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Official Publication of the International Racquetball Association
\$1.50 • Vol. 8 No. 6 • July, 1979

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COVER: Photograph by Carole Charfauros, Assisted by Arthur Shay

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RACQUETBALL Magazine is printed and published by Towery Publishing Company, Inc., 1535 E. Brooks Road, Memphis, TN 38116 (901-345-8000) under the auspices of the I.R.A.

Publisher

J. Robert Towery

Editor

Larry Conley

Editorial Assistant

Robert Dickerson

Art Director

Murry Keith

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Editorial Contributors

Charlie Garfinkel, Frances Sheridan

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Art Contributors

Carole Charfauros, Calvin Foster,

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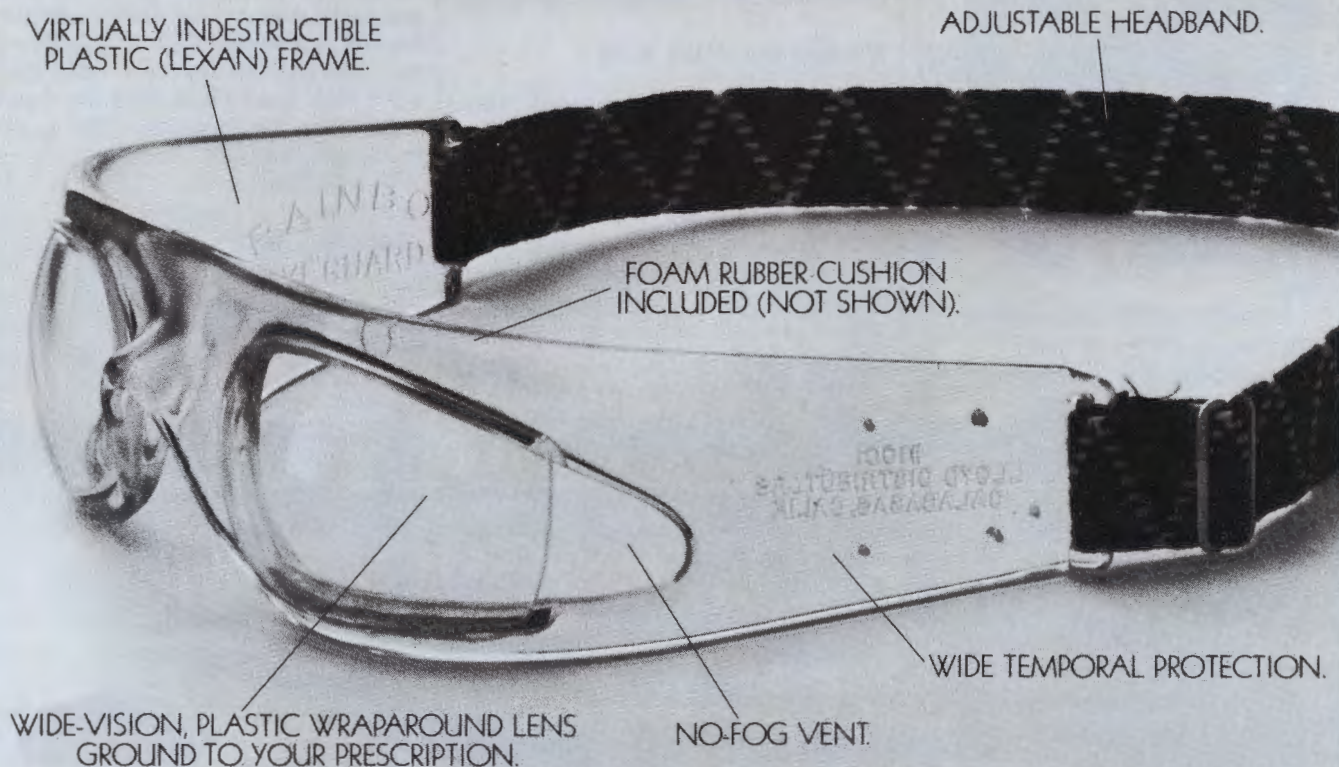
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For advertising rates, circulation and distribution information, write or call Towery Publishing Company, Inc.

All editorial communication should be addressed to RACQUETBALL, 1535 E. Brooks Rd., P.O. Box 16566, Memphis, TN 38116. Manuscripts must be typewritten and double spaced. Color and black and white photographs are welcome. Copy is required 45 days prior to the month of publication. Materials submitted for publication cannot be returned unless accompanied by a stamped, self-addressed envelope. Membership dues for the IRA include cost of subscription to RACQUETBALL Magazine: Single, \$10 for one year, \$18 for two years; Family, \$15 for one year, \$20 for two years. Rates are for U.S. possessions, military, Canada and Mexico. All other foreign countries add \$1.00 per year for mailing costs. Memberships are for 12 months regardless of date issued. Application to mail at second class postage rate is pending at Memphis, Tennessee.

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INDUSTRY NEWS



Shape Up With Voit

AMF Voit has combined three essential exercise aids into a complete exercise package for racquet sports enthusiasts.

A skip rope, a gym chest pull and two hand grips comprise the AMF Voit Racquet Sports Skill Builder. Also part of the package is a 16-page instructional manual, which includes an individual progress chart.

AMF Voit officials say skills in all racquet sports can be enhanced through conscientious use of the items in the package.

The skip rope helps build endurance while strengthening ankles, calves and thighs. The chest pull develops muscles in the arms and chest, while the hand grips improve the grip and provide added control of the racquet or paddle.

Women On The Road

One of the biggest complaints of women runners has long been that running clothes for women were, in a word, lousy. The clothes (often recycled men's gear) were in many cases uncomfortable and unattractive.

Two women, runners themselves, got fed up with this situation and decided to do something about it. They developed a line of running clothes especially designed for women. Marketed under the label Moving Comfort, Inc., the clothes are designed to eliminate the problems women experience with traditional running gear: chafing, bagginess and the tendency—in the words of the manufacturer—to “expose more than a woman's running ability.” The clothing is available in nylon, terry or poly/cotton blend and comes in several colors.

Women racquetball players who also like to get in a little running for exercise

can obtain further information about these running clothes by writing Moving Comfort, Inc., P.O. Box 2006, Arlington, VA 22202.

Keeping Records

If you're one of those people who likes to keep records—bank statements, family albums, baby books and the like—then a California company has come up with just the thing for you: a racquetball diary.

The GB Farms company of Calabasas, Calif., is now marketing a specially designed log that allows you to record the big matches, special tournaments, those tough and worthy opponents and your favorite equipment. Officially known as the “Racquetball Record,” this 7½” x 9” vinyl binder is divided into handy sections for quick reference. The section headings include such items as “Worthy Opponents,” “Partners To Remember,” “Tournament Play” and “Lessons.” Each section provides space to record pertinent information. Under “Lessons,” for example, there are entries for the date, length and quality of the lesson, the name of the coach and some do's and don'ts picked up during the session.

The “Racquetball Record” comes with a money back guarantee. For further information, contact GB Farms, Box 372-R, Calabasas, Calif. 91302.

Moving In

Robert D. Beebe has joined Penn Athletic Products Company as assistant product manager. He is based at the firm's headquarters in Monroeville, Penn.

Beebe previously was employed as a regional account executive for Repco, Incorporated of Orlando, Fla., a manufacturer of mobile communications equipment.

A native of Paterson, N.J., he was graduated from Florida State University and received a master's degree from the University of Central Florida.

Penn Athletic Products, an operating unit of The General Tire & Rubber Company's Chemical/Plastics Division, is the nation's largest manufacturer of tennis balls. The firm also makes racquetballs. ■

Descriptions of new products are as according to information provided by the manufacturer; products have not been tested by Racquetball magazine.

RECEIVING LINE

Letters To The Editor

I read the letter in your May issue from Paul Stredwick, which had to do with the article in *Sports Illustrated*. (The article was critical of racquetball.) There was a mention by Mr. Stredwick about a racquetball management school, Off the Wall University. There was no address for this school or even a location. Could you provide me with this information?

Teresa Dunne
Las Vegas, Nev.

[We did some checking into this and learned that the aforementioned Off the Wall University is more in the nature of an in-house training program for Sports Illustrated Court Clubs managers and staff personnel. The managers take

classes for about two weeks at the firm's corporate headquarters in Southfield, Mich. You can contact Barbara Diedrich, who's in charge of the program, at the Southfield office. According to our information, however, the program is not open to the public.]

We have enjoyed our subscription to *Racquetball* magazine. It fulfills the needs of racquetball club owners as well as players. Your magazine is very informative, helping us to keep abreast of new trends in our rapidly growing business... Thank you for providing it.

Janet Thomas
Program Director
Courtrooms I
Brunswick, Ohio

I would like to thank everyone involved who helped make the World Championships in Las Vegas possible. (See the story on page 14.) The hospitality was first class all the way and

the staff at the Supreme Courts did a magnificent job.

Also, I would like to express my enthusiasm over the direction the IRA has taken. The amateurs are the backbone of racquetball and it's their voice that counts. It's people like those three gentlemen over 65, and those people who drove from Canada just to compete in the championships that make racquetball the sport of the amateur.

Larry Fox
Cincinnati, Ohio

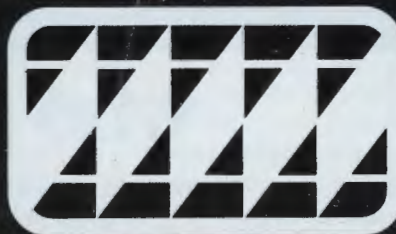
All racquetball players are obviously health buffs. My compliments to Tom Martin and *Racquetball* magazine for last month's article on vitamins.

DeWitt Shy
Memphis, Tenn.

Racquetball welcomes correspondence from its readers. Letters are subject to editing for clarity and length.

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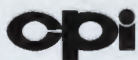
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NEW DIRECTIONS

Dear Members:

I would like to use this space to report to you the recent decisions of your board of directors. Meeting in Las Vegas prior to the World Amateur Singles Championships, the board voted on several matters that will change the nature of the game.

Naturally, whenever a group of racquetball players talk about the game, the most heated discussions center upon the rules. In my opinion, the board members showed tremendous courage in *not* adopting any major rule changes. Although much time was devoted to the drive serve and fast ball problems, none of the obvious alternatives gained the support necessary to generate rule changes.

One rule change that was approved in Las Vegas was to eliminate the screen serve in doubles. This change eliminates one of the referee's difficult decisions. It was the position of the board that in doubles, because there are two receivers, no serve could be screened in such a manner so as to deny the receiving team a fair chance to see the ball.

Many of you will be pleased about a change in the age division. A five-year span was adopted as opposed to the 10-year division. Accordingly, the new age brackets for both men and women will be 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65 up. Obviously, many local and state tournaments will not generate enough players to fill all of the brackets, but we are encouraging the use of the additional divisions whenever you have the members. Your local tournament directors will make the final decision. At the regional and national levels, provided a sufficient number of entries are generated, all age divisions will be accommodated.

I urge all of you to encourage your junior players to go to Memphis for the National Juniors Championships July 13-15. This promises to be an outstanding event supported by the IRA, Ektelon and Tred-2. Here is a chance for your younger players to see and play with the best—and most important, to experience the true spirit of racquetball. Several social gatherings are planned to promote the fellowship that may be the most important part of the game. Long after the scores are forgotten, the youngsters will remember the good times and the people they meet while playing racquetball.

I believe that 1979-80 will be the most exciting year ever in the short history of racquetball. Your state organizations should be making plans now to coordinate next season's tournaments. Get out there and look for sponsors and supporters who can help you organize low cost tournaments. Beware of tournament sponsors who have a history of high entry fees, provide little or no hospitality, and rush you on and off the court. Insist that tournament entries be limited to a sensible number of players and that consolation rounds be offered in all events. Your state organization can refuse to sanction tournaments that fail to use sensible guidelines. Unsanctioned tournaments will not be considered when national rankings go into effect next fall.

Have a nice summer.

Yours in racquetball,

Bob

Bob Folsom
President, IRA

Answers To Your Questions

The following are rules changes adopted by the IRA's Board of Directors at their recent meeting in Las Vegas:

Rule 1.2 Only one racquet may be used by each player during the play of a match.

Rule 1.7-Consolation Matches

(c) Consolation matches for all rounds through the quarterfinals shall consist of one 31-point game, with four "time-outs" per side, played without a referee with the participants keeping their own score.

(e) This rule (1.7) may be waived at the discretion of the Tournament Director, but this waiver must be in writing on the application.

Rule 3.4-Rule Briefing

Before all tournaments all officials and players shall be briefed on rules and on local court hindrances or other regulations or modifications the tournament director wishes to impose. This briefing should be reduced to writing. All of these changes must be available to all players at registration.

Rule 3.5-Referees

(2) Check on availability and suitability of all materials necessary for the match such as balls, towels, score cards, pencils and time piece.

Rule 4.1-Serve, Generally

(d) A serve is commenced as the ball leaves the server's hand. The ball must bounce on the floor in the service zone and on the first bounce be struck by the server's racquet in an obvious attempt to serve the ball. The ball must strike the front wall first and on the rebound hit the floor back of the short line, either with or without touching one of the sidewalls. A balk serve or fake swing at the ball although the ball has only been bounced once, shall be deemed an infraction and be judged a hand out or side out.

(e) Readiness. The serve shall not start until the referee has announced the score, and, at that point in time, the ball must be put into play within the ensuing 10 seconds or a side out or hand out can be called against the server or receiver for delay of game. To insure continuous play, the server must go directly to the ball, retrieve

same and return by the most direct means, so as to position himself in the server's box ready to serve after every side out, hand out or point. The receiver(s) must go directly to his (their) receiving position(s) and be prepared to receive the ball anytime after the score has been called and before the elapsed 10 seconds has taken place. Once the score is called, the only option available to the server(s) or receiver(s) to stop play, is to call a time-out.

Rule 4.1 (c) The serve must be started within the service box.

Rule 4.4-Dead Ball Serves

(b) A screen serve is one which passes within 18 inches of the server or the server's partner to obstruct the view of the returning side. Any serve passing behind the server's partner and the sidewall is an automatic screen.

Rule 4.6-Out Serves

(f) Crotch Serve-If the served ball hits the crotch in the front wall it is considered the same as hitting the floor and is an out. A crotch serve into the back wall is good and in play. A served ball hitting the sidewall crotch (as in a "Z" serve) beyond the short line is good and in play.

Rule 4.7-Return of Serve

(b) Defective Serve. To eliminate any misunderstanding the receiving side will not catch or touch a defectively served ball until called by the referee or until it has touched the floor for the second time.

Rule 4.9-Rallies

(h) Play Stoppage.

(2) If a player loses control of his racquet or other personal equipment, time should not be called until after the point has been decided, providing the racquet or equipment does not strike an opponent or interfere with ensuing play.

Rule 4.16-Age Group Divisions

Seniors 30-34 both Men and Women designate as Junior Seniors
Seniors 35-39 both Men and Women designate as Seniors
Seniors 40-44 both Men and Women designate as Veteran Seniors.
Masters 45-49 both Men and Women designate as Masters
Masters 50-54 both Men and Women designate as Veteran Masters

Court size for 3-wall - long wall:

Front wall is 20' wide and 20' high. Sidewalls are 20' high and 40' long

perpendicular to the front wall. The sidewalls may taper, from 20' high down to 12' at the end of the sidewall. All line dimensions are the same as regular 4-wall racquetball.

Court size for 3-wall - short wall:

The front wall shall be 20' wide and 20' high. The sidewalls are 20' x 20'. Again the sidewalls may taper from the height of 20' down to 12' at the end of the sidewall. All line dimensions are the same as regular 4-wall racquetball.

Another rule approved was that there be no screen serve in doubles except when the ball goes behind the body of the server's partner.

Discussion ensued regarding trying the use of one serve in tournaments in which board members have a direct involvement until October, when the possibility of eliminating the second serve officially from IRA rules will be reviewed.

In other action, Keith Calkins, national rules chairman, announced that the following individuals have been selected to serve on the national rules committee:

(1.) Bill Dunn—Past national rules commissioner and currently assistant director of operations for Golden Gate Racquetball Courts. Address: 39812 Mission Blvd., Suite 206, Fremont, Calif. 94538. Phone: 415-651-1584.

(2.) Mark Wayne—Current member of the IRA board. Address: 44988 Cree Ct., Fremont, Calif. 94538 Phone: 415-656-5740.

(3.) John Wagoner—Chairman of the physical education department at Chabot College, Wagoner has played and taught racquetball for 10 years. Address: Chabot College, 25555 Hesperian Blvd., Hayward, Calif. 94545 Phone: 415-786-6927.

(4.) Dr. Bruce Werner—Department chairman and athletic director at Cosumnes River Community College, Werner is an active player who has taught racquetball for 11 years. Address: Cosumnes River Community College, 8401 Center Parkway, Sacramento, Calif. 95823. Phone: 916-241-1000 ext. 261.

(5.) Ed Martin—Newly elected member of the IRA board and co-chairman of the national juniors program. Address: Sun Oaks Racquet Club, 3452 Argyle, Redding, Calif. 96001. Phone: 916-241-2613. ■

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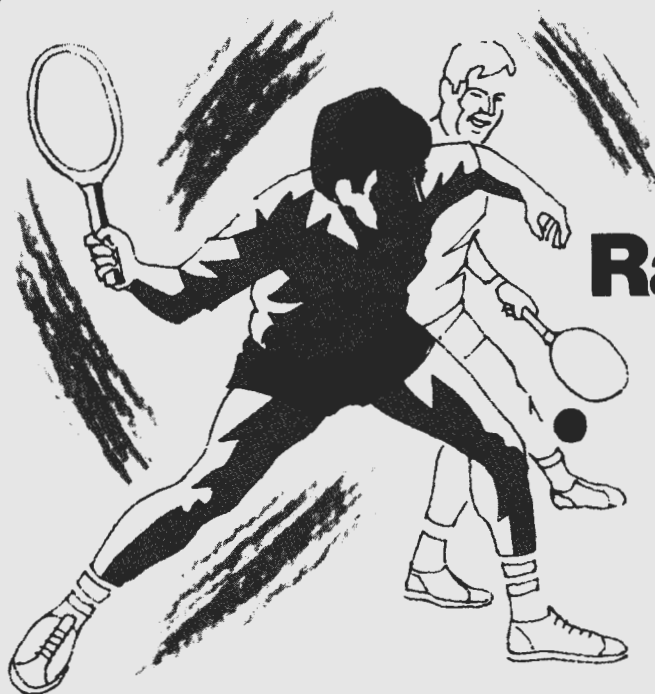
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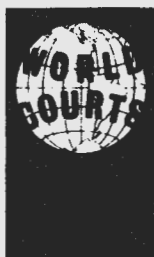
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Larry Fox (left) and John Egeman
in the Men's Open semifinals.

SHOW TIME IN VEGAS

THE IRA SINGLES CHAMPIONSHIPS-BY CHARLIE GARFINKEL

Larry Fox, a 19-year-old Michigan University freshman, summed up this year's IRA World Amateur Singles Championships well. Fox had reached the Men's Open semifinals in the tournament at the Supreme Courts Sports Center in Las Vegas and remarked, "I can't believe it. I'm only 19 and I'm the old man left in the tournament." He was right. The other semifinalists in the Men's Open were Scott Hawkins, 18; Doug Cohen, 17; and the "kid" of the foursome, 16-year-old John Egerman, the eventual winner in this division. With so many young players in the semifinals, a few tournament participants (usually those who had lost in earlier rounds) were heard grumbling that they thought the national juniors tournament wasn't scheduled until July.

Tournament regulars had good reason to be amazed by the spectacular performance of young players at the Singles Championships. While a handful of teenagers was dominating play in the Men's Open division, a 17-year-old was winning in the Women's B division, a 14-year-old was battling his way into the round of 16 in the Men's B and a 20-year-old (virtually an old woman by these standards) was mopping up in the Women's Open. As one of the young lions in the tournament remarked, "This is a young man's game."

That may be true, but with acknowledged masters like Dr. Bud Muehleisen and Jim Austin present at the tournament, the youngsters found they could still learn a thing or two about the way the game should be played. Overall, the Vegas tournament drew some 400 participants, hailing from virtually every state in the nation and four foreign countries. IRA Executive Director Luke St. Onge said this year's tournament was the most successful in the 11 years that the Singles Championships have been held. It was certainly one of the most exciting tournaments in years—just ask anyone who was there.

Men's Open

This division yielded the major story of the tournament with John Egerman's incredible victory over 74 of the top Open players in the country and one

foreign entry (Al Stock from Holland). The 5' 8" Egerman looks like a Harvard medical student, with thick horn rimmed glasses and the court demeanor of one much older.

Egerman's triumph in the Open division made racquetball history, establishing him as the only person ever to hold concurrent senior and junior amateur titles. Last year, he won the boys 15-and-under division at the IRA junior nationals. As if that weren't enough, the Boise, Idaho native is the odds-on-favorite to capture the boys 17-and-under title at the IRA's National Juniors Championships this month, and he will almost certainly turn pro at the beginning of next season. If they ever give out an award for the player whose star has risen the most during the last year, my vote goes to John Egerman.

In the finals at Vegas, Egerman defeated Scott Hawkins from Santa Clara, Calif. Hawkins is the IRA's reigning National Boys Champion in the 17-and-under category and resembles a much thinner version of Chris Reeves of Superman fame. He played well against Egerman, but it was to no avail. The kid from Boise was not to be beaten in this tournament, not even by one of his fellow boy wonders.

Hawkins started off game one by quickly jumping to a 4-0 lead. He used his 6' 2" frame to power the ball past the smaller Egerman. Egerman, in turn, tried to slow the game down to negate Hawkins' power. Hawkins proceeded to increase his lead to 8-4. From this point on the players stayed fairly close, with Egerman finally tying the game at 17-7. He was constantly passing Hawkins and keeping him off balance. This tactic helped Egerman to go ahead in the game 20-17.

Then, Egerman doublefaulted. "You just blew the game, Egerman," Hawkins taunted. Egerman, who had played it cool throughout the tournament, never even blinked.

Hawkins served. Egerman's service return passed Hawkins so fast that he never even completed his follow-through. Egerman came in to serve and quickly rolled out Hawkins' service return to win the first game 21-17.

After such a close first game, everyone thought that game two would be a real knock-down, drag-out fight. But that was before John Egerman went wild. Maybe Hawkins' taunting of him

late in the first game made him mad. Or perhaps he just figured it was time to get the match over and take in some of the sights of the Vegas Strip. Whatever the reason, Egerman completely dominated Hawkins in the second game to take the championship match in a walk.

Quickly jumping out to an 8-0 lead, Egerman's selection of serves and shots was outstanding. He repeatedly shot when Hawkins thought he would pass. And when Hawkins set up for a shot, Egerman passed.

Hawkins took an early time-out to try to turn things around. It was no go, however, as Egerman forged on to a 14-2 lead. Complete frustration set in at this point, as Hawkins took his second time-out and left the court. Then a remarkable thing happened. Hawkins proceeded to change his glasses and replace them with contact lenses. As he said later, "I just couldn't believe the shots John was making. I thought I might have the wrong prescription in my glasses and that maybe the contact lenses would clear up the picture." The way Egerman was playing at this juncture, however, two high-powered telescopes probably wouldn't have helped.

Egerman continued to build his lead to 17-2. Finally, Hawkins mounted a mild comeback to 17-7. But that was it. Egerman closed out the match with some great serves and kills to win 21-17, 21-7. As he walked off the court, spectators could already be heard mentioning his name in the same breath with Marty Hogan's. Such comparisons, I suppose, are the cost of fame.

In Egerman's semifinal match he was pitted against the brash and cocky Larry Fox of Cincinnati, Ohio. Some odds makers gave Larry a good shot at winning the Open division after top-seeded Bobby Bolan was upset 8-21, 21-12, 15-12 by Allen Kent in the round of 16. Fox, who was seeded sixth, put on a tremendous exhibition of shot-making before succumbing to Egerman 21-12, 20-21, 15-12.

After splitting the first two games, Egerman jumped out to a 10-4 lead. Fox showed his mettle with some great shot-making and rallied to tie at 10-10. Egerman proceeded to produce his best racquetball of the match. He rolled out two forehands to make it 12-10, hit a left sidewall pinch for 13-10, and hit another forehand roll-out to make it 14-10. Fox rallied to 12-14, but lost the match when



Larry Fox dives for a shot in the Men's Open.

he skipped in a forehand shot.

In the other semifinal Scott Hawkins defeated Doug Cohen of St. Louis 21-9, 21-13. It was a good hard-hitting match, but Hawkins was just too strong for the relatively inexperienced Cohen.

Cohen had some interesting remarks to make after his match. "This is a young man's game," he said. "You have to be young to keep up with the speed of the ball. All the young players have got the 'good whip.' I just have to work at perfecting it. I know that I can." Cohen will get a chance to test his "good whip," if, as expected, he runs afoul of John Egerman in this month's junior nationals.

In the quarterfinals Scott Hawkins and Bob Deuster of Chicago played one of the most exciting matches of the tournament. The pair split the first two games of the match, 21-12 (Hawkins) and 21-20 (Deuster). In the tiebreaker, Hawkins was losing 11-4 before he mounted a great comeback. He started hitting hard drives and z-serves. Deuster gave him many weak returns; Hawkins dutifully put the returns away. Finally, Hawkins tied the game at 12-12. Then,

during the next five minutes, the two players made some incredible gets and shots to once again tie the game at 14-14. Tension hung in the air like a shroud. As the game progressed, each player had two chances to win while serving. Finally, Hawkins hit a passing shot that seemed to bounce the opposite way from Deuster. The match was over!

I was so nervous that I gnawed my nails to the nub. That's hard to do as my toes are a long way down.

The quarterfinal pairing of Cohen and Allen Kent was another closely contested match. Cohen finally won by the scores of 21-20, 20-21, 15-10. Cohen's youth and stamina helped him win out over the 30-year-old Kent, who was still on an emotional high after defeating top-seeded Bobby Bolan in the previous round.

Larry Fox defeated Stan Wright in the third three-game match of the quarters by the scores of 11-21, 21-17, 15-4. Wright, a former National Doubles Champion and the third-seeded player in the tournament, is a lefty with a tremendous drive serve and a dynamite forehand. He was awesome in the

previous round when he crushed former pro Randy Stafford 21-8, 21-5.

He continued his outstanding play in his 21-11 first-game win against Fox. "Stan was amazing," Fox said. "He scored point after point on his serve. I wanted to give him a saliva test. Being a lefty, he bothered me a lot. But then I slowed down the game and this turned the match around. In game three I mixed up my lob serves with hard z's. I got a big lead and was able to win handily."

Meanwhile, in the final quarterfinal match, John Egerman was having problems of his own tangling with Rich Handley. Handley, a former pro at the Las Vegas host club, has a wide variety of hard serves. This enabled him to throw Egerman's timing off. Handley quickly jumped out to a 14-5 lead. Then, Egerman said, "I started playing defense completely. I managed to tie at 18-18 and ran the game out at 21-18."

Game two was close until 16-15. Then Egerman made some fine shots and clean passes to win the match 21-18, 21-16.

Even in Egerman's round of 16 match he had trouble, this time in the form of

Mark Hegg of Oklahoma. Eggerman was losing to Hegg 11-21, 16-18. Amazingly, Eggerman again came through with the needed shots and won the second game 21-18. He then went on to win the tiebreaker 15-7.

The performance of John Eggerman and the other young players in the Open division is bound to be talked about for a long time in racquetball circles. That was the week, people will say, when the youngsters came of age.

Women's Open

The winner and top-seeded player in this division was an attractive 20-year-old Californian, Sheryl Ambler. Ambler is a relaxed player who gives you the impression that she's not really that concerned about winning. Once on the court, however, she becomes all business and a fierce competitor.

In the finals Ambler was pitted against Francine Davis of Philadelphia. Davis, who, along with Elaine Lee, won the IRA's women's open National Doubles title last October, is an aggressive player who hits hard off both the backhand and forehand sides.

The first game was close until 10-10. At this point in the match Ambler started hitting hard, low serves to both sides. Davis had trouble returning the serves and left easy shots for Ambler to put away. Ambler's concentration was helped by her coach Gene Gibbs, who was constantly shouting and giving her hand signals from upstairs.

Ambler went on to win the first game 21-11. Her first game display was so overpowering that Luke St. Onge, the IRA's executive director, commented that "she hits the ball harder than I do." Now if you've ever seen Luke hit the ball, this may not seem like much of a compliment. Suffice it to say that everyone was impressed with Ambler's game.

After game one, few people gave Davis much of a chance in the second game. These gloomy predictions seemed to be borne out as Ambler opened up a big lead early in the second game.

But I happen to know Francine Davis well, and I saw her win in the Regionals this year. She never gives up, as Ambler soon discovered. Davis began mixing up her serves and shot the ball unerringly. She was patient with her ceiling ball game and this seemed to disturb Ambler's concentration. Amazingly, Davis continued to fight back from her early game deficit and finally eked out a slim victory in game two, 21-19.

Game three, however, was all Ambler. Her serves and shots were going in as they had in game one. She completely overpowered Davis to win



Francine Davis (left) and Sheryl Ambler in the Women's Open finals.

the third game 15-4. Ambler's victory is all the more remarkable in light of the fact that as late as last year, she was still playing on the "B" level. If she continues to improve at such a rapid pace, she should be a powerful threat on the pro circuit in the very near future.

True to form, Ambler began playing racquetball in a rather offhand fashion. "I was sitting around by my fat self," she said, "and a friend called and asked if I'd like to play racquetball. I did and I was hooked. Now I play almost every day.

"I know a lot of people wonder what codes I work with Gene during the match. Let's just say we use a secret gibberish."

In the semis Ambler defeated Barbara Faulkenberry of the Air Force Academy 21-17, 21-14. The scores tell the story. In an extremely hard fought match, Ambler simply served and put away a

few more shots than Barbara to prevent her from springing a mild upset.

In the other semis, Davis was defeating her former teammate Elaine Lee of Lancaster, Penn., 21-19, 21-7. Lee, a smooth stroking lefty, had her chances to win game one. She didn't take advantage of them. In game two Davis' power and Lee's unforced errors helped Davis to a relatively easy 21-7 win.

In the quarterfinals, Ambler defeated Bonnie Stoll of Connecticut 21-7, 21-14. Stoll played well but didn't quite have the consistency to stay with Ambler.

Barbara Faulkenberry defeated Virginia's Pat Tillotson in another quarterfinal match, 21-14, 13-21, 15-11. Tillotson is a strong player who simply needs more tournament experience. After that, she'll be a threat to everyone.

In her quarterfinal match with Donna



Barbara Faulkenberry (foreground) and Sheryl Ambler in the Women's Open semifinals.



Gene Grapes (foreground) and Rudy Mikowetz in the final match of the Golden Masters 55+.

Egnew of Massachusetts, Elaine Lee was at the top of her game as she won by the scores of 21-12, 21-5. Egnew never got a chance to get started.

In the final quarterfinal match Francine Davis had a close first game with Mary Dee at 21-18. She dominated play to win the second game 21-6.

Men's Seniors

Jim Austin, the Men's Senior winner, and I have one thing in common. Austin has won the Men's Senior title three years in a row. And I have watched him win the title three years in a row!

Each year it's the same old story. Everyone says, "Play his forehand!" So they do, and Austin beats the pants off them. Austin's forehand may be unorthodox, in that it is hit like a tennis stroke, but his pinch shots and volleys are superb. Just ask his opponents.

In the Seniors finals Austin completely demoralized surprise finalist Roger Ehren of California 21-9, 21-9. Austin's unorthodox forehand was working so well that there was no place for Ehren to hit the ball to.

"I owe a lot to my wife," Austin said after the match. "I feel great when she's cheering for me. I had never won a national championship until I met her."

As for Roger Ehren, the finals was disappointing after his great play in the earlier rounds. "I feel that I can defeat anyone on a given day," Ehren said in explaining his loss. "I have every shot and I'll try to use them. But today it didn't matter. Austin was just too good." That comment pretty much sums it up.

In the semis Austin defeated Tom Ballantine of Portland, Oregon 21-17, 21-14. Ballantine was down 20-5 in the second game and made a great rally to get back to 20-14. It wasn't quite good enough, however.

Meanwhile, in the other semifinal match, Roger Ehren was defeating Spencer Johnston 21-16, 21-10 in a somewhat erratic match. Johnston had advanced to the semifinals by upsetting Bill Condratow, the Canadian seniors champion, and Bob Hardcastle of Missouri.

By now you must be wondering what happened to Charlie Garfinkel, Bill Dunn and Mark Wayne, who were the

respective second, third and fourth seeds. Well, they lost.

Wayne fell to Ballantine 21-19, 21-14 in the round of 16. Garfinkel, the present IRA national senior singles invitational champion, lost to Ehren 21-20, 21-8 in the quarterfinals. And Dunn lost to Bob Hardcastle in the round of 16. Hardcastle made what has to rank as one of the greatest comebacks in racquetball history to win the match. He was destroyed in game one 21-1. He came back to win the next two games 21-10, 15-11 by serving well and rolling everything out on his forehand.

As for Jim Austin, his hometown of Houston can be rightly proud of him. Not only did he win his third straight Seniors title, but he also didn't lose a game for the third straight year.

Men's Masters

Dr. Bud Muehleisen won his thirty-eighth national championship in Vegas by capturing the Men's Masters title. The 48-year-old San Diego dentist, one of the most well-known names in racquetball, beat former pro basketball great Al Ferrari 21-9, 21-11.

Muehleisen seems to get better and better as he gets older. His wide variety of shots, deadly forehand and amazing affinity for being in the right place at the right time would serve as a guide for all racquetball players to follow, young and old alike.

You had to feel sorry for Al Ferrari. He caught Muehleisen at his very, very best. And to add to his troubles, Ferrari wasn't as sharp as usual.

"Bud was too tough," Ferrari said after the match. "I've played better and I'll just have to wait until next time."

In the semifinals Muehleisen defeated Don Clark 21-17, 21-6. Clark is a lieutenant colonel in the Air Force and is deceptively quick for a big man.

In other semis Ferrari defeated Pat Colombo of White Plains, New York 21-13, 21-13. Colombo, an air lines pilot, was flying around the court and made some great shots and gets. Unfortunately, he wasted some shots when the opportunity presented itself.

We don't usually talk too much about third place playoffs. However, the third place match with Colombo and Clark was a classic. Both players played their hearts out and made gets that would have been difficult for men 20 years younger. They split the first two games and the tiebreaker went to 14-14. Clark hit a perfect ace serve to the right to win the third game 15-14.

Women's Seniors

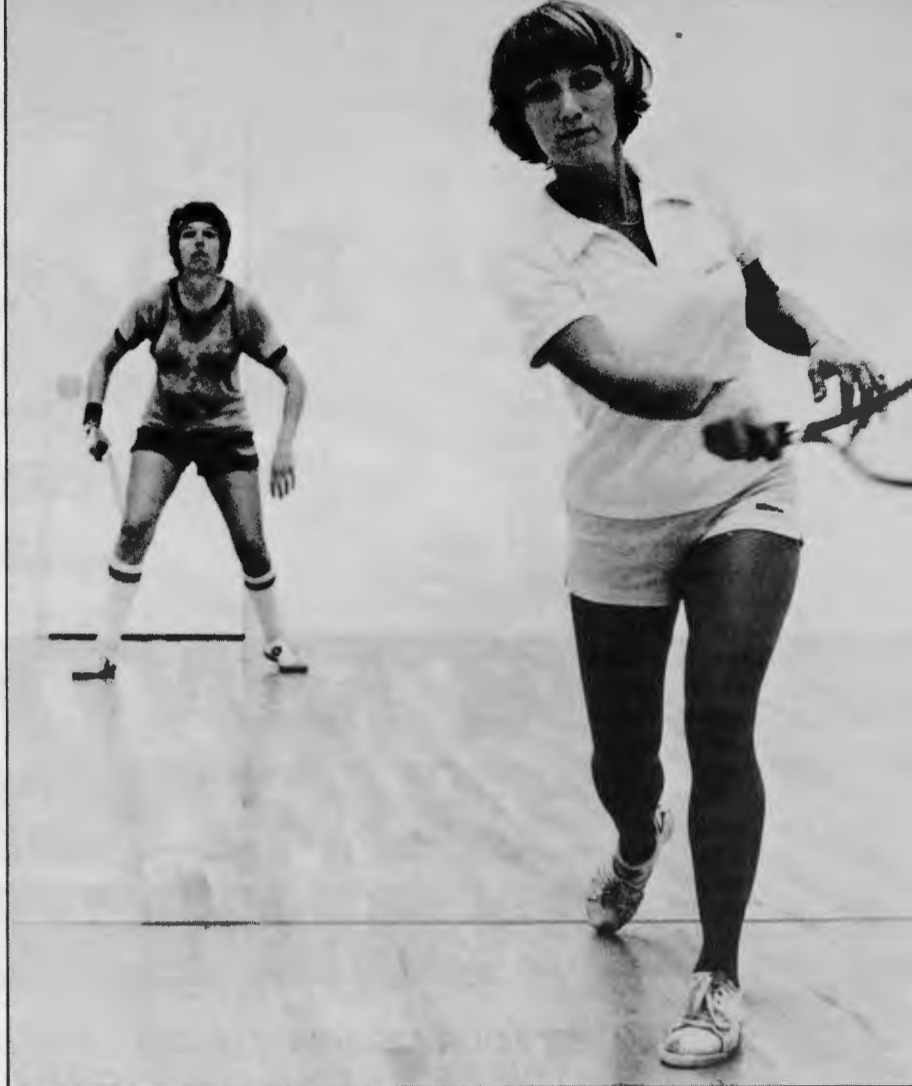
In this division, Linda Siau of California defeated the hard-hitting Ruth Wojcik of Arizona in a close 11-21, 21-20, 15-12 final.

Siau is 36 years old and is a pro at the Riverside, Calif., Racquetball Club. She lost the first game and was losing 10-2 in the second. Wojcik was serving so well that Siau was having trouble returning the ball to the front wall. "Amazingly, I started returning her serve better," Linda said. "I got some confidence and tried to extend the rallies. I felt that Ruth was getting tired and I was lucky to pull out the second game. My conditioning won for me."

Wojcik, who's from Tuscon, thought she had the match won. "Linda hung in and I got tired in the third game. My three-game match with Betty Weed in the semifinals didn't help.

In other action at the Vegas tournament, Sue Graham won the Women's Masters round robin by going undefeated against five opponents. In fact, she didn't lose a game.

In the Men's B, Steve Zieg of California beat Al Clausen of Idaho 21-20, 21-8 to win the title. One point of interest in this division was the fact that



Linda Siau (foreground) and Ruth Wojcik in the Women's Seniors finals.

14-year-old Shawn Fitzpatrick of California advanced all the way to the round of 16 before being eliminated by Clausen.

In the Women's B, another of the tournament's youthful wonders, 17-year-old Belinda Alcantara of San Diego, defeated fellow Californian Lori Mullan 21-8, 15-21, 15-14.

Gene Grapes of Pittsburgh won the Golden Masters 55 and over title with a 21-18, 21-20 thriller over Rudy Mikowetz of Ottawa, Canada. Grapes is the present IRA national masters doubles champion along with Al Schattner.

Memphian Ed Lowrance prevailed in the Men's Golden Masters 60 and over division, beating Luzell Wilde, a Utah insurance salesman, 21-18, 19-21, 15-12 in the finals.

And in the Men's Golden Masters 65+ division, Lawrence Rankin won the round robin event without losing a match. A retired Navy man, Rankin plays four to five times a week at the Siesta Village Racquetball Club in Riverside, Calif.

In a final tournament note, there is the following. According to IRA officials, tournament participants consumed over 350 cases of beer, 2,100 egg Mc-

Muffins and an equal number of hamburgers during the course of the tourney. This is in addition to untold thousands (or hundreds, depending on which tall tales you believe) of dollars in cash won and lost at various gaming tables around town. As one participant said prior to heading for parts unknown, "Vegas will never be the same." ■

Time Out: Many Thanks

To: Pete Peterson, manager of the Supreme Courts Sports Center, and his wife, Nancy.

To: Bob Justice, Nevada state director, and Jeff Justice.

To: Fred White and Pete Singer, floor managers.

To: Don Kilgore.

To: Kim Becker of McDonald's and her entire staff.

To: The staff of Supreme Courts Sports Center.

To: All participants who helped make the IRA World Amateur Singles Championships an outstanding tournament.

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Plop, plop, fizz, fizz! That's the sound of relief, or at least so goes a well-known television commercial. It's also the sign of a body in trouble, as it struggles to recover from the digestive nightmare of eating the wrong thing, in the wrong combination, at the wrong time. You are not so much what you eat, nutritionists say, as what you *digest*. And when it comes to digestion, time is of the essence.

This is especially important to the athlete. Because where sports performance is concerned, there is no adventure in getting from here to there that compares with eating and what

Connecticut writer, Frances Sheridan Goulart, is the author of Eating to Win: Food Psyching for the Athlete.

TIME OUT

**Feeding Times
For The Athlete**
By Frances Sheridan Goulart

comes after. You need to know what's going down, what it'll do when it gets there and what you can do to speed things along. There's a big difference, for example, between munching a bran muffin prior to a match and polishing off a pork chop. It's the difference between going into a match energetic and alert, or saddled with that queasy, stuffed feeling that comes from having eaten too much, too soon. It could, in short, mean the difference between winning and losing.

"The timing of eating may be as important as what is taken in. . .," says Arthur L. Dickinson, U.S. Olympic ski coach. "Movement of food from the stomach and its digestion can be slowed or stopped by emotions generated by the nearness of competition. Therefore, pre-competition nutrition is based on food

ILLUSTRATION BY CALVIN FOSTER

each athlete knows will dampen hunger but will not lie in the stomach with all the discomfort of a 10-pound dumbbell."

If you want your body to be the hero, then, Steve Strandemo advises you "eat a balanced meal at least 3½ hours before a tough match. Let the digestive system complete its cycle. You'll play better when you're a little hungry."

It makes sense. After all, digestion is a very delicate and complicated process, requiring the use of a variety of enzymes, acids and other fluids to break down food into fuel your body can use. If you eat too soon prior to a match, all these forces may be still at work when the match begins. And you don't want a lot of juices and such jiggling around inside as you chase down a cross-court pass shot. That won't help your digestion or your game, either.

So, to keep the total reserve of your body available for athletic activity, don't super up your digestive machinery. Remember, overeating won't make a Jennifer Harding or Jerry Hilecher out of you. More likely than not, it will simply make you feel bloated, because there are definite limits to the amount of fuel—technically known as glycogen—

that your liver can store up. The rest of that improperly-digested food just languishes in your digestive tract to eventually waste or spoil. And thus begins food poisoning.

Pre-game is also no time for spicy, greasy or very sweet foods. Some nutritionists believe that eating junk food puts a mucous coating on the inside of the small intestine. The body does this, the nutritionists say, to protect itself from an overly acid or alkaline diet, or a highly irritating one. And what could be more irritating than a taco with chili sauce, or a greasy hamburger and fries? Also, sugar and sweet foods in general tend to slow digestion down, (Remember your mother's warning not to "spoil your appetite" with sweets before dinner? She was right.)

So what can you eat prior to a match to stay alert and light on your feet? Well, the best pre-game diet is a liquid diet. Indeed, x-rays show that solid meals before athletic events are not well digested and therefore do not produce the energy they would under more relaxed conditions. Liquids, by contrast, can be digested without stress in less than three hours (often much faster), and can be used for either weight gain or loss as well as nourishment.

Fruit and vegetable juices, for example, make excellent pre-game nourishment, digesting in from 5 to 15 minutes. There are also a number of new "liquid meals," powders and food solutions served in milk, broth or juice that can give you the energy you need for athletics without the heaviness associated with solid foods. There are even some indications that liquid meals actually have a beneficial effect on athletic performance.

After introducing the meal-in-a-mug idea in experiments conducted at the high school level in 1968, the nutrition newsletter, *Athletic Journal*, reported that the team involved sustained fewer injuries, had a lower incidence of muscular cramping than the preceding year and recorded its best overall season in years. And in another study run by the University of Nebraska on its football team, those who took the liquid meal before a game experienced less dryness of mouth, improved strength and endurance, with both vomiting and muscular cramps eliminated. If you recognize any of your own post-meal or pre-game complaints in that list, you might do well to consider the liquid meal.

But if you prefer to pass up liquid

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meals, there are some solid foods which make for easy digestibility. Noodles, for instance, because of their high water content, are highly digestible. So are sprouted foods—beans, lentils, grains and such that are soaked in water until they germinate, or sprout. Sprouted foods, in fact, rank near the top of the digestive hit parade, because they allow you to eat with impunity foods that ordinarily might give you a lot of intestinal back talk. Beans, for example, lose their gaseous properties during the sprouting process, as do members of other gas-producing vegetable families like cabbage and brussel sprouts. And according to Jethro Kloss, author of *The Back to Eden Cookbook*, "Peas, beans, lentils and grains can be sprouted, (thereby) turning the protein into pure peptones and amino acids to a great extent, and the starches and sugars into dextrose and grape sugar. They are then very easy to digest."

Generally speaking, a diet of unfired foods is the one most likely to light a fire under you in terms of energy. This includes foods like a green salad, nuts, fruit or dates. Such foods will leave your digestive system cleared for action much quicker than cooked foods. Indeed, according to the *Annals of Internal*

Medicine: "A normal diet of cooked and processed foods passes through the gut in 80 to 100 hours. A high raw food diet goes through in only 18 to 24 hours. While food is languishing in the intestines, it may be throwing off chemicals that poison some of the systems involved in carbohydrate metabolism. . . The absorption of carbohydrate from raw foods is also a much smoother process."

But all the good food in the world won't do you any good, no matter *when* you eat, if you don't eat it in the right combinations. Food combining, in fact, is an important part of any "foods for fitness" plan. This is because different foods require different mediums and sets of enzymes in order to be smoothly digested, and some foods actually work against one another in the digestive process. For instance, combining a starch such as bread and a protein like cheese only results in an intestinal traffic jam, since nature decrees that starchy food must be digested first while protein waits its turn.

Likewise, wheat germ and honey is another thumbs-down combination that probably won't get digested well and therefore will produce only a small part of the energy it should. In the same

league are cream and sugar (bad news for many coffee drinkers), or fruits and vegetables. On the other hand, if bread and butter is your bread and butter, you're in luck. There are a number of often-partnered foods that don't combine nearly as well as these two. A vegetable salad with a cup of cashew nuts is another good get-together. So is steamed asparagus and a plate of peanuts, or cottage cheese on top of some fresh beet greens.

In general, to be sure that you're getting a properly combined pre-game meal, you should bear in mind the following guidelines:

- Natural hygienists advise that if you're looking out for number one, your number one rule should be to have only one starch at a meal (bread and potatoes, for instance, is a no-no), with no sugars added. Otherwise, fermentation is almost inevitable.

- Water should be drunk separately. When used to wash down food, it tends to dilute stomach juices and wash away those enzymes needed to digest the food to begin with. Starches especially should be eaten dry and salivated well before swallowing.

- Eat only one concentrated protein at

(cont. on p. 26)

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Southfield, MI
Voit/Datsun

October 12-15

Boise Cascade Charity Pro-Am
Court House
Boise, Idaho
Tournament Director:
Bob Petersen
208-377-0040

October 18-21

I.R.A. National Doubles
Championships*
Oklahoma Racquetball Club
Oklahoma City, OK
Tournament Director:
Luke St. Onge
901-761-1172

October 19-21

Des Moines Open
Des Moines YMCA
101 Locust St.
Des Moines, Iowa 50309
Tournament Director:
Bob Albright
515-288-0131

July 27-29
Racquet Club No Shore
Racine, WI
State B, C, & Novice
Tournament Director:
Tom Radai

Wisconsin State B,C, & Novice
Tournament*
Racquet Club No. Shore
Racine, WI
Tournament Director:
Tom Radai

1st Annual Summer Sweat
Sport Plaza
721 Lindberg
McCallen, TX 78501
512-682-1597
Tournament Directors:
Ken Kachtik
Tom Gautreau

***I.R.A. sanctioned tournaments**

The Sports Gallery
Anaheim, CA
Voit/Datsun

August 17-19
I.R.A. Masters Invitational
Doubles*
Tournament Director:
Ivan Bruner
608-271-3131
Supreme Courts
Madison, WI

August 24, 25, 26
Yogi Berra's/Lite Beer Grand
Prix for Muscular Dystrophy*
Yogi Berra Hall of Fame
Fairfield, New York
Tournament Director:
Pete Talbert
201-227-4000

Courts of Appeal
Staten Island, NY
Voit/Datsun

September 28, 29, 30
Yogi Berra's/Lite Beer Grand
Prix for Muscular Dystrophy*
Yogi Berra Hall of Fame
Fairfield, New York
Tournament Director:
Pete Talbert
201-227-4000

September 28-30
Texas State Championships*
Racquetball and Handball
Clubs of San Antonio
Tournament Director:
Bruce Hendin
512-344-8596
512-349-2781

October 4-November 11
Omega Racquetball Classic*
14 cities across the U.S.
sites to be announced

November 2-4
Long Island Open*
Site to be announced
Tournament Director:
Al Seitelman
516-288-1448

November 9-11
Telegraph Hill Racquetball
Club
San Francisco, CA
Voit/Datsun

November 10, 11, 12
Nittany Lion Open*
Penn State U.
Contact: Jere Willey
814-865-6588 work
814-238-2864 home

CALENDAR

(cont. from p. 23)

a meal. Eggs and milk, for instance, are out. As are meat and milk. This is because, among the proteins, flesh foods require the greatest amounts of gastric juice while milk requires the least.

• Don't combine protein and fat since fatty meats slow digestion down to a walk and inhibit protein breakdown for two hours, maybe longer. And fats are easier to digest when you combine them with green vegetables.

One final word here. While you're taking care of your pre-game diet, don't forget that wise eating *after* a game is also important. "At the end of a hard workout," says Olympic coach Dickinson, "the stomach is in no shape to receive food for at least one half-hour, and 45 minutes is preferable." And Michio Kushi, author of *The Macrobiotic Way of Natural Healing*, reminds us that eating when you're tired "may mean only 20 to 30 per cent of the food taken into the mouth is being absorbed. Don't eat when you are extremely fatigued." Stress induced by athletic activity may add an extra two to four hours to the digestive process, and that stress doesn't dissipate immediately. So post-tournament munching out should be postponed for an hour anyway. Drinking fruit juices for an hour or so is

a safer bet than tossing off an Egg McMuffin.

These, then, are some of the ways you can keep your stomach happy before, during and after a match. But before you eat and play again, you might want to consider some common foods and the

time it normally takes to digest them, as shown in the chart below. Who knows, at the very least it could save you the cost of an antacid tablet or a trip to the doctor. At best, it could help you achieve a better game and a healthier life. And that's real food for thought. ■

THE COUNTDOWN: COMMON FOODS AND THEIR DIGESTION TIMES

5 to 15 minutes

Raw egg
Honey
Molasses
Maple syrup
Fruit juice
Vegetable juice
Citrus fruit

1 hour

Seeds/Nuts (soaked)
Fruit, sweet
Most vegetables
Eggs, soft boiled
Figs & dates (soaked)
Buttermilk
Goat milk, raw
Rice

2 hours

Rye
Oats
Carrots
Milk
Buckwheat
Beans, young
Artichokes
Lentils

3 to 4 hours (or longer)

Pecans, hickory nuts, peanuts
Peas, dried or split
Potatoes and yams
Cheese, fried eggs
Dried fruit (unsoaked)
All fried foods and butter
Meats, fish, fowl

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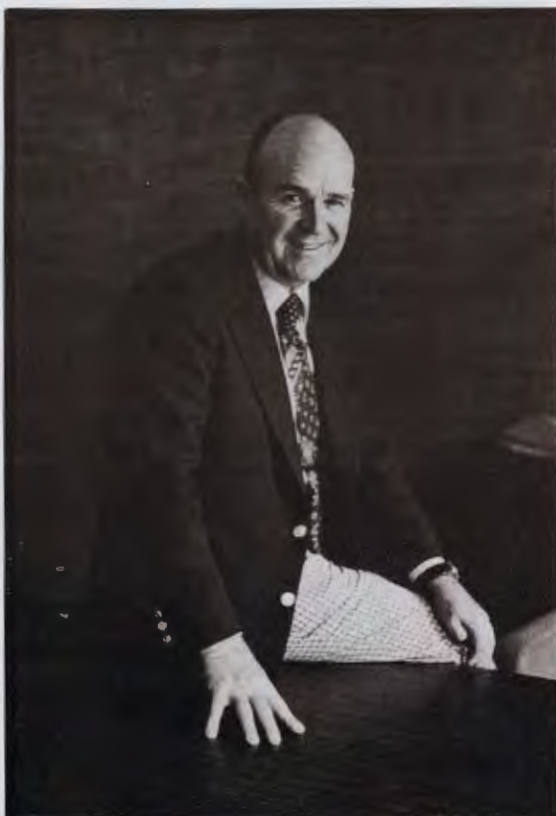
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'Dear Mom and Dad'

On the Trail of Racquetball Camps by Tom Martin

"Just picture it," the advertisements say. "Nestled in the foothills of a remote mountain range; bathed in sunshine by day, sparkling with action by night; cool nectars to quench the thirst, sumptuous morsels of steak and lobster to calm the palate."

It is certainly an inviting picture, bound to produce hordes of eager prospects clamoring for a chance to sign up. Indeed, the four-color brochures that advertise these resorts function much like the Pied Piper's sweet song that lured the children into the hills. These advertisements, however, are for much more than a week of eating, drinking and sunning. They are, instead, hawking a relatively new phenomenon, one that is growing in popularity every year: the racquetball camp.

At these camps, the leaflets promise, you will not only bask in the warm sunshine, marvel at nightclub acts and eat peeled grapes by the pool, but you will also improve your racquetball prowess. Imagine: moving up from a novice to a "C" player—or maybe all the way to "B"—during a pleasant week's vacation.

So what's the catch?

Money, for starters. If you want a week of luxury while adding five points to your game, you'll have to pay the piper. In this case, the piper's fee ranges from \$300 to \$500 a week, including instruction, some meals, various extras and a variety of lodging arrangements. To this you must add transportation costs, and if you're bringing your spouse and children (and many do), you'll have to pay for their food, lodging and transportation, too.

Don't kid yourself, either; it won't be an easy week. Most camps schedule eight hours or more of racquetball instruction every day. That's right: *eight hours*. For most amateurs, who are usually lucky if they get to play eight hours in a week, that's a lot of serving, killing, and most of all, running.

But if money isn't a major concern, and if the idea of spending four or five days on the racquetball court sounds like fun to you, then a racquetball camp

might be just the thing to break the endless summer monotony of cookouts and baseball games. And it sure beats cutting the grass.

Basically, racquetball camps are like a grown-up version of those summer camps you went to as a kid. A group of people gather together—preferably in some isolated location—for a week of fun, fellowship and outdoor activities. What makes these camps different is that the centerpiece of the entire affair, the camps' *raison d'être* supposedly, is an emphasis on concentrated and intensive racquetball instruction.

No fewer than five racquetball camps will be in full swing later this month: one in Pennsylvania, two in Colorado, one in Las Vegas and one in San Diego. All five offer instruction by one or more recognized professional players. These pros all have at least one year of teaching experience, and many have been teaching camps for several years. They are also assisted by staff members from the participating court club. The amount of individual time that each student spends with the pro varies; but don't worry, you'll have at least one good chance to beat a Shannon Wright or Davey Bledsoe during the week.

Attendance at the camps ranges from 18 to 30 participants per session. Smaller groups are usually formed on the first day, based on levels of ability. This allows you to practice, play and learn with others who have skills and problems similar to your own.

Another common feature of these camps is the use of videotape equipment to record the matches and practice sessions of participants. The camp pro reviews these tapes with the individual to spot problem areas. The student can then see for himself that he really is moving the wrong way after a serve, or failing to follow through on his swing.

Of course, what happens on the racquetball courts is only part of the attraction of the camps. After all, anybody can take a week off from work, line up a few lessons and spend the week at the local court club. That wouldn't be so special, and certainly not worth five

hundred bucks. At the racquetball camps, however, luxurious relaxation is as much a part of the show as racquetball. Campers are deluged with activities, ranging from horseback rides to outdoor barbecues to cocktail parties. It will not be a week of sheer drudgery.

The camps encourage participants to bring along their spouses and children. Babysitting services are available at most of the camps, and many of the after-hours attractions can be shared with family members. While you are on the courts, your husband or wife can relax by the pool, explore the surrounding countryside or make use of the extensive athletic facilities available at all of the camps. Of course, if you can afford it, both of you can enroll in the camp itself.

The camps are similar in many respects, but there are also some differences worth considering before you make a decision as to which camp best meets your individual needs.

Of the five camps we contacted, only one is located east of the Mississippi. The Steve Strandemo AMF/Head Racquetball Camp at Seven Springs, Penn., is in its second year, and Jeff Shearer, director of tennis and racquetball at the resort, is confident that this year it will be bigger than ever. "We're looking to get 80 participants this year, 40 each of the two weeks," he says. "If the response is strong enough, we may even add a third week."

Shearer says that many of the participants from 1978 will be returning, perhaps as much as 60 per cent. "We got all levels of ability last year. About 15 per cent were "A" level players, 5 to 10 per cent were novices, and our largest group by far consisted of top tournament "B" players. That group made up about 75 per cent of the people here."

At the camp, participants are on the court for 20 minutes, then off for 10 or 15 minutes. This general formula is used during the eight-hour days. Strandemo is assisted by both Shearer and by another instructor from the resort. Shearer gives Strandemo most of the credit for the camp's popularity. "The participants here are incredibly impressed with Steve," Shearer says. "His racquetball skill is excellent, of course, but he's also such a personable fellow. He's always a part of the socializing that goes on after the instruction is over. We all have a great time."

The camp is located at 3300 feet in the Allegheny Mountains. The Seven Springs resort features all the usual amenities—swimming, tennis, golf and more. The tuition price includes lodging and is \$385 for single occupancy, or \$335 for double occupancy. Shorts and shirt, two evening meals and other extras are also included in the price.



Seven Springs, Pennsylvania, site of the Steve Strandemo AMF/Head Racquetball Camp: "Nestled in the foothills of a remote mountain range."

West of the Mississippi, Colorado boasts two racquetball camps: one in Aspen, and the other in Steamboat Springs.

The Aspen camp is unique in that instruction there is handled by two female pros, Kathy Williams and Janell Marriott. This is the second year for the Williams/Marriott Pro Camp at the Aspen Athletic Club. Last year, 50 participants attended the two one-week camps, and response was so great that four weekly sessions are being offered this year.

Dick Screen, assistant director of the club, reports that about two-thirds of the students in 1978 were women. "We're expecting about the same percentage this year," he says. "Maybe the women feel more comfortable with female pros; I don't know. But we had 15 men last year, and Kathy and Janell whipped the pants off them. I don't think any of them felt short-changed. Janell is rated number two on the women's tour and Kathy is number six or seven.

"We're not trying to attract only women," Screen is quick to point out. "We feel that Kathy and Janell are the

best people for the job and we encourage everybody, male or female, to apply."

One drawback at the Aspen facility is the fact that only two indoor courts are available. With 30 students each week, it's impossible to handle all the participants on the two courts. As a result, Williams and Marriott use the indoor courts for instructional sessions, while supplemental three-wall outdoor courts are used for practice sessions.

Two of the weekly sessions at Aspen are set aside for beginning to intermediate players, while the other two weeks are for intermediate to advanced players. Tuition for the Williams/Marriott camp is \$225, which does not include lodging. The club can arrange for lodging, however, at The Gant, a local condominium complex. Room charges are \$16 per person each night for double occupancy, or \$32 per night for single occupancy. Tuition includes shorts and shirt, a welcoming cocktail party, a barbecue dinner, a jeep ride to the top of Aspen mountain for a cookout and a closing night awards party.

The Steamboat Athletic Club, in Steamboat Springs, Colo., has been holding racquetball camps for six years, which athletic director Harold Lujan says makes the facility "the oldest and probably the most successful camp in the country." For the second year in a row, the club is hosting the Davey Bledsoe/Wilson Sporting Goods Racquetball Ranch.

The camp offers four weekly sessions starting in late July. Lujan anticipates 20 to 30 students for each of these sessions. Each day consists of a morning session, in which students are rotated through the four indoor courts. One court is set aside for teaching fundamentals, one is for drills, one for competition and the fourth for videotaping. As Lujan puts it: "Everybody has an opportunity to play with Davey, and there are other instructors working on each of the courts. We leave the afternoons free, so that students can either set up matches or explore the surrounding area, depending on their individual preference."

Davey Bledsoe says he enjoys teaching at the camp largely because "it's not

the type of atmosphere that's oriented only to racquetball. Relaxation and physical activity are *both* part of the picture. We take a raft trip, go for a horseback ride and cook steaks up in the woods. We really get to know each other during the week."

Bledsoe says his instruction stresses fundamentals. "I divide my lectures into subject matter areas—like the forehand, backhand and serve," he explains. "We show the correct method of executing the movement, drill them on it, then just let them play. It works very well."

"We're also hoping to have some new equipment in place to give our participants a stress test this year," Bledsoe adds. "We can give the student an overall idea of his general condition, in addition to assessing his racquetball ability."

The tuition at Steamboat is \$235. Lodging is available at the Storm Meadows Condominium community, within walking distance of the club. A single room is \$175 for the five nights, double occupancy is \$87.50, and for triple occupancy the charge is \$58.33. If you wish to share a large studio unit that sleeps up to six, the total charge is \$240 (\$40 per person for full occupancy). The tuition fee includes two dinner parties (one of which is the horseback steak ride Bledsoe mentioned), plus a cocktail party.

If the bright lights of Vegas are more appealing to you than the wooded solitude of the Rockies, then a clinic offered by Championship Racquetball, Inc., at the Sporting House in Las Vegas might be more your style. The clinic is offered on a continuing basis all year, but special sessions for out-of-town participants are offered during the summer months.

The teaching pros at the clinic are Shannon Wright, the dominant force on the pro women's tour, and Mike Zeitman, a former national doubles champion. The clinic is shorter than those at other camps, with only two and a half days of instruction and three nights of activities. But it has been popular, says Zeitman, partly because some of the top touring pros have been students there as well. "We've worked with Sarah Green, Steve Keeley and David Fleetwood in private sessions, and we are quickly becoming known as excellent instructors in the field," Zeitman says. "The people who come to these clinics appreciate that fact. Plus, we're giving 21 hours of instruction, with 8 hours on Friday, 8 on Saturday, and 5 on Sunday. That's a lot of racquetball."

At the clinic, emphasis is placed on working to eliminate weaknesses in a student's game while also teaching "We try to improve the student's court savvy," says Zeitman, "And we teach

them how to continue improving after they've left the clinic."

The tuition is \$385, which includes a double room on the Strip with no extra charge for a roommate. The price also includes a cocktail party, buffet and Lido show, equipment and other extras.

On the west coast, the Atlas Health Club in San Diego is into its fourth year of racquetball camps. Bud Muehleisen, one of the pioneers in racquetball, is head instructor. Classes at the Atlas club are limited to only 18 people. As Kit Antrim, director of the clinic, explains it: "We like to keep it to 18, because we feel if you get more than that you start to lose the effectiveness of the instruction. We put no more than three people on each of the six courts at any given time. It might not be as much of a money maker for us that way, but we think the students get a higher quality of instruction."

Antrim says that Muehleisen's approach is one of the most highly regarded in the field of racquetball instruction. "Most of our students are interested in the fundamentals and Bud's teaching methods are well-organized. He's been teaching racquetball longer than most people have been playing it. He knows what he's doing."

Tuition for the five-day, four-night program includes lodging and is \$347 for single occupancy, and \$396 for double occupancy. This includes a final day awards banquet, another evening meal and the use of the Atlas Health Club facilities, which are extensive.

Participants who have attended the various racquetball camps are almost unanimously pleased with the resulting improvement in their games. The new methods they learn at the camps may take weeks, or even months to sink in. But when they do, the change is readily apparent.

Jill Peacock, from Minneapolis, had been playing only a year when she attended the Williams/Marriott camp in Aspen. "I loved it," she says of the experience. "I had absolutely no skill at all when I went. But I learned a lot, both mentally as well as physically. It took a while, but it's sure helped me get my game together."

Elaine Lee, a resident of Lancaster, Penn., who has done very well in national tournaments lately, attributes a good part of her improvement in the last year to the Steve Strandemo camp at Seven Springs that she attended in 1978. "It wasn't until a few months after the camp," she says, "that I began to change the things that I discovered there were wrong with my game. My serves really improved as a result of some of the drills that Steve taught us. He was very

Racquetball Camps: A Reader's Guide

1. Steve Strandemo AMF/HEAD Racquetball Camp

Seven Springs Mountain Resort
Champion, PA 15622
814-352-7777

Dates: July 23-28, July 30-August 4.
Price: Six days of instruction, seven nights at the Seven Springs main lodge.
Single: \$385. Double: \$335.
Head Instructor: Steve Strandemo.

2. Williams/Marriott Racquetball Camp

Aspen Athletic Club
720 E. Hyman Street
Aspen, Colorado 81611
303-925-2531

Dates: Beginner/Intermediate: August 5-11, August 26-Sept. 1.
Intermediate/Advanced: August 12-18, September 2-8.

Price: Six days of instruction—\$225.
Lodging is available at The Gant condos.
Single: \$32/night. Double: \$16/night.
Head Instructors: Kathy Williams and Janell Marriott.

3. Davey Bledsoe-Wilson Sporting Goods Racquetball Ranch

Steamboat Athletic Club
Box 1566
Steamboat Springs, Colorado 80477
303-879-3335
Dates: July 29-August 4, August 5-11, August 12-18, August 19-25.

Price: Five days of instruction: \$235.
Six nights of lodging at the Storm Meadows condos. Single occupancy of a large studio unit: \$175. Double occupancy: \$87.50. Triple occupancy: \$58.33. A larger studio that sleeps up to six can be obtained for \$240.
Head Instructor: Davey Bledsoe.

4. Championship Racquetball, Inc.

The Las Vegas Sporting House
3025 Industrial Road
Las Vegas, Nevada 89109
702-735-0585

Dates: July 19-22, August 2-5, August 16-19.

Price: Two and a half days of instruction, three nights at a hotel on the Strip: \$385. (No extra charge for a roommate.)

Head Instructors: Shannon Wright and Mike Zeitman.

5. Atlas Health Club Racquetball Clinic

Atlas Health Club
901 Hotel Circle South
P.O. Box 80097
San Diego, CA 92138
714-298-9321

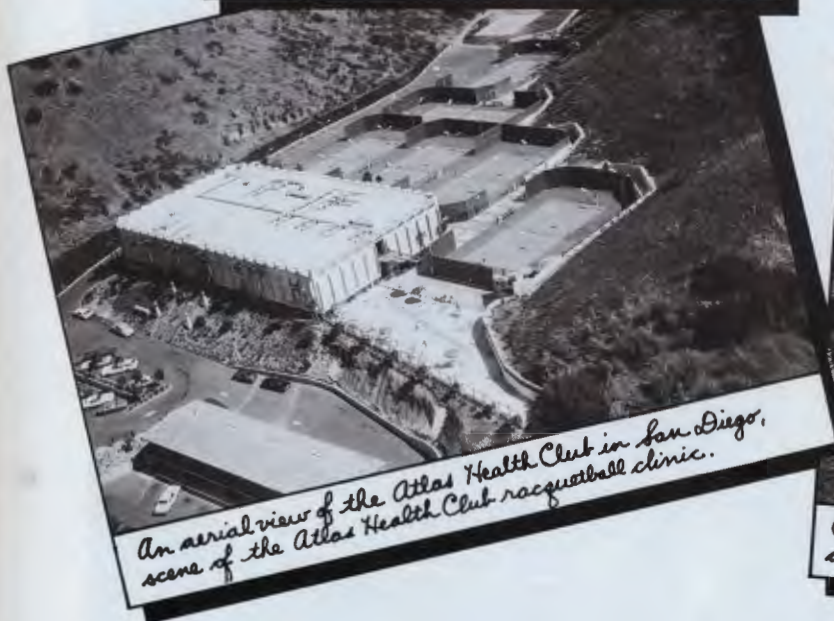
Dates: Sept. 12-16, Nov. 7-11.
Price: Five days of instruction, four nights lodging at the Mission Valley Inn.
Single: \$347. Double: \$306.
Head Instructor: Bud Muehleisen.



The use of videotape equipment is an integral part of overall instruction at most camps.



Davey Bledsoe (R) instructs a would-be racquetball star.



An aerial view of the Atlas Health Club in San Diego, scene of the Atlas Health Club racquetball clinic.



Camp members enjoying a steak cookout in the woods at Steamboat Springs, Colorado.

friendly and an excellent teacher."

"It was kind of a tiring week, but they gave everybody their money's worth."

"My game improved tremendously," says Bob Maxwell, of Las Vegas, who attended the Championship Racquetball clinic in his home town. "Of course, there's nobody better than Shannon Wright. She helped me start picking up the strategy. I was so impressed that I've gone back since the clinic to take private lessons from Shannon."

Renee Ramirez, of Roswell, New Mexico, says that he learned most about the fundamentals, the basics of the game, when he attended the Davey Bledsoe camp at Steamboat last year. "I went from a 'C' player to a 'B' player, just by getting the basics down," he says. "I would highly recommend it, especially to anyone starting out."

"It was also an excellent vacation. I took my wife and the baby along; my wife thought it was one of the best vacations we ever had."

His wife, Sheila, says that's true. "We had a terrific time," she recalls. "During the week, I would usually watch Davey and the others play. And even though I wasn't in the clinic myself, I learned a whole lot about racquetball, just by watching."

"Of course, I had to take care of the baby a lot of the time. But there was a babysitting service available, so I was able to enjoy the sauna and whirlpool. The food the whole week was just fantastic. It was really one of the neatest vacations we ever had."

Ramirez benefitted from the camp in another way, as well. "I teach at the Rowell campus of Eastern New Mexico University," he says. "I wanted to offer racquetball courses there and I brought back ideas from the camp that I was able to use. Now I teach two classes in racquetball and they're very popular."

It's practically impossible to find someone who attended a racquetball camp and didn't learn anything about the sport, or who didn't have a great time while doing so. While a few minor complaints sometimes surface, the predominant attitude is that the camps are effective in improving one's game, especially among novice and intermediate players.

The relaxed atmosphere of the facilities—whether in the mountains, on the coast or on the Strip—makes the learning process much more palatable. Participants are able to discuss racquetball during the sessions—and also during the leisure periods at night—with

others who share their enthusiasm for the sport. Davey Bledsoe says that some of his best conversations about racquetball have taken place around a campfire outside Steamboat Springs.

If \$500 or so strikes you as a fair price to pay for a week of playing racquetball (and living in opulent splendor while doing so), then you've got a pretty good selection of camps from which to choose. And, from all indications, the number of camps will continue to grow in the seasons ahead.

If you are planning to attend a racquetball camp, you should inquire soon about registration. While most of the camps still have ample room, some of them are already beginning to fill up, and most program directors are predicting maximum capacities for all sessions.

Before you do attend one of the camps, spend a couple of weeks prior to the clinic preparing for it. It's a good idea to work on conditioning. Do a little running perhaps, and work in a few more games of racquetball than usual. This will help you get in shape for those long eight-hour days.

Then pack up the sunglasses, the tanning butter, a couple of good racquets and you're all set.

But don't forget the rubbing alcohol. ■



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4. ALLSTAR

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IS RACQUETBALL READY FOR TELEVISION?

IN ST. LOUIS—MAYBE • BY GRADY JAMES ROBINSON

"It can't be done," they say. "You just can't pick up that little ball on the camera. Racquetball is simply not a spectator sport and certainly not on television."

Thus reads the traditional verdict of those in the know, the so-called marketing and production experts, about the chances of racquetball ever gaining a significant television audience.

But ironically, that's just what "they" said in the 50s about golf, a sport that also used a little ball. In those days, golf, too, was regarded as marketing poison in television.

Then *he* came along. A handsome robust young pro with shirttail askance, constantly hitching his baggy pants, swinging like a truck driver with a lower back problem at a driving range, winning

Grady James Robinson is a freelance writer living in St. Louis

his fourth Masters. And all that before a national television audience. Arnold Palmer so captured the imagination of the golfing public, and the non-golfing public, that they eagerly squinted through hazy black and gray to get a glimpse of 'Ole Arnie and the inevitable "charge." The public wanted to see him and "they" found a way.

Is racquetball also on the verge of mass spectator appeal? Is racquetball ready? Is the public ready? Can it be done?

"No," says Mike Gillham, sales and marketing manager of KDNL Channel 30, a UHF station in St. Louis. "Well... yes, it could happen," adds Gillham after a moment of reflection. "Obviously, there are some serious problems, and it's a long, long way down the road. But maybe it could

happen."

Recently, Gillham took the first step down that long road. With the help of Wayne Campbell, teaching pro at Town and Country Racquet Club in St. Louis, Gillham produced and aired a 13-week racquetball instructional series for television, one of the first of its kind. Parts of the show, which provided players and would-be players with tips on everything from hitting a ceiling ball to court position, were filmed in a grueling, day-long marathon session. Later, the tape was edited into 13 half-hour segments for broadcast over Channel 30, beginning last February and concluding in May. Although the show was not a huge success in terms of ratings, it does represent a significant attempt to make racquetball a more palatable sport for

television viewers.

Gillham, who joined Channel 30 in 1977, played racquetball briefly in college. Upon arriving in St. Louis, he soon recognized the area's potential as a television market for racquetball. Indeed, the fervent interest in the St. Louis area made racquetball seem like a natural for television there. "The idea at first was to televise some pro tournaments," says Gillham. "I asked several pros about it, but after talking with them I realized the idea was not feasible. So, I made the transition to a type of instructional program and looked around for someone to put it together."

After several unsuccessful interviews Gillham talked with Campbell, one of the more experienced teaching pros in the St. Louis area and a former Kansas state champion. Campbell is a gregarious, free talking individual who has been around racquetball since its beginning, back when they played with wooden paddles. Gillham decided Campbell was the man who could keep an instructional program moving quickly with just the right touch of humor through the lessons, interviews and filmed segments of play.

The idea appealed to Campbell. The two men had more discussions about format, schedule and the general approach to the program, and then began to look for sponsors. They soon lined up four sponsors from the St. Louis area, including a beer maker and a racquetball equipment manufacturer.

With the financial backing set, the next step was to figure out how to go about organizing, taping and airing a 13-week program on racquetball when you're not even certain the camera will pick up the ball.

"Our main fear," says Gillham in looking back, "was that we wouldn't be able to get good footage of the actual play or of the demonstrations of the various shots being taught. The ball is small and goes so fast that I didn't think we'd be able to even see the thing. We had no idea of what we were doing because this was the first program of its kind and we didn't have anyone to learn from." But those fears were quickly dispelled thanks to the latest technology of the R.C.A. videotape division and the three-sided glass court of Town and Country Racquet Club. Two cameras were set up, one directly behind the back wall, the other near the front wall. And suddenly, the ball could be seen in living color as it caromed around the court. The cameras and remote control unit picked it up clearly on the tape and later in 13 segments flashed it across home screens.

Campbell directed the all-day taping session for the instructional segments of the 13 shows. "I wanted to put

everything in the series," he says, "that I would normally put in a series of lessons: forehand, backhand, serve, ceiling shots, return and pinch shots. Then we wanted to get into strategy, court position, moving without the ball, percentage shots and just the whole bit. We also got into safety features, eyeguards, shoes and so forth." He believes the show, entitled "Racquetball Today," contains as up-to-date and comprehensive teaching techniques as can be found anywhere. Campbell has collected and filed dozens of instructional articles and sees himself as one of the more experienced teachers in the game today. This is due both to his special interest in the teaching aspects of the sport and to his long career. "I started playing in the mid-sixties when there weren't that many people in the sport," he says. "I won tournaments in Oklahoma City, Stillwater and Wichita in the early '70s, and was Kansas State Champion when you could count on two hands the good players in all of Kansas."

Campbell's experience and his present position as teaching pro at Town and Country, one of the finest racquetball and tennis centers in the midwest, qualifies him for his active role on the television series. He did all of the instruction for the series, conducted interviews with pros such as Rita Hoff and Steve Serot, and also co-hosted the studio portion of the show along with Mike Gillham.

According to both Campbell and Gillham, the actual assembly of the show was exhausting. After a long day of taping lessons and matches between various pros, the tape had to be edited into 30-minute programs. This was done by hiring a large crew for the marathon taping session and several technicians for the painstaking work necessary to edit the 6½ hours of tape.

Each 30-minute program was aired on Saturday morning at 11 a.m. The program usually included a brief introduction of the segment's content, then the lesson (on the forehand or backhand, for instance), followed by a demonstration of the stroke. "I would demonstrate and then have Mike try it," Campbell says. "And then we would run it back on slow motion. The slow motion was very helpful and we got great feedback on it. After that I'd interview an open class player or a pro and then have an exhibition match with the person I had interviewed."

Response to the 13-week program was varied. "It is difficult to measure the impact of this type of program," says Gillham. From Campbell's point of view, however, it was a success. "We taught top quality techniques and drills that people watching could do later on

their own. For example, I showed them how to keep score on a simple forehand drill; it's a way to measure your progress week after week as you work on it. You take the ball and drop it and hit your forehand shot up against the front wall. Catch it, drop it again, hit it, catch it, drop it again and hit it. Count how many times you can make it touch down in front of the short line and also down the alley. The point was to give them something that they could do, something they could work on that they got off the show." Campbell insists that teaching through television is no different from personal instruction except for the obvious fact that you cannot analyze the student's swing. Nevertheless, television does give the teacher one advantage: he gets to demonstrate the proper technique in slow motion. But whether one learns from television or from personal instruction, "the key to improvement in any sport," as Campbell insists, "is the practice you are willing to put in after the lesson has been given. You have to get out and work at what you are taught."

From Mike Gillham's viewpoint, while response to the program was not overwhelming, it was not entirely disappointing, either. On the one hand, the show was aired during two weeks of a Nielsen rating period, but did not even register. On the other hand, according to Gillham, response from other sources was favorable. "We've received lots of positive feedback from clubs and other people in the city," he says. "Our intent was to reach the racquetball playing people, and that is what we did. Another encouraging indicator that the program has a future is the fact that two syndication companies have shown serious interest in buying the program and syndicating it to different markets across the country. We would do a lot of it over if they want it, but at least we feel like we are heading in a good direction with the whole thing."

The program's sponsors were also pleased with the show. Each is willing to be a sponsor again, in fact, should KDNL decide to produce a similar program next year. Even though it cost nearly \$13,000 to do the entire show, Gillham is convinced that enough experience was gained in this first effort to cut the price tag in half next time around. In short, the cost is not prohibitive.

And so the questions remain. Is racquetball taking its first timid steps into the Wide World of Sports? Is it possible for racquetball to produce the stars, the money, the tour, the celebrities necessary to become an exciting mass spectator sport? Is the attempt by Campbell and Gillham a step in



Left: Wayne Campbell (center) interviews pro players Ben Koltun (left) and Steve Serot. Top right: Taping progresses on "Racquetball Today" television program at St. Louis' Town & Country Racquet Club. Bottom right: Wayne Campbell (left) and Mike Gillham, co-hosts of St. Louis television station KDNL's "Racquetball Today" program.

the right direction?

"The problems with making racquetball a big paying sport are serious ones," says Gillham. "First of all, you can't draw a big gallery for the simple reason that courts have not been made with seating capacity. Even if you could draw a crowd, a large crowd, people sitting any distance from the court couldn't see the ball. Everyone would have to sit in the same spot directly behind the back wall."

Still, with interest continuing to rise throughout the country, it seems logical to conclude that over the next 10 years revenue will increase as more people take up the game, join more clubs, buy more equipment and more court time. And as the money increases, the public interest will accelerate for the simple reason that everybody wants to know who is winning big money.

Indeed, the moguls of television, whoever they are, may be making a serious mistake by not learning from the early days of golf. When Arnold Palmer

became a hero across the country, the networks quickly devised new techniques, new camera angles and silver-tongued orators to describe his exploits and provide a marketable package. The average guy wanted to watch Arnie hitch and twitch and charge, and see his Army crash through the quiet trees at Augusta. Television made Arnold Palmer and the golf tour. It could do the same for racquetball.

If the ball is too small to see clearly, as most observers contend, why not make the regulation ball slightly larger? Since the game is still in its infancy, it could adjust easily enough. The NFL did it when it changed the shape of its ball to make a more attractive product. In 1923 the major leagues livened the baseball and created Babe Ruth. There seems to be no reason why racquetball couldn't make a similar move.

If the action is hard to watch because the participants are hidden from view behind walls, why not make the court slightly wider? What's more, if the best

seat in the house is directly behind the back wall, and that space is limited, it seems logical to set a camera down at that spot and allow everyone through the magic of television the best seat in the house.

The show put together by Wayne Campbell and Mike Gillham was limited in scope and purpose by necessity. It was one of the first of its kind, a first step, and perhaps a feeble one at that. The game is yet a long, long way from mass public interest, but if past experience with other sports is any indicator, it will not get there at all without the medium of television. So far there is no big money and no real transcending superstar in racquetball, with apologies to Marty Hogan. But they're coming. Indeed, if interest in the game continues at its present rate, it could well be that television and racquetball will work out an agreeable marriage. Given the success of Arnold Palmer and golf, perhaps the only question remaining is not when, but who? ■

FIRST SERVICE

New Court Club Openings

Denver, Colorado

The International Athletic Club, one of the most elaborate court clubs on the west coast, has opened at 1630 Welton Street in Denver.

The club's racquetball facilities are extensive: 21 courts, 1 doubles court, an instructional court and a challenge court. Other amenities include two squash courts, an indoor jogging track, rooftop basketball court, rooftop sun deck and co-ed hot tub, restaurant and nursery.

The opening membership fee is \$250 for a single, \$300 for a couple. There are also monthly membership dues, with a full facility membership (including racquetball and squash) going for \$30 for

a single lady, \$35 for a single man and \$55 for a couple. Fitness only memberships (excluding racquetball and squash) are \$20, single lady; \$30, single man; and \$40, couple.

The club officially opened last month. Jon A. Skaug is membership director. Call 303-623-2100.

Melbourne, Florida

The Imperial Courts, a racquetball club and fitness center, is under construction in Melbourne. The club is located near the new corporate headquarters of the Harris Corporation on Nasa Boulevard.

The 10-court facility will feature a banquet room with seating for 200 and adjoining bar and lounge. Other features include a supervised nursery, sauna and massage room.

The club will be open seven days a week. Memberships include student, single, family and corporate. Scheduled opening is September 15, 1979. Imperial Courts also plans to build three more clubs on the Florida coast. Call 305-725-5120.

Houston, Texas

The Racquet Club, a 12-court racquetball facility, is under construction in Houston.

Features include a glass exhibition court with seating for up to 200, a health spa with saunas and whirlpools and an upper level viewing gallery.

The club is part of the Racquetball and Handball Clubs of San Antonio expansion throughout the state of Texas. Scheduled opening is in October. Chartered memberships are now available by calling 713-721-6800.

Northridge, California

The Rollout Racquetball Club is now under construction at 19350 Business Center Drive in Northridge.

The 12-court facility will offer a health food restaurant, two glass back wall courts, scheduled jazz concerts and a closed circuit videotape television for reviewing members' games.

The club is scheduled to open October 1. Call 213-993-7855. ■

EKTELON



Sponsor IRA National Juniors

Ektelon and Tred II will sponsor the IRA National Juniors Tournament to be held from July 13 through 15 in Memphis.

We are very pleased to have been invited to participate in such a worthwhile event," said Ron Grimes, Ektelon vice president for marketing. "We put the support of junior player development very high on our list of racquetball priorities."

Tred II is a San Jose-based manufacturer of athletic shoes. Director of Promotions Hans Albrecht called the IRA Juniors one of the most important elements in the continued growth of racquetball.

"It is at this level," he said, "that the future of the sport is decided."

The tournament, which will be held at the Supreme Courts, will feature both free transportation to Memphis for the winners of IRA regional events and an open invitation for any junior in the country to qualify.

"We would like to give as many top juniors as possible an opportunity to participate," said Luke St. Onge, IRA Executive Director. "That's one reason why we are so happy to have the Ektelon and Tred II sponsorship."

"No one else in the industry has shown themselves to be so dedicated to the support of junior player programs."

In order to further make competition accessible to younger players, said St. Onge, the IRA will introduce for the first time 10-and-under age divisions for both girls and boys.

Other divisions will include 17-and-under, 15-and-under and 13-and-under for both girls and boys based on the participant's age as of January 1, 1979.

For the safety of the players, eye protection during competition will be mandatory. The new Ektelon Speedflite racquetball will be the official tournament ball.

KILL SHOTS

THEY'RE MURDER- ON YOUR OPPONENT

By Mike Yellen

Mike Yellen, ranked sixth on the pro circuit, is a member of Ektelon's professional player advisory staff.

Without a doubt the most beautiful sight to a racquetball player is that of a ball rolling away from the front wall. When the ball doesn't bounce, there's no question as to whether or not the other guy is going to get it. "Good" isn't the word for a roll-out; "perfect" is.

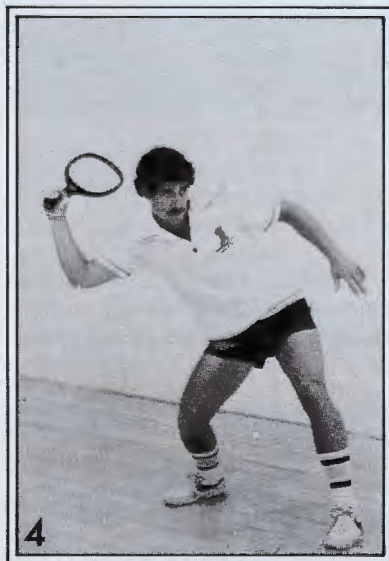
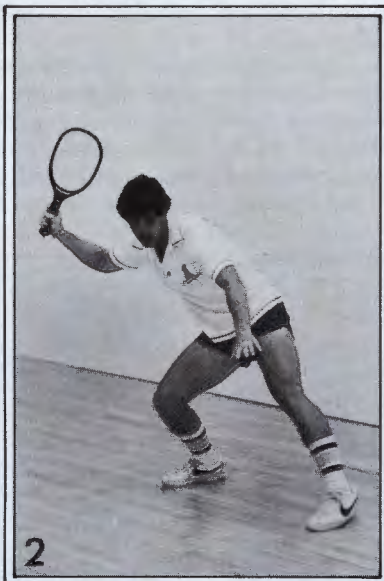
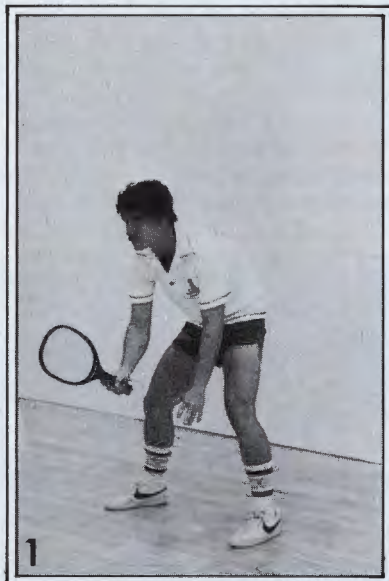
Although rollout kill shots are rather infrequent occurrences, still, they do happen. And since the object of the game is to make it difficult if not impossible for your opponent to shoot easily, the kill shot is number one on any list of "shots to perfect."

Indeed, it can be safely said that even moderate success in racquetball requires that one be comfortable shooting kills from many positions on the court. In this

regard, 75 to 80 per cent accuracy can be considered above average. But like most other things, this is easier said than done. I cannot stress enough the necessity of PRACTICE.

When attempting a kill, the key word is patience. You must let the ball fall below the knees (as low as you can) before hitting. The object is to keep the ball low, from your racquet to the wall, and after that gravity will do the rest. Wait, be patient, don't rush. And when the ball is in place, smack it with a flat racquet. The more time you wait, the more time you will have to set up for your shot.

Use the time by placing yourself in a stationary position (you can't shoot effectively when you're on the run), and by watching the ball closely. Only by studying the velocity and angle of the ball can you determine when to shoot. Wait until the last possible moment.



John Dunlap, teaching pro at the Supreme Courts in Memphis, demonstrates the proper execution of the kill shot. The shot progresses from the ready stance (Photo No. 1) through actual contact with the ball (Photo No. 6), very low and parallel to the floor.

PHOTOGRAPHS BY LARRY KUZNEWSKI

The basic reason for shooting the ball at a very low point is so the ball will stay low. If one shoots from the hip, for instance, in an attempt to make the ball hit the front wall low, the ball will be moving at such a great angle that it will bounce fairly high. The higher it bounces, the easier it will be for your opponent to retrieve.

The standard method of kill shot execution is as follows:

Assume a batter's stance with your lead foot a little closer to the sidewall you are facing than your back foot. The knees should be more than slightly bent. The torso should also be bent so as to assume a position almost over the ball.

The ball should be directly even with the front leg at the time of contact with the racquet, which should begin its motion toward the ball from above the shoulder. The wrist should be slightly cocked until just before hitting the ball. In fact, for speed and a hard shot, the wrist should be in the middle of a snap at the same time that the racquet is touching the ball.

A follow-through should be made with your legs, hips and shoulders. This will insure that you are not just swinging with your arm. You will also fare better

in case of a complete miss, when your whole body can absorb the unexpected jolt rather than just your elbow.

This procedure is identical for the backhand and forehand kill shot, except for one variation. In the backhand motion the racquet will begin its descent to the ball from your free-hand shoulder, whereas on a forehand kill the racquet will issue from the vicinity of your racquet-hand shoulder.

There are no hard and fast rules on where and when to attempt a kill shot. It is commonly held that the kill which grazes the sidewall first is the most effective because the ball will die on the floor after hitting the front wall. This is the case in one instance, i.e., when the ball is hit low enough and grazes slightly enough.

However, the disadvantage of this kill shot is the fact that only a few inches make the difference between a ball that dies and one that rebounds into front center court.

On the other hand, the ball hit straight into the front wall without contact with the sidewall can sometimes serve as an effective pass shot when it is not low enough to be considered a kill. In any case, neither shot should be used to

the exclusion of the other, for they are both adequate in the right circumstances.

Kill shots can be attempted from virtually anywhere on the court. One does, however, have a better chance of killing the ball in the vicinity of the service zone. The reason for this is that your opponent will most likely be behind you, and therefore, farther from the ball. There is also a disadvantage here, though, since it will be more difficult to know which way your opponent is leaning.

This leads me to the last point to be made here: where to shoot the shot. Again there are no definite do's or don'ts about this. There is, however, a good rule to follow; put the ball where your opponent is not. Even if you're hitting 80 per cent of your kills, you're bound to leave a few hanging. If your shot is bad but far enough away from your opponent, it may still work.

The kill shot is certainly the most effective offensive weapon a racquetball player can command. The receiver has to strain to get low enough to retrieve it. He must always be on his toes, constantly trying to anticipate when, where, how fast and how low you'll shoot. ■

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THE WORD

COMING TO TERMS WITH RACQUETBALL VOCABULARY

By Ed Weathers

Ed Weathers is executive editor of Memphis magazine.

"All right, get this: He's serving. The score's 17-13. He hits a Z-serve to my backhand. I put up a ceiling ball. He comes back to deep court and—listen to this—he tries a V pass! Can you believe it? From back there? Well, I was kind of surprised, but I got to it and of course I did the obvious thing: I went for a pinch shot. Well, it comes off a little high, and doggoned if he's not there. Boom! A flat roll-out. Three garbage serves and three missed kills later, and I'm out. Chee! And he's nothin' but a roadrunner. . ."

If the above monologue makes perfect sense to you, skip this article. If you think it might make perfect sense to you after a couple of beers, come back after a couple of beers. If you think it's all a hoax, read on.

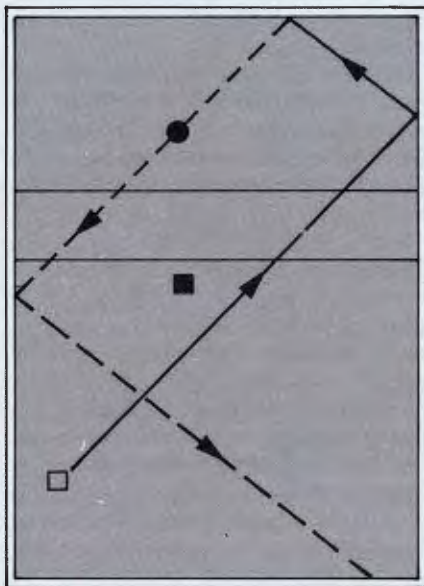
While the fruits and vegetables have pretty well dropped out of the vocabulary of racquetball—almost nobody speaks of "plums" and "pumpkins" anymore—there remains a colorful and sophisticated array of racquetball terms which every serious or semi-serious racquetball player should know. True, it's more important to know how to *execute* a shot than to know its name, but most psycho-linguists believe that when a term enters your vocabulary the concept and even the action that the term represents come more under your control, too. In other words, if you know the expression "Z-ball return," you're more likely to pull off a good Z-ball return.

It makes sense. After all, it's 60 times quicker to think, "Ah! Z-ball!" than "Uh, that shot that hits the front wall, then the far sidewall, then the near sidewall, then rebounds parallel to the back wall in deep court." You can be behind 5-0 before you've even finished

the definition. After a time, of course, you pull off the shot instinctively, without thinking of anything—but that stage is reached faster by those who know the terms. Besides, there's a poetry in "flat roll-out" and "garbage serve" that makes talking about a match almost as much fun as playing it.

In that spirit, then, we hereby offer a checklist of substantive racquetball terms to help you develop your game (if you're still learning), refresh your memory (if you learned it but forgot it) and perhaps even improve your shot-making ability (if you know it but want to perfect it):

ACE—O.K., so everybody knows this is an unreturnable serve, a clean one-shot winner. But it's so nice to think about.



AROUND-THE-WALL-BALL—Often used to return serves from the backhand side, this shot is hit from, say, the deep backhand court to high against the opposite sidewall. It then hits the front wall, rebounds to the left wall beyond midcourt and heads off toward the deep right corner, bouncing at about three-quarters court. A good way to get

an opponent out of front center court. Also ideal against opponents with inner ear problems.

BLOCK—The illegal act of getting in the way of an opponent about to make a shot. Sounds straightforward enough, but legend has it that the Hatfield-McCoy feud began with a dispute over a blocking call.

DOWN-THE-LINE PASS—A hard shot that comes off the front wall more or less parallel to the same sidewall you were near when you hit it. Particularly effective off certain serves and when you are between your opponent and the wall the ball is rebounding parallel to—though beware: as he tries for it, you might end up with his shoulder in your kidneys.

DROP SHOT—A real soft shot hit from front court at a shallow angle off the front wall. Designed to "die" off the front wall, the shot is known to cause a gnashing of teeth in one's opponent, who is stuck in backcourt and has probably just screwed up a kill shot to let you get into such prime territory in the first place.

FLAT ROLL-OUT—The shot-making equivalent of the perfect squelch: a kill shot that hits so low on the front wall that it doesn't even bounce up—it just, well, rolls out. Having hit one, you may want to crown yourself with laurel wreaths. Instead, act like you do it all the time. Then watch your opponent's reaction.

FLY BALL—A ball hit before it bounces on the floor. A "fly kill," then, has nothing to do with insecticides. It's an outright winner off a ball still in the air.

FRONT-WALL-FIRST CEILING BALL—A shot that hits the front wall first and then the ceiling. Duh. The *usual* ceiling ball has the order reversed (ceiling, then wall) and is less chancy than the front-wall-first ceiling ball, which all too often lands in the front court for a kill. The object of all ceiling balls is to drive the other guy to the backcourt.

FRONT WALL-SIDEWALL KILL—A put-away shot that hits low on the front wall and then the sidewall. Since the ball then returns to the center of the court, this shot is rarely used, except when your opponent is hopelessly out of position. Of course, in that case, you've got so many other equally sensible options that your only problem is likely to be executive indecision.

FRONT WALL TRAP—Your opponent hits such a bad ceiling ball that it

misses the ceiling. Hee, hee. His shot flies all the way to the back wall. Hee, hee. It rebounds to bounce at about the service line. Hee, hee. You follow it forward, just waiting for it to come down for a kill. Hee, hee—bump! You're at the front wall, the ball is still about waist high and you're stuck. Oops. You've just been made the victim of a front wall trap.

GARFINKEL SERVE—Also called the "reverse cross-court serve," this is hit from just to the right of center toward a point about four feet high and a foot from the left wall at a modestly hard pace. It bounces off the left wall deep into the right backcourt corner. Charlie Garfinkel is given credit for inventing it. Who'd you expect—Charlie Chaplin? Actually, unless the serve is hit very carefully, the results aren't funny at all, since the serve goes directly to a right-handed opponent's strong side.

GARBAGE SERVE—One popular racquetball book uses this as a synonym for the Garfinkel serve (without editorial malice, we presume). But more typically it refers to a softly hit serve that hits about shoulder height anywhere off the front wall, hits the floor a few feet beyond the short line and then bounces softly toward the back wall. Innocuous as it sounds, it's very difficult to do anything with the return on this serve.

HALF-AND-HALF—A doubles formation wherein each player on a team covers his half of the court, imagining a dividing line drawn from the front wall to the back. Not unlike an equitable divorce settlement.

HYPOTENEUSE—Used to describe any shot that is driven from one deep corner to the opposite front corner.

I-FORMATION—Another doubles strategy: one teammate takes care of the forecourt; the other, the backcourt. Doubtless invented by an ex-third string tailback from Southern Cal (or the Dallas Cowboys).

ISOLATION STRATEGY—In doubles, playing to the weaker opponent over and over again. Used by people who like to tie cans to the tails of dogs, remove the wings from butterflies and win racquetball games.

KILL (RE-KILL, RE-RE-KILL, AD NAUSEAM)—A kill is a shot designed to be an outright winner, of course. A re-kill is a kill shot off a shot that was supposed to be a kill. A re-re-kill is a shot off a shot that was supposed to be a kill off a shot that was supposed to be a kill. And if you think that's confusing, try doing it on the court.

L-FORMATION—Another doubles formation. Player A plays the right side of front court. Player B is responsible for everything else: left front and all the backcourt. Question: Is Player B 1) a masochist 2) a dolt 3) a superior athlete 4) a mortgagee of Player A?

LOB—In these days of the lively ball, the lob is becoming an anachronism. It is a soft shot that comes from high off the front wall, grazes the sidewall at three-quarters court and dies into the corner. A purely defensive shot, it is the racquetball equivalent of a cry for help. The lob serve, also less favored today, acts similarly, resembling a downed bird as it collapses into a corner. Well executed, it turns the opponent into a dead duck.

OFF-SPEED DRIVE SERVE—A change-of-pace serve hit at about three-quarters speed toward the backhand corner. The opponent, thinking he's got a sure kill, gets pumped full of adrenalin, his eyes go wide, he winds up, shoots to kill and curses himself when he fouls up—the victim of his own enthusiasm, your extraordinary canniness and the ball's disguised ho-hum speed.

OFF-THE-BACK-WALL KILL—Your opponent hits a shot that comes off the back wall. You follow it forward, wait for it to drop to ankle height and then cream it for a winner. You've just hit an off-the-back-wall kill. Ain't life grand?

PINCH SHOT—A put-away shot that hits the sidewall near the front wall and then comes off the front wall. Generally used when you are in front of your opponent in the front court. A good shot to use in a... well, in a pinch.

ROADRUNNER—One of those infuriating fellows who gets to everything, answers with a lot of defensive shots, and counts on you losing patience and giving up. My advice: shoot him in the leg just before the match begins. That's the only way to slow him down.

SCOTCH SERVE—See "Z-serve."

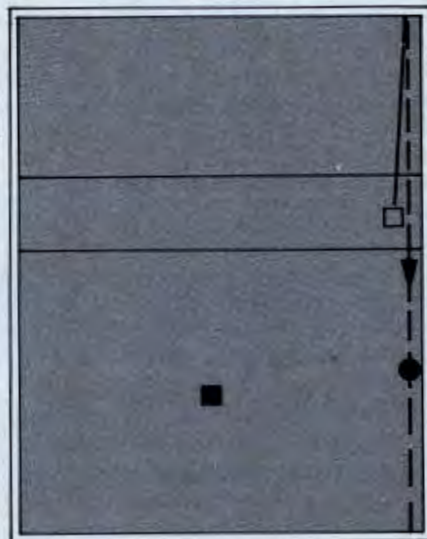
SHOOTER—A Billy The Kid of racquetball, who shoots to kill practically everything and asks questions later. And an incurable shooter is bound to ask himself a lot of questions later, usually in the losers' locker room.

SIDE WALL-FRONT WALL KILL—The more common, and more effective, type of pinch shot. Used most often when the opponent is next to you or behind you, the shot is hit to the sidewall first, then dies against the front wall. An inexperienced opponent, uncertain

which way to go, is usually left with his feet pointing toward each other.

THREE-QUARTERS/ONE-QUARTER—Yet another doubles strategy. Draw an imaginary line from one front corner to the opposite back corner. Teammate A covers everything to the left of the line, Teammate B everything to the right. Good if one teammate is quick up front and the other rangy in back. Common sense suggests no good reason for the name given to this formation.

V-PASS—The name of *this* shot, on the other hand, makes perfect sense. You and your opponent are both in the center front court, he to your right. You've got a backhand shot. Your shot hits the middle of the front wall, rebounds to the right sidewall (thereby following the path of a V) and dies into the back left corner, having gone completely around your opponent. V stands for victory.



WALLPAPER BALL—May this imaginative term never die. This is a shot that hangs so close to a sidewall that the opponent can't hit it without scraping his racquet against the wall. Love the sound of metal on concrete.

Z BALL—A shot that hits high off the front wall, then off the opposite sidewall, then back across against the near sidewall (one hopes deep in the corner) and comes out parallel to the back wall, thanks to the extraordinary spin the first two walls have imparted to it. A Z-serve acts much the same way, except it must, of course, hit the floor before hitting the third wall. Designed to give balcony spectators a crick in the neck.

And that, for the time being, is a brief primer on racquetball's vocabulary from ace to Z. ■

Scorecard

RACQUETBALL welcomes all tournaments to report their results. Please list all rounds of each event. Scorecard will report as many rounds of each tournament as space allows.



John Eggerman and Scott Hawkins with parents.

For reasons of space and clarity, tournament results submitted for listing in "Scorecard" should be arranged as shown in the example below. Entries using this format stand a better chance of being included in the "Scorecard" section.

Men's Open:

Semifinals: John Smith over Peter Smith 21-7, 21-15; John Doe over Peter Doe 21-20, 21-13.

Finals: John Smith over John Doe 21-20, 13-21, 21-16.

IRA WORLD AMATEUR SINGLES CHAMPIONSHIPS Supreme Courts Sports Center Las Vegas, Nev.

Men's Open:

Quarterfinals: Cohen over Kent 21-20, 20-21, 15-10; Hawkins over Deuster 21-20, 14-21, 15-14; Fox over Wright 11-21, 21-17, 15-4; Eggerman over Handley 21-19, 21-16

Semifinals: Hawkins over Cohen 21-9, 21-13; Eggerman over Fox 21-12, 20-21, 15-12

Finals: Eggerman over Hawkins 21-17, 21-7. Third: Cohen over Fox 17-21, 21-15, 15-14

Men's B:

Quarterfinals: Scott over Haralam 21-5, 21-18; Clausen over Arnold 21-12, 21-11; Zieg over Rankin 21-13, 21-12; Pipkin over Rybus 9-21, 21-16, 15-13

Semifinals: Clausen over Scott 21-20, 14-21, 15-14; Zieg over Pipkin 21-5, 21-10

Finals: Zieg over Clausen 21-20, 21-7. Third: Scott over Pipkin 21-10, 16-21, 15-4.

Men's Seniors:

Quarterfinals: Austin over Gibbs 21-5, 21-6; Ballentine over Petersen 21-18, 21-16; Johnston over Hardcastle 18-21, 21-12, 15-9; Ehren over Garfinkel 21-20, 21-8.

Semifinals: Austin over Ballentine 21-17, 21-14; Ehren over Johnston 21-16, 21-10

Finals: Austin over Ehren 21-9, 21-9

Third: Ballentine over Johnston 21-16, 21-8

Men's Masters:

Quarterfinals: Muehleisen over Talbot 21-17, 21-3; Clark over Folsom 21-4, 21-4; Colombo

over Leydons 21-10, 21-18; Ferrari over Rossi 21-4, 21-7

Semifinals: Muehleisen over Clark 21-16, 21-7; Ferrari over Colombo 21-14, 21-13

Finals: Muehleisen over Ferrari 21-11, 21-9

Third: Clark over Colombo 21-14, 11-21, 15-14

Golden Masters 55+

Quarterfinals: Mikowetz over Svenson 11-21, 21-13, 15-14; Matthews over Cowle 21-13, 21-7; Morrow over Zeitman 21-7, 21-3; Grapes over Howard 21-13, 21-5.

Semifinals: Mikowetz over Matthews 20-21, 21-8, 15-13; Grapes over Morrow 21-11, 21-14

Finals: Grapes over Mikowetz 21-18, 21-20

Third: Morrow over Matthews

Golden Masters 60+

Quarterfinals: Wilde over Gumer 21-11, 21-3; Murphy over Crowley 21-17, 21-20; Berney over Guerry (forfeit); Lowrance over Lohr 21-20, 21-5

Semifinals: Wilde over Murphy 21-17, 21-20; Lowrance over Berney 21-12, 21-5

Finals: Lowrance over Wilde 19-21, 21-18, 15-12

Third: Murphy over Berney

Women's Open:

Quarterfinals: Ambler over Stoll 21-7, 21-14; Faulkenberry over Tillotson 21-14, 13-21, 15-11; Lee over Egnew 21-12, 21-5; Davis over Dee 21-18, 21-6

Semifinals: Ambler over Faulkenberry 21-17, 21-14; Davis over Lee 21-19, 21-7

Finals: Ambler over Davis 21-10, 19-21, 15-4

Third: Faulkenberry over Lee 21-12, 12-21, 15-12

Women's B:

Quarterfinals: Mullen over Bunker 21-13, 21-16; Herrin over McFarland 21-15, 21-16; Ward over Olbu 21-18, 21-5; Alcantara over Smith 21-7, 21-16

Semifinals: Mullen over Herrin 21-13, 21-11; Alcantara over Ward 21-15, 21-12

Finals: Alcantara over Mullen 21-8, 15-21, 15-14.

Third: Ward over Herrin 21-9, 21-14

Women's Seniors 35+

Quarterfinals: Weed over Field 21-7, 21-1; Wojcik over Machado 21-3, 21-1; Siau over Herbert 21-9, 21-11; Pike over Morgan 21-20, 21-16

Semifinals: Wojcik over Weed 21-5, 21-17; Siau over Pike 21-4, 21-9

Finals: Siau over Wojcik 11-21, 21-20, 15-12.

Third: Weed over Pike 21-8, 21-6

Women's Masters 45+

Round Robin Finalists:

1st: Sue Graham; 2nd, Rita Doran; 3rd, Collen Sloan and Betsy Bracy, tied.

Men's Golden Masters 65+

Round Robin Finalists:

1st: Rankins; 2nd, Douglas and Annerino, tied.

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Men's Open:

Quarterfinals: David Dougherty over Joe Jacangelo 21-13, 21-18; Jerry Carabello over Joe Pennino 21-11, 21-6.

Semifinals: Dick Anthony over David Dougherty 21-16, 21-13; Brian Foley over Jerry Carabello 21-19, 21-15.

Finals: Dick Anthony over Brian Foley 21-11, 21-9; 3rd, Jerry Carabello over Dave Dougherty 21-16, 21-18.

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Men's A:

Quarterfinals: Scott Brown over Bob Riley 15-10, 15-6; Steve Squire over Carlos Diaz 15-1, 15-9; Sergio Gonzales over Randy Pfahler; Neal Llewellyn over Bob Driscoll 15-10, 14-15, 11-9

Semifinals: Brown over Squire 21-20, 21-14; Gonzales over Llewellyn 21-16, 21-14

Finals: Gonzales over Brown 15-21, 21-7, 15-13

Men's B:

Quarterfinals: Carlos Diaz over Ed Vlock 15-5, 15-4; Alex Ramos over Bill Butler 15-8, 15-14; Bobby Cuillo over Rito Rodriguez 11-15, 15-2, 11-3; Tom Pignato over Ray Ingalsbe 15-9, 15-2

Semifinals: Ramos over Diaz 21-18, 21-7; Cuillo over Pignato 21-8, 21-6

Finals: Ramos over Cuillo 21-14, 21-20

Men's C:

Quarterfinals: Marcus McWaters over Tim Eggen 15-8, 15-9; B. G. Thompson over Pierre Heitfeld 15-10, 15-6; Gene Rodriguez over Victor Orbay 15-6, 15-5; Richard Smith over Mitch Campbell 15-6, 11-15, 11-0

Semifinals: McWaters over Thompson 21-6, 21-19; Smith over Rodriguez 21-9, 21-9

Finals: Smith over McWaters 21-11, 21-8

Men's Jr. VET:

Quarterfinals: Bob Driscoll over Fred White 15-3, 15-14; Danny Chandler over Doug Winter 15-1, 15-5; Steve Squire over Al Freeman 15-4, 15-10; Gary Biederman over Kirk Stetson

Semifinals: Chandler over Driscoll 21-14, 21-13; Squire over Biederman (forfeit)

Finals: Squire over Chandler 21-15, 21-12.

Men's Seniors:

Quarterfinals: Bob Riley over Nick Sans 15-4, 15-0; Fred White over Ed Vlock 15-11, 15-7; Ron Boss over Jim McCauley 6-15, 15-9,

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11-3; John Brown over Ron Jernigan 15-3, 15-12
Semifinals: Riley over White 21-11, 21-14; Boss over Brown 21-10, 21-13
Finals: Riley over Boss 21-9, 21-5
JUNIORS - 17 & under
Quarterfinals: Sergio Gonzales over Paul Jones 15-4, 15-4; Scott Roberts over Bubba Gautier (forfeit); Sean Brown over Victor Orbay 15-11, 10-15, 11-9; Richard Smith over Bobby Cuillo 15-14, 15-14
Semifinals: Gonzales over Roberts 21-2, 21-6; Brown over Smith 21-9, 21-13
Finals: Gonzales over Brown 21-9, 21-15;
3rd Place: Smith over Roberts 21-9, 21-6
JUNIORS - 15 & under
Quarterfinals: Susie Newkirk over Chris Chaback 15-2, 15-3; Gerardo Jimenez over Shane Brown
Semifinals: Mitch Campbell over Newkirk 15-6, 15-8; Jimenez over Roland Jernigan 15-21, 21-13, 15-9
Finals: Campbell over Jimenez 21-6, 21-3
3rd Place: Jernigan over Newkirk 21-1, 21-13
Women's A:
Quarterfinals: Audry Simpton over Jan Taylor 15-6, 15-3; Desiree Smith over Pam Harrison 15-9, 15-10; Carrie Montano over Jan Jernigan 15-9, 15-12; Kathy Gall over Debbie Brown 15-2, 15-4
Semifinals: Simpton over Smith 21-7, 21-16; Gall over Montano 21-6, 21-3
Finals: Gall over Simpton 21-15, 21-18
Women's B:
Quarterfinals: Jan Lord over Judy Leerer 15-10, 6-15, 11-9; Debbie McWaters over Lisa Allen 15-12, 15-13; Jane Grandusky over Denise Bissett 15-1, 15-5; Jan Taylor over Rene Sayles 15-9, 15-14
Semifinals: Lord over McWaters 21-12, 21-18; Taylor over Grandusky 21-20, 21-6
Finals: Taylor over Lord 21-9, 21-7
Women's C:
Quarterfinals: Ellen Remoundos over Barbara Leach; Bobbi Ann Brinegar over Lisa Allen 15-8, 15-11; Collette Owens over Karen Rosenberg 11-15, 15-7, 11-1; Carole Longere over Denise Bissett
Semifinals: Brinegar over Remoundos 21-3, 21-17; Owens over Longere 21-4, 21-6
Finals: Brinegar over Owens 21-7, 21-14



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Men's B:
1st: Guidetti over Turney 21-18, 12-21, 15-10;
3rd: Gosselin over Xanthos 21-10, 21-12
Men's C:
1st: Yang over King 21-17, 21-20; 3rd: Peterson over Morrow 21-19, 21-16
Juniors:
1st: G. Wiles, Jr. over Coulter 10-21, 21-19, 15-11; 3rd: C. Peterson over R. Williams 21-12, 21-15
Seniors:
1st: Chambers over Harmon 21-8, 21-13;
3rd: Wiles over Parker (forfeit)
Masters:
1st: McGee over Lane 14-21, 21-15, 15-9;
3rd: Wyman over Fleischman (forfeit)
Men's Doubles:
1st: Saperstein-Giordano over Anderson-Dicke 9-21, 21-20, 15-14; 3rd: Hogan-Lane over Hartsfield-Sexton
Women's Open:
1st: Brown over Gwinn 21-4, 21-9;
3rd: Gosselin over Hardison 21-10, 7-21, 15-8
Women's B:
1st: Myers over Willis 21-13, 21-14; 3rd: Walson over Hill (forfeit)
Women's C:
1st: Weil over Peterson 21-11, 20-21, 15-11;
3rd: Cameron over Shw
Women's Doubles:
1st: Hardison-Gwinn over Brown-Hill 21-10, 21-14

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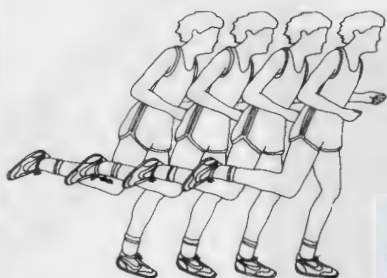
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Women's Open:

- 1st: Elaine Lee, Lancaster, Pa.; 2nd: Carol Frenck Newport News, Va.

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- 1st: Bill King, Radford, Va. 2nd: Carmen Felicetti, Brookville, Pa.

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- 1st: Eric Foley, Columbia, Md. 2nd: Jim Bailey, Havelock, N. C.

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- 1st: Charles Lake, Va. Beach, Va; 2nd: Jay Krevsky, Harrisburg, Pa.

Men's Golden Masters:

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Women's Seniors:

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