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Official Publication of the American Amateur Racquetball Association
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*Three Women in
Racquetball's Upper
Ranks*

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Syndrome*

*Intermediate
Strategy*

*Adjusting to
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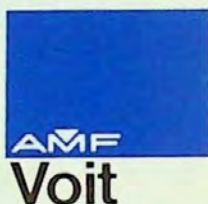
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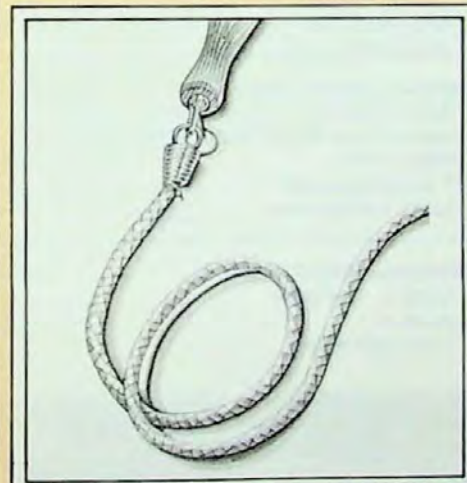


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NEW DIRECTIONS

Dear Members,

With the advent of an exciting new racquetball season upon us, we are pleased to announce an added value to our members for being a part of the Association. Many times we've heard the old refrain, "Why should I become a member of the AARA? What's in it for me?" In the past, other than a year's subscription to *Racquetball* magazine, a membership card and eligibility for all AARA tournaments, there were no incentives for membership.

However, this past year, through the efforts of your Board of Directors, we have considerably increased the benefits to members. We have added the Hertz car rental discount program, discounts on books, approved balls, an up-to-date rule book, an excellent individual insurance program and now, through Benefits Unlimited, Inc., we have added an opportunity for you to participate in the exclusive International Travel Card program.

The major benefit of this program is the opportunity to have a free night's stay in over 800 famous name hotels in 550 cities coast to coast, as well as in 28 foreign countries. It works this way—you pay for the first night and get the second night's lodging free at a participating hotel or motel. Use the card once and you have covered your cost for this program. Please refer to page 33 for details.

We are looking forward to another exciting year for the amateur player and we earnestly solicit your support for the Association and its expanding membership.

Regards,

Luke St. Onge

Luke St. Onge
Executive Director

INDUSTRY NEWS



Action Eyes

Acting on the assumption that protective eyewear for sports doesn't have to be unattractive, Bausch and Lomb has introduced a new product. The new Bausch and Lomb Action Eyes Racquet Sports Eye Protector, as the product is called, "combines maximum protection and distortion-free vision with smart styling," according to the company.

The lenses are made of polycarbonate plastic and are optically correct from edge to edge to ensure maximum peripheral vision. They are also coated for extra scratch resistance, and completely cover the wearer's eye for protection, according to information provided by Bausch and Lomb.

The new Action Eyes have been player tested, and therefore incorporate extra thickness at stress areas for added strength. The bridge area is formed for safe, snug contact on the nose and lenses are securely mounted in extra-deep grooves. The new sports protector can accommodate most prescription lenses.

Available for both men and women, Action Eyes come in crystal, tortoise and blue/gold frames. Suggested retail price is \$25 and includes carrying case and elastic headband. Action Eyes, patent pending, are available at racquetball clubs, sporting goods stores and from eyecare professionals.



Bag It

If you're tired of carrying your clothes to the gym in a plain brown sack, perhaps Penn Athletic Products Company has something for you. The new racquetball bag recently introduced by Penn features "rugged vinyl construction with reinforced seams and durable, webbed nylon wrap-around handles," according to the company. One compartment of the bag is large enough to carry shoes, clothing, racquetballs and racquets. The second compartment is a full-length "wet pocket," totally separated from the main compartment—good for not-so-fresh clothes.

For further information about Penn's new athletic bag, contact Penn Athletic Products Company, 200 Mall Blvd., Monroeville, Penn., 15146. Penn is an operating unit of The General Tire and Rubber Company's Chemicals/Plastics/Industrial Products Group.



Not For The Deep

They're probably a little fancy for the likes of Davey Jones, but the new lockers recently introduced by The Interior Steel Equipment Co., of Cleveland, Ohio, are just right for racquetball clubs. Called Wood Grain Lockers, the new lockers are made of steel with a vinyl laminate material

which comes in walnut, cherry or teak designs. According to the manufacturers, "the lockers are provided with wood grain doors and panels, tastefully framed by steel painted in accent colors."

R.T. Jarmusch, president of the company, explained how the new line of lockers came about: "We wanted to do something different with lockers. By adding the wood grain laminate, we now have an elegant, but secure piece of furniture designed for clubs, hospitals, teacher lounges, executive suites . . . wherever rich, relaxing decor is desired."

For more information, contact The Interior Steel Equipment Company, 2352 East 69th St., Cleveland, Ohio, 44104; or call 216-881-0100.



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The new orthotics, as they are called, are laminated from five complementary layers of material. They provide support and cushioning at the four areas on the foot where good protection against impact is needed—according to the manufacturer. Four-point protection is provided at the heel, sole, arch and metatarsal areas.

Shock Absorbers™ carry a suggested price of \$6.95 and are available in five sizes, to fit all shoes. For additional information, contact Rebound Systems, Inc., 145 Dogwood Ave., Roslyn Harbor, N.Y., 11576; or call 212-821-3636. ■

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PLAYERS' FORUM

LITE BEER/VATAHA SCORING SYSTEM TESTED

By Tom Mellor



Bonnie Stohl (left) received a check from Austin Burke (right) for her first place victory in the Women's Pro division.

The following article, written by Tom Mellor, is a description of a new five-point scoring system developed by ex-New England Patriot Randy Vataha and used at the Lite Beer/New England Pro/Am tournament. The tournament was played at the Playoff Racquetball/Handball Club in Braintree, Mass., and was, by all accounts, a resounding success.

"Set, match point, Mr. Christianson," was the call heard during the finals of the Lite Beer/New England Pro/Am late Sunday afternoon. The familiar call had echoed weeks before through the Longwood Cricket Club, site of the U.S. Tennis Open, but such was not the case here. Christianson's "roll out," which concluded the match, is a term unknown

to the stars of tennis. For it is a term used in racquetball, the game of the 300 plus players who jammed the Playoff Racquetball/Handball Club, for what many claimed was the most exciting tournament in which they'd ever participated. The Playoff, a chain of racquetball clubs owned by Dr. Bill Lenkaitis, N.E. Patriot center and practicing dentist; Randy Vataha, ex-Patriot wide receiver; and businessman George Matthews, had taken the first step to change the game.

The tournament was the first ever to be held with the new five-point scoring system. The brainchild of Vataha, the system was devised to keep the game exciting from start to finish—for players and spectators alike.

"Racquetball has been waiting for something like this," said Paul

Henrickson, New England Regional Commissioner for the American Amateur Racquetball Association (AARA). "The enthusiasm which engulfed the crowd this weekend was unbelievable."

The number of key points, due to the new scoring system, seemed to hold the attention of the crowd through the entire match. Too often in racquetball the number of spectators depends on the size of the tournament draw. The faces peering into the court during a match are generally those of the player's family and friends. But the many close matches held during the Lite Beer/Open really seemed to capture everyone's attention. Even so, the real success was on the court, not in the galleries above—the players loved it: "The most fun I've ever had in a tournament," gasped Carolyn Connolly, a veteran tournament player. "You can never let up."

"This new system is superb," added Shelly Misiph. "You must be on your toes constantly. It's fast and interesting for the spectator as well as the participant."

Bruce Christianson, winner of the Pro division and a \$1,000 check, had this to say: "I like it a lot. It takes a little getting used to. I think if the games were extended to seven or eight points it would be even better. Momentum is so important in this type of scoring system. The theory is terrific and I'm looking forward to coming back to the Playoff for next year's tournament."

Vataha, who last year earned the richest purse in racquetball when he won a tournament at the Las Vegas Sporting House, which was a competition between professional athletes of all sports, described his new system: "The system is the best of three sets. Players play games to five points; best of five games make one set. Should the sets be tied at one each, the match goes to a third and final set which is a seven-point tiebreaker, whereby the champion must win by two points." For example:

GAMES	1	2	3	4	5	1	2	3	4	5	TB
LENKAITIS	4	0	5	4		5	5	3	1	5	9
VAHATA	5	5	3	5		0	0	5	5	4	7

Austin Burke, vice president of Burke Distributing Corporation of Randolph, Mass., the Lite Beer distributor in



Left to right: Austin Burke of Burke Distributing Corporation, Bruce Christianson, winner of the Men's Pro division, Dieter Schmidt, second in the Men's Pro division, and Randy Vataha.

greater Boston, said the tournament had wide appeal and was much more successful than originally anticipated. "It was a great event. The Miller Brewing Company of Milwaukee, Wisc., has expressed a strong commitment to support racquetball throughout the country and I'm confident the Miller Brewery will join Burke Distributing Corporation in co-sponsorship of tournaments in this area again," he said.

A total of \$7,000 in prize money was awarded to the participants in the three day tournament. The top prizes were \$1,000 in the men's professional division and \$750 in the women's professional division.

Jim Daly and co-tournament director Debbie Falconi stayed right on top of things throughout the busy three days. "As far as the running of the tournament," said Daly, "the matches were getting off right on schedule and lasting

about the same amount of time as the regular 15-point matches. Naturally, they slowed a bit as the tournament moved into the quarterfinals and semifinals."

Club manager, David Izzo, is interested in hosting many more of the five-point tournaments. Playoff Clubs located in Braintree, Beverly, Needham, East Providence and Warwick, R.I., are headmanning the trend. "I've never seen so many excited players," stated co-owner Lenkaitis, who managed to slip away from a rigorous training camp schedule to help present the awards to the winners.

The tournament was divided into men's and women's pro divisions, and a full slate of amateur classes. Maureen Boulette, the AARA Massachusetts state director, was on hand for the weekend and had this to say: "The sanctioning of an amateur tournament in conjunction with a 'Pro' division is a new

step for the AARA in Massachusetts. Always looking for innovative ideas has become one of the goals of the Massachusetts Racquetball Association. Massachusetts, currently being the hotbed of racquetball in the United States, was the ideal location for staging racquetball's new five-point game."

Vataha also indicated the advantages the system would have in appealing to television, a segment of media promotion that has yet to be conquered.

If the success of the Lite Beer/New England Pro/Am is any indication, the future looks bright for the new Vataha scoring system in racquetball. ■

1980 Lite Beer/New England Pro/Am Results

Men's Pro

1. Bruce Christianson
 2. Dieter Schmidt
 3. George Vierra
- Consolation: Dennis Aceto

Men's A

1. Dave Maturah
 2. Enos Stover
 3. Kevin Pillion
- Consolation: Mike Coleman

Men's B

1. Ron Hyman
 2. Ray Menice
 3. Mike Stone
- Consolation: Jeff Howard

Men's C

1. Dave Repucci
 2. Mike Saniuk
 3. Steve Buckman
- Consolation: Dave Scall

Men's Novice

1. Stan Kubiak
 2. Bill Mallett
 3. Gary Phillips
- Consolation: Bob Lefebvre

Men's Seniors

1. Fred Lesperance
 2. Dan Giordano
 3. Warren Pierce
- Consolation: Roger Krim

Women's Pro

1. Bonnie Stoll
 2. Martha Callahan
 3. Eileen Eltrich
- Consolation: Cindy Alba

Women's A

1. Cindy Callahan
 2. Nancy Kriss
 3. Mimi Kelly
- Consolation: Joni Wade

Women's B

1. Maryanne O'Sullivan
 2. Donna McCaskill
 3. Jane Cohen
- Consolation: Lynne Austin

Women's C

1. Dorsey West
 2. Debbie Wilbur
 3. Pam Pano
- Consolation: Martha Bailey

Women's Novice

1. Paula Hennessey
 2. Martie Kraussman
 3. Linda Zarchin
- Consolation: Hether Adler

SHORT LINES



Supreme Court Racquetball Club Pros Tim Usher (left) and Joe Wirkus (center). ADA of Wisconsin General Manager John Oncken (right).

Milking Racquetball

A racquetball match is the scene of a new milk commercial for the American Dairy Association (ADA) of Wisconsin. The television commercial, scheduled to be released in Wisconsin and Chicago early this fall, is based on their latest multi-media, campaign theme "Takin' Time For Milk."

The 30-second milk ad was shot at The Supreme Court Racquetball Club in Madison, Wisconsin. Joe Wirkus, club manager-pro assisted ADA of Wisconsin's ad agency during pre-production activities. His associate, racquetball pro Tim Usher is featured in the commercial. Usher is seen in action on the court and with actor-friends at a restaurant.

American Dairy Association of Wisconsin's general manager, John Oncken, explains the milk/racquetball strategy: "Milk is a natural tie-in with athletics. Fitness and good nutrition play an important role in the life of an athlete. Milk offers a viable means toward achieving both." Oncken continues: "Racquetball is one of America's fastest-growing sports. To really excel in racquetball, you must keep fit. We believe milk can contribute to almost anyone's fitness plan—whether they're athletes or spectators."

An upbeat, country-rock jingle, "Takin' Time For Milk," is the basis for ADA of Wisconsin's new TV and radio ads. The total milk campaign consists of two 30-second TV commercials, plus two 30-second and two 60-second radio commercials. Print and billboard advertising will supplement the broadcast. The

target audience is consumers, ages 6 to 34.

The American Dairy Association of Wisconsin is composed of dairy farmer members who voluntarily invest a portion of their milk income for the promotion of dairy foods.

Back To School

Lakeshore Centre, the sports and entertainment complex located in Chicago, Ill., is probably the only liberal arts athletic club in the country. While not exactly the courses needed to earn a bachelor's degree, the club did begin offering classes to its membership last month. The six-week series of "mini-classes," as they are called, were designed under the auspices of Northwestern University and include such subjects as dance exercise, swimming, wine appreciation, astrology, yoga, stained glass, creative writing and skin care. There are 26 classes in all.

Although the courses are limited to club members, the course fees of \$35 to \$45 can be applied towards the \$65 Lakeshore Centre Membership. For more information, contact Cara Sher at Lakeshore Centre, 1320 West Fullerton Ave., Chicago, Ill., 60601; or call 312-477-7220.

Olympian Goes Canadian

A new Canadian company has been formed to manufacture and distribute the Olympian line of racquetball equipment and accessories in Canada.

According to Tom Gillette, president of Olympian in the U.S., this is "a first" in Canada for the manufacturing of rac-

quetball equipment. The new company, to be known in the trade as Olympian Canada, will have offices in Montreal, Calgary and Vancouver. A well known Canadian businessman, R. John Springer, is president of the new company.

The product line has been designed by Bud Leach, a familiar name in the racquetball products line. Leach designed the first fiberglass and first carbon graphite racquetball racquets, which have now become industry standards.

The Canadian company will operate under license from Olympian Sports Products, Inc., of San Diego, Calif.,—which was founded by Bud Leach.

Olympian Canada has appointed Dennis Hammond, formerly of Ektelon Sports, Ltd., as general manager. He will be located in the company's Calgary offices. For further information about the company, contact Dennis Hammond in Calgary at 403-278-0288.

Suppliers Merger

Pro Shop Distributors of Dayton, Ohio has been merged with Court Products, Inc., of Chicago, Ill. Both firms are warehouse distributors of pro shop merchandise serving the court club industry. Court Products is the largest distributor of racquetball equipment in the country, and they perceive the merger as strengthening their position in the industry.

Court Products was founded in 1974 and Pro Shop Distributors was formed in 1978. According to John S. Wineman, president of Court Products, "Both companies were established to provide an easy one stop shopping approach for court club owners. Court Products maintains a substantial inventory of products manufactured by Champion, Ektelon, Foot-Joy, Leach, Omega, Penn, Seamco, Vittert, Voit, Wilson and others. Club owners may obtain products at the same price that they would pay if buying directly from the manufacturer, and they will receive the merchandise much faster. Orders, large or small, are shipped the day they are received."

When asked about the merger, Thomas E. Murray, president of Pro Shop Distributors, commented, "I am excited about working with the people at Court Products. We have always been friendly competitors and I know the merger will only improve the service to our customers."

For more information, contact Court Products, 2760 Skokie Valley Road, Highland Park, Ill. 60035; or call 312-432-7711. ■

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Executive Sweet

Three Profiles of Women in Racquetball's Upper Ranks

It hasn't been that long since the sport of racquetball was a strictly-male domain. But once women discovered the sport, total participation practically doubled.

Yet, while women's participation in the sport has grown to almost 40 percent of the total racquetball-playing population, they are still a minority in the controlling end of the sport — the executive end. But not for long. Witness, for example, the three women profiled on the following pages — Hallie Singer, Janell Marriott and Maureen Boulette. They are the cream of the crop, the few at the top . . . so far.

Hallie Singer

Hallie Singer of Memphis, Tenn., holds what is probably the second most important position in amateur racquetball today—unfortunately no one really knows what that position is, or rather what it should be called. For lack of a better term, suffice it to say that she is second-in-command of the American Amateur Racquetball Association. "I'm not really an executive secretary because I do more than that implies," Hallie ex-

plains, "but Luke doesn't like 'assistant to' titles, so I just go along not really knowing what to call my job." The "Luke" she refers to is Luke St. Onge, of course, the executive director (notice *he* has a title) of the AARA, and general racquetball rat around town. (Hallie half seriously suggests that one of her primary functions when at a tournament is to relieve Luke of all responsibility so that he can concentrate on his game.)

If Hallie's position can be described as unorthodox, it's probably fitting, for her entry into the world of racquetball can certainly be categorized as strange, to

say the least. "It was all a coincidence," she recalls. "I had a job as a medical secretary but was looking for something different. A friend of mine happened to be on a plane to Dallas and was seated next to Mike Zeitman, a professional racquetball player who was then head of the International Racquetball Association (IRA). He mentioned that the IRA was moving its headquarters from Dallas to Memphis and he needed a secretary, so my friend told him about me. I contacted him, had a couple of interviews, and, next thing I knew, I was on my way to Dallas to help move the offices."

Beginning as somewhat of a babe in the woods, Hallie had to learn the racquetball business from the ground up. Today, three years later, she has her hand in everything the AARA does, because she never knows what she'll be asked next. "Our association really exists as a service to the players. We are able to answer any conceivable question about any phase of racquetball—and if we don't know the answer we'll find out and get back to the person who wants to know."

The bulk of Hallie's job involves dealing with people, from equipment manufacturers to the novice club manager who "wants to put on a tournament and has no idea how to go about it." Hallie is ready and willing to disperse advice on all aspects of planning and running tournaments, beginning with locating a sponsor, selling ads in the pro-

By Judy Heinrich



Hallie Singer



Janell Marriott

gram, ordering trophies, printing entry blanks, arranging for hospitality—etc., etc., etc. She also convinces would-be tournament directors to have their events sanctioned by the AARA. "The benefits of sanctioning are tremendous," she explains. "Anyone who plays in the AARA-sanctioned tournament—regardless of size—is eligible for ranking points. The tournament receives space in *Racquetball* magazine, including an announcement prior to the event (if information is received far enough in advance), tournament results in the 'Scorecard' section, and a photo if one is available. For major tournaments the magazine will often do a feature article. We are also able to offer special prices on trophies and shirts, and can advise the tournament director who to contact for equipment. We can furnish a pre-printed program which can be used alone or combined with localized material. And although we try to remain at an advisory level and encourage the local management to handle all tournament details, we will get involved if a person has a particular problem—with an equipment manufacturer, for example."

Hallie didn't come by her extensive tournament expertise through osmosis. The AARA holds four major tournaments each year: the National Juniors, Intercollegiate, Singles and Doubles. Hallie is at all of these tournaments to help run them, and is completely responsible for entry applications and on-site registration for all but the Junior event (which is handled by AARA Junior National Commissioner, Ed Martin).

When an AARA national tournament is held in Memphis—as both the Juniors and Intercollegiate were in 1979—Hallie becomes, in her own words, "the whole tournament committee." She handles everything from the moment the advance planning begins until the last sneakered feet leave the courts and the final results are history. "About the only thing I'm not involved in is the draw," she says.

A recent addition to the AARA tournament tour is the national ranking system installed less than a year ago. The only such system in racquetball today, it is designed to award players ranking points based on how they placed in a tournament, how large the tournament was, size of the draw, etc. There are six categories of tournaments, with Level 1 being in-house tournaments and Level 6 national competition. (See *Racquetball*, September 1980.) Hallie has an intimate knowledge of the ranking system. Although it is soon to be computerized, early ranking statistics were calculated by hand—hers.

Hallie claims that the things she enjoys most about her job are the people she

meets and works with and the excitement of constant change and innovation. "Something's always happening and it's exciting to be around. I hate to miss a day because I know something's happening and I want to be there to see it."

With the growth of the AARA and racquetball in general, Hallie will probably have enough changes to keep her busy for some time to come. But if she doesn't get enough excitement on the national level at work, she can hear about racquetball on the local level at home from her husband, Pete, who is the current AARA director for Western Tennessee. Pete has been playing racquetball for about 10 years.

It is ironic that while Hallie loves her job and the excitement of the sport, she doesn't play racquetball at all. Hallie doesn't see her lack of participation as incongruous at all, and she has valid reasons. "A lot of people play racquetball as a release from their daily activities, but for me it would be more of the same. And it is sometimes helpful to have a completely objective viewpoint—one not colored by personal playing experiences—especially when discussing something like a rules dispute."

Hallie gets her exercise and release of tensions from dancing and from taking care of three kids, ages 14, 16 and 18. And when she laughingly describes her age as "fabulous forty" (a very realistic assessment in view of her youthful looks and enthusiasm), it's almost certain that Hallie will be around racquetball for a long time, even if she's not on the courts. ■

Janell Marriott

Of the estimated 10 million people who play racquetball, only a handful are able to make a living at it. One of the few women who does is Janell Marriott, a 26-year-old native of Salt Lake City, Utah. Janell began playing racquetball nine years ago when a job at a recreation complex gave her her first exposure to the sport. She is now playing her fifth year as a pro and is ranked sixth in the world.

As if the rigors of training and touring aren't enough, Janell also plays an important role in racquetball off the courts. She is currently serving her second term as president of the Women's Professional Racquetball Association (WPRA), which was formed as a result of dissatisfaction with the National Racquetball Club (NRC) organization and tour. The men pro's have also had difficulty with the NRC, but the women felt especially frustrated by "second class citizenship," Mar-

riott elaborates, "Women had been playing on the back courts and at oddball hours for too long. And the women's money wasn't equal with the men's either, as happens in a lot of sports. The women usually split \$6,000 in prize money per tour stop while the men got about \$15,000."

Serious talk about an alternate association began at a trade show in Anaheim, Calif., where the women sought the advice of Dan Seaton, a racquetball player who was responsible for opening the first court club in Las Vegas, Nev. Seaton, who is also the Las Vegas District Attorney, had expressed an interest in promoting women's racquetball. The women met with Seaton to discuss their disenchantment with the NRC and what they felt were valid goals for their own organization. By the time the NRC National Tournament rolled around in June, 1979, they were ready to talk with NRC officials about making some changes in the pro tour. It was at the Nationals that the non-profit WPRA was officially founded and Janell was elected president. "We agreed that we wanted more control of the tour," she recalls, "including input on sponsors, sites, scheduling, seeding, purses, refereeing—everything."

As was expected, the NRC balked at the demands both at the Nationals in Tempe, Ariz., and at a later meeting in Chicago. The second meeting was held in September, 1979, with NRC head Bob Kendler and other NRC honchos. After a long and stormy session little had been resolved. Kendler and company refused to make concessions and Marriott and the rest of the women pro's were officially on their own.

Now almost two years old, the WPRA claims all women pro's (approximately 50 in all) as members. Amateur women players are also encouraged to join and plans for the future include several programs especially for the amateur—a network of women's clinics, schools where women can learn to teach, coach and referee, and a full circuit of tournaments for pro's and amateurs alike.

Many of the efforts of the WPRA have revolved around molding the WPRA into a viable organization with effective leadership. The credibility this will give the organization is essential for attracting sponsors to back the organization and its tour. In addition to Marriott as president, other officers are Rita Hoff as vice president, Peggy Steding as secretary/treasurer, and Heather McKay, Marci Greer, and Lynn Adams as members of the board of directors. Dan Seaton is the WPRA commissioner, a position that makes him primarily responsible for organizing the tour itself: lining up spon-

sors, locations, and dates, dealing with equipment manufacturers, etc. There were five tournaments between January and June of this year, with total purses ranging from \$10,000 (the minimum) to \$15,000, the highest purse ever offered women players. Seaton is busy building on these successes by talking with more potential sponsors and lining up additional tournaments for the future.

As WPRA president, Marriott is responsible for establishing and presiding over various committees which handle such things as publicity, recruiting, rules and regulations. At present the rules and regulations committee is probably the most important. Based largely on the Ladies Professional Golfers Association (LPGA) rules, this committee formalizes policies that affect many areas of play, including dress codes and on-court conduct. Of course, where there are rules there must also be a disciplinary system for handling rule infractions. While still in the planning stages at this point, the WPRA disciplinary system will probably include at least three levels—warnings for actions termed misdemeanors, varying fines for more serious misconduct, and suspension from one or more tournaments for severe or repeated violations. Among the examples of misconduct Marriott cites are obscene gestures, swearing at an opponent or referee, and striking an opponent, official, or spectator.

Marriott is quick to admit that getting the WPRA off the ground has not been easy. "We are basically trying to improve women's racquetball in general, for pro's and amateurs," she states. "Many of the things we've accomplished so far seem minor, but they are necessary to reach our long term goals."

If Marriott and her fellow women pro's can be judged by their spirit and determination in *on court* activities, there can be little doubt that they will not only reach, but surpass, any goals they set. ■

Maureen Boulette

Maureen Boulette started playing racquetball about six years ago when one of her fellow elementary school teachers introduced her to the game. She was going through a divorce at the time and looking, she recalls, "for a whole change in lifestyle." Little did she know just how much change was ahead.

Today 33-year-old Maureen is a "B" class player who laughingly recalls the days when she and her fellow women players showed up at the courts in "little

skirt outfits with pantyhose." Those were the days when the men players didn't take women very seriously: "They would bang on the doors and tell us to get off the court before our time was up. Sometimes they'd actually move the clocks ahead to trick us into leaving early." As Rodney Dangerfield might put it, the women couldn't "get no respect."

That is not the case today, especially where Boulette is concerned. Not only is she a force to be reckoned with on the courts, she has also become somewhat of a power figure off the courts as well. She is the AARA state director for Massachusetts, one of the few women to hold such a position.

As AARA state director, Boulette automatically assumes the role of president of the Massachusetts Racquetball Association (MRA), which boasts a membership of over 1,700 players. "Racquetball is just starting to explode in the Northeast," according to Boulette. "We have a tournament somewhere just about every other weekend, and our membership is growing all the time."

Those frequent tournaments mean plenty of travel for Boulette, and although she is trying to keep her directorship on an advisory rather than participatory level, she often manages to get involved in running the tournaments on a local level. All this experience has made her a real pro at coordinating all the details that go into carrying off a successful tournament.

Her efforts have had a special impact where women are concerned. "For a long time women were being treated unfairly at tournaments," she explains. "Tournament shirts came only in large sizes that were too big for most women, and even the women's trophies had little men on them instead of women. These may sound like small things, but they're part of what makes a tournament fun for everyone. Now we find that treatment of women has improved a great deal."

One of Boulette's greatest achievements to date has been as tournament director for the third annual AARA all-women's racquetball tournament, Women '80, which was held in Boston last February. "At first I was really skeptical that the women would come," she remembers, "that they would travel to Boston and stay overnight." Her worries turned out to be unfounded: over 150 women from eight northeastern states competed in the tournament. Plans are already being made for next year's event, which Boulette hopes will draw 200-250 players.

Because she works a full-time job as an elementary school teacher, Boulette depends on the help of other MRA mem-

bers to run the tournaments and assist with other association functions. "They are mostly interested people who can give their time and not expect a lot in return," she states. Although these workers are not paid for their services, Boulette is sometimes able to offer free or reduced rate entries for local tournaments. A rather unique relationship that developed this way involves Dr. Tom Rupley, a chiropractor and cardiopulmonary resuscitation expert who acts as "house doctor" at tournaments in exchange for a free entry.

Boulette also counts on volunteers to help distribute the monthly MRA newsletter, a four-page publication that she writes and puts together. The newsletter keeps MRA members informed about happenings in their state, primarily through a calendar that lists upcoming tournament dates and locations. The newsletter also contains official entry blanks for the tournaments and discount coupons for racquetball equipment and clothes from various manufacturers. The newsletter is so popular that many players from surrounding states request membership in the MRA simply to receive it.

Boulette estimates that racquetball play and administrative duties take approximately three-fourths of the time she has left after teaching fourth graders everyday. But she still found time for a romance that provides a storybook ending almost too good to be true.

On Saturday, August 16th, she married Paul Henrickson, one of her fellow teachers and the current Northeast Regional Commissioner of the AARA. The wedding took place—where else?—at a racquetball club. In addition to the usual close friends and family the couple invited the entire membership of the MRA, courtesy of a small announcement in the monthly newsletter. The ceremony, which took place in the lounge area of the club, was followed by open challenge courts for all who attended. According to Boulette, she and Henrickson "wanted to keep it as conservative as possible under the circumstances, while sharing the day with the friends we usually see every weekend at tournaments. We wanted everyone to have a good time."

A good time was, indeed, had by all. It is interesting to note, though, that the honeymoon was a relatively short one—the Henricksons wanted to be back Monday evening to mail out the monthly newsletter!

With that kind of dedication, it's hard to believe that anything but good news can lie ahead for racquetball in Massachusetts and the Northeast. ■

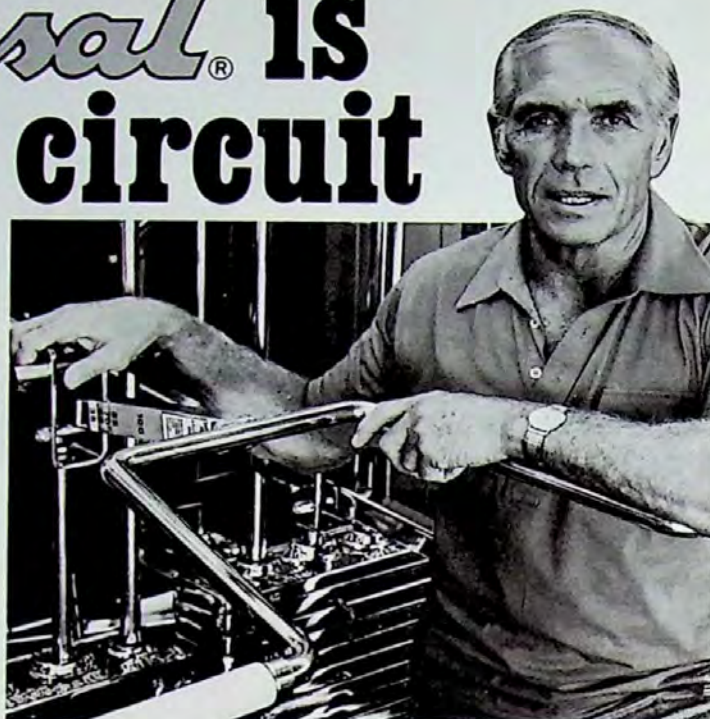


Maureen Boudette

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Chuck Coker

Chuck Coker, lecturer, author and developer of Universal Conditioning Systems, talks about what to look for before investing in weight training equipment.



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Conditioning

How important is conditioning for racquetball? Charlie Garfinkel, a former pro and one of the sport's respected fathers, sums up nicely an opinion held by many of the game's better players: "Anything less than excellent condition and you will never get beyond the Regionals. However, no matter what the level of play, conditioning is the determining factor between two players of roughly equal talent."

To the purists, this is nothing short of heresy. After all, talent and conditioning on the same level? Doesn't a good backhand, a sharp serve and a sure-bet forehand make the other guy do all the work?

Well, yes, says Garfinkel, "but it is only human nature to want to improve and as you move up the ladder, the separation of talent gets smaller and conditioning becomes more of a factor."

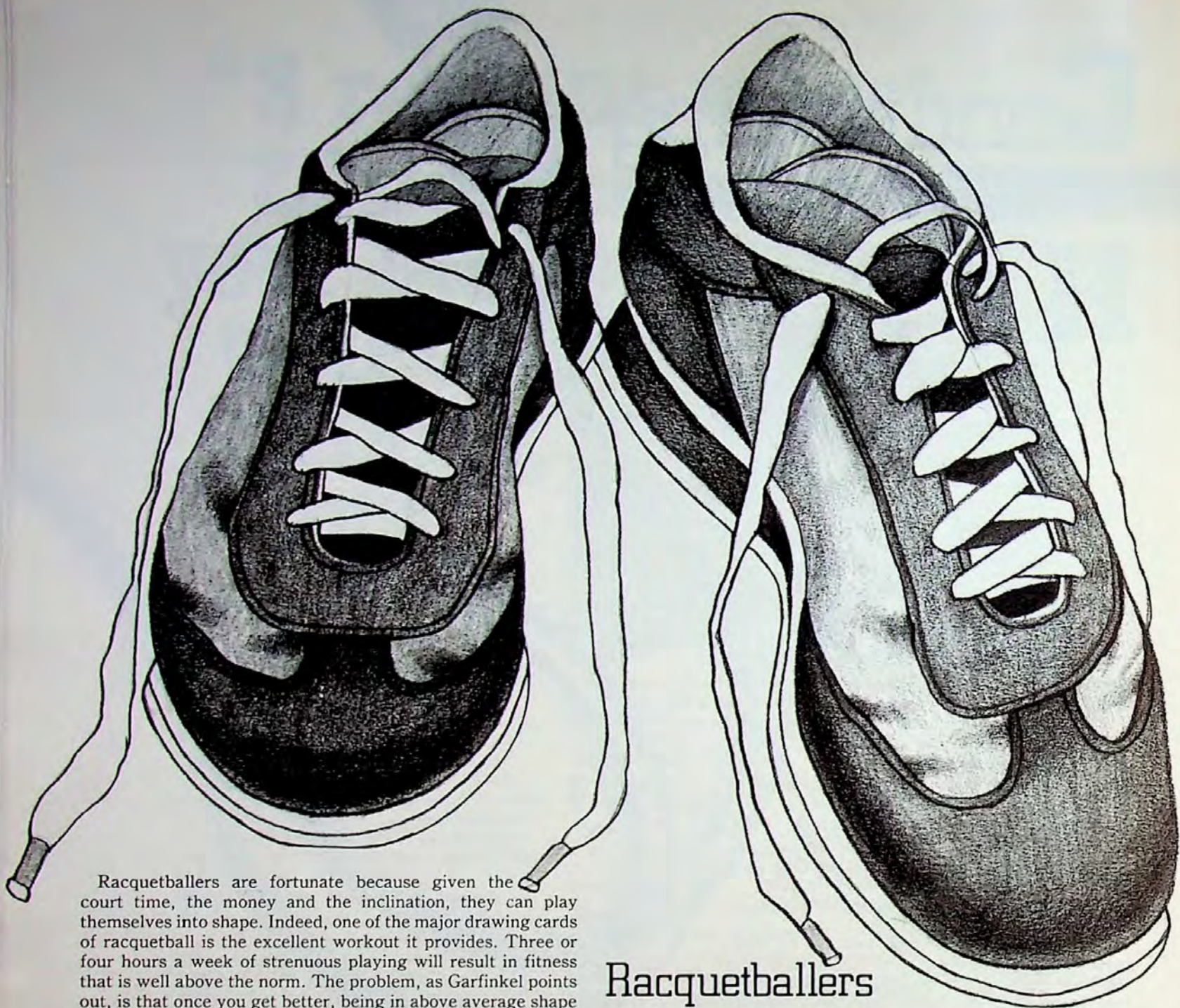
Few, if any, of the pros and top amateurs disagree with Garfinkel. They all keep a close watch on their bodies and are quick to expound upon their beliefs on conditioning at the subtlest cue. Yet, the argument that for years cast doubt on the connection between exercise and prevention of heart attacks might seem to apply here. Those that exercise, the theory went, are inherently more healthy and less prone to heart attacks to begin with. Likewise, it might be said that the better racquetball players are good athletes first and believe in conditioning in spite of racquetball, not because of it.

"Yes, there are some that train for its own sake," says Sarah Green, a top woman pro, "but there are very few of the good racquetball players who don't realize that better shots are oftentimes not the determining factor — conditioning is. That's why the players on the pro circuit work so hard at keeping themselves in shape."



Stretching and Straining to Gain the Winning Edge

by Tom Slear



Racquetballers are fortunate because given the court time, the money and the inclination, they can play themselves into shape. Indeed, one of the major drawing cards of racquetball is the excellent workout it provides. Three or four hours a week of strenuous playing will result in fitness that is well above the norm. The problem, as Garfinkel points out, is that once you get better, being in above average shape is just not good enough.

"Due to the availability of courts and the expense involved," he says, "relying on playing to maintain conditioning as you get better is usually not enough. There has to be something else."

But what? Recommendations are plentiful in this day of media overexposure of fitness trends but, according to Dr. Phil Hultgren, a research associate with the Department of Physiology and Biophysics at the University of Vermont, a program should be selected very carefully.

"Exercise, like medicine, should be prescribed," he says. "Factors such as medical history, athletic experience, and, obviously, the sport itself should be considered. For racquetball, cardiovascular fitness, flexibility, and strength should be worked on in that order."

Racquetballers
are fortunate because given
the court time, the money
and the inclination,
they can play themselves
into shape.

Cardiovascular or heart and circulatory fitness is a much talked about topic today. One reason is its retarding effect on America's top killers: heart attacks and strokes. The other is its enhancement of the quality of life. Probably a little too much has been made of the enrichment aspect, but a 1977 quarterly report of the President's Council on Physical Fitness and Sports indicated that cardiovascular fitness goes hand in hand with improvement of such psychological traits as "self-concept, intellectual inclinations, emotional stability, easy-going and adventurous attitudes, dominance and aggressiveness, extroversion, self-sufficiency, and social poise."

However, what is the gain for racquetball specifically? Cardiovascular fitness does not come easily. Is an increase in the heart muscle's efficiency worth considering spending time on conditioning outside of the court?

"That depends," says Bob Spackman, author of a book on conditioning for racquet sports and a physical education professor at Southern Illinois University, "on how often and intensely you play racquetball. An easy way to judge is by monitoring your resting heart rate, preferably right after you get up in the morning. If it is over 60 beats per minute, it is too high and probably more work is needed."

The American average, by the way, is seventy-four beats per minute but "don't be

Determining
how much
cardiovascular-
type training
to do
outside of the
racquetball court
can be tricky.
Dr. Hultgren's
advice to listen
to your body
is easier
in theory than
practice.

fooled by the words 'average' or 'normal,' " warns Spackman. "In America, average is not that good."

In contrast, Bill Rodgers, the premier marathon runner who approximates an untiring cardiovascular machine, has a resting heart rate of 36 to 38 beats per minute.

A slower pulse rate is an indication of a productive heart muscle. For a given workload, the heart and circulatory system can more efficiently resupply tiring muscles with oxygen and energy while carrying away muscle wastes such as lactic acid which, if not removed, causes soreness.

Rodgers, in his quest for cardiovascular efficiency, will typically run 120 to 150 miles per week - necessary for marathon running but too time consuming for a racquetball player who must practice and play first and worry about other things later.

So what is the most profitable combination?

"Not an excessive, but a solid, consistent program of running is a must," says Garfinkel, who runs five miles four times a week in addition to 10 hours of racquetball weekly.

Carol French, the national amateur women's champion agrees, although she prefers short, repetitive sprints three times a week as opposed to Garfinkel's long steady runs.

However, Rob McKinney, the Connecticut state champion, is not so sure that

CONTINUED ON
PAGE 26



R - A - C - Q - U -

OCTOBER 3-5
Walsh Steel/Royal Courts Open (3)
Royal Courts
Wilkes-Barre, PA
Bob Bakunas
717-822-8900

AARA State Doubles Championships (2)
Empire One Racquetclub
20 Oakes St.
Millbury, MA 01527
Maureen Boulette
Paul Henrickson
617-754-6073

Clare Rose/Natural Lite Open (3)
Blue Point Racquet Club
P.O. Box 148
Blue Point, NY 11715
Al Seltzman
516-363-2882

Rhode Island State Doubles (2)
Playoff Racquetball Club
15 Catamore Blvd.
E. Providence, RI 02914
Rick Reeves
401-434-3600

OCTOBER 10-12
Columbus Day Weekend
Shoot Off (3)
21st Point Club
McKown Rd.
Albany, NY 12203
Vince Wolanin
518-489-3276

Texas State Singles Championships (2)
San Antonio Racquetball and Handball Court
849 Isom Rd.
San Antonio, TX 78251
Bruce Hendin
512-340-0364

Lite Beer/Penn Racquetball Series (3)
13th St. Racquet Club
1901 E. 13th St.
Cleveland, OH 44114
Hamilton F. Biggar, III and Jerry Davis
216-696-1365

2nd Annual March of Dimes
Racquetball Tournament (3)
Courtrooms
750 W. Sunrise Blvd.
Ft. Lauderdale, FL 33311
Terry Fancher
305-764-8700

Autumn Fest Open (3)
Winsocket Racquetball and Health Club
600 Social St.
Winsocket, RI 02895
Mike McKee
401-766-6766

OCTOBER 11-13
Lehigh Valley Racquetball Championships (2)
Allentown Racquetball Club
601 Union St.
Allentown, PA 18101
John Brinson
215-821-1300

OCTOBER 16-19
AARA National Doubles (6)
Playoff Club
Needham, MA
Luke St. Onge
901-761-1172

Lymer Racquet Club Championships (2)
Lymer Racquet Club
2660 Vickers Dr.
Colorado Springs, CO 80915
Kris Meyer
303-598-7075

University of South Florida Open
Fall Tournament (2)
U of South Florida Racquetball Courts
Pam Pautler
813-977-0272

Black Hills Fall Outdoor Classic (2)
Sioux Park
Clint Koble
605-394-4167

OCTOBER 17-19
American Cancer Society Benefit (3)
Cross Keys Racquetball Club
RD 1, Box 362 A
Reedsville, PA 17084
Bernie Howard
717-667-2209

Oregon YMCA Championships (2)
Albany YMCA
3311 S. Pacific
Albany, OR 97321
Ron Graves
503-926-4488

1st Annual Peanut Festival (3)
Pointe South Racquetball Club
Hwy. 231
No. Dothan, AL 36303
205-983-4442

Woodbridge New Jersey Open (2)
Woodbridge Racquetball Club
585 Main St.
Woodbridge, NJ 07095
Jeff Zirpolo
201-634-5000

1980 Saluki Southern ILL R B Champs (3)
International Recreational Sports Center
Bruce Zamost
Murphysboro, IL 62966
618-684-5366

OCTOBER 23-26
4th Annual Sports Palace
Racquetball Tournament (3)
Sports Palace
1821 Sesame Dr.
No. Harlingen, TX 78550
Ken Kostick
512-687-3033

OCTOBER 24-26
March of Dimes/Greenfield Open (3)
Greenfield Court Club
1845 William Penn Way
Lancaster, PA 17601
Bob Lee
717-392-4194

Space Coast Outdoor 4-Wall Championships (2)
Ted Meilleur
327 Phillmore Ave
Cape Canaveral, FL 32920
305-783-5183

Allegheny County Open (2)
Bob Ezor Racquetball Club
4314 Old Wm. Penn Hwy.
Monroeville, PA 15146
Pat Greene
412-373-1911

Blue Point Tournament (3)
Blue Point Racquetball Club
9 A Montauk
Blue Point, NY 11715
Garrett Jones
516-363-2882

7th Annual Charlotte Open Racquetball Tournament (3)
Charlotte YMCA
400 E. Morehead St.
Charlotte, NC 28202
Tony Giordano
704-333-7773

CT Closed Singles and Doubles 1980 (2)
Court House I
47 Hartford Rd.
Vernon, CT 06066
Ron Mirek
203-649-0597

Lite Beer/Penn Super Racquetball Championships (3)
Town and Country
1777 Des Peres Road
St. Louis, MO 63131
Bob Hardcastle
314-965-7777

Lite Beer/Penn Super Racquetball Championships (3)
Racquet Club
1 Racquet Lane
Monroeville, PA 15146
Chip Purcell
412-244-8400

Shrewsbury Racquetball Open (3)
Shrewsbury Racquet Club
Tennis Drive, Rt. 9
Shrewsbury, MA 01545
Kim Holle
617-845-1001

Rick Cerone/Lite Beer Grand Prix for
Muscular Dystrophy (4)
Sponsored by Potomkin-Chevrolet
King George Racquet and Health Club
17 King George Rd.
Greenbrook, NJ 08812
201-356-6900

The American Cancer Society Racquetball Tournament (3)
Racquetball of Omaha
3415 S. 67th St.
Omaha, Nebraska 68106
Terry Elgethun
402-393-3311

Fox Annual Open (3)
Fox Racquetball Club
2500 Interplex Drive
Trevose, PA 19047
Larry McCutcheson

OCTOBER 26-31
1st Inter-Service Racquetball Championships (2)
Military Only
Lackland AFB
San Antonio, TX
Steve Ducoff
512-652-3471

OCTOBER 30-NOVEMBER 2
1st Annual Sports Center Classic (2)
Sports Center
5951 Cliffdale Rd.
Fayetteville, NC 28304
Gwen Poole
919-864-3303

C - A - L - E -

E - T - B - A - L - L

OCTOBER 31-NOVEMBER 2

Court of Appeals Fall Racquetball Classic (3)
Court of Appeals
300 West Service Rd.
Staten Island, NY 10314
Al Seitelman
212-698-4500

Casino City Classic (3)
Tilton Racquetball and Nautilus Club
Tilton Rd.
Pleasantville, NJ 08232
Phil Julliano
609-646-2590

Lite Beer/Penn Super Racquetball Championships (3)
Continental Racquetball Club
14880 Bammel N. Houston
Houston, TX 77014
Jim Austin
713-893-5146

1st Halloween Closed Racquetball Tournament (2)
Andy Vally Racquetball Club
Lewiston, Maine
Dave Bladeau
207-786-2161

2nd Annual Fog City Open (3)
Cal Courts
518 W. Clark
Eureka, CA 95501
Dan Contreras
707-445-5445

Florida State Doubles (2)
The Courtrooms
Ft. Lauderdale, FL 33318
Van Dubolsky 904-372-2120
Fred White 305-473-3912

Head Fall Racquetball Classic (3)
Playoff Racquetball Club
2191 Post Road
Warwick, RI 02886
Sonny Nelson
401-738-0833

1980 Fall Open (3)
Dan Rose Arena
Jim Simmons
Box 39
Central Michigan University
Mt. Pleasant, MI 48859
517-773-4746

1st Annual Sports Center Classic (2)
The Sports Center
5951 Cliffdale Rd.
Fayetteville, NC 28304
Gwen Poole
919-864-3303

NOVEMBER 7-9
2nd Annual Forest Hills Tournament (3)
Forest Hills Athletic Club
3910 Caughy Rd.
Erie, PA 16506
Mark Salvia
814-833-2468

Invitational 35+ Singles (5)
Court House Racquetball Club
2625 Court House Circle
Jackson, MS 39208
Chuck Miner
601-932-4800

Foot-Joy Racquetball Open (3)
Brockton Racquetball Club
85 Liberty St.
Brockton, MA 02401
Gerry Cassidy
617-588-3444

Lite Beer/Penn Super Racquetball Championships (3)
Perfect Racquet
405 Camino Del Rio S.
San Diego, CA 92108
Bud Muehleisen

Taylor's Sporting Goods Benefit for the Heart Association (3)
Greenville Racquetball Club
3700 Kennett Pike
Greenville, DE 19807
Orval Foraker
302-654-2473

Razorback Rollout Classic (3)
The Courts
1202 Tancred
Ft. Smith, AR 72903
Buxx Sawyer
501-785-1201

Atlanta Open (3)
Akers Mill - Court South
2969 Cobb Pkwy.
Atlanta, GA 30339
Jim Cullen
404-256-2120

Natural Lite AARA Florida State 4-wall Outdoor Championships (3)
Lakeland YMCA
3620 Cleveland Heights
Lakeland, FL 33802
Gene Owen
813-644-3528

NOVEMBER 11-16
Lite Beer/Penn Super Racquetball Championships (3)
Denver International Athletic Club
1630 Welton St.
Denver CO 80202
Steve Crum
303-623-2100

NOVEMBER 14-16
Yogi Berra/Lite Beer Grand Prix (3)
Yogi Berra's Hall of Fame
333 Gothic Plaza
Fairfield, NJ 07006
201-227-4000

Turkey Fest (3)
Merry Meeting Racquetball Club
Topsam, ME
Bill Slattery
207-729-0129

Cobden State Bank Racquetball Tournament (2)
Union County Racquetball Center
Cobden, IL 62920
John Lipe
618-833-8502

NOVEMBER 14-17
Long Island Open (4)
Universal Racquetball Center
40 Maple Ave.
Rockville Center, NY 11570
516-536-8700
Centre Courts
6000 Sunrise Hwy.
Massapequa, NY 11758
516-799-4000

NOVEMBER 21-23
Tennessee Turkey Shoot (3)
Supreme Courts
4633 Trousdale
Nashville, TN 37204
Dorothy Dixon
615-832-7529

Garden City Turkey Open (3)
Garden City Family Y
1224 Center
Garden City, Kansas 67846
Gregg Reinick

Lancaster Osteopathic Hospital Benefit Open (3)
Lancaster County Racquetball and Health Club
Lancaster, PA
Bernie Howard
717-667-2209

NOVEMBER 28-30
Ryan Homes Gulf Coast Championships (3)
Sarasota YMCA Racquetball Club
1075 S. Euclid Ave.
Sarasota, FL 33577
Randy Godwin
813-957-0770

DECEMBER 5-7
2nd Annual BackWall Holiday Open (3)
Backwall Racquetball Club
RD 2, Box 521 B
Altoona, PA 16601
Beth Haller
841-946-1668

Western New England Open (3)
Pittsfield, MA
Mike Meyer

Lite Beer/Penn Super Racquetball Championships (3)
Louisiana Racquetball and Health Club
2121 38th St.
Kenner, LA 70062
Howard Heno
504-443-4512

Linn-Benton Counties Open (2)
Timberhill Athletic & Court Club
2855 N.W. 29th St.
Corvallis, Oregon 97330
Terry Porter
503-757-8559

Lite Beer/Penn Racquetball Series (3)
Towson Court Club
8757 Mylander
Towson, Maryland 21204
Joanne Tokorny

DECEMBER 12-14
1st Annual Indian Spring Holiday Classic (3)
Indian Springs Racquetball Club
RD 1, Box 362 A
Reedsville, PA 17084
Bernie Howard
717-667-2209

Blue Point Tournament (3)
Blue Point Racquetball Club
9 A Montauk
Blue Point, NY 11715
Garrett Jones
516-363-2882

3rd Annual Maine Closed Doubles (2)
Racquetball of Southern Maine
Rt. 4
Sanford, Maine 04073
Ernie Tarling

Lite Beer/Penn Racquetball Series (3)
Sporting House
1515 Sheridan Rd.
Atlanta, GA 30324
Karen McKinney

AARA sanctioned tournaments in bold
(1)-1st level tournament
(2)-2nd level tournament
(3)-3rd level tournament
(4)-4th level tournament
(5)-5th level tournament
(6)-6th level tournament

N - D - A - R

CONTINUED FROM PAGE 23

running is the only way.

"I'm really not too enthusiastic about any conditioning outside of playing racquetball," he says, "but I know if my game is to improve, I have to do something else. I much prefer basketball to running. If I run, I do interval training rather than long distance."

Interval training — the technique of combining short, maximum efforts with minimum recovery times — has a lot of support among serious racquetball players and Dr. Hultgren understands why. Similar to intervals, racquetball requires short bursts of energy during rallies which create an oxygen debt that is replenished when the rally is over. "Since you always want to train as close to the sport you are competing in," he says, "interval training is probably the best cardiovascular conditioner for racquetball."

But while interval training may be helpful, it is also risky. As knowledgeable track people will tell you, intervals not carefully controlled can quickly lead to listlessness, soreness and injuries.

"It is important that you listen to your body," advises Dr. Hultgren. "Too often we Americans want to get into shape quickly and ignore the signals that our bodies are sending to us. If you feel exhausted or are straining, then take a day or two off. Don't try to prove to yourself how much you can take."

The experience of Bob Spackman, on the other hand, leaves him unconvinced

that running is the only cardiovascular conditioner for racquetball. Like McKinney, he recommends basketball if it is fast and continuous. Also, bicycle riding or the stationary bicycle are helpful.

"Running is probably most popular today," he says, "but not everyone is cut out to take the pounding on their joints. If your program is bringing your resting heart rate down and you are not getting tired in the third game, then it's working so stick with it. The important thing is to have a program and stay with it."

Determining how much cardiovascular-type training to do outside of the racquetball court can be tricky. Dr. Hultgren's advice to listen to your body is easier in theory than practice. Competitive swimmers, for example, are so in tune with their bodies that splits for important races are planned to the tenth of a second. However, they have the benefit of an ever-present coach with a stopwatch — which is unaffordable for most racquetball players and maybe even inappropriate.

So the temptation becomes very strong to follow closely not only what the better players say to do but also how much, which is not always wise, according to Indiana swimming coach Dr. James Councilman. As he warns in his book *The Science of Swimming*, athletes in all sports too often cite one unique day of particularly tough training and pass it off as routine.

Probably the most practical advice comes from Sarah Green: "When playing someone you know to be slightly better than you are, notice how you do during the third game. Mental mistakes, skipped shots and lack of aggressiveness are sure signs that you need to do more work."

Stretching to increase flexibility is frequently ignored when developing a conditioning program because it doesn't contribute directly to endurance or strength. Until recently, only the most serious athletes made time for stretching and then only if they had a knowledgeable coach to guide them along. Despite stretching's proven ability to increase the range of motion and prevent injuries, its value remained largely unnoticed.

"The increased awareness of stretching the last couple of years is not due to any new discoveries," says Bob Spackman. "It is just talked about so much more today because people are becoming more active. When they go to doctors and trainers with injuries, they are being told to stretch."

"Stretching should not be a concern only to those trying to keep themselves in shape. All of us spend most of our lives sitting or lying down — allowing our muscles to get tight — and later in life there are problems like bad posture, constipation and arthritis. It is not necessarily

Some Other Considerations

SLEEP: "Good sleep habits should start long before an important tournament," says Dr. Robert Van de Castle, Director of the Sleep and Dream Lab at the University of Virginia Medical Center. "What happens the night before is not as important as a regular pattern of sleep over a period of time. There are numerous examples of world class performances following a sleepless night. How you sleep the weeks and months before a big competition is the key."

ALCOHOL: "As tournament time ap-

proaches," says Sarah Green, "I often hear other players make a commitment to stop drinking, which is admitting that alcohol is not good for you. Still, many drink as a release after the tournament is over."

"All things in moderation," says Dr. Hultgren. "Alcohol has very few redeeming qualities but in the right amounts, it is not harmful."

SMOKING: No comment. Everyone I talked to just laughed when I mentioned

smoking and conditioning in the same sentence.

DRUGS: "There are quite a few pros that use marijuana," says Sarah Green. "How harmful it is is another question, but it is used."

"The current research," says Bob Spackman, "shows that marijuana has both short and long term effects. People may not want to hear that nowadays and I only wonder when they will start waking up and listening."

because our bodies are getting old, but rather because our muscles are so tight."

Despite stretching's merits, however, it is still only tolerated by serious and casual athletes alike. Admittedly, at any tournament evidence is plentiful of competitors looking for a space to stretch out their legs, touch their toes, etc., but often this is more a relief valve for nervous energy than a result of a consistent stretching program. Possibly the problem is the belief that only pain produces results and anything as relaxing and docile as stretching can't be helpful. More likely, though, it is a matter of time.

"Americans have no trouble with the inconsistency that after 20 years of getting out of shape, they want to get back into shape in two weeks," says Dr. Hultgren. "Under this kind of pressure, you can see why stretching is left out."

True, Americans tend to be impulsive and very protective of their free time. Sarah Green, for example, tries to spend five to seven hours a day preparing for a tournament, yet when the pro tour has a dry spell, she is forced to take on a steady job which shortens significantly her training time.

"Still, the routine doesn't change," she says, "I play, practice alone in the court, jump rope, do calisthenics, and stretch. I *never* cut down on the stretching. If I do, I notice I lose some quickness and tire more easily. I used to run until I hurt my knee, which I am sure could have been prevented if I had had a regular stretching program."

Once the commitment is made to improve flexibility through stretching, the how and when are straightforward. Any exercise book or running magazine illustrates exhaustively many possible stretching exercises along with two warnings: don't try to test the pain barrier and stretch before and after working out.

"Three main standards to be aware of," says Bob Spackman, "are to be able to extend your arms straight over your shoulders and behind your ears; place your palms flat on the floor with your knees locked; and pull your toes up at least twenty degrees towards your shins."

Few experienced racquetball players

dispute the need for stretching and a cardiovascular supplement to playing. Though opinions on the amount and type of each may vary, there is little disagreement concerning their values. Weight training, however, is another matter.

Phil Panarella, Connecticut's bright young prospect, religiously works with a weight-training machine and says, "I really think the extra strength is important to my game."

Sarah Green, on the other hand, dismisses weight training with a simple "no way, I just won't do it."

Dr. Hultgren carefully tries to stay on middle ground: "If you are pleased with your style of play, chances are you don't need weight training. If you do decide to lift weights, be prepared to make adjustments to your game due to increased strength in certain muscle groups."

Power in racquetball is developed in a manner similar to a good throwing arm in baseball—through technique, not bulging muscles. A ball that weighs no more than a wet wrist band cannot be overpowered by a racquet which is only slightly heavier. The benefits of strength have more to do with mobility and can "pro-

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bably be developed to a sufficient level just by playing or running or whatever else you choose to do," says Dr. Hultgren. "But I won't argue with success. If you train with weights and you're satisfied with your game, then don't stop."

Fitness, like everything else, is becoming more complex. With 20 million people running, for example, the art of putting one foot in front of the other is lost in a mound of printed matter that would do a government bureaucracy proud. Racquetball is sure to suffer the same fate now that it is becoming a stylish leisure-time activity. Simplicity is no longer trusted. Complexity is safer and more salable.

All the racquetball players, doctors and trainers I talked to refused to make conditioning a complex matter. Yet simple advice is not always easy to follow.

However, all the racquetball players, doctors and trainers I talked to refused to make conditioning a complex matter: it's important, that's for sure; as you get better, it requires workouts away from the courts; stretching is crucial and weight training is a consideration. That is as difficult as they could make it. Yet simple advice is not always easy to follow.

At a midwestern tournament a couple of years ago, I overheard an exhausted "B" player complain after losing a match to an obviously inferior player.

"I should have won that," he said to a friend. "I have got to get into better shape."

"No kidding, you can start tomorrow. I'll get us a court."

"No, I don't think so."

"Why not?"

"I don't want to overdo it."

The friend laughed, even I laughed, until we realized he was serious. ■



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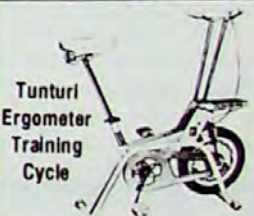
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By Ralph Wickstrom

BEGINNER SYNDROME

How To Avoid It

Ralph L. Wickstrom coauthored the book Racquetball and Paddleball Fundamentals. He is a professor at Ripon College in Ripon, Wisconsin, and a free lance writer.

With the exception of players who have had previous experience in other racquet sports, most beginners in racquetball display a familiar and predictable pattern of performance. It is an aggregate of common problems that might be referred to as the *Beginner Syndrome*. The term syndrome as used here, is borrowed from medicine, where it refers to a set of symptoms indicating the presence of a particular disease or disorder. In racquetball, the *Beginner Syndrome* is a set of problems that are symptomatic of the beginning stage of skill development. Among the symptoms are grip problems, backhand problems, court-position problems, hitting-position problems, and ball-movement judgment problems. For some beginners the syndrome becomes a long-suffering malady but ordinarily the symptoms disappear with regular, properly prescribed practice. It should be noted that there is no magical potion available for the immediate cure of all the symptoms in the syndrome. The closest thing to a panacea is constructive practice.

Practice - Powerful Medicine

While improvement in racquetball skills can occur as a result of both practice and regular play, practice is the more important of the two for the beginner. It is the principal means by which effective skills can be acquired for use in the game. As might be expected, beginners are much less interested in concentrated practice than they are in the challenge of playing a game. Playing usually is seen by them as being fun and practice is perceived as being dull work. Consequently, they spend a disproportionate amount of time playing and the problems that constitute the *Beginner Syndrome*

emerge.

Practice is powerful medicine for treating the *Beginner Syndrome*, but statements about its value can easily be overdrawn. One such statement is *practice makes perfect*. Practice does not "make perfect" in racquetball or in any other sport simply because perfection is an unattainable ideal. Although practice cannot "make perfect" it can "make habits." That is, practice can help a player develop skills to the point where execution becomes both automatic and consistent. Such an outcome is highly desirable but only if the habits are good habits. The rub is that bad habits can result from practice just as easily as good ones can. Often that is exactly what happens. A faulty skill is performed over and over in practice and it becomes increasingly firm and more resistant to change.

Practice is powerful medicine only when it is properly managed and leads to the improvement of skill. The problems of beginners ordinarily are not deeply entrenched and the potential for positive and rapid change through practice is high. To be sure of the best outcome the drills used in practice should be within the capabilities of the new learner and should be appropriate for the improvement of specific skills.

Beginner Syndrome Problems

Many of the symptoms or problems in the *Beginner Syndrome* are interrelated and sequential with one problem leading to another. For example, an improper grip can produce a weak backhand which is avoided by overshifting to the backhand court so a forehand stroke can be used. The resulting court position generally is poor and the hitting position often is awkward and crowded. This sort of domino or chain effect does not always occur in such an extensive way. However, there are obvious interrelationships among the problems, and some

of the more common ones will be brought out in the following discussion.

Grip Problems

Ideally, the racquet should be held in such a way that it becomes an extension of the forearm and can be adjusted easily to accommodate forehand and backhand strokes executed at different heights. If this is to be achieved, some grips common to beginners must be avoided or changed. Three of these are the "hatchet" grip, the "frying pan" grip and the "pointer" grip.

The "hatchet" grip is one in which the racquet is held rigidly and in such a way that a right angle is formed by the wrist and the handle of the racquet. This grip virtually eliminates wrist flexibility and makes hitting with power difficult. It also interferes with the control of the position of the racquetface. The "frying pan" grip switches the face of the racquet around so it is perpendicular rather than parallel with the back of the racquethand. While being useful for hitting high bounces on the forehand side, it joins the "hatchet" grip in minimizing the amount of wrist flexibility possible. It is an ineffective grip which discourages low ball contact and encourages the use of the same side of the racquetface for both forehand and backhand strokes. Finally there is the "pointer" grip with the index finger of the racquethand pointing down the back of the racquet rather than being wrapped diagonally around the grip. The finger thus becomes a splint which interferes with the general positioning of the racquet for forehand and backhand strokes and blocks the cocking of the wrist for power strokes.

Grip problems need early attention because the grip quickly becomes automatic and has a profound influence on many aspects of stroke development. It is not unusual for an inexperienced player to start with a closed-face forehand grip and then proceed to adjust his forehand stroke technique to accommodate the grip rather than vice versa. To avoid this pitfall, the beginner must focus on all aspects of grip effectiveness during practice especially on forehand-backhand switching. There are some relatively uncomplicated drills that can be used to emphasize the influence of the grip on the stroke. The following are two examples of those that can be helpful.

Drill #1. Cross Court Rally. The player stands about 15 feet from a sidewall, drops the ball and rallies cross court using forehand and backhand strokes as needed. The ball should be kept within two feet of the floor and hit with uniform pace. Modestly fast switching between forehand and backhand grips occurs.

WINNING POINTS

Anytime a ball is mis-hit, the position of the hand on the racquet should be checked immediately and adjusted if it was incorrect for the stroke. Visual correction helps develop the kind of feeling that eventually leads to effective and automatic grip adjustment.

Drill #2. Cross Court Volley. The player stands facing a sidewall in a position about six to eight feet from it. The ball is hit out-of-hand toward the wall with a slight upward trajectory. After the ball rebounds, it is volleyed back with either a forehand or backhand stroke depending upon the direction of the rebound. This drill is difficult for beginners because the ball rebounds so quickly. When the drill is first used there is a tendency to hit the ball too hard and too high, necessitating the use of overhand strokes which do not provide the right opportunities for practicing grip adjustment. It can be a frustrating drill if high expectations are set initially so a temporary goal of two successive volleys should be set. Gradually adjustments are made, a rhythm is established, and several consecutive volleys are possible.

Ball-Movement Judgment Problems

Learning the variety of ways the ball can bounce and rebound during the game is a fundamental problem for an inexperienced racquetball player. It can be expected that misjudgments will be made frequently but it can also be expected that improvement in the knack of judging ball action will be rapid if the matter is actively pursued.

The task of learning to predict ball movement requires the acceptance of the obvious fact that the ball *will* rebound in some manner after hitting any surface in the court. This fact seems to be denied by the beginners who might be called "chasers" and "leapers." These are players who rush to hit a ball before it reaches a sidewall or leap to swing at one before it strikes the back wall. The upshot of such behavior usually is poor stroke execution and bad court position. These consequences can be avoided by learning when it is appropriate to wait for a ball to work off the walls before hitting. Part of that learning process is finding out *how* a ball comes off the various walls under different circumstances. Normally, practical experience is combined with the knowledge of simple rebound principles to provide the basis for learning how the ball bounces. The simplest rebound principles state that (1) a ball rebounds from a surface at about the same angle at which it contacts the surface, (2) a ball hit softly rebounds slowly and not very far while a ball hit hard rebounds quickly and relatively far, and (3) a ball hit

around a corner from midcourt will come out at about the same angle at which it went in. These principles help the player know what to expect, and playing experience helps him see it actually happen.

During practice or play, a player can improve the probability of making accurate judgments about what a ball will do by picking up its movement toward the front wall as soon as possible (consistent with eye-protection procedures). The prompt pickup provides more information about the speed, height, and direction of ball movement, and it also makes the information available sooner.

Court Position Problems

Poor court position is characteristic of unskilled play and is part of the *Beginner Syndrome*. Beginners usually play too deep in the court and in addition have a tendency either to move toward a sidewall and out of an opponent's way or to hesitate before moving after making a play.

The first of these problems, playing too deep, is natural because most balls hit in beginner games carry well into the back court and it is convenient to stay deep to play them. Although it frequently is convenient to be there, the back court is not a good base for effective court coverage during a game. The midcourt position is the one that should be sought because it allows the most effective coverage.

The second problem is part of the "my turn-your turn" mentality demonstrated by those who are starting to play racquetball. Moving sideward out of an opponent's way beyond what is required by rule is exaggerated courtesy and poor strategy. It quickly becomes a bad habit that must be changed. The other aspect of the problem, hesitation, is less serious but nevertheless needs correction. Beginners are jolly spectators who are inclined to hesitate before moving to the strong midcourt position. They stand in the area from which they have served or hit and watch until the ball has been played by an opponent. Then they begin to respond.

The only effective way for a player to deal with the problems of court position is to think constantly about getting into and maintaining the center court position. This means counteracting the subconscious urge to retreat to the back court or to sidle toward a sidewall. Awareness of good court position can be heightened and made relatively automatic by including effective after-stroke movement in drills during practice and by using a self-activating verbal cue. Drills #3 and #4 illustrate the use of after-stroke movement.

Drill #3. Serve and Move. The player stands in the court area four feet from the forehand sidewall, hits a power serve toward the backhand corner, and slides to the midcourt position immediately after the ball has passed the short line. Lobs and other kinds of serves delivered from different places in the service area can also be used to vary the timing and circumstances of the movement to the center court position.

Drill #4. Return and Move. (Buddy drill requiring a partner, Figure 1). The player stands in the normal receiving position in the backcourt. After the ball

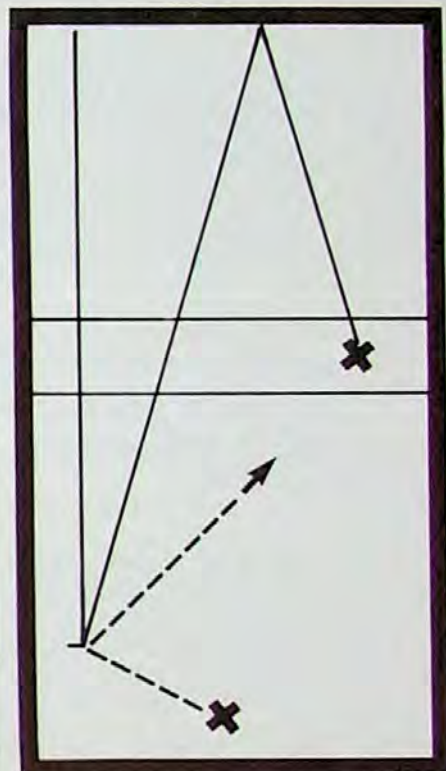


FIGURE 1

has been served, the receiver plays it and then moves promptly toward the center court position. Movement of this sort can be added to any serve-and-return drill regardless of the type of serve or the specific response being practiced.

During drills and when playing games, the beginner can cue himself to improve his court position immediately after each stroke by thinking "move" or by actually saying the word to himself. Conscious effort of this sort will aid greatly in the development of a useful movement habit and will contribute to the solution of court position problems.

Hitting Position Problems

The position of the body in relation to the ball at the instant the ball is being struck has a significant bearing on stroke effectiveness. A player should be far enough away from the ball to be able to

WINNING POINTS

make a full, free swing and should be behind it in a position that allows him to step into the hit. Most beginners have problems with both of these aspects of hitting position. They have a tendency to get too close to the ball either by moving toward it (chasing) or by letting it move directly at them, and they do not get into position sufficiently *behind* the ball for each shot. These problems are deeply entangled with other facets of the *Beginner Syndrome* such as ball movement and court position. Judgments about ball movement are particularly important. No player can get into effective hitting position without first knowing at least approximately when and where the ball should be contacted. Hence, there must be some progress in coping with ball movement before there can be progress in improving hitting position.

One way to help solve hitting position problems is to *exaggerate* correct hitting position intentionally. In other words, a player should try to stay far enough away from the ball to feel that a stretch is the only way to reach it. This usually gives the beginner a sinking feeling of impending failure but having to reach for a ball actually results in a better stroke. The notion of trying to stay away from the ball when hitting can be prompted by using the following drills.

Drill #5. Long Rally. The player stands in the back third of the court facing the front wall, drops the ball and hits it against the front wall to start a rally. Each time the ball rebounds from the front wall the player pivots away from it to exaggerate the lateral distance from the contact point and adjusts his forward/backward position in order to be behind the ball when it is hit. The difficulty of this drill is increased by hitting harder and thereby decreasing the time available for adjusting the hitting position.

Drill #6. Straight Backwall Return. (Figure 2). The player stands in the center of the service area and hits the ball straight at the front wall with enough force and sufficient height to produce a rebound off the back wall after a deep court bounce. He then moves to the back area of the court and makes an underhand back wall return. The tendency to chase the ball is strong but the player must stay well to the side and move into position behind it for an underarm stroke. The beginner's preference for using an overhand swing when playing a ball off the back wall must be discouraged because it leads to a position too close to the ball and defeats the purpose of the drill. Players who take their eyes off the ball even momentarily similarly end up in a hitting position too close to it.

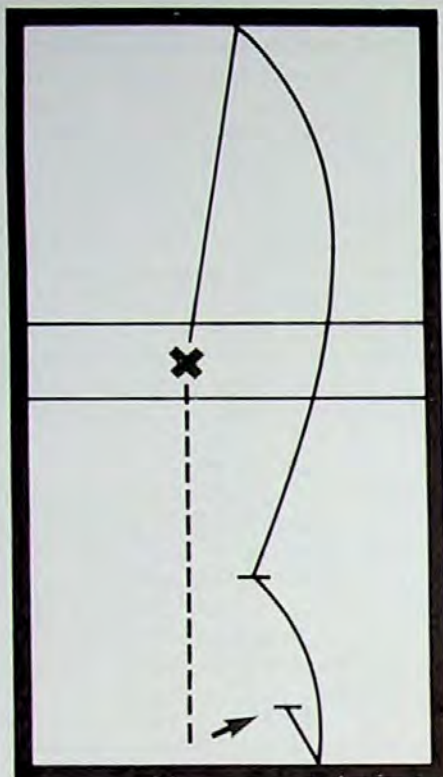


FIGURE 2

Backhand Problems

The backhand is a kind of bugaboo for most beginners. It is an awkward, unnatural swing in comparison to the forehand which resembles the basic throwing motion. Although forehand and backhand strokes share such common elements as preparatory turn, forward weight shift, trunk rotation and forward arm thrust, there is an important basic difference between them. The racquet-arm crosses in front of the body on the backswing of the backhand and that makes getting the racquet forward into good hitting position at the correct time harder. It also requires the player to be a bit farther behind the ball at contact because the shoulder of the racquet-arm is farther forward.

Because of the cross-body arm swing, early backhand problems are commonplace and lead to the temptation to avoid using the stroke. That inclination must be discouraged promptly by concentrating heavily on backhand development. Beginners are well-advised to devote as much as 75 percent of their practice time to backhand improvement. During practice, attention should be focused on the specific ways grip, hitting position, and timing affect backhand shots. All are fertile sources of difficulty.

The grip is a problem in backhand strokes primarily because the racquet-face opens as the racquet is drawn across the body in the backswing. It tends to stay open on the forward swing especially when expected contact is waist high or above. The open face leaves very little

hitting surface on the racquet and it accounts for many backhand mis-hits and whiffs. The solution is to learn to adjust the backhand to accommodate the height at which the ball is contacted. Previously mentioned drills #1, #2, and #5 are of value in dealing with low and medium height backhand hits and a high backhand rally helps the beginner concentrate on the adjustments required for contacting a ball above shoulder height.

Drill #7. High Backhand Rally. The player stands behind the short service line and lobs the ball against the front wall about two-thirds of the way up from the floor and slightly toward the backhand side. As the ball returns with a high gentle bounce, the player turns toward the backhand side, gets into good hitting position behind the ball, and hits it with a high backhand stroke. Beginners initially are erratic and inaccurate in all phases of this drill. They should take eight to ten practice lobs before trying the backhand return and then concentrate on single hits before attempting the rally.

Digging a ball out of the backhand corner is a difficult play that must be made many times in a game regardless of the level of skill of the players. Ordinarily the beginner should not be encouraged to work on such complex plays, but the backhand dig is one that needs to be confronted as soon as possible. After simple backhand drills have been used enough to show that definite progress is being made in stroke technique, the following

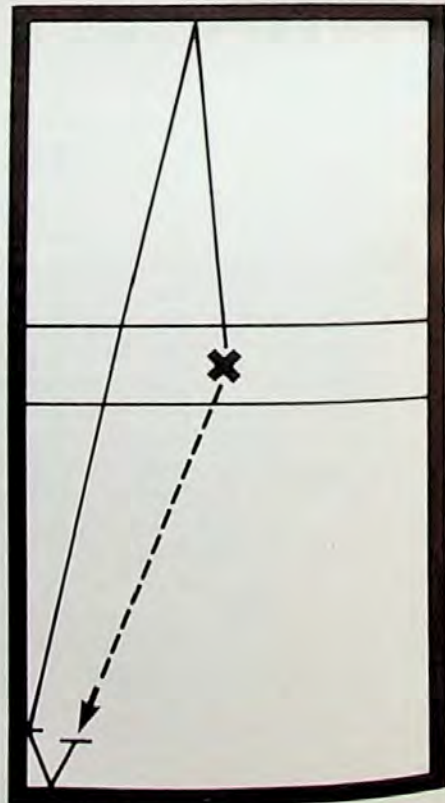


FIGURE 3

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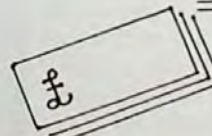
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one-player dig drill can be attempted.

Drill #8. Backhand Corner Dig. (Figure 3). The player stands in the center of the service area, lob-serves the ball deep toward the backhand corner, moves back and tries to dig the ball using any backhand stroke that will get the ball up to the front wall. The specific type of backhand shot used is relatively unimportant when this drill is first used. It is far more important to concentrate on getting into effective hitting position, a matter which is complicated by lobbing inaccuracy. Errant lobbing is a problem but need not detract totally from the value to the drill. The player simply must watch the ball constantly and be ready to take it off the sidewall or wherever it happens to go. If the drill is so difficult that it seems to be having a negative effect on back-

hand development, the hit should be eliminated temporarily and the drill used to improve judgments about ball movement and good hitting position.

Final Comment - Prevention

Each newcomer to racquetball is susceptible to the problems that make up the *Beginner Syndrome*. Yet some players manage to avoid becoming seriously afflicted. They are the ones who engage in constructive practice soon enough to prevent the full-blown development of problems that are symptomatic of the syndrome. By early use of drills that stress correct techniques and playing skills, they prevent beginner problems from becoming lasting problems.

Prevention is not always fun but it certainly is better than the cure. ■

By Mike Yellen

PLAY IT SAFE

Adjusting To Eyeguards



Mike Yellen, currently ranked number two on the pro circuit, is a member of the Ektelon professional player advisory staff.

Sports commentators have their share of favorite phrases. A common remark, heard when two professional athletes are engaged in an outstanding match often goes something like this: "Boy, they're playing at a level above the rest of us."

In many cases, that's true. The nature of our skills and time devoted to practice allows us the opportunity to perform on a higher plane. But after reading the outstanding article by Mike La Bonne in *Racquetball's* June issue ("Eye Injuries - Always Serious"), I felt on common ground with any racquetball player over the haunting specter of injury and the question of adjusting to eyeguards.

Personally I believe eyeguards can't do anything but save you from one of those 8,000 to 10,000 racquetball-related eye injuries that are said to occur each year. They can do nothing but protect you from torn or detached retinas, inflamed irises, fractured eye sockets, cuts, hemorrhages within your eye or any other accident that can occur when racquet, ball and eye come into contact.

Yet on another personal note, those that know me or have seen me play, realize I don't always wear eyeguards. There are reasons for this.

One, the pressure of competition (pro competition) and the importance of one or two points makes me hesitate to wear eyeguards that affect my vision of the ball in certain critical areas (more on that later).

Two, as pros, most of us know when to hit the ball and where to hit it. We don't take unnecessary chances. We call hinders. We are very conscious of each other's safety. I don't believe that's the case in an everyday match.

Three, I'm constantly in search of eyeguards which will afford me the safety, yet not diminish my skill level. I wear eyeguards in practice at all times, testing different types. I wear them in tournaments where regulations make them mandatory.

The thing that impresses me is that the racquetball and eyewear industry are both striving to blend style and protection.

At the pro level, shots for which I use my peripheral vision - serves off the back wall, passing shots - have given me trouble when I wear eyeguards. So have drive shots, passes and serves.

But recently Ektelon, my sponsor, has designed three eyeguards which they feel not only stress safety, but correct much of the on-court distortion that hinders a racquetball player's performance. Their Eye Sentry™ is distortion free, scratch resistant, and has a large 61mm eye coverage area. It also has the proper lens-to-eye angle to make me take a second look at wearing them.

People always ask me how to adjust to eyeguards. All I can say is, decide which style of eyeguard is right for you (tapered, goggles or specs), then use them for what they are designed for.

Decide by comparison shopping. Look for eyeguards that offer pads for nose, frosted shade to reduce glare, and adjustable headbands. Whatever style or brand you choose, wear them throughout your workouts and games. See if they fog up, distort your vision or otherwise impede your racquetball progress. If they do, try another pair.

But my suggestion, especially if you're a beginning player, is get used to them. You may have an idea of where the ball is played and when... but unfortunately, in many cases, your opponents do not.

I applaud the AARA for making eyeguards mandatory for junior players. In the next few years when they evolve into the pro ranks, perhaps the NRC, NARP and WPRA, will take the hint and make eyeguards a must on our level.

But as I said in the beginning, the skill level we play reduces our chances of injury.

Don't take any unnecessary chances at your level. ■

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Houston, TX*

For complete details of dates and locations contact Luke St. Onge, AARA; 901-761-1172.

By Allen Ascher

INTERMEDIATE STRATEGY

The Importance Of A Game Plan

Allen Ascher is a free lance writer living in New Jersey. In the past he has written for Handball magazine.

I suppose the phrase "game plan" grew out of the sports jargon of the National Football League in the late '50s and '60s and spread from there into other sports as well as into the Nixon White House and American culture in general. It's a nice catch phrase whose meaning lies somewhere between a sophisticated system of tactical and strategic principles developed for the purpose of securing immediate and long range goals, and a rough idea of how to go about whatever it is you're trying to accomplish. And as overused as the expression has become, it does have an almost universal applicability, making it suitable for describing plans for baking a cake, fashioning a coffee table, or fighting a war. It's suited to a description of racquetball as well; you should have some idea of how you're going to win before you set foot on the court.

Winning is, after all, your immediate as well as your long range goal. "Americans have always loved a winner, and will not tolerate a loser," George C. Scott said, decked out in the gold braid and cavalry leggings of General Patton. That may be a little extreme, but I do find myself looking at league results with an eye to the winners, and generally asking who won rather than who lost. There's nothing wrong with that, of course, but for purposes of my own improvement it might be more fruitful to ask who lost, and even more fruitful to

find out how he was beaten.

There may be a host of reasons — mental lapses, injuries, whatever — but in the normal course of events a player loses because his opponent was able to take advantage of some weakness in his game. That, however, is rarely the assessment made by the loser, or, for that matter, any idle spectator who wasn't paying careful attention. The loser may attribute his loss to bad luck, or an off-night, or to the idea that he happened to run into an overall weaker player with one aspect of his game that he couldn't handle — a serve, a ceiling shot, or a passing shot. But that kind of judgment is self-defeating and counter-productive. In reality, taking advantage of a weakness was no accident on the part of his opponent, but instead, the keystone of his game plan.

And that I think explains, in part at least, that ubiquitous club anomaly, the consistent winner who doesn't look as though he should be a consistent winner. He may not have overpowering strength or speed in abundance, but he knows that he can win by developing a game plan based on avoiding his opponent's strengths and exploiting his weaknesses. That, simply put, is his system of tactical and strategic principles — his game plan — and more often than not it'll result in the accomplishment of his goal — a win. Consequently, in thinking through a game plan of your own, you should concentrate on the dual ideas of taking full advantage of your own strengths and exploiting your opponent's weaknesses.

Exploiting weaknesses in your opponent's game is something like making

rabbit stew according to the old recipe which directs you to catch a rabbit first. First, you must find the weaknesses, and as obvious and fundamentally simple as that may seem, it's a step in the development of a game plan that's often overlooked and sometimes ignored entirely, with disastrous results.

For practical purposes, a weakness may be defined as any part of your opponent's game that your own play can exploit. The definition sounds trivial, but it has some significant, though not obvious, aspects.

First, it is possible to play against someone who has no weaknesses at all. Barring the unlikely occurrence of a Saturday morning pick-up game with Marty Hogan, everyone you come across on a racquetball court will have some weaknesses. But your opponent's inability to return kill shots to the right corner won't help you much if he's blasting drives down the left sidewall and all you can do is chip the ball back to the front. Talking about the relative strengths of the players in your club is part of the enjoyment of the game, but on the court the rule is, if you can't exploit it, it isn't a weakness. And if you can't exploit *some* aspect of your opponent's game, you won't be able to win.

The key here is developing an ability to recognize and assess the relative difference in value between your strengths and your opponent's weaknesses. A player's absolute strength or weakness is meaningless by itself; what is significant are his strengths and weaknesses in relation to his opponent's strengths and weaknesses. You can't play racquetball by yourself.

An analogy with football is particularly helpful in understanding this idea fully. I'm always amazed by the sheer weight of commentary during the two weeks immediately preceding the Super Bowl. Most of the ink spilled is wasted in useless pseudo-analysis, but the most misleading is the position by position match-up in which one or the other quarterback is given the nod, or one linebacking unit is given an edge over the other.

The fact is that quarterbacks don't play against each other. They play against the defensive units of their opposing teams. A head-to-head comparison between two quarterbacks is worthless in predicting the outcome of a game, and you can be sure that the least of Vince Ferragamo's concerns last January was Terry Bradshaw. It was more likely Joe Greene, Jack Lambert and company. Similarly, an excellent group of linebackers may not be able to handle a great offensive line, while mediocre linebackers would

The AARA thanks Ektelon for their foresight and dedication to junior racquetball, expressed through their sponsorship of the National Junior Championships last July. It was the third consecutive year Ektelon has supported this tournament.

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WINNING POINTS

have little trouble with a poor one. In a game with those two match-ups, the mediocre linebacking unit would have the true edge, and, perhaps, the game ball as well.

The same kind of dynamics applies to match-ups in racquetball. Your serve doesn't play against your opponent's serve; it plays against his ability to return service. Your ceiling shot doesn't play against his ceiling shot; it plays against his court position, his agility and his timing. And your kill doesn't play against his kill; it plays against his ability to dig low for the return.

All of this means that your game plan should be determined by your opponent's weaknesses as much as by your strengths and, in most cases, even more so. That's an extremely important point, and one which is only superficially understood and acted upon. Most racquetballers play the same game, week after week, with little deviation from a rigidly patterned style that conforms to a preconceived idea of their own strong points, despite the variety of players they come up against, despite the fact that certain players, and certain types of players, continually beat them. That stubborn inflexibility in the face of ever-changing circumstances is one of the greatest obstacles to success for the intermediate. Let me take the most obvious illustration of my point.

If you're diligent about racquetball, you've probably spent some time developing a good, solid serve to the deep left corner. It may not be absolutely devastating, but under normal circumstances it should be good for five or six points by itself, and it's definitely one of the strongest parts of your game, certainly much more effective than your serve to the right corner, which is not as accurate and often leads to a set-up. But what happens to the effectiveness of your serve when you come up against a left-hander? And what should your game plan be under this new set of circumstances?

If you insist on playing to your own strength and powering your left corner serve through him, you might be lucky enough to get a pat on the back for perseverance when the match is over, and you will undoubtedly have won a new friend: you can be sure your opponent will be happy to see you again, especially in a finals match. The thoughtful play, however, is to modify your game plan toward a consistent serve to the right corner, in spite of the fact that it is normally less effective than your left corner serve. In this situation his weakness (i.e. his backhand) should have a greater influence on your tactics than your strength, since the superiority

of your right corner serve over his backhand return is greater than the difference in value between your stronger left corner serve and his stronger forehand return.

This is an admittedly overdrawn example, although I suspect that not changing a game plan to conform to the exigencies of playing a left-hander has cost many of us dearly, however reluctant we may be to admit it. But even an alteration of the details doesn't change the underlying concept. Thus, if your opponent is right handed but has a strong, down-the-sidewall passing shot off his backhand, you're still playing into his strength with

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a deep left corner serve, and if, again, you insist on adhering to your normal game plan, be prepared for the worst. You'll have a rougher time than you should, and might even lose. Here a serve to the right side probably won't be of much help, but there are other alternatives: very low, short serves off the sidewalls to pull him forward, lob serves, high two wall serves, even overhand serves, all with an occasional drive serve thrown in — anything to keep your opponent guessing and moving, and to prevent him from setting up for a clean return. And, of course, the harder and more accurately you hit each of these

serves, the better your chances are of winning.

In fact, since you don't know what kinds of weaknesses you'll come up against game by game, skill in executing a wide variety of shots is what you'll need most to face an equally wide variety of opponents successfully. In order to implement the number of different game plans you'll need to meet different challenges, you must be able to fall back on as large an array of shots as you can. For this reason it's essential that you develop a full offensive arsenal, including various kinds of serves, ceiling shots, passes and kills. You should also have good stamina if your opponent's weakness is conditioning, and adequate strength if his weakness is against drives. Eventually every aspect of your game will be called upon: be sure you're ready.

Naturally I'm not suggesting that you abandon the style of play you've already developed. It's probably been successful for you, and it would be foolish to give up what's working. What I am advising is that you build upon what you have, especially if, in evaluating your play, you find yourself too dependent upon one or two aspects of your game. If you have a devastating serve to the deep left corner, develop an equally devastating serve to the right to complement it. If you have a good short game, develop a long game to go with it. If you have a powerful cross-court backhand, develop a down-the-line backhand as well. It will magnify the effectiveness of both backhands and, more important, it will shore up a vulnerable part of your game. Remember, every deficiency is a weakness and, sooner or later, someone will attack you where you're weakest.

Like success in any other field, winning in racquetball depends as much on mental acuity as it does on physical skill. Observation, analysis, planning and execution are equally important components of a total effort, and none should be ignored in your development as a player. At the heart of a good racquetballer's game is control over what he's doing; it channels his efforts toward a single goal, and it enhances his experience of the game, letting it touch every facet of his abilities, mental, physical and emotional. The next time you close the court door behind you and stretch your muscles in a warm-up, give some thought to a game plan before the first serve, and be ready to make changes in your play according to the demands of your opponent. You'll increase your chances of success and your enjoyment of the game, and you'll raise the intensity of your involvement and enthusiasm to new levels as well. ■

AARA AFFILIATE COURT CLUBS

If you're traveling farther than 75 miles from your home court, the following affiliate court clubs will honor your AARA (IRA) card. Please call ahead for house rules and guest fees.

Listing Key: wlr-women's locker room, mlr-men's locker room, ws-women's sauna, ms-men's sauna, ww-women's whirlpool, mw-men's whirlpool, wsr-women's steam room, msr-men's steam room, tc-tennis court, sp-swimming pool, r-restaurant, b-bar, sb-snack bar, ps-pro shop, er-exercise room, n-nursery.

ALASKA

Anchorage Racquet Club
700 South Bragman
Anchorage, AK
wlr, mlr, ws, ms, w/mw,
tc, ps, er

ARIZONA

Metro Athletic Club
4843 N. 8th Place
Phoenix, AZ 85014
Call Darlene 602-264-1735
wlr, mlr, ws, ms, w/mw, msr,
sp, r, b, ps, er, n

CALIFORNIA

Valley Court Club
11405 Chandler
N. Hollywood, CA 91601
wlr, mlr, ws, ms, ww, mw,
sb, ps, er

Marin Racquetball Club
4384 Bel Marin Keyes Blvd.
Novato, CA 94947
wlr, mlr, ws, ms, w/mw, r, b,
ps, er, n

Sun Oaks Racquet Club
3452 Argyle Road
Redding, CA 96002
wlr, mlr, ws, ms, ww, mw, tc, sp, sb,
ps, er, n

Racquetball Sportsworld
20 E. San Joaquin St.
Salinas, CA 93901
408-757-8331
wlr, mlr, ws, ms, ww, mw, wsr,
msr, sb, ps, er, n

CONNECTICUT

Racquetball Spa
500 Kings Highway Cut-Off
Fairfield, CT 06430
203-366-7888
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, ps, er, n

Southport Racquet Club
226 Old Post Road
Southport, CT 06490
wlr, mlr, ws, ms, ps, n

Center Court Health and
Racquetball Club
234 Route 83
Vernon, CT 06066
203-875-2133
wlr, mlr, ws, ms, ww, msr, sb,
ps, er, n

FLORIDA

Sportrooms of Coral Gables
1500 Douglas Road
Coral Gables, FL 33143
305-443-4228
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, sb, ps, er, n

Sportrooms of Hialeah
1900 West 44th Place
Hialeah, FL
305-557-6141
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, b, sb, ps, er, n

Jacksonville Racquetball Club
6651 Crestline Dr.
Jacksonville, FL 32211
904-724-6994
wlr, mlr, ws, ww, mw, msr, b,
sb, ps, er, n

Kendall Racquetball and
Health Club
10631 SW 88th Street
Miami, FL 33176
305-596-0600
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, b, sb, ps, er, n

Sportrooms of Sabal Chase
10680 SW 113 Pl.
Miami, FL 33176
305-596-2677
wlr, mlr, ww, mw, wsr, msr, r, b,
sb, ps, er, n

Sportrooms of Plantation
8489 NW 17th Ct.
Plantation, FL 33322
305-472-2608
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, b, sb, ps, er, n

HAWAII

The Courthouse Racquetball
Club
45-608 Kam Highway
Kaneohe, HI 96744
wlr, mlr, ws, ms, ww, mw, sb,
ps, er, n

ILLINOIS

Court Club of C'oeale
Old Rt. 13 East
Carbondale, IL 62901
wlr, mlr, ws, ms, tc, r, b,
ps, er, n

MASSACHUSETTS

Boston Tennis Club
653 Summer Street
Boston, MA 02210
617-269-4300
wlr, mlr, ws, ms, ww, mw, tc, r,
b, sb, ps, er, n

Mid-Cape Racquet Club
193 White's Path
South Yarmouth, MA 02664
617-394-3511
wlr, mlr, ws, ms, tc, r, b, sb,
ps, er, n

MINNESOTA

Exercise Dynamics
Old Highway 71 North
Bemidji, MN 56601
218-751-8351
wlr, mlr, ws, ms, ww, ps, er

NEW JERSEY

The Racquet Ball Club
19 East Frederick Place
Cedar Knolls, NJ 07927
wlr, mlr, ws, ms, ps, er, n

Racquetline Court Club
17-10 River Road
Fair Lawn, NJ 07410
wlr, mlr, ws, ms, msr

King George Racquetball Club
17 King George Rd. (US 22 West)
Greenbrook, NJ 08812
201-356-6900
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, ps, er, n

Racquetball 23 and Spa
318 Route 23
Pompton Plains, NJ 07444
201-839-8823
wlr, mlr, ws, ms, msr, ww, mw,
r, ps, er, n

Ricochet Racquet Club
219 St. Nicholas Avenue
South Plainfield, NJ 07080
201-753-2300
wlr, mlr, ws, ms, ww, mw, ps, er, n

The Court House
20 Milburn Avenue
Springfield, NJ 07081
201-376-3100
wlr, mlr, ws, ms, ps, er, n

What's Your Racquet
1904 Atlantic Ave.
P.O. Box 1402
Wall, NJ 07719
wlr, mlr, ws, ms, ww, mw,
wsr, msr, tc, sp, b, sb, ps,
er, n

NEW YORK

Point Set Tennis and
Racquetball Club
225 Howells Rd.
Bay Shore, NY 11706
wlr, mlr, ws, ms, tc, sb,
ps, er, n

The King's Court
Racquetball Club
4101 Avenue V
Brooklyn, NY 11234
212-338-3300
wlr, mlr, ws, ms, tc, sb, ps, er, n

The Pelham Racquetball and
Health Club
6 Pelham Parkway
Pelham Manor, NY 10803
wlr, mlr, ws, ms, ww, mw, wsr,
msr, r, b, sb, ps, er, n

OREGON

Eastern Oregon Sports
366 S.E. 5 St.
Ontario, OR 97914
wlr, mlr, ws, ms, ww, mw, sp, r,
sb, ps, er, n

PENNSYLVANIA

The Supreme Courts
90 West Chestnut St.
Washington, PA 15301
wlr, mlr, ws, ms, ww, mw,
ps, er, n

Indian Springs Golf and Racquet Club
949 Church St.
Landisville, PA 17538
wlr, mlr, ws, ms, ww, mw, wsr, msr,
tc, r, sb, ps, er, n

SOUTH CAROLINA

Charleston Racquet
Nautilus Center
1642 Highway 7
Charleston, SC 29407
803-571-1020
wlr, mlr, ws, ms, msr, tc, sb,
ps, er, n

TEXAS

Killeen Athletic Club
405 South 2nd
Killeen, TX 76541
wlr, mlr, ws, ww, mw, msr, sp,
sb, ps, er, n

UTAH

The Court Club
120 W. Hilton Inn Dr.
St. George, UT 84770
wlr, mlr, ws, ms, ww, mw, tc,
sp, r, sb, ps, er, n

WEST VIRGINIA

Charleston Racquet Club
P.O. Box 3328
Hillcrest Drive
Charleston, WV 25332
wlr, mlr, ws, ms, tc, r, b, er, n

For more information
on how to list a court
club on this page, call
Lisa at 901-345-8000.

You do not have to be born with epilepsy. It can result from many causes... viral encephalitis, meningitis, measles, high fevers, poisons, or serious head injuries.

Epilepsy.
It's not what you think.



Help light the candle of understanding.
Contact your local chapter of the
Epilepsy Foundation of America.
Or write Epilepsy, Washington, D.C. 20036.
(Incorporating the former National Epilepsy League.)

JUNIORS' PAGE

A LESSON TO THE WISE

By D. C. Lantz



D. C. Lantz

D. C. Lantz is the AARA Mideast junior regional director.

What racquetball disease is the most expensive to treat? Is it the "I need \$40 sneakers" disease, or is it the "I'd play better with a new racquet" affliction? Neither. The costliest sickness in racquetball clubs everywhere is the "those lessons didn't help—I need more" syndrome.

As a perennial student, I'm familiar with the "lessons didn't help" syndrome, and I say it's all a state of mind. Lessons do help, especially if you've got the right attitude. There are three basic things to remember if you're to get your money's worth and make the learning experience worthwhile.

First, get in there and try—don't be embarrassed. Don't worry about how you look. Don't waste your time and energy trying to appear more skilled than you really are. If you're that good, then you don't need the lesson. But if you do need the lesson, you should open yourself to getting all you can out of it.

Second, try to remember what you're being shown. If you don't understand something, ask questions. If you're still a little foggy, or don't fully agree with something, keep trying and don't worry. Learning is a special process; and as your game progresses those things you may not understand at first will appear

more logical. I myself have always listened to my teachers as though they were Oriental sages, although I have never allowed any of them to call me "grasshopper."

Finally, *practice*. The most any pro can do during a lesson is to show you something, work with you until you do it correctly and point out what you personally need to work on to execute the shot correctly. Keep practicing and don't get discouraged. It takes time to incorporate a new shot or stroke into your game. Until that new shot becomes automatic, your game may appear to get worse. Keep your mind on your goals and positive results will follow.

Lessons can be fun and make all the difference in your game. I would take a few myself... but I just bought a new pair of sneakers.

Tentative Junior Tournament Schedules for 1981:

State Championships: February 7-9
Regional Championships: March 13-15
National Championships: April 13-16
The Nationals will be held in Wichita, Kansas in April of 1981. Tournament director will be Dewane Grimes. ■

Junior Regional Directors:

NORTHEAST
Jim Winterton
Rochester, N.Y.
716-271-3700

MIDWEST
Dewane Grimes
Wichita, Kan.
316-945-8331

SOUTHEAST
Fred Blaess
Fort Lauderdale, Fla.
305-764-8700

WESTERN
Jeff Hetherington
Rancho Cordova, Calif.
916-635-7354

NORTHWEST
Reed Filkin
Eugene, Ore.
503-687-2811

EASTERN
Jim Daly
Braintree, Mass.
617-848-8080

SOUTHWEST
Jack Nolan
Tempe, Ariz.
602-894-2281

MIDEAST
D.C. Lantz
Wilmington, Del.
302-658-1036

CENTRAL
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Chicago, Ill.
312-745-9400

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1201 Apollo Way
Sunnyvale, CA 94086
408-738-4548 (O)
415-964-4400 (H)

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Racquetball Club
P.O. Box 30817
Santa Barbara, CA 93105
805-966-2035

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Vincent H. Brown
c/o Fountain of Youth
4300 South 300 West
Murray, Utah 84107
801-262-7487 (Club)
801-262-9414 (Office)
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5618 S. Spylglass Road
Tempe, AZ 85283
602-838-7698
Nevada
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Supreme Courts Sports Center
3315 Spring Mountain Rd.
Las Vegas, NV 85102
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316-945-8331

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303-226-6734

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318 Louisiana S.E.
Albuquerque, NM 87108
505-268-4526

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5507 S. Lewis
Tulsa, OK 74105
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Texas
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12800-19 Briar Forest Drive
Houston, TX 77077
713-496-3447

Nebraska
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3415 S. 67th St.
Omaha, NE 68106
402-393-3311

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Hawkbill Company
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319-472-2313 (office)

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1301 Black Bridge Rd.
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608-756-3737 (office)

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1990 Deik Ind. Blvd.
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404-256-2120

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502-425-4771

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Nashville, TN 37202
615-792-7829

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904-372-2120

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8431 N.W. 2nd Manor
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467 N. Dean Rd.
Auburn, AL 36830
205-887-9591

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Nautilus Center
1642 Hwy. 7
Sam Rittenberg Blvd.
Charleston, SC 29407
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Baton Rouge, LA 70816
504-292-5989

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601-863-5514

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704-373-0382

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302-658-1036

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Sterling, VA 22170
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Bowie, MD 20716
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Kevin Becker
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Wheeling, WV 26003
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304-232-6380

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47 Hartford Turnpike
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901-761-1172

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Canada, K1L8B9
613-745-1247

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Donald Chambers
CRS, Inc.
c/o College of Minerals
Dhahran, S.A.

EGYPTIAN RACQUETBALL ASSOCIATION
Abdel-Fattah Batawi
11 Rashdan Street
Dokki, Cairo
Egypt
843-141

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.

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, 21-18.



New Board Members:

Newly elected members of the AARA Board of Directors include (left to right) Jim Austin, Paul Henrickson and Al Schattner.



SOUTHEAST RACQUETBALL CHAMPIONSHIPS, left to right: Jim Smith, club owner; Jim Cullen, Men's Open; Toni Barnini, Men's B; David Rigby, Men's C; Linda Bailey, Tournament Director.



SOUTHEAST RACQUETBALL CHAMPIONSHIPS, left to right: Jo Ann La Pointe, Women's Open; Jessica Crist, Women's B; Robin Midgett, Women's C; Charlotte Nolen, Women's Novice.

SOUTHEASTERN RACQUETBALL CHAMPIONSHIPS
Pointe South Racquet Club
Dothan, Alabama
June 27-29

Men's Open
Semifinals: Jim Cullen over Rodney Brown 21-15, 21-16;
John Jordan over Steve Ellis 21-17, 21-18.
Finals: Jim Cullen over John Jordan 21-20, 21-17.
Men's B
Semifinals: Toni Barnini over Lee Swanson 21-11, 21-12;
Richard Fall over Kris Thomson 19-21, 21-5, 15-12.
Finals: Toni Barnini over Richard Fall 21-5, 21-15.
Men's C
Semifinals: David Rigby over Martin Margolies 21-15,
21-20; Rex Fellers over Dave Eubank 21-10, 21-8.
Finals: David Rigby over Rex Fellers 16-21, 21-9, 15-7.
Men's Novice
Semifinals: Richard Wing over Dannis Kelley 21-6, 21-13;
Will Peters over Howard Armstrong 21-20, 21-11.
Finals: Richard Wing over Will Peters 21-17, 21-20.
Men's Seniors
Finals: John Fuhrman over Wayne Wegner 21-17, 21-18.
Women's Open
Finals: Jo Ann LaPointe over Dawn Guerro 21-14, 21-2.
Women's B
Semifinals: Erika Seldi over Linda Johnson 21-9, 21-7;
Jessica Crist over Robin Midgett 16-21, 21-15, 15-5.
Finals: Jessica Crist over Erika Seldi 21-7, 21-3.
Women's C
Semifinals: Laura Sutton over Susan Grant 21-16, 21-7;
Robin Midgett over Patricia Wright 21-1, 21-6.
Finals: Robin Midgett over Laura Sutton 21-6, 21-10.
Women's Novice
Semifinals: Charlotte Nolen over Denise Easom 21-13,
21-9; Charlotte Smith over Plernchit Anselmo 21-16,
21-2.
Finals: Charlotte Nolen over Charlotte Smith 21-10, 21-8.

SOUTHWEST RACQUETBALL ASSOCIATION
MUSCULAR DYSTROPHY TOURNAMENT
Chancellors Racquet Club
Houston, Texas
August 22-24

Men's Open: Marc Auerbach over Barry Smith
Third: David Baccus.
Men's B: Mike Hare over Sammy Robles.
Third: Tony Rivas.
Men's C: Don Michel over Ramiro Rodriguez.
Third: Robert Manning.
Men's Novice: Noon Rahman over Waylon West.
Third: Jay La Violette.
Men's Seniors: Tom Chodosh over Dick Bagby.
Third: Rufus Martinez.
Men's Open Doubles: Marc Auerbach-Bob Hill over Tom
Chodosh-Jerry Lindley.
Women's B: Brenda Wyatt over Susan Clark.
Third: Nedra Blassingame.
Women's C: Diane Michel over Terry Hausner.
Third: Cindy Chodosh.
Women's Novice: Nora Kiler over Susan Barnes.
Third: Beth Hightower.
Juniors 17-and-Under: James Lindsey over Todd Bryan.
Third: Jeremy Aber.
Juniors 13-and-Under: David Welderman over Isaac
Aboulafia.
Third: Lane Nelkin.
Special thanks to Beverly Branch and Mike Keel for seeing that the tournament ran smoothly and to Chancellors Racquet Club for being a gracious host. Over \$2300 was donated to the Houston chapter of the Muscular Dystrophy Association.



Bottom row, left to right: Blaine Proper, Harry Miller, Chuck Sasala. Top row, left to right: Dick Wilson, Nancy Breene, Mary Blaclak, Biff Kress.

FIRST ANNUAL PIZZA HUT OPEN
Creekside Racquet Club
Oil City, Pennsylvania
September 13-14

Men's Novice: 1st: Blaine Proper.
Men's Open: 1st: Biff Kress.
Men's Open Doubles: 1st: Harry Miller-Dick Wilson.
Men's B: 1st: Chuck Sasala.
Women's Novice: 1st: Nancy Breene.
Women's Open: 1st: Mary Blaclak.

A & T MOVERS DOUBLES TOURNAMENT

On August 16-17 the Playoff Club, Needham, Mass. hosted a doubles tournament sponsored by A & T Movers of Quincy, Mass. 88 teams were in the draw. Trophies were given first and second place winners as well as winners of the consolation round. Cash prizes were awarded to winners and runners up in the Men's Open and Women's Open divisions.

Men's Open — First Place — \$200 per team
Second Place — \$100 per team
Women's First Place — \$100 per team
Second Place — \$50 per team

The tournament was played using AARA rules giving teams a chance to prepare for the AARA National Doubles Tournament to be held at the Playoff Club, Needham, Ma., October 16 thru 19.

Men's Open: 1st: Phil Fisher-Mike Romano; 2nd: Greg Malloley-Tom Callahan; Consolation: Kevin Corrigan-Bernie Cohen.
Women's Open: 1st: Martha Callahan-Cindy Callahan; 2nd: Janet Simon-Cindy Alba; Consolation: Nora Davis-Mimi Kelley.
Men's B: 1st: Bob Schulze-Peter Bedore; 2nd: Tom Hyman-Ron Hyman; Consolation: Sam Garaffo-Joe Goldman.
Men's C: 1st: Tom Mellor-Jimbo Daly (playing right handed); 2nd: Walter Falkenstrom-Paul McCaffrey; Consolation: E. A. Morgan-Richard Dunne.
Women's C: 1st: May Pollard-Carin Grillone; 2nd: Trisha Nosek-Kathy Hessel; Consolation: Debby Jones-Sandy Picanzo.
Men's Novice: 1st: Dennis La Croix-George Noonan; 2nd: Charles Studenski-Joseph Izzo; Consolation: Nick Maggio-Billy Mallett.
Women's Novice: 1st: Janet Burke-Gall Satter; 2nd: Shari Dolgin-Kris Prall.
Boys' 10-and-Under: 1st: Kevin Daly-John Gillooly; 2nd: Brett Lidy-Paul Coleman.
Boys' 13-and-Under: 1st: Rick Long, Jr.-Cliff Swain; 2nd: Jimmy Daly-John McDonald.

Advanced Mixed: 1st: Martha Callahan-Sam Garaffo; 2nd: Nora Davis-Howie Coleman; Consolation: Mimi Kelley-Jim Burke.
Novice Mixed: 1st: Tracy Daly-Jimmy Daly; 2nd: Janet Burke-Mitchell Nathanson; Consolation: Judy Vento-Mark Golding.

AARA/NATIONAL CAR RENTAL/GAINESVILLE
RACQUETBALL CLUB
1980 MIDSUMMER CLASSIC
Gainesville, Florida
August 15-17

Men's Open

Semifinals: Jim Adkins over Dave Reep 21-12, 21-3; Vincent Ganley over Bob Owens 21-17, 21-17.
Finals: Adkins over Ganley 21-13, 21-14.

Men's Open Doubles

Semifinals: Dubolsky-Zetrouer over Adkins-Fritsch 21-8, 21-12; Owens-Morrison over Ganley-Reep 15-21, 21-17, 11-5.
Finals: Bob Owens-Mark Morrison over Gary Zetrouer-Van Dubolsky 21-11, 21-10.

Men's B

Semifinals: Terry Cox over Bruce Davis 21-8, 21-8; Ron Roan over Curtla Winter 21-12, 8-21, 11-7.
Finals: Terry Cox over Ron Roan 21-9, 21-8.

Men's B Doubles

Semifinals: Goebel-Sauls over Smith-Rothlein 21-18, 21-13; O'Brian-Carraway over Levine-Jones 21-18, 21-10.

Finals: Dan O'Brian-Joel Carraway over Gerry Goebel-Jim Sauls 21-14, 21-18.

Women's Open

Semifinals: Monica Hastings over Mary Korb 21-8, 21-1; Susan Clark over Mary Fairbrother 21-18, 21-8.
Finals: Hastings over Clark 21-14, 21-11.

Women's Open Doubles

Semifinals: Green-Taylor over Wright-Cady 21-11, 21-7; Goebel-Jaret over Beecher-Rush 6-21, 21-18, 11-2.
Finals: Diane Green-Nora Taylor over Sue Goebel-Ellen Jaret 21-6, 21-18.

Women's B

Semifinals: Marla Friedman over Theresa Berry 21-19, 21-11; Robin Midgett over Fay Hodge 21-7, 21-4.
Finals: Midgett over Friedman 21-10, 21-6.

Women's B Doubles

First: Beecher-Rush over Cady-Wright 21-8, 21-5.
Second: McMenamy-DelAquila over Reno-Jones 21-4, 21-8.

Men's Seniors 30+

Semifinals: Paul Fritsch over Steve Crane 21-11, 21-11; John Hayes over Jim Lane 21-19, 21-12.
Finals: Hayes over Fritsch 13-21, 21-16, 11-1.

Boys' Juniors

Semifinals: Shaheen Nauab over Mark Succil 21-4, 21-4; Curtis Winter over Jeff Weinstein 21-9, 21-6.
Finals: Winter over Nauab 21-9, 21-17.

Girls' Juniors

Finals: Heidi Marz over Dawn Rosue 21-19, 21-16.

Mixed Doubles

Semifinals: Olsen-Williams over Davis-Thistle 21-11, 21-11; Clark-Morgan over Ripke-Olsen 21-0, 21-11.
Finals: Susan Clark-Tim Morgan over Pett Olsen-Brenda Williams 21-1, 21-16.

Men's C/Novice

Semifinals: Robert Borges over Pat Decarlis 21-11, 21-3; Roy Granoff over Mike Brooks 21-9, 16-21, 11-3.
Finals: Borges over Granoff 21-11, 21-8.

Women's C/Novice

Semifinals: Brenda Williams over Becky Hurt 21-18, 21-10; Maruci Garcia over Donna Bolotin 6-21, 21-6, 11-4.
Finals: Garcia over Williams 21-13, 18-21, 11-9.

WKAZ SEMI-ANNUAL JUNIORS 17-AND-UNDER ONLY
Charleston Racquet Club
Charleston, West Virginia
June 1, 1980

Mixed Doubles 10-and-Under: 1st: Chuck Wright-Lana Larochelle; 2nd: Brian Vance-Lynn Larochelle; 3rd: Andy Wright-Adrienne Presseau; 4th: Brian Dent-Barrie Silverman.

Girls' 10-and-Under: 1st: Barrie Silverman; 2nd: Jennifer McClure; 3rd: Adrienne Presseau; 4th: Lynn Larochelle.

Boys' 10-and-Under: 1st: Brian Dent; 2nd: Chuck Wright; 3rd: Andy Wright; 4th: Brian C. Vance.

Boys' Doubles 13-and-Under: 1st: Alan Skinner-David Selinger; 2nd: Sean Gannon-Mark Rubin; 3rd: Nitin Agrawal-Rick Barrack; 4th: Stuart Brown-Chuck Wright.



Evan Schumacher (serving) and Mitchell Nathanson (receiving), in the A & T Movers Doubles Tournament.

CONTINUED ON PAGE 46

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CONTINUED FROM PAGE 43

Boys' 13-and-Under: 1st: Alan Skinner; 2nd: Sean Gan-
non; 3rd: David Selinger; 4th: Mark Rubin.

**FIRST ANNUAL SUMMER SIZZLER SHOOTOUT
FOR THE BENEFIT OF ST. JUDE
CHILDREN'S RESEARCH HOSPITAL**
21st Point Racquetball Club
Youngstown, Ohio
June 20-22

Men's Open

Quarterfinals: Craig Guinter over Junior Powell; Tom
Travers over Mark Rapoport; Clark Pittman over Jeff
Riehl; Tom Ranker over Larry Morgan.

Finals: Ranker over Guinter 20-21, 21-14, 11-6.

Women's Open

Quarterfinals: Lucy Zarfos over Myrna Burns; Marilyn
Ross over Jan Peterson; Karen Brunkus over Cookie
Wachtel; Jeanine Farrell over Abbie Baxter.

Finals: Zarfos over Farrell.

Men's Open Doubles

Semifinals: Pittman-Riehl over O'Malley-Houston;
Finch-Schade over Ranker-Schattner.

Finals: Pittman-Riehl over Finch-Schade.

Women's Open Doubles

Semifinals: Farrell-Ross over Redfoot-Hopkins; Robin-
son-Wachtel over Burns-Stadler.

Finals: Farrell-Ross over Robinson-Wachtel.

Men's B

Quarterfinals: Bartok over Glover; Magdic over Markey;
Smith over Delhn; McKay over Kneeland.

Finals: McKay over Bartok.

Women's B

Quarterfinals: Ralles over Holowid; Brem over Mardas;
Blancak over Carlson; Britton over Edwards.

Finals: Ralles over Blancak.

Men's C

Quarterfinals: Wray over Bonfiglio; Evans over Johnson;
Smolovitz over Bendig; Desport over Vesling.

Finals: Desport over Wray.

Women's C

Quarterfinals: McNeish over Murphy; Kelligan over
Brem; Eazor over Bruno; Mardas over Tessean.

Finals: Mardas over Kelligan.

Men's Novice

Quarterfinals: Douglas over Morrucci; Harton over Do-
har; Straub over Thomaselli; Giordano over Felici.

Finals: Douglas over Giordano.

Women's Novice

Quarterfinals: Cashin over Cleland; Naples over Wood;
Geraci over Pesa; Wyszynski over Thompson.

Finals: Wyszynski over Cashin.

Men's Seniors

Quarterfinals: Neumeier over Kalosky; Sanders over
Kelser; Powell over Baron; Soble over Sammarone.

Finals: Powell over Sanders.

Men's Masters (Round Robin): 1st: Jim Herron; 2nd:
Gerry La Pierre; 3rd: Eugene Erwine; 4th: Alan Schatt-
ner; 5th: John Castor; 6th: Bob Eazor.

Juniors 17-and-Under

Quarterfinals: Leone, Jr. over Bork; Schwartz over
Obremski; Hickey over Balog; Jones over Wray.

Finals: Schwartz over Hickey.

**FIRST ANNUAL LABOR DAY
SWING & SWIM TOURNAMENT**
Off The Wall Racquetball Club
Strongsville, Ohio
August 29-31

Men's Open

Quarterfinals: Jeff Riehl over Scott Herron 21-17, 21-13;
Tom Travers over Ray Brint 17-21, 21-11, 11-3; Dominic
Palmeri over Ed Staskus 21-12, 15-21, 11-5; Kevin
Delghan over Steve Schade 21-9, 21-13.

Semifinals: Jeff Riehl over Dominic Palmeri 21-18,
21-15; Tom Travers over Kevin Delghan 13-21, 21-8,
11-9.

Finals: Jeff Riehl over Tom Travers 21-16, 12-13* *For-
feit Tom Travers (injury).

Men's B

Quarterfinals: Tim Delghan over Dave Foos 21-9, 21-9;
Jim Durant over Scott Patterson 21-8, 21-9; Ron Mar-
tucci over Carmon Bonfiglio 21-18, 21-7; Omar Salem
over Bob Sords.

Semifinals: Tim Delghan over Ron Martucci 21-14, 12-21,
11-4; Jim Durant over Omar Salem 21-10, 21-18.

Finals: Tim Delghan over Jim Durant 21-4, 21-14.

Men's C

Quarterfinals: Mark Mitchell over Steve Finowski 21-8,
21-17; Ron Coates over Nick Sodotl 21-13, 21-13; Bill
Evans over Tim Stahl 21-4, 21-5; Tom Embrogno over
Russ Chapple 21-8, 21-15.

Semifinals: Mark Mitchell over Tom Embrogno 5-21,
21-14, 11-7; Ron Coates over Bill Evans 21-15, 21-15.

Listed below are sweepstakes winners
we have not been able to reach:

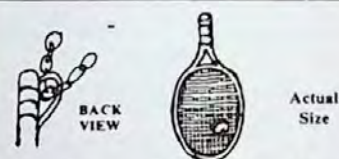
4th prize: Thomas Hitchens,
Mechanicsburg, PA

5th prize: Steve Mitchell,
Memphis, TN

7th prize: Michael Huffman,
Mesa, AZ
Ken Dicairano,
New Rochelle, NY

8th prize: Robert Crawford,
Orona, ME
Peter Biggins,
Charlotte, NC
Michael Pampirin,
Sylvania, OH
John Richards,
Greensboro, NC
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Finals: Mark Mitchell over Ron Coates 21-20, 21-10.
Seniors
Quarterfinals: Bobby Sanders over Walter Eberling 21-7,
21-5; Steve Hockenberry over Art Defazio 21-7, 21-5;
Larry Nicholson over Bob Torok; Bill Eversole over
Rich Liss 21-13, 21-11.
Semifinals: Bobby Sanders over Larry Nicholson 21-10,
21-19; Steve Hockenberry over Bill Eversole 21-8,
20-21, 11-8.
Finals: Bobby Sanders over Steve Hockenberry 21-11,
21-9.
Juniors
Quarterfinals: Jeff Baldassari over Chuck Collis 21-13,
21-16; Tom Embrogno over Bill Pobega 21-4, 21-4;
Steve Finowski over Ken Stern 21-15, 21-18; Robert
Eberling over Kevin Kolman 21-7, 21-11.
Semifinals: Tom Embrogno over Robert Eberling 21-10,
21-16; Jeff Baldassari over Steve Finowski 21-20,
15-21, 11-6.
Finals: Jeff Baldassari over Tom Embrogno 21-16, 18-21,
11-3.
Men's Open Doubles
Quarterfinals: Mike Stern-Jeff Riehl over Greg Amadio-
John Summa; Adam McKay-Brian Delghan over Russ
Chapple-Greg Horn 21-20, 21-4; Don Hyde-Ron Yan-
nocci over Dominic Palmieri-Bobby Sanders 15-21,
21-16, 11-10; Jim Campisi-Gaylon Finch over Mark Mit-
chell-Larry Gilligan 21-12, 21-11.
Semifinals: Mike Stern-Jeff Riehl over Jim Campisi-
Gaylon Finch 20-21, 21-16, 11-1; Adam McKay-Brian
Delghan over Don Hyde-Ron Yannocci 21-19, 21-18.
Finals: Mike Stern-Jeff Riehl over Adam McKay-Brian
Delghan 21-15, 21-9.
Women's Open Singles
Quarterfinals: Karen Perlic over Nancy Vaughn 21-2,
21-5; Sherry Armstrong, bye; Pat Martin over Linda
Shalkhauser 21-5, 21-13; Laurie Thomas over Karen
Conlin 19-21, 21-7, 11-7.
Semifinals: Karen Perlic over Pat Martin; Sherry Arm-
strong over Laurie Thomas 18-21, 21-16, 11-7.
Finals: Karen Perlic over Sherry Armstrong 21-12, 21-19.
Women's B
Quarterfinals: Debbie Knaus over Debby Kline 21-17,
21-10; Sally Green over Cindy Schumacher 21-20,
17-21, 11-10; Samantha Brem over Mary Carol Jones
21-14, 21-8; Bobbi Durant over Judy Amadio 21-8,
21-7.
Semifinals: Debbie Knaus over Samantha Brem 21-20,
21-13; Sally Green over Bobbi Durant 21-2, 21-6.
Finals: Debbie Knaus over Sally Green 21-5, 5-21, 11-6.
Women's C
Quarterfinals: Holley Rose Mallett over Jackie Hefner
21-5, 21-15; Sue Kunkle over Debbie Cashin 21-13,
21-15; Chris Wolf over Kathy Little 21-9, 21-4; Galen
Bacon over Dee Palmer 21-14, 21-11.
Semifinals: Holley Rose Mallett over Chris Wolf 21-15,
21-8; Sue Kunkle over Galen Bacon 21-15, 21-14.
Finals: Holley Rose Mallett over Sue Kunkle 20-21,
21-11, 11-6.
Women's Open Doubles: 1st: Linda Shalkhauser-Sherry
Armstrong; 2nd: Nancy Vaughn-Pat Martin; 3rd: Shir-
ley Strickland-Laurie Thomas.

1980 SMASH 'N' BASH
Rota (Spanish) Racquetball Association
Rota, Spain
June 27-29

Men's A
Quarterfinals: Denny Ladwig over George Goeltz; Jack
Kules over Rick Ortiz; Paul Krueger over Roy Smith;
Gary Humphreys over Mike Ladwig.
Semifinals: J. Kules over D. Ladwig; G. Humphreys over
P. Krueger.
Finals: J. Kules over G. Humphreys.
Women's A
Quarterfinals: Jane Runyan, bye; Paula Zelen over
Debbie Foster; Vicki Mazarrella over Kim Smith; Patty
Reynolds over Joan Jaeger.
Semifinals: J. Runyan over P. Zelen; V. Mazarrella over
P. Reynolds.
Finals: J. Runyan over V. Mazarrella.
Men's B
Quarterfinals: Fred Belgnier over Stu Partington; Al
Batista over Pat Cargile; Juan Sevilla over Mike Bailey;
Mike Ladell over Marvin Cooper.
Semifinals: A. Batista over F. Belgnier; M. Ladell over J.
Sevilla.
Finals: A. Batista over M. Ladell.
Men's/Women's Handicap Consolation
Quarterfinals: Greg Allen over Wes Loukota; G. Goeltz
over Tom Fogel; P. Zelen over T. Jaeger; M. Ladell over
T. Jaeger; M. Ladwig over R. Smith.
Semifinals: G. Goeltz over G. Allen; M. Ladwig over P.
Zelen.



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Finals: M. Ladwig over G. Goeltz

FIRST ANNUAL LABOR DAY SWING & SWIM TOURNAMENT Off The Wall Racquetball Club Strongsville, Ohio August 29-31

Men's Open

Quarterfinals: Jeff Riehl over Scott Herron 21-17, 21-13; Tom Travers over Ray Brint 17-21, 21-11, 11-3; Dominic Palmieri over Ed Staskus 21-12, 15-21, 11-5; Kevin Deighan over Steve Schade 21-9, 21-13.

Semifinals: Jeff Riehl over Dominic Palmieri 21-18, 21-15; Tom Travers over Kevin Deighan 13-21, 21-8, 11-9.

Finals: Jeff Riehl over Tom Travers 21-16, 12-13, forfeit (injury).

Men's B

Quarterfinals: Tim Deighan over Dave Foos 21-9, 21-9; Jim Durant over Scott Patterson 21-8, 21-9; Ron Martucci over Carmon Bonfiglio 21-18, 21-7; Omar Salem over Bob Sords.

Semifinals: Tim Deighan over Ron Martucci 21-14, 12-21, 11-4; Jim Durant over Omar Salem 21-10, 21-18.

Finals: Tim Deighan over Jim Durant 21-4, 21-14.

Men's C

Quarterfinals: Mark Mitchell over Steve Finowski 21-8, 21-17; Ron Coates over Nick Sodoti 21-13, 21-13; Bill Evans over Tim Stahl 21-4, 21-5; Tom Embrogno over Russ Chapple 21-8, 21-15.

Semifinals: Mark Mitchell over Tom Embrogno 5-21, 21-14, 11-7; Ron Coates over Bill Evans 21-15, 21-15.

Finals: Mark Mitchell over Ron Coates 21-20, 21-10.

Seniors

Quarterfinals: Bobby Sanders over Walter Eberling 21-7, 21-5; Steve Hockenberry over Art Defazio 21-7, 21-5; Larry Nicholson over Bob Torok; Bill Eversole over Rich Liss 21-13, 21-11.

Semifinals: Bobby Sanders over Larry Nicholson 21-10, 21-19; Steve Hockenberry over Bill Eversole 21-8, 20-21, 11-8.

Finals: Bobby Sanders over Steve Hockenberry 21-11, 21-9.

Juniors

Quarterfinals: Jeff Baldassari over Chuck Collis 21-13, 21-16; Tom Embrogno over Bill Pobega 21-4, 21-4; Steve Finowski over Ken Stern 21-15, 21-18; Robert Eberling over Kevin Kolman 21-7, 21-11.

Semifinals: Tom Embrogno over Robert Eberling 21-10, 21-16; Jeff Baldassari over Steve Finowski 21-20, 15-21, 11-6.

Finals: Jeff Baldassari over Tom Embrogno 21-16, 18-21, 11-3.

Men's Open Doubles

Quarterfinals: Mike Stern/Jeff Riehl over Greg Amadio/John Summa; Adam McKay/Brian Deighan over Russ Chapple/Greg Horn 21-20, 21-4; Don Hyde/Ron Yannocci over Dominic Palmieri/Bobby Sanders 15-21, 21-16, 11-10; Jim Campisi/Gaylon Finch over Mark Mitchell/Larry Gilligan 21-12, 21-11.

Semifinals: Mike Stern/Jeff Riehl over Jim Campisi/Gaylon Finch 20-21, 21-16, 11-1; Adam McKay/Brian Deighan over Don Hyde/Ron Yannocci 21-19, 21-18.

Finals: Mike Stern/Jeff Riehl over Adam McKay/Brian Deighan 21-15, 21-9.

Women's Open Singles

Quarterfinals: Karen Perlic over Nancy Vaughn 21-2, 21-5; Sherry Armstrong, bye; Pat Martin over Linda Shalkhauser 21-5, 21-13; Laurie Thomas over Karen Conlin 19-21, 21-7, 11-7.

Semifinals: Karen Perlic over Pat Martin; Sherry Armstrong over Laurie Thomas 16-21, 21-16, 11-7.

Finals: Karen Perlic over Sherry Armstrong 21-12, 21-19.

Women's B

Quarterfinals: Debbie Knaus over Debby Kline 21-17, 21-10; Sally Green over Cindy Schumacher 21-20, 17-21, 11-10; Samantha Brem over Mary Carol Jones 21-14, 21-8; Bobbi Durant over Judy Amadio 21-8, 21-7.

Semifinals: Debbie Knaus over Samantha Brem 21-20, 21-13; Sally Green over Bobbi Durant 21-2, 21-6.

Finals: Debbie Knaus over Sally Green 21-5, 5-21, 11-6.

Women's C

Quarterfinals: Holley Rose Mallett over Jackie Hefner 21-5, 21-15; Sue Kunkle over Debbie Cashin 21-13, 21-15; Chris Wolf over Kathy Little 21-9, 21-4; Galen Bacon over Dee Palmer 21-14, 21-11.

Semifinals: Holley Rose Mallett over Chris Wolf 21-15, 21-8; Sue Kunkle over Galen Bacon 21-14, 21-14.

Finals: Holley Rose Mallett over Sue Kunkle 20-21, 21-11, 11-6.

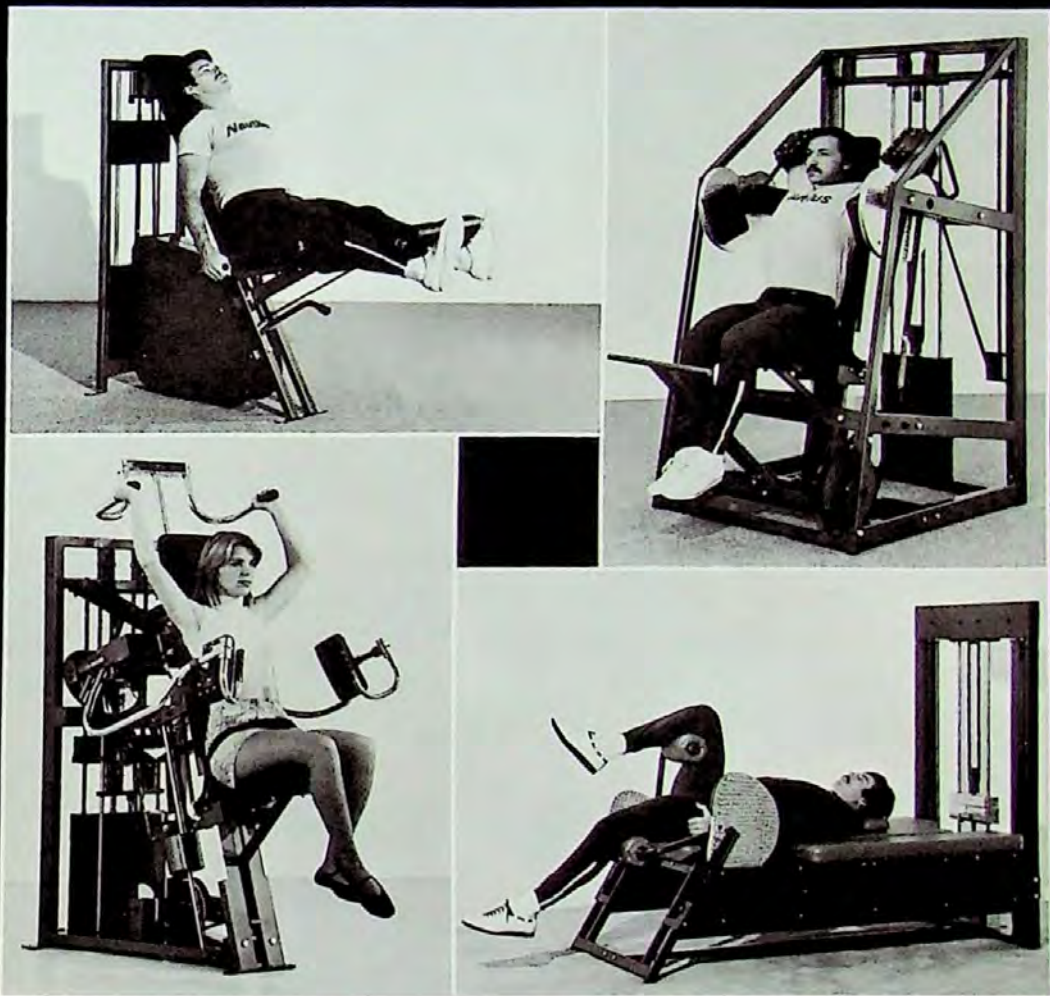
Women's Open Doubles

1st: Linda Shalkhauser/Sherry Armstrong; 2nd: Nancy Vaughn/Pat Martin; 3rd: Shirley Strickland/Laurie Thomas.

Nautilus

CONDITIONING

Ask yourself this: Could you as a tournament player or "weekend warrior" obtain the SAME results in cardiovascular conditioning, muscular strength and flexibility in HALF the time you now devote to training?



In reality you can probably **DOUBLE** your current results in **LESS THAN HALF** of your present conditioning time.

Nautilus high-intensity, full-range exercise stimulates large-scale increases in the three areas of physical conditioning subject to training effect.

Dramatic improvement occurs more rapidly than previously thought possible. Maximum training time *per week . . . less than two hours!*

Now ample time may be devoted to skill training — as it should be. But of critical importance, you are stronger, faster, possess greater endurance and are more resistant to injury than ever before.

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P.O. Box 1783 ■ DeLand, Florida 32720 ■ (904) 228 - 2884



Ektelon...because you know the game. Ektelon's new BlueLite or the Jennifer Harding™ ...because you know your game.

Now Ektelon offers two distinctively different racquets for women. They're light in weight for exceptional mobility and a faster swing. Both feature smaller handle sizes, including super small, for a surer grip and better control. And each is designed for a different style of play.

The New BlueLite. This is Ektelon's most flexible woman's racquet. Constructed of fiberglass fibers in a high-impact nylon matrix, the new BlueLite provides more flexibility than either aluminum or graphite. (250 grams. 18¼" long.)

Jennifer Harding Model. Made from aluminum, Ektelon's Jennifer Harding model is designed for the woman who

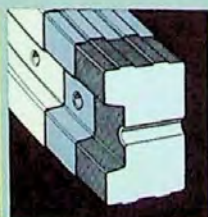
prefers a racquet with a bit more rigidity. The Jennifer Harding is lightweight, and shorter, to swing faster and maneuver more easily. (250 grams. 17¾" long.)

Aluminum or fiberglass... the Jennifer Harding or the more flexible BlueLite. Whichever you choose, you've made the right choice.

Because you've chosen Ektelon. Both the Jennifer Harding and BlueLite feature Ektelon's full two-year racquet frame and full ninety-day racquet string warranty.



Jennifer Harding:
flat I-beam alu-
minum extrusion.



BlueLite: fiberglass
fibers in super-tough
nylon-matrix.

EKTELON

The Most Recommended
Racquet in Racquetball.*

*Research results available from Ektelon.

another BACHMANN company