

National Racquetball®

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On the cover . . .

Our cover, depicting the necessity of training youngsters as to the importance of wearing eyeguards, reflects our strong commitment on the topic. As is customary, National Racquetball makes February its Eyeguard Issue, giving readers a full nine pages of information on what's available on the market and what our readers told us about eyeguards. All this information begins on Page 9.

Special thanks to the Northbrook Court House, models Bev Franks (l.), Cliff Gill (r.), Erin Hendee and Bret Wright.

—Photo by Jim Sauser

Next month . . .

. . . Military racquetball will be the subject of March. We'll speak with Stephen Ducoff, AARA Military Commissioner, and find out what bases have courts, which branch of the service plays the most racquetball, whether there are any bases overseas and if the overseas bases have any influence on racquetball in a particular country. We'll also have a special feature on Charlie Brumfield, one of racquetball's greatest, describing his life today and how he remembers '70s racquetball.

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From The Editor . . .

Cruisin'

It was a thrill I hadn't experienced in some time. A long time—years in fact. It was the thrill of turning somebody onto racquetball for the first time. Introducing the game to a person who'd never hit before. Handing him his first racquet. Watching him awkwardly take that choppy step and stroke.

Slowly the step and stroke become smoother, and within 10 minutes the ball was hitting the wall and rebounding back at us. Within a few hours we were actually going over the three primary serves, learning about center court position and the advantages of down-the-line shots.

A day later there were rallies, practicing, and within a few days an actual tournament—real matches, competition and awards.

It all took place during the week after Thanksgiving, when pro Steve Mondry and I were guests aboard the S/S Norway's Fitness Cruise, sailing from Miami and stopping in dreamland places like St. Thomas, Nassau and the Norwegian Caribbean Line's own out island.

The S/S Norway, the world's largest cruise ship, proudly sports one very fine outdoor, three walled court and it was Steve's and my job to conduct racquetball clinics and lessons for anybody on board who desired them.

Not knowing if we'd be teaching 10 or 1,010 people (the ship carries 2,000 passengers and 800 crew), Steve and I prepared by accepting the kindness of sponsors Penn, Diversified Products, and EQ Enterprises. I guess when word got out that there were balls, racquets, bags, and clothing available at the racquetball court, well, we had as many eager or would-be racquetballers as we could want.

Eventually, nearly a hundred people made their way to the court during the week-long cruise, many in our clinics, but nearly as many just booking the court like you and I do any day of the week. The court was active from dawn to dusk daily and we could have gone all night and still not satisfied the demand.

While Mondry handled the more advanced players (those who could hit the wall) I had the honor of the beginners (those who had never or couldn't remember the last time they played).



Never have I met a group of friendlier, more enthusiastic and willing to learn people in my life!

Players like Marty (Tampa), Alan (Brooklyn), Joe and Shirley (Montreal), Merry (Jackson, NJ), Jerry (Atlanta), Bruce and Jan (Ft. Worth), Bonnie, Ed, Dianne, and who could forget Kat from Durango, CO? They were all there, every day, eager to play, eager to learn, ready to have fun.

Why were they there? Why not sitting in the incredible Caribbean sun, soaking' up tan? Why not sitting in the incredible dining halls aboard the Norway, soaking up well-paid for calories? Why not in the flashy casino, in the swimming pools, jogging, pumping iron or one of the scores of other temptations that lurk in very corner of that mammoth vessel?

They were at the racquetball court because they were having fun . . . lots of it. We became a group, a team. We found ways to circumvent cruise rules to eat together. We shopped together, saw on-board shows together, partied together, and of course, played racquetball together.

And despite the lack of lights, a ceiling, full side walls or back wall; despite a blue front wall, blue sky, blue water and blue balls; despite a tournament where the matches were limited to five minutes duration (over 60 entries in three divisions and three hours to run the entire tournament); and despite a blind referee (Mondry), we all managed to stagger on throughout the week.

So for Hy, Harlyn and Tanya, Barbara, Albert and Victor, Gonzalo, Diane and Ruth and so many more—this one's for you! See you next year! ●

Chuck Lane

Letters

Squash That Gar!

Dear Editor:

With reference to "How to Beat a Squash Player" (NR, v 13 #11, November 1984):

I am a casual reader of NR — usually sitting at the Y waiting for my squash partner, or waiting to see whether a racquetball player wants to go a few rounds. So I was struck by Mr. Garfinkel's article. It was a good article, especially as regards the comments about Mr. Niederhoffer and Ms. McKay. But, as a loyal member of the USSRA, 20-year amateur squash fanatic, lunatic proselytizer for my chosen sport, and believer in the theory that while racquetball is a terrific game, squash is a terrific game of *skill*, I am driven to make some comments.

The racquetball around here is good, and highly competitive. When I have to play it because my schedule won't permit squash, I try to play the best available RBer. My observations differ from Mr. Garfinkel's in the following ways:

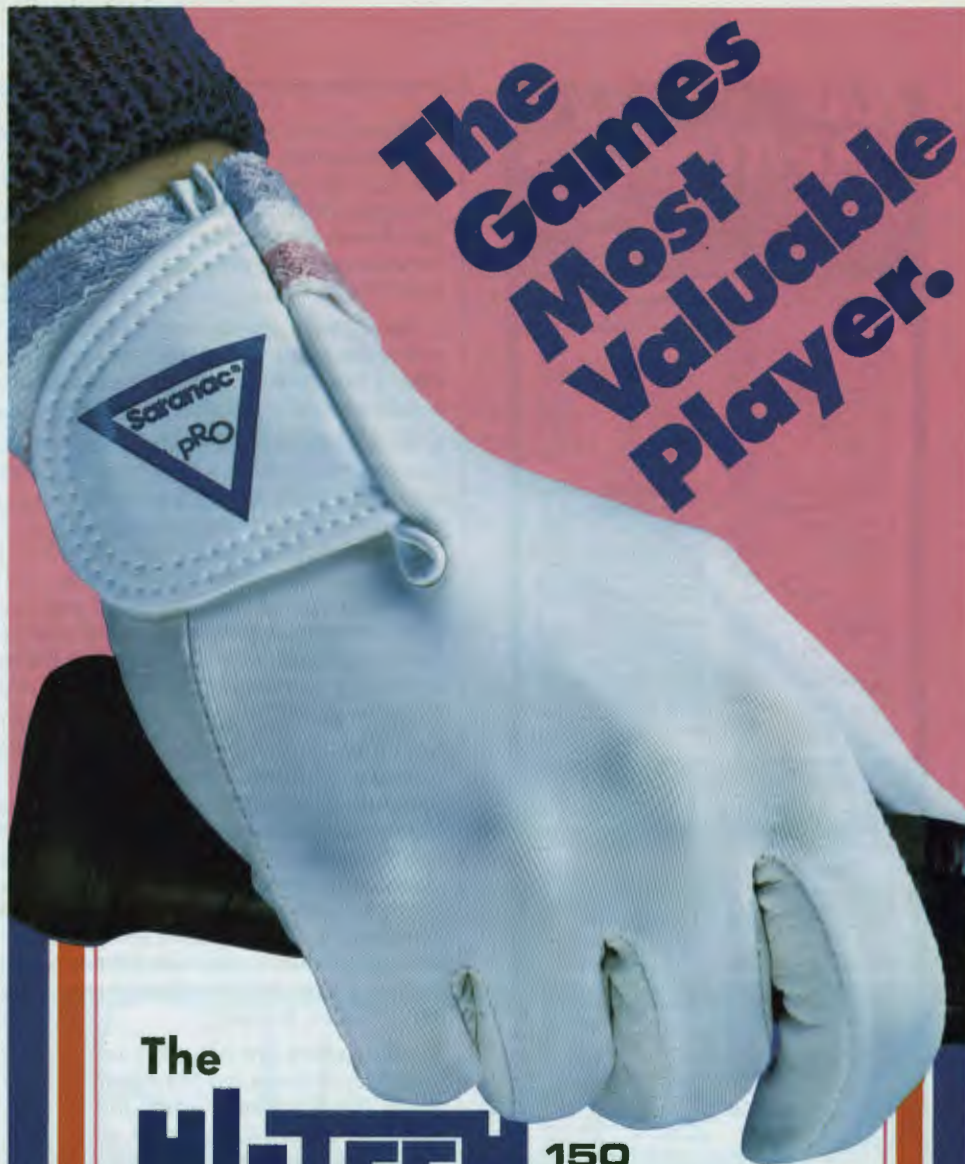
1. RBers around here don't sprint and change direction as well as Squashers. This is not a generalization (Mr. Garfinkel's article is full of generalizations: "... squash players like to return slower serves and shots ..." Oh?).

2. The most powerful RBer can be easily defeated by ball control/court control/touch (finesse) and wiley, scrambling, wit. Control of the game's pace is particularly disconcerting to a power-playing RBer.

3. A good defense against an aggressive RBer is just that — a good defense. Get everything back, including that smashing drive serve, lobbing deep and softly to keep 'em running back to those confusing rear corners. (Squash players love those rear corners, and are not confused by what pops out of them.)

4. RBers can be put off-balance as easily as Squashers (see 2 above). Squashers, however, seem to be more adaptable to changing game plans — see Mr. Garfinkel's admission that they know where to place the ball. One does not need power to put a RBer off balance: skill will do nicely.

5. The lack of a tin in a RB court is no hinderance (pun intended). See 2, Control and 4, Adaptability. Practice helps, but knowing how to place the ball in the first moments of the game is of incomparable advantage.



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RAY HIGHTOWER'S
RACQUETBALL-TENNIS-ATHLETIC SHOES

6. RBers can't seem to understand that for a Squasher, receiving and serving the high lob is a classic dream: pace changer, difficult to handle aggressively, etc. A well-developed high lob squash serve is perfectly used against aggressive RBers.

7. All squash players learn early to watch the opponent at all times. How else is one to know what the opponent is going to do?

8. In squash, one must move to the ball quickly; then one can take one's time to set up the shot. RBers sometimes let the ball come to them; hence, they have less time to set up the shot. Squashers squashing RBers move quickly to the slowly floating RB ball and then wait ever-so-long before finally selecting the shot. Meanwhile, the RBER is dancing around behind the Squasher, vainly trying to anticipate the shot. End of point.

9. Squashers can disguise their shots more effectively than many RBers. They are taught to. Elbows in; racquet head up; shoulders perpendicular to the direction of the ball; get to the ball in plenty of time. Doing this consistently is confusing to one not used to it. Hitting the ball the same way every time, but putting it in a different place every time, can produce winners.

10. Squashers are too quick to let many cross-court drives by. Maybe once in a while. But Squashers watch the RBers, with their predictable swings, and can tell after a few volleys where the ball is going. Result: a cut-off cross-court.

There is more, but this is changing from a letter to an article. I haven't even touched on what happens when a powerful RBER is gently led through an elementary squash lesson. My ears have turned blue from the complaints: the ball doesn't bounce "right"; the racquet's "too" long; the big swing breaks the new racquet against the wall in the smaller room; WHY is the tin there?; WHAT DO YOU MEAN the ceiling's OUT??; (you mean on the line is out); Why can't I call a hinder (read "let" in squash) after the shot?; gee, this sure is hard, etcetera. Suffice it to say that RBers converting to squash seem like an easily frustrated bunch.

Sorry to be so picky. Sure was fun, though.

Mark David Gottsegen
USSRA (certified referee, by the way)

Dear Editor:

I would like to compliment you on the quality and accuracy of The Fitness Center section in your November issue. As an exercise physiologist who is exasperated at the wealth of misinformation given about physical fitness, your article was a breath of fresh air!

I have one question regarding your use of the Karvonen Formula to calculate the training heart rate zone. Why did you use 205-1/2 age as opposed to the standard 220-age? Your formula progressively overestimates predicted HRmax as a person's age increases when compared with the standard equation. What is your source of information?

Thank you again for providing sound advice on the use of exercise bicycles for cardiovascular conditioning and weight training concepts. My hat is off to you!

Robyn Stuh, M.A.
Tacoma, WA

Thanks for the compliments! In answer to your question, we have to begin by saying that there are numerous age adjusted predicted maximum heart rate formulas being used around the country by exercise physiologists. This is due to the fact that there is a 10-12 beat variance in the predicted maximum heart rate using the formula 220-age. Research is still going on in an effort to attain more accuracy.

Our original source was Ken Cooper who advocates this formula for men. Additionally, it came to our attention that Dr. Al Peterson of the University of Chicago suggests the formula of 204-.46 age with no differentiation based on sex. Peterson's formula is based on tests he ran at the Henrotin Health and Fitness Center. — Ed.

Dear Editor:

The Annual Eyeguard Survey is an excellent service to increase awareness of the need for eyeguard use in prevention of serious eye injury while playing racquet sports. I would hope that while this survey points up the consumer awareness and decisions in eyeguard selection that recommendations concerning the proper eyeguards are given equal or greater emphasis. Specifically, frames construction, sturdy nylon frame is best, open versus closed lens—the closed

lens construction is far superior, lens type, the only approved lens is the minimum 2mm thick polycarbonate plastic.

I have seen many preventable eye injuries and two cases of serious vision loss due to the non-wear of eyeguards. At the same time I've seen innumerable players who have been saved the pain, expense, and possible serious vision loss by the use of adequate eyeguards.

Robert E. Nasser, M.D.
Napa, CA

Gar Confused?!

Dear Editor:

I read with interest Charlie Garfinkel's instructional article on the new 5 foot rule in December's issue. However, Charlie has misconstrued the new rule as it applies to the follow through of the receiver or the racquet.

In the fourth paragraph of his article, Charlie states:

"Even the plane of the racquet can't follow through in the area between the short and five foot line, after the ball is struck in the air. Naturally, the receiver can enter the area between the short and five foot line if the ball bounces in that area."

Charlie has confused the absolute prohibition against follow throughs into the service box on returns of serve (Rule 8A(3)), with follow throughs into the safety zone when the ball is contacted after it has crossed the five foot line, which are permissible under Rule 8A(2).

Rule 8A(2) of the official AARA Rules, as effective September, 1984, state:

"On the fly return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving (5-foot) line. The follow through may carry the receiver or his racquet past the receiving line."

Rule 8A(3) states:

"Neither the receiver nor his racquet may break the plane of the short line during the service return."

Fly kills after the ball has crossed the 5 foot line are permissible without worrying about whether the receiver or the racquet enters the safety zone on the follow through. With lob serves becoming more prevalent under the new rules, I hope you will agree that clarification on this point is important.

Patrick O'Connor
Tulsa, OK

Travels to Quito

Dear Editor:

I'm writing to inform you of the performance of the Puertorican Team at the recent American Zone Championships in Quito, Ecuador.

The altitude affected my performance tremendously. The speed of the ball was also hard to adjust to. It took awhile to get used to these conditions. My overall record was seven wins and four losses.

The competition was good. The improvement of the Latin countries from Sacramento to Quito was noticeable. The main reason Puerto Rico did not have a full team was financial. However, Puerto Rico did qualify in one spot for the World Championships to be held in London next summer.

We cannot forget to mention the friendship and sportsmanship displayed by all participants. On behalf of the Puertorican Racquetball Federation we want to thank the people of Quito for their warm hospitality, not only to us but to all the countries involved. It is our feeling that these people are friendly and open not

only because we were outsiders but because that is their nature. With great sadness we had to leave, but we did so knowing that we left behind friends and memories that we can cherish forever. We were from different countries with different languages but this was not a barrier toward friendship.

Willie Rodriguez
President, Puertorican Racquetball Federation
Puerto Rico

National Racquetball Magazine
4350 DiPaolo Center/Dearlove Road
Glenview, Illinois 60025



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EXTRA!

Bob Coate, Friend Of Racquetball

The racquetball industry was saddened recently by the death of Bob Coate, a veteran of the sporting goods world generally, and a key member of the racquetball community, especially during the years of rapid expansion in the mid-70's.

Coate, who passed away in October, was 66. He had been associated with a number of major sporting goods firms including AMF-Voit, MacGregor, and Healthways. He was best known to racquetballers as National Sales Manager for Seamco Sporting Goods at

a time when Seamco produced the dominant ball in the racquetball industry.



In recent years Mr. Coate ran his own company, Sports Marketing Consultants, and counted SSK American and Molten among his accounts.

He is survived by his wife Jean; three children Jill Kleinke, Jack Coate and Janna Bradley; five grandchildren and six great grandchildren.

For a man who spent virtually his entire adult life in the sporting goods business, it is perhaps the ultimate irony that Bob Coate died in the company of good friends, shortly after a round of golf.

The racquetball world has lost a good friend. We mourn his death and offer our sincerest sympathy to his family.

Ashaway's Crandall

Julian T. Crandall, BB, died peacefully in his condominium in Pompano Beach, FL, October 23, 1984.

His wife, Mary H. Crandall, died on January 15, 1984, also in Pompano Beach.

At the age of five, Crandall began working part time at Ashaway Line & Twine Mfg. Co. which was founded by his great-grandfather in 1824. In 1919 he was elected treasurer and secretary of the company.

An accomplished international fisherman, Crandall joined the Atlantic Tuna Club in 1917 and served as the organization's secretary for 16 years. He was Rhode Island's Fish Commissioner from 1924-30.

Under his direction,

Ashaway Line & Twine's fishing business was expanded to include tapered fly line, fly sport line, the first nylon line (1939) and the first Dacron line (1954).

In 1947, Crandall led the company into the tennis string business, a segment of the business that now includes all racquet sports.

An accomplished fisherman, Crandall is credited with catching a white marlin, a 285 lb. Mako shark, a 121 lb. tarpon, and a 420 lb. tuna. His fishing expeditions took him to Australia for trout, New Zealand for marlin, South Africa for tiger fish, and Palm Beach or Acapulco for sailfish.

Today fifth and sixth generations of Crandalls are running the 160 year old company in Ashaway, RI.

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PROFESSIONAL & AMATEUR PLAY

Make Eyeguards Mandatory!!!

by Mort Leve

Dr. Mal Dorfman, a retired orthopedic surgeon and former Mid-Atlantic handball champion, is now an ambidextrous racquetballer in Scottsdale, AZ, who actively espouses his own campaign for court play eye protection.

Dr. Mal is no shrinking violet. He'll pound right on the court door and verbally lambast any participants who are not wearing eyeguards. In fact, he carries on the same vigorous campaigning against smoking. When driving down the street he will poke his head out the window at any passerby or fellow driver caught with a cigarette.

Now, what better way to bring about use of the guards than to make it universally MANDATORY? We understand that the club owners are apprehensive that there might be a liability factor involved.

One such proprietor states, "If we make our members wear the guards and an eye accident still occurs—bingo, they sue."

If the member does adopt an "open" guard, the ball can definitely cause injury as it flattens out upon impact and can penetrate the opening. So, with the edict must accompany an explanation that there have been in depth studies done and depict just what type of guard will give "full" protection.

There's not a lot of us around who remember when baseball players had no head protection when batting but it was so once. It took time and effort to finally enact official rules in professional baseball to put it in full practice. The amateur programs followed suit. Unfortunately these rules came only after too many promising ballplayers had star-predicted careers negated when beamed while playing.

The same thing was true in hockey with the head protection. In football the face mask has protected the eyes, nose, and dental ware.

It is absolutely ludicrous for any racquetball player, whether the plodding novice club performer or professional tournament standout not to wear eyeguards. Fortunately, Marty Hogan did much to forward the case when he started wearing them as one of many endorsements. Sadly enough, most tournament players shun protection, feeling they lose a measure of peripheral vision—or "comfort."

It is tough to educate the masses in racquetball. Signs stating that eyeguards are "highly recommended" do a minimum job. What does a better job are the serious accidents that occur, and then follows at that particular facility a rash of eyeguard orders.

Always a leader in the racquetball industry, the St. Louis JCCA became the first known facility to make eyeguards mandatory, for both members and in all tournaments taking place on its courts. The Tacoma YMCA, reputedly second largest membership Y (Lattof YMCA in Des Plaines, IL is No. 1), put the same ruling into effect when it opened its new facility several years ago.

Lately facilities hosting tournaments have stipulated "Eyeguards Mandatory." The Third Annual Lite Beer Pro/Am conducted at the Cochise Health and Racquet Club in Sierra Vista, AZ, had that mandatory imprint in bold faced type on the official entry blank last year.

This is a positive step. Players who participate in tournaments, knowing they will have to wear eyeguards, will naturally use them regularly to get used to them. It's similar to the official ball status. They will want to acclimate themselves to whatever conditions they will find when going into tournament competition.

Official racquetball rules now state: Rule 2E—"Eye protection is required for any participant under the age of 19 in any AARA sanctioned tournaments."

If we can have a rule covering these juniors why not complete age coverage? Is the underlying feeling that juniors are less experienced and therefore more prone to getting hit by the ball? Ridiculous.

We know all too well that court know-how cannot totally prevent getting hit in the eye by a ball. Quick reflexes alone will not prevent a ball's accidental carom off the racquet, wall—or that the racquet itself might not inflict the injury.

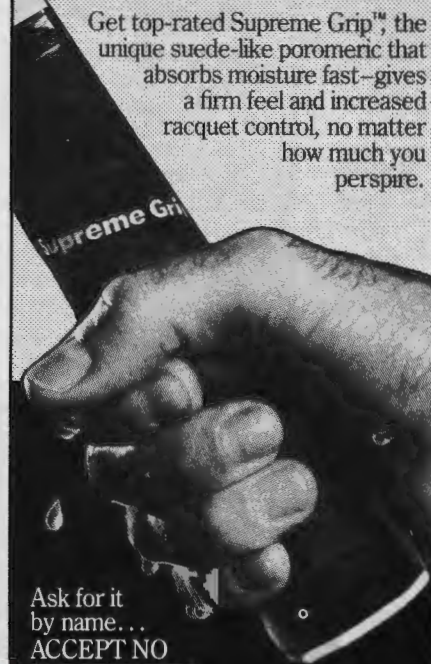
"Macho" my Aunt Fanny. If the player does not have enough common sense to protect his or her eyes then it behooves everyone concerned with the industry to commit themselves:

MAKE EYEGUARDS MANDATORY! ●

Mort Leve, former executive secretary of the International Racquetball Association and U.S. Handball Association, is a consultant to the racquetball and club industry.

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All In Favor, Say "Eye"

"While I was playing with a younger man, he advised me to buy safety glasses. I took his advice, left the court, and purchased the pair I now wear."

"In the first play upon returning to the court, I was hit with a hard driven ball which knocked my glasses off with no injury to my eye."

"Up to this time I had never been hit in the face with a ball. Since then I have been hit on or near the eye several times."

I am a believer." — Marion Palmer, Salem, OR

He signed his letter *"in the interest of eye protection"* and joined a growing number of survey respondents who took the time to tell us how they felt about eye protection for racquetball players.

Over 90% of those readers who took the time to answer our Reader Survey stated that eye protection was the single most important issue in our sport.

Once again we received well over 200 responses from all areas of the country, often with notes penciled in margins.

Mr. Palmer was typical of our respondents (male-83%; female-17%) who are between the ages of 25-44, play three

or more times per week (as they have been doing for five years or longer) and list themselves as advanced or intermediate players.

Seventy-six percent stated they believed that some sort of eye protection was needed for those playing racquetball.

"Anyone who plays racquetball, from beginners to pros and who doesn't wear eyeguards is playing Russian Roulette with their eyesight," wrote in Chip Wood, Nashville, TN.

He's right. The controversy this year stems around the liability which companies, clubs, and individuals must contend with if a player does not wear eyeguards.

"I hate playing against someone who does not wear eyeguards" wrote in Bob Kronberg, Reisterstown, MD. *"If I ever hit someone in the eye and caused serious damage or blindness, I don't know if I could ever play again."*

Ninety-four percent of our respondents reported being hit in the face or eye by a racquet or ball. Seventy-two percent of these people stated that they felt eyeguards saved them from a lengthy hospital stay, or worse yet, total blindness.

One anonymous reader from Seattle, WA, wrote, *"I lost my left eye last year after being hit."* Another reader, G. Black, West Hartford, CT, wrote, *"spent three days in the hospital last year after a racquetball came through an open lense and injured my eye!"*

The issue of open vs. closed lenses continue to frustrate our readers. In the February, 1982 issue of *National Racquetball*, Dr. Michael Easterbrook, Toronto, Canada, stated *"Any eyeguard is better than none at all."* But the following year researchers discovered that a racquet ball at high speeds can flatten out into an open lense and cause considerable damage to an eye. The simple solution would be to wear closed eyeguards. Despite the fact that they are not the most glamorous on-court equipment, they often fog up and obstruct the player's view.

This year 68% of our readers reported that they wear closed eyeguards, and 43% stated that their opponents wear eyeguards.

Our readers are an educated lot. Sixty-nine percent had done research prior to purchasing a pair and 78% felt that their eyeguards give them maximum protection on the court.

What will influence your next eyeguard buying decision?

Responses

50
45
40
35
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10
5

30
Comfort

11
Frame
Const.
Mat'l

19
Open
Vs.
Closed

7
Appearance

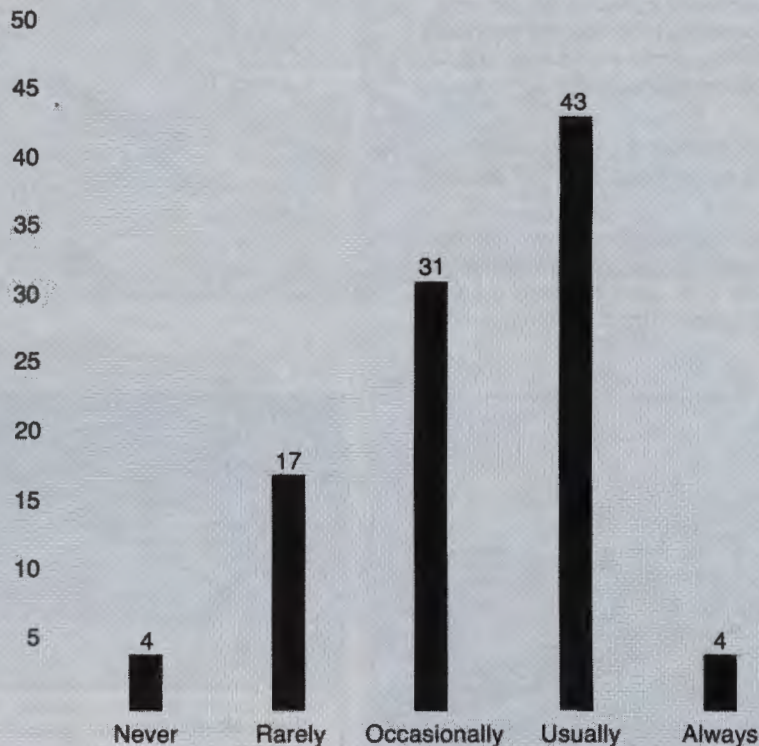
1
Local
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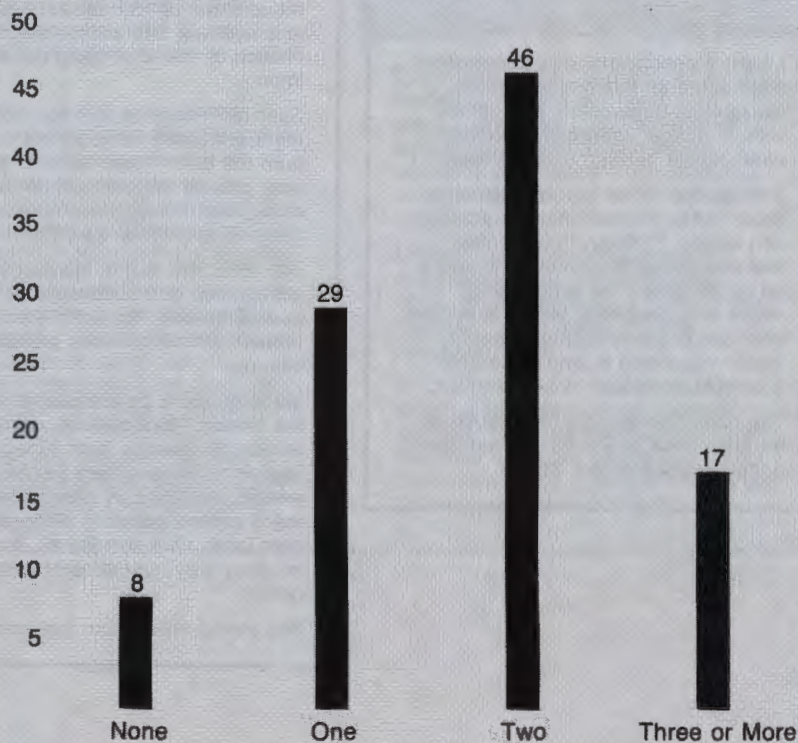
How often do you estimate your opponent wears eyeguards?

Responses



How many pairs of eyeguards do you own?

Responses



In buying an eyeguard, the first priority towards the purchase was usually comfort. Obviously, an eyeguard that hurts your head, slips down your nose constantly, and hinders your sight to the point that you're missing shots, isn't the right eyeguard.

The next two most important factors in purchasing eye equipment was safety and whether or not they were open or closed lenses.

Price seemed to be of minor importance to our survey participants despite the fact that 30% of them spent well over \$26 an eyeguard and 60% report buying one new eyeguard each year. Gary Chymer, Quakertown, PA, wrote, "\$20 for eyeguards is much more economical than replacing an eye — that is if you can find one!"

Should eyeguards be mandatory for tournament play? A whopping 84% said yes. Disappointingly enough, only 39% reported that their club required eyeguards for racquetball use. That trend is changing, however.

Monroe County, New York, for example, requires that all players in racquetball clubs use eyeguards. The amateur association in Nebraska requires all players despite their age to wear eyeguards in tournaments. The AARA (American Amateur Racquetball Association) requires junior players to wear eyeguards, hoping that if youngsters are trained at an early age about eye safety, they will continue this good practice into adulthood.

"My experience with eyeguards is not a good one. Last summer I was playing doubles and I had a pair of eyeguards on and was hit in the eye. The ball went right through the goggles and almost knocked me out. I was in the hospital for a week and had a 50/50 chance of getting my sight back. But now I am fine and now I have a pair of eyeguards that I think are great." — Jon Hauser, 14 years old, Plymouth, MN.

Hard hats are required for construction workers, baby seats are mandatory for infants in most states; will racquetball ever require eyeguards? If our readers had their way, eyeguards would be required. Until that time, it's an ongoing educational process for everyone.

What will influence your next eyeguard buying decision? ●

National Racquetball's Annual Eyeguard Guide

Once again, we present our shopping guide to eyeguards currently on the market. As we went to press, several manufacturers were working on new products and therefore unable to give us pictures or information about these new, top-secret products. We've included the names and addresses of these companies in the list following the guide.

No other piece of racquetball equipment is as important as the eyeguard. It offers players the relief of knowing that they've done the most they can possibly do to avoid a devastating injury.

We'd like to thank the manufacturers who took the time to send us product information and pictures and also spent some time with us discussing the market for eyeguards. We urge you to take the time to look over each of these products and contact any manufacturer if you have questions about their product.



Unique Sports Products

Eye safety starts before you swing your racquet. Rec Specs from Unique Sports features a life-time guarantee, a large viewing area, extra wide temporal protection, specially designed safety groove, and fog prevention vents. Lenses are made of indestructible polycarbonate material.

Rec Specs pass every test designed for eye safety. Suggested retail price: \$19.95



Liberty

Liberty's spectacular new sportgoggle, engineered for safety and comfort, is available in three colors and comes with or without lightweight, virtually unbreakable polycarbonate lenses.

The special Safety groove accommodates plano polycarbonate or prescription lenses. Protective cushioning features exclusive Kraton pads, molded on all sides. The wraparound shape aids peripheral vision. A vented side arm prevents fog-up. Durable elastic headband is adjustable and washable as well.

The open Sportgoggle has a suggested retail price of \$14.95. Closed Sportgoggle eyeguards are \$19.95.



Siebe North, Inc.

The Norton 180 features a unique, wraparound design which increases wearer protection by offering a larger protective area and improves and extends the field of vision.

The one piece optical lens greatly reduces the optical imbalances of two-lens eyewear and eliminates the chance of a lens popping out on impact.

Specially designed temples offers more protection from objects coming from the side. These temples gently wrap around the back of the head, rather than hooking over the ears. They do not slip on very active jobs.

The attractive styling increases wearer acceptance with contemporary, appealing look. The light, evenly distributed weight provides greater comfort.

Made of 100% polycarbonate material, the Norton 180 increases wearer protection by resisting high impact. A four-point hinge system increases wearer protection by offering twice as many contact points to disperse impact force. One size fits all. Available in clear, gray, amber, light and dark green.

Suggested retail price: Not available.



Ektelon

Ektelon's eyewear products include the new Sentinel, the first over-the-counter prescription eyewear product. This new product, designed to fit over your own prescription eyeglasses, is a lightweight, strong 3mm polycarbonate eyeguard with contoured fit, foam cushioning and an adjustable head-strap for maximum comfort. An oversized, optically engineered viewing offers the player distortion-free full field peripheral vision. Prices not available.

The Deflector, a one-piece, wrap-around hingeless eyeguard, features shatter and scratch resistant 3mm polycarbonate lenses, with safety groove to secure the lenses upon impact. The lightweight trimline Deflector has special venting to prevent fogging.

The smoke-grey Eye Sentry is an attractive addition to the tortoise and blue-lined clear Eye-Sentry frames. The Eye Sentry is panoscopically angled, with 60mm-wide lenses to provide the player with distortion-free peripheral vision. The lightweight, shatter-resistant eyeguard features a sculptured nose bridge and adjustable headstrap or a close, comfortable fit.



Court Specs and Court Specs, Jr., are lensless, molded one-piece eyeguards, designed to fit the facial anatomy. Each have a unique orbital scalloped protrusions which maximize energy disbursement of the ball upon impact.

Ektelon's court Goggles features a one-piece wraparound eyeguard, which offers the player a larger protective area, and a clear, full-field peripheral vision.

All of Ektelon's eyewear is manufactured using polycarbonate, a shatter-resistant, high strength material which has been endorsed by the Eye Safety Committee of the American Society for Testing and Materials (ASTM).

Omega

Omega Sports has introduced a new eyeguard to our line of racquetball accessories, the Omeguard Deluxe Eyeguard. This ANSI-approved eyeguard has polycarbonate lenses and a foam cushioned nosepad for safety and comfort. Design of the eyeguard allows for airflow and ventilation, which keeps fogging to a minimum. Each pair includes an adjustable headstrap and comes blister-packed. Retail price: \$11.95.



A & M Tool and Die Co., Inc.

The Saga Sales & Engineering Division of A & M Tool and Die Co., Inc. presents Sports Goggle, made of high impact polycarbonate, GE Lexan resin material which ensures optimum eye protection.

The extra light Lens & Frame features a hard-coated lens on the inside and a hard-coated lens for scratch resistance on the outside.

The unique nose and brow pads absorb the impact of balls and other hits preventing cuts, abrasions, or a possible broken nose.

Anti-fogging capability is excellent and these goggles are made in the good old U.S.A.

Suggested retail price: \$20.00



Viking Sports

Action Eyes, a Bausch and Lomb Product, is three millimeter thick polycarbonate lenses, coated for scratch and fog resistance and replaceable with prescription lenses.

The eyeguards come with heavy duty seven barrel hinges, riveted to metal core adjustable temples and frames. The frames are reinforced and come with a specially designed bridge. Available in crystal or tortoise, the eyeguards come with a carrying case and velcro eyeglass retainer. Suggested retail price: \$29.95.



Is the toe of your shoe reinforced for durability with extra leather?
How about the instep?

Does your shoe weigh in at a comfortable 12 ounces?

Does your shoe have a high-traction gum rubber sole with long-lasting reinforced pivot points?

**IF YOUR SHOE
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Croakies are an exciting new kind of eyewear retainer for active people of all ages. They are lightweight, comfortable and good looking. Flexible, portable, and washable, Croakies are perfect for work, play, or anytime you want your glasses to stay put. Simply slide them on your glasses and you are ready to go.



The Eye Shield is a full polycarbonate fog resistant lens and frame with minimal vision obstruction at the frame and bridge, with adjustable metal hinges. The eyeguards can be worn over prescription glasses. Suggested retail price: \$6.95.



**DOESN'T FIT HERE,
USED SOME TOUGH SHOTS.**

Does your shoe boast a molded innersole, molded heel counter, forward-canted heel, padded collar, and leather reinforcement? Really?

Can you count on the comfort and protection offered by an EVA midsole?





Highest-quality leather reinforces the toe, and it gives the instep extra support. In fact, with more leather than the leading indoor court shoe, the Express is extremely durable throughout.

The Express is an incredibly light 12 ounces of cool comfort. A contoured sole and breathable nylon mesh are the reasons why.

High-traction gum rubber sole is designed to take the stress with reinforced pivot points.



INTRODUCING HEAD EXPRESS. THE S

For further information on any of the eyeguards listed in our guide or mentioned in our story, feel free to contact the people below:

LSP Leader Sports

Leader eyeguards offer the ultimate in eye protection. Their crisp, clean styling combined with boldly designed packaging create a best selling product.

Each Leader eyeguard — the Albany, the New Yorker, and the Essex — feature high-impact scratch and shatter resistant polycarbonate and baked on Permavue anti-fog treatment.

Each has an adjustable, comfortable headband which holds the eyeguard in place. The silicone cushioned nose pads offer protection against shock from blows.

The Albany is a wraparound, hingeless frame; the New Yorker boasts a hingeless, bubble design and the Essex is a framed construction.

Suggested retail prices: Not available.

A & M Tool & Die, Inc., Saga Sales and Engineering Division, P.O. Box 400, Southbridge, MA 01550

Criss Optical Mfg., Co., Inc., P.O. Box 229, Augusta, KS 67010, (316) 775-6346

Dynex Recreation Inc., 77A Temple Ave., Havensack, NJ 07601

Ektelon, 8929 Aero Dr., San Diego, CA 92123, (619) 560-0066

Foster Grant, 289 N. Main, Leominster, MA 01453, (617) 534-6511

General Electric Plastics, Lexan Division, 1 Plastics Ave., Pittsfield, MA 01201, (413) 494-4616

Halo Optical Products Inc. (represented by Unique Sports Products), P.O. Box 126, Johnstown, NY 12095

LSP Leader Sports Products, Inc., P.O. Box 271, Essex, NY 12936, (518) 963-4268

Omega, 9200 Cody, Overland Park, KS 66214

Siebe North, Inc., 2000 Plainfield Pike, Cranston, RI 02920, (401) 943-4400

Smith Sports Products, Inc., P.O. Box 2999, Ketchum, ID 83340, (208) 726-4477

Unique Sports Products, Inc., 5687 New Peachtree Rd., Atlanta, GA 30341, (404) 451-2800

Viking Sports (manufacturers of Bausch & Lomb eyeguards), 5355 Sierra Rd., San Jose, CA 95132, (800) 535-3300



Molded heel counter prevents twisting. Forward cant cups your heel. Molded inner-sole cushions your foot. It all adds up to incredible comfort, game after game.

Nothing eliminates shock like this EVA midsole. It absorbs the punishing impact of play so your heel doesn't have to.

SHOE THAT PLAYS AS HARD AS YOU.



A Manifesto of Racquetball Instruction

by Mark Kessinger

National Racquetball neither agrees or disagrees with the positions put forth by Mr. Kessinger. His views are presented as one man's opinion in order to further comments, discussion and thought relating to the various issues that he raises. Readers are encouraged to submit viewpoints of their own.

When people are introduced to racquetball they are always told: "It's easy to play, you don't need any lessons, you can teach yourself!"

Every salesman the sport has ever had has made that mistake. It has created a myth about racquetball that says: "Anyone can play racquetball, it's easy to learn by yourself."

That myth has done more to hurt the sport than lack of television, lack of junior programs or the lack of a pro circuit.

Racquetball is plagued with a high turnover in participants. Thousands of people walk onto the courts for the first time each year while thousands more continue to walk off the courts and out the back door of the club.

The reason for this lack of staying power with the player is that each player has seen racquetball fail to satisfy him. His level of play leveled off and his enjoyment of the game began to nosedive. What used to be a challenging game became predictable. The excitement of racquetball became a routine. The rocketing improvement of the beginning stage deadended somewhere in the C level and the satisfaction of mastering a complex sport turned to bitter frustration as the self-taught approach floundered in the intermediate stage.

Instruction is the cornerstone of any sport and racquetball is no exception. Racquetball is unique because it has skipped over that cornerstone in a blind frenzied drive to get its 'house' built. The house is up now and threatening to cave in. That over-looked cornerstone has undermined virtually every aspect of the sport. The people to blame are all the same ones who mouthed the myth, me included.

What we should have been saying is; *"Racquetball is easy to start without instruction, but as soon as you decide*

racquetball is your sport, get some lessons—they'll really help you out."

Racquetball has lost too many players and our chances of getting those players back are not very good. Every retired racquetball player has the lasting impression that the game never went anywhere and all that excitement in the beginning proved out to be the sort of fad-excitement that always wears off. The truth is that racquetball's excitement is inherent in the game and will never be lost. The tragedy is that those players who have hung up their racquets can never be convinced of that.

These ex-enthusiasts have often turned out to be our harshest critics. In one long silent voice of statistics, they condemn our sport as not having staying-power. It's a tough critique to refute. All those players who have developed arm trouble, because of an incorrect swing that was never corrected, are victims of the myth. Every player who experienced a lasting frustration with his game because he had outgrown the self-taught techniques and figured he had peaked at the sport as a lowly C player are victims of the myth. Every player who took the locker room diagnosis of a slightly better player only to see the secret formula fail on his game has been a victim of the myth.

These players were betrayed by all the people who sold them on a self-taught myth. These people—club owners and operators, racquet salesmen and manufacturers, stringers and program directors, even the local pros and top players—failed to direct these players to the source of their relief: the instructor.

The industry as a whole has been too concerned with keeping the player "involved," as though anyone active in a league will not quit the sport because not only are the same guys beating him league after league, but a whole parade of newcomers have walked by him also.

He may feel very alone but there are many more like him at all levels of play. These people never meet because they are all stuck at a different spot in the same rut. They cannot improve any further without just a mild touch of instruction. Being "occupied" with racquetball is not the cure. Being satisfied with your game is.

The Case Against Racquet Companies

Racquet manufacturers have told the racquetball playing public that the way to a better game is better technology: put a better, newer, more expensive racquet in your hand and your game will improve. If not, try a new glove, new shoes and maybe a different ball. Anything but good instruction. The cost of a private lesson is just a fraction of what new racquets cost. If you are going to invest \$200 in a new racquet, why not one-tenth of that in a private lesson? Think of it as an operator's manual/guide. Better yet, think of it as racquet insurance.

The Case Against RB Magazines

All the racquetball magazines, including whatever brave magazine ends up printing this article, have been guilty of perpetuating the home-taught myth. Each issue contains pages of information from top pro players and big name instructors. While there is nothing wrong with doing just that, it does fall short of what is right and needed.

Good instructional information is crucial to all of us, but each issue should carry the caveat: see your pro. Not all of the information published will suit your needs. It covers all different styles of playing, different racquets, all the various skill levels. All this information is not right for any one player. It needs to be read selectively. There is damage done when a C player spends the next month down at the court trying to perfect his over-head back-hand roll-out when he hasn't mastered the basic backhand. Ambitious players wreck their wrists trying to put a snap that will move the ball past 100 miles

an hour while they haven't a good basic swing that will allow him to hit the ball at 80.

In the case of racquetball, a little information is a dangerous thing. We have encouraged thousands of players to take these instructional articles as gospel and to march right down to the courts and put them to instant use. The reality should be that the inspired player takes the article down to the local club pro and says "Here, look at this, this is what I want to do. Can you help?" Then the instructor can take the player's level, ability and style and begin to upgrade it to the level of the article.

The second sin of racquetball magazines is a tacit endorsement of the champion player as teaching pro.

Charlie Brumfield, Marty Hogan, and Mike Yellen are all top-notch players and good instructors in their own right, but not the definitive word on racquetball.

The entire readership has been bounced around from technique to technique whenever the sport has a new champ. What works for Mike Yellen doesn't necessarily work for Marty Hogan or for the average player.

The top players have highly evolved styles which do not translate to successful racquetball for everyone. Many players make the mistake of watching better players and trying to imitate their style instead of their technique. There is a difference.

Good basic racquetball does not change from one reign to the next

reign. The pros know this. The local instructor knows this. But the average player and reader of racquetball magazines thinks that each new champ brings in a whole new blueprint for "the right way" to play ball and begins to rework his game without any further direction.

The Case Against RB Clubs

Clubs are drifting away from the pure racquetball club today because the public is demanding a more diversified facility. This is fine; more whirlpools, weight equipment, tracks and dance classes will enhance the total club and the environment of the player. But they are not cures for the lack of success racquetball players run into on the courts.

These amenities may be candy-coating

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the club so a disgruntled player will hang on a little longer. The club needs to go to the heart of the matter by providing a good qualified instructor to work on the courts with the players. There is no substitute for improving the longevity of the racquetball membership. The results of an active, qualified pro at a club will be a stronger membership, a more active membership and an overall increase in the level of competition.

A club that operates without a pro is waiting for the trial-and-error school of racquetball instruction to work its magic on the level of play. That trial-and-error technique takes a long time and many students drop out during the wait.

The club owner and manager have probably let out a cry at this point in the article: 'Where do we get qualified instructors?' Indeed there seems to be a shortage.

The Problem with Instructors

The most common practice in procuring instructors was to look around and see who played the best. This top player was obviously a man who knew the game of racquetball. True. Not true was the assumption that this top player could teach his skills. In fact, the opposite turned out to be the case: the better the player, the worse the instructor.

Good players had relied on a natural ability to learn the game. As a result of that ease of learning, they had little chance to sit down and study the style and techniques of others and himself to find and correct his problems.

The best instructor was a person who had to teach himself the game very slowly, and with a lot of analysis. The top player knew what needed to be done for good racquetball on a gut-level, but could not articulate this to other players. Eventually the instruction mired down in rote emulation/imitation which frustrated both instructor and student. The top pros tired of teaching and the students discouraged from playing.

A good instructor knows the game inside and out, in very detailed form, and is able to articulate this game in theory and principal to others. He is able to look at other players and break down their game to spot which sorts of strategy and technique the player has built his game on. He can spot and name weaknesses as well as strengths, and he can be very specific about them. Such a person has, unfortunately, been a rarity.

The Problem with APRO

There are very few instructional articles written by professional instructors rather than pros-turned-instructors. Where are the corp of instructors which should have cropped up in this sport as they have in all other sports? They are out there somewhere, fewer in number and definitely not making a living out of teaching good racquetball. These are the people who could have been the core of APRO, the association organized to standardize racquetball instruction.

What has happened to APRO? Undoubtedly it is alive and out there somewhere in the country, and probably very active in spots. I know that it has not touched my game in the 16 years I've been playing and I am sure this is true for most players. The fault is not with APRO. The fault is with everyone who has not gotten behind APRO as much as they have all the other branches of racquetball activity such as tournaments, junior programs, pro tours, etc.

The Trouble with the Pro Tour

Many people cry that television is the key to racquetball's success. Without racquetball on TV, the sport won't grow as it should. Maybe so, but without instruction the sport will definitely not grow as it should. What are all these viewers supposed to think when they see a game on TV? How long would you watch a sport where you didn't know what was going on or have an appreciation for it? Not long.

We need a good audience of racquetball players who can sit in front of their TVs at home and see and understand what happens in the game in front of them. They need to see when a player opts for a lower percentage pinch shot instead of the obvious straight-in-kill to utilize his opponents mis-anticipation and pit his opponent's momentum against himself.

Viewers need to appreciate when a player changes his game strategy in mid game by slowing down the pace and changing the angle of his drive-

serves by five degrees. When we have that kind of viewing audience out there, we will have the clout to get our sport onto the television. We'll know we're approaching that point when we hear people at tournaments discuss the technique and strategies of the match they are watching with the same fervor as football fanatics banter about game statistics and strategies.

There is as much to discuss in racquetball, a three dimensional chess game played at a hundred mph with a two-second time limit on each move, as there is to discussing football. The difference is in the education of the player/fan.

The Problem with Juniors

If we could rally the resources behind good instruction that we have put towards junior development, we would have something more permanent than the junior program. I am not knocking junior development but I do have to point out that we are asking young people to do something that their parents won't do: take lessons.

And we are telling that kid's parents to shell out money for lessons because it is crucial to the youngster but the parents can keep on nibbling at the trial-and-error home-taught myth that everyone else is swallowing. We contradict ourselves. And in doing so, we destroy the credibility of youth camps, junior programs, and even junior instruction and coaching. After all, it was good enough for Dad to learn by himself, why can't junior learn by himself, or even just with his Dad's help?

The racquet companies have begun introducing larger racquets to the game, aimed at the beginner. Have we announced that we are giving up trying to teach the game to beginners and decided instead to arm them with "so-big-they-can't-miss racquets"? Big racquets help them compensate for any lack of instruction. Isn't this just a shade like throwing in the towel?

Should we introduce a player's education program with the racquet instead of trying to make the game fool-proof? If not, we end up with a sport played by fools and no one else because we will have taken the challenge out of the game, substituting technology for skill.

★ ★ ★

What you read next may sound unbelievable, maybe radical. It will even cause some eyes to begin to mist over. Here it is: there is no reason why a person who has played racquetball for two

Mark Kessinger is an author and teaching pro from Houston, Texas.

years should be only a C player. I'll say it again: two years is plenty of time to learn the game of racquetball and master it past the C level. Now don't feel bad, especially if you are a seven-year C player. I know there are a lot of you out there, and it isn't your fault.

The only reason so many players are C players and into their third, fourth, fifth year, etc. is that they are playing without the benefit of instruction—good, competent instruction from a qualified instructor. The permanent C player is a victim of trial-and-error learning and that process takes forever to master racquetball.

In fact, trial-and-error racquetball can even set you back many times by incorporating the wrong things into your game because someone else convinced you they were right for you. These wrong moves will force you to change other parts of your game to compensate for them and in the end you will have a completely made-over game that doesn't feel right to you and doesn't work well at all.

It is a constant complaint at clubs everywhere that *"I used to be a better player but I changed my (whatever) and now I just can't get it together. . ."* Yep. I know what you mean.

But if that player keeps at it and continues to work on his game, he will probably correct it. It is like the story about a few hundred monkeys with typewriters who will eventually write a full sentence. That's trial and error at its worse. And that is the sort of success that will drive those permanent C players right out of the club, past those brand new whirlpool and computerized exercise bikes into some other, more rewarding sport.

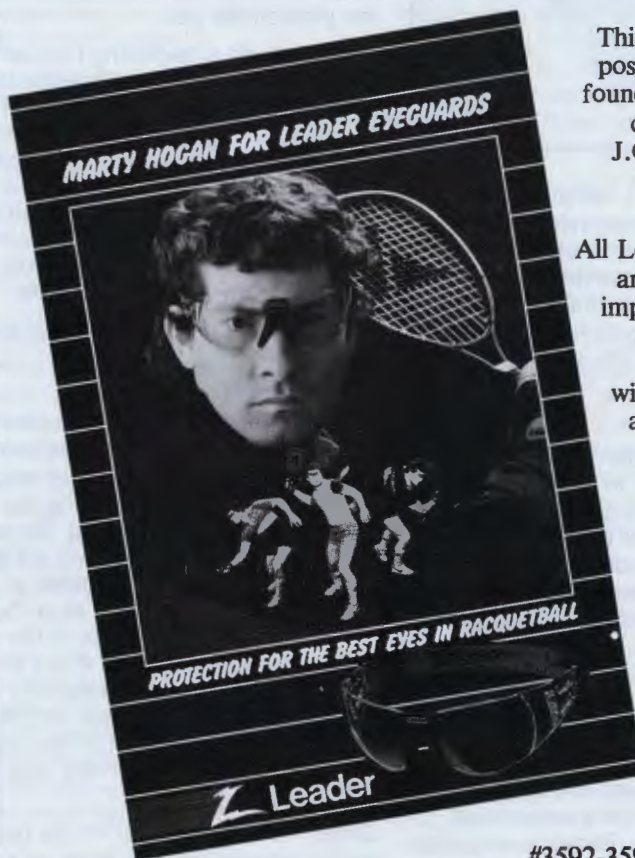
And that is what's hurting racquetball.

We have underestimated the hands-on, local instructor too long. We need to develop this person, train them as well as we train the Olympic hopefuls in Colorado at the summer camp. Support

them and let them go to work improving the game of the average player until the average player is a happy, successful A player, satisfied with his game and his effort.

This is the person who will make our pro tournaments a success, make our junior programs fill up, buy all those new racquets and maintain his membership in those racquetball clubs. ●

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Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to Mike Yellen, c/o *National Racquetball*, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



Question: Recently I lost a match in a tournament due to poor refereeing. I should have asked for another referee but I was afraid the spectators might think I was being a poor sport. At what point in a match do you ask for a new referee and how do you go about it?

Joy Ferer
Utica, MI

Yellen: First of all, don't think of yourself as a poor sport. In racquetball tournaments, even at the pro level, sometimes players of a lower skill level end up refereeing a division of play that is simply beyond their comprehension. This happens because tournaments cannot afford to pay for top notch refereeing.

Just recently, I was in the same situation myself, only with a linesperson instead of a referee. I began to pick up on the fact that he was clapping after every rally! I immediately understood what had happened. This guy was originally watching the pro matches as a spectator. Due to difficulty in finding linespeople for my match, the referee had asked him to be a linesman! After one or two rallies where I had appealed a call and had to wait for him to stop clapping to make a decision, I called a time out and talked to the referee. We explained to this guy that his enthusiasm was great but he had to be impartial and concentrate on the match.

So, understanding the officiating situation as it exists today in racquetball, my advice to you is to ask for a change in refereeing when you pick up on the fact that something just isn't right. However, there is a professional way to go about it. If it is the linespeople you are having trouble with, call a time out and talk to the referee. (S)he in turn will talk to them. If it is the referee you are having trouble with, call a time out, find your tournament director and (s)he'll solve the problem for you.

Question: As a beginning racquetball player with several months experience playing three to four times week, I've developed a problem with my right arm on my forehand swing. The muscles of my arm become very sore. My backhand is fine. Should I limit myself to one or two hours every other day? Should I see advice from my club pro or work on my arm muscles with weights?

Marco Levy
Freemont, CA

Yellen: My own personal experience with arm soreness has always come from using too much arm, not stepping into my shots and not rotating my shoulders through my swing. Remember, if you are hitting the ball correctly (using your whole body instead of just your arm), your body acts as a shock absorber to take the stress of the shot away from just your arm. If you don't use your body and are constantly trying to strong-arm the ball, your arm takes all the stress of the shot. When this happens, your arm gets very sore very fast.

Since I can't watch you hit the ball, I would suggest that you have your club pro observe your forehand stroke to see if you are causing your own problem. If he can't come up with any answers, see a doctor.

Finally, weight training is always a plus, but in your case, not until you've diagnosed your problem with your pro or your doctor. Once the soreness goes away and you're back to normal, a weight program could enhance your game even more.

Question: I'm a tournament player who just recently began traveling by plane to tournaments. When I fly to tournaments, my performances are awful; I'm usually out the first round. Am I suffering from jet lag and if so what can I do to counteract it?

George Olson
Pecatonica, WI

Yellen: First you have to ask yourself if your first round losses were due to fatigue. Were you very tired all through the match? Did your legs feel leaden? If so, then you probably did suffer from jet lag.

I am personally very lucky because jet lag hardly affects me at all. In flying across the country's various time zones to go to tournaments I've found that all I have to do to counteract jet lag is to arrive a day before, eat good meals and get plenty of rest that evening. If I do that, I am raring to play the next day.

It's not that way for the other pros though. Some of them have more trouble than others with jet lag. What it comes down to is learning how your body performs best.

You'll have to experiment a little if you plan on continuing your travel to tournaments. Try arriving a day or even two days early. Get plenty of rest and don't push yourself too hard by playing too hard or working out too much before the tournament begins. Then see how you perform.

Another thing that arriving a couple of days early will do for you is that it will give you time to get acclimated to your surroundings. You'll know where the club is in relation to the hotel, where the best meals are, etc.

Psychologically, this is a tremendous help when your playing time arrives. You won't be hustling around at the last minute trying to find the club, playing on an empty stomach or feeling out of place as you step on to the court to warm up for your match. Instead, you'll be physically and mentally prepared to play your best! ●

5 Helpful Hints To Welcome You Back

by Steve Mondry



From time to time we all take a layoff from racquetball. From the tournament veteran down to the occasional player, there comes a time when we must leave the court for a few months duration.

Perhaps an injury or illness, perhaps a seasonal layoff, who knows? The fact remains that we don't all play racquetball every week of every year forever.

In view of this, here are five helpful hints to welcome you back to the 20x40 courts:

1) Check With Your Physician

Before embarking on your first trip back to the courts, it is wise, even imperative, to consult with your doctor. Racquetball is strenuous exercise not made for the out-of-shape. It takes a gradual re-conditioning of your body to be able to withstand the rigors of our sport.

Of course, if you are coming back from injury, you should do much more than just check with your doctor. You should obtain his permission to resume playing, especially if the injury was racquetball-related. Often pulled muscles seem healed when they are not. Make sure by going to your doctor.

If your absence from the court has been self-imposed it's still a good idea to get the okay from your physician. After all, if Jim Fixx can die running, anything can happen to any of us. At a minimum, get a stress test from a qualified exercise physiologist to make sure you're ready to start playing good, hard racquetball again.

2) Begin Slowly

The human body is an incredible machine that can withstand amazing punishment. But why punish your body any more than you need to?

If you play racquetball to get into or stay in shape like most of us do, and if you've taken an extended leave of absence from the game, why rush your comeback? The courts aren't going anywhere. Your racquet won't rust.

Remember that the only way to truly get your body into shape for playing racquetball is by playing racquetball. You can lift weights, do pushups and situps and jog. But the muscles you use for racquetball, and the way you use them when playing racquetball, are unique.

What I'm saying is that no matter what you do, you'll be sore at first. Therefore, you should start slowly and build up gradually in both your intensity and duration of play when you start back.

The most common error, and a frequent cause of injury, is when players try to do too much too soon when coming back. This puts too much strain on muscles, tendons, and ligaments throughout your body that aren't used to the vigorous workout you're now giving them.

But, since we're all human, and since racquetball is so much fun, you'll probably overdo it anyhow (I always do). Likely you'll find the most soreness in the upper arm (usually triceps) and the back of your legs (hamstrings and/or gluteus maximus). A little heating rub usually helps.

3) Train Properly

There are two types of training for athletic success: aerobic and anaerobic (with and without oxygen). Both are necessary for competitive racquetball.

Aerobic training is used to develop endurance, that energy reserve needed to pull out the third game of your second match of the day. Anaerobic training is used to develop speed and quickness—the type of exercise that utilizes rapid bursts of energy, too quick to use oxygen.

Poorly conditioned or improperly conditioned racquetball players find that their anaerobic conditioning is what falters first. Your legs seem a little heavier than before. The longer your layoff, the sooner the feeling. That's the bad news.

The good news is that your anaerobic conditioning is the first to return—if you train properly. And I've found that the best method to train for both the aerobic and anaerobic strength is

through interval training, a running program that combines sprints and distance.

The distance to be covered (eventually) is two to three miles per workout about 50 percent aerobic and 50 percent anaerobic. I like to run a quarter-mile

track, sprinting the straightaways and jogging the curves. Once you've built up your endurance to be able to handle three to four miles per workout, you can be sure that neither your legs nor your lungs will let you down when it's 14-14 in the tie-breaker.

4) Solitary Practice

David Greenwood, former UCLA basketball All-American now playing for the Chicago Bulls of the NBA, was a hold-out earlier this season in a contract dispute. Eventually Greenwood signed, but he missed the entire Bulls training camp and the first few games.

Greenwood was constantly quoted in the media as saying he was doing everything he could to stay in shape and that he felt he was in pretty good shape, although not "NBA playing shape." When he finally did re-join the team, the first night out Greenwood played an incredible 31 minutes out of a 48-minute game!

Two nights later he was only able to play a fraction of that amount and soon he was hobbled with soreness in his knees and various other aches and pains that reduced his playing time and effectiveness. Greenwood had to start over to get himself into "playing shape."

Racquetball is no different. And while you and I may not compete for hundreds of thousands of dollars a year like David Greenwood, our muscles get every bit as sore if we rush back into the game without properly easing our bodies into it.

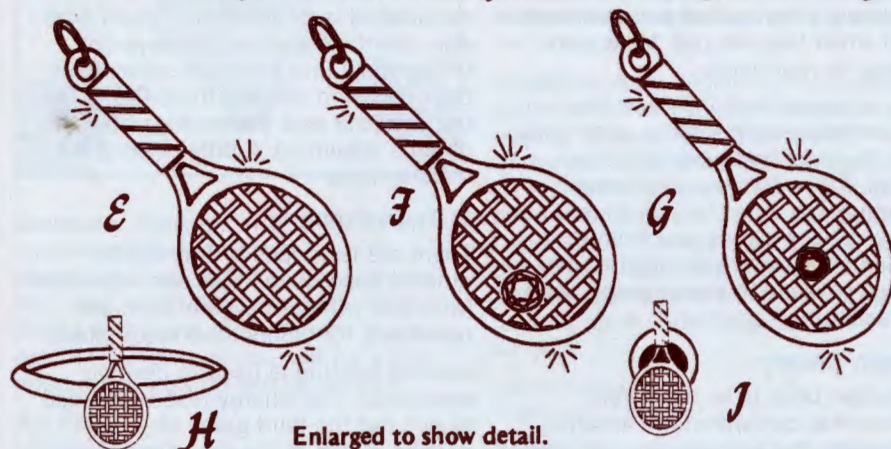
I guess you can call it rustiness. You will never forget *how* to hit a forehand, just like David Greenwood will never forget *how* to shoot a jump shot.

But your stroke will not be grooved and your shots will not be crisp or just where you want them, just as Greenwood's jumper wasn't dropping when he first returned. The recommended remedy is solitary practice.

You need to get back on the court by yourself and hit, hit, hit. You have to hit your way through that depressing feeling when you nearly believe you'll never see your backhand kill shot again—until you regain that solid shot you once had.

As your workouts become more and more successful, your mental frame picks up and you begin to look forward not only to your individual practices, but some flesh and blood competition to practice with as well.

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5) Competitive Matches

Now you're ready to really get back into it. The doctor said it's okay to push it again. You've started slowly and gradually increased your play. Your training has reached your predetermined level of achievement and your strokes are grooved. There's a tournament coming up and you're ready to go.

I've found that most players need a solid five weeks preparation for a tournament or other competitive situation. The best way to ready yourself is to select three types of opponents—one inferior to yourself, one equal, and one superior. Play each of them at least once a week.

Hitting with players of lesser ability will enable you to work on your shots under game situations of low pressure in which you control the pace of the

game. If you find yourself unable to execute certain shots, make a mental note to work on them later in solitary practice. Against the inferior player you can experiment with game styles, strategies and shots without fear of losing.

Against a player of equal ability, of course, you know you have to hit your shots or risk losing. This weekly match will give you a good gauge as to your progress while additionally training you for the pressure situations that are sure to occur in competition.

Playing the superior player will give you the incentive to reach that next plateau while also allowing you to see and react to shots more difficult than you're likely to experience in competition. (If you're a B player and you practice with an A player, he'll hit shots at you that most B players won't have.)

Your goal is to eventually have the player of equal ability become the one of lesser ability; the superior player becomes your equal; and you seek out a new player to become the superior opponent. Eventually you must go outside your realm for the superior opponent, searching the globe for that one player who can beat you!

The alarm clock just went off. It was a nice dream. ●

Steve Mondry, touring pro for six years, is author of numerous articles on racquetball, weight training, and conditioning. He's head racquetball pro at Chicago's East Bank Club and valued member of Diversified Products advisory staff.

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Charlie Garfinkel's 'Spot' Racquetball

Covering The Front Court

by Charlie Garfinkel

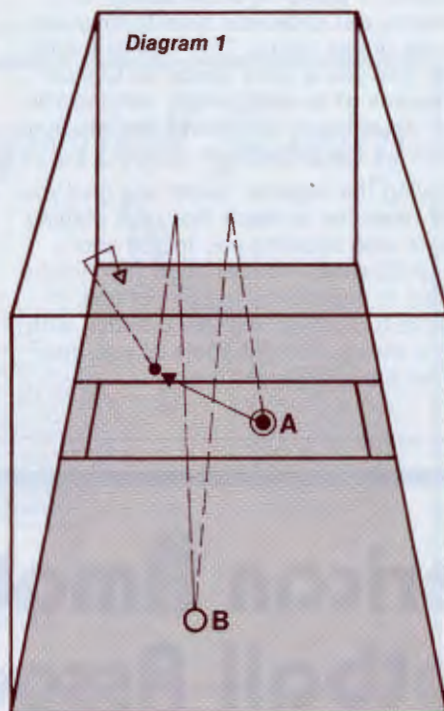
This article continues a monthly series by former top pro Charlie Garfinkel using the "spot" theory of racquetball, which helps improve your game by hitting a specific spot on the wall, which will give the desired effect for the shot. The spot theory also takes into consideration the "spots" on the court occupied by both you and your opponent.



During the course of a match many points are won or lost in the front court (the area from the service line to the front wall). It constantly astounds me at how many points are lost on seemingly easy putaways from this area—the area from which you should be scoring points.

Amazingly, the shots in this area are taken for granted by most players—and as a result are rarely practiced. I find it incredible that a player will spend hours practicing low percentage, 39 foot reverse splat kills, and ignore the 12' forehand set up which he'll get in about a 20 to one ratio relative to the 39' splat.

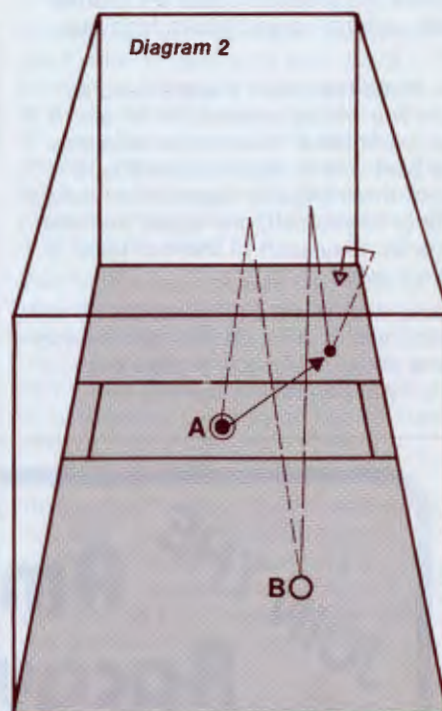
Thus, many players don't really know which shots are best to use in the front court, which is sad because these are the players who should be winning and are not. They are winning the battle of the rally but are unable to put away the winner when the opportunity presents itself.



But, fear not! Follow the Gar's instruction and you will soon add an easy handful of points to your game!

The first situation is the most common and the situation that every player looks for time and again. You serve a good serve and you're given a weak return by your opponent. The ball floats up to the front wall and rebounds lazily back toward you at the service line, where you stand amid your saliva. What shot do you hit?

The answer is *not* down-the-line. The answer is *not* cross court (neither hard nor soft nor anything in between). The answer is *not* a drop shot. Down-the-line and cross court shots will bring the ball back into deep court, exactly where your opponent is. A drop is too dangerous, for if left up will allow your opponent time to rush in a blast by you.



The correct answer, as you can see in *Diagrams 1 and 2* is the hard, pinch kill. It will be impossible for your opponent to react in time since he won't see the ball hit the front wall until it's too late. The shot will rebound away from him and with enough pace to ensure control.

Be sure to hit the shots (forehand or backhand) as low and as close to the side wall-front wall crack as possible. Keep the face of your racquet perfectly flat as you strike the ball to keep it low.

Even if your opponent tries to kill your serve, your re-kill attempt should still be the hard pinch kill even if you're only five to seven feet from the front wall.

When, then, should you *not* use the hard pinch kill in front court? Let me count the ways. If you're both stationed at the short line (you're on the right,

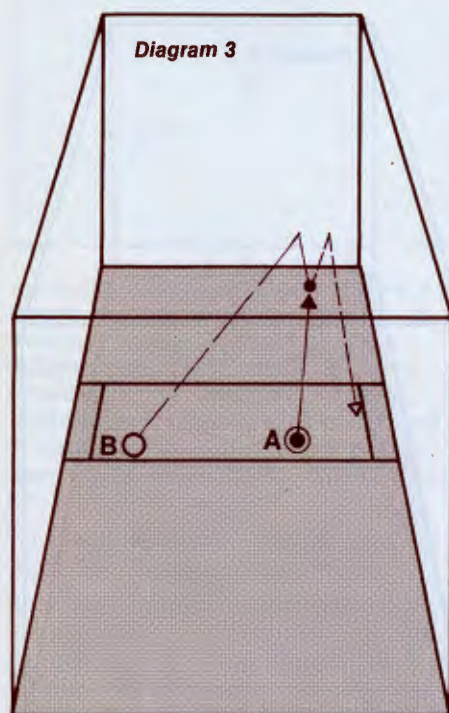


Diagram 3

he's on the left—*Diagram 3*) and your opponent leaves up a backhand kill attempt—a pinch would be unwise because if you leave it even slightly up it will come back toward center court and the bad guy's waiting racquet.

You wouldn't want to go cross court because your opponent's already there, in the passing lane. The proper shot, as shown in *Diagram 3*, is the hard drive down-the-line right. It will be nearly impossible for your opponent to move quickly enough to cover this shot.

One of my favorite situations is when I'm the player on the left (the opposite of positioning in *Diagram 3*) and my opponent is on the right as in *Diagram 4*. He attempts a kill straight down-the-line, but the ball stays up. He might as well have handed me a point outright. I merely move to the front court on the right side and hit a hard pinch right back into the right corner.

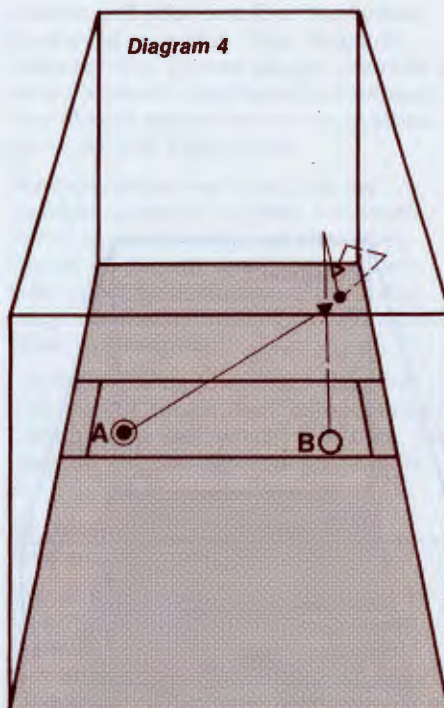


Diagram 4

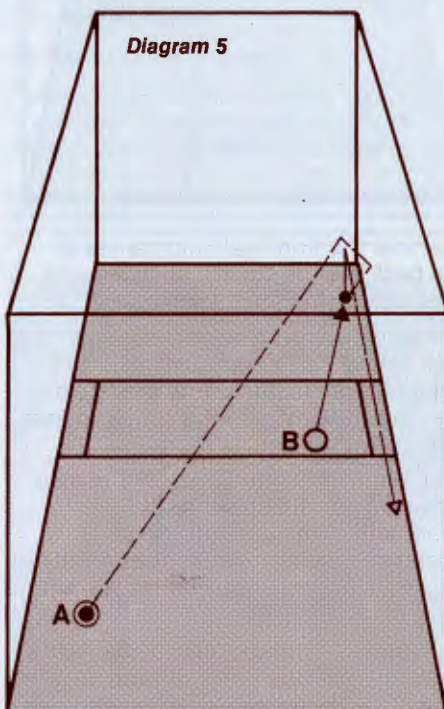


Diagram 5

Many players like to use the overhead pinch kills from deep court as a surprise shot to keep their opponent off

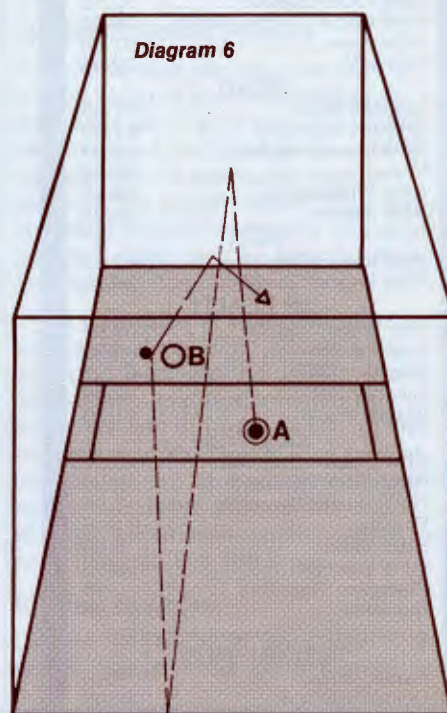


Diagram 6

balance. And while these shots can be effective, more often than not they are left up—a ripe plum to be picked. Yet I've seen countless of these shots buried into the floor, the mis-hits caused by anxiety, overrunning or some mysterious mind disease that causes the player to attempt (of all things!) a drop shot into the corner which would be especially foolish because if mis-hit in any way would be giving a sure point away.

The proper shot, shown in *Diagram 5*, is a hard forehand straight down the right side wall. **Caution:** don't try for a flat rollout. Hitting the ball four to six inches off the floor is ideal.

Another of my all-time favorite situations is one that occurs often during a match, yet I've seen it misplayed over and over and again. I speak of the shot

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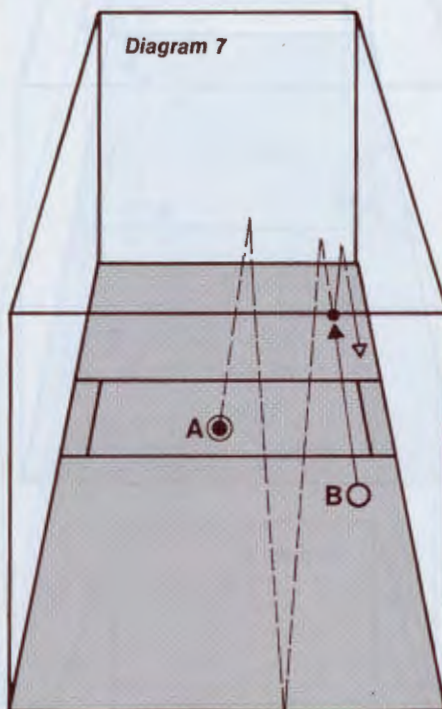
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Diagram 7



that hits the front wall and carries to the back wall on the fly, bounces and then strikes the front wall again.

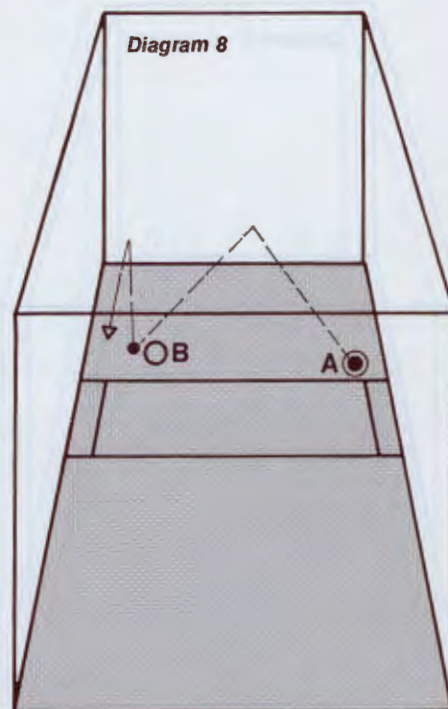
I've actually seen players stop play, pick up the ball, curse, and yell, "I should've run faster before the ball hit the front wall twice. What a way to lose a point!"

Wait a minute! That ball is still in play. According to the rules, the ball isn't dead until it hits the floor twice.

Therefore, as long as you hit the ball out of the air as it comes off the front wall, it's a legal shot.

Be sure to remember that the ball will be coming off the front wall very slowly so you'll have to hustle up there and be ready to hit. The correct shot (Diagram 7) is a forehand kill down-the-line—and hit it hard, almost as hard as you can.

Diagram 8

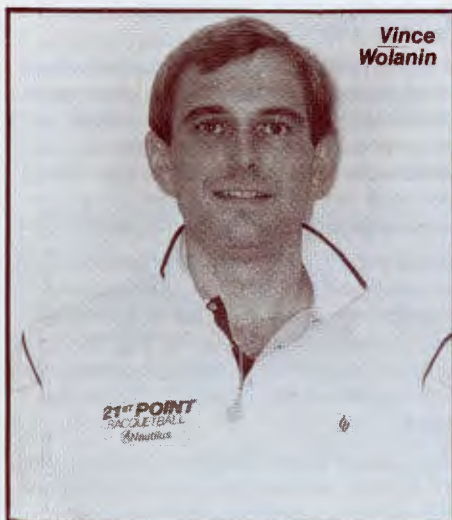


Finally, a shot that is recommended for more advanced players is the fly or volley kill (Diagram 8). This opportunity occurs when your opponent tries to drive a hard cross court pass by you. Instead of racing to deep court to grab it off one of the walls, quickly step into the passing lane, take the ball out of the air and drive it straight down the left side wall, three to five feet high. Your startled opponent will never move, his feet stuck in quicksand.

Playing the front court correctly can produce many outright points. If you're not playing the front court well, you're giving up your hard-earned opportunities to win points. But if you hit the right "spot" continuously, you will constantly put your opponent in the wrong "spot" on the court. ●

10 Points To Add Points Fast!

by Vincent M. Wolanin



As in any athletic endeavor, there is no shortcut to success in racquetball. However, as in any sport, effective habits can streamline the road to improvement. I've developed 10 points where improvement can be made, and if each can add but one point to your game, well, you will have jumped an entire competitive level.

1) Practice Doesn't Make Perfection But Perfect Practice Will

In order to improve dramatically, it will be necessary for you to spend at least an hour and a half per week in 30 minute sessions alone, practicing your stroke. Longer sessions will not yield significantly improved results unless done with a partner (see point 9).

In order to practice perfectly you should begin your program under the guidance of a competent professional racquetball instructor or coach who will help determine the practice regime best suited to your game. Your goal is to then practice perfectly what he advises and to check with him regularly to ensure that you are not perfecting poor habits.

2) Conditioning/Strength Training

Too many racquetball players are not in good enough physical condition to realistically improve their game. Their motor skills are being held back by any of a variety of body failings — from lung capacity to muscle strength.

Therefore, in order to be able to perform your *specific* racquetball skills to the utmost, you must be in good, *general* condition. This means a program that

combines aerobic and anaerobic (endurance and strength) training under the guidance of your coach or the fitness director at your club. Also, National Racquetball's Fitness section provides a wide variety of conditioning information that directly applies to your racquetball game each & every month.

My experience has found that leg strength is one of the most important forms of conditioning, yet often overlooked as players seek to strengthen their upper bodies laboring under the false assumption that this is where the power comes from.

Leg strength improves back strength, abdominal strength and contributes to getting to the ball, which, of course, you must be able to do before you can hit it.

3) Mental Conditioning With Games

Shooting pool, playing Trivial Pursuit and other mind games that keep you mentally alert and involve your other senses also help dramatically improve racquetball pursuits by developing your competitive and mental instincts to a sharper degree.

4) Play Better Players

Playing against better players gives you a chance to see better shots, different shots, spins, and pace while helping

you to improve your game — even if it means losing for a while.

Be realistic, however. If you're a novice player you won't want to hit with a Mike Yellen. Mike's game and shots would overwhelm you, making for a meaningless workout for you both. Try to play players a level above you — it will make for an interesting and worthwhile match.

5) Watch Better Players

I've known club players who have attended some of our tournaments as spectators and found that their game has improved the first few times they played after the event. By merely watching the better players, their minds absorbed the proper strokes and strategies that make up the upper echelon of competitive racquetballers.

If you have pros at your club, watch them play. If you don't have pros at your club then take the time to attend tournaments and watch the players in the profession or open events, as well as open doubles players. The best of the seniors and veteran age categories are also excellent players who use strategy and finesse to compensate for not hitting the ball 140 mph.

6) Play Doubles

One of the best ways to improve is to take a partner of comparable ability and





play doubles against another team. Doubles forces your shot-making to be more precise because you're hitting shots against two people covering the court.

Doubles also forces you to strategically alter your game to take advantage of player positioning and because doubles is a much faster paced game than singles; you'll find the pace of singles seems like slow motion when you go back to it.

7) Practice Only One Thing At A Time

If your backhand needs work — work on your backhand, and only your backhand. Spend two to four weeks on a

particular shot or stroke and while concentrating on that one item, don't jump to other things until you've perfected the shot you started on.

After you've reached a stage of marked improvement with a particular shot, play against a player of somewhat lesser ability than yourself and hit this new, improved shot as often as possible, even in "wrong" situations. This allows your opponent to play someone better than himself while giving you the opportunity to improve a new shot during competition without the pressure to win at all costs.

8) Get Videotaped

Just as people are usually surprised at what their voice sounds like when tape recorded, you'd be amazed at what your racquetball form looks like on videotape. What your mind's eye thinks you look like is a far cry from what you really look like on the court.

Every time I watch myself on video I am amazed at how I can find something new to improve my performance. Every pro player needs to see himself hit on video and any player serious about improving his or her game should do the same.

Most clubs with a qualified teaching pro offer video lessons and analysis. If your club doesn't, there is probably one in your area that does.

9) Practice With A Partner

While it is both acceptable and recommended to spend a great deal of time practicing on the court alone, a complementary method that I highly recommend is with a partner. In order for this type of practice to be worthwhile, you and your partner must resist the temptation to start games or compete.

Therefore, you must both commit beforehand that this period will be "practice only" to improve your respective games. Don't ignore competition — it can be useful if the two of you compete in drilling.

10) Don't Be Unrealistic

While you can't expect rapid improvement overnight, within six months you should be up a half-notch, at least, and possibly higher depending on your dedication. Don't expect to win all your matches as you learn and practice new aspects of your game.

Your goal is *long term* improvement. ●

Vince Wolanin is president of the 21st Point Club, Albany, NY and also a member of the Ektelon and Asahi Professional Advisory Staffs.

The Hogan Way

by Marty Hogan

Five time National Champion Marty Hogan answers questions about his game and how to improve your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to: Marty Hogan, c/o The Hogan Way, National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



Question: Last season, I won the Illinois State tournament in the Men's A division. Now that I have to play in the Open division, I find that I am playing against men who are at least ten points better than I am. How do I close the gap to eventually beat these players. Should I play a conservative game, trying to control my opponents and waiting for my chances to score points or should I play a more aggressive game along the lines of a serve and shoot strategy?

Scott Thurber
Palatine, IL

Hogan: First of all, moving up in any division of play can be very grueling because the only experience you have is in always winning or placing near the top. In playing within the realm of your competition, you've probably become comfortable with a game style that no longer applies once you are vaulted up to the next division.

My advice to you is not to rely on your old style of play, which sounds to me like a conservative, control game. The men's open divisions of play that I've seen here in California carefully resemble the pros themselves! Their game-style is anything but conservative and unless you know some new defensive shots that I don't, you'll get blown off the court trying to "control" your opponents.

You are going to have to learn to be a little more aggressive with your shot selections. Pros and open players try to put tremendous pressure on each other once the ball is served. That's what the serve and shoot philosophy is all about. It is an indispensable one for the top levels of play.

Personally, when I was coming up through the ranks as a player, I played as aggressively as possible. I paid no attention to anyone's attempt to control me with a dazzling display of racquetball shot selections. Instead, I always shot the ball first. I now suggest that you do the same.

Question: I took a six month layoff from racquetball for personal and professional reasons. Now I'm anxious and ready to start playing again. Do you have any advice for me about how to get re-started? I don't want to injure myself trying to do too much too soon.

Howard Anderman
Gadsden, AL

Hogan: First, you should buy one of my signature racquets. They come with 25 kill shots guaranteed! If that doesn't work, here are some better suggestions.

You are absolutely correct in worrying about getting injured during a comeback.

Most players injure themselves in these situations because they try to do too

much too soon. This is easy to do because your mind still holds the strategy of the level of your game when you stopped playing. When you return to playing after a period of six months, you might attempt shots that take more power or more stretch than your body is currently used to. So when you subconsciously overswing at a ball to crack it the way you did six months ago or attempt to run down shots you could only get when you played regularly three times a week, a muscle tear can occur, an ankle can be sprained, or a knee damaged.

Start back playing very slowly. In fact, the first week, simply hit the ball by yourself on the court. Expect to mis-hit shots at first and don't swing with the full force you are capable of until you feel your body getting used to your stroke again. Concentrate on stepping into all your practice shots and using good body rotation on every stroke.

After you've practiced by yourself for at least three times (it should be during that first week), then take a friend out to play or someone you know you can easily defeat. Again, just enjoy the game (you know you are going to win anyway) and work on your footwork. It is in this pressureless situation that your body can take the time to re-learn what your mind is telling it to do.

Slowly, and weekly, increase the difficulty of the opponents that you select. You'll want to build up to challenging someone. For the first couple of weeks, play only those players you can easily beat. After that play those you are evenly matched with. Once your stamina has reached its peak again and your mind and body are once again working together, you can challenge that player who's always defeated you before. Who knows, this time you just may beat him! ●

USA Takes American Zone Competition

by Michael Arnolt

USA Coach Ed Martin has a philosophy that weaker teams improve through instruction and playing superior opposition. By using that measure, his "mission" is to help other countries "develop their game and raise their skill level."

If the results of the racquetball competition at the second American Zone Championships are any example, then Martin can consider it Mission Accomplished. The combined men and women's team merely won 32 of 33 matches, all but five of 68 games, and outscored its closest pursuer, Canada, by more than a two to one margin. Mexico finished third, only one match behind Canada.

Host country Ecuador was fourth, followed by Costa Rica while Bolivia and Columbia tied for sixth. Puerto Rico and Venezuela were eighth and ninth respectively.

But the crushing U.S. victory at the zone competition between the Americas held November 28 through December 8 was only a portion of the happenings. That can be expected, considering that:

- Quito, the capital of Ecuador, was celebrating a once-in-a-lifetime event—it's 450th birthday.
- When humans who are used to competing at or about sea level get together nearly two miles closer to the sky, then they can expect to find themselves short of breath from time to time.
- Incidentally, the zone competition also just happened to be the qualifying site for the World Games in London next July. Only 11 men and 11 women from North and South America could qualify.

The primary purpose of the American Zone Competition was to select the best teams in the Americas. However, it was obvious by the representation—only two countries, U.S. and Ecuador, fielded full men's and women's teams and only three countries had doubles teams—that qualifying for the World Games was the priority for most countries.

USA's Ken Kaihlanen (left) and Andy Roberts wait deep in the back court to see just where and how that doggone ball is going at two miles above sea level.



"Because of what happened here, there may be some other means of selecting World Games participants in the future," said Luke St. Onge, executive director of the International Amateur Racquetball Federation (IARF), sanctioning body for all international events. St. Onge said he would discuss the issue with the IARF World Congress at its next meeting.

What will be, though, is only coincidental to what happened. The USA, led by Intercollegiate champ Andy Roberts and team captain Cindy Baxter, took the top three places in the men's divi-

sion and first, third, and fourth in the women's category. Despite the near sweep, the U.S. like all other countries may only send a maximum of two men and two women to compete in London.

Columbia and Mexico each qualified two men and two women. Bolivia, Canada, Ecuador, and Puerto Rico qualified one man each. On the women's side, Canada and Ecuador will send two each and Costa Rica qualified one position. In all, 11 men and 11 women from the two continents will compete in the field of 80 next July.

Uniforms make it easy to tell the players. And there is no mistaking these two as Cindy Baxter (front) and Crystal Fried do battle in the finals. Baxter won.

While the U.S. and Canada were prohibitive favorites to finish two players among the top four in both divisions, no such odds could be given to any of the other countries. Even the betting line on the Canadians changed.

Canada, like six other countries, brought only a skeleton team. By the coach's admission, the decision "nearly backfired." It could have been a fatal shot, as all three of their big guns were ill or injured.

The team format separated round robins for the No. 1, No. 2, and No. 3 singles players and doubles from each country. If a country brought but one player, he was forced to play No. 1. The top two finishers in each round robin were virtually guaranteed berths for their countries in the World Games; however, they were placed in a regular draw to determine their order of finish. Because only one of the brackets had competitors from each country, play-offs were devised for the remaining spots.

There were a number of outstanding performances, culminating with the singles competition, but Mexico is a country which has to be pleased with its team.

Despite the absence of its top player, Raul Canales who has dropped out of competition since the World Championships in Sacramento, Raul Armendariz and Arturo Martin qualified their country past some worthy opponents. Diana Almedia and Angelica Rosiles duplicated the men's feat by finishing seventh and eighth in their division.

Bolivia's Gustavo Retamoso earned a spot by coming out alive in the tough No. 1 round robin. Two of his three losses in the eight-man round robin were by the identical tie-breaker scores of 14-15.

Ecuador's Dan Walker left the No. 2 bracket with only a tie-breaker loss to the USA Junior champ Doug Ganim. Andres Guzman of Columbia defeated Walker handily in the singles competition tournament's best players, Roger Harrisersad, Calgary, Canada.



Harrisersad, who finished third in the World Championships, suffered a shoulder injury early in the tournament and was unable to hit any crisp forehand shots, forcing him to use his backhand on both sides of the court.

AZC Notebook

For the second straight international competition, USA Coach Ed Martin has fielded teams that have won despite the absence of his top players. That's a handicap he may not be able to afford next summer at the World Games in London.

Two of the nation's top male players, Dan Ferris, St. Cloud, MN, and Jim Cascio, Lancaster, PA, were removed from the team after failing to appear at the World Championships in Sacramento for what Martin considered unacceptable excuses. They, of course, were not at the American Zone Competitions.

Also missing in Quito was Marci Drexler, the U.S. National Singles champ. Drexler of North Hollywood, CA was unable to make the trip because of illness.

"We're going to have to bring a whole team and the strongest team we can muster," said Martin who has been hearing reports that some of the world's top professional players are in search of amateur status.

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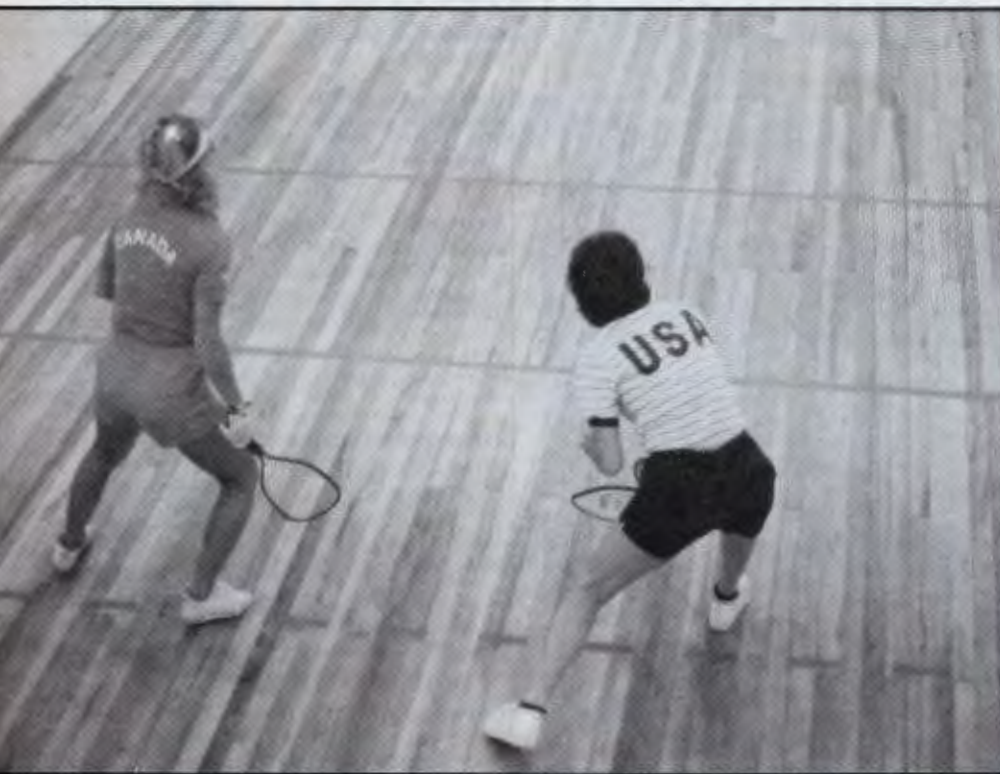
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Baxter and Fried.



USA's Cindy Baxter follows through with backhand in her finals match with Canada's teen phenom, Crystal Fried. Baxter dominated 15-3, 15-6.

Despite a stomach ailment, 17-year-old Crystal Fried of Medicine Hat, Canada decimated everyone, including USA's Mary Dee, who finished on top in Sacramento in the No. 2 round robin to earn the chance to play for first game of the semi-finals.

Then came Cindy Baxter, Lewistown, PA, who lost only one game during the round robin and then allowed no opponent more than six points in any of her remaining six matches. The 30-year-old

Among those rumored to be opting for a change are Heather Stupp and Rueben Gonzalez. Gonzalez, a native of Puerto Rico who lives in New York, currently is No. 6 among male professionals and has been rated as high as fourth. Stupp, of Canada, is ranked 15th in the WPRA.

★ ★ ★

Sport, also, unfortunately, is a matter of money.

USA coach, Ed Martin: *"I don't think there is an entity or group of people more important to the national and international development of racquetball than the U.S. National Team. They are the most visible group of players in the world... but they need funds to continue."*

The professionals aren't doing anything to develop the sport, said Martin, reiterating the necessity and importance of showcasing the nation's amateurs as instructors, ambassadors,

and players whenever and wherever possible. The U.S. team is supported primarily by donations and receives assistance from sponsors Diversified Products, Lite Beer, and Penn Athletic Products.

John Hamilton, executive director of the Canadian Racquetball Association: *"We originally looked at sending a full team (to Quito), but because of finances we couldn't."* Sending a full team to compete in Sacramento depleted travel money for the remainder of the year, Hamilton noted.

The lack of money, and decision to bring a skeleton team nearly cost Canada a shot at locking up its position in the World Games. Three of the country's top players, all of whom qualified Canada for the games, were slowed by injury or illness in Quito.

Al Walker, IARF vice president for South America: *"My belief is that if racquetball wants to continue on an international sense, it has to move and go outside the United States and Canada*

for competition." Walker said the currency in Latin American countries has devaluated 300 to 3,000 percent in the last five years. Unless sponsored, Walker said, it is extremely difficult for amateur athletes to travel.

"When Latins do travel, it is a great hardship," he added.

★ ★ ★

No, you can't believe everything you read or hear.

Canadian and American and other racquetball players traveling to Ecuador for the first time learned quickly and to their delight, that they had been misinformed.

Upon arriving in Ecuador you receive three admonitions: Don't drink the water, pass up the food offered by street vendors, and automobiles, particularly the taxis, have the right of way.

The first two warnings were to prevent stomach disorders which most managed to avoid. The last warning,

Baxter, who won the 1983 U.S. National Singles and finished runner-up in 1984, proved the worthiness of her No. 1 seeding with sharp forehand and backhand passes in the 15-3, 15-6 finals win over Fried.

Carol Dupuy, who plays No. 1 for Canada, sparkled but didn't shine. Beset all week by a cold, she lost in a tie-breaker to Baxter during the round robin and went down in two games to finish fifth behind Dee.

Diane Bullard, former U.S. National Singles champ from Miami Lakes, FL and Julia Pinnell of Winter Park, FL showed they had the right stuff by finishing first and third, respectively, in the AA bracket of male players not eligible to play in the championships. Bullard and Pinnell qualified for the team recently by winning the U.S. National Doubles in Boise, ID last October.

Their male counterparts from the 1984 Doubles, Kelvin Vantrease, Findlay, OH and Dan Obremski, North Huntingdon, PA were not tested in any of the three doubles matches they played.

It wasn't coincidence that the international flair of racquetball came to the Quito Racquet Club during its biggest celebration in 50 years, a week-long occasion complete with bull fights, circus, a massive food festival, dancing in the streets, and other revelry.

however was a practical matter if, as a pedestrian, you wanted to live to talk about it.

On first inspection from the street, the traffic moved much the same as in any major U.S. city. Horns blared as irate drivers informed others of their inadequate habits.

As a passenger in a taxi, you learned otherwise. Much of the horn blowing was directed at pedestrians to politely or impolitely warn them that they should be cautious. Rather it was to curtly warn them that the right of way belongs to the auto and that the streets are for driving, not to walk from one side to the other.

Additionally, while the Spanish word "*pare*" is translated to stop, it isn't taken literally. At stop signs, it's your option. At stop lights, particularly at night, it's also your option. One four-passenger cab carrying seven American players, complete with gear, never skipped an RPM as he sent his car

Al Walker, IARF vice president for South America, convinced the World Congress to award the games to Quito because Ecuador would be the host for the 1987 Pan American Games. In addition, the Ecuadorian Olympic Committee selected racquetball as one of the demonstration sports in the games which follow the Olympics. (Though it had not yet been determined at press time, it is possible that financing difficulties will result in shifting the games from Ecuador to Indianapolis.)

NCR, the major sponsor of the American Zone Championships, is prepared to help finance the racquetball portion of the Pan Am Games, according to Walker. Five other international companies—AMF Head, ITT, Polaroid, Shick, Xerox, and eight other national companies—donated \$14,000 to put on the American Zone Competition II, Walker said. Quito Racquet Club donated the court time, maintenance and management for the tournament. Contributing from Ecuador were Alpha Tours, Cersa, the textile firms of Ecuapunto and Famitex, Marathon Sports, H.J. Becdach Construction, shirt manufacturer Printofex and Supermaxi, a supermarket chain.

They also footed the bill for the tournament's crowning achievement, the festive awards banquet at the Viejo Quito Tennis Club where each of the nine countries serenaded the more than

through a stop light that turned red more than two blocks before he reached it.

★ ★ ★

The American Zone Competition was the fifth international event in which the U.S. has participated according to Luke St. Onge, executive director of the American Amateur Racquetball Association (AARA).

Earlier events were the combined World Games and World Championships, July, 1981 at Santa Clara, CA attended by six countries; AZC attended by three countries, March, 1983 at Stockton, CA; Tourneo de la Raza attended by nine countries, Championships II attended by 12 countries in July at Sacramento.

★ ★ ★

Viva Quito! Viva Racquetball!

Racquetball, certainly an infant when compared to the 450-year old boasted by Quito, host for the AZC II, but when it came to news coverage, racquetball didn't lack attention.

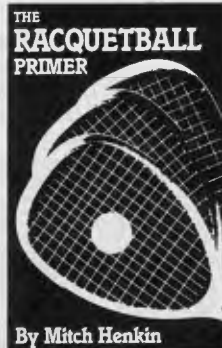
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USA Team Coach Ed Martin addresses the more than 250 people attending the American Zone Competition Awards Banquet at the Viejo Quito Tennis Club the last night of the tournament.



250 players, coaches, officials, and dignitaries.

An organizing committee provided each country with two or three attaches to help them through any rough spots they may have incurred with the culture and language barriers. The Americans and Canadians benefited most. Several of these attaches took a leave of absence from work for eight to 12 days, according to Walker, owner of the club who orchestrated the tournament and its surrounding activities.

"These people (volunteers) did it out of the kindness of their hearts," he said.

Headline news of the racquetball tournament appeared daily for nearly two weeks in the two or three daily newspapers and was present two to five minutes a day on the television.

★ ★ ★

Traditionally, the highlight of the banquet at international competition is the song performed by each team.

At Sacramento, the U.S. team admirably sang a traditional song, *"Take Me Out To The Ball Game."* Coach Martin expected something in the same vein in Quito. You should have seen the look on his face the moment teammates Andy Roberts and Doug Ganim brainstormed and came up with *"I'm All Shook Up."*

Acting as the mature mentor of the group, Martin's first reaction was one of disbelief. And a definite, NO. But when he heard the crooning talents of Ganim and Roberts, he bid them good luck.

IARF Executive Director Luke St. Onge makes a brief address to the players, coaches, and dignitaries at the AZC Awards Banquets just prior to a slide presentation.



Because of the well-laid plans and the attaches, the tournament wasn't all pinches, passes, splats and ceiling shots at Quito. Other activities included sunning, fiesta, siesta, shopping, bargaining, trading, dancing, dining, and meeting some top salt-of-the-earth people in the middle of the world as Quito is designated (for being only minutes from the equator).

Because there generally were only two matches a day, participants had plenty of opportunity to bask in the sun, sightsee, enjoy the nighttime festivities,

and purchase quality leather and woolen goods for many times less than retail prices in countries outside Latin America.

The biggest surprise, according to John Hamilton, executive director of the Canadian Racquetball Association, was the playing conditions of the courts, the quality of food and the quality of lodging in Quito.

One variable that everyone counted on did exist—the altitude. At nearly 10,000 feet above sea level, players experienced a faster ball and some difficulty breathing. Despite the ball cans being opened two to three weeks prior to competition to slow them down, ceiling balls still bounded too close to the short line.

At least half of the 12-member USA team required oxygen during the competition, according to Coach Ed Martin.

"The altitude definitely affected us, though it didn't have any effect on winning or losing any matches," Martin said. *"Arriving a few days before the competition helped the players adapt."*

Though the Canadian team prepared by playing at Ft. Banff in the Rocky Mountains, about 5,000 feet above sea level, Hamilton agreed that arriving early in Quito helped.

"The longer you stay at altitude the more chance of getting fit," he said.

Choreographer Ganim led the entire pelvic-thrusting and knee-shaking team through two verses, leaving a solo spot for "Elvis" Roberts to do in Spanish. Sans mirrored sun glasses, open-necked shirts, and raised sport jacket collars, they wowed the audience.

And who was in the center of the Presley impersonators and female chorus, belting out one of the King of Rock 'n' Rolls' greatest hits?

Coach Martin, for sure.

★ ★ ★

Quito Racquetball Club took on the appearance of a medical clinic from the start to finish of the tournament. Three or four aides and a physician were on hand to provide assistance in case of injuries or reaction to the altitude.

Though he may not have been the first, Dan Obremski received the full attention of the medical staff when his tanned complexion turned a whiter

shade of pale. Oxygen cleared his light-headedness almost immediately and medicine stopped his stomach disorder within a day.

★ ★ ★

There was more to do than play racquetball in Quito. Favorite activities included tanning sessions poolside; visits to the downtown and country markets to bargain for goods; a day at the bullfights, a night at the cockfights; a trip to Mitand del Mundo (Middle of the World) where you can straddle the equator and get a certificate to testify to it; view the inside of a volcano that is now the farmland of its inhabitants; and believe it or not, sample some excellent Italian and Oriental cuisine.

The favorite gift of the Americans were the colorful and decorative wool wall-hangings, wool sweaters and leather goods. A top quality leather jacket costs about \$40; a fancy, handmade wool sweater ran about six dollars.

The 15-minute cab ride from the Hotel Quito to the Quito Racquetball Club



The Ecuadorian team members and family. A festive occasion with lots of racquetball besides.

The anticipated showdown between the world's racquetball superpowers never materialized. Hamilton said a lack of finances made it impossible to field a full team.

"I was disappointed that Canada didn't bring a full team," Martin said. "I was looking forward to a rematch of Sacramento." (Ross Harvey of Canada defeated Roberts in a 15-14 tie-breaker in July.)

Under a pre-tournament agreement in Sacramento by the IARF World Congress, World Championship finalists qualified a slot for themselves at the World Games. Should those individuals not attend the World Games, the countries they represent would not be guaranteed that position. Thus, all countries were urged to bring full teams to Quito.

Minus a full-strength Canadian team, the U.S. dominated as it had in

previous international competition. At least this time around, Coach Martin humbly suggests, domination was not the purpose. After all, the U.S. was expected to win.

"I don't feel like it was our mission to win," Martin said. "Our mission is to help them (Latin America) develop their game and raise their skill level."

Good instruction and playing superior opponents are the keys to improving the quality of play, Martin said, adding there is a 100 percent change in play since last year's tournament in Costa Rica. Hamilton noted the vast improvement since Sacramento competition in July.

"In Costa Rica we were playing D and C players," Martin said. "And now we're playing B and A players." He cites the Ecuadorian team as a prime example of this two-part theory. Tom Neill, a top player from Arizona, coached the team for more than a month prior to the tournament. The team qualified one man and two women.

Having discussed thoroughly the U.S. role in racquetball, Martin, who donates his time as team coach, started to get more comfortable on the cramped Eastern flight home, but stopped short. He leaned forward to make a point.

His mission at Quito, and at past international competitions, was to help other countries develop, he acknowledged. A deadly serious grin in place, Martin warned, "But next year at the World Games, it will be different." Martin's goal is an obvious one: To win. ●

Michael Arnolt is a free-lance writer from Indianapolis.

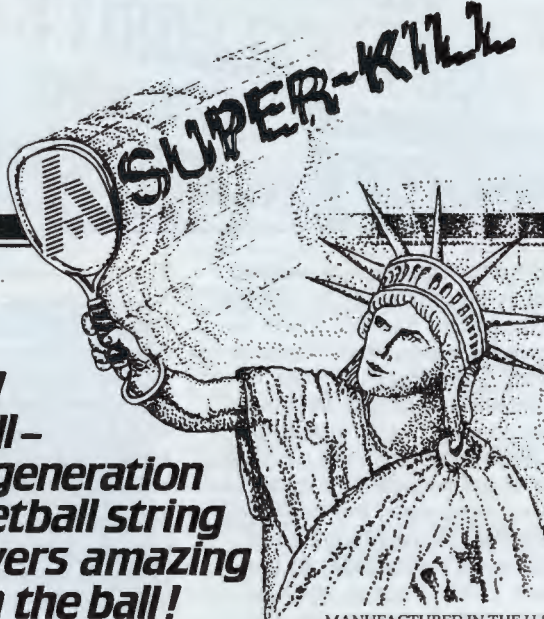
was 150 sucres, or the equivalent of about 13 cents. Family-style, four-course Italian dinner, including hors'd'ouvres and dessert for 17 was \$125, tip included. Viva Quito, where one dollar U.S., if you can remember where the zeros go in counting the exchange rate, can go a long way.

★ ★ ★

The pagentry of the opening ceremonies in the soccer field adjoining the Quito Racquet Club was, well, touching. The sun was warm, but not too hot. The five dignitaries spoke, but not too long. The band and the baton twirlers performed, but too much. It was impressive.

Accolades to Columbia, Mexico, Puerto Rico, and the United States and an honorable mention to Canada for their distinctively nice and tasteful uniforms.

U.S. Team sponsors Diversified Products, Lite Beer, and Penn Athletic Products contributed to the international winning and goodwill effort. ●



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Super-Kill—
the new generation
of racquetball string
that delivers amazing
action on the ball!**

MANUFACTURED IN THE U.S.A.

This sleek 16-gauge multifilament nylon string is jet black in color—the perfect companion for the new graphite racquets. Restrung your racquet with Super-Kill and you'll feel the difference in your first game—more power without sacrificing control—and lots more action.

ASHAWAY
RACKET STRINGS

Tournament Results

When the Stars Come Out To Play

Celebrity Classic At Lehmann Courts

It's time to raise a banner when a nationally famous company becomes a racquetball tournament sponsor. Shown here, preparing to greet the players, celebrities, and sponsors are club manager Lee Wolfson, a Chicago Honey Bear Cheerleader, club owner Marvin Lustbader, club fitness expert Marcia Proffitt and club owner Bob Najman.



It may just be that an unprecedented racquetball event took place in Chicago this past December. Beatrice foods became involved in racquetball. Remember Beatrice? They sponsored the nationally televised Chicago Marathon. Generously pouring in over three million dollars to assure that the race would be solely their event as well as successful, Beatrice also announced the beginning of a commitment to the promotion of health and fitness nationwide. At Lehmann Sports Club, Chicago, they extended their commitment for the first time to racquetball.

Five Beatrice subsidiaries took on sponsorship (along with Ektelon and Bud Light) of the Lehmann Sports Club Celebrity Classic by bringing to the tournament a health-oriented menu that was available to players and spectators alike at no charge and non-stop throughout the entire weekend. Estimated worth of the food served alone was over \$10,000!

The tournament was held as a benefit for the Chicago Boys and Girls Clubs - Kiwanis Unit (Lincoln Park). Chicago radio, television and sports celebrities appeared on behalf of the cause all weekend. Playing as well as watching matches, the celebrities were on hand to talk to and sign autographs for players and spectators alike.

Awards presented to the players by Chicago NBC TV anchorperson Deborah Norville totalled over \$5,000 thanks to Beatrice subsidiary companies, and to Culligan International. Winners in the open divisions of play (singles) received \$800 installed water purification systems. Other prizes ranged from \$200 installed water purification systems and gym bags filled with hundreds of dollars worth of health-oriented food products from various Beatrice food companies.

Culligan Celebrity Classic/1984 Racquetball Tournament
Sponsored by: Greater Chicago Culligan, Culligan International, a Beatrice Company, Beatrice Subsidiaries, Ektelon and Bud Light
Lehmann Sports Club
Chicago, IL
Nov. 30 - Dec. 2, 1984
Director: Andrea Torrence

Men's Open

Quarter-finals: Dave Nigrete d. George Silva 15-1, 15-2; Mark Freidman d. John Dolby 15-13, 5-15, 4-11; Gregg Mandell d. Scott Stopinski 15-7, 15-9; Mike Jalovec d. Cliff Gill 11-15, 15-14

Semi-finals: Nigrete d. Dolby 15-5, 15-9; Mandell d. Gill 15-8, 15-14

Finals: Nigrete d. Mandell 15-8, 15-6

Men's A

Quarter-finals: J. Hillman d. H. Gonzalez; K. Minor d. R. Barry 15-6, 15-5; T. Cosmano d. G. Williams 15-11, 11-15, 11-8; D. Ervin d. M. Mancuse 15-5, 15-3

Semi-finals: Hillman d. Minor 15-4, 3-15, 11-1; Ervin d. Cosmano 15-8, 15-6

Finals: Hillman d. Ervin 15-13, 5-15, 11-10

Men's B

Quarter-finals: B. Kopp d. R. Gershonson 15-1, 15-6; T. Gaertner d. S. Hangadon 15-10, 15-8; R. Jimenez d. P. Coman 11-15, 15-9, 11-8; Carter d. Harrison 15-5, 14-5, 11-7

Semi-finals: Gershonson d. Hangadon 15-1, 15-6; Carter d. Jimenez 15-5, 4-15, 11-2

Finals: Carter d. Gershonson 15-7; 15-11

Men's C

Quarter-finals: T. Compall d. G. Grey 6-15, 15-6, 11-10; J. Burns d. S. Budnar 15-14, 15-4; M. Paxton d. T. Greenberg 9-15, 15-7, 11-9; B. Hines d. R. Eichenlab 15-10, 15-9

Semi-finals: Burns d. Compall 15-6, 15-1; Paxton d. Hines 2-15, 15-10, 11-10

Finals: Burns d. Paxton 15-14, 15-7

Men's D

Quarter-finals: Bill Schmeda d. Al Kulig 15-13, 15-5; Steve Jacobs d. Steve Steinberg 12-15, 15-6, 11-9; Joe Farago d. Ron Rosenthal 15-3, 15-2; Girard Mitrenga d. Jim Siegel 15-4, 15-3

Semi-finals: Schmeda d. Steinberg 10-15, 15-8, 11-8; Farago d. Mitrenga 15-1, 15-5

Finals: Farago d. Steinberg 15-13, 8-15

Seniors 35+

Quarter-finals: M. Waldo d. J. Corcoran 15-8, 14-15, 11-5; R. Kamper d. Burger 15-5, 6-15, 11-9; R. Johnson d. J. Orlaris 15-1, 15-4; R. Wietecha d. J. Dolby 15-2, 15-2

Semi-finals: Johnson d. Dolby 15-11, 15-4; Waldo d. Komper 15-5, 15-2

Finals: Waldo d. Dolby 15-9, 15-12

Masters 45+

Quarter-finals: R. Johnson d. J. Farago 15-1, 15-7; Kroeger d. Troche 15-2, 15-10; B. Goodman d. R. Badillo 15-4, 15-10; P. Frank d. H. Spaeta 15-6, 15-1

Semi-finals: Johnson d. Kroger 15-7, 15-9; Spaeta d. Goodman 15-2, 15-10

Finals: Ron Johnson d. Howard Spaeth 15-4; 15-10

Veteran Masters

Quarter-finals: Dan Day d. Savinski 15-3, 15-7; J. Stern d. Tony Buckon 15-3, 15-5; Buddy Eller d. J. Devero 15-5, 15-9; J. Teplitz d. C. Martarano 13-15, 15-5, 11-10

Semi-finals: Dan Day d. Stern 15-5, 15-5; Eller d. Martarano 15-7, 15-5

Finals: Dan Day d. Eller 15-9, 9-15, 11-4

Women's Open

Quarter-finals: Sandy Robson d. bye; K. Gates d. Joan Aseka 7-15, 15-12, 11-6; Diane Fields d. Bev Franks 15-10, 7-15, 11-10; Colleen Shields d. bye

Semi-finals: Fields d. Shields 15-9, 15-10; Robson d. Aseka 15-7, 12-15, 11-6

Finals: Robson d. Fields 15-2, 15-8

Women's A

Quarter-finals: K. Minsky d. bye; T. Winthren d. C. Bracey 14-15, injury forfeit; P. Kemp d. J. Thomas 15-13, 15-6; M. Light - bye

Semi-finals: C. Bracey d. K. Minsky 10-15, 15-3; Thomas d. Light 15-4, 15-11

Finals: Light d. Bracey 15-11, 5-15, 11-2

Women's B

Quarter-finals: Harriet Milar d. bye; F. Kenck d. L. Neubauer 15-12, 15-13; Cathy Shultz d. J. Widmar 11-15, 15-13, 11-2; Lisa Provencamo d. C. Turks 15-9, 14-15, 11-3

Semi-finals: Millar d. Kenck 7-15, 15-9, 11-10; Widmar d. Provencamo forfeit

Finals: Widmar d. Kenck 15-11, 15-7

Women's C

Quarter-finals: T. Meisterling d. J. Fabbri 15-3, 15-1; M. Rogers d. I. Olsen 15-7, 15-10; D. Medernach d. L. Yackley 8-15, 15-11, 11-5; D. Gipson d. S. Kats 15-0, 15-11

Semi-finals: Meisterling d. Rogers 7-15, 5-12, 11-5; Gipson d. Medernach 3-15, 15-9, 11-8

Finals: Rogers d. Gipson 15-5, 15-9

Women's D

Quarter-finals: L. Weisbart d. J. Grossman 15-0, 15-2; E. Trantina d. E. Garduno 15-10, 15-10; K. Larko d. K. Giordano 15-4, 15-2; M. Goosby d. D. Dewitt 15-12, 15-8

Everyone in attendance at the tournament received the "star treatment" all weekend, but the winner had it captured on film. Dan Day, Veteran Masters winner shown here asks "Am I in Heaven?" as he receives his awards from NBC TV's Deborah Norville and the Honey Bears.



Chicago Bear player, current Chicago ABC T.V. sportscaster, Mike Adamle (2nd from left), agreed to be the celebrity chairman for the tournament. Mike's good friend, Brian Baschnagel, of this year's championship Chicago Bear team (2nd from right) was one of the many celebrities appearing throughout the entire weekend on behalf of the Chicago Girls and Boys Clubs.



Semi-finals: Weisbart d. Trantina 15-11, 15-12; Giordano d. Goosby 12-15, 15-12, 11-2

Finals: Weisbart d. Giordano 15-7, 11-15, 11-9

Men's Open Doubles

Quarter-finals: Milazzo/Milazzo d. Friedman/Burmeister 15-8, 11-15, 15-11; Verhage/Schneider d. Smith/Gonzalez 15-7, 9-15, 11-3; Mandell/Hoffman d. Verhage/Schneider 7-15, 15-13, 11-10

Semi-finals: Thurber/Tilden d. Freidman/Burmeister; Mandell/Hoffman d. Verhage/Schneider

Finals: Thurber/Tilden d. Mandell/Hoffman 15-11, 15-6

Men's A Doubles

Quarter-finals: Seigel/Kanefshy d. Vandervort/Reed 15-5, 12-15, 11-8; Spaeta/Goodman d. Reed/Barneth 15-9, 15-10; Georgory/Ervin d. Field/Abruscato 15-7, 15-10; Hillman/Studer d. Williams/Knight 15-11, 15-8, 11-2

Semi-finals: Georgory/Ervin d. Hillman/Studer 15-8, 15-9; Siegel/Kanefshy d. Spaeta/Goodman 15-7, 15-2

Finals: Georgory/Ervin d. Siegel/Kanefshy 15-7, 15-10

Men's B Doubles

Quarter-finals: Mueleki/Aschacher d. Shilka/Snyders 15-8, 15-4; Steele/Jones d. Grubisk/Albright 2-15, 11-15; Krammer/Kane d. Morgan/Snewright 15-2, 15-3; Machabanski/Berthomegs d. Gaertner/Smith 12-15, 15-1, 11-5

Semi-finals: Shilka/Snyders d. Grubisk/Albright 15-12, 15-5; Gaertner/Smith d. Krammer/Kane 4-15, 15-14, 11-5

Finals: Shilka/Snyders d. Krammer/Kane

Men's C Doubles

Quarter-finals: Feldgraber/Jacobs d. Pellar/Kalinski 15-6, 15-4; Gordon/Coleman d. Clyborn/Kross 15-7, 15-5; Weiss/Salisbury d. Peterson/Thow 15-2, 15-5; Ellis Jurevics d. Barton/Dillard 15-3, 15-4

Semi-finals: Gordon/Coleman d. Feldgraber/Jacobs 15-7, 15-5; Weiss/Salisbury d. Ellis/Jurevics 15-1, 15-8

Finals: Weiss/Salisbury d. Gordon/Coleman 15-3, 15-7

Women's B-C Doubles

Quarter-finals: Packard/Schulz d. Olsen/Shear 15-7, 15-9

Semi-finals: Morgan/Smith d. Packard/Schulz 15-5, 15-11

Finals: Morgan/Smith d. Garrett/Haase 13-15, 15-14, 11-4

Mixed A Doubles

Quarter-finals: Bozza/Anderson d. Hancock/Filter 15-14, 15-12

Semi-finals: Peters/Light d. Waltus/Dunker 15-11, 5-15, 11-10

Finals: Hancock/Filter d. Peters/Light 15-10, 9-15, 11-7

Mixed C Doubles

Quarter-finals: Peller/Kooyer d. Mader/Vondrow 15-8, 15-0; Glenn Culpepper d. Spaeth/Katz; Raven/Raven d. Narbaner/Machebarski 15-10, 15-7; Toledo/Toledo d. Anderson/Stein 6-15, 15-8, 11-0

Semi-finals: Glenn/Culpepper d. Peller/Kooyer 13-15, 15-2, 11-2; Toledo/Toledo d. Narbaner/Machebarski 15-4, 15-3

Finals: Toledo/Toledo d. Glenn/Culpepper 15-10, 6-15, 11-6

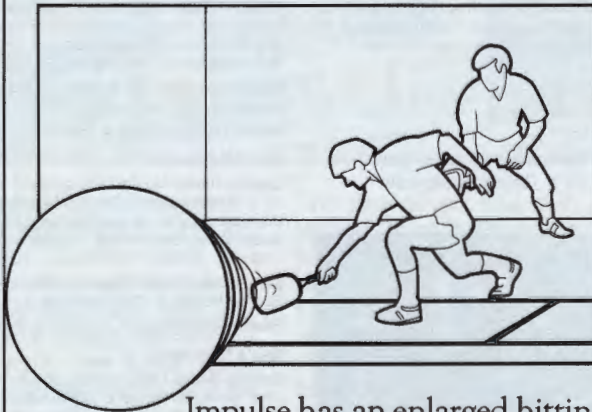
"I'D LIKE TO INTRO I'LL PROBABLY REG

You know what really separates somebody who plays racquetball from somebody who wins? Power plus control, that's what. And now Head has designed this new racquet to help you put it all together. It's got built-in power. And it's engineered to give you that all-important control.

It's called the Impulse, and it's a high-performance racquet that'll help you give somebody like me a run for my money.

**HEAD'S IMPULSE HAS AN
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RETURN MY MOST UNEXPECTED
SHOTS. POWERFULLY.**

As you move into the big league you're going to find that the really good players are full of surprises. But Head's



Impulse has an enlarged hitting surface so you get a bigger sweet spot. That means you can get a piece of even the meanest shots. And once your opponent knows you're committed to getting your racquet on absolutely everything he's gonna start to sweat. Believe me, I know.

**HEAD'S IMPULSE HAS A
SLIM PROFILE THAT'LL HELP YOU
CUT THE BALL OFF AGGRESSIVELY.**

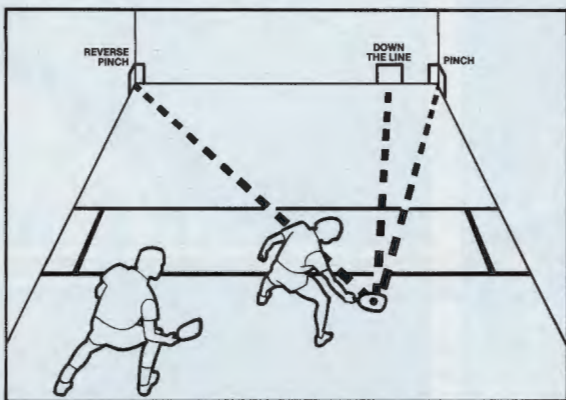
In the competitive world of advanced racquetball, you have to be aggressive to



Steve
Strandemo,
racquetball
professional,
teacher, and
author of
Advanced
Racquetball.

DUCE A RACQUET RET INTRODUCING"

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

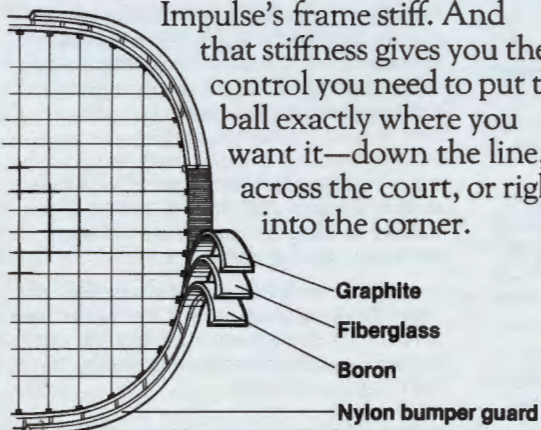


Be aggressive. Cut off a "left-up" shot with a quick racquet like the Impulse. You'll have a lot of offensive options and control of center court.

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

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

The tougher the opponent, the more important it is to keep him on the move, off-balance, and out of center court. And the Impulse is designed to help. You see, Head uses a unique combination of boron, graphite and fiberglass to make Impulse's frame stiff. And that stiffness gives you the control you need to put the ball exactly where you want it—down the line, across the court, or right into the corner.



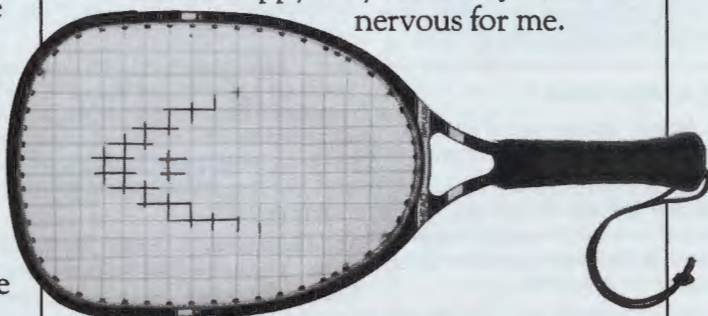
HEAD'S NEW IMPULSE CAN HELP KEEP YOU ALIVE, EVEN WHEN I HIT A KILLER.

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

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

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

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



We want you to win.

For free product information write: AMF Head, P.O. Box CN-5227, Princeton, NJ 08540

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New Products



Tacki-Mac's Packaged Grip

Tacki-Mac Grips, Inc. introduces its popular R/15 racquetball grip. Made of Kraton, it is becoming a dominant force as testimonials from nationally ranked players, as well as B & C level players, come in daily.

This new packaging will enable the sporting goods stores and chains as well as the clubs to carry the grip.

Tacki-Mac is distributed through Sports Pals, Co., Inc. (800-325-4021), Vincent Racquetball (800-241-1136), T.T. Sports (Canada), (403-434-5039), and Tacki-Mac Grips, Inc. (East: 404-451-0514 and West: 818-341-9661).



New Balance Athletic Shoes

New Balance Athletic Shoes, Inc. is introducing new court shoes for men and women.

The CT650 and the CT415 are two new men's court shoes available in January, the CT650 features an extremely durable outersole made with a Rubberthane, and carries a suggested retail price of \$57.95.

The CT415 mesh and leather upper, available in May has a suggested retail price of \$42.95.

The two new women's shoes are also being launched. The WCT566 has an all-white, full-grain, perforated leather upper and will be available in March with a suggested retail price of \$49.95.

The WCT366 has an upper of full-grain leather and Visa fastback mesh. Available in January, the WCT366 has a suggested retail price of \$39.95.

For more information, contact Mark Myette or Michelle Keating, Robert Weiss Associates, 617-437-1791.



Stinky Pinkys

The Stinky Pinkys shoe deodorizer is making big inroads in the market. A new product, Stinky Pinkys were created by PDZ, a subsidiary of the Phelps Dodge Corporation. Packaged in an attractive pink and white sock, it fits any shoe, and inhales and destroys odors—overnight.

For more information contact Don Berhauser at PDZ Corporation, 800-367-1534.



Lower Back Machine

Now from Paramount comes a new way to strengthen lower back muscles. Paramount's new Lower Back Machine allows for gradual development of the muscles in the lower back without risk of strain.

Designed to give those with weak lower backs an option to the Roman Chair, it offers resistance from 15 to 310 pounds and allows approximately 110 degrees of motion. An easily adjustable foot plate allows persons from five foot four inches to six foot four inches to use it.

The padded back roller is free to roll or pivot, to allow greater freedom of movement. Special handgrips are provided for ease of entrance and positioning in the machine and a seat tilted at a 30-degree angle ensures comfort.

The Lower Back Machine is constructed of 2-inch tubular steel for structural strength as well as cosmetic enhancement. Lanyard is included to prevent loss or misplacement of selector pin; the total weight of the machine is 558 pounds.

For further information, contact the Sales Department, Paramount Fitness Equipment, Corp., 6450 E. Bandini Blvd., Los Angeles, CA 90040, 213-721-2121.



Cabrillant Textured Glass

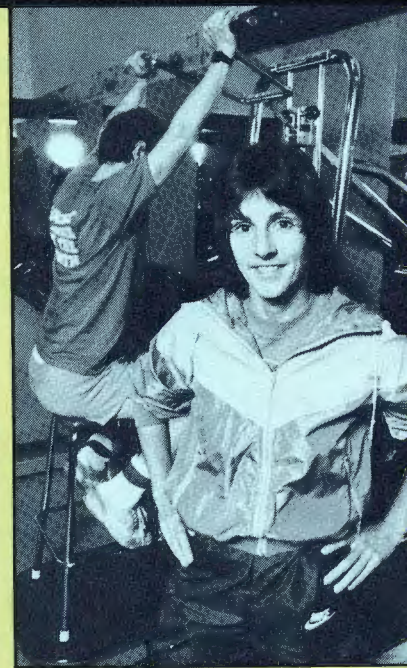
Cabrillant presents the ultimate material for constructing maintenance-free cubicles and lockers.

With less than 1/10 of 1% breakage, Cabrillant's maintenance free qualities and permanence make it ideal for all public areas, schools, colleges, shopping centers, swimming pools, stadiums, public bathrooms, hospitals, factories, golf clubs, health clubs, and office buildings.

Available in an almost unlimited range of colors, Cabrillant is scratch and abrasion resistant and provides a static, dust-free surface. The 10-year "No Rust" guarantee eliminates all concern about rust and corrosion. It never needs resurfacing, painting, replacement and is easily cleaned by washing or hosing down with water. Since the surface is inert, disinfectants can be used without harming the surface and airborne chemicals will not damage it.

For more information on Cabrillant Textures Glass Cubicles and Lockers, contact Ronald J. Haber, W & W Glass Products Ltd., 200 Airport Executive Park, Spring Valley, NY 10977, (914) 425-4000.

The Fitness Center



A Funny Thing Happened On The Way To Fitness

Studies have shown that physically fit people have more energy, are more optimistic and are more successful in business than their out-of-shape counterparts. I have a theory that in addition to what the studies show, people who are physically fit have a well-developed sense of humor. The foundation for my theory is based on the fact that fitness produces more energy which leads to a sense of optimism and self confidence. This in turn can lead to a well developed sense of humor. My theory is also based on my own personal observations of people on both sides of the fitness line.

The beginning of the development of my theory took place during my own personal struggle for success as an art major/physical education minor at the University of Wisconsin-LaCrosse. The time period was during the late 60's and early 70's. It was my senior year and in addition to student teaching by day, I was taking a brutal painting class at night. It was brutal in the sense that the majority of the class consisted of very talented fine arts majors, not simple art education major/physical education minor types like myself.

While going through my final semester of work, I had developed a personal physical fitness program of swimming a mile in the morning before going off to school to student teach and playing racquetball in the evenings after my night classes finished. Both forms of exercise not only complimented each other beautifully, but as I got into shape, my energy level increased along with my self confidence. In addition to this I noticed myself beginning to develop a sense of humor.

As graduation approached, my newfound sense of humor and optimism came to fore during my mid-term Painting 101 critique. An art critique consists of all the students putting their paintings on display, like a mini-art show. Then the whole class (including the instructor), makes comments on, or critiques every painting. Afterwards, a grade is given to each student.

As we all stood there taking in each other's work, it dawned on me that I was the worst artist in the class. My painting was definitely showing a total lack of talent in comparison to the other students. It became obvious to me that if this class was being graded on a curve, I would be the obligatory F.

Our instructor began the critique by asking each one of us individually what we thought of our own work. I paid close attention to the response of my very talented fellow students. Each and every one of them indicated that they were unhappy with their finished products! It struck me that they were actually depressed in their struggles to become successful painters.

It should be noted at this point in my story that in those days, to a certain extent, most of us were in what I call the 60's mentality. Heck, even Jane Fonda's nickname back then was Hanoi Jane and she was spending more time on the Ho Chi Min trail than on having an uplifting workout in the dance studio! Those were the days when struggling for world causes was much more fashionable than fun and fitness.

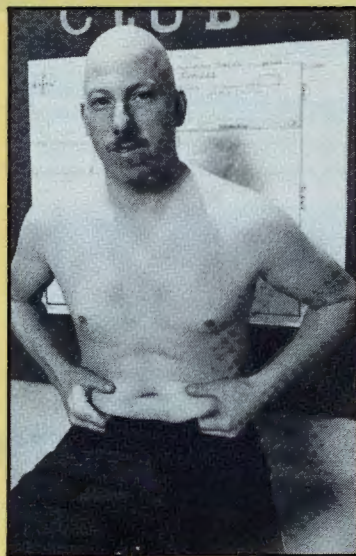
As I sat in class that night, I decided that I should lighten up the situation with a little meaningful humor. I know now that it was inspired by the fact that I was feeling so good physically.

"I love my work, because if I don't, no one else will!" I stated when my turn came to speak. Everybody laughed, so I continued. *"Seriously though, I find all of the paintings here tonight to be very inspirational, at least to me. It's too bad all of you cannot enjoy painting the way I do. If you don't like what you are doing or trying to do, what's the point?"*

Well, my contribution to the critique got a little applause, a lot of laughs but better still, I think it gave my fellow students a kind of locker room pep talk that they needed to have. Best of all, it seemed to make an impression on my instructor who in turn saved my academic life at the end of that semester by giving me what he called a *"C for effort and enthusiasm."* Additionally, he told me that it was too bad that I didn't have any real artistic talent because he thought my sense of humor was eccentric enough for success in the art world. It was then that my fitness theory was born.

Upon graduation, my fitness theory proved itself to me again as I went out to look for a career. Most of my job interviews were between graphic arts companies or recreational facilities.

Terry Marker's Fitness Diary



As I carried my resume from company to company, it struck me immediately that people who were not fitness-oriented had little or no sense of humor at all. For example, during one interview for a job as a printer's apprentice, the interviewer made disdainful comments about my physical education minor not being compatible with an art major. I asked him if he exercised, hoping he might indicate that he did understand how physical health relates to mental ability. *"Are you kidding? Out here in the real world, there's not a lot of time for fun and games."* From there he proceeded to ask me if I really thought that a woman could keep up with the physical demands of the job I was applying for. I said, *"Well, it's too late to change my sex so I will answer yes."* He did not laugh and I did not get the job.

Enter the YMCA. I walked into the interview feeling my usual nervousness when the physical director conducting my interview immediately put me at ease by asking me to guess my salary. *"If you can guess how much you'll make and you like it,"* he said, *"I'll give you a job!"* I laughed and immediately felt the beginning of a good rapport between us. It was an informative, professionally conducted interview, and it was fun!

Needless to say, I took the job, recognizing a need to work in a healthy place. One with a sense of humor! I am still looking forward to the day when the experts actually test my theory concerning the sense of humor among the physically fit versus the rest of the world! ●

Upon learning that I tested poorly on my fitness test, I was all the more anxious to get started on a fitness program. Jacques sat down with me and began to outline an eight-week program. She explained that she would re-test me at the end of that time to see if I was making progress and if my body fat percentage was dropping.

As we discussed a realistic workout schedule, Jacques was pleased to hear that I could make a good time commitment to my program. I'm on a rotating schedule at the Police Department and my hours are from 3 p.m. - 11 p.m. This enables me to spend my mornings and early afternoons on developing my overall fitness as well as my racquetball game.

The first area we covered was flexibility. Jacques expressed concern about my low flexibility score. *"You're not unlike a lot of racquetball players I've tested,"* she explained. *"I consider you to be dangerously inflexible and on the verge of eventually injuring yourself unless we give you what I call purposeful flexibility exercises to begin to rectify the situation."*

So, my fitness program was started with a prescription for flexibility exercises to be done four days a week in addition to my stretching exercises that I do before and after all my various workouts. I execute these purposeful flexibility exercises in the morning. They are the first thing I do when I wake up. Most of these exercises concentrate on my legs, in particular my hamstrings (an area that tightens up for most players over the years).

Once flexibility was addressed, we moved on to setting up a program for developing my aerobic capacity and cardiovascular strength. This will involve the use of a stationary bike (see the chart below). Over the next eight weeks I'll be peddling the stationary bike on a regular basis in hopes of improving my endurance on the court, reducing some overall body fat and gaining some cardiovascular strength. I'm using the chart below to guide me through my program.

Even though I originally didn't want to, and even stated in last month's issue that I wouldn't, Jacques convinced me that I

Weeks	Duration	Frequency (Times Per Week)	Intensity		Heart Rate
			RPM	Tension	
1 & 2	15 min.	5X	50	125 watts	135 Beats* per minute
3 & 4	20 min.	5X	50	125 watts	135 Beats* per minute
5 & 6	25 min.	4X	50	125 watts	135 Beats* per minute

* This is Terry Marker's heart rate at 60% of its maximum heart rate reserve.
This assignment is based on the Karvonen formula for aerobic training.

should begin a weight training program, or at least give it a try. So, I am weight training three times a week on upper body machines only. The best thing I can say about it so far is that since we set this program up to be time efficient, much to my surprise, I really don't mind it. My program takes only 20 minutes and is designed to give me some simple basic, upper body strength, not a Mr. America physique.

My general plan then for the next eight weeks is to work out Monday through Friday and take weekends off for the most

part. With the exception of my flexibility exercises at home, I am condensing my schedule to fit into a five-day workout week. My typical week will be as follows:

With Jacque's help and a well organized time commitment to my first eight weeks, I hope to re-test and get positive results. Hopefully I will be able to reach this short-term goal on my way to achieving my long-term goals of total fitness and a winning racquetball season. See you next month. ●

Day	Time of Day	Workout
Monday	8 a.m.	Flexibility exercises at home
	10 a.m.	Play racquetball one hour/rest 1/2 hour
	11:30 a.m.	Stationary Bike
	12 noon	Upper Body Machine Workout
Tuesday	10 a.m.	Play racquetball
	11:30 a.m.	Stationary Bike
Wednesday	same as Monday	
Thursday	same as Tuesday	
Friday	same as Monday	
Saturday and Sunday execute flexibility exercises — rest		

Terry



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Pro Files in Fitness: Marty Hogan



He's racquetball's Walter Payton. With five National titles under his belt and over 100 tournament wins, Marty Hogan has shattered all previous tournament records in the 20x40 arena. That's a pretty tough record set by someone who's very much in his prime today.

In addition to his on-court abilities, the 26-year-old Hogan is also a businessman. He's currently involved in all facets of Pro Kennex, a San Diego-based racquet manufacturer.

When Marty Hogan says racquetball is his business, he does mean on and off the court.

Does he work out? You bet he does. I talked with Marty recently. Here's what the world's best racquetball player has to say about the importance of fitness and racquetball:

NR: At what point in your career did you realize a need for off-court training?

Hogan: I've always trained off the court. I think more so now as I find myself getting older. It takes more physically for me to do the same things I did when I was 19 and 20 years old.

NR: Would you advise a young or begin-

ning player to be involved in a fitness program from day one?

Hogan: Definitely. I think that in the beginning, racquetball offers tremendous fitness, but once you start getting more serious about your game, like getting into tournaments, you put yourself through a lot of what I consider to be extra-strenuous activity. It's then you'll find that you're going to have to go off the court to attain that extra strength you'll need to get through a tough racquetball match.

NR: How can you tell if you need off court workouts?

Hogan: If you find yourself a little more exhausted in everyday play or in tournaments than you would normally be, that's an indicator that you might want to start working out.

NR: What activities do you do to stay fit for racquetball?

Hogan: I run four to five miles a day, over hills, to develop my quadriceps. Then I also do a combination of sprint work. I go to a running track and run 220 yards followed by a walk of 220 yards. I do this eight times in a row, the walking part being my rest period. Then I repeat this procedure two more times.

The five-mile runs give me stamina on the court. The sprints give me a good recovery rate on the court. I want my on-court recovery rate to be as quick as possible and not take a couple of points for me to get my breath back. Sprints are good for that.

In addition to running, I do situps and pushups. Hundreds a day. I do pushups for my arms and shoulders. The way I hit the ball, that's where I need the strength. I do situps for overall body conditioning. Both give me strength for both sides of my body because you only develop one side playing racquetball.



NR: Do you do any weight training?

Hogan: Very little, if any. I am fortunate that I've been born with a very strong, well-proportioned body.

(For those of you who think Hogan is simply bragging, be aware that Ellington Darden, Ph.D. and author of the book *"Power Racquetball"* has this to say about Hogan: *"Marty Hogan's bodily proportions, which include such factors as height, width of shoulders and hips, length of arms and legs, and lack of body fat, are close to ideal for playing championship racquetball."* Marty is indeed not bragging, he is merely stating fact.)

NR: How do you feel about nutrition?

Hogan: The whole secret to fitness is diet. You can work out, you can do whatever you want, but you need a diet that is good for the type of workouts you are doing. A poor diet can totally ruin you.

NR: Do you have a nutrition program?

Hogan: I watch the greasier foods and the sugars and sweets, especially one week before tournament time. I do tend to stay off red meat because it takes longer for my body to digest it. I do not eat three hours before a match.

NR: Do you drink alcohol?

Hogan: No. And I don't take drugs.

NR: Do your off court workouts help you deal with the pressures of your career?

Hogan: When people ask me about being a professional athlete and what my job is, I tell them my job, quite frankly, is to stay in shape. I think that being in the best shape physically is just a natural carryover into everyday life. It helps me feel better and more confident. I think that long after my professional racquetball career is over, I will have a physical fitness program that will be adequate for what my lifestyle is.

NR: Do you think you could have been the best without off court training.

Hogan: I would have to say no. Five years ago, yes. When I was 17, 18 and 19, I hardly worked out at all. My game was technically ahead of everyone else's then and I could just go on the strength of my game.

Now, everybody has learned to play my game style. The guys coming into the sport now are much better athletes and quite frankly, it gets a little bit tougher as I get along in age.

Today, in any sport, there isn't any athlete who does not need a physical fitness program. ●

Would you believe one armed pushups? A strong-wristed Hogan does this exercise plus hundreds of regular pushup combinations daily.

Building Strength for Your Game Without Equipment — Pushups

If your racquetball club doesn't have a fitness center and you have no intention of spending a fortune on a home gym, pushups can give you the upper body strength you need to play a stronger game.

Marty Hogan (see this month's fitness pro file) has always advocated pushups as a simple and effective way to develop upper body strength. In fact, Hogan does not train with weights for upper body strength because he claims that pushups are the mainstay of his physique.

The most impressive feature of pushups is that they develop so many muscles at once. If you consistently execute pushups every day or every other day, you will develop your deltoids, biceps, pectoralis muscles, trapezius muscles and your triceps!

In terms of your racquetball game, the strengthening of all these muscles through pushups will add to the strength of your shoulder rotation into and out of your forehand and backhand shots. This results in an increase in stroke power. Additionally, pushups strengthen your shoulders on both sides to protect them from injury.

Beginning Pushups

The major complaint many racquetball players have about executing pushups is that they are physically very difficult to do. This is especially true of the standard pushup. Unless you were born with excellent upper body strength, or served time in the military, standard pushups are almost impossible to do. So, the best way to get started is with beginning pushups.

Step One: It is very important to protect your knees when executing beginning pushups, so make sure you do them on a carpeted surface. If you

The Muscles You Can Develop Through Pushups

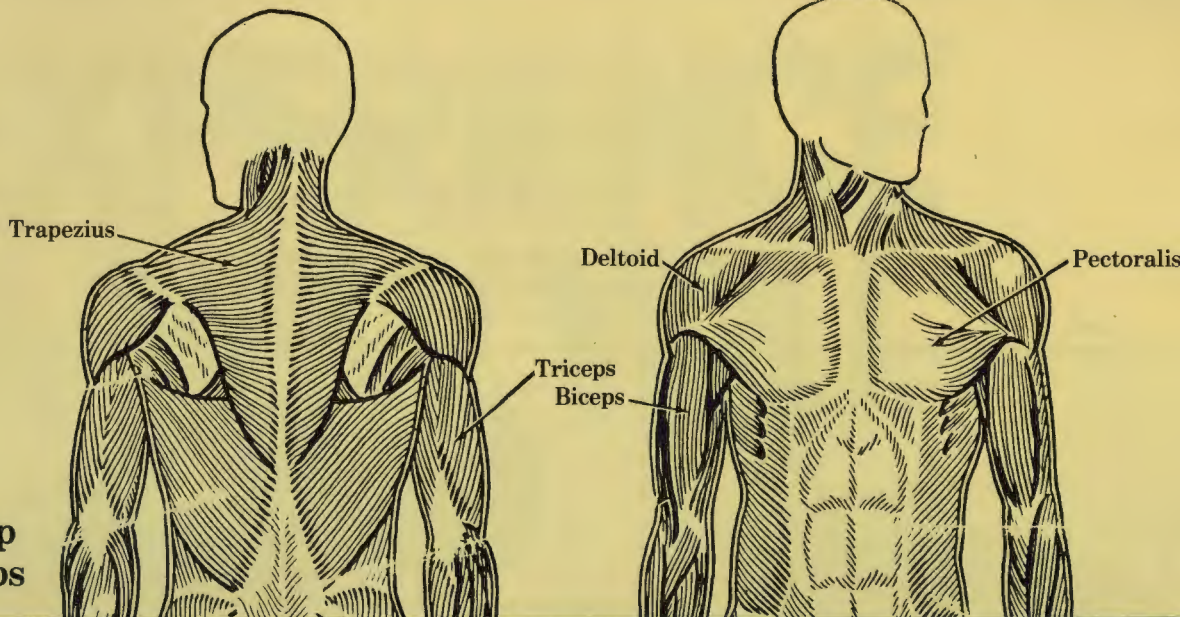


Photo 1



add to your base of support. Keep your arms straight but do not lock your elbows. Your back should be straight and your head should be in line with your spine. Keep your legs bent at your knees so that your feet are up and off the floor resulting in your lower body being supported by your knees. Look to an imaginary spot on the floor that is located in the middle of your hands. See Picture 1.

must do them on a hard surface (i.e. wood floor, cement, etc.), make sure you have a pad for your knees to rest on. See Picture 1.

Kneel down on the floor, bend forward

and support your upper body with your arms. Position your hands flat on the floor so that your thumbs are directly underneath your shoulders. Spread your fingers comfortably to

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Photo 2



Step Two: Lower your body to the floor to the count of two. Your nose should just barely miss the floor at the end of this step and you should inhale all the way down. See Picture 2.

Step Three: Push back up to the count of two and exhale. Do not lock your elbows when your arms extend.

Number of Repetitions and Sets: If you are a true beginner (many women fall into this category), you should do pushups every day for optimum improvement. Begin with five pushups every day and if possible execute three sets of five repetitions. Once you can do three sets of beginning five pushups effortlessly, move up to ten pushups in a set and attempt to execute three sets of 10. Upon being able to execute three sets of 10 with no trouble, move to 15 pushups in a set, again striving for three perfect sets. Lastly, move your daily program to 20 pushups in a set, three sets. After this it's time to graduate to standard pushups!

Standard Pushups

If you have experience with pushups or have reached a peak of three sets of 20 beginning pushups, standard pushups will really maximize the development of your upper body strength. A daily program is best, but every other day will also get results.

Step One: This step is the same as described in step one of beginning pushups with the exception of transferring the support of your lower body to your toes. Your legs should now be straight (knees not locked) and in line

with your spine and your head. Think of your body as one unit and you'll have the perfect starting position for standard pushups. See Picture 3.

Step Two: Lower your body to the floor to the count of two and inhale in the same manner as described in step two of beginning pushups. See Picture 4.

Photo 3



Photo 4

Step Three: Push back up to the count of two and exhale. Do not lock your elbows as your arms extend. Again, move your body up and down as one unit.

Number of Repetitions and Sets: If you've just graduated to standard pushups, do five pushups, three sets. However, don't be surprised if you can only do one set of five standard pushups for awhile. Work at it until you can effortlessly do five standard pushups, three sets. After you've attained this goal, keep increasing the numbers of repetitions in a set in increments of five every time until three sets can be done effortlessly.

Eventually, over a period of time, you'll reach your own personal peak in terms of the number of standard pushups that make up your three sets. For someone like Marty Hogan, his sets consist of large numbers of pushups. Your own personal peak may be quite different in terms of number of repetitions in a set.

After a few months of pushups on a regular basis, you should see at least a slight increase in the power of your game. Additionally, you will have discovered that pushups can be done anywhere, any place and at any time. What a way to go! ●

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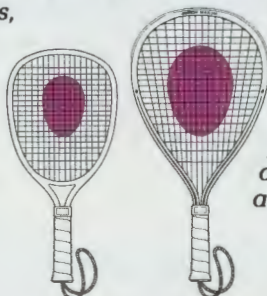
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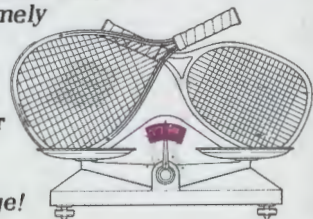
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