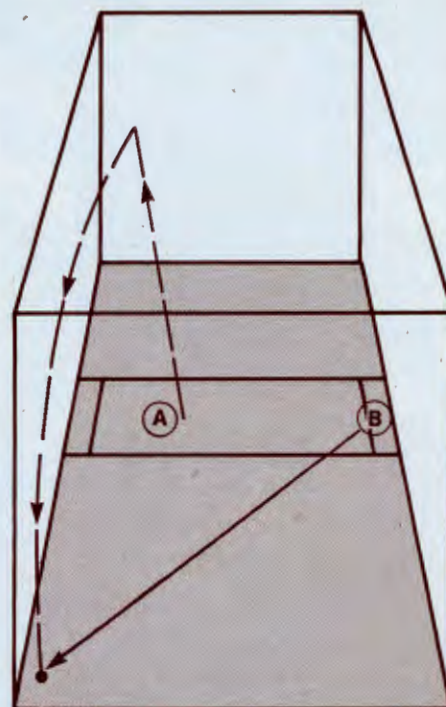
1) Stand one arm-and-racquet length from the side wall. Drop and contact a ball shoulder high for a ceiling shot. The objective is to bring the ball back for a successful ceiling shot so the ball lands between you and the side wall without hitting either. The ball should land in back court on the second bounce. Repeat until you can do 15-25

in a row without error. If you keep hitting the side wall, the ball is being hit too far behind you or you are late in bringing the face of your racquet head through square to the front wall.

If the ball continually lands out behind



**Diagram A.** Player B hits cross court ceiling shot, runs to touch short line, and runs back to return Player A's cross court ceiling shot.



**Diagram B.** Player A serves a lob serve to the left side, while Player B, starting from the opposite server's box, runs cross court to hit a ceiling ball and initiate the rally.



you and in the middle of the court you are contacting the ball too far forward of your body or bringing the racquet face through too quickly.

2) After completing the above drill, you can try hitting the first shot from the same location, but then return that shot with another ceiling ball trying to keep the ball coming back along the side wall. Repeat this to the left side of the court and then the right side. You may feel your forehand or your backhand needs the most work so concentrate on the weaker stroke.

3) With two people practicing together there are many drills you can do to enhance your ceiling game. One of these is working on your down-the-line and cross court shots. Each person stays on opposite sides of the court. Player A is on the left side and Player B is on the right side of the court. Player A drops and hits a ceiling ball to player B and both continue to hit the ceiling shots cross court to one another.

Again you can make a contest of it. Think of your own objectives, how many you would like to do and a reward for reaching your objective.

Next add down-the-line ceiling shots to the drill. Player A hits all down-the-line ceilings and Player B hits all cross

court ceilings. This means you alternate sides of the court after hitting each shot. After successful completion of this drill, switch positions so the other person is hitting down-the-line or cross courts.

4) You can add conditioning and quickness to your ceiling ball program with the following drills. Players A and B will hit alternating ceiling shots and do one of the following:

Player A hits ceiling ball to Player B and then runs to the short line, touches it with his foot and runs back to return Player B's ceiling shot. Player A therefore, is the continuous runner, while Player B stays in the back court to rehit ceiling balls to A. After 10 times switch positions so B becomes the runner and A sets B up. This drill is excellent for work on hitting a ceiling ball on the run or while tired, as well as good change of direction work (Diagram A).

Repeat the above drill, but both of you will hit alternating ceiling balls; after your hit run to the short line and touch it with your foot.

The first time through for the above drills the idea is to just get the ball to the ceiling. After this is successfully

completed you can add more precise drilling; for example, all shots have to be to the backhand, no balls can hit the side wall, if the shot is left short the one person can try to kill and if he is successful a point is awarded, etc.

An excellent modified game is the *Lob-Ceiling game*. The server stands in the normal serving position to put the ball in play. The receiver stands in the service box. The server serves a lob or half lob to the side opposite to where the receiver is standing. After the serve, the receiver must run out of the service box and back to the other side of the court and return the lob serve with a ceiling ball. Then the rally is played out. Whoever wins the rally gets the serve and a point. If the person serving gets five points in a row, change positions (Diagram B).

Enough talk on ceiling balls; now let's see the practice and then the results. ●

*Connie Peterson is a member of the AMF-Head advisory staff, Board of Directors for APRO, and APRO certified professional instructor. She teaches and programs for Court Sports II, Eugene, OR, and travels throughout the country giving seminars on programming for racquetball clubs.*



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# 6 Exercises To Strengthen Your Overhead

by Steve Mondry

This article finishes my weight training program for improving racquetball shots. Having already discussed the importance of strengthening your forehand and backhand, the only other stroke that needs weight training to round off your arsenal is the overhead drive.

The overhead drive requires a powerful snap of the arm and wrist, so weight training can make all the difference in its success and can also prevent injury. Since the overhead drive shot is not used particularly often, less effort is usually put into developing it. Yet, it puts a tremendous strain on the tendons and muscles of the arm and shoulder, and can therefore easily lead to injury. We all know of tennis players with shoulder problems resulting from the overhead shot, which is widely used in that game because it is the basic serve.

That same general motion is the overhead drive in racquetball, and it can also lead to problems when your body isn't properly trained. I developed tendinitis in my shoulder for just that reason, and have since put a great deal of effort into a rehabilitative program consisting of weight training and stretching exercises. As I said, for me it's rehabilitative, but with a little foresight you could use it as a preventive measure and stop any trouble before it starts.

The following are the exercises I recommend:

1. Two-way laterals
2. Dumbbell cleans
3. Arm raise
4. Partner shoulder stretch
5. Max Davidson arm stretch
6. Arm rotation

### Two-way Laterals

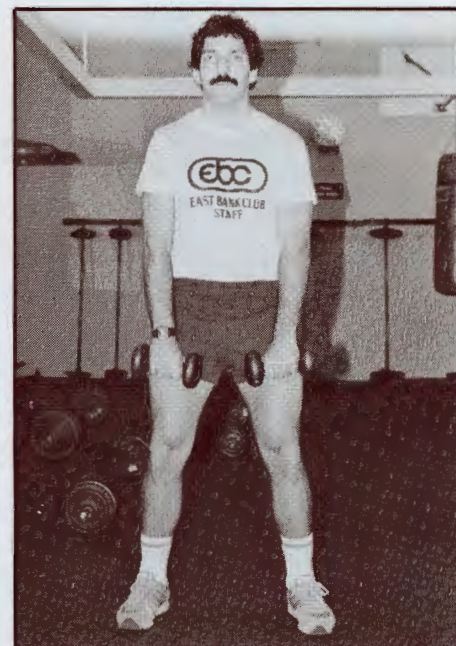
You need dumbbells for this exercise. Start at 5-10 lb. each, depending on what feels comfortable. Holding a dumbbell in each hand, stand with your hands down at your sides, palms facing forward. Keeping your arms straight at all times, raise the dumbbells to shoulder level in front of you, open your arms out to the sides, bring them back together in front of you, and back down



to the starting position. Do two sets of ten, and build up to whatever you can handle. While you are doing this exercise, do not use your body to help "swing" the weights up—use only your arms.

### Dumbbell Cleans

Holding a dumbbell in each hand, stand with your hands down in front of

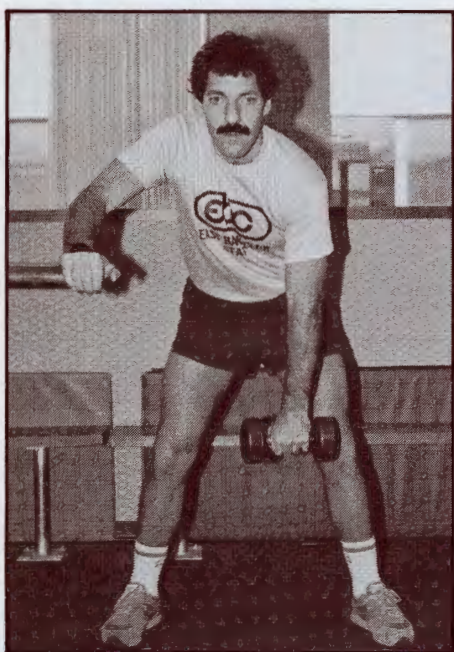




you. Raise the dumbbells to shoulder level by moving your arms in a curling motion, rising onto your toes as you do so.

#### Arm Raise

Hold a dumbbell in one hand while balancing with the other. Lean slightly



forward and lift your arm straight out to the side, ending with your knuckles facing upwards.

#### Partner Shoulder Stretch

Place your arms straight out to your side with thumbs up. Have your partner grasp your hands and pull back easily and steadily until you are at the stretch



you want. Hold the stretch for 30 seconds and release slowly.

#### Max Davidson Arm Stretch

This is my favorite stretch to do before I play. Stand close to a wall and raise your arm straight overhead, against the



wall. Then lean on your arm with a little pressure and you should feel the excellent stretch in your shoulder. This stretch is named for the man who taught it to me.

#### Arm Rotation

Rotate your arms one at a time remembering to keep them straight. Try not to move any other part of your body





as you are rotating your arms. Remember to rotate both clockwise and counter-clockwise.

As always, weight training and other forms of exercise can be of tremendous value when performed properly; they can also be dangerous when performed incorrectly. If ever any exercise doesn't feel "right" to you, ask someone who would know or write and ask me. If I don't know the answer, I'll find someone who does. In any case, let your own body be the judge. If it doesn't feel right, don't do it.

If you've been practicing the exercises we've discussed these last few months, you should be seeing tremendous improvement in the power and performance of your forehand, backhand, and now your overhead drive.

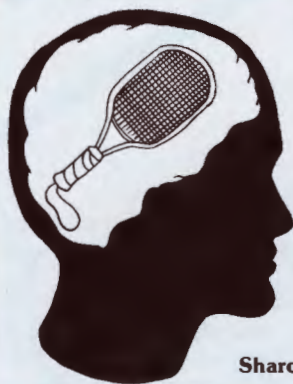
If you are wondering why I haven't mentioned the ceiling ball in this series, it's not that the ceiling ball is unimportant. We all know the ceiling ball is a very important strategic element of the game. Nevertheless, we have been concentrating on shots where power and strength improve performance, and a good ceiling shot has little to do with power. It is instead feathered, tapped gently and easily, so weight training and muscular strength have no bearing on its success.

Strengthening your shots is essential for improving your game and making you more successful competitors. I hope these articles have helped you achieve those goals. ●

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*Steve Mondry is head racquetball pro at the East Bank Club, Chicago, a top touring pro for six years and author of numerous instructional articles on racquetball, conditioning and weight training.*

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# What's The Call?

## Broken Balls And Second Appeals

by Dan Bertolucci

Just when you think you've seen everything, another situation occurs which, although covered by the rules, nevertheless creates confusion. Invariably, the problems raised by such

situations are the products of on-court events that call for careful and considered interpretation of the appropriate rules. But in the heat of tournament battle you usually can't indulge in the luxury of time-consuming reflection. Instead you have to make immediate decisions.

At the first pro-am tour stop of the season, the DP Leach/Catalina/Voit Classic in Westminister, CA (*full results in next month's issue*—Ed.), two situations arose which presented interesting rulings and interpretations.

In the first instance, Player A hit a rally-ending, down-the-line, back-hand kill shot. After the rally, Player B began repeatedly hitting his own kill shots into the front wall, a combination of practice and venting frustration. After he had hit a few of these shots—you guessed it—the ball broke.

Player B immediately requested that the just concluded rally be re-played, claiming that he was "testing" the ball which he suspected had broken on Player A's successful kill shot.

Player A, of course, claimed that such a ruling would be improper because the ball had broken while Player B was hitting it after the rally.

What's the call?

Rule 4.9(G) "Broken Ball" covers the situation clearly. *"If there is any suspicion that the ball has broken during the serve or during a rally, play shall continue until the end of the rally. The referee or any player may then request the ball be examined. If the referee decides that the ball is broken or otherwise defective, a new ball shall be put into play and the previous rally replayed."*

The key points to this rule as it applies to the above situation are 1) Player B did not request the ball be examined until after he had struck it a few times and 2) there was no evidence that the ball was broken until after the rally had ended: in short, the condition of the ball had no effect on the previous rally.

The ruling made was to replace the broken ball prior to the next rally; however, the previous rally (Player A's winning kill shot) was not replayed.

Occasionally this rule can become even more complex (and I've seen it happen) when the referee, for any number of reasons, does not see the ball break. For example, had the referee been marking the score while Player B was striking the ball, what could he have said when Player B claimed it had broken during the previous rally? Whom would he believe?

I instruct referees I've taught not to honor broken ball requests if the player has hit the ball repeatedly after the rally. If the referee informs the players of this policy prior to the match, all should go smoothly.

\* \* \*

The second situation which occurred at the tournament involved the appeal system, and pointed out the shrewdness of one of the competitors.

The score at the time (although irrelevant to the rule interpretation, made things more interesting) was at 10-10 in the pro tour's 11 point scoring system. I was personally refereeing the match.

Player A served and during the ensuing rally attempted a kill shot into the front right corner. I called it a skip shot, which would result in Player B gaining the serve.

Player A, knowing that an upheld appeal would mean victory, appealed my call to the line judges, who upheld my call. Side out.

But Player A wasn't through. Having lost the appeal (and therefore, officially, the rally) he next appealed the serve, his own serve, which I had "called" good by making no call and allowing the rally to begin.

The question here is, can a player appeal more than once? The answer is yes. Rule 3.7 "Appeals" covers this one. *"In any match using line judges a player or team may appeal certain calls by the referee. These calls are 1) kill shots (skip balls); 2) fault serves—except foot faults when called by line judges; 3) out serves; and 4) double bounce pick-ups. The appeal must be directed to the referee who will then request opinions from the line judges. Appeals may occur at any point during or after the rally prior to the start of the next rally."*

As it turned out, the line judges reversed (overturned) my original call and ruled with the Player A, that his serve was short. He was therefore legally given the opportunity to serve again, even though his original appeal meant he had lost the rally. He won the next rally and with it the game. ●

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# The Shoulder

by William Southmayd, M.D.  
and Marshall Hoffman

The shoulder is my favorite structure. It is complex, versatile, and logical. In my opinion, it has a degree of perfection that no other anatomical body possesses. The shoulder is the only structure that can rotate 360 degrees. It is the most mobile joint in the body. It allows you to hit an overhead in racquetball, throw a baseball, hang from a tree limb, and hug your spouse. You need a mobile shoulder to be able to use your hand effectively. Imagine having a frozen shoulder. You couldn't feed, wash, or dress yourself. Your hands would be almost useless.

## Bones and Joints

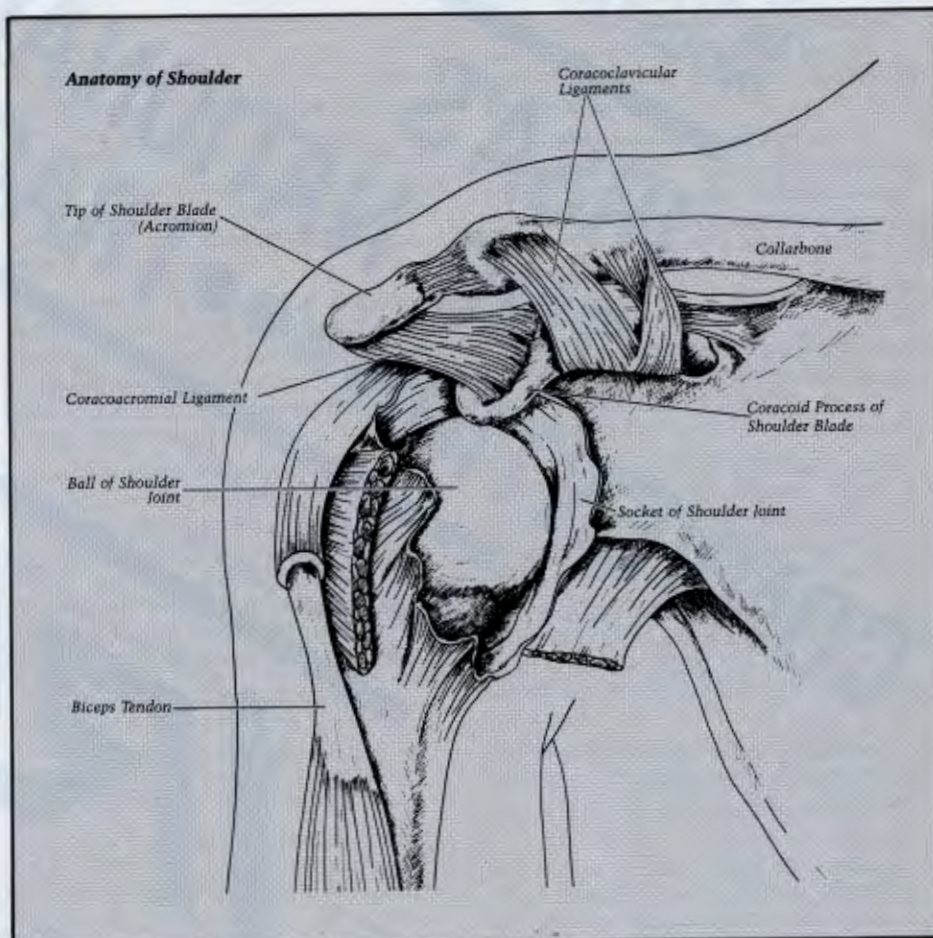
The shoulder, sometimes called the shoulder girdle, is where three bones join: the collarbone (clavicle), the shoulder blade (scapula), and the upper arm bone (humerus).

The *collarbone* serves as the only bony attachment between the shoulder and the trunk itself. It attaches to the breast bone and also to the shoulder blade. The remainder of the bones of the shoulder girdle attach to the trunk only through muscles.

The collarbone is a round, dowel-like structure. When the arm is raised overhead, the collarbone turns on its axis in swivel-like fashion. The outer end of the collarbone is attached to the shoulder blade by a small joint called the *acromioclavicular joint* (A-C joint). Because of its prominent position on the outer tip of the shoulder, it is often injured by direct blows.

The true *shoulder joint*, seated deep in the shoulder girdle, is the junction of the upper arm bone (humerus) and the shoulder blade. The upper end of the arm bone is shaped like a ball. It sits in a socket-shaped structure of the shoulder blade called the *glenoid fossa*.

All joints in the body are a trade-off between mobility and stability. The shoulder joint is an extreme example of a mobile joint with very little stability. It is the joint of the body that comes apart or dislocates most frequently. Dislocations are common in contact sports.



Finally, the shoulder blade itself is attached to the chest wall by the *scapulothoracic joint*. This is not a true joint. It has no cavity or joint lining. It is a joint only in the sense that the shoulder blade must slide over the chest wall in order for the shoulder girdle to function properly.

When you raise your arm directly overhead and the shoulder girdle is viewed from behind, the first 30 degrees of that motion is entirely in the shoulder joint. There is no motion of the shoulder blade up to that point. However, as the arm proceeds in an overhead direction, for every two degrees that the shoulder joint moves the shoulder blade rotates one degree. Finally, when the arm is directly overhead, the shoulder blade has rotated so that the socket is lying directly underneath the ball portion of the arm bone. Mechanically, this is the most stable position for the shoulder joint.

## Muscles

Powerful skeletal muscles run from the trunk of the body to the shoulder girdle itself. They come from the back and front of the chest wall and from the base of the neck. They form the contour and bulk of the shoulder girdle and are responsible for positioning the shoulder blade and for giving the shoulder power.

The rounded cap of your shoulder is formed by the *deltoid muscle*. It is in a position to give you powerful leverage. The deltoids are involved in the proper motion and functioning of the upper arm bone.

Deep in the shoulder are three small muscles which join to form the rotator cuff. Their job is to hold the ball portion of the shoulder tightly against the socket. If these are damaged, the shoulder can function at only 30 percent efficiency.



## Strains of the Shoulder Muscles

### Causes

A strain of the shoulder muscle is a tear in the substance of the muscle itself. It is most common in body contact sports such as football, rugby, lacrosse, hockey, basketball, and soccer. I have also treated severe shoulder strains in weight lifters, wrestlers, and handball, racquetball, squash, and baseball players.

The main cause of muscle strain is improper warm-up before competition. Warming up increases the blood supply to the muscles and raises their temperature. This, in turn, makes them more pliable and resistant to tearing. It is why you see most professional football players in pregame warm-ups hit shoulder to shoulder lightly.

The second cause of shoulder and muscle strain is that the shoulder muscle is not ready for the workload. I often see shoulder strains early in baseball season.

### Diagnosis and Treatment

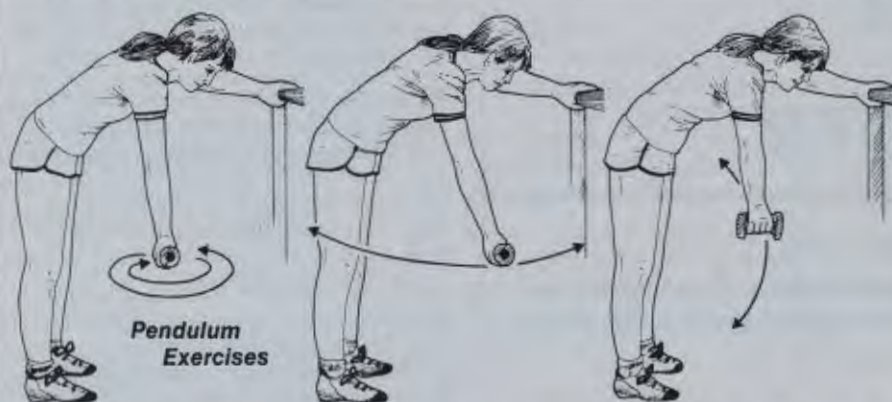
You know that you have sustained a muscle strain when the pain sets in. It is commonly accompanied by swelling, spasm, and discoloration of the skin caused by internal bleeding. This is called "black and blue" by the layman. I can usually tell how extensive the strain on the shoulder muscle is by feeling the affected area. Small tears

produce local tenderness, but if the rip is big enough I can actually touch the hole in the muscle. X-rays seldom help me.

The best treatment is rest. Your body will lay down scar tissue between the torn ends of the muscle. This process, depending on the extent of the tearing and your age, takes from two to three weeks. The decision to return to physical activity is a day-to-day event. If you return before the injury is completely healed, the chances of reinjury are greatly enhanced.

When the injury happens, apply ice immediately. This will reduce the swelling and limit the internal bleeding. Be careful not to freeze the skin. Remove the ice every 20 minutes in order to rewarm the skin. After the initial 48 hours, a warm bath, twice daily, or using heat packs can speed the healing process. Wet and dry heat seem equally effective. Some doctors recommend ultrasound treatment because it is a deeper penetrating form of heat.

I recommend very light exercises for strains of the shoulder muscle, called pendulum exercises. They are important in restoring mobility. Start them five days after the injury. Do them until the pain begins. Even the slightest exercise will increase the temperature of the muscle and increase blood flow. The extra blood flow promotes healing. Remember that the older you are, the



**Pendulum Exercises**

I always recommend pendulum exercises to patients with shoulder injuries. My reasoning is simple. The exercises will bring blood to the area which aids in the healing process. Secondly, because most shoulder injuries are treated with a sling, there is a tendency for the muscles to become smaller and less pliable from disuse. Lastly, if your shoulder isn't exercised daily, it has a tendency to stiffen.

Here are four pendulum exercises. Perform each of the exercises standing with your back bent forward at the trunk, using a three-pound weight. By bending, you reduce the impact of gravity. Balance your weight by placing your free hand on the arm of a chair. Do each exercise 30 times.

1. Rotate your arm in small clockwise circles. Because of stiffness, you will be able to make only small circles, perhaps 12 inches in diameter, depending on the injury.
2. Rotate your arm in counter clockwise circles. Always try to increase the size of the circles.
3. Swing your arm forward and backward at a right angle to your side.
4. Swing your arm away from your body and across the front of your trunk.

As the injury heals, the mobility of your shoulder will improve.

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by William Southmayd, M.D.  
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longer it will take for the injury to heal. After two weeks of healing, I recommend strength training.

### **Rotator Cuff Tendinitis (Shoulder Impingement Syndrome)**

#### **Causes**

Three small muscles and their tendons — the supraspinatus, the infraspinatus and the teres minor — tightly hold the ball and socket of the shoulder joint together. They are called the *rotator cuff muscles*, and along with their tendons run from the top of the shoulder blade to the top of the arm bone.

Players of racquet sports and baseball pitchers — those who raise their arms over their heads — often irritate these muscles and tendons. When the arm is in an upright position, the rotator cuff tendons tend to rub against the bony undersurface of the shoulder blade, causing a slight tearing and inflammation. We call this *impingement*. The problem, in nine out of 10 patients, is due to shoulder overuse. A single blow brings on the problem in the tenth patient.

Once tendinitis starts in the rotator cuff tendons, the tendons swell, leaving even less room between the upper surface of the tendons and the overhanging shoulder blade. The irritation creates more irritation. Picture a rope

being drawn across a craggy rock again and again; it will fray. That is what is happening to your shoulder.

#### **Diagnosis and Treatment**

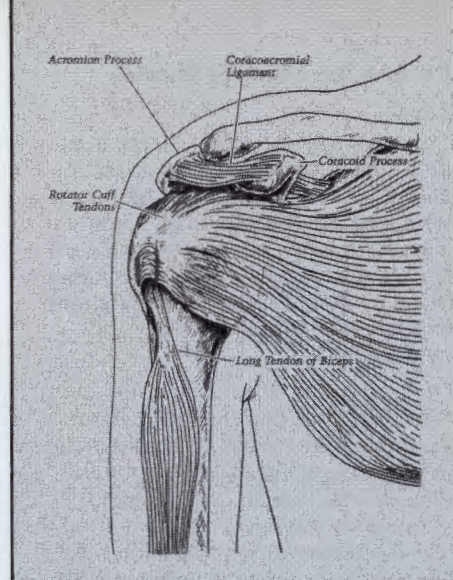
Like most shoulder injuries, rotator cuff tendinitis can be diagnosed by touch. By rotating the arm backward and away from the body, the rotator cuff tendons become exposed from under the shoulder blade. Touching them will usually make a patient cry out.

The second method of diagnosing this problem was taught to me by Dr. Arthur Pappas, the medical director of the Boston Red Sox. In 1978, I watched him examine pitcher Luis Tiant's shoulder. He put Louie on a rubdown table face down. He let Louie's arm dangle at the side of the table. In this position, Tiant's rotator cuff muscles relaxed and became exposed under the shoulder blade. Dr. Pappas' hand followed the rotator cuff muscles down to the tendons.

"How does that feel, Louie?" Dr. Pappas asked. Tiant took the cigar out of his mouth: "Nasty, Doc, nasty."

"How about swinging your arm in a circle?" Pappas asked the Red Sox hurler.

In two or three positions, Tiant winced as his swollen tendons touched the undersurface of his shoulder blade. Dr. Pappas called me over. "I think that he



has tendinitis. If it were bursitis, Louie would be in constant pain in every position."

Despite the severe irritation, it is very difficult for me to feel the swelling because the irritated tendons are so deeply set in the shoulder cavity. X-rays are often of little use. Only when calcium has formed from a previous injury do they prove useful.

You will be able to use your arm at your side, but will have pain using your arm above shoulder level. The pain is on the top of your shoulder. Almost all patients with rotator cuff tendinitis have difficulty finding a comfortable sleeping position. If you deeply sever or tear the rotator cuff tendons, you will not even be able to lift your arm to shoulder height.

When the shoulder first becomes painful, ice it for 20 minutes after use. This will relieve some irritation. Rewarm the skin. Ice it down at least two times more. Ice twice a day for two more days. Then use heat treatments after that.

The best treatment is rest. Inflammation will usually heal itself. Allow the shoulder a week off. After the rest period, I recommend specific exercises to strengthen the rotator cuff muscles and tendons.

In those patients whose tendon is badly roughened or completely torn, severe pain will return again and again. When all conservative measures fail, you should consider an operation. It will relieve the pain and increase shoulder mobility. It is not a complicated procedure, and the stay in the hospital is only two days. In 95 percent of the patients, the operation gives complete and permanent relief from pain.

In three months you can be back at your sport, but only after you have experienced a return of 95 percent of normal strength and mobility to the shoulder.

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## Shoulder Bursitis (Calcific Tendinitis)

### Causes

The *bursa sac* lies between the underside of the shoulder blade and the rotator cuff tendons. Its purpose is to lubricate the rotator cuff tendons. It looks like a deflated balloon and its lining is composed of specialized cells that produce joint fluid, called *synovial fluid*. The fluid also lubricates the sac as well as the tendons.

When the bursa sac becomes inflamed or irritated, it starts producing extra amounts of fluid, and the sac expands. Once this process starts, it is self-perpetuating. The increase in fluid production leads to more tension in the sac, which leads to more pressure on the sac itself. This, in turn, stimulates more fluid production. The end result is a badly swollen bursa sac. Any pressure on the expanded sac creates extreme pain.

This inflammation is called *shoulder bursitis*. Its victims are racquetball players, as well as players of all racquet and throwing sports, but I have seen bursitis in patients who cut hedges, paint ceilings, move furniture, and shovel snow. In 95 percent of the cases, bursitis is an overuse syndrome. It happens mainly to people who are part-time players or painters. The bursa sacs cannot take the extra load. I rarely see bursitis in people under 25 years of age.

Calcium deposits in the underlying rotator cuff tendons is another cause of bursitis. The calcium, which is like sharp bits of sea coral, forms in the rotator cuff tendon area and pushes into the bursa sac. The bursa sac reacts violently to the irritation and starts producing fluid.

### Diagnosis and Treatment

Shoulder bursitis starts slowly. First you sense an uneasy feeling about your

shoulder. Over the next six- to 12-hour period, the pain intensifies. I have examined many bursitis patients in the middle of the night in desperate pain. The pain is on the top of your shoulder.

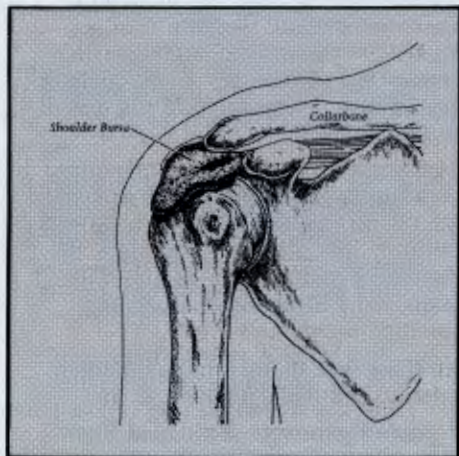
If you get bursitis, you will be most comfortable holding your arm directly at the side of the body with your forearm across your stomach. This is the same position that people with shoulder dislocation favor. However, in bursitis, the contour of the shoulder remains normal. The other difference is that the arm can be rotated without much discomfort. However, if it is moved away from the side of the body, the patient screams in pain. This movement causes the top of the arm bone to push against the expanded bursa sac.

In an acute bursitis patient, I can feel the enlarged bursa sac. I run my fingers along the top of the shoulder blade and then I touch out, just off the shoulder blade. There is a distinct swelling in this area. The swelling is not present on the opposite shoulder.

Apply ice immediately. It is extremely helpful in bursitis, because it shrinks the bursa sac. Continue for 12 hours. Ice for 30 minutes; rewarm for 15 minutes. Be careful not to freeze the skin. Do not use heat; it tends to make the sac more tense and increase the pain.

The fastest way to relieve acute bursitis is to inject the bursa sac with cortisone. By placing the cortisone directly in the sac, the inflammation is quickly controlled and fluid production stops. Within 12 hours, the painful swelling disappears.

If the cortisone shot is not administered early, strong analgesic or painkilling pills must be taken. As soon as the pain and tenderness start to subside, begin the pendulum exercises. Do them twice daily, 30 repetitions for each exercise. Continue them for one week. This is to prevent the onset of stiffness in the shoulder joint and a frozen shoulder. ●



## Upcoming Events

### Major Professional Events

Note: where two dates appear, the first is for qualifying and amateur level competition, the second for the pro event. These dates are tentative.

#### Open Canadian Racquetball Classic

November 11-14  
Supreme Courts  
1114 Albirni St.  
Vancouver, Canada V6E 1A5  
(604) 669-3636

#### Invitational

December 3-5  
Holiday Health & Racquet Club  
424 Odlin Road  
Bangor, ME  
Tournament Director: Keith Mahaney  
(207) 947-0763

### WPRA 1982 Fall Tour

#### Sunkist Classic

November 18-21  
Red Lerille's Health and Racquet Club  
Lafayette, LA  
Tournament Director: Marci Greer  
(318) 984-7738

#### Tab Holiday Cup

December 2-5  
Courtside Racquetball Club  
Atlanta, GA  
Tournament Director: Steve Weigand  
(404) 393-0003

#### Florida Open

December 9-12  
Imperial Courts  
Melbourne, FL  
Tournament Director: Ken Lutz  
(305) 725-5122

Entry deadline: the Friday before each tournament.

### 2nd Annual Big Brothers and Big Sisters Manatee County Racquetball Tournament

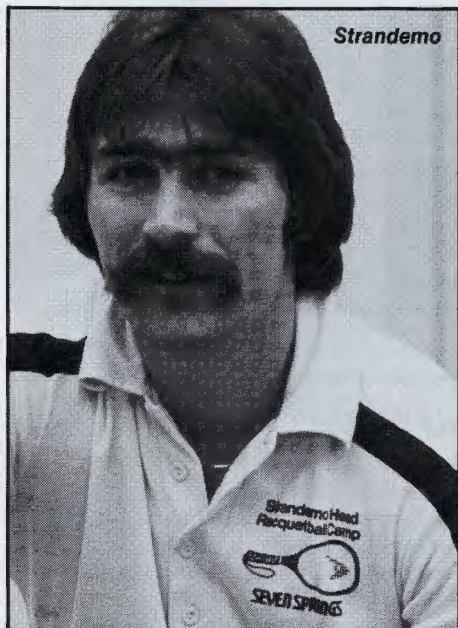
December 3-5, 1982  
Westside Racquetball and Health Club  
6500 Manatee Av. West  
Bradenton, FL 33519  
Tournament Director: Jim Brown  
(813) 355-2911

#### APRO Clinics

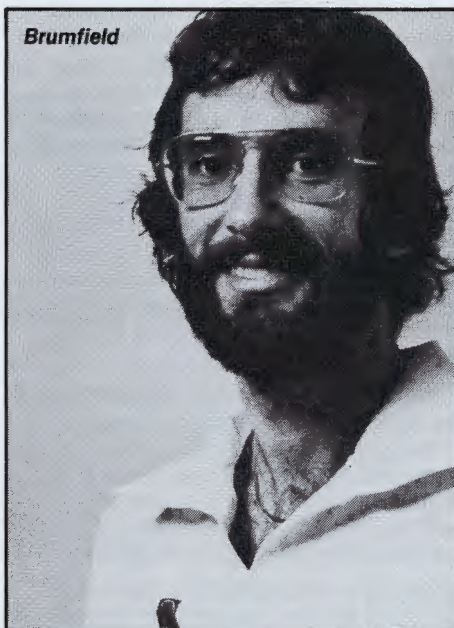
December 4-5  
Track and Racquet Club  
2984 Chenoweth Road  
Akron, OH 44312  
Director: Bo Brenneman  
(216) 644-0356



# Strandemo, Cramps Punish Brumfield In Racquetball's First Pro Tourney



Strandemo



Brumfield

**Date:** September 28, 1973

**Tournament:** NRC Pro/Am Tour Stop #1

**Site:** Houston, TX, Downtown YMCA

**Division:** Men Pro Singles

**Round:** Quarter-finals, upper bracket

Houston, TX, in late September of 1973 was more like mid-summer in the upper midwest. The air was thick, the heat stifling, the humidity nearly unbearable. The hot air outside and ice cold air-conditioned courts inside caused walls to sweat and players to wander restlessly from fiery to icy conditions.

The hottest of them all was expected to be Charlie Brumfield, then 24, two time defending national amateur champion, and odds-on favorite to win not only this tournament, but every other pro event scheduled by the newborn National Racquetball Club (NRC).

Brumfield's domination of racquetball was total. Not only had he won back-to-back national titles (the first male player to do so), he had done so convincingly. Only gangly, 17-year-old Steve Serot was given any chance to give Charlie a game, much less wrest away the \$1,500 first place prize.

There was an air of excitement around this tournament, a thrill of sorts, for those who were there believed they were making history, participating in

this first-ever prize money event in racquetball. And so what if Brumfield made an easy \$1,500—the tournament was the thing.

Brumfield's quarter-final opponent was Steve Strandemo, a 26-year-old former math teacher and aspiring pro baseball player who gave up his job and his life on the farm in Minnesota to train for and compete on the newfound pro racquetball tour.

Knowing full well that he lacked the shots of the more experienced players he had seen but only recently played, Strandemo worked himself into unbelievable physical condition, undergoing a regimen worthy of Olympic decathletes.

He even moved to San Diego, racquetball's mecca, to experience daily drubbing at the hands of the sports gurus Brumfield, Keeley, Serot, Muehleisen and others, all in the name of improvement.

Brumfield was no conditioning slouch either, knowing full well that 21 point third games (these are pre-11 point game days) held miles of dangerous terrain for the physically fatigued.

After both emerged victorious from the rigorous round of 16 morning matches, they stepped into the court for the upper bracket quarter-final, ready to play one of the greatest matches of all time.

Charlie Brumfield stood in the gallery overlooking the court and watched Steve Strandemo nearly being run to death by Jerry Hilecher. Over and over Hilecher would drive the ball past the desperate Strandemo and over and over Steve would find one more burst of energy to retrieve the shot and float it back to the front wall.

It was the morning round of 16 and Brumfield had just finished squeaking by a tough Bill Thurman 19 and 17. Now he was watching to see who his evening quarter-final opponent would be—most likely Hilecher, from the looks of it.

But those Strandemo bursts of energy kept coming and eventually the lanky Hilecher lost his edge and with it his booming forehand kill shot, resulting in a Strandemo upset win and a date with Brumfield at 9 p.m. Friday night.

The few minutes of sordid pleasure that Brumfield experienced watching his next opponent running till his tongue hung out were enough for the champ to plan his strategy.

"My game was control, to give my opponent what we used to call a 'tour of the court,'" said Brumfield. "Strandemo survived a long, grueling match with Hilecher. I was concerned that he might die.

"I knew he'd be tired so I planned to move him around. He hadn't yet acquired the shotmaking ability which came a few years later. All he could do was retrieve. I was going to run him in to the ground."

That was vintage Brumfield, his style, his attitude, his desire to win and maintain his turf as king of the hill. He was the Brum, the greatest of all time, the standard against which all else was judged. And Strandemo, all agreed, would be no match for him.

But there was more, a more personal touch to Brumfield's desire to win.

"I wanted to punish him," said Brumfield. "He won one little San Diego tournament and started walking around with a UCLA shirt on, telling people he



*Brumfield's first cramp, early in the third game came after an unsuccessful attempt to retrieve a Strandemo pass in the deep left corner.*

*was like the Bruins, he hadn't lost in such a long time. He was getting too cocky and I wanted to beat him bad. He hadn't paid his dues. That night I figured it was time he started."*

Game one was played exactly as preached. Brumfield shot as little as possible and Strandemo scurried about the court, retrieving left, retrieving right, diving left, hitting into the back wall, desperately trying to keep the ball alive. And each time he did, there was Brumfield, ripping it by him again.

Remember, these were the days of slower balls, control and finesse, ceiling and drop shots, lob and garbage serves. You went for a kill when you got a set up and you needed a minimum of 10-12 shots to maneuver yourself into set-up territory. It took a long, long time.

Brumfield's tactics made it longer, especially on Strandemo.

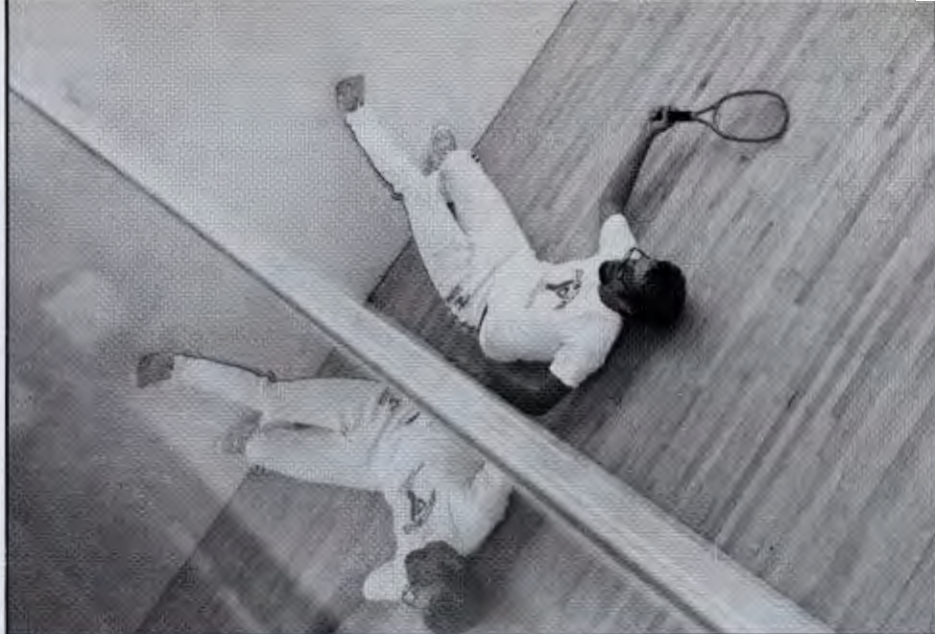
*"I must have run 30 miles in that first game," said Steve. "All I remember is no matter what I hit, he'd hit it back, never quite out of my reach but difficult to handle.*

*"I felt if I found a groove maybe I could push him a little. But I didn't find a groove in the first game. All I did was run."*

Brumfield captured the first game 21-17, right on schedule. Game two would be similar, for after all Strandemo couldn't kill and with all that running he couldn't last much longer.

*"As we started the second game," said Brumfield, "I wanted him to go down. I wanted him to plead for mercy. I knew he was tired. As for me, only my neck was tired, watching him scurry back to get my shots."*

But Brumfield's memory is as faulty as his game plan was that day, for in order to run your opponent you must do a good amount of running yourself. And Brumfield did more than he realized.



*With Strandemo offering a helping hand, Brumfield walks it off and play resumes.*



Besides, it was a well known racquetball fact that Strandemo was an obsessive conditioner, playing four hours and running 10 miles on the San Diego beaches everyday.

*"Conditioning was my safeguard," said Strandemo. "What I lacked in shots I made up for by being in fantastic shape. I knew if I could get to a third game I wouldn't be blown out."*

For a long while it didn't look like there would be a third game as Strandemo continued tracking down Brumfield placements to no avail, trailing in game two 14-5 before his fortunes changed—and changed quickly.

*"I had a big lead," said Brumfield, "and he could hardly stand. All of a sudden my legs wouldn't move. I thought what the hell is this?"*

Sensing Brumfield's problem Strandemo went on the offensive, having nothing to lose. And Brumfield could not retaliate for his ceiling balls came up short, his kills stayed up high. Strandemo gained control of the game, erasing the lead and racing to a 21-18 second game victory.

*"When Strandemo loosened up," said Brumfield, "he became tough. I was tired and I couldn't believe he was still standing. It was an incredible performance on Steve's part.*



*Soon afterward, the cramps struck again, this time as Brum tried a forehand kill. We all know the pain, the instantaneous belief in the Almighty.*

*"I knew I was tired, but I didn't think I was that tired. And I felt he had to be as tired as I was. After all, he ran four times as much as I did."*

After the 10 minute break separating the second and third games the two rivals continued into the marathon. But it was obvious who now had the upper hand, and it wasn't the champ. On the game's second point Brumfield cramped in the calf of his left leg, a cramp he couldn't shake the rest of the way.

In all likelihood anybody reading these words has cramped at one time or another. There are few pains worse. At the time of a muscle cramp most people consider amputation a viable solution. But racquetball rules of 1973 did not allow time outs for cramps. You had to gut it out. And Brumfield went the distance.

He would hobble left, hobble right, hobble to and hobble fro. And Strandemo played cautiously, at first almost unbelieving, rather expecting Brumfield to reach down into his bag of tricks and somehow find a bionic leg.

*"I played cautiously," said Strandemo, "there's no doubt about it. I'd never beaten him and honestly I didn't think I'd win until I reached 21."*

*"I had decided to change my strategy in the third game," said Brumfield. "I planned to go on offense, to end the rallies sooner because one, I was tired and two, that alternative plan had crushed all other opponents."*

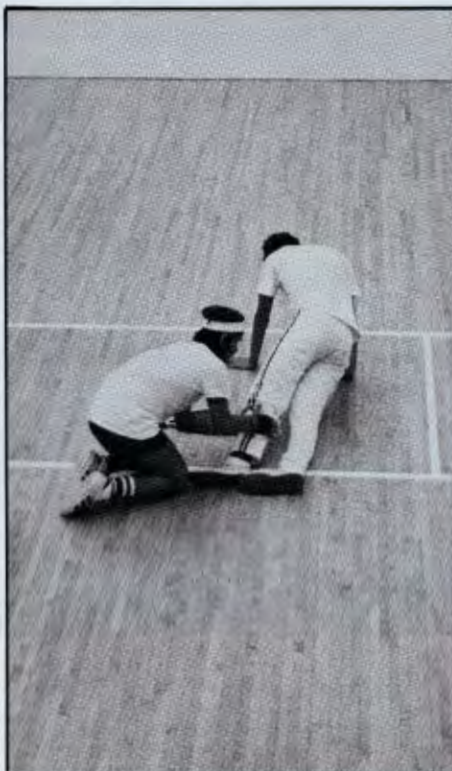
Brumfield's tactic of hitting one or two ceiling balls (thereby not having to move much) and then shooting for bottom board was basically sound. The problem was, he couldn't execute. Each time he'd step over to shoot his forehand, his legs wouldn't go with him.

He was in obvious, brutal pain, yet he showed his champion mettle and stuck in the match, scoring 13 points before Strandemo reached 21.

*"I wasn't in great shape," said Brumfield, "but I thought I was in good*



*As Brumfield tries to get up, Strandemo continues to offer first aid. "He sure picks his spots to be a nice guy," said Brumfield.*

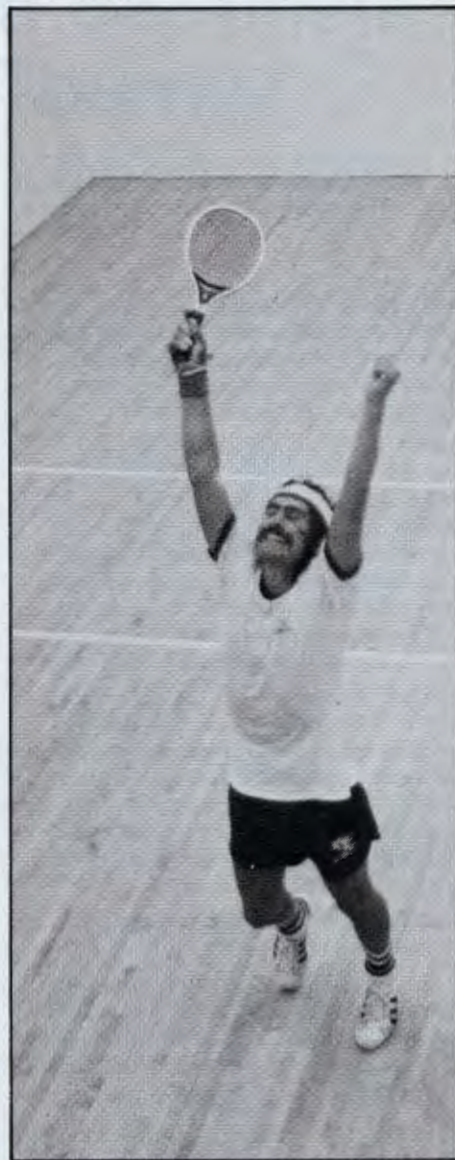


*enough shape to win. But Strandemo had been training like a wild man. He was in the best shape of any competitor I've ever seen. Yet I still didn't expect him to get 10 points."*

*"He cramped. He was in agony," said Strandemo. "And he still scored 13 points. It was unbelievable."*

How ironic that in his obsession to punish his opponent it was Brumfield who was punished.

*The moment of victory.*



In one way, though, Brumfield's loss also defeated Strandemo who could not even muster a match for Serot in the next day's semi-finals, bowing out 21-3, 21-8, to the tourney's eventual winner.

Both Brumfield and Strandemo, of course, went on to illustrious careers. The cramps (torn muscle according to Brum) never really surfaced much in Charlie's later years. But the match was Brumfield's first loss in a major event in nearly three years, giving hope to others that pro racquetball would not become merely the Charlie Brumfield Show.

*"He was the best," said Strandemo. "For nearly 10 years his was the style that won. But I sure did enjoy that victory in Houston."* ●



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# Tournament Results

## Oregon

### 6th Annual Cascade Open Racquetball Tournament Courtsports Eugene, OR, July 23-25

**Men's Open:** Steve Ducich d. Rick Green 11-9, 11-6, 9-11, 9-11, 11-2

**Men's Seniors 35+:** Jim Rutherford d. Fred Baida 11-3, 11-7, 11-6

**Men's Golden Masters 55+:** George Huggins d. Harold Libak 11-4, 11-9, 10-11, 11-8; 3rd—Lake Westphal

**Men's A:** Mike Sherman d. Mike Griffith

**Men's B:** Jim Rutherford d. Mike Ilnicki 11-4, 7-11, 11-5, 11-5; 3rd—Doug Banks

**Men's C:** Dave Walters d. Gary Lee 11-3, 11-2, 11-6; 3rd—David Franey

**Men's D/Novice:** Robert Edmondson d. Arnold Garcia 11-5, 11-6, 11-3; 3rd—Estevan Leos

**Men's Open/A Doubles:** Bone/Wallace d. Ducich/Rude 15-8, 15-8; 3rd—Hull/Griffith

**Men's B Doubles:** Ilnicki/Johnson d. Johnson/Uhlhorn 15-5, 15-8

**Men's C Doubles:** Walters/Canham d. Lee/Banks 15-1, 15-13

**Women's Seniors 35+:** Ruth Sherman d. Joyce Michelson

**Women's B:** Judy Sorenson d. Kari Poehlman 8-11, 11-2, 3-11, 11-1, 11-2; 3rd—Fran Bounds

**Women's C:** Beth Slade d. Cynthia Shick 11-7, 3-11, 11-6, 11-10; 3rd—Nikki Cheney

**Women's D/Novice:** Carol Mallen d. Debbie Edmondson; 3rd—Karen Bowles

**Women's B/C Doubles:** Heeter/Patrick d. Gilchrist/Beckett 15-9, 15-8; 3rd—Gallegos/Benson

**Juniors 18 and Under:** Don Flaming d. Joe Callan

**Juniors 12 and Under:** Tommy Foster d. Ryan Cooley 11-2, 11-0, 11-2

**Men's D:** 1st—Robert Parisien; 2nd—Dan Hardan; 3rd—Tom Neklasen

**Men's Open Doubles:** 1st—Toni Krause/Hank Marcus; 2nd—Fielding Snow/Steve Dunn; 3rd—Jeff Bannerman/Henshaw

**Men's B/C Doubles:** 1st—Mike Brady/Jeff Evans; 2nd—Walt Taulbee/Dom Ziccardi; 3rd—Reggie Japhet/Dick Winters

**Women's Open:** 1st—Debbie Geiger; 2nd—Wanda Collins; 3rd—Cathy Wilson

**Women's B:** 1st—Tove Kornfeld; 2nd—Karen Herold

**Women's C:** 1st—Nancy Watchie; 2nd—Valerie Barnes; 3rd—Pat Kong

**Women's D:** 1st—Barbara Hungerford; 2nd—Heidi Johnson; 3rd—Rene Atkinson

**Juniors:** 1st—Craig Wilson; 2nd—Darin Eyring; 3rd—Mike Graff

Goldbaum d. Jeff Cirar 21-14, 21-16; Kevin Tisinger d. Howard Appel 21-17, 16-21, 11-9; Ty Miller d. Martin Lipon 21-14, 21-20

**Semi-finals:** Diaz d. Goldbaum 21-19, 21-17; Miller d. Tisinger 21-12, 21-13

**Finals:** Miller d. Diaz 21-19, 17-21, 11-5

#### Men's C

**Quarter-finals:** Ron Byers d. Jerome Varon 8-21, 21-7, 11-3; Ron Eshel d. Jay Sanzo 19-21, 21-13, 11-4; Rimas Gurcinas d. John Depasquale 21-4, 21-3; Curt Dresser d. Lee Keyte 21-12, 20-21, 11-3

**Semi-finals:** Eshel d. Byers 21-17, 21-13; Gurcinas d. Dresser 21-7, 21-16

**Finals:** Eshel d. Gurcinas 21-20, 19-21, 11-8

#### Men's Open Doubles

**Quarter-finals:** John Mack/Dan Massari d. Vince Ianolla/Rick Zuber 21-6, 21-16; John Woodard/Barry Sibbald d. Jerry Feldman/Harold Wright 20-21, 21-11, 11-5; Bruce Radford/Wayne Radford d. Scott Fishfader/Greg Hogan 21-20, 6-21, 11-10; Cory Brysman/Steve Gartrell d. Paul Taggart/Tim Davidson 21-6, 21-7

**Semi-finals:** Mack/Massari d. Woodard/Sibbald 12-21, 21-7, 11-5; Brysman/Gartrell d. Radford/Radford 21-20, 20-21, 11-9

**Finals:** Mack/Massari d. Brysman/Gartrell 18-21, 21-16, 11-8

#### Men's B Doubles

**Quarter-finals:** Conte/Kosberg d. Reid/McIntyre 15-21, 21-11, 11-8; Clark/Layton d. Tisinger/Dickson 21-4, 21-13; Taylor/Reynaldo d. Escobar/Kramer 14-21, 21-14, 11-10; Montano/Barragan d. Cameron/Benson (forfeit)

**Semi-finals:** Montano/Barragan d. Taylor/Reynaldo 21-17, 21-11; Clark/Layton d. Conte/Kosberg 21-20, 21-4

**Finals:** Montano/Barragan d. Clark/Layton 21-17, 17-19 (forfeit)

#### Men's C Doubles

**Quarter-finals:** Johnson/Hawks d. Yavitz/Welsh 21-8, 21-13; Kinzelberg/Eshel d. Sanzo/Shraeder 21-20, 21-9; Swain/Perky d. Barnhart/Jones 21-13, 21-14; Moulton/Gonzalez d. Kumagawa/Ching 18-21, 21-14, 11-5

**Semi-finals:** Kinzelberg/Eshel d. Johnson/Hawks 21-15, 21-8; Moulton/Gonzales d. Swain/Perky 14-21, 21-20, 11-6

**Finals:** Kinzelberg/Eshel d. Moulton/Gonzalez 21-10, 21-16

#### Women's B

**Quarter-finals:** Ann Tesoro d. Charlene Jones 21-17, 18-21, 11-4; Kenna Love d. Linda Gullette 21-5, 15-21, 11-0; Mae Chin d. Kathy Gartrell 21-10, 21-3; Christina Augilera d. Solanna Taragan 21-10, 12-21, 11-4

**Semi-finals:** Tesoro d. Love 21-11, 21-14; Chin d. Augilera 21-19, 15-21, 11-7

**Finals:** Chin d. Tesoro 21-10, 21-16

#### Women's C

**Quarter-finals:** Karen Holly d. Madelain Rodin 21-18, 21-20; Rita Bucher d. Lisa Taylor 21-11, 21-15; Sue Hurdle d. Dianne Coleman 21-19, 21-19; Claudine Allen d. Ricki Nodleman 21-13, 21-9

**Semi-finals:** Bucher d. Holly 21-13, 21-6; Allen d. Hurdle 17-21, 21-19, 11-5

**Finals:** Allen d. Bucher 15-21, 21-18, 11-2

## California

### Ektelon/Lite Championship Series Finals Sponsored by Ektelon, Lite Beer, Windsurfer, Foot-Joy

#### Mid Valley Athletic Club

Reseda, CA, August 5-8

**Directors:** Dan Massari and Sue Swoape

#### Men's Open

**Quarter-finals:** Corey Brysman d. Steve Gartrell 21-17, 21-8; John Mack d. Guy Texeira (forfeit); Bruce Radford d. Jon Woodard 21-10, 11-21, 11-9; Dan Massari d. Paul Taggart 17-21, 21-8, 11-10

**Semi-finals:** Brysman d. Mack 21-12, 21-11; Massari d. Radford 21-11, 21-19

**Finals:** Brysman d. Massari 21-10, 21-13

#### Men's A

**Quarter-finals:** Mike Bell-Irving d. Ross Gould 21-9, 21-19; Mike Lopez d. Lee Estes 21-18, 21-19; Barry Sibbald d. Foster Corder 21-12, 21-17; Gary Gullette d. Rick Zuber 21-14, 21-18

**Semi-finals:** Bell-Irving d. Lopez 21-19, 13-21, 11-6; Gullette d. Sibbald 12-21, 21-18, 11-9

**Finals:** Bell-Irving d. Gullette 21-12, 21-17

#### Men's Seniors

**Quarter-finals:** Mickey Bellah d. Gary Gullette 21-13, 21-16; Scott McComas d. Jerry Feldman 11-21, 21-13, 11-9; Mike Allen d. Larry Klein 21-14, 21-14; Gordon Cohen d. Adolfo Aguilera 21-18, 21-19

**Semi-finals:** Bellah d. McComas 21-18, 21-14; Cohen d. Allen 14-21, 21-17, 11-9

**Finals:** Bellah d. Cohen 13-21, 21-7, 11-3

#### Men's Masters

**Quarter-finals:** Lee Pretner (bye); Jerry Holly d. Bob Wantland 21-10, 21-15; Bo Radford d. Dave Macknechrie 21-7, 21-17; Don Gartrell d. Vic Montez 21-13, 21-16

**Semi-finals:** Pretner d. Holly 21-7, 21-8; Radford d. Gartrell 21-16, 14-21, 11-7

**Finals:** Pretner d. Radford 21-11, 21-14

#### Men's B

**Quarter-finals:** Dave Diaz d. Dale Reynaldo 21-3, 21-10; Ed

## Washington

### Seafair Gold Cup First Serve Athletic Club Edmonds, WA July 29-August 1

**Men's Open:** 1st—Fielding Snow; 2nd—Steve Dunn; 3rd—Hank Marcus

**Men's 35+:** 1st—John Reid; 2nd—Mickey Corso; 3rd—Jan Larson

**Men's 45+:** 1st—John Logan; 2nd—Walt Taulbee; 3rd—Jim Smith

**Men's A:** 1st—Jeff Evans; 2nd—Rex Nofsinger; 3rd—Steve Nelson

**Men's B:** 1st—Dick Winters; 2nd—Dom Ziccardi; 3rd—Brad Druktenis

**Men's C:** 1st—Mike Brady; 2nd—Mike Plattner; 3rd—Mike Maultsby

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Racquetball Club, 8 courts, restaurant, weight room, sauna and jacuzzi. 3-year-old building with room for expansion. \$795,000. Hudson Realtors, Box 1177, Coos Bay, OR 97420. (503) 267-7083.



## Indiana

### Circle City Open

Sponsored by Paramount Music Palace

Racquetball East

Indianapolis, IN August 13-15

#### Men's Open

**Quarter-finals:** Dave Negrete d. Jim Hamilton 15-8, 15-13; Jeff Zipes d. Cerry Klein 15-6, 15-2; Jack Roudebush d. John Knauer 15-4, 12-15, 11-7; Jim Bartlett d. Tony Gabriel 15-7, 9-15, 11-9

**Semi-finals:** Negrete d. Zipes 15-14, 15-7; Roudebush d. Bartlett 15-6, 7-15, 11-8

**Finals:** Roudebush d. Negrete 15-14, 15-14

#### Men's A

**Quarter-finals:** Brad Mizgate d. Michael Arnott 15-7, 3-15, 11-7; Mark Barnheizer d. Lee Owens 15-11, 15-10; Bob Stapleton d. Vince Griffin 15-11, 15-6; Tim LaBonne d. Jeff Landis 15-14, 7-15, 11-7

**Semi-finals:** Mizgate d. Barnheizer 15-8, 15-8; Stapleton d. LaBonne 15-6, 15-13

**Finals:** Mizgate d. Stapleton 15-11, 15-9

#### Men's Seniors

**Quarter-finals:** Phillip Howard d. Mike Corbett 15-0, 15-9; Rex Lawler d. Robert Selva 15-5, 6-15, 11-6; Bob Steege d. Larry Pritchett 15-13, 15-7; Leo Cox d. Jerry Thompson 15-12, 11-15, 11-0

**Semi-finals:** Lawler d. Cox 15-7, 15-9; Howard d. Steege 15-13, 15-5

**Finals:** Lawler d. Howard 8-15, 15-9, 11-6

#### Men's B

**Quarter-finals:** Fred Wells d. Doug Shockley 15-14, 15-8; Steve Rollings d. Bill Mooney 15-14, 10-15, 11-10; Joe Ault d. Ken Schraudner 15-7, 15-6; Michael Ryan d. Keith Berry 15-7, 15-3

**Semi-finals:** Wells d. Ault 15-11, 11-15, 11-7; Ryan d. Rollings 15-9, 15-5

**Finals:** Ryan d. Wells 15-4, 15-7

#### Men's C

**Quarter-finals:** Ron Kettler d. Steve Hunt 15-10, 15-13; Mike Maraldo d. Vance Minor 15-5, 15-13; Craig Brawnagle d. Brad Berry 15-8, 15-11; Winston Baker d. Bob LeClerc 14-15, 15-13, 11-9

**Semi-finals:** Maraldo d. Brawnagle 15-8, 15-8; Kettler d. Baker 15-7, 3-15, 11-9

**Finals:** Kettler d. Maraldo 15-11, 15-13

#### Men's Juniors

**Quarter-finals:** Keith Pritchett d. Jack Mallon 15-2, 15-5; Rocky Flick d. Curt Mikulla 6-15, 15-11, 11-7; Bobby Boss d. Bo Pritchett 15-12, 15-3; Chad Sanford d. Mike Flanagan 15-3, 15-4

**Semi-finals:** Boss d. Sanford 15-6, 8-15, 11-8; K. Pritchett d. Flick 15-2, 12-15, 11-7

**Finals:** K. Pritchett d. Boss 15-5, 15-3

#### Women's Open

**Quarter-finals:** Dina Pritchett (bye); Colleen Shields d. Debi Mackell 15-9, 15-5; Pam Clarke d. Marie Younger 15-2, 15-5; Kay Kuhfield d. Lori Fisher 15-0, 15-5

**Semi-finals:** Pritchett d. Shields 15-4, 8-15, 11-9; Kuhfield d. Clarke 15-4, 15-5

**Finals:** Kuhfield d. Pritchett 15-11, 15-6

#### Women's B

**Quarter-finals:** Dede Freeman d. Chris Mallon 15-5, 15-8; Carol Murphy d. Ann Gandolph 15-14, 15-5; Tammy Shockley d. Connie Hagler 15-8, 15-4; Karen Rentschler d. Cindy Locke 15-7, 15-3

**Semi-finals:** Shockley d. Murphy 15-4, 15-7; Rentschler d. Freeman 15-12, 15-10

**Finals:** Rentschler d. Shockley 15-7, 15-7

#### Women's C

**Quarter-finals:** Jan Setzekorn d. Lynn Walter 15-4, 5-15, 11-3; Konnie Young d. Anna Hilt 15-5, 15-2; Michele Chase d. Winifred Landis 15-9, 15-8; Cynthia Holcomb d. Annamarie Gavalas 14-15, 15-8, 11-9

**Semi-finals:** Young d. Chase 15-10, 15-5; Holcomb d. Setzekorn 15-9, 6-15, 11-9

**Finals:** Young d. Holcomb 15-4, 15-1

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## New Hampshire

The Pre-Season Open  
Mountain Valley Court Club  
North Conway, NH, August 14-15

**Men's A:** 1st—John Marsden; 2nd—Carl Fitzgerald;  
3rd—John Connolly

**Men's B:** 1st—John Gillooly; 2nd—Carl Fitzgerald; 3rd—Bob Sullivan

**Men's C:** 1st—Bill Pope; 2nd—Dave Demerk; 3rd—Roy Prescott

**Men's Novice:** 1st—Tim Tuttle; 2nd—John Dickson;  
3rd—Jim Soroka

**Women's A:** 1st—Diane Cianciolo; 2nd—Becky McGregor;  
3rd—Ivy Ward

**Women's B:** 1st—Leigh Clancy; 2nd—Becky McGregor;  
3rd—Diane Cianciolo

**Women's C:** 1st—Marion Whittier; 2nd—Leslie Sullivan;  
3rd—Kerry Guptik

**Women's Novice:** 1st—Cindy Tuttle; 2nd—Joan Garland;  
3rd—Janet Durkee

LaBonne d. Dave Singh 14-15, 15-12, 15-1; Chris Gallagher d. Paul Kane 15-5, 15-3; Scott Pu Fahl d. Steve Kratz 15-6, 15-5  
**Semi-finals:** Zipes d. LaBonne 15-7, 15-8; Gallagher d. Pu Fahl 11-15, 15-9, 15-3

**Finals:** Zipes d. Gallagher 15-6, 12-15, 15-8

**Boys 15 and Under**

**Quarter-finals:** Mark Mikulla d. Chris LeSeure 15-2, 15-0; Bobby Boss d. David Enright 15-11, 15-12; Chris Vogt d. Jack Mallon 15-1, 15-7; Keith Pritchett d. Chip Gallagher 4-15, 15-6, 15-6

**Semi-finals:** Mikulla d. Boss 15-6, 15-12; Vogt d. Pritchett 15-11, 15-7

**Finals:** Mikulla d. Vogt 15-4, 15-8

**Boys 12 and Under**

**Quarter-finals:** Chad Sanford d. Bret Hawkins 15-1, 15-0; Curt Mikulla d. Greg Hinds 15-3, 15-1; Jason York d. Tim Enright 14-15, 15-7, 15-10; Bo Pritchett d. Steve Rumbaugh 15-8, 15-0

**Semi-finals:** Sanford d. Mikulla 15-8, 15-3; York d. Pritchett 15-14, 15-13

**Finals:** Sanford d. York 15-5, 15-13

**Boys 10 and Under**

**Round Robin:** 1st—Brian Simpson; 2nd—Derek Harneson;  
3rd—Greg Rumbaugh

**Boys 8 and Under No-Bounce**

**Quarter-finals:** Eric Fillmore d. Tommy Stolz 11-6, 9-11, 11-3; Bryon Foley d. Chad Simpson 11-1, 11-3; Michael Crouse d. Robby Sheward 11-8, 11-8; C.J. Sanford d. Bracken Wertz 11-3, 6-11, 11-7

**Semi-finals:** Foley d. Fillmore 11-8, 9-11, 11-8; Sanford d. Crouse 11-3, 11-3

**Finals:** Foley d. Sanford 7-11, 11-5, 11-4

**Girls 17 and Under**

**Round Robin:** 1st—Dina Pritchett; 2nd—Annemarie Gavalas;  
3rd—Krista Harneson

**Girls 12 and Under**

**Round Robin:** 1st—Tonya Withrow; 2nd—Amber LeSeure;  
3rd—Kim Stapleton

**Girls 10 and Under**

**Round Robin:** 1st—Debbie Stapleton; 2nd—Shallie Miller;  
3rd—Amber Smith

**Girls 8 and Under no-Bounce**

**Round Robin:** 1st—Kara Woods; 2nd—Nancy Osselaer;  
3rd—Kena Woods

## Florida

Ronald McDonald House Charity  
Racquetball Tournament  
Sponsored by the Kiwanis Club of Coral  
Springs, Mount Gay Rum, Haagen Dazs,  
McDonald of Southgate  
Quadrangle Racquetball and Fitness Club  
Coral Springs, FL, August 20-22  
Directors: Fred White and Jan Taylor

**Men's Open**

**Quarter-finals:** Hansen d. Morris; Riley d. Hunter; Koran d. Mollenberg; Dubolsky d. Sheehan

**Semi-finals:** Hansen d. Riley; Koran d. Dubolsky

**Finals:** Hansen d. Koran

**Men's 25 +**

**Quarter-finals:** Dubolsky d. Ceravola; Spence d. Biedermann;  
Garcia d. Ehring; DiRobertis d. Johnson

**Semi-finals:** Dubolsky d. Spence; DiRobertis d. Garcia

**Finals:** Dubolsky d. DeRobertis

**Men's 35 +**

**Quarter-finals:** Riley d. Lowrance; Afford d. Freeman; Winter d. McAuley; White d. Matricaria

**Semi-finals:** Riley d. Afford; Winter d. White

**Finals:** Riley d. Winter

**Men's B**

**Quarter-finals:** Bacopoulos d. Calloway; Sherbinsky d. Nystrom; Lorello d. Hackney; DiMauro d. Davis

**Semi-finals:** Bacopoulos d. Sherbinsky; Lorello d. DiMauro

**Finals:** Lorello d. Bacopoulos

**Men's C**

**Quarter-finals:** Nipe d. Brady; Brysman d. Garcia; Gonzalez d. Gale; Gonzalez d. Stallworth

**Semi-finals:** Brysman d. Nipe; O. Gonzalez d. Gonzalez

**Finals:** Brysman d. Gonzalez

**Men's D**

**Quarter-finals:** Ross d. Seybold; McFadden d. Tibbs; Motika d. Landau; Badal d. Binnix

**Semi-finals:** Ross d. McFadden; Badal d. Motika

**Finals:** Ross d. Badal

**Men's Open Doubles**

**Quarter-finals:** Hansen/Gautier d. Smith/Weinstein; Hunter/Ross d. Shane/Morris; Spence/Mollenberg d. Lee/Rowlee; White/Lorello d. Sheehan/O'Rourke

**Semi-finals:** Hansen/Gautier d. Hunter/Ross; Spence/Mollenberg d. White/Lorello

**Finals:** Hansen/Gautier d. Spence/Mollenberg

**Men's B Doubles**

**Quarter-finals:** Hanlen/Whaley d. Ross/Ross; Winters/Ceravola d. Glatthorn/Jones; DiMauro/Davis d. Amici/Amici; Badal/Calloway d. Sherbinsky/Nystrom

**Semi-finals:** Hanlen/Whaley d. Winters/Ceravola; DiMauro/Davis d. Bedell/Calloway

**Finals:** Hanlen/Whaley d. DiMauro/Davis

**Men's C Doubles**

**Quarter-finals:** Landau/Hackney d. Cleverdon/Hansen; Pasquale/Bittar d. Altman/Miragliotta; Stander/Matricaria d. Fuentes/Zamorano; Maseth/Stallworth d. Bedsaul/Ramis

**Semi-finals:** Landau/Hackney d. Pasquale/Bittar; Maseth/Stallworth d. Stander/Matricaria

**Women's Open**

**Semi-finals:** Perez d. Brown; Holroyd d. Johnston

**Finals:** Perez d. Holroyd

**Women's B**

**Quarter-finals:** Diekmann d. Verona; Knudson d. Balthazar; Falso d. Nipe; MacIntyre d. Phillips

**Semi-finals:** Diekmann d. Knudson; Falso d. MacIntyre

**Finals:** Diekmann d. Falso

## Indiana

1982 Indiana State Junior Championship  
Sponsored by Miller's Bicycle, Inc.  
Anderson Full Court Club  
Anderson, IN August 20-22  
Directors: Cheryl Sanford,  
Bob and Donna Stapleton

**Boys' 17 and Under**

**Quarter-finals:** Jeff Zipes d. Bobby Tavel 15-1, 15-6; Tim

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December 3-4, San Diego

December 10-11, Chicago

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#### Women's C

**Quarter-finals:** Balthazor d. Binnix; McFadden d. Fillmore; Boshek d. Afford; Moran d. Laney

**Semi-finals:** Balthazor d. McFadden; Moran d. Boshek

**Finals:** Balthazor d. Moran

#### Women's D

**Quarter-finals:** Afford d. Forcier; Motika d. Conroy; Sarcia d. Villa; Afford d. Fillmore

**Semi-finals:** P. Afford d. Motika; J. Afford d. Sarcia

**Finals:** P. Afford d. J. Afford

#### Women's Open Doubles

**Quarter-finals:** Kazen/Taylor (bye); Johnston/Pappavero d. Maxwell/DiRobertis; Diekmann/Nipe d. Ward/Falso; Perez/Turkel (bye)

**Semi-finals:** Kazen/Taylor d. Johnston/Pappavero; Perez/Turkel d. Diekmann/Nipe

**Finals:** Kazen/Taylor d. Perez/Turkel

#### Women's C Doubles

**Quarter-finals:** MacIntyre/Knudson d. Meadvin/Boshek; Vila/Dougherty d. Blaess/Sarcia; Afford/Afford d. Motika/Moran; Anderson/Romanyk d. Conroy/Kachel

**Semi-finals:** MacIntyre/Knudson d. Vila/Dougherty; Afford/Afford d. Anderson/Romanyk

**Finals:** Afford/Afford d. MacIntyre/Knudson

#### Men's/Women's B

**Semi-finals:** Ron Isaacs d. Todd Carter 15-14, 9-15, 11-10; Connie Naminsky d. Tom Turbeville 15-10, 15-8

**Finals:** Ron Isaacs d. Connie Naminsky 15-12, 15-10

#### Men's/Women's C

**Finals:** Mike Jones d. Bob Elliott 15-13, 15-4

## Indiana

1982 Full Court Club Championship

Sponsored by Superior Graphics

Full Court Racquetball Club

Anderson, IN

**Directors:** Cheryl Sanford, Bob and Donna Stapleton

**Men's Open:** Jim Hamilton d. Bob Stapleton

#### Men's A

**Quarter-finals:** Don Posey d. Terry Littrell 15-3, 15-6; Dennis Benefiel d. Larry Woods; Bob Thomas d. Chuck Belbot 15-7, 15-12; Bob Hawkins d. M. Whalen 14-15, 15-7 15-4

**Semi-finals:** Posey d. Benefiel 15-7; 7-15, 15-5; Thomas d. Hawkins 15-13, 15-9

**Finals:** Posey d. Thomas

#### Men's B

**Quarter-finals:** Mike West d. Jose Gomez 15-14, 8-15, 15-10; Mike Hollowell d. Tom Stolz 15-9, 15-10; Dave Conant d. Chad Sanford 15-13, 15-7; Gerry Scott d. Mark Osselaer 15-8, 15-4

**Semi-finals:** West d. Hollowell 15-10, 15-8; Scott d. Conant 15-13, 15-6

**Finals:** West d. Scott 15-13, 15-6

#### Men's C

**Quarter-finals:** Jerry Eckstein d. Joe Hanshaw 15-14, 15-8, 15-3; Jack Long d. Charlie Anderson 15-11, 15-12; Jim Bruce d. Skip Goodwin 15-9, 15-10; Mike Thomas d. Dan Strahura 12-15, 15-10, 15-7

## Virginia

Williamsburg Hilton Second Annual Killshot Classic

Williamsburg Hilton Hotel

Williamsburg, VA August 20-22

Director: Tom Olenski

#### Men's Open

**Semi-finals:** Glenn Allen d. Gary Roberson 15-13, 4-15, 11-8; Bobby Ison d. Ed Taylor 15-8, 15-11

**Finals:** Ison d. Allen 15-13, 15-8

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**Semi-finals:** Long d. Eckstein 15-14, 15-9; Thomas d. Bruce 15-7, 15-3

**Finals:** Long d. Thomas 15-13, 13-15, 15-12

#### Men's Novice

**Quarter-finals:** Lawrence McCowen d. Steve Hanger 15-12, 15-5; James Talbert d. Bobby Prewett 14-15, 15-10, 15-10; Doug Burks d. Bret Hawkins 15-3, 15-9; Wes Sanford d. Gary Hendrickson 15-14, 15-12

**Semi-finals:** McCowen d. Talbert 15-8, 15-4; Burks d. Sanford 15-13, 13-15, 15-10

**Finals:** McCowen d. Burks 15-1, 15-2

#### Women's A

**Quarter-finals:** Susie Dillon d. Cathy Wertz 15-10, 15-13; Donna Stapleton d. Mary Derheim 15-9, 15-10; Carol Hanna d. Brenda Keeley 9-15, 15-4, 15-2; Jo-Anna Hanshaw d. Krista Harneson 15-11, 15-14

**Semi-finals:** Dillon d. Stapleton 4-15, 15-3, 15-4; Hanshaw d. Hanna 2-15, 15-12, 15-13

**Finals:** Dillon d. Hanshaw 15-8, 15-9

#### Women's B

**Round Robin:** 1st—Vickie Posey; 2nd—Linda Roberts; 3rd—Carol Anderson; 4th—Diane Scott

#### Women's C

**Quarter-finals:** Tonya Olinger d. Collena Perry 15-12, 15-13; Kim Stapleton d. Barb Butcher 15-7, 14-15, 15-9; Deb Stapleton d. Aleta Goodwin 15-8, 5-15, 15-11; Donna Lewellen d. Riita Butler 15-11, 8-15, 15-9

**Semi-finals:** Olinger d. K. Stapleton 15-2, 15-8; Lewellen d. D. Stapleton 15-10, 12-15, 15-7

**Finals:** Olinger d. Lewellen 15-10, 15-1

#### Women's Novice

**Round Robin:** 1st—Ora Edwards; 2nd—Carlene Sheward; 3rd—Barb Gray; 4th—Judy Thomas

#### Boys Juniors

**Round Robin:** 1st—Shawn Scott; 2nd—Derek Harneson; 3rd—Greg Layman; 4th—J.R. Brooks

#### Boys Eight and Under No-Bounce

**Round Robin:** 1st—Eric Fillmore; 2nd—C.J. Sanford; 3rd—Tommy Stolz; 4th—Bobby Sheward

#### Girls Eight and Under No-Bounce

**Round Robin:** 1st—Kara Woods; 2nd—Gina Scott; 3rd—Nancy Osselaer; 4th—Kena Woods

## Virginia

**Tidewater Summer Racquetball Championships**  
**Ace of Clubs**  
**Chesapeake, VA August 27-29**

#### Men's Open

**Semi-finals:** Gary Roberson d. Glenn Allen 7-21, 21-14, 11-10; Bobby Ison d. Bret Misterle 21-13, 21-14

**Finals:** Roberson d. Ison (default)

#### Men's Seniors (35+)

**Semi-finals:** Glenn Allen d. T.C. Cannady 21-16, 21-12; Ed Taylor d. Kevin Dorr 11-21, 21-19, 11-6

**Finals:** Allen d. Taylor 21-11, 21-12

#### Men's B

**Semi-finals:** Tom Olinski d. Steve Briston 21-18, 21-11; Paul Martin d. Carol Frenk 17-21, 21-16, 11-6

**Finals:** Olinski d. Martin 21-17, 7-21, 11-8

#### Men's C

**Semi-finals:** Tom Moore d. Mike Brangan 21-9, 21-8; Al Berg d. Tom Persinger 21-10, 15-21, 11-2

**Finals:** Moore d. Berg 21-17, 21-19

#### Men's Novice

**Semi-finals:** Steve Melson d. Edgerton; Russ Barone d. R. Gerhart

**Finals:** Barone d. Melson 21-14, 21-14

#### Women's B

**Finals:** Sue Howard d. Sarah Parrish 18-21, 21-8, 11-5; 3rd—Rosemary Roberson

#### Women's C

**Semi-finals:** Sue Kemp d. Dee Patrick; Angela Gusky d. S. Threft

**Finals:** Kemp d. Gusky 21-13, 21-6

#### Women's Novice

**Semi-finals:** Sue Frerich d. Dee Murray; L. Bunch d. Jones

**Finals:** Frerich d. Bunch 6-21, 21-13, 11-8

## Florida

**1982 Pasco Area Racquetball Tournament**  
**Sponsored by Penn, Pizza Hut, Deeb Construction, Oasis Sprinkler, Bartlett Roofing, Southeastern Carpet Care**  
**Rickey Racquet Club**  
**Port Richey, FL, August 27-29**  
**Directors: Buzz Adamek and Cindy Clum**

#### Men's Open

**Quarter-finals:** Mark Klusza d. Frank Katz; Scott Smith d. Gene Owen; Ed Vlock d. Mike Reynolds; David Williams d. Phil Skaliotis

**Semi-finals:** Klusza d. Smith; Vlock d. Williams

**Finals:** Williams d. Smith

#### Men's Junior Veterans (27-34)

**Quarter-finals:** Frank Katz d. Mark Richman; Chris Leyshock d. Dick Bartlett; Gene Owen d. Ed Dale; Leo Marsocci d. William Scott

**Semi-finals:** Katz d. Leyshock; Marsocci d. Owen

**Finals:** Marsocci d. Katz

#### Men's Seniors

**Quarter-finals:** Leo Marsocci d. Dave Payne; Jack Mims d. John Adamovitz; Jim Stanelun d. Zeb Waid; Ed Vlock d. Dan Urwin

**Semi-finals:** Marsocci d. Mims; Vlock d. Stanelun

**Finals:** Vlock d. Marsocci

#### Men's B

**Quarter-finals:** Tony DiGiorgio d. Rich Calano; Michael Boza d. Gary Brizendine; Mike McDonald d. Steve Cote; Marc Cohen d. Frank Piccione

**Semi-finals:** DiGiorgio d. Boza; McDonald d. Cohen

**Finals:** McDonald d. DiGiorgio

#### Men's C

**Quarter-finals:** Ernest Matthews d. Frank Piccione; Gary Jackson d. David Zamora; Rob Lupola d. Tom Hutchinson; Eric Denny d. Joe Hollingsworth

**Semi-finals:** Matthews d. Jackson; Lupola d. Denny

**Finals:** Lupola d. Matthews

#### Men's Novice

**Quarter-finals:** Dave Capraro d. Lee Konner; Jim Kenyon d. Steve Weaver; Roger Overby d. Rick Caraway; Mike Nolan d. Walter Martin

**Semi-finals:** Capraro d. Kenyon; Nolan d. Overby

**Finals:** Capraro d. Nolan

#### Men's A Doubles

**Quarter-finals:** Cottrill/Voss d. Owens/Reynolds; Londrigan/Vlock d. Richman/Victor; Bandell/O'Dell d. Bartlett/Bartlett; Owen/Smith d. Anderson/Skaliotis

**Semi-finals:** Cottrill/Voss d. Londrigan/Vlock; Owen/Smith d. Bandell/O'Dell

**Finals:** Owen/Smith d. Cottrill/Voss

#### Men's B Doubles

**Quarter-finals:** Dale/Koukoles d. Triplett/Fish; Williams/Armentrout d. Denny/Wilson; Masilis/Nehr d. Mims/Kubecsek; Witko/Deeb d. Turner/Parrish

**Semi-finals:** Dale/Koukoles d. Williams/Armentrout; Masilis/Nehr d. Witko/Deeb

**Finals:** Dale/Koukoles d. Masilis/Nehr

#### Women's Open

**Quarter-finals:** Cindy Carter (bye); Val Bazarte d. Jan Curtis; Linda Derrick d. Albertine McDaniel; Renee Fish d. Marea Armentrout

**Semi-finals:** Carter d. Bazarte; Fish d. Derrick

**Finals:** Carter d. Fish

#### Women's B

**Quarter-finals:** Linda Derrick d. Peppie Carr; Jan Curtis d. Gretchen Spiegel; Kathy Piccione d. Jo Ann Gobel; Albertine McDaniel d. Tami Overby

**Semi-finals:** Derrick d. Curtis; McDaniel d. Goble

**Finals:** Derrick d. McDaniel

#### Women's C

**Quarter-finals:** Peppie Carr d. Debbie Carroll; Barbie Elkins d. Andrea Morrow; Tami Overby d. Marion Bartlett; Robin Adamek d. Heidi Mattioli

**Semi-finals:** Carr d. Elkins; Overby d. Adamek

**Finals:** Overby d. Carr

#### Women's Novice

**Quarter-finals:** Karen Haitz d. Edwin Doscher; Debby Cocke d. Sunny McGinnis; Lisa Vlock d. Debbie Carroll; Andrea Morrow d. Sherry Rockwell

**Semi-finals:** Haitz d. Cocke; Vlock d. Morrow

**Finals:** Vlock d. Haitz

## Michigan

**Natural Light Open**  
**Sponsored by Natural Light, Foot-Joy, Seamco, Pripps**  
**Davison Racquet Club**  
**Davison, MI, August 27-29**  
**Director: Jim Hiser**

#### Men's Pro

**Quarter-finals:** Mike Yellen d. Mike Levine 11-6, 11-5, 11-8; Don Thomas d. Lindsay Myers 11-9, 8-11, 11-9, 9-11, 11-5; Doug Cohen d. Jerry Hillecher 11-2, 11-6, 11-7; Corey Brysman d. John Moshides 11-8, 11-9, 10-11, 11-4

**Semi-finals:** Yellen d. Thomas 11-1, 11-7, 11-8; Brysman d. Cohen 11-9, 8-11, 11-8, 11-4

**Finals:** Yellen d. Brysman 11-1, 5-11, 11-2, 11-1

#### Men's Open

**Quarter-finals:** Larry Fox d. Doug Ganim 21-12, 21-11; Dave Eagle d. Brian Valin 21-18, 6-21, 11-10; Mike Ray d. Dale Hetherington 21-9, 21-11; Ralph Hackbarth d. Corey Brysman (forfeit)

**Semi-finals:** Fox d. Eagle 20-21, 21-5, 11-4; Ray d. Hackbarth 21-15, 21-19

**Finals:** Ray d. Fox 21-11, 17-21, 11-9

#### Men's 35+

**Quarter-finals:** Tom Kolassa d. Ken Bonnett 21-6, 21-10; Carl Garavaglia d. Mike Young 21-18, 19-21, 11-8; Larry Jackson d. Roy Perovich 21-9, 21-17; Rich Robey d. John Baranec 21-16, 21-14

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION  
Required by 39 USC 435

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**Semi-finals:** Kolassa d. Garavaglia 21-4, 12-21, 11-8; Jackson d. Robey 21-20, 21-13

**Finals:** Jackson d. Kolassa 21-18, 17-21, 11-7

#### Men's 40-45 +

**Quarter-finals:** Fred Lewerenz d. David Matyas 21-5, 21-7; Duke Cummins d. J. Mike Taylor 21-15, 21-14; Larry Pritchett d. Howard Kravitz 21-15, 21-3; Larry Douglas d. Charles Wolford 21-15, 21-4

**Semi-finals:** Lewerenz d. Cummins 21-5, 21-7; Douglas d. Pritchett 2-21, 21-11, 11-9

**Finals:** Lewerenz d. Douglas 21-1, 21-15

#### Men's 50-55 +

**Quarter-finals:** Lynn Hahn d. Chuck Hise 21-15, 21-10; Leonard Stemple d. Joe Charette 21-11, 21-14; Al Micelli d. Dale Schaeffer 21-7, 21-11; Hy Chambers d. Harold Calhoun 21-7, 21-5

**Semi-finals:** Hahn d. Stemple 21-11, 21-10; Chambers d. Micelli 21-20, 21-12

**Finals:** Hahn d. Chambers 21-20, 21-13

#### Men's A

**Quarter-finals:** Mike Ceresia d. Chris Cole 21-13, 21-16; Kerry Marks d. Dan Schreiber 21-16, 21-5; Gordon Gallagher d. Michael Matz 21-20, 21-13; Jim Santino d. Garr Thompson 17-21, 21-13, 11-10

**Semi-finals:** Ceresia d. Marks 21-17, 21-6; Santino d. Gallagher 21-4, 21-16

**Finals:** Santino d. Ceresia 15-21, 21-17, 11-10

#### Men's B

**Quarter-finals:** Mike Zwierzchowski d. Kurt Killman 21-6, 21-11; Ian Thompson d. Daniel Schinder 21-11, 21-6; Dale Sutton d. John Bishop 21-14, 21-18; Neil Burness d. Lloyd Schrottenboer 21-6, 15-21, 11-9

**Semi-finals:** Zwierzchowski d. Thompson 21-16, 9-21, 11-9; Burness d. Sutton 21-17, 21-10

**Finals:** Zwierzchowski d. Burness 21-17, 21-12

#### Men's C

**Quarter-finals:** Steve Farrell d. Robert McNamara 18-21, 21-10, 11-7; Mike Galamb d. Bryan Turner 21-9, 21-4; Alan Tackett d. Paul Leggat 21-12, 21-14; Patrick Bell d. Matt Scherba 21-11, 21-1

**Semi-finals:** Galamb d. Farrell 21-18, 21-5; Tackett d. Bell 16-21, 21-18, 11-6

**Finals:** Galamb d. Tackett 21-20, 21-7

#### Men's D

**Quarter-finals:** Louis Boggs d. Pat Hendren 21-16, 21-5; John Rakolta d. Chester DeFore 21-13, 21-10; John Taylor d. Gilberto Martinez 21-20, 21-17; Doug McIntyre d. William Gentile 21-13, 21-11

**Semi-finals:** Rakolta d. Boggs 17-21, 21-16, 11-1; McIntyre d. Taylor 21-15, 21-13

**Finals:** Rakolta d. McIntyre 21-13, 20-21, 11-6

#### Women's Open

**Quarter-finals:** Debbie Erhart d. Shelly Weslock 21-3, 21-0; Lisa Ecker d. Sue Flanery 21-7, 21-11; Dina Pritchett d. Cathie Stellema 21-10, 15-21, 11-3; Carol McFetridge d. Elaine Mardas 21-3, 21-6

**Semi-finals:** Erhart d. Ecker 21-3, 21-6; Pritchett d. McFetridge 13-21, 21-15, 11-1

**Finals:** Erhart d. Pritchett 21-15, 21-4

#### Women's B

**Quarter-finals:** Sheri Anderson d. Linda Lutze 21-17, 21-18; Mary Mollenkamp d. Amy Karrick, 21-8, 21-8; Candy Cohen d. Donna Zils 21-7, 21-7; Nancy Foster d. Patty McCallum 21-12, 21-6

**Semi-finals:** Mollenkamp d. Anderson 21-14, 21-20; Foster d. Cohen 21-8, 21-3

**Finals:** Foster d. Mollenkamp 21-15, 21-6

#### Women's C

**Quarter-finals:** Sally Kurth d. Laurie Jaworowicz 20-21, 21-9, 11-6; Marlene Goss d. Debbie Weston 21-18, 21-17; Colleen Adams d. Cheryl Page 21-4, 21-15; Laura Fox d. Robin Latrille 21-6, 9-21, 11-3

**Semi-finals:** Kurth d. Goss 21-14, 21-20; Adams d. Fox 21-7, 21-5

**Finals:** Adams d. Kurth 21-1, 21-2

#### Women's D

**Quarter-finals:** Sharon Huczek d. Shellie Chambers 21-17, 18-21, 11-2; Judy Carson d. Lou Ellen Fecher 21-8, 21-6; Donna Green d. Tina Erlandson 21-20, 21-14; Rosie Franz d. Mary Bukowski 21-7, 21-7

**Semi-finals:** Carson d. Huczek 21-12, 21-13; Franz d. Green 21-7, 21-11

**Finals:** Carson d. Franz 21-16, 21-14

#### Juniors 16 and Under

**Quarter-finals:** Garr Thompson d. Doug Gage 21-10, 21-7; Jim Juron d. Troy Hall 21-4, 21-7; Aaron Metaj d. Matt Scherba 18-21, 21-5, 11-8; Aaron Pugh d. Scott Tessman 21-3, 21-0

**Semi-finals:** Thompson d. Juron 12-21, 21-17, 11-9; Pugh d. Metaj 21-1, 21-10

**Finals:** Pugh d. Thompson 21-19, 21-12

## Pennsylvania

March of Dimes Doubles Scrambler  
Sponsored by Coca-Cola and Racquet Club  
of Meadville

Racquet Club of Meadville

Meadville, PA, Sept. 10-12

Directors: Nancy Manning and Jan Peterson

**Men's Open Doubles:** 1st—Biff Kress/Dick Redfoot;  
2nd—Steve Kneeland/Wally Mason

**Men's B Doubles:** 1st—Rich Killmeyer/Steve Ballash;  
2nd—Bob Marrie/Dan Phillips

**Men's C Doubles:** 1st—Bill Bukovl/Kevin Barrett; 2nd—John Allin/Don Askins

**Women's Open Doubles:** 1st—Jan Peterson/Eileen Carlson;  
2nd—Kathy Frontz/Fredina Iffert

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# The Coddled Competitor

by Dick Squires

This issue begins a new department in *National Racquetball*—**Opinion** which gives you, the reader, the opportunity to state your views on any of the various topics current in the racquetball industry. If you'd like to submit your **Opinion**, please do so to **Opinion Editor, 1800 Pickwick Ave., Glenview, IL 60025**. All manuscripts must be no more than four pages, typed, double spaced.

*"... He was the consummate tactician, a stylist who knew how to exploit every inch of court, a sportsman who played in an era when love of the game prevailed over everything else."*

Whom do you think the author was writing about? Brumfield? Hardly. Hogan? Nope. Hilecher? Never. Give up? The author was a venerable sports writer for the *New York Times* by the name of Charlie Friedman. The words are extracted from an article that appeared in the May 16, 1982, Sunday edition. The person described in such glowing terms was none other than Dick Squires! That preamble is necessary for the reader to understand the ensuing comments that pertain specifically to racquetball.

In my opinion a rather unwholesome element has recently crept into the world of competitive racquetball. Local tournaments are now offering inordinate incentives to urge participants to enter their events; e.g., a chance to win the use of an automobile for a year, delicious food served free at the tournaments, fabulous prizes and huge trophies, free shirts, money, etc., etc. I happen to think such enticements are unhealthy as well as superfluous.

When I competed in tennis, squash and platform tennis (over a period of 40 years), I played my heart out merely because I loved the competition. Rarely were the "spoils" displayed until the final round; so you did not even know what you might be fortunate enough to win. It really did not matter. The efforts expended were as gratifying as the results were satisfying. If I happened to win the tournament, the icing on the cake was a pewter mug, a wooden ice bucket, a silver plate or Revere bowl. If I lost in an early round, it was still great fun just to have had the opportunity to compete.

A few weeks after the event I usually took the time to write a note to the Tournament Director expressing my appreciation for the wonderful time I had — both on and off the court — how well-run everything was, and telling him or her that I hoped to be invited back again next year. That was the polite thing to do!

Most of the competitors in those days did likewise. These sports were participated in by sportsmen. We were a genteel group of athletes who paid our own expenses, but played no less strenuously than the current crop of touring tennis professionals. There were two primary differences, however, between the gentlemen of yesteryear and today's world class competitors: 1) the present top-ranking players can

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***... if they don't feel like playing in some event, they don't, and the public and tournament committee be damned.***

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become millionaires before they reach their twenties, and 2) if they do not feel like playing in some event, they don't, and the public and tournament committee be damned.

In my day to compete in tournament-play actually meant money out of my pocket and no one ever even thought of not showing up for a match. Only a debilitating injury was reason enough for a default. In over four decades of competing, only once was I forced to retire during a match. (I hit myself in the head with the paddle!)

During the last four years I have been closely associated with racquetball as a part-owner and director of one of New England's largest (and finest) facilities. The club has hosted many important pro tour events. Of late I

*Dick Squires is a former top-ranked tennis, squash and paddle tennis player, racquetball club owner, tournament host, and well-known author. He resides in New Haven, CT.*

have seen a dangerous player-attitude evolve — one that totally turns me off. I have actually had invited players say to me, "Before I accept, what are the prizes like?" Or they protest because there are no third and fourth place trophies.

Now, these are not the top "open" stars, but "novice" skill-level participants who have played the game for all of a few brief years. They have not even attained any level of excellence yet. Such an attitude has soured me on the sport, and I am quite confident that many of my counterparts, who have planned, promoted and run tournaments at their clubs, harbor similar feelings.

Naturally we have no one to blame but ourselves. In an effort to promote racquetball events, we originally created such enticements to lure a large number of entries.

Pretty soon clubs started a one-upmanship strategy in order to outdo their competition. Now it is entirely out of hand and worse, the players themselves have come to expect the royal treatment. The wonderful intrinsic value of pure competition has, for all too many racquetballers, been replaced by an extrinsic outlook. It is a shame, and an outlook that could retard the growth of this marvelous sport.

Whenever players become more important than the game in itself — and this is true of any sport — the game will eventually be the loser. Coddling and cajoling players to compete by offering them an abundance of flashy awards diminishes the whole purpose of athletic competition and, in my judgment, does much to ruin the basic concept of participating in sports. ●

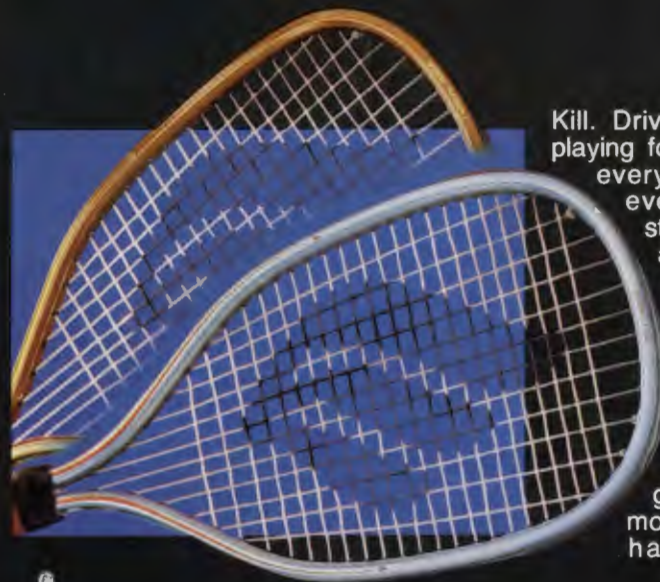
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*The views presented in Opinion are strictly and entirely those of the author, not necessarily those of National Racquetball. We invite your comments.*

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