

Racquetball

Official Publication of the International Racquetball Association
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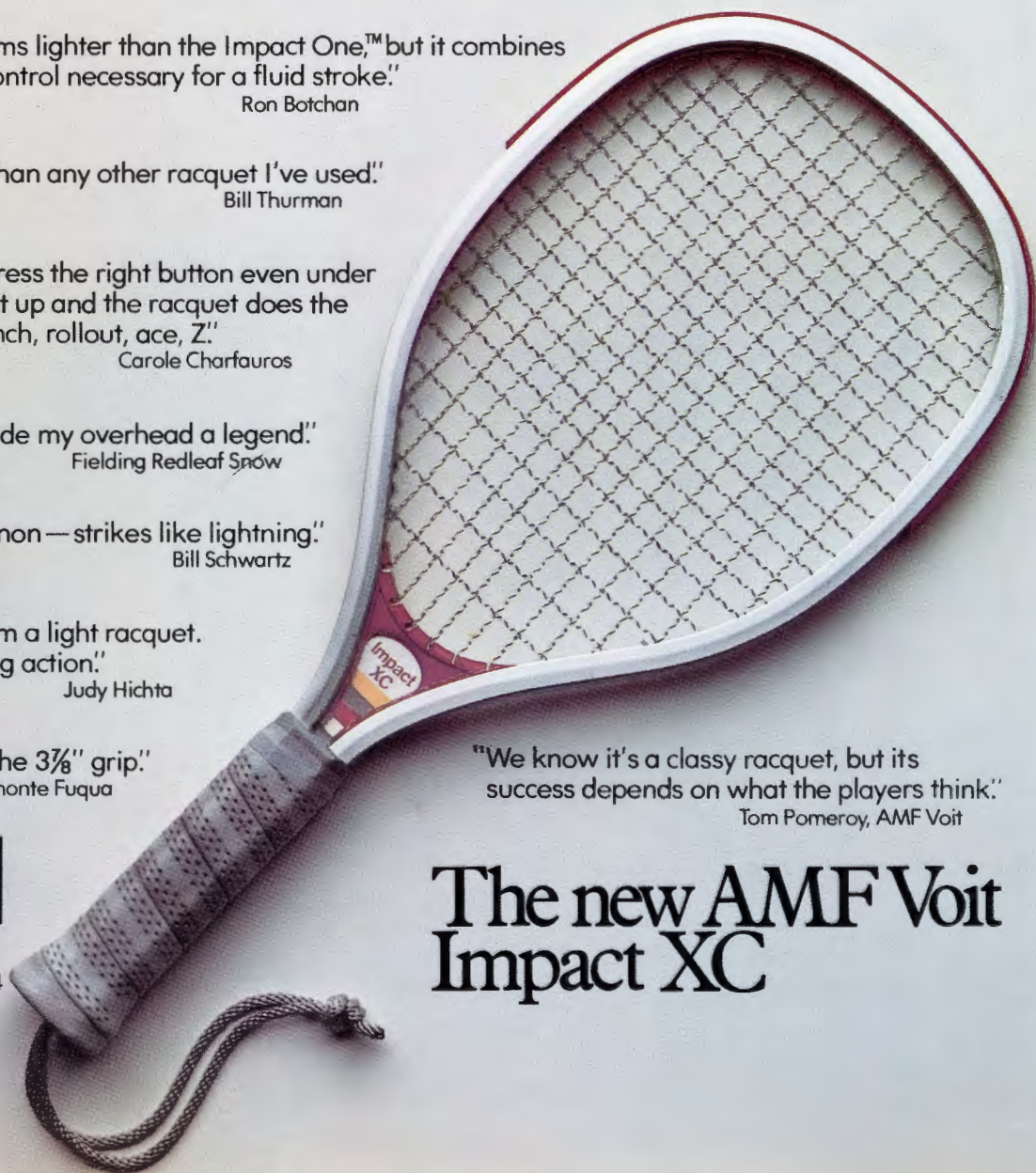
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If you know their whereabouts, please contact the IRA office at 5545 Murray Road, Memphis, Tennessee 38117.

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Letters To The Editor

I enjoyed your article, "The Writing on the Walls." (*Racquetball*, Nov.-Dec.) In it, you refer to public courts in Denmark. Since I will be spending several months in Copenhagen and not looking forward to interrupting my racquetball playing, would you please send me a list of a couple such facilities? When I was last there, there were none yet constructed.

Martin B. Einhorn
Ann Arbor, Michigan

[According to our man in Europe, Hal Leffler, public courts are popping up all over the place in European countries. Anyone interested in information about these courts can contact Leffler, president of the European Racquetball Association, at Siegener Strasse 48, 6230 Frankfurt 80, West Germany.]

It is encouraging to see articles such as "Anticipation" by Dr. Craig R. Hall [*Racquetball*, September/October] in your magazine. Hopefully, more articles will follow which present technical information in lay terms. As with the Hall article, I would like to see a brief bibliography and a short biography of the author.

Jackie Hudson
Temple University
Philadelphia, PA

Thanks for the outstanding presentation of "Winning Isn't Anything." [*Racquetball*, Nov.-Dec.] Eddie Tucker's illustration coupled with your layout was very appealing visually. Many people have approached me after reading the article and guiltily revealed their own forays into the realm of creative losing. What can I say? After all, for every winner. . . Besides, it took me years to develop some of those tricks.

Keep up the superior work on a winning magazine.

D.C. Lantz
Asst. manager/pro
Greenville Racquetball Club

[Ms. Lantz was co-author of the aforementioned article.]

I read with interest your story on Larry Liles and the Memphis State University racquetball team. [*Racquetball*, Nov.-Dec.] They have a right to be proud of their accomplishments. We at the University of Illinois are equally proud, of course. Our teams have won two national championships and always finished in the top three despite having no support from the University in terms of expense money or coach's salary.

Isn't it possible that the enthusiastic work which Mr. Liles does in supporting Memphis State University's racquetball team might not mean he has a conflict of interest when he is acting as the I.R.A. Intercollegiate Commissioner? His being assigned that post seems the same as making Woody Hayes the Big 10 Athletic Commissioner. Couldn't someone with a more unbiased position be appointed to the Commissioner's post?

Harold F. Williamson, Jr.

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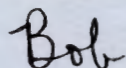
This March issue of RACQUETBALL Magazine represents a new horizon for the I.R.A. and players all over the world. My congratulations go to Mark Seitman and Bob Towery of Towery Press, publishers of RACQUETBALL Magazine, for their forward thinking and confidence in the future of the I.R.A. Now we can look forward each month to an updated calendar, the latest tournament results, and timely, informative articles. I hope each of you can appreciate the effort involved in getting a monthly magazine out on time and the importance of presenting a quality product to our membership.

Now I would like to ask a favor of each I.R.A. member. It is always easy for us to criticize our shortcomings, but what have YOU done lately for the I.R.A.? After all, it's your organization and its success depends to a great deal on your participation and input. I would like to ask that each of us *enlist one new subscriber* to the magazine. If we could do this it would double our membership! Let's give it a try—each of us—*one new member in March!*

Things are shaping up nicely for the 1979 World Singles Championships in Las Vegas. Reports are that this will be a fun tournament from start to finish. And, typically, the I.R.A. will focus the spotlight on the worlds' best *amateur* players. It will be a players tournament; you'll be able to watch the matches as well as play in them. Of course, we'll have consolation matches in all divisions, and the hospitality—from what I hear—will be unbelievable.

Yes, I think the future of racquetball is brighter than ever. It seems *everybody* wants to play the game. And the game gives so much in return—fun, fellowship, competition, and above all, good health. Racquetball has it all and deserves something in return. How many of us owe the game? Has it changed your life? I bet it has. So why not pay something back? Contribute your time to your state organization, sponsor a tournament, write an article for the magazine, enlist some new members, help a novice player. Give something *back* to racquetball; you owe it!

Yours in Racquetball,



Robert E. Folsom,
President, I.R.A.

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ANSWERS TO YOUR QUESTIONS

EDITOR'S NOTE: The following letter was received by the IRA concerning a persistent problem in our sport: manners, or the lack thereof. We'd like to share it with you, along with a response from the IRA representing the association's official policy towards on-court behavior.

Since I began playing racquetball tournaments the last 1½ years, I have noticed a lack of sportsmanship by a large percentage of the better players. A lot of arguing occurs between players, or between players and the referee, which sometimes becomes quite heated. I have seen an extreme lack of courtesy by one player for the other and an unwillingness to give the benefit of a doubt. This kind of attitude does not help the growth or reputation of racquetball—a sport which I enjoy very much and would like to see expand.

I played competitive badminton for over 10 years in state, national and international competitions. In badminton tournaments I have seen a few displays of poor sportsmanship; I have also seen suspension of players from competition for various periods of time because of their unsportsmanlike conduct. As a result there is no problem in that sport; competition is extremely intense, as in racquetball, but poor court conduct is not acceptable and very seldom exhibited. I feel this very effective measure should be taken by the IRA on a local, state, national and international level to improve the quality of this fine sport of racquetball.

A specific incident prompted me to write this letter, which I should have done sooner. Our club (PARC, Bellingham, Washington) hosted an invitational men's open tournament recently and many of our players were naturally very eager to see some of this competition; many of us were there watching. In one match, there was confusion between the players and the referee on who was to call hinders, etc., during the first few points. This caused both tempers to flare out of control and led to very unacceptable behavior.

One player, who I understand is well sponsored for his playing, was yelling obscenities very vociferously at the referee and at his opponent. He spat on the glass wall, kicked very hard at the

glass door, made a very dramatic scene after each point that was not in his favor for whatever reason, threw his racquet and displayed in general an extremely obnoxious attitude. A group of us were watching (with our children) from upstairs behind glass. After about 10 minutes of this, one of us knocked on the glass and indicated to the two players that we were fed up and were leaving to watch better matches. (The aforementioned player) pulled his shorts to one side to expose himself to the crowd and with his other hand he flipped his middle finger up to everyone. There was a young family sitting next to us who came to the club to see their first racquetball game, having heard a lot about the sport and considering playing it themselves. I don't believe they were very impressed and this is very unfortunate.

I believe it is time for the IRA and local affiliates of the IRA to take action against players such as these and make rulings that will prevent the spread of this unsportsmanlike attitude.

I am concerned for the sport of racquetball. Unless the quality of sportsmanship is improved through necessary disciplinary measures, I personally will choose another sport to put my money, time and efforts into and to teach to my family. And I believe that there are many others who feel as strongly about this issue as I do.

I would appreciate being informed of any action that the IRA takes on this matter.

Judy L. Vose

Actions such as those described in your letter cannot be tolerated if our sport is to come of age. One of the major reasons for sanctioning a racquetball tournament is to make available remedial action when such situations arise. Since this tournament did not have national sanctioning, little can be done other than through peer group pressure. IRA rules clearly state that technical fouls can be assessed for such unsportsmanlike conduct. A player can have two technicals called on him, with a point removed from his score for each technical. If a third technical is assessed, the match is forfeited in favor of his opponent. In addition, a full report must be submitted to national headquarters concerning the incident.

1. It looks like the major building boom on indoor racquetball courts may level off this year. What does the IRA see as the next major expansion of the game?

We believe that 3-wall outdoor racquetball is the next major growth of the sport. Wherever outdoor racquetball has been tried it has been extremely successful. With Proposition 13 before us less and less public funds will be available for parks and recreation. All 3-wall racquetball needs is an existing common front wall and two side walls. Five outdoor racquetball courts can fit into the same space as one outdoor tennis court and five times as many people can be involved.

2. How fast is racquetball spreading across the world?

In the past year over 24 countries have organized associations, with Mexico, Israel, China and Egypt recently becoming affiliated with the IRA. As our great sport spreads international competition is in the very near future. The world championships this spring in Las Vegas will have over 10 countries represented.

3. I have noticed in the past months that there have been many new names under the State Directors section of Racquetball Magazine. Why?

Most of our state affiliate organizations are democratic and have yearly elections changing leadership. In addition the IRA is interested in working with anyone who is working for amateur racquetball.

4. Is the IRA going to take any action on making eyeguards mandatory?

We cannot say for sure at this point, but the subject will be dealt with at the next Board of Directors meeting. It has been the feeling that the Board will make eyeguards mandatory for Junior level competition. At this point in the evolution of our game, we do not feel we can dictate safety precautions to adults. Much like the safety belt and motorcycle helmets controversy, we believe that adults have the right to make their own decisions. Of course anyone not wearing eye protection is making a stupid decision.

(We welcome all questions and comments concerning any facet of the IRA and racquetball. Write to: Players Forum c/o IRA, 5545 Murray Ave.; Suite 202, Memphis, TN 38117.)

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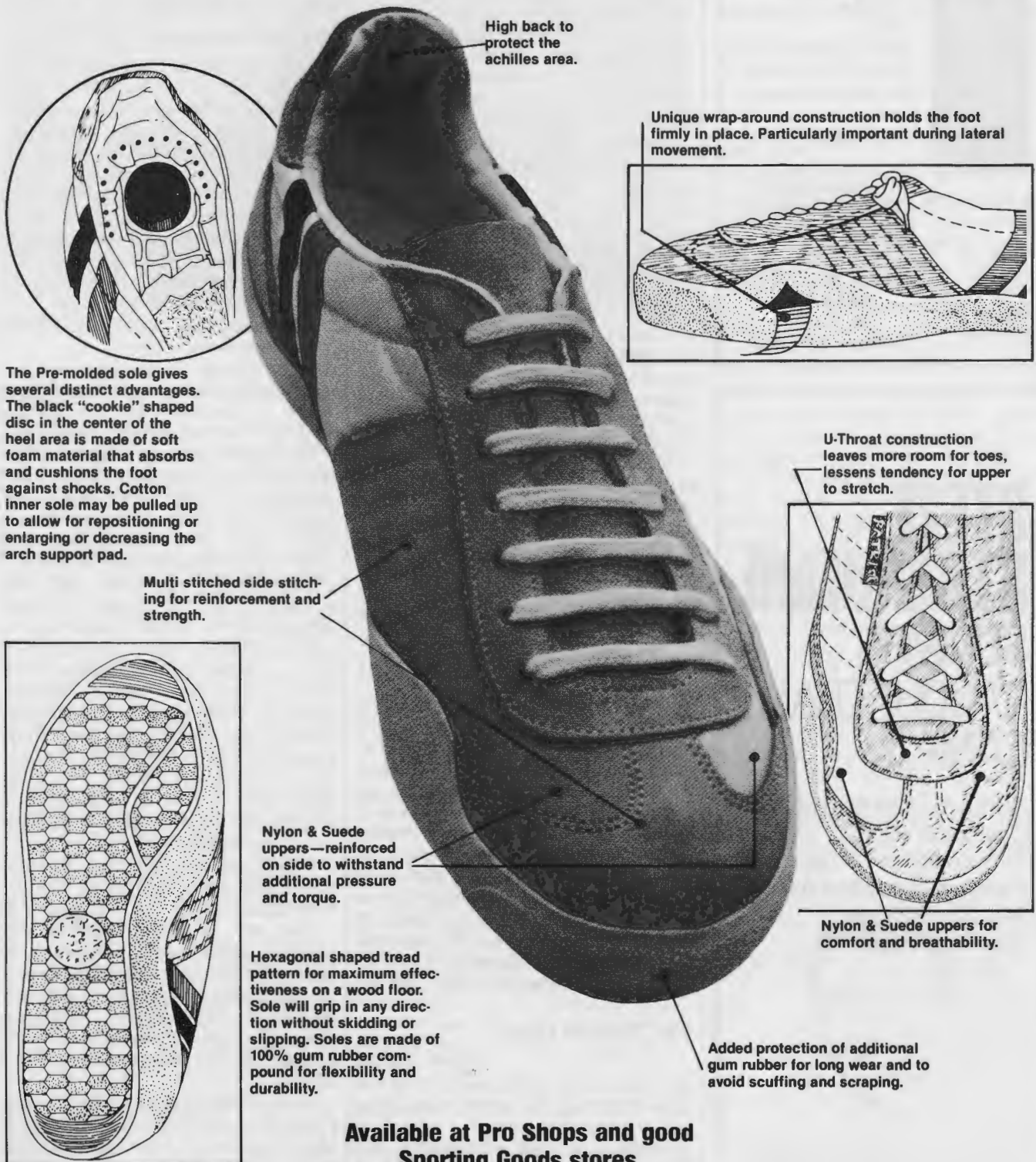
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SHORT LINES

A Direct Hit

Racquetball came in for some pretty heavy criticism in a recent issue of *Sports Illustrated*, and many racquetballers are still reeling from the blow.

Writer/reporter Jim Kaplan, writing in the magazine's November 6 issue, said that from a spectator's viewpoint racquetball is "about as exciting as croquet at a nursing home." He then followed up this opening punch with a powerful left-right-left combination that goes to the heart of the game in its present form. In today's racquetball, Kaplan said, the scoring is too slow, the rallies too brief and the on-court behavior would "embarrass Ilie Nastase." He buttressed this last charge with the example of one performance by a four-time national champion, who exhibited his middle finger, socked a ball off his opponent's back and unveiled his underwear during a match. (For more on the subject of court behavior, see Players' Forum on page 11.)

To make racquetball more palatable for mass (meaning television) consumption, Kaplan made some suggestions for changes in the game. For starters, he said, "players have to clean up their act." Then, a way should be found to make rallies longer and to award a point after each rally. Finally, Kaplan had some parting words about what he called racquetball's failure to attract spectators.

"Tickets to the 1978 nationals in suburban Detroit cost up to \$250 for the full eight days," he wrote, "and as much as \$50 for a single night's action. No wonder most of the fans were players and their friends. Of course, a certain splendid irony can be found (here): today's competitive racquetball is scarcely fit for anyone else's viewing."

Racquetball Magazine would like to know how *you*, the player, feel about all this. Send your comments to Receiving Line, *Racquetball* Magazine, 1535 E. Brooks Road, Memphis, TN, 38116.

For Women Only

Joyce Weckstein, racquetball teacher and author, has written an instructional book for women that seems to be doing well at the cash register.

Weckstein's book, *Racquetball for Women*, is nearing the end of its second edition and is scheduled to go into a third printing soon. The book has been accepted into the Library of Women at Radcliff College, the Women's History Research Center at the University of Wyoming and by the Library of

Congress. It is in numerous other libraries and universities in this country as well as Canada and Europe. The book has also been recommended by the U.S. Racquetball Association.

If The Shoe Fits

Major manufacturers of athletic shoes are gearing up for the 1st Annual Active Sportswear & Footwear Expo, scheduled for July 21-24 at Chicago's Expocenter.

Already, 35 percent of all athletic shoe manufacturers, whose present volume accounts for 75 percent of all performance rated athletic shoes sold in America, have reserved an average of five booths each at the Expocenter. The show is scheduled for the week before the annual New York Shoe Fair, an arrangement that apparently pleases major shoe manufacturers.

"The timing couldn't be better," said Roberto Muller, president of Pony Sports & Leisure, Inc., a leading marketer in the athletic shoe field. "The July dates fit perfectly into the shoe market's buying schedule and coupled with the New York show coming right on its heels, we have a back-to-back show pairing that will attract buyers from all over the world."

The Chicago exposition will give retailers a chance to examine the latest offerings of the nation's major sportswear and athletic shoe manufacturers. Early applicants for booth space at the Chicago Expocenter include Adidas, Converse, Hyde Spotbilt, Jaclar, Nike, Cobra, Tiger (Asics), Saucony, Pony, Osaga and Van Doren Rubber. Others, such as Puma and Brooks, have indicated their interest in participating in the show but are studying their probable booth requirements.

Present estimates are that over one billion pairs of so-called athletic footwear are sold annually in the U.S., with 243 million pairs of these classed as performance rated shoes. According to estimates by the Sporting Goods Manufacturers Association and the American Footwear Industries Association, the retail dollar value of the athletic footwear market exceeds \$2.4 billion.

For more information on the Chicago exposition, contact the Sporting Goods Manufacturers Association, 200 Castlewood Road, North Palm Beach, Florida, 33408. And for more on the subject of shoes and feet in general, see next month's issue of *Racquetball*, when we will feature some tips on proper footcare for the average racquetball player.

INDUSTRY NEWS AND NEW PRODUCTS



Ektelon's new line of ladies' racquet wear includes a variety of matching shorts and tops.

Fashion Time

Ektelon is introducing a new line of fashion racquetball sportswear which includes a coordinated Women's Racquet Tee and Racquet-Shorts outfit.

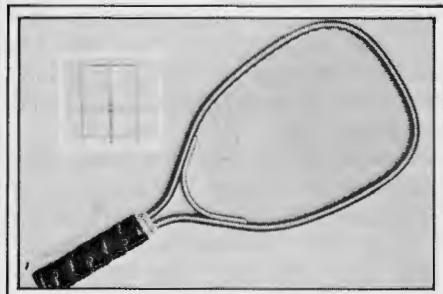
Ektelon's trimly tailored Women's Racquet-Shorts are made of a 50/50 blend of cotton and polyester with a non-roll elastic waistband, hemmed bottom and action side vents.

Completely machine washable and color-fast, they come in sizes small, medium, large and extra large.

Ektelon's Racquet-Shorts are color-coordinated with its Women's Racquet Tee which also is made of a comfortable 50/50 blend of cotton and polyester.

Racquet-Shorts are available in sunshine yellow, navy blue or white while the Racquet Tee comes in sunshine yellow or navy blue.

Ektelon's Racquet Tee is also color-fast and completely machine washable. It comes in sizes small, medium, large and extra large.



The Century racquet

The String's the Thing

Omega's newest racquet, the Century, features Ashaway Vantage 16

String. This string was developed specifically for the Century and Omega guarantees it for a full year. The multifilament construction of this new string gives more control and "a better bite" on the ball. Because it is lighter (16 gauge), Vantage 16 affords more power and lower wind resistance, thus increasing the playability and durability of the racquet.

The Century racquet has a bold, new flared quadrangular headshape. This shape gives a larger sweet spot for better hitting accuracy. The Century's weight of 260 grams and length of 18½" combine to give the player optimum balance and control. Three grip sizes are available—XS 3-7/8", S 4-1/8" and M 4-3/8".

More Strings

If you're looking for an opportunity to make some extra money in your spare time, take a tip from one San Diego entrepreneur who turned racquet stringing into a money-making, spare time business.

Rick Pray began stringing racquets for his wife, Carol, an avid tennis player. Now he has his own stringing supply firm and has also put together an instruction book, *Stringing Racquets For Profit*.

Pray estimates that a person stringing racquets in his spare time could make from \$10 to \$16 per hour in gross profits. To help the part-time stringer get started, Pray provides a handbook of information and supplies available from his company, Associated Tennis Suppliers (ATS). The firm offers supplies ranging from a professional stringing machine to a stringmeter tension gauge, along with various kinds of gut and nylon

strings. All of this equipment, of course, can be adapted for use in stringing racquets for racquetball.

To obtain a free copy of the ATS handbook, contact ATS, 11111-A Flintkote Avenue, San Diego, California, 92121. Phone: (714) 452-8601.

Roll 'em

Racquetball enthusiasts who want to learn more about the game and its techniques can now take advantage of a new Racquetball Film Series created expressly for that purpose.

The four color sound films, developed by The Athletic Institute in North Palm Beach, Florida, provide expert instruction on subjects ranging from how to hit a forehand to how to play mixed doubles. One film is devoted exclusively to racquetball serves and serve returns and the series also takes a look at the equipment needed to play the game.

The films use ultra slow-motion and freeze frames for illustration and instruction. Filming from the front wall through a glass porthole allowed the cameraman to achieve highly effective demonstration techniques. Steve Strandemo, veteran professional player, author and instructor, headed up the demonstration of proper stroke technique and strategy of the court. Other key demonstrators were Janell Marriot and Kathy Williams.

The films are available in both 16mm reels, for \$139.95, and Super 8 Cassette, \$99.95. For further information, contact The Athletic Institute, 200 Castlewood Drive, North Palm Beach, Florida, 33408. Phone: 305-842-3600.



Arthur Ascoli

Moving Up

Arthur Ascoli has been named director of sales and marketing for Vittert Sports, an Ashland, Ohio-based

sports equipment firm.

Prior to joining Vittert Sports, Ascoli was Eastern regional sales manager for Bancroft Sporting Goods. He was also in field sales for Fred Perry Sportswear. Ascoli has an associate degree in accounting from Drake College in New Jersey.

An Inside Job

Tired of waiting in line for a court at your local club? Well, wait no more, because now you can have your own private racquetball court right in your own home.

At least that's the word according to Sam Rice, president of Sam Rice Construction Co. in Flushing, New York. Rice was the architect and general contractor for a "solar ranch" recently completed at a New Canaan, Connecticut estate. The residence has a couple of vaulted ceilings with barrel-shaped plastic skylights to let the sun in and an enclosed swimming pool. More importantly, at least for racquetball fans, the home also features a 4-wall, glass racquetball court complete with a balcony for spectator viewing. The court is air-conditioned and soundproof, and there are even facilities for men's and women's lockers with toilets and showers. Everything is designed to effect a private club-type atmosphere.

Rice says he is prepared to design and supervise the construction of similar home racquetball courts for anyone, anywhere in the United States. You can contact him at 139-19 34th Road, Flushing, New York, 11354.

Rice's letter to us didn't specify how much a deal like this costs. But what's a little money when it comes to racquetball?

Wallbangers: Nine and Counting

Wallbangers, Inc., has acquired a ninth racquetball facility in Northern California.

The firm's president, Steven Pease, announced that the company has taken over operation of the facility previously known as "The Court," located in the Old Mill Shopping Center in Mountain View. He said the facility would soon be expanded from 9 to 11 playing courts and that other additional features are also scheduled to be added. "The Court" purchase will be followed closely by the opening of their recently constructed 14-court facility in the Hilltop Shopping Center of Richmond.

This facility brings the total number of individual Wallbangers courts in Northern California to 105. The company also has a racquetball facility scheduled to open soon in Huntington Beach and another under construction in Montebello.

Look, ma, no walls

"Racquetball Without the Walls," a new trainer and game set, has been introduced by Jokari/US, Inc.

The game set comes with two professional model racquets and a ball attached to an anchor block by a 12-foot

elastic band. It also includes an illustrated training book by Richard Walker, racquetball pro and author.

"Racquetball Without the Walls" is designed to give the user the fun, speed and exercise of racquetball without the need for a court (or court fees). It is scored to 21, just like racquetball.

The game can be played on any relatively flat, hard surface about 20 feet by 30 feet. The only boundary is a bright-colored "front wall line" centered in front of the anchor block. The ball bounces and is returned by the elastic band.

"Racquetball Without the Walls" sells at a suggested retail price of \$35, which the manufacturer says is covered by the cost of the two racquets alone. The game is also good exercise and can be played to sharpen racquetball skills and techniques.

"Racquetball Without the Walls" is endorsed by the IRA.



Ektelon's National Sales Manager Barry Marassi (far right) and members of Bob Minihane and Associates, including (from left) Dave Fecak, Ron Doucette, Bob Minihane, Bob Sollazzo, Frank Rawcliff and Al Carson.

Ektelon Names New Rep Group

Bob Minihane and Associates of Newton, Massachusetts, have been named as the Northeast representative group for Ektelon, a San Diego-based manufacturer of racquetball racquets and accessory equipment.

The Minihane group will be the exclusive representative for Ektelon products throughout all of New England, Eastern Pennsylvania, New Jersey and lower New York.

"We talked to a lot of capable sales groups while looking for someone to represent us in this area," said Ektelon National Sales Manager Barry Marassi, "but Bob Minihane and Associates really stood out."

"The group is large enough to handle our volume and its members are young, enthusiastic and knowledgeable about sporting goods."

Minihane and Associates will carry Ektelon's full line, said Marassi, in-



"Racquetball Without the Walls," a new concept in racquetball trainers.

cluding racquets, clothing, stringing machines and racquetball accessory equipment.

Pumping Iron

A San Diego firm has introduced a line of conditioning machines designed to guide you to better health and fitness.

The Iron Co. series of machines are designed for normally active men and women. The company says the machines provide an exercise program that calls for nothing more than normal use of the body's muscles.

The machines were designed by Bob Clark, who has also provided specially-designed machines for the National Football League. Conditioning machines in the Iron Co. line include a vertical bench press, a hamstring machine, a tricep machine and a hacklift/calf machine.

For more information on Iron Co. conditioning machines, contact Iron Co., 7860 Mission Center Court, Suite 201, San Diego, California, 92108.

Moving In

Court Management Company, Inc., operators and franchisers of the Circuit Courts racquetball clubs, moved into its new corporate offices and training center on February 1. The offices are located in Miamisburg, Ohio, a suburb of Dayton.

According to James F. Mingey, president of Court Management Company, "Our new headquarters will give us the space and flexibility that we need to handle our current expansion program. Based on our current situation, we expect to have at least five more franchise clubs open by the end of 1979."

The training center includes a regulation racquetball court which is used for training club management personnel, instructors and desk attendants. William P. Henderson, Court Management Company's executive vice president, said, "We have developed quite an extensive operations manual and training program for use in the Circuit Courts clubs. Our new training center will allow us to better train our own personnel as well as provide an excellent avenue for conducting management and sales training seminars for other racquetball operators."

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

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Let's face it: the C division is getting out of hand. I mean, anytime the list of match-ups for one division in a racquetball tournament takes up an *entire* wall, it's obvious that something is terribly wrong. Anyone who's ever actually played in the C division during a tournament, as I have, knows that it is the closest thing to cruel and inhumane punishment this side of the Chinese water torture. It makes the Boston Marathon look like a leisurely Sunday stroll. Get through a weekend of this madness, and you can survive anything.

An amateur tournament should be an event in which a player can test his skills and abilities in a pressure situation. It should help improve his game and at the same time offer the player a chance for a little fun. The C division, however, has lost touch with these goals. C division is not a test of skill but an endurance test for insomniacs. Unlike in the open or B division, for example, where playing five matches will usually put you in the finals, playing five matches in the C division will often only get you through the first day. And that's on a light day.

The physical demands made by a weekend of C play are more than most people can handle. The sheer number of matches played, coupled with the enormous amount of adrenaline required to get through those matches, causes great emotional and physical fatigue. After one or two days of such stress, nerves become frazzled, judgement is impaired and emotional controls go out the window. This combination of physical and emotional trauma has come to be known in tournament jargon as C-overload.

C-overload usually affects the innocents, players who are entering C division for the first time. These unfortunate souls come to a tournament unaware of the trials and tribulations of C division play. They come expecting to improve their serve or test their playing strategy, but they soon find out that there's more to playing in C division than being able to swing a racquet. Once they discover the truth, namely that playing in C division is like trying to swim in a pool of quicksand, the realization is generally so overwhelming that many give up tournament play forever. Some of the luckier ones recover sufficiently from the experience to be able to move on to the B division. But they never, *never* play in C division again.

There is one type of player, however, who thrives on the kind of test that C division offers. Known fondly in racquetball circles as the C-bum, this player is kin to the mountain climber, the long distance runner and other sadomasochist types. He is a person in search of the ultimate challenge, a pursuer of the lonely quest which will test him to the outer limits. He actually *enjoys* the exhaustion of C division. In fact, ask a C-bum why he plays in C division and he'll answer, "Because it's there." C-bums are also fond of hair shirts and have been known to spend their spare time flailing themselves with knotted strands of wet rope.

C players as a rule are easy to spot. They are distinguished by their bleary eyes, gimpy walk, slumped shoulders and overall zombie-like appearance. They can also be found sleeping in the strangest places: benches, halls, lockers. Sometimes they even stretch out on the court floor—during a match—and catch a few z's between serves.

C players stick together, probably out of some bond of common misery. They can generally be seen sitting in a group in one corner of the locker room, some staring wide-eyed, others rocking themselves slowly from side to side and still others making soft moaning sounds. The scene is very much like that at a ward in a mental hospital, which isn't such an outlandish comparison considering the fact that several C players have been removed from the confines of the

They Shoot C Players, Don't They?

or, is C division really necessary?

by Mark Holland

Mark Holland, a freelance writer based in Memphis, was a participant in a recent racquetball tournament with 132 entries in the C division.

racquetball court and placed within the confines of a padded cell. Fortunately, these periods of confinement are generally only long enough to allow the players to rest and recuperate from the tournament ordeal.

To get through a grueling weekend of C division play, some players have reportedly begun using everything from no-doze pills to amphetamines (or uppers) to stay awake. As a result, tournament officials have started watching C players, and particularly C-bums, very closely. One C-bum, in fact, was expelled from a tournament after officials became suspicious. It seems that the player had played in 10 matches in two days, and instead of resting between matches, this C-bum spent his spare time in the parking lot washing and waxing cars, just for fun. A search of the C-bum's locker confirmed tournament officials' worst fears.

Drug use has become such a problem among C-bums that there are rumors that narcotics agents have been seen snooping about the courts on tournament weekends. One C player who reportedly talked to a pair of these trench-coated figures claimed they were really agents from the secret police of a small South American country. They were there, he said, to gather information for setting up a C division racquetball tournament in their prisons, on the premise that "four days of continuous play in the C division will make even the toughest customer crack." Bear in mind, now, that the C player who made these claims had played in 20 consecutive games in one 38-hour period. He was later removed from the court during a match, babbling incoherently, alternately shouting his name, rank and serial number, and screaming, "they'll never make me talk!"

Other C players have suffered similar breakdowns. One man wandered off from a tournament in Memphis and was found a week later roaming aimlessly in Tupelo, Mississippi. When the Tupelo police stopped him, he started frothing at the mouth and screaming, "side out, side out!" As the police tried to force him into their squad car, he yelled "hinder," and then went running off into a wooded area. He was later tracked down and is now receiving proper treatment.

Some other C players have not been so lucky; they're still missing. C division is a jungle, and the large number of entries naturally creates a maze from which many players never emerge. There are reports of players who left home on Friday to play in the C division and were never seen again. Some court club owners, in fact, now post guards at all

exits during tournaments. These guards make sure each departing C player can recite his address before he is allowed to leave.

Still, tragic reports of C-overload continue to pour in. One C player, for example, held up the quarterfinal game of a tournament when he stood on the overlook of the court and threatened to jump. He held police and tournament officials at bay for 45 minutes until a fan,



One C player held up the quarterfinal game of a tournament when he stood on the overlook of the court and threatened to jump. He held police and tournament officials at bay for 45 minutes.

who was a psychologist, came and talked the player down. The psychologist pointed out to the C player that the jump wouldn't kill him, and that once he landed in the court he would have to play another game. The C player then climbed down and walked sheepishly away with the psychologist.

Even the C-bums, with their drugs, stamina and knowledge of the demands of C division play, are becoming susceptible to C-overload. One C-bum who was being interviewed by a local reporter was asked why he kept playing in the C division. He replied with typical

smugness, "Because it's there." The C-bum then turned away and ran directly into the wall, and once again said, "Because it's there." He then stumbled away, repeating the phrase to himself: "Because it's there, because it's there, because it's there. . ."

Faced with a problem of such frightening dimensions, everyone from concerned citizens' groups to novice racquetball players have begun clamoring for tournament directors to do something, *anything*, about the C division. And there are signs that directors are beginning to heed this advice, as the dangers of C-overload become more apparent.

One tournament director, for example, pledged to limit the number of entries in the C division after his eyes were opened to the problem of C-overload during trophy presentations of a recent tournament. The winners were getting their pictures taken with their trophies, and after the pictures were made, the trophy winners from the open and B divisions came over and shook the director's hand vigorously, and thanked him for running such a fine tournament.

The three trophy winners in the C division, however, didn't respond in the same fashion. The first place winner gave a slight, indifferent nod to the director and then walked away. The second place finisher also nodded numbly at the director, but then collapsed from exhaustion. The crowd rushed to his aid, and he was taken to the hospital. Most of the crowd left after this incident, but the tournament director noticed one person still standing, rigid as a wooden Indian, in the same spot where the awards presentations had been made. It was the third place finisher in the C division. He was out cold. He had his trophy cradled in his arms, and he had fallen asleep standing up, another victim of unlimited entry in the C division. "After that," the tournament director says today, "I set a strict cut-off point for C division entries. It's the only humane thing to do."

C players are multiplying like rabbits, but they still have just as much right to play in tournaments as other racquetball players. On the other hand, there must be a limit to the number of players in the C division. The answer may be the creation of D, E or even F divisions for novice racquetball players. Or perhaps the C division could start play a week before the other divisions. Whatever the solution, it must come quickly. Otherwise, the SPCC (Society for the Prevention of Cruelty to C-players), or worse yet, federal narcotics agents, may eventually step in and shut the C division down completely. Come to think of it, that might not be such a bad idea. ■

THE ART OF RAPID IMPROVEMENT

TWENTY 'MOST IMPROVED' PLAYERS REVEAL THEIR SECRETS

You've seen it happen. A young homemaker joins the club and timidly asks, "How do you hold this stick?" Six months later she's vibrating the walls with kill shots and annihilating everybody who dares to enter her court. Or perhaps it's the guy who has been playing five years, never rising above semi-mediocrity, who suddenly puts everything together and becomes a Class A player.

You've seen it happen, but the question is how? What is the secret of rapid improvement? Is it new equipment? A fanatical commitment to the game? A new teacher? A super miracle clinic? Hypnotism?

Well, before you rush out to buy that new computerized racquet or consult your local guru, take time to heed the advice of 20 "most improved" players from the St. Louis area, a center of racquetball activity. Selected by the local pro or club manager with no intention of being scientific about it, these players all made vast improvement in their game in a relatively short period of time. Their "secret," as it turns out, isn't mysticism or fancy equipment. Instead, these players started down the road to improvement simply through the application of a little effort, time and patience. They *worked* at improving their game, and it paid off.

None of these players, however, is a wild-eyed racquetball fanatic; they don't insist on playing 40 hours a week. There are a half-dozen homemakers in the group, along with a real estate agent, an optometrist, a registered nurse, a baker and a travel agent. What they all have in common is that they happen to love racquetball and each took specific steps to turn his or her game around. *You* can do the same thing. Here's how.

STICK TO THE BASICS

This may sound like rather obvious advice, so obvious in fact that some eager beavers might be guilty of overlooking it. "Oh, I know all that stuff," they say. "Give me some real tips, the tricks the pros use."

But Vince Lombardi, legendary coach of the Green Bay Packers, was certainly a professional by anybody's standard. And Lombardi began camp each year with basic instruction in blocking and tackling. This for a team that captured two straight Super Bowl victories. The fundamentals, Lombardi knew, win football games.

The same goes for racquetball. The most common advice given by the St. Louis players interviewed for this story involved such basic points as eye contact and body position. You've got to see the ball to hit it, and you'll never hit it if

your body is out of position. If you want to improve your game, then, the fundamentals are the place to begin.

Learning to keep your eye on the ball is a must. "More than just watching the ball," insists Polly Porzel of Hazelwood, "but concentration on the ball. Watch it hit the racquet; stay with it all the time." Other players echo the same sentiment. Racquetball is a fast-paced game and losing eye contact with the ball can mean the loss of a point or even injury.

Concentration on the ball is a skill that you have to learn, our "most improved" players say. It must be practiced much like the serve or the backhand. But once you develop a facility for good concentration your game should show measurable improvement.

Body position is another point often mentioned by our improved players. "Form and body position are very important," says Jo Ann Duran, a former black belt in karate and a very serious racquetball player. "Body control and balance are essential to hitting the ball correctly." Lorraine Horrocks of Creve Coeur agrees. "Body position along with patience helped me a lot," she says. "Don't rush the shot. Get into position first, then hit your shot."

Part of the secret of good body

BY GRADY JAMES ROBINSON

position, of course, is getting your feet and your body to do the same thing in the same place at the same time. Diving to make a desperation shot with your feet going in one direction and your body another may look dramatic, but it doesn't do much for your game in the long run, not to mention all the wrenched muscles you pick up along the way. "I was doing everything wrong the first year," recalls Dr. Tom Monje of Concord Club. "Then I read (Charles) Brumfield's book and straightened some of my problems out. Position of the body was a very important tip for me."

LEARN FROM THE BEST

Dr. Monje wasn't the only player who turned to the experts for help in improving his game. Almost all of the 20 amateurs interviewed gained knowledge and coaching from a professional or a friend who is an accomplished player. "I read magazine articles," says Duran, "talked to anyone I could find, went to clinics and watched the pros play hour after hour, carefully studying every move. It helps."

Quality competition helps, too. In

fact, after learning the basics of the game, several of the players interviewed here actually sought out the better players to compete against. "Regular competition against some quality players has helped me most," says Tom Hardcastle, who plays at Town & Country. "Always play against better players; don't be concerned about winning."

If, however, you're one of those people who dreads the prospect of getting in over your head with the big boys, take a tip from Steve Spiros, another improved player. "Set a goal when you play the better players," he says. "Set a goal of 5 points or 10 or whatever, and let that be your source of victory. Then you'll be encouraged when you score five points and at the same time you'll be learning. Otherwise, you'd get discouraged while losing."

Clinics, a club pro, instructional books—all are sources of expert advice that can help turn your game around. It only makes sense to use them.

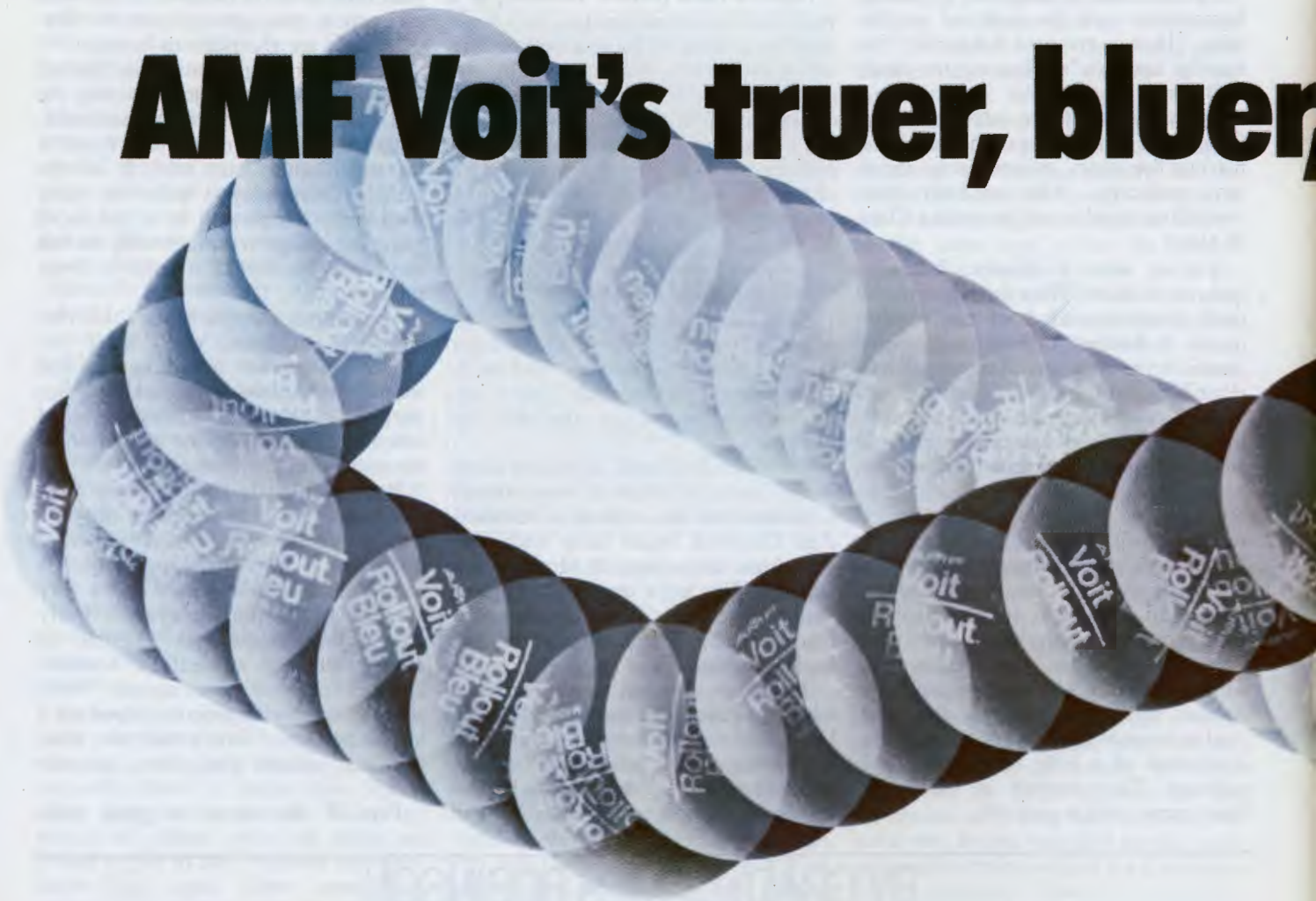
MIND GAMES

Using your head, in fact, is all-around

good advice for anyone who's serious about improving his game. Most newcomers don't think about their next shot; they simply swing away and hope something good happens. But high-level competition calls for high-level strategy, otherwise known as *thinking*. One of our improved players, for example, Joan Hathaway of Westport Racquetball Club, learned to apply mental strategy to her game after playing for only four months. "If I'm ahead of anyone else," she says, "it must be because I try to think on the court. I know the good players use strategy, but on the beginner level if you use strategy you're way ahead . . . I mean using some brain power . . ."

Let's say, for instance, you're playing a game and you want to maintain the center court position. Your best strategy, then, is to try to hit ceiling balls. Also, a smart player serves to his opponent's backhand. Hit the ball two inches off the floor instead of four or five, another improved player recommends. And play the percentages; don't try for a kill shot if you don't really have it. Go for the return, instead, and set up for the kill shot later. Above all, take

AMF Voit's truer, bluer



your time. Overreaction has caused more than one player to lose a game.

That's the kind of smart play recommended by the St. Louis players. Thinking while on the court, they all agree, is a must. But how do you learn it? One teacher caught the ball in his hand everytime his student hit it back to him. It didn't take long to get the message across. "Think! Where are you hitting the shot?"

Trial and error, of course, is another learning method. If you try one tactic against a particular opponent and it doesn't work, drop it. Try something else for a while until you find a weak spot. Then use that knowledge to your advantage.

Maintaining a proper attitude about winning is also an important factor in improving your game, according to our "most improved" players. Most of them sought to become better racquetball players out of an individual desire to excel, rather than because of a fixation with winning. "I like to win," the usual comment went, "but that's not why I play." Keeping a relaxed attitude about winning will make you more relaxed on

the court, which can only serve to improve your play.

But while you're getting your mind ready to play, you should also put in the kind and amount of playing time necessary to increase your confidence on the court. Only one of the St. Louis players plays less than twice each week. On the average they play from three to five hours per week in league play. Only 3 of the 20 practice alone for any significant amount of time each week. Those who do practice alone work diligently on backhand, forehand, ceiling shots and backwall shots. The problem with practice time, however, is court cost and the fact that it is less valuable than actual playing time. Dr. Monje points out, for example, that practice shots are very different from shots in actual game conditions. Other players agree that quality playing time is your best bet for making rapid improvement. For the most part they recommend regular league play and a friendly game or two over the weekend.

SOME TIPS TO REMEMBER

By now, you've no doubt gathered

that none of the St. Louis players mentioned here has a magic formula guaranteed to bring about an instant transformation in your game. There are no short-cuts in any sport and racquetball is no exception. But if your goal is assured improvement, there are some general rules to follow, representing the sum total of advice received from our "most improved" players:

(1.) Play regularly, preferably two or more times per week in league competition.

(2.) Seek coaching from qualified instructors. Study the best players you can find.

(3.) If possible always play superior opponents.

(4.) Have patience; improvement takes time.

Taken collectively, these pointers are the best prescription for turning a so-so player into a good one. It'll take some work, of course, but remember it's all for the sake of better racquetball. Who knows, the day could come when *you* are the "most improved" player at your club. Now how's that for hocus-pocus?

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Tournament Director:
Wayne Bruno
203-787-7459

Courtside/Cork'n Cleaver
Franklin County Open
Contact Mark Johnson
1635 E. Dublin-Granville Road
Columbus, OH 43229
614-885-BALL

3rd Annual Music City
Racquetball Tournament
Nashville YMCA
Tournament Director:
Butch Hannah
615-254-0631

March 16-18

West Virginia I.R.A. State
Championships*
Tournament Director:
Kevin Becker
519 Warwood Ave.
Wheeling, W. VA 26003
304-277-3640

Intercollegiate I.R.A.
Championship*
to be held at Penn State University
Tournament Director: Larry L. Uhl

March 23-25

Mid-Atlantic Masters
Invitationals and National I.R.A.
Seniors Invitationals*
Racquettime Racquet Club
4314 Old William Penn Highway
Monroeville, PA 15146
Contact: Gary Martin

New York Open I.R.A. State
Championships*
Tournament Director:
Allen Seitelman
Winning Walls Racquetball Club
Porchester, NY
516-379-0043

Tennessee State*
U. of Chattanooga
Tournament Director:
Emile Catignani
615-537-5111

Daffodil Festival Open
Sprinker Rec Center
Tacoma, WA
Tournament Director: Gary Hansen
206-537-2600

Wheeling Open*
Wheeling YMCA
Wheeling, W. VA
Tournament Director:
Kevin Becker
304-277-3640

Frontier Federal Fools Racquetball
Tournament
Tri City Court Club
1350 N. Grant St.
Kenwick, WA 99836
Tournament Director:
Kathy Schilling

April 5-8
N.R.C. Regionals

Bumble Bee Women's Classic*
Open, Singles, and Doubles
Juniata Valley YMCA
Lewistown, PA
Contact: Rhonda McCardle
717-248-8176

April 6-8
Washington State
Championships*
Tennis World
Tournament Director: Mir Rahim
7245 West Marginal Way
Seattle, WA 98106
206-767-4400

April 7 & 8
2nd Annual National Sky Chef's/
American Airlines Racquetball
Tournament*
Denver Sporting House
Tournament Director: Bob Klass
303-629-2970

April 20-22
2nd Annual Azalea Open*

May 11-13

Husky Open
U of Washington
Seattle, WA
Tournament Director:
Yvonne Calavan
206-329-3334

May 11-12-13
1979 Minn-Dak All Air Force
Racquetball Invitational*
Tac Racquetball Center
1401 Dyke Ave.
Grand Forks, N.D. 58201
Contact: Staff Sgt. Ben Beck
Base Gym
321 CSG/SSRI
Grand Forks A.F.B.
North Dakota 58205

May 18-20
U.S. Military Championships*
Site to be announced
Tournament Director:
Buck Brumble
518-565-5227

Daffy Open
Town & Country
Gig Harbor, Washington
Tournament Director: Gary Hansen
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May 24-28
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Association World Amateur
Singles Championships*

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Memphis State University
901-454-2805

Bay State Open*
North Meadow Racquet Club
Tewkesberry, MA
Tournament Director:
Dan Giordano

Delaware I.R.A. State
Championships*
Tournament Director:
William Stoebe
Brynmar Racquetball Club
2513 Bryan Drive
Wilmington, Del. 19808

Northwest Open
P.A.R.C.
Tournament Director: Gene Altman
Bellingham, WA
206-676-1800

International I.R.A. 3-Wall
Championships*
Tournament Director: Fred White
777 American Express Way
Ft. Lauderdale, FL 33337
305-473-3912

March 29-April 1
Memphis State Open*
Memphis State University
Tournament Director: Larry Liles
901-685-0764

March 30-April 1
Maine Open-I.R.A.*
Mall Racquetball Club
S. Portland, ME
Downeast Court Club
Falmouth, ME
Contact: Bruce Lewis
39 Bow St.
Freeport, ME

612 Charlecote Dr.
Virginia Beach, VA 23462

April 21-22
President's Council on Physical
Fitness Clinic*
Mid-Atlantic Region
U.S. Naval Academy
Annapolis, MD

April 22-24
I.R.A. Regionals*
(see p. 32)

May 4-6
Washington States Closed Singles
Tumwater Valley Racquetball Club
Tumwater, Washington
Tournament Director:
Jim Odegard
206-352-3400

3315 Spring Mountain Rd.
Las Vegas, Nevada 85102
Contact: Luke St. Onge
901-761-1172

June 9-16
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Tempe, Arizona

June 29-July 1
J.W. Million Classic
Tennis World
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WOUNDED KNEE

A New Visit To An Old Joint

Your opponent hits a low screamer off the front wall. He's got you out of position. You turn and lunge at it. Next thing you know, you're on the floor holding the jointure of the tibia, femur and patella. You've got knee problems, pal, a bad wheel. Welcome to the club.

Such a scenario—with minor variations—occurs thousands of times a year on racquetball courts, tennis courts, basketball courts, baseball fields, and gridirons. The sequel involves ice packs, soaking, heat, taping, ace bandaging, bracing, cursing, and probably in the end, a trip to the orthopedist and possible surgery. When you return to the courts, your knee is sporting those familiar surgical tracks; it's your badge, like the scar on the cheek of a Heidelberg fencer, indicating "wounded in action."

Knee injuries have become synonymous with modern athletic competition. The reason is simple: statistics show that in sports activity the most injured part of the body is the knee, with ankles coming in a distant second. Certainly when sports talk turns to injuries, it's not ankles, shoulders or deviated septums that are recalled. No, it's the knee that has spawned the legends and a cult of followers to keep those legends alive. In training rooms, barrooms and living rooms on Sunday afternoons, the faithful gather to review the roll call. The names are familiar enough. In football we recall Gale Sayers ("He had five or six more good years, at least."), Joe Namath ("Man, his knees looked like the Pennsylvania Railroad yards."), Dick Butkus ("He's got no gripe; he won \$600,000 in court over his knees."), and hundreds of others, including the ex-high school star in your hometown who now works nights down at the loading dock ("He could have played pro ball easy.").

If you like Guinness records, you bring up E.J. Holub, linebacker and center for the Kansas City Chiefs until he retired in 1970. While a player, he underwent eleven knee operations—six on his left and five on his right. And when his playing days were over, he had two more. Closest to that is probably Joe Willie with three

PHOTOGRAPH BY LARRY KUZNEWSKI

By Tom Carlson



operations on each knee.

If you like team stories, it's the nightmare of the '77 Miami Dolphins: 21 injured knees, 11 requiring operations ("forget the Super Bowl"); or the 1978 L.A. Rams ("They lost their entire starting backfield, but when they lost Wendell Tyler, their only outside threat, it was all she wrote.").

How to account for the modern day epidemic of knee injuries? Among orthopedists, answers to the phenomenon appear to fall into two categories. Says Dr. James A. Nicholas, team physician for the New York Jets: "The knee is the most poorly constructed joint in the body given the torques (twisting motions) and loads it takes in sports." Dr. J.V. Cerney, author of the definitive *Athletic Injuries* encyclopedia, agrees, calling the knee "a poor joint at best" because of "a very inadequate fit between the femur [thigh bone] and tibia [lower leg bone]."

However, orthopedist Dr. Marcus J. Stewart of the Campbell Clinic in Memphis offers a corrective view: "It's not that the knee was poorly engineered; it's simply that the excessive stress demands made on the knee by modern sports are often beyond what the knee was designed to withstand." Stewart, who was team physician for Johnny Vaught's Ole Miss Rebels for 20 years, cites as an example the athlete running, planting his foot and making a ninety degree turn—a ho-hum zig-out pattern for any wide receiver. "You wouldn't believe the torsion that's applied to a leg in order to accomplish this move," Stewart says. "It's destructive. I don't really know how the knee stands it at all." Many orthopedists argue that to make these kinds of demands on a joint which, according to anthropologists, hasn't changed appreciably in 2½ million years, is just plain unreasonable.

Anatomically, the knee's structure provides for both speed and strength. The lower end of the femur or thigh bone, which terminates in two large "knuckles" or lobes, is held in place on the corresponding lobes of the tibia or lower leg bone by a series of powerful ligaments. There are four principal ligaments in the knee, one on either side and two running horizontally through the joint itself. The medial collateral ligament runs up the inside part of the knee while the lateral collateral runs up the outside. These two ligaments, which flank the joint, keep it stable from side to side.

The other two major ligaments are the cruciates—so named because they cross each other in the form of an X. These cruciates (the anterior and the posterior) run like short, tough ropes through the joint itself. Their major function is to

prevent the thigh bone and the lower leg bone from sliding backward and forward on one another. In other words, they create back-to-front stability.

These four major ligaments are the skillful politicians of the knee. They have to be tough enough to keep things in place and functioning smoothly against strong resistance, while at the same time remaining flexible enough to allow for creative freedom of movement. As stabilizing elements, the ligaments get strong support from the major muscle groups of the leg—the quadriceps (front thigh muscles), the hamstrings (back thigh), and the gastrocnemius (calf muscles). But as Professor Karl Klein, of the Physical Rehabilitation Laboratory at the University of Texas, points out, "Although muscular strength is important. . . , the security of the joint depends primarily upon the ligament apparatus."

Another important, and vulnerable, part of the joint is the patella or kneecap. This flat, oval-shaped cover for the front of the knee is held in place by a wide ligament which is connected to the thigh muscle and the lower leg bone. Between the patella and the knee joint is a material known as synovial tissue. It is a delicate membrane that secretes a thick fluid to keep all the knee parts well-oiled. When the joint is injured—say, from a whack on the wall or the floor of a racquetball court—the synovium secretes extra fluid and the knee swells up. Such a condition is commonly called "water on the knee."

The final part of our basic anatomy lesson involves the famous—or infamous—cartilage. This type of tissue is found only in those joints in the body—the wrist, the jaw, and the knee—which are subject to violent concussions and constant movement. Their job is to absorb punishment and to act as cushions between the moving parts. The knee cartilages most often involved in sports injuries are the two small discs called menisci or semi-lunar cartilages, because of their crescent or quarter moon shape. Found in the space between the two knobs of the thigh bone and the corresponding knobs of the lower leg bone, these small discs act primarily as shock absorbers. The medial meniscus cushions the inside part of the joint and the lateral meniscus the outside part.

The reason that cartilage damage is the bane of so many athletes is that it is in an extremely vulnerable and stressful position in the joint. Another reason is that cartilage is the poorest healing tissue in the body. Once it is damaged, it cannot repair itself. As Dr. Cerney puts it, "the problem with cartilage is that it never forgets previous damage." The only relief is through surgery.

Ligaments also have long memories. If they are stretched violently, they can rupture completely; if slightly less force is applied, they can "fray"—imagine a rope being stretched just short of its breaking point. Such "fraying" does not heal. Instead, it makes for a chronically weak knee on its way to possible further damage.

It may be that the first casualty of war is truth, but the first casualty of athletic combat is usually ligament or cartilage. But don't blame these tissues. They were ingeniously designed by Mother Nature for normal straight-ahead locomotion. However, with the advent of modern sports—football, baseball, basketball, tennis, racquetball and the like—we have begun writing checks which the knee can't cash. The result is an epidemic of knee injuries and escalating Blue Cross premiums.

The number of things that can go wrong with your knee is staggering. The type of injuries related to cartilage and ligament alone is in double figures. Add to that various types of tendon injuries (tendonitis), the six or seven possible injuries to the patella, bursitis, arthritis, concussions, contusions, "joint mice," (bits of cartilage or other tissue floating around in the joint), fractures, fat pad damage, and throw in for good measure Osgood-Schlatter's disease, osteomyelitis and a good number of other ailments, and you've got an epic catalogue Homer would be proud of.

The problem of diagnosis and treatment of all these injuries has become so complex that the knee even has an international society dedicated to its study. Last May orthopedic surgeons from half a dozen countries assembled in Rome for the first meeting of the International Society of the Knee. Their purpose was to develop a common nomenclature for the growing list of knee injuries and diseases, and to share new technology and newly-developed techniques in surgery and rehabilitation.

One thing doctors have discovered in the last 10 or 15 years is that no two knees are alike. That makes generalizing about the joint dangerous business. It also makes preventive medicine very difficult, and careful rehabilitation a matter of extreme importance. What might be good for one person, a brace or a special taping technique, could be damaging to someone else.

Dr. Nicholas argues that there is a relationship between types of knee injuries and whether a person is loose-jointed or tight-jointed. Loose-jointed people, he points out, tend to have more dislocations; tight-jointed people, on the other hand, usually suffer more ruptured tendons and ligaments and more pulled muscles.

Age and sex also figure in knee injuries. As you get older, your joints tend to tighten up (they're at their loosest right before puberty). And women, it's been discovered, tend to be more loose-jointed than men, primarily because the musculature of the leg isn't as well developed.

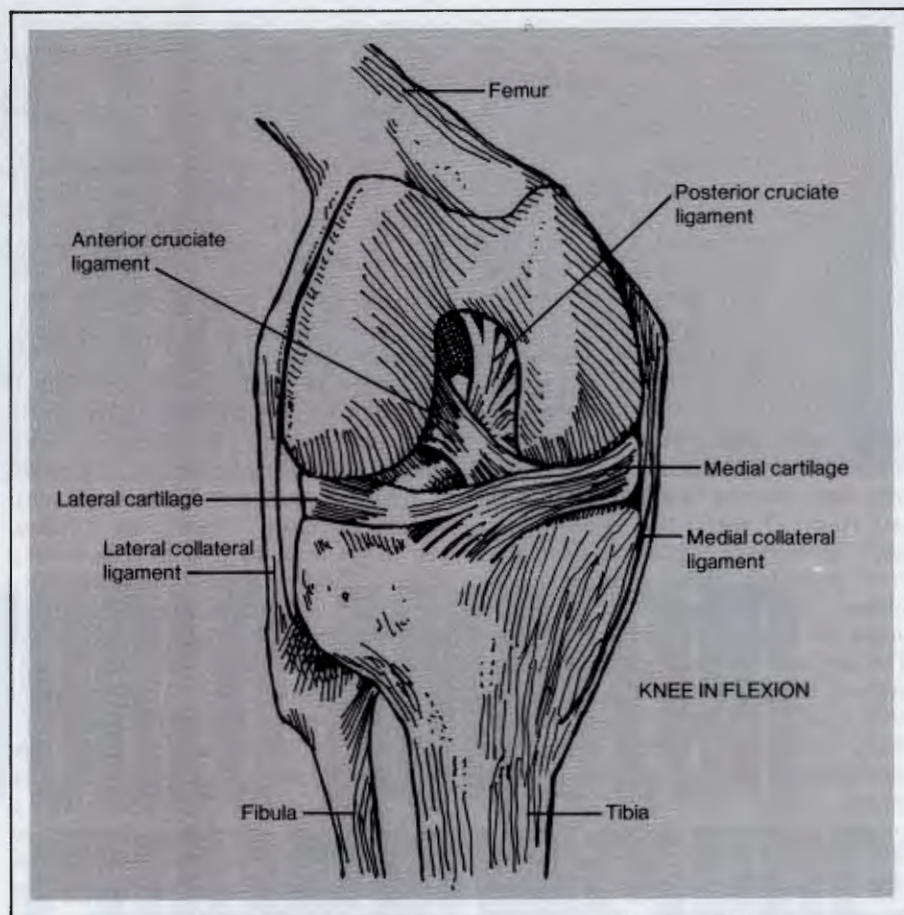
Women also suffer much more frequently than men from a condition known as patellar chondromalacia, which in plain English means a softening of the cartilage on the undersurface of the kneecap. The reason is due to the fact that a woman's pelvic girdle is wider than a man's. Consequently, the thigh bones meet the knee joints at a more acute angle, forcing the knees inward. This knock-knee configuration causes an unequal pull on the kneecap when the knee is bent. The result is damage to the cartilage underneath the kneecap. This condition is also known as "Dancer's Knee" because of its frequency among young women who take up ballet for exercise.

Body weight and structure—whether you're bow-legged, pigeon-toed, knock-kneed, high-arched, flat-footed, etc.—also help to determine what stresses and built-in protections are unique to your knee. Doctors seem to agree that the most advantageous body type for knee stability is a person who is trim of weight, slightly bow-legged and slightly pigeon-toed.

Race also can influence knee types. A Japanese orthopedist recently delivered a paper pointing out five major differences between the oriental and the caucasian knee. And blacks, observes Dr. Stewart, referring to recent research, tend to have smaller, more compact knees than their white counterparts, and with measurably stronger ligaments.

In the end, however, it matters not whether the knee is white, yellow, black, bowed, knocked, broad or compact. All are vulnerable to serious injury. And while it is difficult to generalize, it appears that the most frequent injury in contact and non-contact sports involves the medial (inside) collateral ligament and the medial meniscus. The reason is that excessive stress is most often exerted on the outside of the leg—a cross-body block, a ninety degree pivot, a turn and lunge at a racquetball. When this happens, pressure is put on the inside ligaments and cartilages to keep the knee from collapsing inward. If the strain is too great, the medial ligament and cartilage give way; and if the blow has been applied from the front and above the knee (a good block), or from the back and below the knee (a good clip), the anterior cruciate might well go also.

Among athletic trainers and team



physicians, such a devastating knee injury is often referred to as "the unhappy triad." It happens most often in football and soccer, but it can also strike while stepping off the curb, carrying out the garbage, or racing after your opponent's garbage service. If you sustain the unhappy triad, you're in trouble. As Dr. Leon Root points out in his study of the trick knee, "such an injury creates a double instability in the knee; it is unstable in a sideways direction because the medial ligament and meniscus have been torn out, and it is unstable in a forward direction because the anterior cruciate has been injured."

The damage can be surgically repaired, but the road back to active competition is usually a long one. Dr. Stewart has his two pet success stories. "Dick Hudson of the Buffalo Bills and Gene Hickerson of the Cleveland Browns," he recalls. "We had them back with their clubs within six months and in the Pro Bowl the following year."

Because racquetball players are not subjected to constant blocking and tackling, their chances of suffering the unhappy triad aren't as great as in sports like football or basketball. However, in a sport like racquetball which demands explosive lateral movement and generates incredible leg torque, players will continue to tear and rupture ligaments and cartilages. And what makes racquetball in one respect more

lethal to the knee than football are the deadly hard wall and floor surfaces surrounding the knee. Striking these immovable objects, usually with the kneecap, can cause dislocations, fractures, ruptured patellar ligaments, bursitis and tendonitis. The latter two maladies are common among weekend racquetballers, even without a direct blow to the knee, just as "tennis elbow" (a form of tendonitis) often strikes down the Saturday morning tennis player. The reason being that these normally inactive tissues and tendons are not in condition to absorb the concussions and stresses of sudden once-a-week activity. The result is painful inflammation and lost court time.

With this immense variety of knee injuries, diagnosis is obviously a matter for specialists. Even the experienced athletic trainer is probably going to refer you to an orthopedist. If it turns out that there is structural damage to your knee, you can at least be thankful it happened to you in 1979 instead of 1959. It used to be that the only way doctors could find out what was wrong, after external examination, was to perform an arthrotomy—that is, to open your knee surgically. While such a procedure is still used extensively, there are now other diagnostic options available which are considerably less painful and disabling. One relatively new method is the arthrograph, a type of X-ray procedure in

which a liquid dye is injected into the knee. The dye forms a pattern in the soft tissue of the knee so that ligament and cartilage damage can be seen clearly. The procedure is almost painless and takes no more than 45 minutes.

Another even newer technique is arthroscopy, in which a tiny tubular viewing device is inserted into the knee through a small, one-suture incision. The doctor can then view any abnormalities without having to risk surgical damage to the knee. While such a procedure requires the use of a general anesthesia, it can be completed—and the patient sent home—in a few hours.

But though the science of the knee may have taken a quantum leap in the last 10 or 15 years, that doesn't mean space-age surgery is going to solve all of your problems. What faces you after surgery is a prolonged and extremely important course of physical therapy. The fact is, if you don't restore and even improve the musculature supporting the knee, you're not going to get the joint ready for further hard activity. Yet rehabilitation is where individuals, high school, college, and professional athletic programs, and even doctors, are most often remiss. "It's the weak link in the chain," says Dr. Stewart. "Far too many patients, coaches, trainers, and

doctors fail to follow through with this step in treatment. If you stress anything to your readers, by all means emphasize the importance of post-operative therapy."

Of course the type of therapy that's right for your wounded knee depends upon the precise nature of your injury, your knee type and your recuperative powers. "Generally, if I operate on someone in the morning," says Dr. Stewart, "I want him to be doing some isometric 'muscle-setting' exercises in the afternoon; and as soon as he can I want him to start straight leg lifts with graduated weights—two pounds, four pounds, etc. When he can do 10 pounds 50 times, I get him on his feet and start motion exercises." How long it takes you to get back on your feet, however, varies. "Some people," observes Dr. Stewart, "can be up and around in three days. For others, it's three weeks." And just when you are able to get back on the courts depends largely on your willingness to do your exercises.

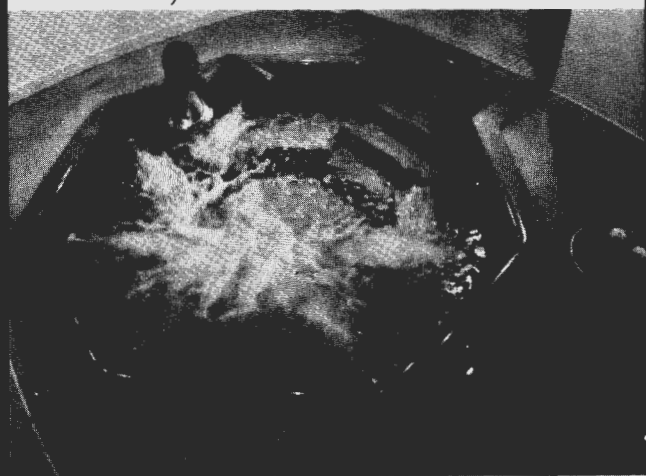
The irony, of course, in all of this knee therapy is that if the same exercises had been done conscientiously beforehand, the injury might never have happened. But human nature being what it is, we seldom listen to medical advice until we're in the recovery room.

Should you be inspired to launch into a program of preventive maintenance for your healthy knees, a word of caution is in order. Choosing the exercises and exercise rate right for you is extremely important. If you don't talk with a trainer or a doctor or do a little library work before you begin your program, you just might end up doing more harm than good. Three exercises that you absolutely should *not* do are extreme deep knee bends (especially with weights), the traditional duck waddle or duck walk, and the full knee-bend-squat jump. Research has demonstrated that these exercises tend to pry the joint apart and stretch the ligaments excessively. Moral: be conscientious but also be careful.

The knees deserve a fairer shake than they've gotten from their owners. They are, after all, like silent, faithful lovers. Treated with love and respect, they will respond with loyalty and devotion. If neglected and abused, however, they will desert you. And you can't sue them for non-support.

For thousands of years now man has bowed down upon the knee as a sign of respect. What modern sports and modern medicine have taught us is that we'd better start directing some of that respect to the knee itself. ■

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Events: Men's Open, Women's Open, Women's B's, Men's B's, Men's Seniors, Women's Seniors, Men's Masters, Women's Masters, Men's Golden Masters 55 + , 60 + , and 65 + , Women's Golden Masters 55 + , 60 + , and 65 +

Lodging: Stardust Hotel, \$40.00 single or double occupancy. Mini Price Motor Lodge, \$22.00 single or double occupancy.

Call 1-800-634-3461 if you live in California, Oregon, Utah, Idaho, or Arizona. Call 800-634-6622 all other areas. Ask for Las Vegas Referrals. Mention "Racquetball."

Entry Fee: \$25.00. Limit one event. Your entry fee includes hospitality for five days, free refreshments throughout the tournament, Saturday night banquet and Sunday morning breakfast, souvenir shirt, and tournament specials.

Application to appear in the April Issue of RACQUETBALL Magazine.

FIRST SERVICE

New Court Club Openings

La Jolla, California

The Northwest Family YMCA in La Jolla, located at 8355 Cliffridge Avenue, recently opened a six-court racquetball complex, complimenting the substantial facilities already available for the health and recreation needs of the community.

The new Racquetball and Fitness Center includes one glass-walled exhibition court, five courts with an observation deck, lockers, saunas and a jacuzzi.

The project was financed largely through private donations. Primary donors were Thomas and Ruth Shepherd and the Ellen Browning Scripps Foundation, which contributed \$286,000 and \$50,000, respectively, towards the \$430,000 project.

New London, Connecticut

SPOK! Racquetball Club has opened the first of five facilities planned to serve Southeastern Connecticut. The new club, located at 145 State Pier Road in New London, offers eight racquetball courts.

Features include an exhibition court to accomodate 100 spectators, air conditioning, carpeted lounges, showers, lockers and beverage service. Two of the courts have a separate entrance and will be open 24 hours per day.

The first of four mini-clubs is planned for Uncasville with opening in late summer. Expansion of the existing facility to 15 courts is tentatively scheduled for later this year.

Charter and Pre-Opening memberships, limited to 430, were sold out in January. Until expansion the total membership will be limited to about 900.

Dayton, Ohio

Court Management Company, Inc., has announced the opening of two new Circuit Courts racquetball clubs in the

Dayton area.

Dayton Circuit Courts East is the fourth Dayton area racquetball club managed by Court Management Company. Englewood Circuit Courts, located about 15 miles northwest of Dayton, is the first franchise club of Court Management. Both of these clubs are 10-court facilities complete with saunas, spacious locker rooms, pro shops, attended nurseries and other amenities.

With these two new clubs, the Circuit Courts network in the Dayton area now includes 5 clubs and 48 courts. A member of any one of these clubs has playing privileges at all five of the facilities.

The staff at Dayton Circuit Courts East will be headed up by club coordinator, Rick Wetzel. He will be assisted by club supervisor, Becki Neff. Englewood Circuit Courts will be managed by Marc Young; Cindy Cordes will serve as the assistant manager.

The Circuit Courts network will be increased by one club in late February with the scheduled opening of San Antonio Circuit Courts. ■

I.R.A. REGIONALS

APRIL 20-22*, 1979

Northeastern Region

Cedardale Racquet Club
Haverhill, MA

Tournament Director:
Dan Giordano

617-861-3212 (office)
617-274-0570 (home)

Extra Events: Men's and Women's B, C, and Novice
Limit of 64 entrants in each non-championship event
Limit of one event per entrant
Entry fee includes Banquet
Saturday evening (guests \$10.00)
Housing: Howard Johnson's Motel in Haverhill (617-373-1511)

Western Region

Kangaroo Courts I
200 S. Harding Blvd.
Roseville, CA 95678
916-782-7711

Extra Events: Open Doubles, Men's and Women's B and C Singles, B Doubles

Northwestern Region

Eastern Washington University
Cheney, WA 99004

Tournament Director:
Pat Whitehill

509-359-2406
or contact Roberta McNeal

Extra Events: Men's and Women's Open Doubles, Men's Senior Doubles, Men's and Women's B Singles, Women's Novice Singles, Men's C Singles
Housing available at the University
Contact: Conferences and Workshops (509-359-2406)

Mid-Atlantic Region

Extra Events: Open Doubles, Open B Doubles, Men's and Women's B Singles
Extra event costs an additional \$5.00
Open Division limited to 64 entrants; B Division limited to 128 entrants

*April 27-29

Southern Region

Court House I
1990 Delk Industrial Blvd.
Marietta, GA

Tournament Director: Jim Cullen

Extra Events: Men's and Women's Open Doubles, Men's and Women's B and C Singles
Limit of one singles event and one doubles event.
Draw available at noon on Wednesday, April 18, 1979
Tournament Director reserves the right to upgrade or refuse any entry.
Housing: Holiday Inn and Ramada Inn on Delk Industrial Blvd. in Marietta, GA. When making reservations, specify "Regional Racquetball Tournament."

Midwestern Regional

West Port Racquet Club
2388 Chaffee
St. Louis, MO 63141
Tournament Directors: Len Marks (314-725-3710) and Dan Hilecher (314-469-1989)

Extra Events: Men's and Women's B, C, and Novice; Men's and Women's Doubles

Southwestern Region

University of Texas at Arlington
Arlington, TX
Tournament Director: Brad Walker
101 E. 10th
Dallas, TX 75203
214-948-3243

After tournament begins, all phone calls should be directed to the Recreation Building at the University

Extra Events: Men's and Women's B and C, Men's Open Doubles, Women's Doubles, Men's B Doubles
\$18.00 for first event; \$9.00 for second event
Housing: Holiday Inn, 903 Collins Ave., Arlington, TX (214-261-3621)

OFFICIAL ENTRY BLANK

I.R.A. REGIONAL

CHAMPIONSHIPS

APRIL 20,21,22 *

DIVISIONS:

- () Open Singles
- () Senior Singles (35 & over)
- () Masters Singles (45 & over)
- () Golden Masters (55+)
- () Golden Masters (60+)
- () Golden Masters (65+)
- () Women's Open Singles
- () Women's Senior Singles (35 & over)
- () Women's Masters Singles (45 & over)
- () Women's Golden Masters Singles (55+)
- () Women's Golden Masters Singles (60+)
- () Women's Golden Masters Singles (65+)

JUNIORS

Eligibility: For Boys and Girls age eligibility determined by the date of birth as of January 1, 1979.

BOYS DIVISIONS

- () 10 and under
- () 13 and under
- () 15 and under
- () 17 and under

GIRLS DIVISIONS

- () 10 and under
- () 13 and under
- () 15 and under
- () 17 and under

EXTRA EVENT _____

EXTRA EVENT _____

PARTNER'S NAME (if applicable) _____

Western Region 1: California, Utah, Arizona, Nevada, Hawaii
Northwestern Region 2: Washington, Oregon, Idaho, Montana, Wyoming, Alaska, North Dakota, South Dakota
Southwestern Region 3: Kansas, Colorado, New Mexico, Oklahoma, Texas, Arkansas, Nebraska
Midwestern Region 4: Illinois, Michigan, Indiana, Missouri, Ohio, Minnesota, Wisconsin, Iowa
Southern Region 5: Tennessee, Georgia, Florida, Alabama, South Carolina, Louisiana, Mississippi, Kentucky, Puerto Rico
Mid Atlantic Region 6: Delaware, Virginia, West Virginia, Maryland, Washington, D.C., North Carolina, Pennsylvania (Region 6, April 27-29) *
Northeastern Region 7: New Jersey, Maine, Massachusetts, Rhode Island, Vermont, Connecticut, New Hampshire, New York
Foreign Region 8: European Racquetball Championships

Note: Canadian members may play in the regional closest to them geographically. Be sure to read section (Qualifying).

ENTRY DEADLINE:

Postmarked Friday, April 13, 1979, \$10.00 fee for late entries if accepted.

ENTRY FEES:

\$21.00 for first event, \$10.00 for second event. (Refer to individual regional information as fees may vary from region to region for 2nd events)

OFFICIAL BALL:

Seamco 444

RULES:

Official I.R.A. rules apply. Two games to 21 with a 15 point tie breaker.

ELIGIBILITY:

Current I.R.A. membership required. Must bring proof of current membership (current I.R.A. membership card) or purchase membership at registration.

TRIP AWARDS:

All Championship events (not extra events) will be awarded 1/2 round trip coach air fare to the World Amateur Championships May 24-28, 1979, in Las Vegas, Nevada. Junior winners will receive 1/2 round trip coach air fare to Junior Nationals July 13-15, 1979, in Memphis, Tennessee. Trips will be awarded to the winners who play in the same event in the World Amateur Championships as they won in the Regionals. If the winner does not use the trip, the runner-up is eligible.

QUALIFYING:

An amateur is defined as any player who has not accepted money in any professionally-sanctioned (IPRO or NRC) tournament during the past year.

A PLAYER MAY ENTER ONLY ONE CHAMPIONSHIP EVENT. IF A PLAYER PLAYS TWO EVENTS, THE SECOND EVENT MAY ONLY BE AN EXTRA EVENT (NON-CHAMPIONSHIP - ie: B's, Doubles, etc.) A MINIMUM OF SIX (6) ENTRANTS MUST PARTICIPATE IN AN EVENT IN ORDER FOR THE WINNER OF THE EVENT TO BE ELIGIBLE FOR 1/2 ROUND TRIP COACH AIR FARE TO THE WORLD AMATEUR CHAMPIONSHIPS.

(This entry blank is to be used for all Regionals. Check page 32 for specific information related to your Regional.)

DETACH THIS PAGE WITH YOUR ENTRY FEE AND MAIL TO:

The address listed for your regional.

CHECK SHOULD BE MADE PAYABLE TO: the name of your Regional (ie: NORTHWESTERN REGIONAL, MID ATLANTIC REGIONAL ETC.)

NAME (PLEASE PRINT) _____ I.R.A. CARD EXPIRATION DATE _____

ADDRESS _____

CITY _____ STATE _____ ZONE _____

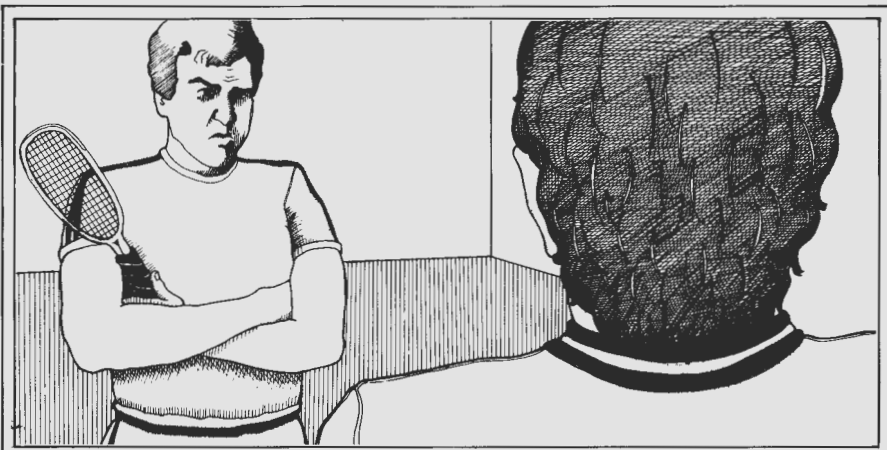
BUSINESS PHONE _____ HOME PHONE _____

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the International Racquetball Association, its affiliated clubs and their respective agents, representatives, successors and assigns for any and all injuries which may be suffered by me in connection with my participation in Regional or International tournaments.

DATE _____ SIGNATURE _____

ADJUSTING YOUR GAME

IT'S ALL A MATTER OF SIZING UP YOUR OPPONENT



BETT WATKINS

By Charlie Garfinkel

You won the first game 21 to 14. You were leading 16 to 7 in the second game. Victory seemed assured. So why are you seen an hour later sitting and cursing in the locker room with a broken racquet?

You lost! That's why. But how could you lose? Did you throw the match away by making stupid errors or did your opponent play out of his mind? Whatever the reason, don't relocate or give notice to your boss yet. There *is* something you can do to prevent another such embarrassing experience.

When you are far ahead in a match the odds are overwhelmingly in your favor. The momentum, the confidence and the score are all going your way. Your opponent most likely is very nervous, extremely cautious and hoping for a miracle.

So how do you lose when you have a big lead? You lose control of the game, plain and simple. Your opponent probably starts to make points by making some good shots. You aren't shooting as well as you had earlier. You begin to panic. Now's the time to calm down, assess the situation and adjust your game accordingly.

Take a time out. Tell yourself that you must start shooting again to win. You must play as hard as you can. Since you can only score points in racquetball when you are serving, you should serve aggressively. If you get a weak service

return, put the ball away. If the serve isn't working try another serve. Take the good shot or pass your opponent at every opportunity. Remember: the pressure is on him.

Some experts say that you should slow the pace of the game. I have found that this gives your opponent time to regroup and alter his game plan. If your opponent knows that you are going to shoot at every opportunity when you have the serve, he will be very uneasy. He can't afford to make errors because he is behind.

When you are receiving serve, play defensively until you have a good shot. By playing an aggressive game when you are serving and a defensive game when you're receiving serve, you are showing your opponent that he has to work hard for every point to get back into the match.

On the other side of the coin, of course, if you are losing badly you naturally must adjust your game in order to win some points. *Change whatever you are doing!* If your hard serves aren't working, try some soft lobs or z-serves. If your kill shots aren't going in, pass your opponent more. If you're making careless returns on the return of serve, go more to the ceiling.

Generally I try to slow down the game when I am behind. I take my allotted

time-outs. I serve slowly. I try to be as patient as possible. If you try to shoot everything you are probably going to lose very quickly because you will be making a great many errors.

If you get some momentum you may try some hard serves. This will show your opponent that you have the confidence to try for some outright winners. Once you have planted the seed of doubt in your opponent's head you may continue on to complete an amazing comeback victory.

There are many other ways to adjust your game to suit the various kinds of players you may encounter. Here are some tips on how to cope with such players.

The Shotmaker

How frustrated you can become when you play a player who seems to shoot and roll out every ball. Your palms become clammy. Your swing shortens. The big pineapple appears in your throat. You're choking! You're scared! I don't blame you for feeling that way. This guy doesn't miss! What should you do? Sorry, Marty Hogan can't substitute for you.

But if you start shooting and making your own shots you will put a great deal of doubt in the mind of Mr. Shotmaker. If he sees that you are beating him at his own game his seemingly great shooting game will falter greatly.

You must remember that you should shoot the shot first. You want to limit his shot-making ability as much as possible.

Mr. Fitness

I remember when Steve Strandemo first started playing in the pros in 1973. The first pro tournament was held at the Houston YMCA. Steve defeated Charlie Brumfield in a 2½-hour match in what had to rank as an incredible upset at that time.

Strandemo, who had the reputation of being in the best shape of any pro, simply wore Charlie down. He stayed to the ceiling and constantly passed him. His gets were amazing.

In his next match Strandemo lost decisively to Steve Serot. Serot, who was also in great shape, controlled the center court. He had Strandemo constantly behind him retrieving his well-hit shots. Serot never had to get into a running game with Strandemo.

By controlling the center court area Serot negated Strandemo's fitness by never giving him a chance to get set. This is what *you* should try to do.

Mr. Psyche-Out

Many of us have played the player who constantly makes comments such as "You're nothing!" "I'll blow you out!" or "Playing you is better than drawing a bye."

Mr. Psyche-Out always seems to be stalling. He might take nine of his allotted ten seconds to put the ball into play when he is serving. He tries to stall in any way that he can. He checks the balls to see if they're cracked, constantly questions the referee's calls and always seems to need a time-out for something.

He'll do anything to upset you. My advice is to simply ignore him. If he was so confident that he was going to win he wouldn't have to resort to all of those psyching methods. When he sees that you're not being bothered by his antics, and that you are still beating him decisively, his psyching methods will disappear.

The Player with Great Drive Serves

Most players who hit really hard drive serves usually try to hit every ball hard even when it is in play. Naturally you want to slow down the game as much as possible.

When returning a drive serve a common mistake that is usually made is in trying to kill the serve. This is a low percentage shot because the speed of the ball off the serve will usually place you in a poor position to hit the ball. It is hard enough returning the serve, let alone killing it.

The shot to hit most of the time is a return to the ceiling. You may say, "How can I return a ball coming to me at a great speed and then try to hit it to the ceiling when the ball is only two inches off the floor?"

This may be true but you will be surprised how well you can do this by really concentrating and watching the ball.

Another good return is the cross court return. If hit correctly you will force the server to move out of the strategic "center court" position and thus open up the court. If you try to pass straight down the line and don't hit a good return your opponent will be directly in front of you with a fairly easy shot to hit and put away.

The Better Player

A common mistake that is made when playing a player much better than yourself is to try and shoot every ball. You feel that you are going to lose

anyway and that your only chance is to gamble. I agree, to a point. However, I feel that you should do this only after all other methods have been tried.

Usually you will lose much faster if you try to put away shots that you normally wouldn't try. I feel that you are better off to patiently wait for the shot that you want rather than trying something risky. You will feel more relaxed and calm and will be better prepared to make the shots. Of course, you could counter with the comment that "the better player will never give you the shot that you want."

You're wrong. When he sees that you are trying to stay with him he will be less

*Mr. Psyche-Out
always seems to
be stalling . . .
He'll do anything
to upset you. My
advice is to
simply ignore
him.*

likely to feel as free and confident about taking any shot that he wants.

The "Squash" Player

The "Squash" player is a player who has converted from the game of squash to racquetball. He usually becomes an excellent racquetball player because he is so unorthodox. The converted squash player tries many sidewall or pinch shots. He usually doesn't hit the ball very hard but he is amazingly accurate from almost any position on the court. He also loves to hit soft drop shots when you least expect them. His serves are usually very soft and well-placed. His change of pace and unorthodox style make him a very frustrating player to play.

To counter his style of play you must be able to hit the ball powerfully and try to control the front court. The squash player is even more effective when he is in front of you. Because of his wide variety of unusual shots you don't know

where he is going to hit the ball. However, if your pace is extremely fast the squash player will never get the time that he needs to hit his shots. You should also try to watch where he hits most of his shots and then make the necessary adjustments.

Player with a Weak Backhand

Many players who have weak backhands try everything that they can to take the ball on their forehand. They will run around the backhand to hit the shot. They will even move so far to the left side that at times their buttocks actually touch the left sidewall as they attempt to shoot the ball.

Most people who play this player try to hit everything to the left side. This just makes it tougher for you.

The correct way is to hit three or four shots to the forehand side. Ceiling shots are preferred. After hitting three or four shots on the right side, the backhand side is usually left wide open. This is the time to aggressively hit a shot to the wide open backhand area. Your opponent is much more likely to make an error when he is forced to move across a wide area.

Also try to vary your serves so he won't expect every serve to go to his backhand side.

Player in Poor Shape

It is very frustrating to lose to a player who is in much worse condition than you are. For some reason these players, though hopelessly out of shape, are often excellent shooters. They probably realize that they must shoot well to win.

When you get a chance to really do something with the ball you should pass your opponent instead of going for the shot. The more you keep him running the better your chances are of tiring him out. Try to keep the ball moving away from your opponent by constantly hitting away from him. His poor conditioning should result in an easy win for you.

Adjusting to the Ball

Many players enter tournaments where they have to use a ball that they are unfamiliar with. Unfortunately, the bounce and the way the ball reacts is different with each manufacturer.

You should try to practice with the ball that is going to be used in the tournament for at least two to three weeks prior to the tournament. After using the ball a day or so you can determine whether it's very lively or a slow bouncer.

If the ball is very lively adjust your game to hit many hard drive and z-serves. Attempt to hit most of your shots straight in and don't worry too much about sidewall shots. The faster you can make the pace, the better.

If the ball is much slower bouncing you should try to hit high and medium serves with an occasional soft z. Sidewall shots are very effective because the ball seems to flatten out and stay very low as it hits the sidewall first, then the front wall. Passing shots are also effective as the ball will rarely reach the back wall if hit correctly.

By now you should be ready to play any opponent of equal ability or above. You should be able to adjust your game to the situation, using all the shots and serves in your repertoire to determine the type of game to play against your opponent. So let's run through a typical match, just for practice.

In the early part of the first game, hit the shots and serve the serves that you are most comfortable with. Try to hit as wide a variety of shots to different areas of the court as you can. Note which shots give your opponent the greatest difficulty. These are the shots to use

throughout game one.

As a rule you're better off hitting your harder serve first. Your second serve should be a slower serve. As your game plan is formulated stick as closely to it as possible. But if it isn't working, do whatever's necessary to adjust your game. It's an old adage, but a true one: "Never change a winning game. Always change a losing game."

If you win the first game of a match you should basically stay with the same plan in game two. If you lose the first game, of course, you need to make some definite changes.

You should know by now, for example, whether your opponent's forehand or backhand is his stronger stroke. Naturally you should play to the weaker side. You should also use the serves that have given him the most trouble returning. In short, the second game is the time to really exploit your opponent's weaknesses.

Since game three, the tie breaker, is only played to 15 points, it is imperative that you get off to a fast start. Drive and z-serves are your best bets. However, be sure that you use a safe second serve, such as a slow z or a lob. Don't throw

points away by double-faulting, which can be fatal in a tie breaker. Be careful on defense and don't make any careless errors.

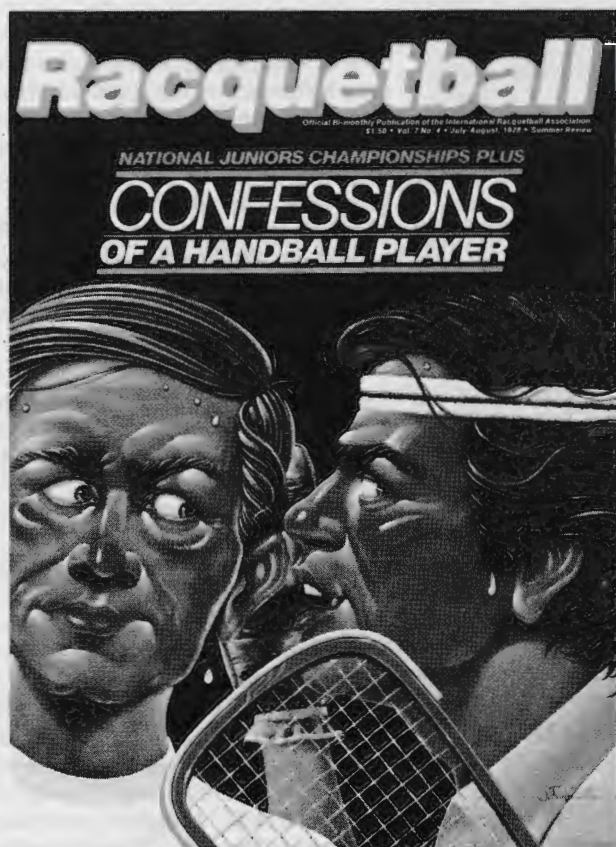
Adjusting After A Loss

Okay, you followed my advice. You tried everything, and still you didn't win. What should you do now?

Well, first of all you should evaluate your game honestly and realistically. If you can't do it yourself, rely on a friend or a coach whose opinion you value. Then follow his or her advice.

Practice the strokes that you need work on, both on your own and during practice matches. Play your hardest at all times in practice. If you can win most of your matches in practice you'll be better prepared for tournament play.

Try not to get too depressed over a loss. Your defeat may have been due to a concentration lapse, a loss of confidence or any number of other reasons that may not recur the next time you play. Remember, worrying never turned a loss into a win. Look ahead to the next game. Because when you think about it, that's probably the biggest adjustment of all. ■



Racquetball Magazine is currently gathering data about virtually every aspect of the booming racquetball industry—from racquets to wristlets, from construction materials to club openings. We invite anyone wishing information to call or write to
Racquetball Magazine
Research Dept.
1535 E. Brooks Rd.
Memphis, Tn. 38116
901-345-8000

STATE DIRECTOR



Never let it be said that Gary Bell isn't resourceful. When he began playing racquetball four years ago in Huntsville, Alabama, there were no suitable courts in his area. So, with the help of some friends, Bell built his own court. That's the sign of a serious racquetball player, and an appropriate introduction to the game for a man who is now helping to shape the direction of amateur racquetball in his state.

Bell is the IRA's new state director in Alabama. As such, he will be working with the IRA and racquetball players in the state to develop racquetball in Alabama. For example, he is already planning to have "at least four or five" IRA-sanctioned tournaments in Alabama in 1979. Overall, Bell says that Alabama plans to play an important role "in the development of the IRA as a true voice of the amateur."

Racquetball has already come a long way in Alabama, at least from those days when Bell and his friends were playing on a three-quarter size court converted out of an old office area. Today, the University of Alabama at Huntsville offers four quality racquetball courts in its new recreation building, Spragins Hall. Last summer the University introduced a beginner's racquetball course and enrollment in the class has increased every quarter. This spring the University is offering six beginning and six intermediate racquetball courses.

As the man responsible for teaching all racquetball courses at the University, Bell keeps busy. He is also the president of Off the Wall Sports Center, Inc., which is currently constructing a racquetball facility in the Huntsville area. In addition to all this, Bell makes it a point to play in at least one tournament a month.

A teacher, businessman and amateur player, Gary Bell is involved in almost every facet of racquetball's development. He is knowledgeable in the sport, and more importantly, he cares about it. That's a pretty good recommendation for any state director. ■

Racquetball Magazine is seeking articles and freelance writers. Articles can cover everything from new developments in the game to interesting racquetball personalities. How-to articles, on improving your backhand, returning serves, etc., are also welcome. Please send manuscripts (along with a stamped, self-addressed envelope) to: P.O. Box 16566, Memphis, Tn. 38116. For further information, call Larry Conley at (901) 345-8000.

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THE COWBOY OPEN

A SNOWBOUND SHOOT-OUT IN THE RUGGED WEST

Nobody ever expects snow in central Oklahoma in mid-January. Or at least that must have been what organizers of the 1979 Cowboy Open Tournament had in mind as they began scheduling the annual event. But Oklahoma weather being what it is, tournament participants actually found themselves facing two inches of snow on the ground and more in the forecast as opening day rolled around. Fortunately, racquetballers are a hearty breed. In spite of the inclement weather, more than 230 competitors showed up for the opening rounds of eliminations, which began Friday, January 12. What followed were three days of hectic, high-intensity racquetball.

The tournament was held at the Colvin Center, located on the Oklahoma State University (OSU) campus in Stillwater, Oklahoma. Fourteen brackets

were set up for the tournament: Men's Open A, B, C and D singles; Senior singles (35 and up); Master singles (45 and up); Women's Open A, B and C singles. Doubles Classes were Men's Open A, B and 40-and-up, Women's Open A and Women's B. Tournament finals, to the mixed relief and regret of the center's 12-member staff, wrapped up at 5:30 p.m. Sunday, January 14.

MEN'S OPEN SINGLES

The final in this class was a familiar sight to anyone who attended last year's Cowboy Open. Former OSU wrestling coach, Myron Roderick, matched up against his opponent in the previous Cowboy Open finals, Kent Taylor. In 1978, Taylor dealt Roderick the only finals defeat he had ever suffered in a Cowboy Open. But in this particular

TEXT AND PHOTOGRAPHS BY TONY KING



Men's Open Singles:
Myron Roderick (left),
Stillwater, 1st; Kent
Taylor, Stillwater, 2nd.
As a team, Roderick and
Taylor placed second in
Men's Open Singles.

Women's Open Singles:
Alexis Smith, Warner,
1st. Smith was also half of
the team of Smith-Carr,
which placed 3rd in
Women's Open Doubles.

Gatorade
THIRD PRIZE WINNER



Men's B Doubles:
(from left) Bob Coe
and Mack Robbins,
Oklahoma City, 1st;
Wade McPherson,
Mustang, and Marshall
Greenman, Irving, Tx.,
2nd.

meeting, Roderick defeated his nemesis, taking his seventh Open championship in the eight-year history of the Cowboy tourney, 16-14, 15-8. Roderick's game was one of ball control, with repeated high lobs off the front wall drawing Taylor into the corners of the court, away from the center, where Roderick placed his low kills. Taylor had the edge early on in the first game, but Roderick rallied from an 11-14 deficit to take the first game away. The second game was all Roderick, as his control and experience gave him the edge over his younger opponent.

In the quarterfinals, Stillwater local Roderick had his closest match, dropping the first game to Ted Podgorny of Kansas City, Kansas, 12-15. Roderick regained control of the match in the second game and wrapped the match up, 15-6, 15-13.

Taylor's quarterfinal match was much less challenging, as he handily defeated John Scott of Tulsa, 15-9, 15-8. Other quarterfinal matches found Kevin Chamblis of Oklahoma City taking a close match from Jim Dart of Stillwater,

13-15, 15-12, 17-15. Tom McKie, of Garland, Texas, defeated Oklahoma Citian Ken Smith, 15-11, 15-17, 15-8.

In the semifinals, Roderick eliminated Chamblis, 15-13, 15-9, while Taylor had a tough time with McKie, winning 15-9, 5-15, 15-9, to set up the final pairing of Roderick and Taylor.

Chamblis placed third, taking McKie in two games 15-10, 15-10. In the consolation bracket finals, David Clark of Dallas won a tough match from Charlie Willingham of Lawton, Oklahoma, 10-15, 15-7, 15-11.

WOMEN'S OPEN SINGLES

Spectators saw Alexis Smith of Warner, Oklahoma, carve her way through the ranks of the competition, as she lost only one game from the quarterfinals until her finals pairing with Margaret McCurdy, of Oklahoma City. In that match, Smith continued her string of strong games started early in the tournament as she ripped McCurdy, 15-4, 15-7.

Smith's trip to the finals was filled with 4-and 5-point wins and only one defeat. In the quarterfinals, Smith beat Cindy Overstake, of Norman, Oklahoma, 15-11, 15-10. McCurdy's quarterfinal opponent forfeited. Dee Parodi defeated Mary Tucker of El Reno, Oklahoma, in their quarterfinal match, 15-11, 10-15, 15-12. In the fourth quarterfinal, Gayle Turney won a close match in two games, 18-16, 15-11, over Terry Dickerson of Wichita, Kansas.

In the semifinals, McCurdy trounced Stillwater native Turney, 15-11, 15-10. The semifinals also saw Smith lose her only game during the eliminations in a 15-8, 10-15, 15-10 match with Parodi. Parodi took third place from Turney, 15-6, 15-8. In the consolation final, Dickerson defeated Tucker, 15-10, 15-7.

MEN'S OPEN DOUBLES

The final here found the four players from the Open singles quarterfinals shooting it out. The results were somewhat different, though, as Kevin



Men's B Singles: (from left) Malcom Phelps, Stillwater, 1st; Eddie Moore, Wichita, Ks., 2nd (not pictured); Joyce Jackson, Norman, 3rd, Ken Quillory, Ft. Sill, Consolation.



Women's B Singles: (left) Donna Frederick, Wichita, Ks., 1st; Karen Lee, Wichita, Ks., 2nd. Frederick was also half of the team of Frederick-Rich, which placed second in Women's B Doubles.



Women's Open Doubles: (from left) Gayle Turney and Carol Burgtorf, Oklahoma City, 1st; Margaret McCurdy and Vicki Callaway, Oklahoma City, 2nd.

Chamblis and Tom McKie avenged their singles losses to Myron Roderick and Kent Taylor, taking the match 15-9, 15-5.

Chamblis-McKie began their march to the championship by dealing a 15-7, 15-6 defeat to the team of Mike Robinson and Ricky Pinchart of Altus, Oklahoma. Roderick and Taylor eliminated another Altus duo in their quarterfinal match, taking the team of Dave Clemm and G. Witkowski 15-6, 15-8. Another quarterfinal match pitted Dave and Marvin Clark of Dallas against the team of John Scott, Tulsa, and Larry Curts, Oklahoma City. The match went to the Clarks in a forfeit. Ken Smith of Oklahoma City and Jon Siebert of Dallas beat the Stillwater pair of Doug Aichele-Jim Dart 15-9, 15-5, to advance to the semis.

The semifinal matches paired Roderick-Taylor against Clark-Clark, and Chamblis-McKie opposite Smith-Siebert. The Clarks went down in defeat at the hands of Roderick and Taylor, 15-8, 15-12. Chamblis-McKie had an even easier time of it, taking their match from

Smith and Siebert, 15-7, 15-6, to set up the final match. The third place pairing was won by Smith-Siebert, as they defeated Clark-Clark, 15-12, 15-6.

WOMEN'S OPEN DOUBLES

Action in the Women's A Doubles was a little lighter in the finals. The team of Gayle Turney of Stillwater and Carol Burgtorf, Oklahoma City, took the title by forfeit when Callaway, of the Oklahoma City duo of Vicki Callaway and Margaret McCurdy, was injured in the first game of the match and could not continue.

With only three teams, this bracket was fraught with forfeits. The team of Bunker and Bunker did not show, which resulted in a semifinal bye for Turney-Burgtorf. In the only full match of the bracket, Callaway-McCurdy defeated Alexis Smith, Warner, Oklahoma, and Stillwater's Patti Carr in two games, 15-11, 15-10. Smith-Carr garnered third place by way of being the only team not in the final. ■

TIME OUT: MANY THANKS

To: Tournament director, Dorothy Searcy, and the entire tournament committee of Suzi Crain, Cheryl Morris, Charlotte Kendrick, Kathi Burns, Shane DeSelms, Carl Waltrip, Marvin Klufa, Bill Remy, Rod Elswick and Tony King.

To: The International Racquetball Association and the Oklahoma Racquetball Association for their assistance and consideration.

To: Our loyal supporters—Ektelon, Midwest Racquetball Distributors, Ashaway Line and Twine Mfg. Co., Racquetball by Kori of California, Rocky Mountain Rackets, Gatorade and National Sales. Without the consideration of these firms, the Cowboy Open would not have been possible.

To: All participants who helped make the Cowboy Open an outstanding tournament.

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.



Clay Childs, Jack Blystone, Bruce Brooheus, Ed Creagh

DENVER/PABST BLUE RIBBON RACQUETBALL CLASSIC Denver Sporting House Denver, Colo.

What a setting for a tournament! The Denver Sporting House, with over 350 entries in six men's divisions and five women's divisions, and unlimited beer provided by the Pabst Brewing Company and Murray Bros. distributing company of Denver. But wait a minute. Who ordered the snow, the closed roads, the six-foot drifts and 40-below wind chill factor? After nearly 15 inches of snow had settled on the Metro Denver area, the 1st Annual Denver/Pabst Blue Ribbon Racquetball Classic started a day late.

The tournament proved to be one of the top draws in the Rocky Mountain region, with a large contingent descending upon Denver from Albuquerque, New Mexico. And after the smoke had cleared in the men's open singles, it was two players from Albuquerque who walked off with top honors.

One semifinal match pitted Clay Childs from Albuquerque against Mike Davis, a young improving player from Denver. The more experienced Childs won 21-18, 10-21, 15-8 to reach the finals. In the other semifinal match, Jack Blystone, the "happy-go-lucky guy" from Albuquerque, bested Ron Holm of Denver, 21-16, 16-21, 15-10. This set up a final between the power hitter, Blystone, and the pinch artist, Childs. It was almost like David playing Goliath, but only this time the giant won. Blystone's power was just too much for Childs and he won the match 21-20, 21-15.

The other side of the playing coin, the women's open singles, was probably the strongest class in the tournament. With contestants like Barb Faulkenberry of the Air Force Academy, Janice Brown of Denver, Kathy Calahan of Colorado Springs and Quinn Lovingood of Denver, the possible order of finish was in doubt from the outset.

The class of the field was clearly Faulkenberry, a transplanted Floridian. But just who she would face in the finals was the \$64,000 question.

That question was answered when Kathy Calahan defeated Quinn Lovingood in the semifinals, 21-15, 21-0. Faulkenberry had advanced to the finals with a win over Janice Brown, 21-18, 21-8.

The final match was tough and hard-fought, pitting two power hitters who could

pinch the cracks with their eyes closed. Faulkenberry proved to be the stronger player as she walked away with the coveted crown. (Final score unavailable.)

1st ANNUAL COURTSIDE OPEN Courtside Racquetball Club Rockford, Ill.

Men's Open:

Quarter Finals: McDowell over Witt, 8-21, 21-8, 11-8; Luedke over Senters, 21-10, 21-13; Murray over Marquis 21-7, 21-13; Butler over Grigg 21-11, 21-10.

Semi Finals: McDowell over Luedke 21-12, 21-13; Butler over Murray, 21-14, 21-15.

Finals: McDowell over Butler 21-12, 21-13.

Third: Luedke over Murray, 21-16, 21-6.

Consolation: Gloden over Hall, 21-8, 21-16.

Men's Seniors:

Quarter Finals: Ciejesz over Clar, 18-21, 21-18, 11-8; Stickler over Spear, 21-10, 21-16; Berry over Paul, 21-15, 21-15; Johnson over Murray 21-12, 21-18.

Semi Finals: Stickler over Ciejesz, 21-13, 21-5; Berry over Johnson, 21-7, 21-16.

Finals: Berry over Stickler, 21-19, 21-16.

Third: Ciejesz by forfeit.

Consolation: Jerry Sedik.

Women's Open: (Round Robin) 1st, Chris Biggs; 2nd, Danni Caras; 3rd, Lana Engen.

Women's B:

Quarter Finals: Gloden over Whinna 21-10, 21-12; Ralston by forfeit; Morabito over Jaeger, 21-18, 21-10; Johnson over Burns 20-21, 21-13, 11-4.

Semi Finals: Ralston over Gloden, 21-11, 21-14; Morabito over Johnson 21-8, 21-5.

Finals: Morabito over Ralston 21-16, 9-21, 11-6.

Third: Gloden over Johnson 21-18, 21-14.

Consolation: Ida Swanson.

Men's B:

Quarter Finals: Williams over Meyers, 21-8, 21-7; Thomas over LaSala, 21-16, 21-7; Steger over Olson, 21-10, 21-2; Welti over Bouche, 21-19, 21-10.

Semi Finals: Williams over Thomas, 21-14, 15-21, 11-1; Steger over Welti, 21-13, 21-10.

Finals: Steger over Williams, 21-12, 21-18.

Third: Thomas over Welti, 21-11, 21-16.

Consolation: W. Byington.

Women's C:

Quarter Finals: Hart over Martin, 21-5, 21-0; Sorenson over McCarthy, 21-7, 21-10; Roman over Burns, 21-11, 13-21, 11-10; Paul over Westensee 21-0, 21-10.

Semi Finals: Hart over Sorenson, 21-8, 21-2; Roman by forfeit.

Finals: Hart over Roman, 21-4, 21-3.

Third: Sorenson by forfeit.

Consolation: Ann Gibbs.

Men's C:

Quarter Finals: Hayes over Kirkpatrick, 21-6, 21-2; Denten over Durst, 9-21, 21-14, 11-0; Humphrey over Hughes, 13-21, 21-11, 11-2; Reed over Hart, 21-8, 21-4.

Semi Finals: Hayes over Denten, 21-5, 21-6; Humphrey over Reed, 21-17, 21-9.

Finals: Humphrey over Hayes, 20-21, 21-15, 11-8.

Third: Denten by forfeit.

Consolation: Frank Williams.

JUNIORS:

Quarter Finals: Murray over Ratzer, 21-1, 21-2; Brechon over Babbs, 21-7, 21-0; Stuart Gaetjens over Clar, 15-21, 21-13, 11-7; Scheyer over Meyer 21-3, 21-10.

Semi Finals: D. Murray over Brechon, 21-9, 21-11; S. Gaetjens over Scheyer, 21-3, 21-10.

Finals: D. Murray over S. Gaetjens, 21-4, 21-7.

Third: Brechon by forfeit.

Consolation: Mark O'Donnell.

AMF VOIT/PERRIER RACQUETBALL CLASSIC FINALS Supreme Court Las Vegas, Nevada

Pro Results: Women

First round: Greer drew a bye; Heims over Carow 21-11, 21-14; Panzeri over Hoff 21-10, 21-12; Walton over Young 21-6, 21-2; McDonald over Weisbach by forfeit; Green over Davis 21-5, 21-2; Matthews over Thompson 21-20, 21-16; Steding drew a bye.

Quarter Finals: Greer over Heims 21-14, 21-19; Walton over Panzeri 21-17, 21-14; Green over McDonald 21-15, 21-5; Steding over Matthews 21-3, 21-14.

Semi Finals: Walton over Greer 21-16, 18-21, 11-8; Green over Steding 21-18, 6-21, 11-3.

Scorecard



Karin Walton and Lindsay Myers

Finals: Walton over Green 14-21, 21-3, 11-7.

Women's B

First Round: Grady over Kahn 21-19, 13-21, 11-5; Mendoza over Retterer 21-14, 21-15.

Quarter Finals: Grady over Luque 21-16, 21-20; Lefford over Hunter 10-21, 21-18, 11-5; Charleston over Montano 21-7, 21-7; Charfauros over Mendoza 21-16, 21-17.

Semi Finals: Lefford over Grady 21-16, 21-20; Charleston over Charfauros 21-10, 21-14.

Finals: Charleston over Lefford 21-15, 21-14.

Women's C:

First Round: Sanders drew a bye; Marquez over Foglia 15-21, 21-5, 11-3; Shaw over Diller 21-11, 7-21, 11-6; Barr over Bindbeutel 21-10, 21-2.

Semi Finals: Sanders over Marquez 21-17, 21-16; Barr over Shaw 13-21, 21-4, 11-9.

Finals: Sanders over Barr 21-11, 21-6.

Women's Senior:

First Round: Topley over Tackell 21-4, 21-6.

Quarter Finals: Weed over Topley 21-18, 21-5; Smith over Spinks 21-19, 21-15; Martin over Ragow 21-12, 21-11; Siau over Kelley 21-6, 21-3.

Semi Finals: Weed over Smith 21-9, 21-13; Siau over Martin 21-2, 21-7.

Finals: Siau over Weed 21-19, 21-14.

Pro/Am Men:

First Round: Strandemo over Dunlop 21-12, 21-17; Peck over Zuckerman 21-12, 21-14; Meyers over Thurman 21-16, 11-21, 11-8; Fleetwood over Adams 21-11, 18-21, 11-7; Zeitman over Diemar 21-13, 21-16; Myers over Hegg 21-13, 21-4; Hawkins over Dern 21-8, 21-17; Yellen over Deuster 21-6, 21-9.

Quarter Finals: Peck over Strandemo 21-18, 21-10; Meyers over Fleetwood 21-11, 18-21, 11-7; Myers over Zeitman 21-20, 21-13; Yellen over Hawkins 21-16, 21-11.

Semi Finals: Peck over Meyers 21-14, 21-8; Myers over Yellen 10-21, 21-16, 11-10.

Finals: Myers over Peck 21-11, 20-21, 11-5.

Men's B:

First Round: Almazan over Gonzalas 21-17, 21-10; Johnson over Arluck, injury forfeit; Charfauros over Cretzmeyer 21-7, 21-10; Steger, bye; Young, bye; Benavides over Walker 21-18, 21-6; Hill over McDowell 21-8, 21-9; Jones over Slazas 21-15, 21-20.

Quarter Finals: Johnson over Almazan 21-5, 21-17; Charfauros over Steger 21-18, 21-7; Benavides over Young 21-12, 21-4; Hill over Jones 4-21, 21-17, 11-4.

Semi Finals: Charfauros over Johnson 21-18, 16-21, 11-7; Hill over Benavides 21-11, 17-21, 11-5.

Finals: Charfauros over Hill 21-18, 21-8.

Men's C:

First Round: Valdepena over Rogers 21-11, 21-12; Newman, bye; Florence over Mejia 21-13, 21-14; Hildebrand over Abelrahman 21-13, 21-6; Hamilton over Swiggart 21-11, 21-7; Jenkins over Kreglewicz 21-6, 21-4; Dern over Moskwa, 20-21, 21-11, 11-10; Peters, bye.

Quarter Finals: Newman over Valdepena 20-21, 21-11, 11-8; Florence over Hildebrand 21-19, 21-10; Hamilton over Jenkins 8-21, 21-8, 11-8; Dern over Peters 21-10, 21-10.

Semi Finals: Florence over Newman 21-6, 21-16; Dern over Hamilton 21-15, 9-21, 11-5.

Finals: Florence over Dern 21-19, 21-19.

Men's Senior

First Round: Muehleisen, bye; Thomas over Krevsky by forfeit; Peterson over Riley 21-15, 21-19; Dunn over Lewerenz 21-11, 12-21, 11-7; Garfinkel, bye; Hardcastle/Knox, double forfeit; Trent over Ferrari, forfeit; Austin, bye.

Quarter Finals: Muehleisen over Thomas by forfeit; Dunn over Peterson 21-18, 21-8; Garfinkel by forfeit; Austin over Trent 18-21, 21-14, 11-2.

Semi Finals: Muehleisen over Dunn 20-21, 21-11, 11-9; Garfinkel over Austin 8-21, 21-17, 11-4.

Finals: Muehleisen over Garfinkel 12-21, 21-10, 11-3.



Darrel Miller

NEW ENGLAND MILITARY RACQUETBALL CHAMPIONSHIPS Mt. Wachusett Racquet Club Fitchburg, MA.

Men's Open: 1st, Giordano (USAF); 2nd, Stauffer (DOD Civilian); 3rd, Talbot (USA); Consolation, Wood (USN).

Men's B: 1st, Haddock (USN); 2nd, Miller (USA); 3rd, Young (USA); Consolation, Hahn (USAF).

Men's Seniors: 1st, Talbot (USA); 2nd, Stauffer (DOD Civilian); 3rd, Lyndes (USAF); Consolation, Stone (USN).

Men's C: 1st, Antone (USAF); 2nd, Peters (USAF); 3rd, King (USA); Consolation, Sikes (USA).

Masters: 1st, Lepore (USNR); 2nd, Sikes (USA); Consolation, Partridge (USAF).

Commanders Division: 1st, Sikes (USA); 2nd Hall (USAF); 3rd, Rittgers (USA).

Women's Open: 1st, Kelleher (USAF); 2nd, Woods (USN); 3rd, Kessler (USA).

MID-COAST MAINE OPEN Merrymeeting Racquetball Club Topsham, Me.

Men's A: 1st, Gene Fitzpatrick, 2nd, Dick Flewelling; 3rd, Steve Larrabee.

Men's B: 1st, Tom Quartuccio; 2nd, Bob Waterman; 3rd, Norm Bernier.

Men's C: 1st, Tim Griffing; 2nd, Herb Warden; 3rd, Bill Cannan.

Men's Novice: 1st, Gary Nathanson; 2nd, George Bernier; 3rd, Tim Hickey.

Women's A: 1st, Eileen Ehrlich; 2nd, Patti York; 3rd, Nora Davis.

Women's Novice: 1st, Ann Thibault; 2nd, Debbi Christiansom; 3rd, Gail McKinney.

Open Doubles: 1st, Larrabee-Dubord; 2nd, Fitzpatrick-Ward.

1978 MAINE CLOSED DOUBLES CHAMPIONSHIPS Mall Racquetball Club South Portland, Me.

Men's A: 1st, Gene Fitzpatrick; 2nd, Steve Dubord.

Men's B: 1st, Tom Quartuccio; 2nd, Richard Quartuccio.

Men's C: 1st, Stevens; 2nd Chase Langmaid.

Men's Novice: 1st, Bernie Marino; 2nd, Kernal.

Juniors: 1st, David Fitzpatrick; 2nd, O'Donovan.

WOMEN'S OPEN: 1st, Belanger; 2nd, Thibault

Open Doubles: 1st, Dubord/Larrabee; 2nd, Fitzpatrick/Ward.

Mixed Doubles: 1st, Simmons/Lewis; 2nd, Ehrlich/Ehrlich.

I.R.A./M.R.A. DOUBLES CHAMPIONSHIPS Hillside Racquetball & Health Club South Paris, Me.

Men's Open: 1st, Larrabee-Brown; 2nd, Moore-Dubord; 3rd, Folsom-Simmons.

Men's B: 1st, Waterman-Burke; 2nd, Langmaid-Doughty; 3rd, Utterstrom-Ehrlich.

Women's Open: 1st, DeWitt-Emerick; 2nd,

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Scorecard

Lovejoy-Ruggles.

Mixed Open: 1st, Moore-Davis; 2nd, Simmons-Lovejoy; 3rd, Flewelling-Emerick.

WISCONSIN STATE DOUBLES CHAMPIONSHIPS BridgKort Racquet Club Neenah, Wi.

Men's Open: Galen Johnson and Bill Harper over Dr. John Derksen and Gary Tate 21-20, 21-15.

Men's Seniors: Jim White and John Fazio, 3 wins and 0 lost-1st place; Frank Klode and Larry Preo, 2 wins and 1 lost-2nd place.

Men's Masters: 1st, Ivan Bruner and Chet Howard, 4 wins and 0 lost; 2nd, Harold (Diz) Kronenberg and Bill Pire, 3 wins and 1 lost.

Men's B: 1st, Bill Johnson and John Moreau; 2nd, Bob Weickhardt and Randy Beale; 3rd, Connie Petersen and Tom Murray.

Women's Open: 1st, Connie Peterson and Linda Frank, 3 wins and 0 lost; 2nd, Susan Landry and Nola Ward, 2 wins and 1 lost.

Juniors: 1st, Dino Piscione and Bob Kohl; 2nd, Danny Murray and Sheryl Kraus; 3rd, Jeff Plazak and Bob Kinney; 4th, John Volpe and Mike Manning.



Charles Hall of Pabst Brewing Company congratulates Ray Mitchell and Kay Fischer.

PABST EXTRA LIGHT RACQUETBALL CIRCUIT TOURNAMENT Du Page Racquet Club Addison, Ill.

Men's Open: 1st, Dennis McDowell; 2nd, Jim Scheyer; 3rd, Andy Witt.

Women's Open: 1st, Sue Carow; 2nd, Barb Edelstein; 3rd, Diane Rowe.

Men's B: 1st, Pat O'Conner; 2nd, John Isaacson; 3rd, Tom Connely.

Women's B: 1st, Mary Precht; 2nd, Eileen Mortenson; 3rd, Pat Kettinski.

Men's Seniors: 1st, Shelly Clar; 2nd, Jordan Tilden; 3rd, Marshall Waldo.

Women's C: 1st, Terry Cubberley; 2nd, C. Marcheschi; 3rd, Linda Kuhn.

Men's C: 1st, Geoff Peters; 2nd, Mike

Mason; 3rd, Dennis Krieger.

Women's Novice: 1st, Joan Akers; 2nd, Romanda Talkie; 3rd, Carol Braji.

Mixed Doubles: 1st, Tilden-Taylor; 2nd, Lindfors-Rowe; 3rd, Scheyer-Edelstein.

COWBOY OPEN Colvin Center Stillwater, Okla.

MEN'S OPEN SINGLES

Quarter Finals: Myron Roderick (Stillwater) over Ted Podgorney (K.C.) 12-15, 15-6, 15-13; Kevin Chamblis (OKC) over Jim Dart (Stillwater) 13-15, 15-12, 17-15; Tom McKie (Garland, Tx.) over Ken Smith (OKC) 15-11, 15-17, 15-8; Kent Taylor (Stillwater) over John Scott (Tulsa) 15-9, 15-8.

Semi Finals: Roderick over Chamblis 15-13, 15-9; Taylor over McKie 15-9, 5-15, 15-9.

Finals: Roderick over Taylor 16-14, 15-8.

Third: Chamblis over McKie 15-10, 15-10.

Consolation: David Clark (Dallas) over Charlie Willingham (Lawton) 10-15, 15-7, 15-11.

MEN'S B SINGLES

Quarter Finals: Malcom Phelps (Stillwater) over Ronald Biggs (Wichita) 15-10, 15-8; Joyce Jackson (Norman) over Billy Duarte (Hutchinson) 15-12, 16-14, 15-8; Eddie Moore (Wichita) over Stephen Bradley (Tulsa) 15-17, 15-9, 17-15; Bill Perrone (Hutchinson) over Peter Duarte (Paola) 15-4, 16-14.

Semi Finals: Phelps over Jackson 15-8, 15-11; Moore over Perrone 15-11, 15-9.

Finals: Phelps over Moore 15-5, 15-4.

Third: Jackson over Perrone 15-6, 15-3.

Consolation: Kenneth Guillory (Ft. Sill) over David Curtwright (OKC) FFT.

MEN'S C SINGLES

Quarter Finals: Marvin Clark (Dallas) over Less Whitaker (Muskogee) 15-7, 15-9; Bob Burnett (Parsons) over Steve Porter (Wichita) 15-12, 15-13; Scott Perry (Hutchinson) over Pete Miller (OKC) 16-14, 15-7; Mark Pasche (Dallas) over Ron Baker (Parsons) 15-6, 18-16.

Semi Finals: Clark over Burnett 15-2, 15-0; Pasche over Perry 15-6, 15-7.

Finals: Clark over Pasche 14-16, 15-9, 15-6.

Third: Burnett over Perry 15-9, 15-0.

Consolation: Mike Robison (Stillwater) over Sidney Shupack (Tulsa) 15-6, 15-11.

MEN'S D SINGLES

Quarter Finals: Cary Meister (Ponca City) over Pat McCarty (Tulsa) 15-6, 15-3; Larry Williams (Parsons) over Jim Austin (OKC) 15-1, 15-7; David Kinkaid (Ponca City) over Neil Hackett (Stillwater) 15-9, 15-8; Tom Thomas (Hutchinson) over Duane Ireland (Stillwater) 15-12, 15-3.

Semi Finals: Williams over Meister 15-8, 16-14; Kinkaid over Thomas 15-13, 15-10.

Finals: Kinkaid over Williams 13-15, 15-12, 15-7.

Third: Meister over Thomas 16-14, 17-15.

Consolation: Tim Boerner (Yukon) over John Allgood (Fayetteville) 15-8, 15-9.

MEN'S MASTER SINGLES

Quarter Finals: John Jobe (Stillwater) over Ken Denney (Midwest City) 15-9, 2-15, 15-10; Bruce Mosley (Altus) over Dean Lemmon (Topeka) 15-9, 15-9; V.Z. Lawton (Norman) over Walter Lee (Topeka) FFT; Dave Bowersock (Wichita) over Larry Carlisle (St. Louis) 15-12, 15-4.

Semi Finals: Mosley over Jobe 15-8, 15-11; Bowersock over Lawton 15-11, 15-6.

Finals: Bowersock over Mosley 15-13, 15-1.

Third: Lawton over Jobe 15-10, 15-12.

Consolation: Ed Gula (Stillwater) over Ken Denney (Midwest City) 15-9, 15-10.

MEN'S SENIOR SINGLES

Quarter Finals: John Trickett (Tulsa) over William Parodi (Topeka) 15-5, 10-15, 15-9; Tom Chodosh (Corpus Christi) over Bob Coe (OKC) 8-15, 15-5, 15-7; Jerry Brusewitz (Stillwater) over David Dalke (Wichita) 8-15, 15-5, 15-8; Doug Aichele (Stillwater) over Lanny Chasteen (Stillwater) 15-12, 15-9.

Semi Finals: Chodosh over Trickett 13-15, 15-9, 15-12; Aichele over Brusewitz 13-15, 15-11, 15-11.

Finals: Aichele over Chodosh 15-13, 15-6.

Third: Brusewitz over Trickett 15-8, 15-13.

Consolation: Lee Humphrey (Olathe) over Lanny Chasteen (Stillwater) 15-4, 15-6.

MEN'S OPEN DOUBLES

Quarter Finals: Myron Roderick-Kent Taylor (Stillwater) over Dave Klemm-G. Witkowski (Altus) 15-6, 15-8; Dave Clark-Marvin Clark (Dallas) over John Scott (Tulsa)-Larry Curtis (OKC) FFT; Kevin Chamblis (OKC)-Tom McKie (Garland, Tx.) over Mike Robinson-Ricky Pinchart (Altus) 15-7, 15-6; Ken Smith (OKC)-Jon Seibert (Dallas) over Doug Aichele-Jim Dart (Stillwater) 15-9, 15-5.

Semi Finals: Roderick-Taylor over Clark-Clark 15-8, 15-12; Chamblis-McKie over Smith-Seibert 15-7, 15-6.

Finals: Chamblis-McKie over Roderick-Taylor 15-9, 15-5.

Third: Smith-Seibert over Clark-Clark 15-12, 15-6.

MEN'S B DOUBLES

Quarter Finals: Bob Coe (OKC)-Mack Robbins (Bethany) over Stephen Bradley (Tulsa)-Charles Bradley (Muskogee) 15-3, 9-15, 15-13; Ernie Ruelas-Tom Thomas (Hutchinson) over Lanny Chasteen (Stillwater)-Bruce Mosley (Altus) 8-15, 15-5, 17-15; Marshall Greenman (Irving)-Wade McPherson (Mustang) over Clint Tittsworth-Eddie Moore (Wichita) 15-13, 15-4; Joyce Jackson-James McClelland (OKC) over Bill Duarte (Hutchinson)-Peter Duarte (Paola) 15-3, 4-15, 16-14.

Scorecard

Semi Finals: Coe-Robbins over Ruelas-Thomas 15-7, 15-12; Greenman-McPherson over Jackson-McClelland 15-10, 11-15, 15-8.

Finals: Coe-Robbins over Greenman-McPherson 15-13, 15-5.

Third: Ruelas-Thomas over Jackson-McClelland 15-9, 15-13.

MEN'S 40 & UP DOUBLES

Semi Finals: John Jobe-V.Z. Lawton (Stillwater) over Ron McClure-John Saugstad (OKC) 15-4, 15-6; Joe Windes (Norman)-Ken Denney (Midwest City) over Dave Hessel-Carl Province (Stillwater) 15-4, 15-7.

Finals: Windes-Denney over Jobe-Lawton 10-15, 15-12, 15-8.

Third: Province-Hessel over McClure-Saugstad 15-7, 15-8.

WOMEN'S OPEN SINGLES

Quarter Finals: Alexis Smith (Warner) over Cindy Overstake (Norman) 15-11, 15-10; Dee Parodi (Topeka) over Mary Tucker (El Reno) 15-11, 10-15, 15-12; Gayle Turney (Stillwater) over Terry Dickerson (Wichita) 18-16, 15-11; Margaret McCurdy (OKC) FFT.

Semi Finals: Smith over Parodi 15-8, 10-15, 15-10; McCurdy over Turney 15-11, 15-10.

Finals: Smith over McCurdy 15-4, 15-7.

Third: Parodi over Turney 15-6, 15-8.

Consolation: Dickerson over Tucker 15-10, 15-7.

WOMEN'S B SINGLES

Semi Finals: Karen Lee (Wichita) over Carol Burgdorf (OKC) 2-15, 15-2, 15-6; Donna Frederick (Wichita) over Debbie Biggs (Wichita) 16-4, 4-15, 15-7.

Finals: Frederick over Lee 15-9, 15-8.

Third: Biggs over Burgdorf 15-6, 15-3.

Consolation: Patti Carr (Stillwater) over Jan Drummond (Stillwater) 12-15, 15-10, 15-5.

WOMEN'S C SINGLES

Quarter Finals: Barbara Samuals (Tulsa) over Ann Kauffman (Wichita) 15-3, 15-1; Carol Goddard (Tulsa) over Micky Cansler (Dallas) 15-5, 15-6; Gail Burden (Belle Plaine) over Jean Kirby (Muskogee) 15-5, 15-8; Patti Kuck (Tulsa) over Michelle Humphrey (Olathe) 4-15, 15-2, 15-7.

Semi Finals: Goddard over Samuals 15-7, 10-15, 15-13; Burden over Kuck 15-12, 15-2.

Finals: Burden over Goddard 15-11, 15-2.

Third: Samuals over Kuck 15-4, 15-11.

Consolation: Laura Harvell (Sand Springs) over Marti Johnson (Stillwater) 15-13, 15-3.

WOMEN'S OPEN DOUBLES

Semi Finals: Gayle Turney (Stillwater)-

Carol Burgdorf (OKC) FFT; Vicki Callaway-Margaret McCurdy (OKC) over Alexis Smith (Warner)-Patti Carr (Stillwater) 15-11, 15-10.

Finals: Turney-Burgdorf over Callaway-McCurdy FFT.

Third: Smith-Carr FFT.

WOMEN'S B DOUBLES

Semi Finals: Debbie Biggs-Karen Lee (Wichita) over Gail Burden (Belle Plaine)-Nance Grimes (Wichita) 11-15, 15-9, 15-2; Donna Frederick (Wichita)-Brenda Rich (Manhattan) over Micky Cansler (Dallas)-Greenman (Dallas) 15-13, 15-6.

Finals: Biggs-Lee over Frederick-Rich 15-3, 15-12.

Third: Burden-Grimes over Cansler-Greenman 15-2, 15-3.

TURKEY FEST University of South Maine Portland, Me.

Men's A: 1st, Gene Fitzpatrick; 2nd, Gerry Cassidy; 3rd, Bob Pattison.

Men's B: 1st, Pat Brennan; 2nd, Mark McCarthy.

Men's C: 1st, Allen Wright; 2nd, David Fitzpatrick.

Women's Open: 1st, Patti York; 2nd, Nora Davis; 3rd, Linda Fitzpatrick. ■

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