

National Racquetball

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Contents

Working Together—by Drew Stoddard— Editorial	2
Merging Forward—by Chuck Leve— Editorial	3
Extra —News To Know About	44
1985 AARA Intercollegiate Championships— Tournament Results	5
Cover Story: The Kid Is For Real: Ektelon Championships	9
Swain on Swain— Interview	12
It's Adams, Finally!— Tournament Results	13
Ask The Champ—by Mike Yellen— Instruction	18
Oh, What A Feeling!— Tournament Results	19
Championship Service Returns—by Marty Hogan— Instruction	23
Honeymooning In Hawaii? Bring Your Racquet.—by Victor Block— Travel	26
What You Can Learn From Cliff Swain's Game—by Charlie Garfinkel— Instruction	30
Summer Fitness Is Risky Business—by Jean Sauser— Fitness	34
The Summer of 1985 Racquetball Clinic Schedule— Feature	35
Vitamins and Your Racquetball Game—by Gigi Horn— Fitness	36
Hogan's Way—by Marty Hogan— Instruction	40
Letters to the Editor	41
New Products	43
Short Lines	4



On the cover . . .

Cliff Swain, this year's winner of the Ektelon Men's Open Pro division, has surprised everyone with how quickly he has been rising in the rankings. This issue has several stories about Cliff, and, as you will read, 'The Kid' is for real!

Next issue . . .

Wow! Talk about a lot to talk about, the next issue of *National Racquetball* will cover RMA pro stops in Cheyenne and Los Angeles, the AARA Singles Championships in Houston and the WPRAs Nationals in Ft. Worth. Read about all the exciting, inside stories as the 1984-85 season draws to a close. Don't miss our August issue.

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Hugh Morgan
Editorial Director
Rex Dimick
Senior Editor
Chuck Leve

Editor
Drew Stoddard

Managing Editor
Jason Holloman

Associate Editor
Jean Sauser

Travel Editor
Victor Block

Contributing Editors

• John Barlow • Charlie Garfinkel • Gigi Horn •
• Marty Hogan • Mike Yellen • Vince Wolanin •

Design Director
Milt Presler

Circulation Director
Judi Bayer

Photographic Consultant
Arthur Shay

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Working Together

by Drew Stoddard



One thing nobody can say about the racquetball industry is that it's boring. In fact, right now it reminds me of what we used to say about the weather when I lived in Florida: If you don't like it, just wait five minutes and it will change.

They tell me that change is healthy; it leads to personal growth, or something like that. If that's true then over the last three months I've had about all the personal growth I can stand for awhile, thank you. It's getting to the point where I wake up in the morning wondering where I am today, and what new responsibilities I assumed while I was sleeping.

I don't want it to sound like I'm complaining, because it really is a very exciting time, perhaps the most exciting time of my life. One of the best parts for me is my new association with *National Racquetball* magazine.

Since some of you may not be familiar with me, let me give you a little background on what has been taking place.

When I was appointed by the Racquetball Manufacturers Association (RMA) as Commissioner of the RMA men's pro tour, a serious conflict arose between my responsibilities in that position and those of my then current job as editor of *International Racquetball* magazine. Because of that, I was asked to resign from *IR*, which I did. It didn't take long to realize that move was going to create a whole new set of problems at the magazine.

So shortly after my appointment on February 1, we began discussing with Hugh Morgan, the publisher of *National Racquetball*, the possibility of merging the two existing major racquetball publications into a single monthly magazine. The idea seemed far out in the beginning, because for over two years we had been competing for the same audience. But the more we talked, the more we realized that both of us

were trying to accomplish the same things. And, if we really believed everything we were all saying about unifying the racquetball community, the two of us pooling our resources started making a lot of sense.

On May 1, 1985 that merger became official. Jason Holloman, the former managing editor at *IR*, packed up his car on short notice and took off for Chicago to assume his new position as managing editor of the combined publication.

For me, that is a mixed blessing. It's good to know that the complex process of physically producing the magazine every month (i.e., most of the work) will be in his very competent hands. But, being separated from my former partner and good friend of so many years is a difficult experience. Nobody knows this, but most of the world's problems were solved during our late-night balcony sessions at Jason and Gina's condo.

As for me, by the time you read this I will be living in Florida, working out of the headquarters of the RMA, and wearing two hats: Commissioner of the men's pro tour, and editor of this magazine.

It might seem odd that I would feel excited about becoming involved with people whom I considered my chief competition just a short time ago. But it isn't really; my respect for *National Racquetball* and those responsible for producing it, goes back a long way.

In fact, it wouldn't be stretching the truth to say that my lifelong involvement with racquetball, and my particular interest in the pro game, are due largely to the years I spent as a young aspiring player in Utah who lived for his next issue of *National Racquetball*. Back then it was the only real source of information about the game—my only real contact with the national sport—and I devoured every word and photograph.

A lot has changed, both in my life and in the sport since those early years. What has not changed, even during my last two years as editor of *IR*, is the brief rush I experience everytime I see the *National Racquetball* logo. It is exciting, and a bit humbling, to think that we will all be working together, and that my own words will now appear under that mystical masthead.

Finally, I want to quote something from the first column I ever wrote (*IR*, May, 1983):

"I want to talk a little about our bias. If that sounds odd for a magazine editor to say, may I suggest that pure objectivity is a myth that is promoted by journalists who take themselves too seriously. The simplest of decisions at a magazine like this, such as what to print and what to cut because of the limited amount of space available, can't help but be influenced by how you feel about what you see. So, even though it's our intention to remain as objective as we can, we want you to know where we stand."

"We are pro-growth. We believe that racquetball's top priority should be to attract and retain new players, because as our ranks swell the quality of every area of the sport will improve; the clubs will be healthier, the equipment will be better, and more money will be channeled into both professional and amateur levels of the sport. We believe that the quickest road to growth is visibility, and that visibility is best achieved with a healthy, open professional game."

Yes, a lot has changed since I wrote that over two years ago; the industry is healthier, the stakes are higher, and racquetball's future is brighter than it has been in a very long time. But the goal remains the same. ●

SENIOR EDITOR'S COLUMN

Merging Forward



The announced merger between *National Racquetball* and *International Racquetball* (page 4) has brought peace to the racquetball world of publishing, certainly, with *National Racquetball*, by agreement, becoming the single voice in the industry.

That voice is, of course, much louder and diverse of opinion, inasmuch as *National* has welcomed both key staffers of *International*, editor Drew Stoddard and managing editor Jason Holloman, into key roles with the new, *National Racquetball*.

So now players and others who might care about such things can interpret this news as they see fit. The truth is that with publisher Hugh Morgan at the helm (and also the helm of *Racquetball in Review*, the official publication of the AARA) racquetball can now speak with a united voice to both the professional and amateur players.

Is unity that important? I believe it is for a variety of reasons, not the least of which is economic. After all, both *IR* and *NR* have been using major tournament coverage from the same author (Stoddard) for many months along with identical WPRA results and nearly identical AARA information. Why duplicate the effort?

Secondly, and more importantly, the new, unified voice will be able to better support the various ambassadors of our sport as they go out into the business community seeking funding for important programs vital to racquetball.

For example, Stoddard, in his role of commissioner of the RMA pro tour, can promise the editorial support of the tour to potential sponsors as well as deliver the combined circulation of *IR* and *NR*.

Luke St. Onge and the AARA can expect even further support in their efforts to stimulate racquetball activity throughout the world as well as develop the domestic market.

John McCarthy and the International Racquet Sports Association (IRSA) can expect continued support on behalf of club owners as we all strive to further promote racquetball in an effort to raise the participation level to even higher plateaus.

So the days of war are now over. The last battle has been fought. The winner is racquetball, the sport. There are no losers.

In an odd way we have all been thrown together on the same ship. It's a bigger, stronger, more forceful ship and one that will be steered with the collective leadership of people who have been totally immersed in this industry for a combined 50+ years.

Probably the single common denominator among us is that we all care about racquetball and wish for its continued success and eventual explosion. By working together we all believe that the achievement of these goals is not only reachable, but reachable a lot sooner.

After all, if the pros realize their goals, if the amateurs do theirs and the club owners theirs, our industry would be a lot better off.

As for the new *National Racquetball* magazine, let me put it this way. If you've got a complaint, call Jason. ●

Chuck Lane

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SHORT LINES

Short Lines features personal stories of racquetball pros, celebrities and industry leaders. Short Lines is about the special performances of racquetball people around the world, their personal bests and their personal sides!

Pace Produces Racquetball For ESPN 6th Year In A Row

Keeping Pace With Pace . . . If there's one man racquetball owes a huge thanks to, it's **Frank Pace**. Pace has successfully delivered racquetball to ESPN for the sixth year in a row. Recently, Frank became a managing partner/producer with Jeffrey Stanley Productions, LTD., a Los Angeles based television commercial production company and is now the proud father of a **baby girl, Erin Pace**, his first child.

"She's already been on television once," says a very proud father Frank about daughter Erin. "But I'm not going to start promoting her until she stops calling everything she sees 'a dog'!"

Six years ago, Pace was responsible (along with the **Phillips Organisation**, a Dan Diego based sports promotion company) for originally getting the first

Frank, Erin and Karen Pace . . . now starring in one happy family.



Ektelon National Tournament on ESPN, the nation's number one cable sports programming television station. He and **Bob Phillips** have continued the tradition for six straight years in a row.

Although Pace is no longer working full time on racquetball, he will continue to do the ESPN production for the Ektelon Nationals again next year. You can look for this year's event all summer on ESPN. Thanks Frank!

"No Retreat, No Surrender"

. . . is not the title of **Keith Strandberg's** latest racquetball instructional. It's the title of a **Karate Film** that Keith wrote the screenplay for. Strandberg, who writes for *National Racquetball* part-time appears in the film about five times but modestly says "If you blink, you'll miss me."



Handball off the court? . . . Not really. Just one of the National Racquetball's instructional writers on a different subject. Keith Strandberg wrote "Stretching For Racquetball" for us last September and the screenplay of "No Retreat, No Surrender" for your local movie theatre. The film is due for release this September. Congratulations, Keith!



Steve Keeley . . . another year, another racket, literally.

In Search Of Keeley . . . The last time **Steve Keeley** appeared in *National Racquetball* he was our cover feature. That was last August when Keeley, with partner Carol George, wrote about their adventures with racquetball in South America.

To keep us updated on Keeley's whereabouts Carol George sent us this picture of Keeley contemplating his next adventure, something about paddling a surfboard to Hawaii? Only Keeley.

What's in a name? . . . Well, the right name is always important. Last month, we said that the **Marty Hogan Celebrity Classic** was held at the Mill Valley Athletic Club. It was held at the **Mid Valley Athletic Club** in Playa Del Ray, CA.

Trivial Pursuit . . . Which famous WPRA touring pro and many time number one ranking player in squash as well as racquetball had a **pet Kangaroo** as a young girl in her native country in Australia? **Heather McKay** of course. No wonder she's in great shape!



In 1958, when most of the WPRA players probably had dogs as pets, Heather had Wally, her pet kangaroo! ●

TOURNAMENT RESULTS

1985 AARA Intercollegiate Championships

The 14th Annual U.S. National Intercollegiate Championships sponsored by Lite Beer, Diversified Products, and Penn Athletics Products Company and held at the Racquet Club of Memphis, boasted the largest field ever.

Forty-four universities with over 400 entrants competed for the coveted title U.S. National Intercollegiate Champion. Memphis State University repeated once again as National Champion for the 9th consecutive year, but not without a strong challenge from California State University at Sacramento. Memphis State University, led by defending men's champion and member of the U.S. National Team, Andy Roberts, amassed 208 points and captured both the men's and women's team competition as well as the combined title. California State's Crystal Fried, a member of the Canadian National Team, defeated U.S. National Junior Champion, Toni Bevelock, 15-11, 15-13 on her way to her first U.S. Championship. Crystal defeated Mona Mook (American River College in California) for the title. Both Andy Roberts and Mona Mook received automatic berths on the U.S. National Racquetball Team.

RESULTS

Men's #1 Singles

Finals - 1st Place - Andy Roberts, M.S.U., defeated Doug Ganim, Ohio State, 15-14, 14-15, 11-4. 3rd Place - Sean Maskwa, American River College, defeated Lance Gilliam, Texas A&M, 15-4, 15-11.

Men's #1 Doubles

Finals - 1st Place - Roberts/Komister, M.S.U., defeated Taunton/Taunton, St. Cloud, 15-9, 6-15, 11-4. 3rd Place - Harlan/Luxon, M.S.U., defeated Holmes/Salo, California State, 15-5, 15-9.

Women's #1 Singles

Finals - 1st Place - Crystal Fried, Sacramento State, defeated Mona Mook, American River College, 15-7, 15-12. 3rd Place - Kathy Gluvna, M.S.U., and Toni Bevelock, M.S.U., did not play.

Women's #1 Doubles

Finals - 1st Place - Fried/Eagleson, Sacramento State, defeated Gluvna/Pritchett, M.S.U., 15-12, 10-15, 11-4. 3rd Place - Fox/Merritt, M.S.U., defeated Higgenbotham/Siegert, M.S.U., 15-11, 15-10.

Men's Team Championships

	Points
1st - Memphis State University	113
2nd - Texas A&M	36
3rd - California State University at Sacramento	30
3rd - North Texas State University	30

Women's Team Championships

	Points
1st - Memphis State University	95
2nd - California State University at Sacramento	69
3rd - State University of New York at Binghamton	18

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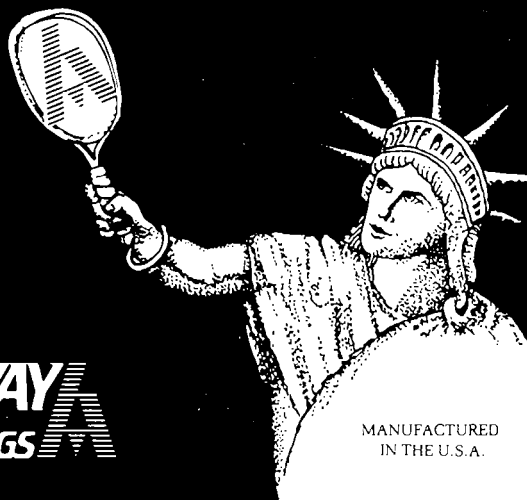


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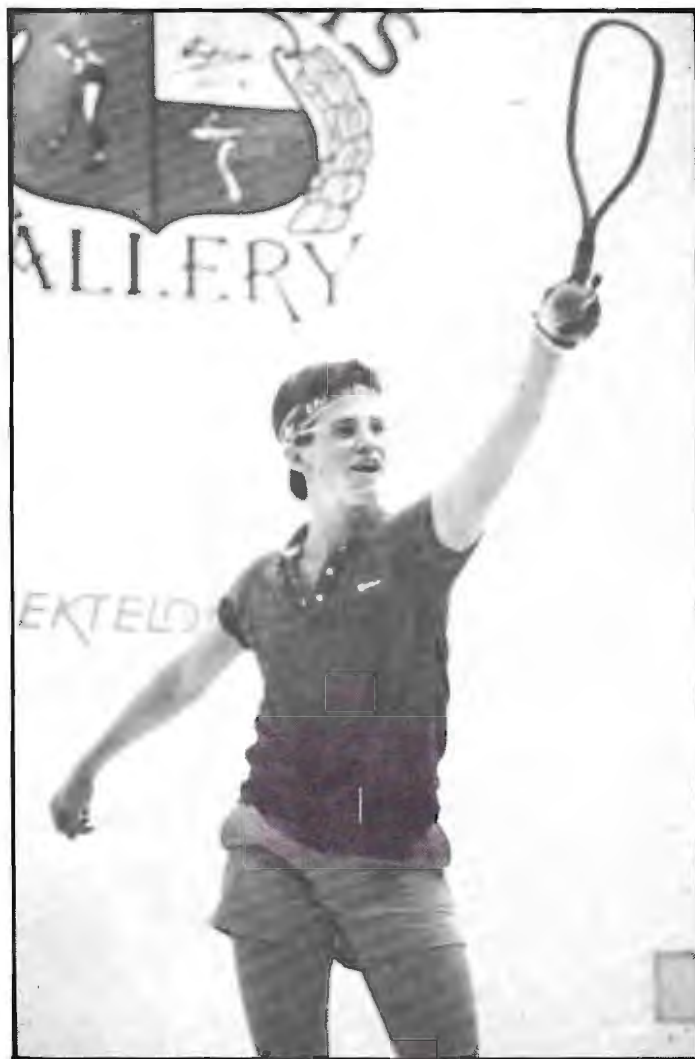
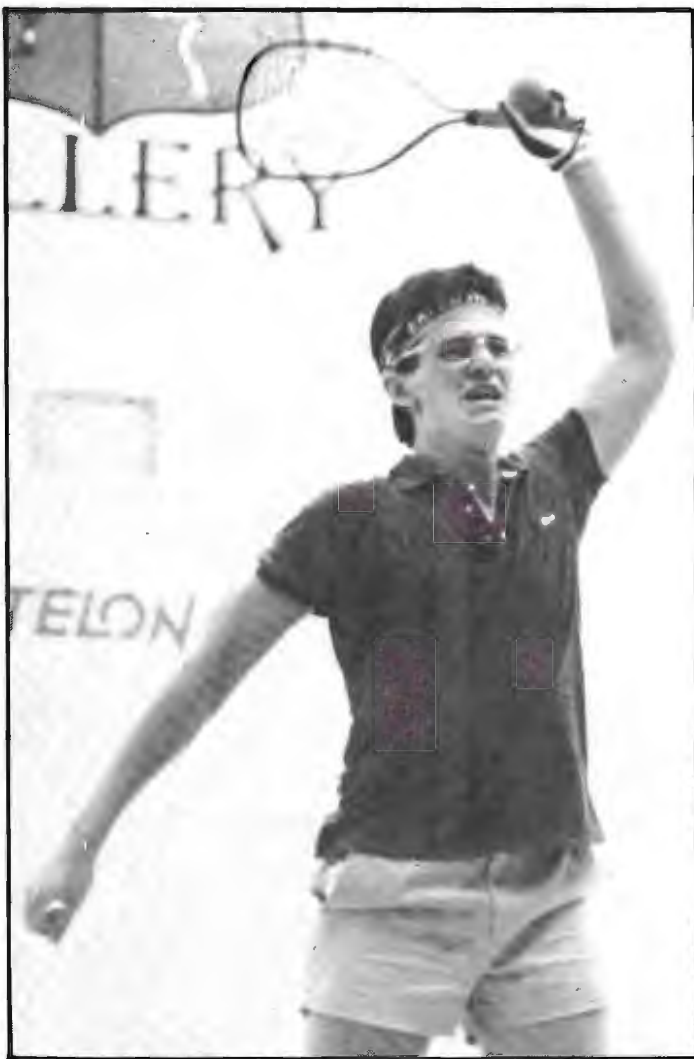


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TOURNAMENT RESULTS

Cliff Swain thrusts his racquet forward in victory at the Ektelon Nationals.



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The Kid Is For Real!

Cliff Swain Rips Through The Ranks at the 1985 Ektelon Nationals

They've been knocking at the door for some time. On occasion they've even taken turns sticking a foot in it. But at the 1985 Ektelon National Championships in Anaheim, CA, racquetball's new generation kicked that door down with a fury that is not likely to be forgotten for a very long time.

Oh, the household names were all there — Marty Hogan, Mike Yellen, Dave Peck. But on Sunday afternoon, the big guns were mere spectators in the darkened bleachers of The Sports Gallery as the television lights came on, and the ESPN cameras trained their lenses on the vanguard of a whole new game—Cliff Swain and Gregg Peck.

In what was unanimously hailed as the greatest final in the history of the Ektelon Nationals, 19-year-old Cliff Swain silenced a thousand skeptics by turning back the strong challenge of 21-year-old Gregg Peck, 11-1, 5-11, 7-11, 11-3, 11-4, to earn \$10,000 and gain one of the most coveted titles in professional racquetball.

True to the Ektelon tradition, Swain's trip to the finals was made possible by an astounding series of upsets—most of which he engineered himself. He took out fifth-seeded Dave Peck in the semi-finals, and absolutely trounced top-ranked Marty Hogan, 11-8, 11-8, 5-11, 11-6, in the quarters. By the time he beat third-seeded Gregg Peck in the final, Swain's racquet carried the

notches of three of the top five seeds in the tournament. The kid did it right.

The stunning victory virtually assured Swain of going down in history as something of a child prodigy in men's pro racquetball; similar perhaps to the young Hogan himself, who, while winning his first pro event at age 17, nevertheless was in his third year on the tour.

For the record, Cliff Swain is a genuine rookie. Including Ektelon, he has now competed in a total of nine professional tournaments, and has won two of them! Virtually unranked at the beginning of this season, he vaulted to #10 after his victory in Tulsa, and now to #5 on the strength of Anaheim—that's #5 with, as they say, a bullet.

Dave Gross questions a call during quarter-final loss to Dave Peck.

Winning the Ektelon Nationals is the dream of every young player, but for Swain the conquest was particularly sweet. When he won the Tulsa Open last February, neither Hogan nor Yellen were in the draw, and word spread quickly that Swain's win was an unrepeatable fluke, especially with the difficult front wall glass there.

"Yeah, I'd have to say that bothered me," said Swain of the controversy surrounding Tulsa. *"People have said to me, 'was it a fluke?' I never answered them back, but I think that was what gave me the inspiration to really do something in this tournament."*

Although his performance was upstaged by Swain's win in the final, nothing can take away from Gregg Peck's brilliant effort in Anaheim, and stellar performances have become something of a habit with Peck this season. His narrow miss in the championship match marked the ninth time in 10 tour events that he has not lost prior to the semi-finals, making him easily the most consistent player on the circuit.

Gregg avenged his loss in Baltimore by drubbing Jerry Hilecher in the quarter-finals, 11-10, 11-5, 11-8. But his greatest moment came in the semi's where he literally ran defending national champion Mike Yellen into the ground, 11-7, 11-2, 4-11, 11-2.

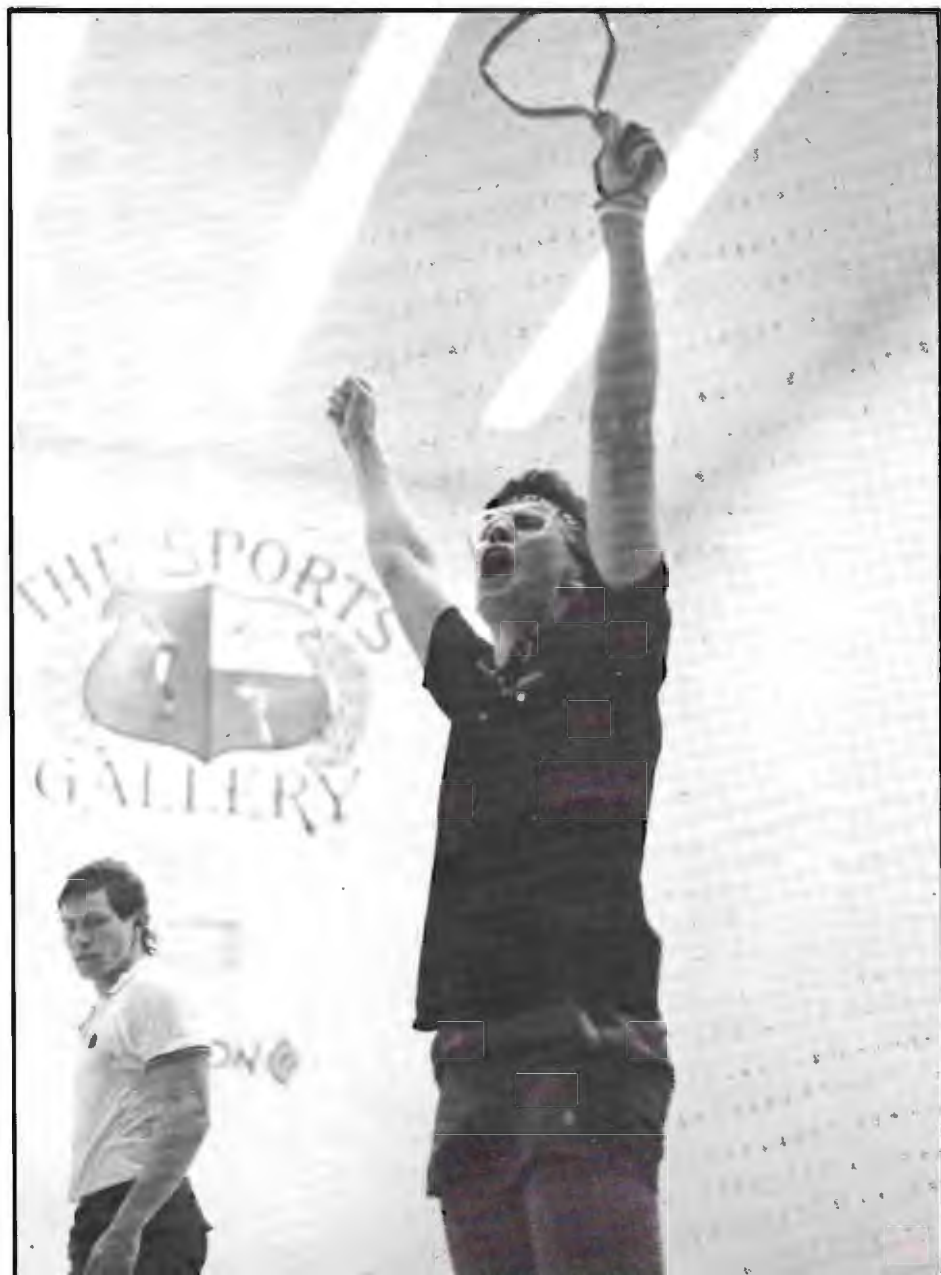
An enormous draw in the men's professional division—71 entries—required most of Wednesday just to play the three qualifying rounds. Forty-six pros were forced to scramble for eight precious spots in the main draw, and those who got through made the round-of-32 a dogfight.

Seven of the top 20 fell in the first round: John Egerman lost narrowly to Jack Newman; Corey Brysman fell to David Gross; Ed Andrews was destroyed by Jim Cascio; Scott Oliver likewise by Mike Ray; Andy Gross lost 11-10 in the fifth game to qualifier Dave Johnson; and Brian Hawkes extended Cliff Swain to the limit before losing 11-8 in tie-breaker.

Bret Harnett, the defending champion at the Ektelon Nationals, gave it everything he had but was obviously not 100%. Bret, who is still recovering from the broken thumb he suffered in March at Beaverton, lost narrowly to qualifier Dan Obremski, 10-11, 5-11, 11-2, 11-0, 11-9.

Most of the other top seeds moved through the round-of-16 unscathed.

The aftermath of match point in the Hogan/Swain quarterfinal.





In his most difficult match of the tournament, Swain defeated Dave Peck in five games.

general, and Swain specifically, can play racquetball when everything is working. Hogan was seriously out-classed in every area of the game, as Swain glided toward a seemingly effortless win over the world's top-ranked player, 11-8, 11-8, 5-11, 11-6.

No doubt the match was a frustrating experience for Hogan, but it was also a sobering spectacle for the other pros who were on hand to watch. The young left-hander from Massachusetts was looking bigger and bigger all the time, and he left everyone with the clear impression that his giant-killing crusade was not finished.

In the semi-finals it was Dave Peck's turn. Peck, a former Ektelon champion whom Swain credits for much of his success, did better than Hogan but still was unable to stop Cliff's bullet serves. Eleven times during the match Swain rocketed the blue Ektelon ball into the open court for untouched aces. Peck was able to match Swain kill for kill in the rallies, but over the course of a match, 11 uncontested points takes a big toll.

Swain breezed through the first game 11-3, then yielded the next two to Peck, 11-7, 11-6. But neither of the final two games were close. Cliff bolted to early leads in both, and won the match, 11-2, 11-3.

"His serve is dynamite," said Peck after the loss. "It's so deceiving, you can't let him control the serve or that's it."

Cliff summed up his complex strategy by saying, "The ace serve just means less work for me; one shot, one point."

The single exception was Gerry Price's surprisingly easy upset of Ruben Gonzalez, 11-2, 11-10, 11-9.

Two other matches were noteworthy: Marty Hogan was pushed from the outset by talented local Johnson, and barely survived 1-8 in the tie-breaker; and Cascio came close to defeating Dave Peck before losing 11-4 in the fifth game. Cascio is becoming well-known for his strong challenges to the top players in the early rounds. (He won the men's open division in Anaheim for the second consecutive year.)

It was strange, considering the upset-filled history of the Ektelon Nationals, to see five of the top six seeds still alive in the quarters. Dave Peck, looking considerably sharper than he has for most of the season, went to work and quickly eliminated David Gross, 11-4, 9-11, 11-7, 11-6, while brother Gregg was stopping Hilecher.

Yellen, who hadn't dropped a game in his first two rounds, faced one of his nemeses, Gerry Price, and true to form Price took the national champ the full distance before stubbornly bowing out, 11-4, 9-11, 11-8, 10-11, 11-4.

Then came time for the match of the tournament—the Swain/Hogan showdown. What made the match particularly interesting was that a good number of the pros—who have a habit of handicapping matches like a convention of crazed bookies—had picked Swain to win!

There is also something about the crowds in Anaheim that bring the worst out in Hogan—and vice-versa. For some reason, spectators at the Sports Gallery like to see Marty Hogan lose. And Cliff was more than happy to oblige; he was clearly out for blood, and he drew it quickly.

Under the pressure of Swain's blistering serves, and the gibes of a flagrantly hostile crowd, Hogan went to pieces. Swain sliced away point after point with power drives serves to alternating sides that frequently went untouched.

It was a frightening display of just how well the new generation of players in



Mike Yellen and Gregg Peck wait for an appeal during their semi-final battle.

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By **YAMAHA**

With Swain in the finals, all eyes turned toward the contest which would decide his opponent for the championship; Yellen vs. Gregg Peck. As one of the better matchups on the tour, Yellen and Peck have been trading-off victories since the season began.

But on this day it was all Peck. Every pro on the tour fears Peck's bazooka backhand, and against Yellen it seemed to be on automatic. Re-killing with perfection from front court, and blasting splats and drives from the back, Peck ran all over Yellen in the first two games, 11-7, 11-2. Yellen stalled the inevitable in game three with an 11-4 victory of his own, but the match was already in Gregg's pocket. Looking like a 30% larger version of Marty

Hogan in his prime, Peck poured it on in game four and simply overwhelmed the defending national champion, 11-2.

The large crowd that gathered on Sunday for the final was absolutely delighted at the Swain/Peck matchup. With an exciting match virtually assured, their only problem was deciding which player to cheer for. Because of his personality Gregg Peck is a crowd favorite wherever he plays, and yet by Sunday Swain had achieved near cult-hero status in Anaheim.

As expected, the match came down to a contest of serve and return—Swain's killer drive serves against Peck's enormous reach and ability to blast from back court.

Game one was a blowout; as Gregg tried to relax in front of the ESPN cameras and adjust to Swain's serves, Cliff delivered three aces and dominated center court to win 11-1.

But Peck was a different player when the second game began. Suddenly, Swain's serves began coming back as either outright kills or perfect ceiling balls. Cliff was put on the defensive and was forced into the one place where he is not effective; backcourt. With his timing back, and his tent pitched in the service zone, Peck stopped Swain cold in the second and third games, 11-5, 11-7; Gregg had shut down the most damaging serve in the game, and Cliff was in trouble.

The trend continued in game four as Peck rolled to a 3-1 lead. But then Swain decided to change the rules. To the astonishment of the crowd, Cliff completely abandoned his drive serve in favor of a high lob Z. Gregg was so delighted he nearly tripped over his racket, until he tried to return the lobs that were dropping perfectly into the rear corners.

That change in strategy—that everyone in the house thought was insane—should silence forever questions about Swain's knowledge of the game; playing patiently from the ceiling rallies, Swain slammed the lid on Peck's offensive arsenal by scoring 10 straight points to win the fourth game 11-3.

The momentum has shifted for the last time. In the tie-breaker, Gregg fell behind early and finally threw in the towel. Toward the end, Swain threw in a few drive serves for old times sake, and brought the long final to an end, 11-4.

"I feel great," said Swain after the match. "I felt the best in my life twice this year, and it's the best feeling in the whole world."

"The match was frustrating, because the whole tournament I'd been winning on the drive serve, and then in the most important game I had to use a lob. He's got that size, that long reach so the serve wasn't working as well as it had."

"I was a little nervous," observed Peck after accepting his second-place award, "and Cliff played real well. When he got the shots, he put them away. He mixed his serves up really well, and that got me a little mixed up."

"It really surprised me that he went to the slow serve, because he was dusting me on that drive. But his lob Z was coming right into the corner; it was perfect."

Are these the next two members of the Peck dynasty? Younger brother Hamilton and girlfriend Pam watch Gregg Peck in the Ektelon final.

ESPN color-man Mike Yellen keeps fellow Ektelon player Lynn Adams in good spirits between games in route to her national title.



So, a 19-year-old relative unknown from Braintree, MA, is now the biggest name in men's professional racquetball. How good is he? No one really knows; certainly on at least two weekends in 1985 he was the best player in the world.

The irony of the whole Cliff Swain chapter is that it might not ever have happened. It is a scenario that has been played out before, and the big boys should have known.

In 1977, Hogan and Charlie Brumfield skipped the season-ending pro stop in Newport Beach to get ready for their showdown at the San Diego Nationals. The man who won Newport in their absence was Davey Bledsoe, the same man who stole the national championship from Hogan one month later.

When Hogan and Yellen skipped Tulsa this year, they allowed Cliff Swain to get his foot in the door. Now that door is gone, and standing in the doorway is left-handed, baby-faced monster who likes what he sees, and obviously has no intention of going away.

As is also the case each year at the Ektelon event, three national amateur titles were determined.

In the men's open division, Jim Cascio of Lancaster, Penn. repeated as champion with a 15-14, 15-10 victory over Bruce Christensen of Albany, N.Y.

In women's open play, Liz Alvarado of Odessa, Tex. defeated Cindy Baxter of Lewistown, Penn., 15-10, 11-15, 11-9.

And in the men's veteran (30+) division, fourth-seeded Scott Clark of Blacksburg, Virginia dethroned defending champion Jay Schwartz of Pensacola, Fla. In the semifinals and went on to knock off Bob Wilhelm of Flint, Mich., 15-6, 15-8, for the title.

Each amateur champion received a check for \$1,000 and a beautiful trophy, while each amateur runnerup got \$500 and a trophy. ●

Men's Open Singles —

Quarter-Finals:

Jim Cascio (Lancaster, PA) d. Mitch Campbell (Plantation, FL) 9-15, 15-2, 11-4.
Fred Calabrese (Johnstown, RI) d. Mike Lowe (Vacaville, CA) 15-11, 15-3.
Bruce Christensen (Albany, NY) d. Mike Almerico (New Orleans, LA) 15-8, 15-11.
Scott St. Onge (Worcester, MA) d. Egan Inoue (Honolulu, HI) 15-4, 15-13.

Semi-Finals:

Cascio d. Calabrese 15-14, 14-15, 11-2.
Christensen d. St. Onge 15-12, 7-15, 11-2.

Finals:

CASCIO d. Christensen 15-14, 15-10.

Women's Open Singles —

Quarter-Finals:

Marci Drexler (N. Hollywood, CA) d. Nancy Reed (Lower Lake, CA) 15-8, 15-4.
Cindy Baxter (Lewistown, PA) d. Diane Bullard (Orlando, FL) 15-11, 15-14.
Molly O'Brien (Sellersville, PA) d. Chris Evon (Oak Park, IL) 15-4, 15-3.
Liz Alvarado (Odessa, TX) d. Dot Fishl (Allentown, PA) 15-3, 9-15, 11-1.

Semi-Finals:

Baxter d. Drexler 15-13, 15-7.
Alvarado d. O'Brien 15-7, 15-13.

Finals:

ALVARADO d. Baxter 15-10, 11-15, 11-9.

Men's Veteran (30+) Singles —

Quarter-Finals:

Jay Schwartz (Pensacola, FL) d. Jim Young (Levittown, PA) 15-3, 15-6.
Scott Clark (Blacksburg, VA) d. Lou Kessing (Encinitas, CA) 8-15, 15-9, 11-5.
Bob Wilhelm (Flint, MI) d. Bill Simon (Ft. Lauderdale, FL) 15-11, 15-13.
Stan Wright (Fremont, CA) d. Jeff Reihl (New York, NY) 15-9, 15-10.

Semi-Finals:

Clark d. Schwartz 15-12, 15-10.
Wilhelm d. Wright 15-14, 1-15, 11-10.

Finals:

CLARK d. Wilhelm 15-6, 15-8.

Ektelon Nationals

Anaheim, CA - May 2-5, 1985

Men's Professional Singles —

Round of 32:

M. Hogan d. S. Moskwa 11-9, 11-7, 11-7; D. Johnson d. Gross 6-11, 11-8, 8-11, 11-6, 11-10; C. Swain d. B. Hawkes 11-8, 11-7, 5-11, 8-11, 11-8; M. Ray d. S. Oliver 11-3, 11-0, 11-10; D. Peck d. G. Texeira 11-8, 11-9, 11-0; J. Cascio d. E. Andrews 11-2, 11-3, 11-2; D. Gross d. C. Brysman 11-10, 2-11, 11-5, 10-11, 11-9; D. Obremski d. B. Harnett 10-11, 5-11, 11-2, 11-0, 11-9; G. Peck d. J. Nolan 11-9, 11-5, 11-10; R. Wagner d. B. Sell 11-4, 8-11, 10-11, 11-6, 11-9; D. Cohen d. M. Campbell 11-4, 10-11, 11-6, 11-4; J. Hilecher d. E. Terry 11-1, 11-3, 9-11, 11-5; R. Gonzalez d. E. Inoue 11-8, 11-7, 11-3; G. Price d. C. McCoy 11-2, 8-11, 11-1, 11-1; Newman d. Egerman 2-11, 11-2, 11-10, 8-11, 11-8; M. Yellen d. Negrete 11-3, 11-3, 11-6.

Round of 16:

Hogan d. Johnson 9-11, 11-7, 11-7, 2-11, 11-8; Swain d. Ray 11-9, 11-9, 11-4; D. Peck d. Cascio 11-4, 6-11, 6-11, 11-5, 11-4; D. Gross d. Obremski 11-5, 11-3, 11-5; G. Peck d. Wagner 11-1, 7-11, 11-5, 11-0; Hilecher d. Cohen 11-9, 11-9, 11-9; Price d. Gonzalez 11-2, 11-10, 11-9; Yellen d. Newman 11-6, 11-3, 11-7.

Quarter-final Round:

Swain d. Hogan 11-8, 11-8, 5-11, 11-6; D. Peck d. Gross 11-4, 9-11, 11-7, 11-6; G. Peck d. Hilecher 11-10, 11-5, 11-8; Yellen d. Price 11-4, 9-11, 11-8, 10-11, 11-4.

Semi-final Round:

Swain d. D. Peck 11-3, 7-11, 11-2, 6-11, 11-3; G. Peck d. Yellen 11-7, 11-2, 4-11, 11-2.

Final Round:

Swain d. G. Peck 11-1, 5-11, 7-11, 11-3, 11-4.

Total Purse \$22,000

RMA Pro Racquetball Tour Official Professional Rankings 5/5/85

Rank	Name	Avg.	Tot.
1	Hogan, M.	84.44	760
2	Yellen, M.	81.25	650
3	Peck, G.	75.00	750
4	Hilecher, J.	58.75	470
5	Swain, C.	55.71	390
6	Peck, D.	52.00	520
7	Oliver, S.	50.00	500
T	Harnett, B.	50.00	350
9	Gonzalez, R.	48.00	480
10	Price, G.	40.00	400
11	Cohen, D.	36.00	360
12	Andrews, E.	30.00	300
13	Gross, D.	28.00	280
14	Wagner, R.	26.66	160
15	Newman, J.	25.55	230
16	Ray, M.	25.00	200
17	Gross, A.	24.00	240
18	Brysmann, C.	23.33	210
19	Hawkes, B.	22.50	180
20	Cascio, J.	20.00	80
T	Obremski, D.	20.00	80
T	Egerman, J.	20.00	160
23	Terry, E.	17.42	122
24	Sell, B.	15.71	110



A fitting Cinderella finish for Cliff Swain.

Swain On Swain: Interview With The Champ

The victory in Anaheim was Cliff Swain's second of the 1984-85 season; in February he won the Tulsa Pro-Am. Ranked 31st at the beginning of the season, Swain has now moved up 26 points—his Ektelon win established him as the 5th best racquetball player in the world today.

Here's what Cliff Swain has to say about one of the world's best racquetball players: Cliff Swain.

You must be aware that there were some people who thought your Tulsa win was a fluke because of the front wall glass, and because Hogan and Yellen weren't there. Did that make you angry?

Yeah, I'd have to say that bothered me. When people have said things like that, I never answered them back. But I think that was what gave me the most inspiration to really do something in this tournament specifically. I just wanted to show everybody.

People have said to me, "Was it a fluke?" I just said, "You decide—everybody played on that front wall glass, not just me." And it wasn't just my serve either. Scott Oliver can rip a good

serve himself; and what about Harnett?

Yeah, that whole thing was kind of bothering me.

Most people were surprised how easily you beat Hogan in the Ektelon quarter-finals. Did you try to do anything special in that match?

No, I just tried to play my game. When I played him two weeks ago in Baltimore I tried too hard, I just wanted to win too badly. This time I told myself to just go out there and have fun and play my game. So that's what I did; and I had fun.

Marty was tough—he's the best player in the world, right? And jeez, he hits the ball hard! He can really rip some by you.

The thing about all those top guys is that they won't lose the game, they make you win it. They won't skip the ball in at 10-all, they go for the pass and make you earn the win. And it's a good feeling if you can earn it.

Can you bring us up-to-date on your playing career?

Well, the first tournament I ever played was in 1979. I got into racquetball because of my dad; he's a pretty good handball player—outdoors. When

everybody started playing racquetball I found it was a little easier for me. At 13 I wasn't the strongest kid in the world —(laughing) I'm still not.

I won the Junior Nationals in 1983—the 16-and-under division. Then I lost last year to Doug Ganim. Boy, I remember that one; it was one of the worst losses of my life.

Then at the pro stop in Davison in 1983 I beat John Eggerman in the first round. That kind of got me going and gave me confidence because I knew he was good and he had beaten Hogan.

Tulsa was really the first big success I had on the tour. Before that I'd never even gotten through the round-of-16. I really just started playing regularly this season—I've only played a total of maybe eight or nine pro stops.

We understand Dave Peck helped you quite a bit when you were younger. Is that still the case?

Yes, and he still helps me a lot. He really helps me keep my mind on the game. You'll see him talking to me during a match sometimes because my mind starts to wander. He might not give me specific advice like how to hold the racquet, but he just helps my game mentally. I really respect him.



"People have said to me, 'Was it a fluke?'. I just said, 'You decide—everybody played on that front wall glass, not just me.'"



"Marty was tough—he's the best player in the world, right? And jeez, he hits the ball hard! He can really rip you."



"I don't try to model myself after anybody. I try to pick up a few things from each player."



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He is tough. He is so persistent, he just never quits. You know, people were saying after his leg injury that he was finished. There's no way—you can never count him out.

Have you tried to model your game after his?

I don't try to model myself after anybody. I try to pick up a few things from each player. I have about 10 little different things in my game that I've picked up from other players. You've seen how tough Gerry Price's backhand is? I picked up a little something from watching him. I've worked a little with Hogan's windup, and a few things from Dave.

Right now you have perhaps the most damaging serve in pro racquetball. Do you work on that a lot?

No, I don't really practice my serve that much. My serve just seems to work, especially when I'm confident—that's when it really goes in. But it's definitely an asset. If you can get a point by hitting one shot, it saves you a lot of work. You don't have to dive around the court, or hit ceiling balls, or any of those things that take so much out of you in the rallies. Get that point on a single shot and you don't have to kill yourself in every rally.

How much does it mean to you to be the best in racquetball?

If I couldn't be number one, if I wasn't the best, it wouldn't kill me. But, if I didn't try my best to do it, that would bother me. I'm going to do my best. I want to be number one. ●

After five attempts and five failures, the word around the racquetball world was that Lynn Adams simply couldn't win the Ektelon Nationals. Some said it was the pressure of playing in front of the home town crowd that kept the title from Adams. Others claimed that ESPN's cameras created a mental obstacle too big for her to overcome.

The rumors were laid to rest once and for all this year when Adams finally did it. She went up against all odds and took the title that had eluded her for so many years.

Talk about overcompensating, Adams' big win could have been simply billed as the Lynn Adams show, as she over-

Round of 32:

Lynn Adams d. Sandy Robson 21-9, 21-9, 21-9;
Dot Fishl d. Donna Burton 21-13, 19-21, 21-17, 21-14;
Molly O'Brien d. Crystal Fried 16-21, 19-21, 21-19,
21-14, 15-6; Liz Alvarado d. Terry Latham 21-5, 21-16,
21-10; Marci Drexler d. Fran Davis 14-21, 21-23,
21-15, 21-19, 15-7; Bonnie Stoll d. Trina Rasmussen
21-23, 23-21, 21-14, 21-14; Laura Martino d. Elaine
Riley 13-21, 21-8, 21-19, 21-15; Caryn McKinney d.
Jackie Paraiso 21-14, 21-6, 21-7; Terri Gilreath d.
Mary Dee 21-16, 15-21, 21-19, 21-19; Martha
McDonald d. Marcy Lynch 21-14, 21-16, 21-11; Diane
Bullard d. Jennifer Harding 21-16, 21-11, 21-23, 21-15;
Janell Marriott d. Val Paese 21-17, 22-20, 21-10;
Cindy Baxter d. Joyce Jackson 15-21, 21-8, 21-7,
21-7; Babette Bell d. Lynn Cherry 21-6, 21-8, 21-3;
Cathy Nichols d. Lydia Hammock 21-17, 20-22,
18-21, 21-10, 15-9; Vicki Panzeri d. Joy Paraiso 21-18,
21-10, 21-10.

Round of 16:

Adams d. Fishl 21-8, 21-6, 21-11; O'Brien d. Alvarado
21-19, 21-17, 20-22, 21-15; Drexler d. Stoll 21-9, 21-15,
21-12; McKinney d. Martino 21-8, 21-12, 21-10;
Gilreath d. McDonald 21-14, 22-20, 16-21, 21-19;
Bullard d. Marriott 21-15, 21-11, 21-8; Baxter d. Bell
21-13, 18-21, 21-7, 21-15; Panzeri d. Nichols 21-15,
21-10, 21-15.

Quarter-final Round:

Adams d. O'Brien 21-15, 21-14, 21-9; Drexler d.
McKinney 21-17, 21-19, 11-21, 21-17; Bullard d.
Gilreath 21-19, 14-21, 21-10, 19-21, 15-11; Baxter d.
Panzeri 21-18, 21-15, 21-17.

Semi-final Round:

Adams d. Drexler 21-10, 21-6, 21-11; Bullard d.
Baxter 21-17, 14-21, 21-12, 11-21, 18-16.

Final Round:

Adams d. Bullard 21-9, 21-9, 21-9.

Total Purse: \$18,700



With five years of frustration registered on her face, Adams finally mustered the intensity she needed to capture her first Ektelon national title.

whelmed five players en route to the title without losing a single game. Now it looks like *National Racquetball's* number one grand slam quick pick (see our May issue) could just fulfill the prophecy. Lynn's victory at the Sports Gallery has given her the first jewel in what the WPRA is now calling its 1985 "Triple Crown of Racquetball" (Ektelon Nationals, WPRA Nationals, DP Nationals). This first national title combined with Heather McKay's absence due to injury from the event has already returned the number one ranking to Lynn's court.

"I was real pleased with the way I played," said Adams struggling to communicate exactly how she felt about finally winning. "I worked real hard this past month and was really ready for this tournament."

And boy, was she ever ready. In front of stands packed with spectators, Adams screamed past surprise finalist Diane Bullard, of Orlando, FL, in three games. Bullard, who has always had the talent to take it to the top on the WPRA tour, finally did just that.

Diane Bullard's potential was finally realized and recognized at this year's Ektelon nationals. This was her first final showing in a professional tournament. It probably won't be her last.



Bullard began her assault on the finals by pushing 12th seeded veteran Jennifer Harding out of the first round, blasting 7th seeded Janell Marriott out of the round of 16 and edging Terri Gilreath out of the quarter-finals. Then, in a five-game nail-biter with Marci Drexler, she broke through to the finals where a very anxious Lynn Adams was waiting.

The championship match of the Ektelon women's pro division began with Bullard serving and winning the first point and that was her only lead of the match. Adam's game skyrocketed right after the second rally, when Bullard skipped in Lynn's first point. For the rest of game one, Bullard posed no threat. Lynn scored points in a two-to-one ratio against Bullard for a first game score of 21-9.

Like the true champion that she is, after game one, Adams sensed that it was best to play her hardest while she was ahead. She came on like gangbusters in the second game, jumping to a 6-0 lead before Diane even knew the game had begun. Bullard tried to regroup but never got within striking distance of the champ. The second game repeated the first with a score of 21-9.

The smell of her first Ektelon title permeated game three and Lynn played



Though Bullard was really never in the match, Adams kept her concentration on the only thing that counts in racquetball, the ball.

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accordingly. Once again, she started ahead and stayed ahead. At 14-9, in a daring display of shooting ability, Lynn scored seven unanswered points, ending the game and match with an ace serve.

During the trophy presentation, Lynn expressed her gratitude to the spectators and reminded them of the promise she made after losing the '84 Ektelon Nationals to Heather McKay.

"I'd like to thank all of you who come out here every year to cheer and to console me after I lose." Adams began, "I promised you last year that I would throw a party if I ever won this tournament, so there's a tab at the bar, just sign my name and have a beer on me!"

Later on Lynn said of her opponent, *"Diane had an extremely good tournament and I think it is a pleasant surprise to everyone that she got as far as she did. I felt a little sorry for her during our match because I knew she was nervous. Playing in the finals is very different from playing in the 32's or the 16's of an event. That was probably a scary experience for her, but she beat some very good players along the way."*

The meeting of Diane Bullard and Cindy Baxter in the semi-finals was an indication of just how close the level of play is on the WPRA tour. In fact, it was the toughest match Bullard faced en route to the finals. In the end, Baxter scored the most points (87-85), but Bullard won the match with scores of 21-17, 14-21, 21-12, 11-21, 18-16.

Before the Anaheim stop, both Cindy

and Diane were part of the massive 30-player round up that filled the bottom half of the rankings. Although there was little doubt that Baxter, Drexler and Bullard had exceptional tournaments, the fact that three of the four semi-finalists had never been there before made the tournament twice as exciting. As Diane pointed out during the trophy presentation, Baxter and Drexler had also pulled some major upsets to get to the semi's. She went on to acknowledge that it was a sign of things to come.

In Adam's bracket, Drexler's upsets of Fran Davis, Caryn McKinney, and recent pro stop winner, Vicki Panzeri proved that she can play ball with the big guns. In fact, when Lynn Adams started receiving early congratulations for the tournament after defeating Molly O'Brien in the quarter-finals, she emphatically stated that her impending semi-final match with Drexler made her reluctant to even talk about a title.

Based on previous personal history with this tournament, and her obvious respect for Drexler's talent, the last thing Adams was going to do was count her chickens before they were hatched.

"I'm not even thinking about the finals right now," Adams told her fans. "I'm worried about beating Marci Drexler in the semi's."

By anticipating a tough match with Drexler, however, Adams psyched her-

self up to an easy win. Marci battled hard and, as always, put on a good show for the crowd, but Lynn was simply too strong for her. It was a lesson in planning for the worst to play your best, taught to Drexler by Adams.

The next stop for the women is in Lawton, OK, at Sportsworld, for a total purse of \$10,000. From there it's on to Riverbend for the WPRA Nationals held just outside of Fort Worth. Television coverage will feature the women in their biggest money tournament ever, a total purse of \$25,000. The season will then end for the pros when they re-join the men at the DP Nationals at the end of June. ●

Marci Drexler couldn't push her skills into the finals.



WPRA Rankings As of May 6, 1985

Ranking	Player	Points
1.	Lynn Adams	290.75
2.	Heather McKay	245.75
3.	Vicki Panzeri	169.00
4.	Terri Gilreath	129.00
5.	Shannon Wright	90.00
6.	Caryn McKinney	89.00
7.	Joyce Jackson	67.75
8.	Janell Marriott	67.00
9.	Diane Bullard	62.25
10.	Fran Davis	59.00
11.	Marci Drexler	58.00
12.	Liz Alvarado	49.00
13.	Molly O'Brien	48.50
14.	Babette Bell	43.75
15.	Jennifer Harding	43.00
T16.	Brenda Barrett	41.25
	Peggy Gardner	41.25

Down and out, but not for long. Cindy Baxter reflects on her loss to Diane Bullard. Like Bullard, Baxter had never done so well in a professional event. Her semi-final finish established that she has a good future in professional racquetball.



INSTRUCTIONAL

Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in National Racquetball. Mike is a valued member on the advisory staff of Ektelon. Readers are encouraged to submit questions to Mike Yellen, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



Question: I recently entered a novice tournament. In the first round I lost to a sandbagger. The guy was an A player at least! Now I have a bad attitude and am scared to enter another tournament for fear of embarrassment. What should I do?

Aron Miani
Baltimore, MD

Yellen: Enter another tournament of course! All kidding aside, that is exactly what you should do, but do it with a new attitude and also an understanding of tournaments in general.

First off, it's really tough for tournament directors to place first-time entrants into a draw properly, especially at the novice level. Really good tournament directors try to prevent sandbagging (players of a higher skill level entering a lower division in a tournament), but it is always difficult.

So, enter another tournament, but enter an in-club tournament for starters. Your program director will know what your in-club skill level is and will be able to place you in the appropriate division. After you've played a few in-club events, try an outside local event. Do so with the idea that when and if you run into an opponent who is obviously sandbagging, you will use it as a learning experience.

If you play in enough tournaments you will become ranked in your state (most states have some sort of statewide ranking system). This will make you well-known among your fellow players as well as area tournament directors. Once that happens, you'll always be playing in the correct division for your skill level and the chances of you being mis-seeded in the tournament will almost disappear.

Question: I'm a good athlete and I've been playing racquetball for a year now. I've been trying to teach myself to hit a backhand and just can't seem to do it. My forehand is fine. I used to play baseball and almost went pro, so that stroke comes naturally for me. How can I teach myself a backhand?

Dave Kenner
Boston, MA

Yellen: You can't. Take a lesson from a qualified teaching pro and get some sound advice about how to properly execute a backhand and what drills are

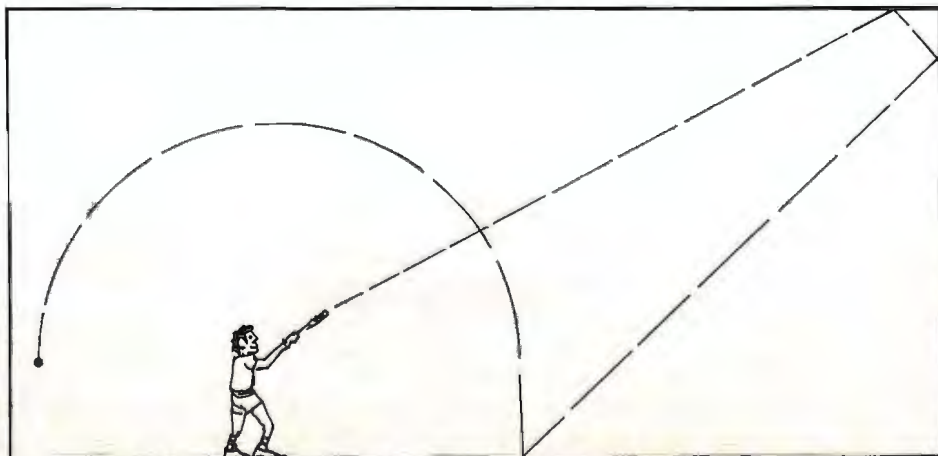
necessary to practice to master your backhand stroke. Many people make the mistake of not taking lessons in racquetball, only to pay for it years later when they can't improve their games.

Question: When is it good strategy to kill a ceiling shot? I'm a B player and I constantly get beaten by players who can kill ceiling balls. When I try to kill a ceiling ball, I always skip the shot or leave it up for an easy plum. What is your advice?

Kara Nielsen
San Jose, CA

Yellen: The best time to kill a ceiling ball is if it falls short in the court or goes long and comes off the back wall for a set up. This is because you can use a sidearm stroke. It sounds to me like the reason you've been skipping your attempts to kill ceiling balls is because you are trying to use an overhand stroke. Any ceiling ball that can only be hit with an overhand stroke should be returned back to the ceiling, not low into the front wall for a kill. The percentages are against you when you try to overhead kill ceiling shots.

Also, if your opponents are killing your ceiling shots, you might not be hitting them accurately. Always remember that a perfect ceiling ball rebounds into deep court falling just short of the back wall. SEE DIAGRAM. ●





TOURNAMENT RESULTS

Oh, What A Feeling!

Jerry Hilecher Demolishes The Competition In Baltimore And Drives Away In His New Toyota Mini-Van

No season in the 12 year history of professional racquetball has had as many tournament winners as 1984-85. In the first seven tour stops, four players—Marty Hogan (3), Gregg Peck, Mike Yellen (2), and Cliff Swain—notched victories. Now, the eighth stop on the RMA Pro Tour is history, and yet another player has joined the winner's circle.

Jerry Hilecher, the undisputed veteran of men's professional racquetball at 30, stunned himself and most of the self-proclaimed "experts" of racquetball by sweeping past Dave Peck, Marty Hogan, and Gregg Peck—three of the top four seeds in the tournament—to

win the 1985 Toyota/Head Pro-Am at the Merrit Security Racquetball Club in Baltimore, MD, April 18-21. The victory was Hilecher's first in a ranking pro stop since 1981 when he chalked up two successive wins over Hogan in Catalina events at Los Angeles and Vancouver, BC.

"It's been a long dry spell," said Hilecher as he sat numbly outside the exhibition court following his 11-4, 11-3, 10-11, 11-8 win over Gregg Peck in the final. "I don't really know why I won this thing."

Why he won seemed a mystery to everyone, but how he won was obvious;

sheer tenacity. It was a role Hilecher enjoys playing the most: the spoiler; the survivor; the ultimate underdog, coming back again and again from the brink of disaster. At one point during his quarter-final match with Dave Peck (who himself has no shortage of determination), Hilecher was down two games to none and Peck was serving for match point at 10-2 in the third! Say what you will about relative talent; at that point the only effective tool for survival is tenacity. Jerry won the match 11-6 in the fifth game.

Certainly, if he was going to take one tournament during the season, Hilecher picked one of the best. The first prize in



Marty performed well despite knee supports after his operation.

to cut the ball off and mis-hit it into the floor; right shot, wrong execution. The tie-breaker went to Hogan, 11-10.

Second seeded Mike Yellen, who was coming off two consecutive tournament wins, was not as fortunate in his five-game battle with Corey Brysman. Although nobody seems to know exactly what it is, something about Brysman's game just gives Yellen fits. Earlier this season, Brysman eliminated the defending national champ in a tight five-game match, also in the round-of-16. This time the battle was even closer; Yellen took the first and third games, 11-2, 11-10; Corey took the second and fourth, 11-10, 11-9. In the tie-breaker Yellen bolted to a 10-3 lead, but Brysman wouldn't yield; he cranked up his powerful shooting arm and held Yellen scoreless while running off eight straight for himself to win 11-10.

With his second victory over Yellen this season, Brysman became one of only two players (Gerry Price is the other) on the tour to hold an even head-to-head record against the champion; 2-2. No player holds a head-to-head advantage against Yellen over the last two years.

In the quarter-finals Gregg Peck finally notched one against everybody's on-court nemesis, Scott Oliver. Peck, who had lost both of his previous matches against Oliver, came out smoking and dispatched Scott in four games, 7-11, 11-5, 11-10, 11-6.

Playing his usual solid, consistent game, Ruben Gonzalez earned his first semi-final appearance in nearly two years by running all over Corey Brysman who had little left after his battle with Yellen, 11-5, 11-2, 11-7. And Hogan had no problem with Cliff Swain, 11-5, 6-11, 11-5, 11-3. (However, turn to the Ektelon Nationals coverage to see how Swain returned the favor.)

It is hard to imagine a greater shift in momentum than took place in the quarter-final battle between Jerry Hilecher and Dave Peck. Peck was just devastating all the way up to match point in the third game. But after Jerry wormed his way back from the 2-10 deficit, and took the third game, Peck's confidence went to pieces. Hilecher took complete control in the last two games, winning 11-8, 11-6.

There is little doubt that it was the victory over Dave Peck that acted as the catalyst for Hilecher's win in Baltimore. The following night in the semi-finals against Marty Hogan, Hilecher was absolutely brilliant. It is not unusual for Jerry to play close with Hogan; their previous meeting in Beaverton went to Hogan 11-8 in the tie-breaker. What was



A discouraged Gonzalez couldn't stop Gregg Peck in the semis.

the Baltimore event was a 1985 Toyota mini-van with a sticker price of over \$13,000, or its cash equivalent. An additional \$7,200 in prize money made the Toyota/Head Pro-Am the third largest event of the 1984-85 tour, exceeded only by the Ektelon and DP nationals.

Uncharacteristically for this year's tour, there were few surprises in the first round; the higher ranked player won in each match in the round-of-32. Things continued smoothly through the round-of-16, with two exceptions; the top two seeds.

Marty Hogan had little trouble getting through the first round, despite playing less than three weeks after undergoing arthroscopic surgery on his right knee. But in the 16's, trying to move around the court on bad wheels was not his biggest problem—Jack Newman was. Sensing that the number one seed was not quite 100%, Newman went for the Jugular and nearly got it. Displaying his sharpest play this season, Jack took the first and fourth games. Then, at match point (10-all in the fifth game), Hogan made a diving save in front court. With Marty sprawled on the floor and out of the play, Newman moved up

Look closely. Hogan flattens the ball with a power backhand.



How sweet it is! Hilecher defeats Hogan in the semis.

most surprising in this match was Hilecher's confidence; from the opening moments there seemed to be no question in Jerry's mind that the match was his.

With both players shooting and moving well during the rallies, the momentum in the first four games shifted back and forth to the stronger server. Hilecher put Hogan on the defensive in the first and third games with near-perfect first serve accuracy, winning 11-6 and 11-9. Hogan powdered his own serves in the second and fourth games, winning 11-3, 11-4. Then in the tie-breaker, after moving to a quick 5-1 lead, Hilecher wisely changed his drive serve to a high Z lob. By the time Hogan had adjusted his timing, he was down 1-9 and it was too late; Marty made a last minute charge but was only able to score three points before Hilecher ended the match 11-4 on a pinpoint forehand kill to the left front corner.

"Marty was moving great," said Hilecher when questioned about Hogan's level of play. "He was getting to the ball but he wasn't hitting with his usual accuracy. He looked like he was trying very hard right from the beginning, which isn't like him; he doesn't play well when he is trying as hard as he can."

In the other semi-final match, Gregg Peck gave the crowd a new understanding of just how devastating he can be when his game is working. Gregg, who was defeated by Hogan in the Baltimore final in 1984, scored at will as he ran the usually formidable Ruben Gonzalez all over the court for a

mere 66 minutes, winning in a walk, 11-6, 11-6, 11-7.

The Peck-Gonzalez semi-final may not go down in history as the closest match ever, but it did establish one record: under the superb control of referee Doug Ganim, only two calls were appealed in the entire match! The two appeals that came were both made by Gonzalez, and, as everyone knows, a questioned call by Ruben is not exactly a moment of high tension.

The final match between Jerry Hilecher and Gregg Peck was not the close contest that nearly everyone expected. Fresh from his upset of Hogan,

Hilecher was on a high and had confidence coming out his ears. Peck on the other hand (who had been suffering from a head cold throughout the week) couldn't seem to settle down, and an uncharacteristic number of errors cost him severely in the first two games. Outplaying his younger opponent in every aspect of the game, Hilecher quickly went up 2-0 in the match by winning 11-4, 11-3.

After falling behind 6-10 again in the third game, Peck finally found his timing and to the delight of the crowd scored five straight points (due mostly to his patented left-side splat) to take



Gregg Peck moves to retrieve a backhand pass by Hilecher in the finals.



A packed gallery watches the final at the Merritt Security Club in Baltimore.

the only game he would win, 11-10. But by that time in the match, Hilecher was too close to victory to be denied. The fourth and final game remained close up to 8-all, when Gregg's game stalled for the last time. Three fine serves and Jerry Hilecher was back in the winner's circle for the first time in over four years; 11-4, 11-3, 10-11, 11-8.

It was an excited Hilecher who sat outside the court and talked with the fans after his victory:

"It just feels really great. Those first two games I was thinking so clear, so quick; it was like slow motion. This court was really suited to my game; the ball stayed up and I was moving well enough to get a lot of balls.

"With Gregg I was trying to play a re-kill game; let him shoot, and then go for the re-kill. Fortunately, he wasn't able to put his shots away early in the match, and I was."

"I don't know why I won this thing. I started this tournament not playing that well. In fact, I looked at my first round (Cascio) and said, 'please, just let me get through the 32's.'"

"I just couldn't relax out there," observed an obviously exhausted Gregg Peck following the two-hours-plus match. "I didn't play well. I don't know why, but I was so tight, I don't think I killed a ball until that third game. I think I'm tired; heck, I was tired by Friday night."

Gregg had little trouble putting the

defeat into perspective, however; *"If I keep getting second place enough, I'll be able to buy my own (Toyota mini-van)."*

The victory for Hilecher moved him back into sixth position in the men's rankings, up from ninth. Gregg Peck remained solidly in third just behind Yellen. Peck also further established himself as the most consistent player on the tour; Baltimore was his eighth finish of semi-finals or better in the last nine tournaments.

Like most stops on the RMA Men's Pro Tour, the Toyota/Head Pro-Am was independently funded and directed—in this case by the Racquetball Authority of Metropolitan Baltimore. The excellent RAMB tournament committee included Dave Pivec (a former tight end with the L.A. Rams), Joe Larson, Joe Facinoli, and Larry Harris.

The Merritt Security Racquetball Club where the tournament was played is one of the finest facilities for tournament play anywhere in the United States. In addition to the enormous amount of open space for viewing, and the Merritt Club boasts two exhibition courts with both side and back glass walls. The two courts share a common front wall, which gives the spectacular image of a 20 x 80 foot span of clear glass.

The major sponsors of the Baltimore tournament were Toyota and Head Racquet Sports. ●

1985 Toyota/Head Pro-Am Baltimore, MD - April 17-21

Round of 32:

Hogan d. Obremski 11-4, 11-1, 11-1; Newman d. Brown 11-2, 11-5, 11-1; Swain d. Negrete 11-0, 11-1, 11-5; Price d. Calabrese 11-4, 11-9, 10-11, 11-0; Hilecher d. Cascio 3-11, 11-8, 11-7, 11-9; D. Gross d. Gervais 11-3, 11-3, 6-11, 11-1; A. Gross d. Green 11-10, 11-0, 11-6; D. Peck d. Ganim 11-5, 11-4, 11-6.

G. Peck d. Remen 11-4, 11-1, 11-3; Wagner d. Egerman 11-8, 11-10, 11-8; Andrews d. Simonette 11-5, 11-1, 11-8; Oliver d. Snead 11-2, 6-11, 11-1, 11-2; Cohen d. McKinney 11-4, 11-2, 11-7; Brysman d. Ray 11-6, 10-11, 5-11, 11-9, 11-6; Yellen d. Jones 11-1, 11-1, 11-5.

Round of 16:

Hogan d. Newman 7-11, 11-2, 11-2, 5-11, 11-10; Swain d. Price 10-11, 11-7, 11-5, 11-8; Hilecher d. D. Gross 11-8, 11-8, 11-4; D. Peck d. A. Gross 11-9, 11-7, 11-3; G. Peck d. Wagner 11-2, 11-1, 11-5; Oliver d. Andrews 11-10, 11-10, 2-11, 11-9; Gonzalez d. Cohen 11-6, 11-8, 11-5; Brysman d. Yellen 2-11, 11-10, 10-11 11-9, 11-10.

Quarter-final Round:

Hogan d. Swain 11-5, 6-11, 11-5, 11-3; Hilecher d. D. Peck 4-11, 7-11, 11-10, 11-9, 11-10; G. Peck d. Oliver 7-11, 11-5, 11-10, 11-6; Gonzalez d. Brysman 11-5, 11-2, 11-7.

Semi-final Round:

Hilecher d. Hogan 11-6, 3-11, 11-9, 4-11, 11-4. G. Peck d. Gonzalez 11-6, 11-6, 11-7.

Final Round:

Hilecher d. G. Peck 11-4, 11-3, 10-11, 11-8.

Total Prize Money: \$17,500.

Championship Service Returns

by Marty Hogan

It is generally recognized that the serve is the most important shot in racquetball, but the service return shouldn't be far behind. The "return a drive serve with a ceiling shot" is one of the most misunderstood rules of thumb in racquetball. It's a rule which shouldn't be. Many players, even at the local level, would vastly improve their game if they didn't make the rule such a hard and fast one.

I have the most devastating service return in racquetball. No one has consistently attacked me with offensive serves (e.g., drive service, hard Z) over an extended period of time with any success.

This unique position gives me great advantages over other players. They have fewer avenues of attack while serving, and my energy burn during service returns is far less than any other player, allowing me to use the saved energy during the rally.

Advanced players need to be more aggressive with their service returns to put more pressure on their opponents. It's a great psychological edge to know that your opponent has to make every serve count or else you'll turn the tables on them and hit a winner.

The Ceiling Return and Its Proper Place

The automatic ceiling return is a must shot for all players, but you shouldn't exclude other possibilities. The reason for developing a ceiling shot which you can almost hit blindfolded is obvious: it is a great neutralizer.

Imagine an inept power player battling a ceiling shot virtuoso. Pow. Swoosh (slice). Pow. Swoosh. Thirty minutes later the power player's arm falls off. It's the dream shot of anyone who had ever been blasted 15-0 by a mindless, ball blaster.

Every beginner should learn the ceiling shot service return to decrease the chance of developing arm injuries. Beginners spend their careers in search of a "groove" in their stroke. And until their stroke is fluid, non-ceiling returns off of drive serves typically look like fly swatting. This is a dangerous time to be trying to drive a ball hurtling at 100-120 mph to the backhand. One little mis-hit and unfriendly "tennis elbow" will rear its head and maybe even end a bright future in racquetball.



"I have the most devastating service return in racquetball."

But as you do find your groove, more often than not, it's time to start mixing in some offensive service returns with those ceiling returns before you get shackled by the "return every serve with a ceiling shot" role. So, here are some tips on developing and executing an offensive service return.

Scouting—What Will Your Opponent Do?

The best time to start getting ready for an opponent's offensive serve is before you ever play him. At the pro level, I know the service patterns of all of the top players because I have played them scores of times. But most of you will be playing a much larger population of players, many whom you've never even heard of. You should watch all potential opponents who have good offensive

serves so that you can pick up tell-tale visual cues and learn their service patterns.

Does he crank differently when he goes down the line instead of cross court? Does he tend to hit three or four drive serves to the backhand and then one to the forehand? Does he drive serve almost exclusively to the backhand when he starts to get tired? How effective are his drive serves at the end of a match as compared to the beginning?

Knowing the answer to these questions can mean a few extra points when they really count. They also give you a greater sense of security when you step onto the court because you have already played them mentally.

Anticipation—Watching the Serve

The most important aspect of a good offensive service return is anticipation. All of the top players are moving by the time the ball is struck. Without this early movement, it would be almost impossible to return most of the good drive serves which I encounter. The key to good anticipation on the service return is reading your opponent's serve.

At the local level, almost every player makes some adjustment in their service motion when they alter their serve. These are easy to pick up if you look for them. But as the competition gets stiffer, you will find less evidence of their intentions.

The most deceptive servers in the game mask their serves and alter their serves at the last moment. That is, they hit a variety of serves using the same motion and alter their serves primarily by changing their wrist snap: an early snap for a Z to the forehand and a side-spin slice for a drive down the forehand line.

The key to reading these shots is to watch the wrist right before the point of impact. It is impossible for the wrist to lie about what it plans to do. The wrist snap is the last step in the chain of events required to hit any shot and so, it can't deceive you.

Another favorite technique for altering a serve is to drop the ball deeper in the stance to drive it down the forehand line and further out front to hit a Z. But the change is only a few inches, six at most. Top players will even give you a

slightly different look as the match progresses, changing from a ball toss oriented service alteration to a wrist snap oriented service alteration.

So, in order to detect a service change you have to be able to account for both the effect of a different wrist snap and ball toss. This takes practice and deep concentration.

Practice—Get Comfortable with Certain Situations

You will have to spend many hours of practice and experimentation to develop an effective offensive service return. There will be no other way to break the shackles of a defensive service return. When I first started playing, most players laughed at my service return which consisted of nothing but blasting every serve to my backhand (no matter how high) down the line (and in many cases into the floor).

But, when you are ready to make the move to a more offensive service return, that will be almost what you will have to do. I don't advocate trying to hit every serve for a winner, but you will have to decide which serves you should attack and then religiously go 100 percent for the kill down the backhand line for a few weeks before you feel comfortable enough to use the strategy in

match play situations. Make a decision on how high, fast, and the angle of the serve you are willing to go for the winner and then stick to your plan.

But be realistic. If you can't hit an ordinary backhand during rallies, it's not the time to drill every service return down the line. Take a look at which difficult shots you can return with your backhand in regular rallies. Then, figure that since you are more on the defensive on the service return, that you should switch to an offensive return on serves which are not quite as difficult as those you can handle during a regular rally.

“...after his serve there is a moment when he is highly vulnerable”

For example, since I don't shoot backhands above my chest, I certainly don't try to drive a shoulder high serve. But, I do attack every ball that is waist high or lower and at any speed, so I attack most of these balls during the service return also.

Try practicing with a fast ball to get yourself used to reacting to quick decision situations. Play different players. The worst approach to learning an offensive service return is to play with the same ball and partners, week after week. You should try to adapt to changing game situations and different service patterns. You can only do this by not being too choosy about the situations presented to you.

Make up your mind on what kind of serves you plan to attack. Then attack those serves aggressively and 100 percent. This approach will develop the proper attitude for an offensive service return strategy and reduce the chance of apprehension creeping into your game. Then, you will be able to dictate the tempo of the game rather than relying on the mistakes of your opponent alone.

Offensive Service Return Place and Pace

Most offensive service returns should



be aimed down the line (Figure 1). The reason for this choice is the same as that for shots during a normal rally: it gives your opponent less time to react, he must contend with the side wall, and a slight mis-hit may still mean a return which carries your opponent to back court.

In most cases, the return should be hit with a normal stroke and at a high velocity. However, in some cases, a change of pace may be worthwhile. For example, on a shot where you have time, set up for the normal drive down the wall, but then slice the return into the side wall for a pinch, or blast the return into the side wall for a splat. Even an occasional change of pace, low and slow into the corner but down the line will catch your opponent off balance and he won't be able to recover quickly enough to jump your return.

The player hitting a drive serve is, in many cases, susceptible to being attacked, especially if he puts 100 percent of his effort into hitting his serve. Watch a pro player during his drive serve the next time you get a chance. Note that sometimes he is so off balance after his serve that there is a moment when he is highly vulnerable. This is a time when even a dink return can often end the rally.

Hitting an Offensive Service Return

Here are four steps in hitting an offensive service return.

Step 1—Move as the ball is struck.

You can forget about hitting an offensive return if you aren't moving as your opponent makes contact with the ball. I start from a semi-crouched position about equidistant from the side walls and a step or two in front of the back wall (Photo 1). Right before ball impact, I rock my weight forward onto the balls of my feet, read the serve, and prepare to move (Photo 2). At impact, I'm beginning to prepare for the attack.

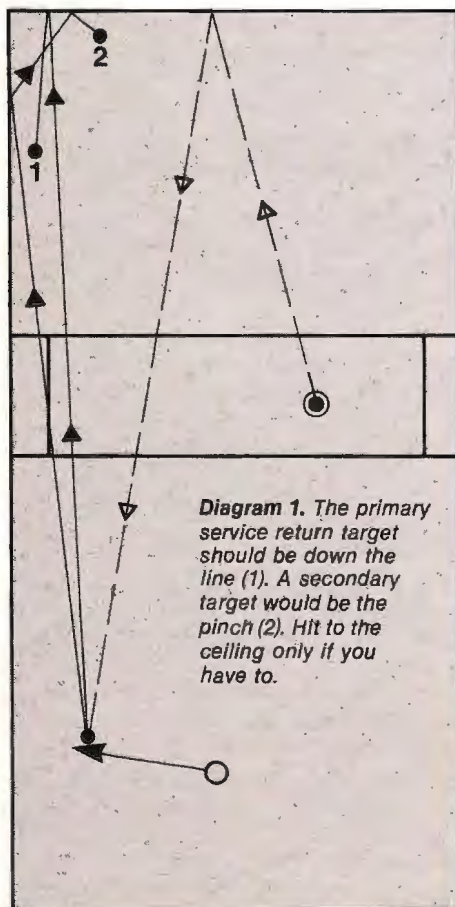
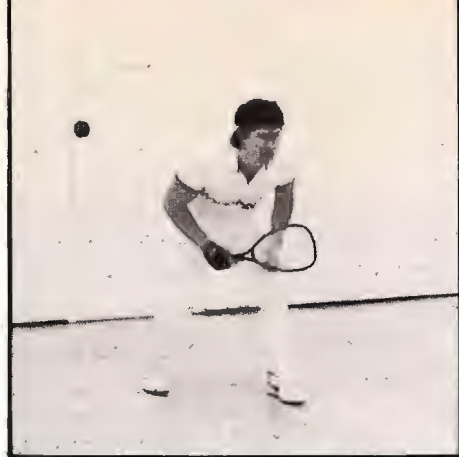


Diagram 1. The primary service return target should be down the line (1). A secondary target would be the pinch (2). Hit to the ceiling only if you have to.



Step 2—Cross over and pivot your shoulders away from the front wall.

Taking the first step with the foot furthest away from the contact zone will save you a split second. Pivoting your shoulders away from the front wall as the ball is being struck will give you enough time to prepare for the return and begins the coiling action which is so necessary for delivering effortless power to the ball (*Photo 3*). Note that you can be almost facing the back wall. You can control the ball down the line better with an overly closed stance than you can with an open one.



Step 3—Take a normal power backhand.

In most cases, avoid punching the return or taking an abbreviated backswing. Take a normal stroke. This will keep your level of aggression high and the chance for apprehension low. Contact the ball well out in front for the backhand. The uncoiling of my hips and shoulders when added to a properly timed wrist snap will deliver maximum power to the ball only if the contact point is in the power zone which is in front of the right shoulder, toward the front wall.



Step 4—Follow through and move into center court.

The follow through should begin to carry you into center court where you should be anticipating your opponent's return (*Photo 4*). Even if you have a great service return, never expect it to be unanswered until you see it bounce twice on the floor.

So, try these steps toward putting more aggression into your service return and develop a truly awesome return that will keep the pressure on all of your opponents. ●

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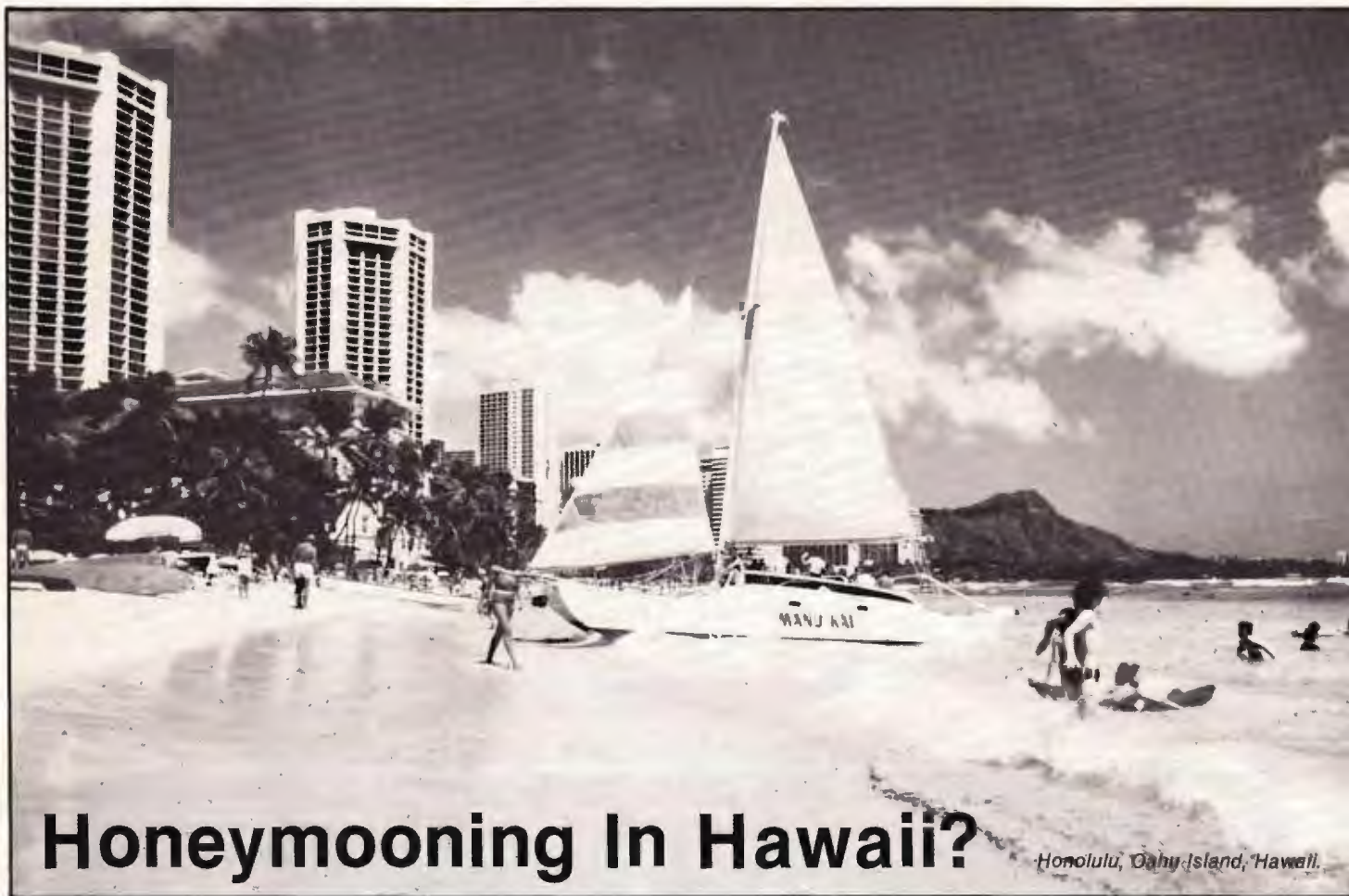
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EIGHT TIME
NATIONAL CHAMP
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Honeymooning In Hawaii?

Honolulu, Oahu, Island, Hawaii.

Bring Your Racquet!

by Victor Block

Hawaii's a great vacation destination, but it's no place to visit in the summer—right? WRONG! As a matter of fact, it is the even year-round climate enjoyed by the Aloha State that makes it a good vacation spot at *any* time of the year.

The temperature in Hawaii is warm in winter and not too hot in summer, with cooling trade winds blowing much of the time. Indeed, so consistently balmy is the climate that there's not even a word for "weather" in the native Polynesian language. How's *that* for something you may count on when planning a vacation—which can include racquetball!

Visitors to the islands that comprise Hawaii also may count on a number of other benefits—many of which may be summed up by the word "variety." Unlike the weather, just about everything else offers a wide selection from which to choose, such as the differences among the major islands, and even those of the terrain and scenery on each island.

The exotic birds, animals and fish are unlike any most people have seen before. The changing scenery and settings provide the visitor a choice for just about any mood that may strike—from the excitement of Honolulu to the quiet beauty of isolated beaches; from the sophistication of some of the most luxurious hotels in the world to the fascinating history and charm of the islands.

And then there are the people—Hawaii's greatest resource—who rival in diversity and racial mixture those encountered anywhere. This mixture of Polynesian, Asian, European and American background and cultures fascinates at the same time that it can perplex. For example, while virtually everyone on the islands speaks English, many residents mix in a variety of Polynesian expressions from the language of old Hawaii.

A few words—like "*aloha*," the greeting used even by many telephone operators, and "*mahalo*" (thank you)—quickly become familiar. But occasional words adopted from the native Hawaiian, or borrowed from Japanese,

Chinese and even Portuguese can stump the newly arrived visitor.

In recent years, the Hawaii *outside* Honolulu and the rest of Oahu have been attracting a growing number of visitors. Molokai, the friendly isle; the garden isle of Kauai; Maui, the valley isle, and the big island of Hawaii. But Honolulu remains the primary destination of most visitors to the state—and the place that offers a variety of racquetball facilities.

After the sun, the sand is the attraction asked about by the majority of travelers to Hawaii—and Oahu boasts a number of magnificent beaches. While Waikiki is well known, its atmosphere is perhaps best summarized by the fact that the great majority of the nearly 38,000 hotel and condominium rooms, apartments and cottages on Oahu are concentrated there—in less than a square mile.

Among other outstanding beaches worth exploring are those at Hanauma Bay, near the blowhole east of Honolulu; Waimanalo, Bellows (near the Air Force base) and Kailua along the eastern shoreline, and Waimea (careful of the high surf!) and Haleiwa on the north shore.

Along with the usual selection of resort destination activities—over two dozen golf courses and 100 public tennis courts, deep sea fishing, sailing, skin diving and others—Oahu has its share of inviting sightseeing destinations.

Just about everyone goes to Pearl Harbor to see the USS Arizona Memorial, built over the battleship that was sunk during the air attack on December 7, 1941 that launched America's entry into World War II. The Polynesian Cultural Center offers demonstrations of traditional dance, music, weaving and other crafts in the setting of re-created Polynesian villages.

The Waikiki Aquarium is another leading attraction for visitors, with its world-famous collection of brilliantly colored tropical fish and other marine creatures. Chinatown, lying between Nuuanu Avenue and River Street, combines the usual jumble of restaurants, curio stores and herb shops with fascinating food purveyors, tattoo parlors and assorted dives of various descriptions.

If one should tire of the almost constant sunshine, or seek a respite from seeing the sights, an alternative is to grab your racquetball equipment and



head for one of the three International Fitness and Racquetball Centers. They charge visitors \$10 (Westin Ilikai Hotel guests may use the facilities free), and have rental racquets available for \$2. The centers are located at:

1680 Kapiolani Boulevard. Facilities include nine racquetball courts; a weight room with Universal, Nautilus and free weights; exercise bicycles, saunas and whirlpools, gym (basketball/volleyball) and cold plunge.

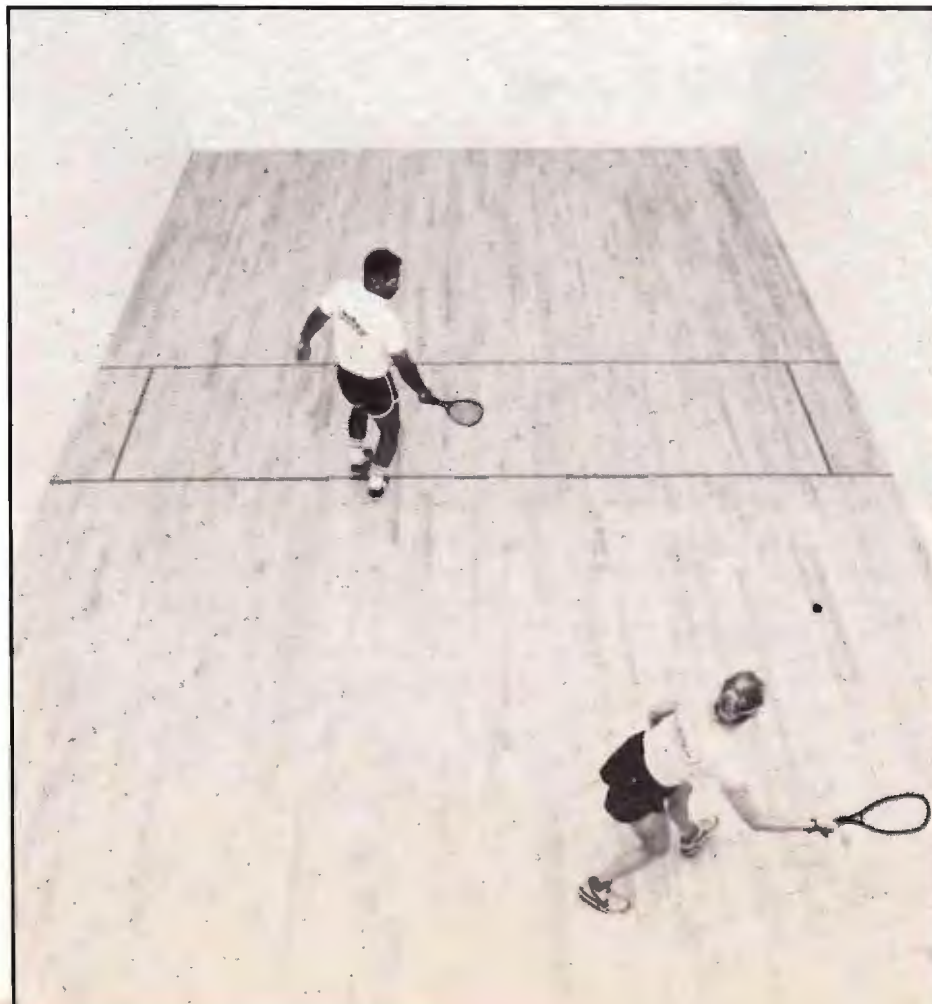
2810 Paa Street. Also nine racquetball courts; walleyball; Universal, Nautilus and free weight room; stationary bikes, saunas, whirlpools and gym.

45-608 Kam Highway, Kaneohe (about six miles outside Honolulu). This club has five racquetball courts, weight room, aerobics room, saunas and whirlpools.

For additional information, contact International Fitness and Racquetball Centers, P.O. Box 650, Honolulu, HI 96809; telephone (808) 946-5817.

Among good news about the Honolulu Club is its physical plant—a \$12 million athletic and social facility that includes 15 racquetball courts (two with glass rear wall); squash and paddle tennis courts; swimming pool; Universal, Nautilus and free weights, plus a variety of other health, fitness and service amenities. The club also offers a number of social activities.

We've seen this sight before! Looking at that familiar angle from the balcony at the International Fitness & Racquetball Centers, Kaneohe Center.



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Akaka Falls, Hawaii Island is the highest waterfall in the islands and famed in Hawaiian song and poetry. It is more than 400 feet high.

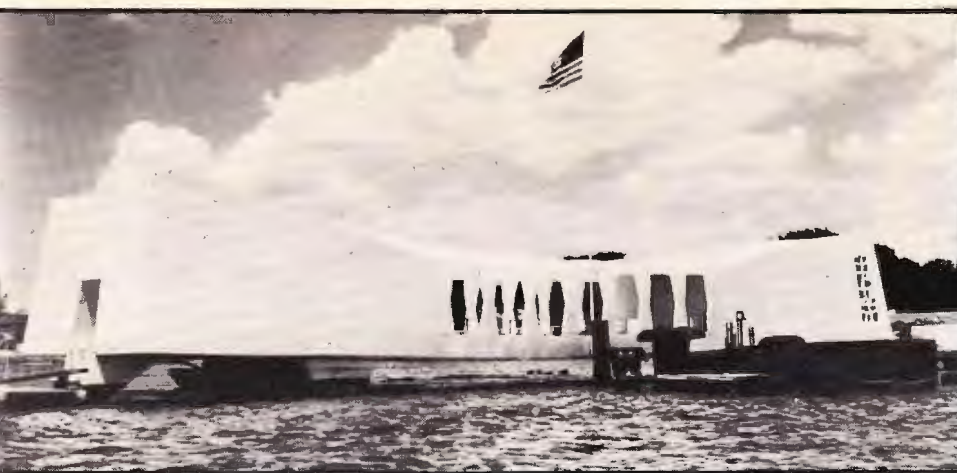


—Photos courtesy Hawaii Visitors Bureau.

The *bad* news is that it's a private club reserved for the use of members and their guests. This restriction is bent to the extent of a reciprocal arrangement with some 175 athletic and recreation clubs from Alaska to Florida, and Massachusetts to California, plus Canada and several other countries. If you're planning to visit Hawaii, check whether any clubs where you might belong participate in this reciprocity, or contact the Honolulu Club, 932 Ward Avenue, Honolulu, HI 96814; (808) 543-3900.

The Hit Academy at 2220 South King Street welcomes the public and provides courtesy transportation from Waikiki hotels. The charge for visitors is \$5-\$6 an hour per person.

Those with YMCA membership cards may use two Y facilities in Honolulu. These are the Nuuanu YMCA at 1441 Pali Highway and the Central YMCA at 401 Atkinson Drive.



A trip to the U.S.S. Arizona Memorial at Pearl Harbor is a must for nearly every Honolulu visitor. The U.S. Navy operates free launch service to the memorial.

Victor Block is a free-lance travel writer for newspapers, newsletters and magazines; a state editor for Fodor's Guidebooks, and a member of the Society of American Travel Writers. When not on the go researching travel articles, he lives in Washington, DC.

Readers are encouraged to send your racquetball travel questions to Victor Block, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.

In deciding where to stay and eat on Oahu, while you might opt for top-of-the-line places that compare most favorably with those to be found anywhere in the world, also be aware that the variety so characteristic of Hawaii spills over into this area as well.

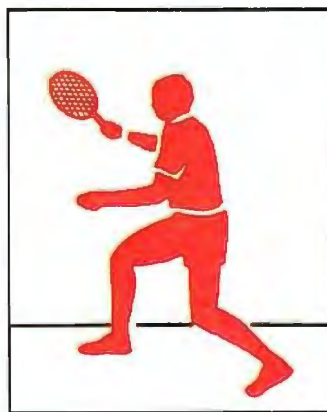
For example, among smaller (and less expensive) places to stay at Waikiki is the Diamond Head Beach Hotel, 2947 Kalakaua Avenue, Honolulu 96815; (800) 367-6046. Rates for the 30 rooms at this hotel, which has the flavor of a small European inn, begin at about \$70 a night including continental breakfast.

At the Hawaiiana on quiet Beach Walk, rates for units with a kitchenette are \$50-\$64 a night. For information, call (800) 367-5122.

Rooms at the 66-unit Breakers just next door, which has an enclosed pool area and tropical garden, are \$49-\$53. Contact The Breakers, 250 Beach Walk, Honolulu 96815; (808) 923-3181.

Meals, too, offer variety in price and cuisine. Among restaurants rated tops in a recent poll of Honolulu residents are the following: best overall restaurant, The Third Floor at the Hawaiian Regent Hotel. For Hawaiian food, Ono Hawaiian on Kapahulu Avenue; Chinese cuisine, King Tsin on King Street; Japanese, Benihana at Hilton Hawaiian Village, followed by the Kobe Steak House in Waikiki. The American food favorite is Hy's Steak House in the Waikiki Park Heights Hotel; seafood winner, John Dominis, and chosen best for Sunday brunch, Michel's at the Colony Surf.

Certainly good dining can be an important part of anyone's vacation. Fortunately, for those planning a visit to the westernmost state of the U.S., racquetball courts are available to help work off any excess pounds. ●



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Charlie Garfinkel's 'Spot' Racquetball

What You Can Learn From Cliff Swain's Game

by Charlie Garfinkel

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

At the recent Ektelon National Championships many players and spectators were overjoyed. No, it wasn't because this writer had laryngitis. Rather, it was due to the outstanding play and sportsmanship exhibited by the refreshing new face in the winner's circle, Cliff Swain.

Swain, the 19-year-old wunderkid, stunned top seed Marty Hogan in four games in the quarter-finals. In fact, some spectators felt that it could have easily been Cliff's "Swain Song." Instead, he went on to defeat number five Dave Peck in the semi's and number three Gregg Peck in a tremendous, five game final.

Swain's accomplishments bordered on the miraculous when one realizes that he was runner-up last year in the Men's Open Amateur Division! To vault from the amateurs to first place in the pros in only a year is truly remarkable!

Oddly enough, Swain only practices racquetball about 10 minutes a day, spending more time with free weights and variable resistance machines.

"I do this so I don't get burned out," he said. "Of course, the week before a tournament I'll try to play three one-hour matches in preparation."

A freshman at Providence University, Bostonian Swain decided to forego his second semester to pursue racquetball full-time. Although he has risen to the upper echelon of the professional game, he has done it largely with simplicity and intelligence as his mainstays. Many aspects of his game can be readily incorporated into beginner's arsenals.

First, Swain's court demeanor and sportsmanship are impeccable. He rarely lets a referee's bad call or his opponent's obvious hinder or double bounce affect him. A good example occurred at 9-4 in the fifth game of the Ektelon finals against Gregg Peck.

On two successive calls it was obvious that an avoidable hinder and a skip ball should have been called. Although Cliff was obviously upset, rather than going beserk like so many pros would, he bore down even harder to win the next two points and the match.

Swain's ability to modify his game style within a match is one of his strongest attributes. He obliterated Gregg Peck 11-1 in their first game by virtue of a deadly drive serve that produced outright points or weak service returns.

However, Cliff had trouble getting his first serve in, in games two and three, which Peck easily won. In game four, Peck had a 3-0 lead when Swain switched to a slow, high, Z serve to the backhand which helped him regain the momentum. He continued to play well until the match was almost over, when at 9-4 in the fifth game he momentarily stalled. Again he changed his serve, going back to the hard drive which resulted in his winning the match.

Although Swain is a lefthander, most of our readers who are righthanders can readily adapt to his style. Therefore, our diagrams are geared to righthanders. To hit the drive serve as Swain does (Diagram 1) stand five feet from the right side wall. The serve should then hit the front wall 1-2 feet to the left of center, 3-4 feet above the floor. The ball will carry just over the short line, producing an extremely difficult return.

Like Swain, you should not let the serve hit a side wall. This is excellent strategy because serves that hit the side wall often ricochet toward center court, giving an opponent ample time to return. This serve is extremely difficult to return, due to the sharp angle of the ball's path.

As good as Swain's drive serve is, his high Z lob to the backhand is also very effective. This serve can be used for either a first or second serve because



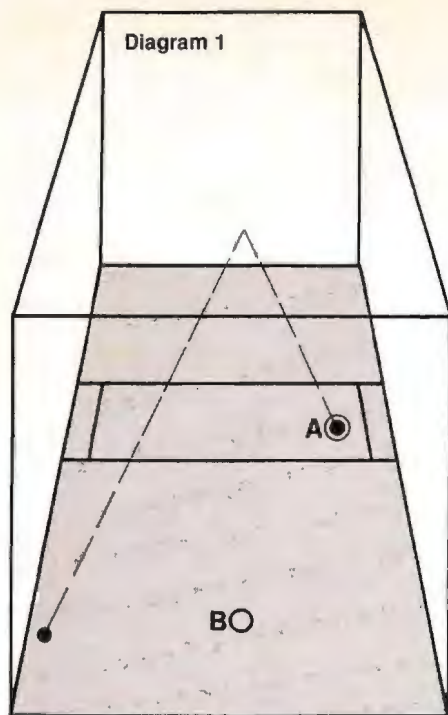
the ball is coming to the receiver at an acute angle and bounces extremely high, making it very difficult to cut off, or shot hop as they do in handball.

Because it is frustrating for many pros to return effectively, imagine the problems that a beginner will encounter. Yet, this is a surprisingly easy serve to perfect.

To hit the high Z lob effectively (Diagram 2) stand three feet from the left side wall. You may use either your forehand or backhand on this serve. I prefer my forehand, because it allows me to control my front court position more effectively. The ball should hit the front wall 1-2 feet from the right side wall, 3-4 feet from the ceiling. It will then hit the right side wall, ricochet, bounce past the short line and proceed to your opponent's backhand.

When Swain returns serve, he hits extremely familiar service returns: ceiling balls, allowing himself time to prepare for his opponent's next shot. It also removes the server from the strategic center court position by forcing him into back court enabling Swain to take control of center court.

Although Cliff occasionally tries to shoot or pass off the serve, the abundance of ceiling balls that he hits

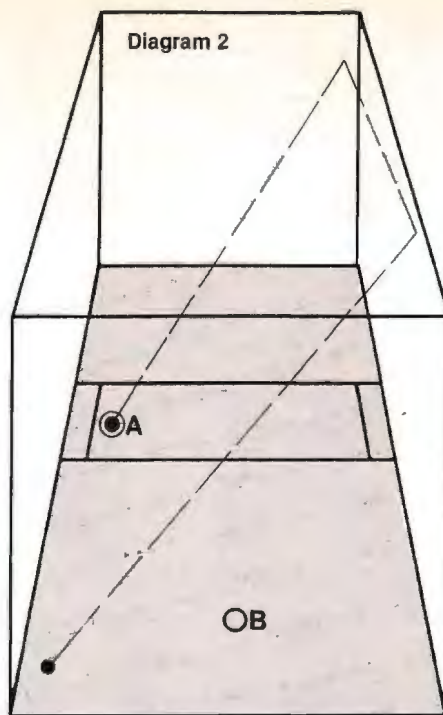


indicates his belief that it is the best return (*Diagram 3*).

To hit the backhand ceiling ball correctly, hit the ceiling 3-5 feet from the front wall, 1-2 feet from the left side wall. The ball will bounce and carom into the deep left corner.

When the ball is in play, Swain's mental and physical approach is outstanding. He rarely tries reverse overheads, reverse pinches, or other low percentage shots. He hits the shot that takes optimum advantage of his opponent's court position.

For instance, when he has a shot off



the back wall, on either the forehand or backhand side, he usually tries a straight-in kill (*Diagram 4*). This is an excellent choice, since his opponent must be positioned off to the side to allow Swain a complete swing. Even if the ball isn't a flat rollout, it is extremely difficult to return because it is low and close to the side wall.

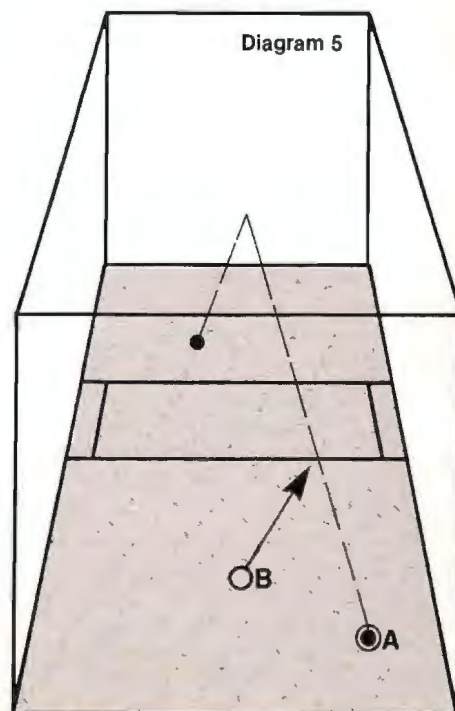
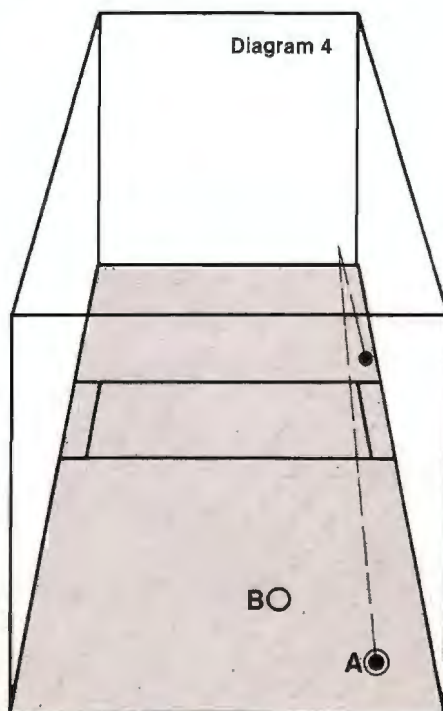
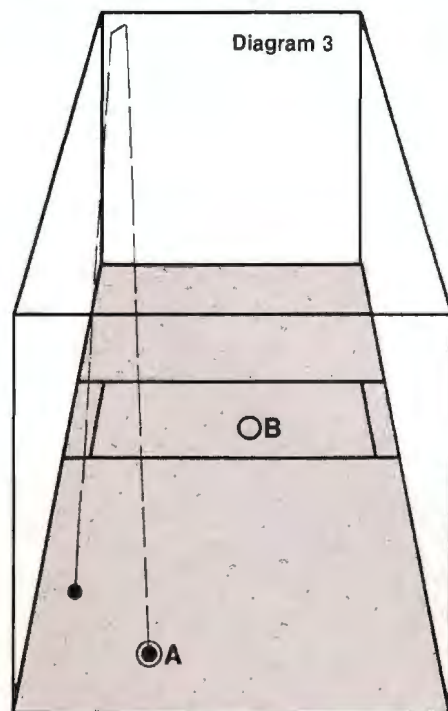
This shot should never hit the side wall, however, or it would carom toward center court. To hit the straight-in forehand kill off the back wall, let the ball drop as low as possible, hitting the lower front wall, 1-2 feet from the right side wall.

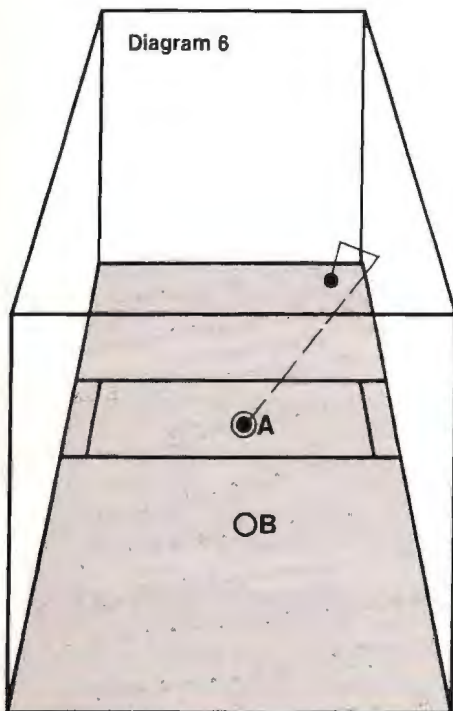
Swain also has the ability to hold his shot until the last second. With practice, the beginning player can easily adapt this strategy into his own game. The dividends that this strategy pays are readily apparent.

For instance, in the same situation as *Diagram 4*, Swain is prepared to hit another forehand kill. However, his opponent, remembering what happened before, starts to immediately move toward the front wall. Swain then changes the direction of his shot at the last minute by hitting a hard cross court pass (*Diagram 5*). His frustrated opponent is left shaking his head as he sees the ball proceed by him, virtually unreturnable.

When you see your opponent rushing toward the front wall as you're about to hit, simply hit the front wall, 1-2 feet to the left of center, 3-4 feet high on the front wall, to produce a passing shot that will result in an outright point.

When Swain is positioned in front of his opponent, he consistently hits pinch shots. He also aims as close to the side wall-front wall corner as possi-



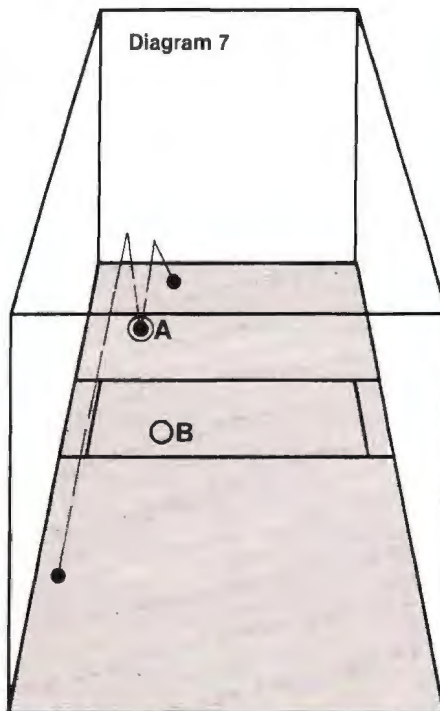


ble. This is smart because the ball will have less tendency to break sharply to the middle of the court (which would help your opponent return the shot). For the forehand pinch (*Diagram 6*), hit the shot extremely hard and low into the right forehand corner.

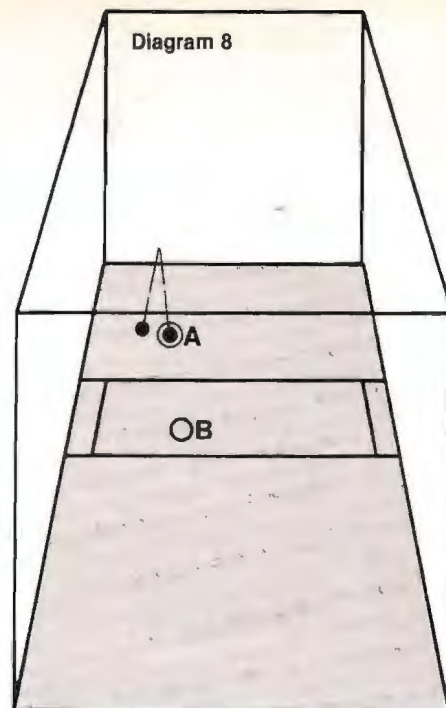
When Swain is in front court, he occasionally volleys (flys) the ball. Against a slow-moving opponent, consistent volleying can quickly add points to your game. However, don't take the ball out of the air if it is chest high or higher. Those balls will carry to the back wall, where you've got plenty of time to set up and shoot.

To volley the backhand correctly (*Diagram 7*), hit the ball out in front of you with a short but powerful motion, attempting to hit the ball as low as possible on the front wall.

One of Swain's strongest assets in front court play is his unerring accuracy on shots 4-6 feet from the front wall. Unlike many players, he rarely attempts low percentage drop shots in this area. Cliff simply hits the ball



Swain rips a forehand down the left wall.



straight down the line as low and hard as possible, on either side. Even if his shot isn't a flat rollout, he usually wins the rally since his body acts as a legal screen.

To hit the shot correctly down the backhand side, hit the ball 3-5 inches above the floor on the front wall, straight down the line (*Diagram 8*).

By following the strategy and shot placement that Cliff Swain uses, you'll find that you'll quickly rise above your beginning level. Continuous improvement will eventually land you a "spot" on the intermediate ladder. ●



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FITNESS

Summer Fitness Is Risky Business

If there's one big advantage racquetball
has over outdoor running and biking, it's
the fact that there are no cars on the
court! Its summer appeal shouldn't drop
the way it does because, in my opinion,
summer racquetball is infinitely safer
than running outside or going for a lei-
surely bike ride on a Sunday afternoon.

One summer, while jogging with my
friend, Mary, down what I thought was
a rather unbusy and safe road, we
came upon an intersection with four
stop signs and a car positioned behind
the sign at the intersection we were
about to cross. Mary, who was running
slightly ahead of me, made eye contact
with the driver and ran through the in-
tersection in front of his car.

What I was unaware of was that her
body hid mine from the driver's eye and
after he saw her he looked in the op-
posite direction to check for on-coming
traffic. It was too late when he turned
his head back, because he had hit the
gas peddals at the same time to jet
across the street.

I was right in front of the car at that
point. Time stood perfectly still, and off
in the distance I heard my friend
scream. In what felt like slow motion, I
jumped up on the hood of the car to
avoid being crushed underneath.

It worked! Just like on television. Thank
goodness I watched television. All
those years in front of the tube had
finally paid off. Up until now, I had
always felt guilty that I watched more
T.V. than I read books.

All of the adrenalin I had been building
during that run must have gone directly
to my quadriceps, because my thighs
had never delivered such a powerful
jump on the racquetball court. As I rolled
off the hood of the car and began to
stand up, knowing I wasn't hurt, all of
my energy immediately transformed into
anger. At the same time, the driver
slammed on his brakes and jumped out
of the car to see what he'd hit.

Just as I was ready to throw the first
punch of my life, I recognized who the
driver was. It was one of the members
of my club! It wasn't just any member,



it was one of my most treasured mem-
bers and a dear friend.

"Jean, my God, are you okay?" he said,
looking like he was going to cry.

"I'm fine, Dennis. I thought you saw me.
I'm sorry," I apologized. After all, I didn't
want him to quit the club out of embar-
rassment. Already, my business head
was getting control of my shaking body.

By that time, Mary had run back to
where we were standing and the three
of us discussed how lucky we were,
particularly me. I admitted that,
although I would like to take credit for
the fastest reflexes as well as most
powerful thighs in the history of
women's running, I had reacted and
performed for a different reason. I had
often pre-thought that I would try jump-
ing up on the hood of a car like Starsky
and Hutch if I had ever found myself in
danger of being hit head-on by a car. It
was that mental rehearsal of my defen-
sive running strategy that had saved
the day, not any supernatural athletic
ability on my part.

"Well," Dennis said as he got back into
his car, "See you two this afternoon
where it's safer, at the club and on
courts."

"To the courts!" Mary and I said in
unison as we held our hands up in a
mock toast and proceeded to run down
the road again.

From that day on, what we all know
about defensive driving became im-
printed in my summer outdoor fitness
philosophy. I call it defensive fitness.
It's based on a strategy of planning
ahead, thinking for the driver as well as
yourself when you are working out on
the roads.

Summer fitness is indeed risky
business, but that doesn't mean that
you shouldn't do it. It just means that
unlike the racquetball court, you aren't
protected from the outside world.
Acknowledge that fact and you'll be
able to have a safe summer! ●

Jean Sauser

SUMMER CLINIC SCHEDULE

Pro(s)	Sponsor	Dates	Club	For More Information Contact
1. Steve Strandemo	AMF Head	July 10-14 Session 1 July 17-21 Session 2	The Aspen Club Aspen, CO	Steve Strandemo Racquetball Camps P.O. Box 591 Coronado, CA 92118 619-437-8770
		July 24-28 Session 1 July 31-Aug. 4 Session 2	Lehmann Sports Club Chicago, IL	
		Aug. 7-11 Session 1 Aug. 14-18 Session 2 Aug. 21-25 Session 3	Omni Court Club and Fitness Center Philadelphia, PA	
2. Lynn Adams	Ektelon	July 14-19	Los Caballeros Racquet and Sports Club 17272 New Hope St. Fountain Valley, CA	Jim Carson 714-546-2900
		July 22-25 Junior Camp	Omni 222 S. Route 41 Schereville, IN (In the South Chicagoland Metropolitan Area)	
		July 26-28	Omni 222 S. Route 41 Schereville, IN (In the South Chicagoland Metropolitan Area)	
3. Bret Harnett	DP	July 15-19	Sacramento Court Club Sacramento, CA	Penny Bryant Program Director Sacramento Court Club 916-383-3070
4. Vince Wolanin, Charlie Garfinkel, Bruce Christensen, Jeff Leon, Mike Daniels	Ektelon	July 13-14	3rd Annual Weekend Crash Racquetball Camp Twenty First Point Club McKown Road off Western Ave. Albany, New York 12203	Vince Wolanin Twenty First Point Club 518-489-3276
5. Terri Gilreath	DP	July 6-12	California Physical Education and Coaching Summer Workshop Cal Poly University San Luis Obispo, CA	Carolyn Thompson 714-786-1739
6. Greg Peck Caryn McKinney Terri Gilreath Bret Harnett		July 27-Aug. 3 Session 1 Aug. 3- 9 Session 2 Aug. 10-17 Session 3	Olympic Training Camp - Olympic Training C 1750 East Boulder Colorado Springs, CO	Luke St. Onge AARA Headquarters 303-635-5396
7. Marty Hogan	Pro Kennex	July 20	The Coors-Hogan Exhibition Series Nashville, TN Site to be announced	John Weaver Pro Kennex 1-800-854-1908
8. Connie Peterson	AMF Head	July	Racquetball Programming Seminar July Chicago Site and Date to be announced	Connie Peterson 503-665-4142
9. Fran Davis	AMF Head	July 13-14	Capitol Courts Carson City, NV	Capitol Courts 702-882-9566 Vance or Laura
		July 20-21	Burlington, VT Racquet's Edge	Lorraine Schimmenti Racquet's Edge 802-879-7734

Vitamins, Minerals and Your Racquetball Game— Part I

by Gigi Horn



In this exclusive two-part series, Gigi Horn will clarify what vitamins and minerals do for the body and why they are an essential contribution to better racquetball, health and fitness.

Danger Signals

Feeling stressed out, burned out, or fatigued after a regular day at work? It's a sign that you could be vitamin and mineral deficient. Taking a long time to recuperate between workouts or close racquetball matches is another sign that your food choices may be lacking essential vitamins and minerals your body requires. Additionally, if you are constantly injuring yourself on or off the court, those muscle tears, strains and sprains could be directly linked to a vitamin or mineral deficiency.

Determining Your Needs

There are three main factors that every racquetball player should think about to determine his or her personal vitamin and mineral needs. First, look at your physical activity level. The amount of time you spend weekly on the racquetball court and in other sports as well as body workouts will lift your minimum daily requirements above the norm for vitamins and minerals.

Then consider the amount of alcohol and drugs you consume. Beer, caffeine and nicotine are the common substances most frequently abused by most players. Consuming one or all of them on a regular basis destroys or at least prevents vitamins and minerals from fully doing their jobs in your body.

Lastly, take into account the stress levels of your lifestyle. If you work at a high pressure job, are having personal problems, or worse still, a combination of the two, your body could be stripping itself of vitamins and minerals at a rapid fire pace.

Then, before you think about food selections or adding vitamin supplements to your nutrition program, attempt to make the lifestyle changes that would improve your health anyway. If your physical activity level is almost sedentary, change it. Play racquetball two or three times a week. Complement that program with some form of aerobic exercise (such as stationary biking or walking) that is at least as frequent. You'll automatically begin to feel better.

If the common forms of substance abuse (alcohol, nicotine, or caffeine) are one or all of your vices and going cold turkey is out of the question, then gradually cut back. This will enable the vitamins and minerals you take into your system on a daily basis to be utilized to a fuller capacity.

At the same time that you are working on these lifestyle changes, you should be aware of what the major vitamins and minerals are, and how they help your body. Then you can determine whether or not you need to supplement your diet.

Use the following general guidelines to help you decide which changes in your nutrition program or what supplements you should take to ensure that you are getting your correct amount of both. Additionally, discuss this series with your physician, fitness counselor, or nutritionist to ensure that this program is proper for you.

Vitamin A

It is only fitting that this vitamin begins the alphabet, because no other vitamin or mineral is a more basic building

block to good health. You need vitamin A for healthy skin, for developing resistance to colds and for keeping moistness in the mucous membranes of the mouth, respiratory passages, and urinary tract. This ensures against infection.

Wound healing can occur more rapidly when vitamin A is sufficient in the body. Vitamin A promotes the growth of strong healthy bone, teeth, and gums.

Most people are familiar with the saying, "Eat carrots to improve your eyesight." Carrots are a high source of vitamin A which is known to prevent night blindness.

Foods other than carrots which are rich in vitamin A are the dark green leafy vegetables such as spinach and broccoli. Yellow fruits and vegetables such as sweet potatoes and cantaloupe are also rich sources in vitamin A. Lastly, eggs and low fat milk provide vitamin A. (see chart).

A general guideline for knowing whether to supplement vitamin A is as follows:

- ☐ **Zero To Minimum Supplementation:** You regularly eat liver, carrots, broccoli, apricots, and spinach. You are in excellent health with a high resistance to disease. Your environment is basically pollutant-free, and there is no history of cancer in your family.
- ☐ **Moderate Supplementation:** You eat vitamin A rich foods often, but perhaps not every day. You are seldom ill and in better health than the average person. You are exposed to an average amount of pollution daily. Your resistance is low, and you usually have upper respiratory infections. Skin problems have occurred at some time in your life.
- ☐ **Increased Supplementation:** You sometimes see dry, bumpy skin on your legs and arms. You may

If your lifestyle is active, your vitamin and mineral requirements are above the national norm.

recently have been involved in a serious health crisis such as an injury, surgery, or burn, any of which could have put you out of circulation for more than just a few days. Vitamin A rich foods are seldom a part of your nutrition plan, and you have been known to have acne breakouts (that may or may not be serious).

Vitamin A is measured in international units, or iu's. Any bottle of vitamin A tells you how many iu's one tablet or capsule contains. Minimum supplementation would be 5,000 iu, moderate supplementation would be 10,000 iu, and an increased supplementation would be 25,000 iu.

There has been some controversy over whether the toxicity of this fat-soluble (the body can store large amounts of it) vitamin can be harmful if taken over an extended period of time. The easy solution is to take the recommended dosage for six days and not take it at all on the seventh. This method can be continued for a long time.

The B Group Vitamins

The vitamin B-complex group of vitamins is sometimes referred to as the "stress reducing" vitamins. This group has now been expanded to include 22 separate units or vitamins. The function of each of these units is interrelated and so B vitamins should be taken together.

The B-complex vitamins are important in supplying the body with energy, most notably glycogen which is used by the muscles. The B-complex vitamins are also instrumental in metabolizing (breaking down) both fats and protein. The primary functions of the B-complex vitamins are:

1. Promoting the proper function of the heart and nervous system.
2. Building and maintaining body tissues.
3. Promoting healthy skin, teeth and gums.
4. Prevention of light sensitivity of the eyes.
5. Prevention of certain forms of anemia.
6. Aids in manufacturing healthy red blood cells.

The B vitamins are water-soluble (the opposite of fat-soluble) which means your body cannot store them in significant amounts. Excess amounts will be excreted so no toxic effects can occur. Certain B vitamins are even lost through perspiration. Sweating out a



tough game on the racquetball court could mean you are eliminating some of these vitamins from your body.

Daily requirements for B vitamins can change drastically during different times of your life. Special situations that demand B complex attention are:

1. During pregnancy, when the body is under special stresses, taking many times the normal amounts of the B may be desirable to balance the biochemical activity taking place.
2. When you are on medication. Some medications, forms of drug therapy, etc., pose a threat to the B-complex vitamins and their functions in your body. Consult a physician or dietician to assure that your medications are not depleting your system of B-complex vitamins.
3. In periods of extreme stress (mental and/or physical), the body will use even more of the B-complex vitamins than usual. Mental (particularly emotional) stress creates a tremendous strain on the nervous system. An increase in the amount of B vitamins is necessary for proper body functioning during stressful times.

The amount of additional B-complex needed will vary in each individual, as it does with all the vitamin supplements. If your case is one of the above, take one well-balanced B-complex capsule (meaning a proper combination of all the B units) preferably time released, in the morning with food. Having food in your stomach allows the vitamins to be assimilated more readily.

Also, if you suspect you are excreting a great deal of your vitamins through active exercise, or high stress levels, it may be beneficial to repeat one dose of vitamin B-complex again with your evening meal.

Again, if you don't want to supplement, a few major "real" food suppliers of the B vitamins are recommended. Whole grain products (such as breads and pastas), beans, brown rice, eggs, milk and some meats, fish and poultry can give your body a boost in the vitamin-B complex groups (see chart).

Vitamin C

Another of the water soluble vitamins, under controversy for many years, is vitamin C. Even the greatest of skeptics cannot deny that used in the proper quantities, this vitamin does assist the body.

Vitamin C helps in the maintenance of

"Beer, caffeine and nicotine destroy or at least prevent vitamins and minerals from doing their jobs in your body."



Society's Big three: alcohol, nicotine and caffeine are socially acceptable but not physically healthy. They strip your body of its vitamin-mineral content.

- ☐ **Increased Supplementation:** You may have some chronic health problem or major stress in your life. You are exposed to cigarette smoke, but your diet contains a generous amount of vitamin C rich foods.
- ☐ **Super Supplementation:** You are susceptible to infections, pain, skin problems, or other physical, mental (or emotional) stresses. You may be recovering from surgery or a recent illness. You may have healed slowly in the past and you do not eat vitamin C rich foods often enough.

Vitamin C is measured in milligrams. Moderate supplementation would be 100 milligrams. Increased supplementation would call for 500 milligrams. Super supplementation is 2,000 milligrams.

collagen (the protein vital to the formation of skin, bones, and ligaments). It aids in the healing process; strengthens blood vessels; promotes resistance to viruses, bacterial infections, and allergies; helps intestinal regulation; and acts as a natural diuretic.

Since vitamin C cannot be manufactured in the body, and because a great deal is lost daily, one cannot overdose on this essential vitamin. Athletes should take what might be considered large doses of vitamin C since the body cannot store it and it is vital to so many of the bodily functions. Vitamin C helps to combat the body's physiological stress and heal athletic injuries. Food sources of vitamin C are: fresh juices, green pepper, broccoli, oranges, strawberries, grapefruit, and potatoes (see chart).

Individuals without sufficient vitamin C are subject to a variety of unpleasant effects. Scurvy, bleeding gums, painful joints, retarded healing, a tendency to bleed more easily and frequent bruising are a few of the effects of a deficiency in vitamin C. In addition, the vitamin C deficient person has a lower resistance to infection.

The Recommended Daily Allowance found on all packages for vitamin C is much lower than most nutritionists suggest. The general checklist below can be used to choose your own personal supplement plan for vitamin C.

- ☐ **Moderate Supplementation:** You are in excellent health, and your teeth and gums never bleed. You eat generous portions of vitamin C rich foods daily such as broccoli, cabbage, melons, citrus fruits, and green peppers.

Vitamin Chart

VITAMIN	MAJOR FUNCTIONS	SYMPTOMS OF DEFICIENCY	FOOD SOURCES
A	Healthy skin, bones, teeth, gums. Helps develop resistance to colds and infections. Prevents night blindness.	Possible night blindness. Lowered resistance to colds and infections.	Carrots, eggs, liver, low-fat milk products, spinach, corn, broccoli, asparagus, bananas, yellow squash.
B-COMPLEX	Supplies the body with energy, fat and protein metabolism. Aids proper functioning of heart and nervous system. Promotes healthy skin, teeth, and bones.	Fatigue, irritability, nervousness, acne, anemia, constipation.	Whole grains and pastas. Eggs, wheat germ, milk products, beans, brown rice, fish, poultry.
C	Aids in healing. Can promote resistance to viral and bacterial infections and allergens.	Scurvy, bleeding gums, painful joints, retarded healing, frequent bruising, delayed blood coagulation, lowered resistance to bacterial infections and allergies.	Citrus fruits (oranges, grapefruit), rosehips, cantaloupe, strawberries, broccoli, tomatoes, green peppers, potatoes.
D	Helps calcium and phosphorus build strong bones and teeth, aids absorption of vitamin A in the body, aids in heart action, blood clotting, and maintains a stable nervous system.	Rickets or soft bones, skeletal malformations, poorly developed muscles, nervous, poorly developed tooth structure and tooth decay.	Salmon, sardines, herring, Vitamin D fortified milk and milk products, egg yolks, organ meats.
E	Facilitates cellular respiration. Dilates blood vessels, prevents blood clots, prevents scar tissue formation.	Tire easily, low endurance level, rupture red blood cells, abnormal fat deposits in muscle tissue.	Cold pressed oils (Safflower oil), eggs, wheat germ, organ meats, wheat germ, lettuce and leafy vegetables, raw seeds and nuts.

Stress, a fact of life, endangers your life when it rises above your body's accepted levels. Making sure that you are getting your minimum daily requirement of vitamins and minerals will help you fight stress.

"If you work at a high pressure job, your body could be stripping itself of vitamins at a rapid fire pace."

Vitamin D

Vitamin D is another fat-soluable vitamin. It is essential because it helps your body utilize calcium and phosphorus in building strong bones and teeth. It also aids in the absorption of vitamin A. Lack of vitamin D in the diet can contribute to rickets, severe tooth decay, or osteoporosis (the loss of bone mass; i.e., brittle bones).

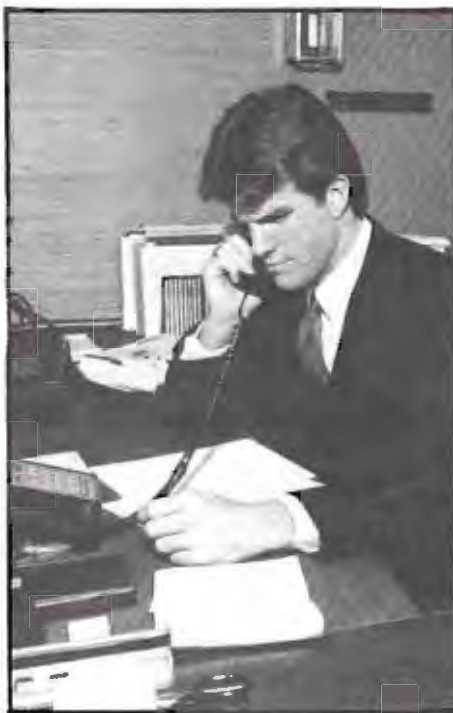
An individual can normally absorb all the necessary vitamin D through sunlight. However, the effectiveness of vitamin D can be hindered by air pollution. Players who live in industrial areas can take a vitamin D supplement to obtain the required daily amount.

The normal daily supplementary dose of vitamin D is usually 400 international units (iu). As with all vitamin supplements, take vitamin D with a meal for maximum assimilation.

If you want to avoid supplementation, some of the foods you can eat to increase your daily levels of vitamin D are herring, fish liver oils, and vitamin D fortified milk (*see chart*).

Vitamin E

One vitamin many racquetballers depend on to help improve performance is vitamin E. This vitamin alleviates fatigue by making it easier for the muscles and surrounding nerve tissues to function with less oxygen. This develops an athlete's endurance, stamina and overall anaerobic power. Dedicated racquetball players can surely benefit from vitamin E during those fast paced, drawn out matches.



Vitamin E is also known to prevent and dissolve blood clots and to protect the lungs from the effects of air pollution by working together with vitamin A. Vitamin E is also recommended externally for healing damaged skin tissue and eliminating scar tissue.

Athletes need to take extra care to replenish what vitamin E is lost during stressful workouts because of its importance in muscular performance. A daily recommendation for hard training athletes where vitamin E is concerned is a minimum of 400 international units (iu).

Good natural food choices which can cut down or eliminate the need for supplementation include grains, raw or sprouted seeds and wheat germ. Some leafy vegetables, various types of nuts, and eggs are also plentiful suppliers of this wonder vitamin (*see chart*).

Next month: Minerals—How they coordinate with vitamins and what they mean to your game, your physical and mental health.

Are you feeling stressed out, burned out or fatigued after a regular day at work? Is it taking your body too long to recuperate between workouts or close racquetball matches? Do you constantly injure yourself on or off the court with muscle tears, strains and sprains? These are signs that you could be vitamin and mineral deficient.

Vitamins and minerals are the organic substances necessary for sustaining life. Without them, your food cannot be processed into energy inside your body.

During pregnancy, the body is under special stresses. Work with your physician to ensure that your daily vitamin and mineral intake is adequate for you and your unborn baby.



Every organ, tissue and cell requires a combination of vitamins and minerals so that your body and its parts will function properly. Vitamins and minerals are also a source of energy that keep you functioning to your highest capacity. ●



Gigi Horn holds a master's degree in exercise physiology and nutrition. She is the owner of Gigi Horn Enterprises, a firm which does computerized nutritional analysis and custom fitness programs for individuals as well as corporations. She is the author of The Dallas Guide To Real Food. A much in demand public speaker for corporations and community gatherings, Gigi's two most notable speeches are "Life After Junk Food," and "Restaurant Survival."

The Hogan Way

by Marty Hogan

Marty Hogan, five time national champion and all time leading money winner is on the advisory board of Marty Hogan Racquetball, a division of Pro-Kennex, Leader Sports Eye Guard, NIKE, RAM Racquetball, and Coor's Light. Readers are encouraged to submit questions to Marty Hogan, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



Question: I always find myself standing flat footed, unable to move, and quite surprised when my opponent shoots a pinch. He wins the rally even if the ball stays up because I make no effort to move for it anyway. How do you teach yourself to retrieve pinch shots?

Jennifer Olson
Pompano Beach, FL

Hogan: There are three things you can do to improve your coverage of pinch shots. Position yourself on the court properly, anticipate your opponent's shot and get up on the balls of your feet so you'll be ready to run.

Positioning yourself on the court properly simply means getting into center court position as your opponent is setting up to shoot the ball. Center court position is the shortest distance to all four corners of the court. Stationing yourself there will place you halfway to your opponent's attempted pinch.

If you aren't watching the ball, you'll never see, let alone be able to react to your opponent's pinch shot. Anticipate your opponent's shot by not only watching the ball, but observing any key moves your opponent makes with his body before he hits the pinch. In order to watch the ball safely, wear eye protection. Watching the ball enables you to know the pinch is coming before the ball even gets to the front wall.

Lastly, stay up on the balls of your feet when you are not hitting the ball! I see so many players make this costly mistake so frequently that I swear they must be wearing shoes with lead weights in them! When your heels touch the floor during the rally, it usually means you are standing flat footed on the court. You cannot react to a front court shot when you are standing flat footed, even if it's left up for you to kill!

Question: How do you learn to hit the ball on the run? I am a C player and when I have to run and hit the ball at the same time, I always miss it or miss-hit it.

David Tattleman
Tulsa, OK

Hogan: At the C level, hitting the ball on the run always has the results you just described. Don't despair! Keep practicing your shots and when you are forced to hit the ball on the run, begin by simply hitting a cross-court pass or a down-the-line shot, whichever feels more comfortable to you for the body position you are in. Remember to slap the ball hard. Get as much of your body into the shot as you can. Both techniques will generate more power to prevent the ball from skipping into the front wall and will cause it to rebound quickly past your opponent.

Once you've mastered the ability to pass on the run, then you can try for pinch and straight kill shots. You'll probably master these shots on the run about the same time you become an A player.

At the pro level, all of us can shoot every shot there is in racquetball on the run. In fact, it was my ability to hit the ball on the run that gave me so many national titles. Good luck and keep practicing.

Question: How do you play on a glass court? I can never see the ball and also have trouble reacting to the way a racquetball rebounds off of glass. Do you have any tips for me?

Ed Ashbeck
Warwick, RI

Hogan: There is one suggestion that will take care of your problem in about two weeks. Play on glass as much as you possibly can. If your club has a glass court, always reserve it. In my travels, club owners tell me that their members shy away from playing on glass because of the two reasons you mentioned.

Playing on glass will actually improve your on-court ability for two reasons. One, you'll have to watch the ball with total concentration or you'll miss it completely. After a few days on glass, you'll see that your shots will become even more accurate than before because of the forced concentration factor. Secondly, your body will automatically start to set-up properly to accommodate the rebound off the glass and that will cease to be a problem.

If you are in a situation where you don't get to play on glass and find yourself in a tournament with glass courts, then make sure that you play at least three or four practice games on glass before your match time. That way you'll eliminate the psych-out factor that causes so many losses among players who have limited on-glass experience. ●

LETTERS

Traveling Players

Dear Editor:

I'm a racquetball fanatic who will be traveling to Waikiki for 11 days. Could you tell me of any racquetball facilities on Oahu? Thanks for all your help.

Maryann Maciejewski
West Islip, NJ

Your timing is perfect! Turn to page 26
—Ed.

Dear Editor:

I play quite a lot of racquetball and am a member of the Irish Racquetball team. I am presently considering a work assignment in northern British Columbia.

Do you have any information on the racquetball scene in British Columbia?

Mike Mulhall
Republic of Ireland

Yes we do and there is a good scene! Here are some clubs to get in touch with when you get there: Brentwood Racquet and Fitness Center, 5502 Lougheed Highway, Burnaby, V5B 2Z8, (604) 294-8348; Blue Mountain Racquet and Fitness Center, 555 Delestre Ave., Coquitlam, V3K 2E7, (604) 931-3401; Four Seasons Racquet Club, 1574 Harvey Ave., Kelowna, V1Y 6G2, (604) 860-2262; Th and The River Club, 11111 Horseshoe Way, Richmond, V7A 4Y1, (604) 272-4400.

Dear Editor:

During the summer months of 1985, I will be spending some time in Crane, IN on business. I am told that travelers usually locate accommodations in Indianapolis. I have been playing racquetball regularly for about one year and I would like to continue to play through the summer.

Can you provide me with information about any racquetball/fitness centers in the Indianapolis area?

Here are three clubs you can contact to keep your game alive this summer: The Court Club, 3655 Harper Road, Indianapolis 46240, (317) 846-1111; The Indianapolis Racquet Club 8249 Dean Road, Indianapolis 46240, (317) 849-2531; and the Racquet 4 Sports Center, 4002 East Southport Road, Indianapolis 46227, (317) 783-5411.

Tim Oster
Joplin, MO

Good luck and have fun! — Ed.

Don't Look Back!

Dear Editor:

I read in your magazine where you and some of your readers were advocating that clubs make it mandatory for all players to wear eyeguards in order to play. THIS IS RIDICULOUS.

I have been playing racquetball ever since the racquets came out and I have never been hit in the eye because I DON'T LOOK BACK. It is definitely not necessary to look back, in spite of what the pros say.

I am retired now, and play racquetball every day, but I will quit if I have to wear eyeguards.

Also, why don't you publish the dates of tournaments around the U.S. in your magazine? Especially the amateur tournaments.

R. L. Grove
Ft. Worth, TX

Mr. Grove, you are indeed a lucky man! To have never been hit in the eye because you don't watch the ball is rather like saying you've never been hit by a car because you don't look both ways. It is a proven racquetball fact that players who do not watch the ball get hit by racquets and balls far more often than players who do watch it, because, if you don't watch the ball, how do you know where your opponent is? He could be about to rip you.

For a safer sport, we strongly urge you to wear eyeguards. If you won't, then at least watch the ball and shield your eyes with your racquet when glancing back. But please, don't be one of those players standing in center court, eyes riveted to the front wall, oblivious to anything going on behind you. That's when racquetball is dangerous.

As for dates of tournaments around the U.S., that's a good idea. We're thinking of including that in our editorial soon.
—Ed.

Have Racquet, Will Travel

Dear Editor:

Do you have a listing of clubs where I might play racquetball in Europe? I'm planning an extended vacation to Germany, Austria and England.

Don Pinto
Saudi Arabia

We do have a listing of international racquetball associations. I suggest you write to them for further information about courts. The association addresses for West Germany, Belgium

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Brussels, Belgium 1020

British Racquetball Association
Gander Green Lane Squash Club
Sutton, Surrey
England SM42EH

Hemophilia Fund-Raiser Successful

Dear Editor:

The 1985 Hemophilia/Bud Light Racquetball Celebrity Tournament was a great success because of your participation. Twenty thousand dollars of support was generated by this event. Celebrities, racquetball players and community participants had a good time and are looking forward with enthusiasm to next year's event. Your article brought many comments and extra players. We sincerely appreciate your coverage and look forward to writing you next year.

CLASSIFIED AD

Nautilus Equipment

For Sale: Nautilus equipment, like new. 35% off new cost. Call Andy Super, Westville, N.J. 609-845-1941.

Part of the money raised by this year's tournament will be used to subsidize hemophilia programs and services. We sponsor a camp for hemophiliac children, grants to the hemophiliac clinic, and provide education programs and research. The proceeds from this year's tournament will go to the establishment of a scholarship fund and also increased hours for our social worker.

We look forward to your participation in the future.

Beverly S. Halpern
National Hemophilia Foundation
Memphis, TN

Thanks for letting us help. — Ed. ●

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NEW PRODUCTS



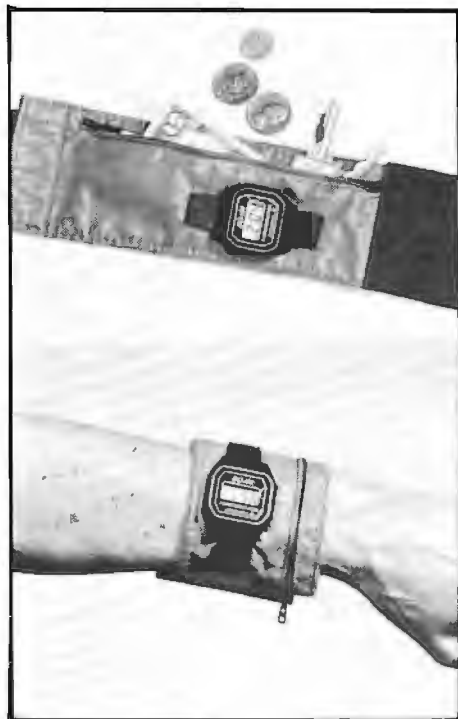
Haydenenergy Presents Nora Hayden's Energy Bars

Haydenenergy, Inc., a manufacturer of vitamin supplements and protein powders is launching a new line of candy bars for athletes called Nora Hayden's Dynamite Energy Bars. Nora Hayden is an actress and author who has testified before the U.S. Congressional Committee on nutrition.

Dynamite energy bars come in four flavors — chocolate, vanilla, orange and maple. Each bar is dipped in carob and provides the nutrition of a balanced meal at only 296 calories per serving. Used as food supplements for athletes on the go, the bars contain no artificial flavorings, no preservatives and no sucrose.

Each energy bar contains 23 grams of protein, 27 grams of carbohydrate and only 11 grams of fat. Vitamins B1, B2, B6, B12 and Niacin are also present and meet 100% of the recommended daily allowance for vitamins.

For more information contact: Shel Freund, Haydenenergy, Inc., 156 East 61 Street, New York, NY 10021, (212) 888-1007.



The Athlete's Wrist Watch Wallet

The Kendrick Company has produced a training aid for all sports. It's called the Athlete's Wrist Watch Wallet. The cloth band with Velcro closures fits comfortably around the wrist and has a zipper pouch for money, keys, coins, etc., plus a Digital LCD watch.

The watch displays the time and also doubles as a stop watch to time athletic performance. The wrist watch wallet costs \$12.00 postpaid.

For more information contact the Kendrick Company, P.O. Box 700323, Tulsa, OK 74170.

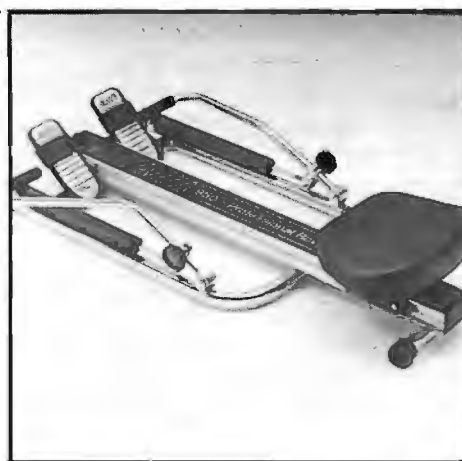


Aerobics Shoes by Asahi

Asahi is offering a line of highly engineered aerobics shoes specially developed to reduce injury and provide support. The shoe is designed to accommodate the particular movements involved in aerobic exercise classes.

The sole design provides traction as well as support and is also constructed to reduce the amount of strain put on the various muscles, ligaments and tendons during an aerobic exercise class.

For more information contact Leo Riley, Yamaha International Corporation, P.O. Box 6600, Buena Park, CA 90622, (714) 522-9011.



Full Body Rowing Machine From M&R Industries, Inc.

The Avita full-body rowing machine from M&R Industries provides full body conditioning in the convenience of home or office space. Good for aerobic conditioning of the heart and lungs, the machine is a total exercise for the arms, legs, abdomen, waist, chest and back.

Every machine is designed for performance and endurance. Each unit is made in America and can be shipped via UPS.

For more information contact: Buell Ish, M&R Industries, Inc., 9215 151st Avenue NE, Redmond, Washington 98502, (206) 885-1010. ●

EXTRA!

Welcome International Racquetball!



Drew Stoddard

In a striking movement toward unity within racquetball, *International Racquetball (IR)* and *National Racquetball (NR)* magazines have officially merged operations. The arrangement, negotiations for which began in February of this year at the IRSA National Convention in Reno was finalized May 1.

As a result of the merger, *National Racquetball*, the oldest (dating back to 1973) and most widely read racquetball publication, remains as the single magazine in the racquetball field, joining forces with its only commercial competitor.

"We are distinctly proud to be able to announce this merger," said Hugh Morgan, president of Publication Management, Inc. (PMI), parent company of NR. "We believe that the combination of IR and NR will give us the strength and resources

to provide our readers with the very best in racquetball coverage."

Under the terms of the merger, Drew Stoddard, former editor of *IR* and Jason Holloman, its managing editor, will stay on with NR, joining senior editor Chuck Leve, editorial director Rex Dimick, fitness editor Jean Sauser and advertising manager Ken Kozil.

"We're thrilled to be able to combine forces with *National Racquetball*," said Stoddard, recently named commissioner of pro racquetball. "It allows for a unified voice in the racquetball industry, something the sport has lacked for a long, long time."

National Racquetball will continue its policy of a well rounded coverage of the sport including instructional articles, player profiles, in-



Jason Holloman

teresting features, fitness, travel and many other departments. *IR*'s excellent visual presentation and tournament coverage will enhance the publication.

"Bringing together the traditions of racquetball as represented by NR and the excitement of today's sport as represented by IR, is a challenging proposition," said Holloman. "We don't anticipate any drastic changes."

PMI is also the publisher of *Racquetball in Review* (the nine times a year newspaper of the American Amateur Racquetball Association), the AARA's official rule book and twice-a-year tournament program. Thus, Morgan's firm has the responsibility to produce 24 racquetball publications per year—quite a bit of information on racquetball!

"One important aspect of the merger will be to give

our racquetball publications a unified voice to the industry," said Morgan. "The advertisers will be able to truly target their marketing efforts depending on the players they want to reach. Of course, we'll have an attractive program for them."

So, to the readers of *International Racquetball*, Welcome Aboard!!

Hogan Knee Surgery Successful

You can now add "marvel of medical science" to Marty Hogan's long list of credits. A mere three weeks after undergoing arthroscopic surgery on his right knee, Hogan returned to action April 17-21 and reached the semi-finals of the Toyota/Head Racquetball Classic in Baltimore, MD where he lost to Jerry Hilecher.

"The knee is 100 percent," said Hogan, dispelling notions that he couldn't have been 100 percent if he lost to Hilecher. The five-time national champ did win his first three matches.

The knee injury, suffered in a previous tournament in Concord, CA, was the first major injury of his career. It forced Hogan to default after a first round victory in Concord March 26.

After an examination March 27, Hogan had a buckle tear in the medial miniscus cartilage repaired March 29. He missed only one promotional appearance and no tournaments while recovering. ●

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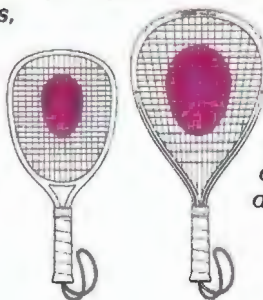
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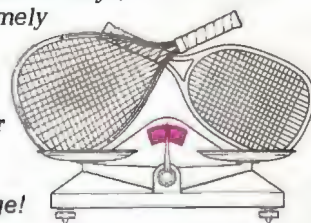
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