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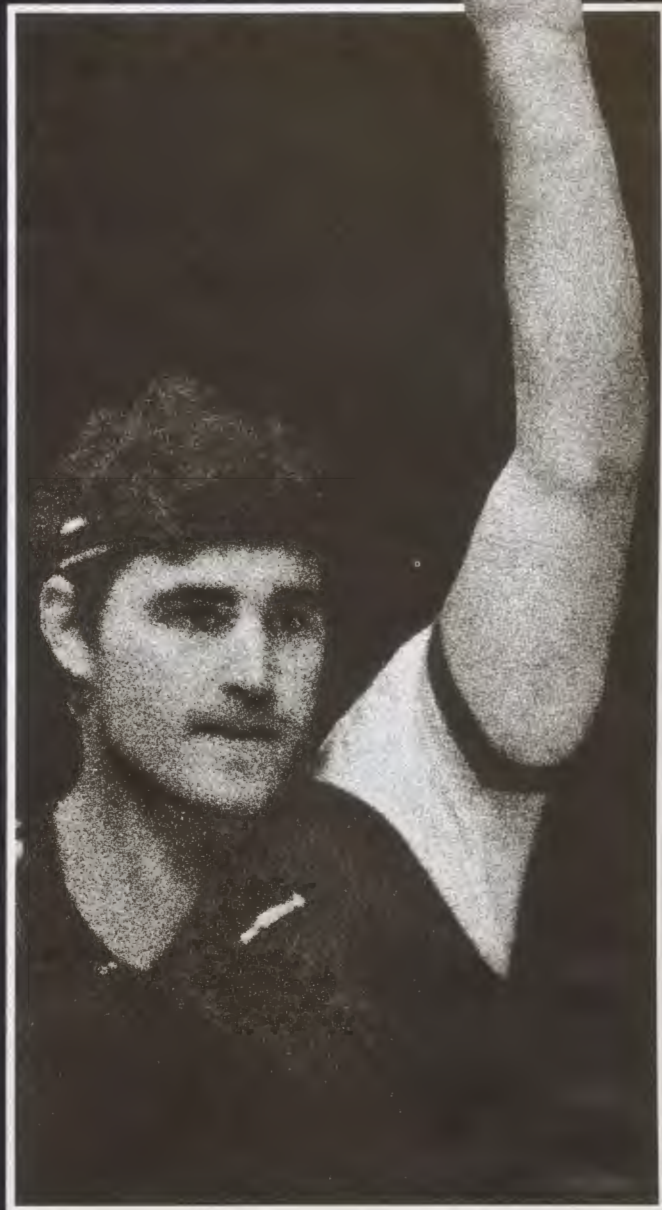
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## Contents

|                                                                          |    |
|--------------------------------------------------------------------------|----|
| <b>Editorial</b>                                                         |    |
| From the Publisher                                                       | 4  |
| From the Editor                                                          | 6  |
| <b>Letters</b>                                                           | 9  |
| <b>Features</b>                                                          |    |
| Making Time For Racquetball                                              | 10 |
| 1st Annual Shoe Guide                                                    | 12 |
| Queen Midas of Sports by TSgt. Kim F. Lobring                            | 16 |
| <b>Instructional</b>                                                     |    |
| Ask The Champ by Marty Hogan                                             | 19 |
| On The Offensive . . . How And When To End The Rally<br>by Marc Auerbach | 20 |
| Practice Drills To Improve Your Game by Kathy Williams                   | 23 |
| Do You Really Want To Improve, Part II by Lynn Adams                     | 26 |
| 7 Exercises To Strengthen Your Backhand by Steve Mondry                  | 28 |
| What's The Call? by Dan Bertolucci                                       | 30 |
| <b>Upcoming Events</b>                                                   | 31 |
| <b>Health</b>                                                            |    |
| The Electrolyte Connection by Frances Sheridan Goulart                   | 32 |
| <b>Where Are They Now?</b>                                               |    |
| The Stuff Dreams Are Made Of                                             | 34 |
| <b>New Products</b>                                                      | 36 |
| <b>Fiction</b>                                                           |    |
| The Glass Court, Part II by Lorraine Madej                               | 38 |
| <b>Tournament Results</b>                                                | 42 |
| <b>EXTRA!</b>                                                            | 46 |

### On the cover . . .

*Shoes! Shoes! Shoes! Everything you ever wanted to know about racquetball shoes and more is contained in our first annual Racquetball Shoe Guide (page 12).*

*Our thanks to Herman's Sporting Goods, Highland Park, IL, Sports Huddle, Deerfield, IL, and the Court House, Northbrook, IL, for their cooperation for the cover shot.*

*Models—Tony and Julie Buckun.*

*—Photo by Arthur Shay*

### Next issue . . .

*November will be highlighted by our annual Christmas gift guide, along with a special feature on Shannon Wright, another in our continuing series on injuries and Greatest Matches of All Time.*

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From The Publisher . . .

## The Challenge



The other day I was part of a standard business luncheon. The usual topics were discussed—marketing plans, cost of operation, potential profits, etc. But I found my mind kept wandering to the group at the next table, where four people dressed for business were having an intense conversation. A young lady was describing in some detail her racquetball match of the previous night.

Her enthusiasm was infectious, not only for the other people at her table, but also for me. Although she sounded as though she didn't know the difference between a pinch shot, roll out, or lob serve, we were all listening with rapt attention.

We were all focused on the one most important thing I've learned in the past year of publishing *National Racquetball*—that there is one constant—the involved, enthused, dedicated racquetball player. I speak of you, our readers, and hundreds of thousands, if not millions, more like you.

Swirling around this "constant" in our sport in the past year have been several more significant changes than just a new publisher for *National Racquetball*. Two national racquetball associations are no longer with us; the number of issues of racquetball publications available to the players has been greatly reduced through the change in direction of one magazine and the reduction in frequency of another; the pro circuit continues to go through a series of changes and redefinitions; there is much discussion among club owners about declines in court time sold and participation by players.

At the same time the emerging American Amateur Racquetball Association has accomplished a coup by achieving recognition of racquetball by the U.S. Olympic Committee as a Class C Olympic sport; fewer issues of racquetball publications has led to better quality, if not quantity; the pro tours continue to live and expose the best racquetball has to offer competitively; and the club business remains generally healthy with early reports of a strong fall season.

What we've gone through in the first year of publishing *National Racquetball* is a microcosm of what has been happening in the first 10 years of racquetball. We have evolved through the

excitement of infancy, the experimentation of adolescence, and are now sharing in the maturity of an on-going magazine and sport.

To put it another way, we've come through what is referred to in the Navy as a "shake down cruise." We've tried many of the options, good and bad, successful and unsuccessful, and now we are ready to move full steam ahead, to do battle, it necessary; but surely to grow, to work with and serve serious, dedicated racquetball players . . . YOU.

Racquetball is in the process of taking its place alongside other sports and activities that have excited and challenged men and women for hundreds of years . . . and racquetball has done it in little more than a decade! This is a remarkable achievement and one that all of racquetball past and present can be proud of. We at *National Racquetball* are excited about the future of the sport, and as a result, our magazine.

So I come back to the constant . . . you, the dedicated racquetball player. You are the heart of this sport, its pulse, its strength, its soul. It is through you and because of you that racquetball will grow and prosper.

And therefore, we are interested in you, far more than just as a subscriber. We want to know who you are, why you play, your attitude toward the game, how often you play and where you play. And more importantly, we want to know how we can better serve you, how we can provide you with information within our pages that will maximize your enjoyment of racquetball. In other words, what you like and what you dislike.

Write or call me, but let me know. That's the challenge! ●

*Hugh Morgan*

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D.C.

From The Editor . . .

## Eyeguards And The Pros



The letters and phone calls keep coming and the question is generally the same. *"Why don't professional racquetball players wear eyeguards?"*

Sure, some pros wear them, and some pros wear them sometimes. But why don't all professional players wear eyeguards all the time? One would think that any player who makes his living on the court would take this fundamental protective action to safeguard his or her career.

We've all heard the excuses before. *"Eyeguards cut down my peripheral vision. Eyeguards are uncomfortable. I wear corrective lens glasses and eyeguards don't fit over them. Eyeguards make me look like a spaceman."*

The fact is that there are eyeguards that don't cut down vision; that are comfortable; that have corrective lenses built in; and that are not aesthetically displeasing.

What's more, in my opinion the professional players have a responsibility to racquetball to lead the industry in this area. Every time Marty Hogan throws away his eyeguards because he's having a bad day on the court, some junior aspiring Marty Hogan will throw away his.

A few years ago when I was involved in running the pro racquetball tour, I took an informal poll of the players asking them if eyeguards were made a mandatory piece of equipment, would they object?

The answers were unanimous. Every player I spoke to had no objection. *"If eyeguards become mandatory, I'd wear them,"* was the standard answer, *"then I'd feel everybody was equal, that nobody would have an advantage."*

One would think so. Besides that, such a move would open up all sorts of new potential for players, with eyeguard endorsements just one possibility. To say nothing of the careers that might be saved.

Racquetball as an industry has been making strong strides in eye safety. The AARA's mandatory eyeguards for junior tournaments is one example; racquetball's participation on the Eye Safety in Racquet Sports committee of the National Society to Prevent Blindness is another. The professional players could and should add their prestige and visibility to the effort.

The pros will tell you that they have such superior control and on-the-court quickness that the odds of their getting hit in the eye are astronomical. Therefore, they maintain, eye-guards are not really necessary for them.

Hogwash! If you've ever seen a pro match you know that the pros, with or without their superior control, play right on top of each other, making their successful avoidance of near-misses seem miraculous.

Not to mention the case histories of professionals who have been hit, like Craig McCoy who spent six weeks flat on his back a few years ago due to an eye injury. Or like Ken Wong, whose career was ended, perhaps not entirely because of being hit in the eye, but the truth is he was never quite the same.

Or John Lynch, the 12th seed going in to the 1977 Nationals, who was hit while practicing the day before his first match, playing that "one last point." Lynch had spent two years getting his game in top form and over \$500 to travel to San Diego for the Nationals; and when it was time for his first match he was in the hospital with a patch over his eye. Today, he is no longer competing.

What is it going to take? Must we wait until Hogan staggers blindly around the court while his eyeball bounces toward the short line?

Therefore, I ask the Governing Council of Men's Professional Racquetball and the Women's Professional Racquetball Association: *"Why don't you make eyeguards mandatory in your sanctioned tournaments?"*

If either organization can give me one valid reason why eyeguards should not be mandatory, well, I'll eat my eyeguards. But I don't expect to have the salt and pepper out any time soon. ●

*Chuck Lane*



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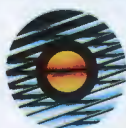
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# Letters

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## Greatly Improved!

Dear Editor:

You may be pleased to hear that my friends and I who read *National Racquetball* regularly have noticed a distinct improvement in the quality of the magazine since this time last year when the new management took it over.

Although you have always provided very useful instructional material, the APRO series is particularly valuable, the three-tiered approach allowing the player to see a continuity in his skills as he improves.

Overall, the magazine seems crisper and fresher, although it still has its own familiar look. The articles have gotten more interesting and there is more humor than there used to be.

Keep up the good work!

Howard Anderman  
Gadsden, AL

## The Top 15, Plus ...

Dear Editor:

Mort Leve's article, "The 15 Best Spectator Courts" (August issue), was very enlightening. However, I would like to offer some additions and corrections.

Schoeber's Racquetball Spa, included in Mort's Top 15, and located in Pleasanton, CA, was originally designed to have a two-wall spectator court with side wall and back wall, as Mort mentions. However, the correct use of Twin-Vue allowed Howard Wassertell to turn the court and place bleachers behind the front wall. This has added a new television dimension to the court.

In addition to the courts Mort listed, I would suggest the following:

The Downtown Houston YMCA. This superb Y building recently completed an addition to its existing courts, bringing the total courts to over 30. The addition includes two courts, each with Twin-Vue side and rear walls off gymnasiums for seating, and eight other courts with Twin-Vue glass back walls for good viewing.

King's Court Lyndhurst, NJ, is a

27-court facility with a three-wall Twin-Vue viewing court that has carpeted bleachers on both side walls and two-level viewing from the rear wall.

There are also some promising new courts under construction right now which will add to the spectator enjoyment of the sport by the end of 1982.

Las Colinas in Dallas is a sparkling facility being built as part of a major hotel complex. The finished building will have a well laid out three-wall Twin-Vue court and Twin-Vue backs on all 10 of its remaining racquetball and squash courts.

Sportsworld West, in Bellingham, WA, will have an excellent two-wall viewing court and glass backs on nine other courts, with good viewing space throughout.

Mort also mentions the future portable court whose costs were once considered sky high. Recent technology has brought the cost more into line and has allowed the portable court to be in use already in Europe for squash. The future of the portable court for racquetball depends on enough sponsors and promoters coming forward to contract for use of a portable. The court could then be built and leased for reasonable amounts.

Ronald J. Haber  
W&W Products International, Inc.

## A Way Of Life

Dear Editor:

Two years ago I played my first ever game of racquetball, and I must share with you what has happened to me since then.

I liked the game immediately, even though the movements of the ball as it bounces off the walls were very confusing at first. I had gone with a friend—just for the hell of it—to his club, and I signed up as a member as soon as I could afford to.

At that point, I was very overweight and smoked pretty heavily. (I was afraid to quit smoking, in case I'd get even fatter.) I was also somewhat depressed and often drank more than I should.

Well, racquetball changed all that. For the first time in my life, I had something I wanted to do more than eat, a motive for getting my weight down and looking after my health. Within six months, I lost 50 lbs., and I have been gradually losing the rest of my excess weight.

As soon as I began to see how racquetball was helping me control my weight,

I realized that I'd be able to quit smoking without getting utterly obese. It's been almost a year since I've smoked now. I have no desire to drown my sorrows in alcohol any more either, since I feel much better about my whole life since racquetball became a part of it.

Linda Savage  
Conway, SC

## A Family Sport

Dear Editor:

Our whole family enjoyed the article on "Family Racquetball" in the August issue.

When the kids were seven or eight, my wife began to play and spent a little time each court hour introducing them to the game and playing with them. Now our daughter is in college, and our son a senior in high school, and both still play frequently. The game is something we can share as a family, and something we have given the kids for the rest of their lives.

Daniel Larkin  
Seattle, WA

## Unfavorable Coverage

Dear Editor:

I was somewhat surprised by the number of inaccuracies and general lack of information concerning our Pleasanton racquetball facility in Mort Leve's article about the 15 best spectator courts (August issue). The Pleasanton spa, Schoeber's fourth facility, is located approximately 50 miles from San Francisco.

The most glaring error in Mort's article is his failure to mention the W&W white glass which comprises our front wall. We are the only club in the nation to have such a front wall, and I feel that this omission is a major weakness in the article.

The article not only fails to mention the uniqueness of the court, but also devotes only seven lines of coverage to our facility. The brevity and inaccuracy of the description made us feel as though we were added as an afterthought. Your magazine has always been very professional, and I have always felt that you do a super job, so it is all more disappointing that our club was not better described.

William R. Dunn  
Schoeber's Racquetball Spas, Inc.

# Making Time For Racquetball

Does your mom complain that you never come over? Are your friends neglected? Is your dog dirty? Are the weeds in your backyard a foot high? Are your storm windows still up from last year?

If any or all of these things worries you, we've got good news. You can quit worrying—they're all normal behavior for racquetball players.

National Racquetball talked to some players around the country and discovered that the symptoms sketched above are indicative of nothing more serious than an advanced case of addiction to slamming the little blue ball around the old 20x20x40. Real racquetballers don't worry about much—they're too busy thinking up creative ways to squeeze more racquetball into their already crammed schedules.

The truly dedicated will go to almost any lengths to avoid missing a game. They get up with the birds to hit the courts before the crowd. They skip lunch in favor of three games to 21. They sneak time off from work, they eat dinner late, they take their racquets everywhere they go on the chance there'll be a court. Nobody admitted to abandoning spouse and children—they're more likely to drag the whole family along. (The families presumably submit on the principle "if you can't beat 'em, join 'em" until they get hooked too.)

They can walk out on sinks full of dirty dishes, on four ringing telephones, on debacles in the boardroom, or on visiting grandparents, because they know that's the only way they'll have time for what's really important—playing racquetball.

It's not like these people have nothing else to do. They hold responsible positions, or run their own businesses, or, like Steve Ginsburg, carry a full load at school.

Steve is a good example of what it takes to play competitive racquetball and still live your life. He didn't become 1982 Maryland State Champion by accident. Now a sophomore majoring in business at the University of Maryland, he plays five to seven times a week, squeezing in solo practice sessions and games around daily classes, and lab courses, and studying for exams, and all the other impedimenta that college entails.

During the past summer, Steve admits that he was playing less than usual—although not because he couldn't find the time.

*"I kind of lost it recently," he said of his summer racquetball game. "It's hard for me to find adequate competition, and there weren't that many tournaments in the East this summer."*

But he taught racquetball at his local club during the summer months, the Padonia Court Club in Baltimore, where his own teacher, Tom Whipple, is on staff. And he did have a couple of worthy opponents to give him a workout, his friends Eric Foley and Ira Miller.

Now that he's back hitting the books, he's looking forward to the tournament season. During those times when the majority of the student body are knocking a few back at the local gin-mill or in a state of collapse in their dorm rooms, Steve will be devoting his spare hours to honing his game.

*"There are some pretty big tournaments in the East this season," he said, "so I expect to be back on the circuit, driving to any that are close enough, flying to some."*

The problem in finding adequate competition persists at school, along with a scramble for court time. There are 40,000 students at the university and 15 courts. While a great many of the students play racquetball, Steve said they're "all beginners."

But he'll have at least one opponent to give him a high-octane game, since his friend Miller enrolled at the university this fall.

*"Even though I've played Ira thousands of times, I'm real glad to have him at school with me," he said. "You get tired of practicing alone."*

Racquetball isn't Steve Ginsburg's whole life. Although he's reached the top level in amateur competition, he doesn't have his sights set on the pro circuit. His ambitions for the future are strictly business—possibly some independent ventures, perhaps later the family firm. So why does he spend a good chunk of his leisure time trying to find someone to play with, waiting for a court, and smashing a ball on his own?

*"I just love the game," he said. "That's what I want to do with my time, even though it isn't always easy."*

That same love of the game causes another player, Parker Voll, to arrange his working week as sales representative for a spice importer so that he'll be home for his weekly racquetball game at the Arlington Heights (IL) Court House. Parker is at the opposite end of the spectrum from Ginsburg in one sense—he has no competitive ambitions for his game; it's strictly recreational and social, although he values the workout it gives him.

*"With the sort of work I do, I'm on the road every week," he says. "But usually I'm home by Thursday, which is when our group gets together. Eight of us have permanent time on four of the courts at the Court House—that kind of steady commitment keeps you honest. If it looks as if I won't make it, I'll rearrange my meetings for the week."*

Most of the group Parker plays with have inside jobs with their firms so their schedules are fairly regular. But he says the club also tries to be flexible—on those rare occasions when the demands of work are unavoidable they'll make every effort to transfer the court time to someone else.

*"We don't try to make up games that someone has missed," Parker said. "Since the focus is really social, we'll just wait and get together the next week. Of course, if I miss a game, I may play instead that week with one of the guys, or with someone else. It's really informal—but really important!"*

Racquetball isn't just important to Rose Marie Cook. She comes right out and says: "Racquetball is my sanity!"

Rose Marie is a teacher—unless the teaching business isn't going so great. Then she's a substitute, constantly on call for her school district in Greensboro, NC, which means that demands on her time are erratic and unpredictable.

She plays three to five times every week and when she's not teaching full-time belongs to a women's league that plays in the morning at Sportime Racquet Club in Greensboro. Often she can't make a league game; the school district requires her services, and she has to reschedule her racquetball.

When she is on a full-time schedule in school, she squeezes her racquetball in at noontime or after work—which means after nine o'clock in the evening, since she also works as a bridal consultant in a jewelry store from six to nine.

It's a fragmented routine, to say the least. It's easy to believe Rose Marie when she says racquetball is her sanity, the thing that enables her to keep it all spinning.

*"Sometimes I feel just too tired to go play," she admitted. "But when someone else is there depending on me, that's enough incentive."*

*"There's no problem fitting racquetball in—the problem is really if I don't get to play for some reason. About a month ago I injured my knee slightly in a tournament and had to lay off for a couple of weeks. It just about killed me not to play."*

*"So I automatically fit it in. It's not an extra. It's got to be there," she added firmly.*

It's got to be there for Richard Dargan of Logan, UT, too. *"I get real cranky when I have to give up a game," he told us.*

*"Nothing prevents me usually, except some external interference, like work, that forces me not to play. If we're really busy at work, or the boss is on vacation, I have a hard time playing as much as I'd like."*

He likes to play at least three times a week in summer, and four to five times during the season. His work as assistant manager of quality control in a cheese factory usually involves the 3 p.m. to midnight shift five days a week, which allows him to spend two hours around noon on the court.

Even though work and other things conspire against him once in a while, he tries not to let much come between him and his game.

*"I usually plan other things around racquetball," he said. "A lot of things just have to wait. If I don't get some errands done, or the car washed—well, that's too bad. Racquetball is important to me."*

Dennis Brown of Los Angeles has a relatively predictable schedule. It's predictably grueling. As a vice president of production at United Artists Studios, he often puts in 10 or 12 hours at the office, and still brings work home to do in what's left of the evening. But as long as he's in town, he plays racquetball regularly three times a week. When? you ask.

His secret is not eating lunch. While half of Los Angeles is stuffing its collective face, Dennis is at the Center Courts in West L.A., burning up the calories and loosening up the tensions.

*"Racquetball makes it easy not to eat lunch," he says. "I'm weight-conscious, and I find I can maintain my weight best on one meal a day."*

*"On the other hand, if everyone is going to lunch, it's hard not to go along. I need a break in the middle of the day, and I find racquetball helps to alleviate the pressures and frustrations of my work."*

Playing at midday also permits him to spend more time with his sons, and to coach little league baseball. *"The kids are top priority," he said.*

He's not particularly happy about those times when the exigencies of work make racquetball simply impossible.

*"When I'm on location with a film crew, I take my racquetball gear along," he said. "But sometimes there are no courts where we're going—recently I spent three weeks in Jamaica, for example, and couldn't play then. When I get back I find it takes me a few days to get my timing right again, and to get back in shape."*

Apart from these unavoidable conflicts with the demands of work, however, Dennis doesn't miss games. He organizes his time so that it won't happen.

*"I plan my week in advance," he says, "and I know when I'm going to play. Sometimes I have to schedule meetings and activities around my game. The court time is scheduled regularly, and I play with regular partners. It's pretty simple really. If an emergency comes up at work, I can take stuff home or come in earlier in the morning."*

In short, racquetball is an integral part of his weekly routine. In the midst of a hectic, demanding job it constitutes a time out. Its centrality to his life is evident when he says, *"I only wish I'd started a lot longer ago!"*

But of all the people we talked to, nobody topped Gigi Ossanna for sheer exuberant, shameless dedication to racquetball.

*"I'd leave anything so I could go and play," she declared. "I squeeze my housework in around it. My husband comes home at six for dinner—do I cook? No. I'm going to play racquetball!"*

*"He's even asked me to go out to dinner, and I've said 'No, I'm going to play racquetball.'"*

Wednesday through Saturday, Gigi is on the run, managing and working in her beauty shop in Minnetonka, MN. Then it's off to the King's Court of Edina four nights a week, plus Sundays in winter, for what she likes to do more than anything in the world.

*"To me, racquetball has to be the greatest sport. I just love it. It makes me forget the whole day, and clears my head even when I've been under pressure and I'm tired from standing and doing hair all day."*

A native of Austria, Gigi came to the U.S. 10 years ago. For many years she experienced the isolation that commonly afflicts immigrants, until she started to play racquetball three and a half years ago.

*"I've met wonderful people through racquetball," she said. "Everybody in our club knows everybody else, which makes it very friendly and nice."*

*"At this point in my life, racquetball means so much to me that I won't give up a game for anything. I'll miss a game if I'm sick—although once I went out of town and played a tournament with a strep throat!"*

*"When I'm tired in the evening, I make myself go play—and permanent time helps because without it I might give in to laziness and go home. Once I start to play, I feel great."*

When Gigi's mother came to visit from Austria, Gigi didn't cancel her games to spend time with her. Instead, she took her mom to the club every night to watch. Finally, her mother said *"My God, why don't you ever stop?"*

*"But," said Gigi philosophically, "that's just how much racquetball means to me."*

So if you're ever tempted to waste good guilt over spending too much time on racquetball and not enough on the trivial things of life, remember you're not alone. Thousands of players out there are driving crud-covered cars and wearing mismatched sweat socks as they head for the courts.

Rose Marie Cook summed it up best. Racquetball is important and fits into her life because, she said, *"It's a fast, intensive workout—you can be in and out of the courts in less than two hours so you don't have to blow your whole day."*

See? You can still get home in time to wash the dog. ●

# National Racquetball's First Annual Shoe Guide

## Another Exclusive One-Stop Shopping List

Although many local clubs do not carry a full inventory of racquetball shoes, there are dozens of models on the market, most of which are in a surprisingly modest price range. *National Racquetball* has surveyed the various shoe manufacturers and we have included as many models as possible in this guide.

For easy comparison we have categorized the various shoes by price, beginning with the least expensive suggested retail price and concluding with the most expensive. Since there is so little difference between these prices, *National Racquetball* suggests you shop around if your local club does not carry the model that interests you.

As with our racquet guide last month, we offer our sincere thanks to the many manufacturers who generously provided the information contained in this article. For more information on any of the shoes described below, contact the appropriate manufacturer listed at the conclusion of this article.

### Combat Lo by Pro-Keds • • • \$25.00



Durable, lightweight shoe featuring a reinforced heel counter for improved stability.

**Upper:** nylon mesh and suede; suede leather toe cap extending beyond eyestays for additional support; reinforced stitching in toe and heel.

**Outsole:** exclusive molded rubber for traction and durability

**Sizes:** Men's 6½-12, 13 and 14; Boys' 3½-6.

### Playoff by Bata • • • \$26.99



Durable, breathable, fully padded racquetball shoe designed for comfort.

**Upper:** ballistic nylon mesh; split leather outside counter for heel strength, containment and support; split leather vamp, reinforced stitched for abrasion resistance; fully padded tongue

**Insole:** durable, shock absorbent arch cushion with abrasive resistant moisture absorbent liner; cookie unit provides additional arch support

**Outsole:** high abrasion gum rubber; designed for lateral and medial movement, plus court surface grip; raised and reinforced toe impedes toe drag

**Sizes:** Men's 6½-12, 13; Women's 5-9, 10

### Puma Racquetball • • • \$27.95



Lightweight, durable and comfortable racquetball shoe, the "flagship" of Puma line. Currently, additional styles are being designed and manufactured for 1983.

**Upper:** Nylon/mesh

**Outsole:** pure gum rubber to give stop and start traction needed on court floors; will not mark; toe and side reinforced in suede

**Color:** White/natural

**Sizes:** Men's 3½-13

### Lady Court Force by Nike • • • \$27.95



Versatile court shoe providing superior cushioning, lateral support and durability for practice or competition.

**Upper:** non-stretch nylon for support and durability; extended suede toe piece; canvas reinforcement strips for extra lateral and medial support; metal eyelets for added reinforcement

**Outsole:** partial cupsole; full-length midsole wedge for cushioning with cupped outsole in forefoot and heel for lateral stability; designed for superior traction on wood surfaces

**Sock-liner:** molded with arch for support and protective cushioning

**Colors:** White/natural

**Sizes:** Women's 4-12

**Ladies' Z by Tred 2 • • • \$27.95**



Tough, lightweight indoor court shoe, designed specifically for racquetball and handball

- Upper:** breathable nylon mesh with suede leather reinforced heel and toe and royal blue back tab and logo
- Insole:** padded, terry-lined insole with arch support for comfort and fit
- Outsole:** 100% gum rubber for long wear and superior traction
- Sizes:** Women's 5-10

**Men's Z by Tred 2 • • • \$28.95**



Light, breathable indoor court shoe, specifically designed to withstand the stresses of racquetball and handball

- Upper:** natural suede leather with nylon mesh for strength and comfort; royal blue trim and logo
- Insole:** terry lined for comfort; padded, shaped arch support provides superior fit and shock absorbency
- Outsole:** gum rubber outsole for durability, flexibility and traction
- Sizes:** Men's 6-12, 13.

**Converse Racquetball • • • \$29.95**



Comfortable, lightweight and flexible racquetball shoe designed for optimum performance.

- Upper:** soft mesh backed with foam and tricot lined for most cushioned fit; contoured suede-leather toe piece gives added protection;
- Outsole:** radial edges on shell outsole for extra traction during fast turns; suede heel protects and stabilizes; additional stability in texon lasting board
- Insole:** more comfort with duck-covered sponge
- Colors:** White/navy trim
- Sizes:** Men's 3-13

**Reactor by Etonic • • • \$29.95**



Racquetball shoes for men and women designed for comfort, protection, safety and support.

- Upper:** Combination mesh/canvas/suede leather; nylon mesh in forefoot provides durability; rear-foot canvas for support and wear; suede reinforcement at key stress points (eye stays, toe and heel); "Z" bar gives extra lateral support; patented rear-foot lacing
- Insole:** absorbent terry lining for cushioning, insulation and perspiration absorption; EVA heel pad for proper lift
- Outsole:** stitched and cemented shell sole for secure footing, traction and mobility
- Sizes:** Men's 6-12, 13; Women's 5-10

**Indoor Court by Adidas • • • \$29.95**



Flexible racquetball shoe gives good value for all indoor sports.

- Upper:** nylon uppers with velour reinforcements and perforations in the velour vamp; velour heel counter; Oxford cut vamp
- Insole:** antimicrobial inlay
- Outsole:** rubber sole; different inserts in heel and ball-of-foot area for outstanding sliding and stopping characteristics; very flexible with new, functional sole
- Colors:** White/blue
- Sizes:** Men's 3½-14

**Victor by Bata • • • \$29.99**



Newest Bata racquetball shoe featuring maximum support and breathability.

- Upper:** ballistic nylon mesh; white, smooth, full-grain leather counter, quarter overlay and apron vamp for superior foot containment, friction free vamp and long wear; padded, nylon mesh tongue
- Insole:** durable, shock absorbent arch cushion with abrasive resistant, moisture absorbent liner and molded shank-cookie for additional arch support
- Outsole:** high abrasion gum rubber for lateral and medial movement and outstanding grip; reinforced stitched mold raised at toe to impede toe drag
- Sizes:** Men's 6½-12, 13

**Edge Racquetball • • • \$32.00**



New lightweight racquetball shoe from Tennis Togs.

- Upper:** 60% suede leather/nylon mesh; leather on all heavy wear points (heel counter, perimeter, eyelet strip); nylon mesh is light with open weave for ventilation; padded, tricot liner to absorb perspiration
- Insole:** double padded foam for comfort; thick foam cookie for extra arch support; bottom layer of foam absorbs shock; terry liner bonded to top of foam
- Outsole:** solid gum rubber designed specifically for racquetball for better traction, long wear and non-marking
- Sizes:** Men's 7-12, 13; Women's 5-10

**Tuffs TP by Foot-Joy • • • \$37.00**



A new model Tuffs, built even tougher to withstand the abuse of serious racquetball playing.

- Upper:** leather reinforcement and silver puffed vamp flex area offer durability and exceptional comfort; white nylon mesh and oyster suede with silver Foot-Joy stripe and trim; unique staggered eight-eyelet lacing system for extra support
- Outsole:** tough gum rubber sole for traction and durability with high rise toe-guard to protect against drag
- Sizes:** Men's 7-12, 13

**Playboy Racquetball from Smerling Imports • • • \$40.00**



Lightweight racquetball shoe designed for comfort and durability.

- Upper:** Six eyelet, leather upper with Playboy bunny embossed on side
- Insole:** cushioned insole
- Outside:** stitched, all-court outsole
- Colors:** white with grey, royal blue, black or red trim
- Sizes:** Men's 5-15

**Tuffs Hi-Top by Foot-Joy • • • \$37.00**



Offers exceptional ankle support and traction for hard court sports.

- Upper:** white nylon mesh/oyster suede leather in a hi-top, lace-to-toe design, accented by blue Foot-Joy side stripe
- Insole:** removable innersole of shock resistant Air-Flo polyurethane, molded for form-fitting support and comfort
- Outsole:** lightweight, durable gum rubber sole for high-performance traction in fast-action stops and starts
- Sizes:** Men's 7-12, 13

**Challenge Court by Nike • • • \$39.95**



Designed for player who desires lightweight, breathable and highly durable racquetball shoe.

- Upper:** nylon/mesh backed with foam for comfort and breathability; full-grain leather trim in key stress areas; variable width lacing system™ with staggered eyelets for snug, comfortable fit; Spenco® quarterlining for heel security, blister protection and cushioning for achilles tendon.
- Sock-liner:** molded with arch for support and protection; extended ankle collar reduces chance of injury
- Outsole:** bi-level, long-wearing, non-marking cupsole is cemented and stitched to the upper for maximum durability
- Colors:** white/burgundy or white/white
- Sizes:** Men's 3-15

**Copenhagen by Patrick • • • \$41.00**



Racquetball shoe designed for comfort and breathability; reinforced to withstand additional pressure and torque; multi-stitched side for strength; high back to protect achilles area; U-throat leaves more room for toes and lessens tendency of upper to stretch

- Insole:** pre-molded; soft-foam cookie-shaped disc in center of heel to absorb and cushion; cotton inner sole allows for repositioning or adjusting of arch support pad
- Outsole:** wrap-around construction holds foot firmly in place; good for lateral movement; hexagonal tread pattern for maximum performance on wood surface; 100% gum rubber for flexibility and durability
- Sizes:** Men's 6-15; Women's 4-9½; Boys' 3-5½

**Tuffs Power Strap® by Foot-Joy • • • \$45.00**



Tuffs Power Strap® (U.S. Pat. 4282657) is made especially for the serious player and is newest addition to high-performance Tuffs line.

**Upper:** white nylon mesh/oyster suede leather and smooth white leather, accented by white Foot-Joy side stripe; Velcro fastener with seven eyelets provides snug fit and exceptional support

**Insole:** polyurethane Air-Flo shock resistant removable innersole with form fit support and cushion comfort

**Outsole:** high traction, lightweight, durable gum rubber for toughness in all court sports

**Sizes:** Men 7-12, 13

For further information on any of the shoes included in this guide feel free to contact the appropriate manufacturer:

**Adidas USA Inc.,** Plaza 22 Building, 1122 Route 22, Mountaintain, NJ 07092

**Bata Shoe Company, Inc.,** Sports Division, Belcamp, MD 21017

**Converse, Inc.,** 55 Fordham Rd., Wilmington, MA 01887

**Edge Shoe Division,** Tennis Togs, Inc., 2520 NW Second Ave., Boca Raton, FL 33432

**Etonic,** 147 Centre St., Brockton, MA 02403

**Foot-Joy,** 144 Field St., Brockton, MA 02403

**Nike, Inc.,** 3900 S.W. Murray Blvd., Beaverton, OR 97005

**Patrick,** 45 East 30th St., New York, NY 10017

**Playboy Shoes,** Smerling Imports, 350 Fifth Ave., Suite 7419, New York, NY 10001

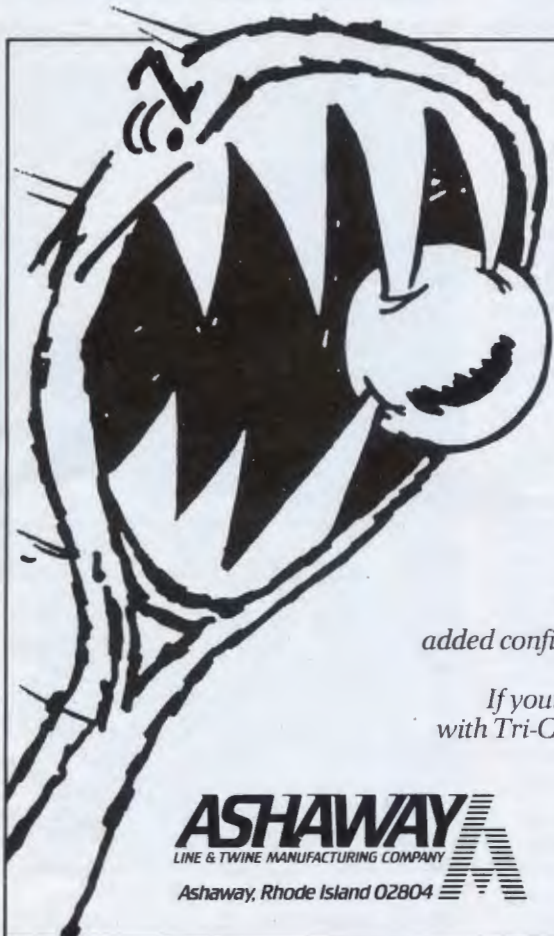
**PUMA USA, Inc.,** 945 Concord St., Framingham, MA 01701

**Keds Corporation,** 5 Cambridge Center, Cambridge, MA 02142

**Tred 2, Inc.,** 2510 Channing Ave., San Jose, CA 95131 ●

**Correction**

The first annual Racquet Guide, published in the September issue of *National Racquetball*, contained incorrect suggested retail prices for all racquets manufactured by AMF-Voit. The correct prices are: Impact One—\$55.00; Impact M—\$45.00; Nova III—\$40.00; Pacer—\$90.00



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# Queen Midas Of Sports

By TSgt. Kim F. Lobring

The fabled powers of King Midas' touch contrast with the real power of the Queen Midas of sports who has the ability to turn her sports goals into successful achievements.

*"Ever since I can remember, sports have been a way of life with me,"* notes three-time all-American diving champion Air Force Captain Marsha L. Lutz. *"My parents introduced me to just about everything in the way of sports."*

But racquetball was not one of those sports—that came much later.

*"I had never experienced racquetball in high school or college. I never really had an interest in it"* says Marsha, who recently became the first woman inducted into the University of California Cal-Aggie Athletic Hall of Fame.

Marsha finally turned her interest to racquetball when she was stationed at Vandenberg Air Force Base, CA.

*"When I was still competing in diving and swimming meets, after my workouts in the weight room I would watch players on the racquetball court. One of my good friends was the base champ. I wanted to try the game but delayed it because I couldn't afford to get hurt and still try to compete in national diving competitions."*

Late in 1978 Marsha finished her last diving nationals and by March 1979 she was on the racquetball court.

Six months after picking up a racquet, the captain won the C Division in her first real tournament, and in 1980 with less than two years of racquetball experience, Marsha gained a national ranking of 21 by the U.S. Racquetball Association.

*"I was transferred to the Pentagon early in 1980. That's when I really started getting into tournaments. There were a lot to enter in the D.C. area,"* notes Marsha.

1980 was good year for Marsha. She was number one in the A Division in the May 1980 All Military Racquetball Championships at Virginia Beach. She then came back after the military victory to reach the third round of the 1981 USRA/NRC Nationals. At the end of 1980 she was officially honored as Virginia's Most Improved Player.

In 1981, however, Marsha disappeared from the national scene. *"National rankings are based on the number of competitions you enter and how you place. Since the summer of 1980 when I came to Hawaii I've primarily played in military tournaments. As long as I stay with those I won't get another national ranking,"* notes Marsha who also points out that her game today is much better than it was when she was ranked 21 in the nation.

Marsha has proven herself well in the military competitions. *"In the 1981 Air Force-wide championships held at Lackland Air Force Base, TX, I took second in the singles and teamed up to take first in the doubles. My final match in the singles went three and a half hours. It got to the point where I didn't really care who won, I just wanted it over and done."*

After the Air Force competition she went on to the interservice tournament. *"Once again we (USAF) took top honors in doubles and I came in second in singles to a Navy girl. This time I defeated my Air Force teammate who had previously won the finals of our USAF championship match."*

When it comes to national ranking and where she would be, Marsha says, *"I don't know and I really don't care. That's part of my philosophy about sports. I really don't like to compete, but I do love to practice and constantly try to improve myself. Unfortunately, at times, sports lend themselves to competition. However, the competition itself is not my end goal. My goal is to do as well as I can and improve myself at the same time."*

Marsha does intend to return to civilian competitions and to the national scene. *"I'll be leaving Hawaii in July of '83 to attend one of the military intermediate service schools. When I get back to the Mainland, I'll start entering non-military tourneys."*

If history repeats itself then, there should be no doubt that Marsha will be among the top contenders in racquetball. Success seems to be a constant companion of the versatile athlete.

A 1970 graduate of the University of California at Davis, Marsha was captain of the swimming team. She also took honors as the University's diving champion, butterfly champion, hurdles, long jump and two-time golf champion.

Besides being an all-round athlete, Marsha has distinguished herself in her Air Force career, and will soon achieve the rank of major.



—US Air Force Photo



—US Air Force Photo

A 12-time all-American diving champion, Marsha made the leap from the diving board to the racquetball court in 1979.

Marsha won national titles in collegiate high jump, hurdles, long jump and wrist wrestling. She was a member of the varsity women's basketball team and captain of the track and field team, and California state trampoline champion.

When it comes to sports, Marsha doesn't think anyone could be more enthusiastic or more involved than she. *"I've been participating in sports ever since I was a little twerp. My entire family is very athletic. When I was just a youngster it was a recreational thing that developed into a serious lifetime endeavor."*

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Her style in racquetball, as in everything else, is to give it her all.

There are two sports that Marsha refrains from competing in, skiing and surfing. *"Competing takes away the fun to a degree but I do compete in some sports so I can tell if I've achieved my goals of self improvement."*

Marsha has skied (snow) longer than she has participated in any other sport. *"If I had to say which sport I was best at it would be skiing. However, I don't and won't compete in it. I love it too much. I do it strictly for the pleasure. Surfing basically is the same way."*

The captain's success is not just limited to sports; she is also climbing quickly in her Air Force career. Marsha has been in the Air Force nine years and has been selected for major below the zone.

*"Normally I would have been considered for promotion in my eleventh year. Although I haven't put the major rank on, I was selected in my eighth year. Which means I'll be putting it on sooner than many of my peers."*

Captain Lutz is the Chief of Wartime Air Traffic Control Procedures and Plans Division at Hickam Air Force Base, HI, and has dreams of space travel. *"I want to be an astronaut. I started my Air Force career in the space systems career field and am now in Air Traffic Control. I've applied the past several years for the Space Shuttle program, but they needed people with a doctorate while I only have a masters degree."*

Captain Lutz says she doesn't have the time right now to devote the necessary effort to getting a doctorate. *"I've got too many other things going. I'll keep applying, and maybe someday I'll make it into space. I figure I'll just do the best I can and the rest will fall into place. I give a hundred percent in sports and the same at work."*

There should be no doubt that Marsha's dream to be in space someday will come true if she uses her golden touch. ●

—Photo by TSgt. Jim Lawrence

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## Ask The Champ

by Marty Hogan

Five time and current National Champion Marty Hogan answers questions about improving your game in this ongoing exclusive series in *National Racquetball*. Readers are encouraged to submit questions about their game to Marty Hogan, c/o "Ask the Champ," *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.

**Question:** Much has been said about playing people better than you to improve. Yet the place where I play has only three or four people who can push me to my limits. Short of moving to another club, how can I improve my game with this situation?

**Hogan:** You don't have a unique problem. Many players across the country find it hard to get strong, local competition. I recommend you continue to play these three or four players, because they'll be a good measuring stick to determine if your game is improving, staying constant or weakening.

There are two other ways to improve. The first is the tried and true method of getting on the court and practicing by yourself. The repetition of hitting your shots over and over will increase your efficiency and add points to your game.

To ease boredom that sometimes comes from solitary racquetball, you might break up these practice sessions by playing somebody who might not be as good as you, but can at least keep the ball in play. In these sessions you can work on specific shots.

For example, if you want to work on your down-the-line pass, hit almost all down-the-line passes, even if you wouldn't ordinarily hit them in the same situation in a real game. This will force you to hit with pinpoint accuracy.

The second method is to enter as many tournaments as you can. Tournament play is a lot different than practice and in every tournament you will find good competition to play against. If you don't find the competition tough enough, then it's time to move up a level. In addition, since many tournaments offer a wide variety of skill categories, you'll have the opportunity to view players better than yourself and learn by watching.

**Question:** I'm 14 years old and love to play tournaments. But every time a tournament comes up, I seem to go into a slump. What do you suggest I do?

**Hogan:** It sounds like you're having trouble preparing. I've always found that the best way to prepare for a tournament is to ease up a bit on my training schedule just prior to a tournament. Perhaps you're working too hard just before the event.

But if you go into a definite slump every time a tournament comes around, then I think we're talking about improvement in the mental aspect of your game. Much of this you'll learn with experience.

I've won matches on days that my opponents have played much better than me, days when things went totally wrong. I won in these cases because I've developed the ability to know how to win, the understanding that if something isn't going right, to recognize that and have something else to fall back on.

This comes with experience and I've played hundreds if not thousands of tournaments. Experience leads to confidence and as your confidence improves you'll experience fewer and fewer of these slumps.

**Question:** Something I've always wondered about, yet seldom see written, is how well do the different guys get along on the tour? Do they spend a lot of time together or do they go their own way? Who's your best friend on tour?

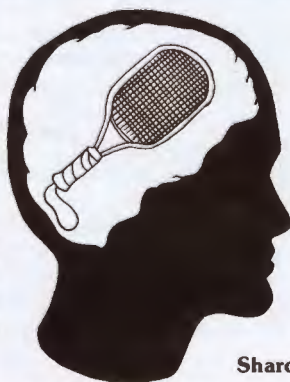
**Hogan:** I don't want to say there are cliques on the pro tour, but I would say that the normal inclination to seek out people you like and spend time with them is part of the pro racquetball scene. There are guys who like to hang around together, although I'm really not one of these.

Pro racquetball players come into a strange town where we really don't know too many people other than each other, so there is a natural tendency to stay together. Recreationally, we see a lot of movies, watch a lot of television, and spend very little time in bars, which is an improvement over five years ago.

Generally, most of the guys get along. We're all friends, but not in the sense of everyday friends in "real" life. There is a mutual respect but I find a little tension always there, as well.

I consider all the pros my friends. But I'm the type of guy who is so competitive that I realize the importance of winning. Therefore, it is difficult for me to develop a close relationship with any of the guys who deep down are trying to knock me off. It's tough to really like somebody and want to go out and destroy him.

In the past I've been known to ease up on people I like, to actually allow players to get points, but I realize that those incidents were mistakes and I haven't done it for a long while, nor would I risk it again. ●



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## On The Offensive . . . How And When To End The Rally!

by Marc Auerbach

Have you ever watched a match and noted how many rally-ending opportunities come up and are not taken advantage of? In every rally there comes a time when one must get offensive and put the ball away. You cannot win just by keeping the ball in play and waiting for your opponent to miss his or her next shot. In the course of this article I will describe some of the principles of offensive racquetball and how and when to end the point, as related to the beginner, the intermediate and the advanced player.

Offensive shots, plain and simple, are those shots designed to win the rally, or those shots that will help you maintain an advantageous court position while keeping your opponent off balance. Most players associate offense with power. But a well-placed garbage or lob serve that forces a weak return is just as effective as the more offensive-minded drive serve.

When one thinks of the offensive shots, those that always come to mind are the *kill*, the *pass*, and the *overhead*. Rarely do the ceiling ball, the Z shot or the around-the-wall ball fall into this category. These three become offensive depending on when they are used, as the elements of surprise and keeping your opponent off balance are critical to an offensive style of play.

### Position Is The Key

Position is crucial to hitting offensive shots. *Where* you make contact with the ball makes all the difference in the world to the outcome of the shot. It's no secret that the most effective kill shots are executed from below knee level and that crisp pass shots should ideally be struck somewhere between knee and mid-thigh level. Only very gifted players are consistently able to

execute kills from above the waist level. We all know how difficult it is to kill a chest-high ball! From the average player's standpoint, the only offensive shot executed from above the waist is the overhead. These are most effective hit about chest level or higher.

The most obvious offensive shot opportunities occur in the following situations:

- 1) The serve
- 2) Any shot setting up off the back wall
- 3) Ceiling balls that fall short or catch the side wall
- 4) Serves that land shallow or set up off the back wall
- 5) Any shot that can be played below waist level
- 6) A ball that can be played on the fly below waist level
- 7) Any time your opponent is trapped or helplessly out of position

### Offensive Racquetball Is Also Mental

Knowing where to position yourself for the shot, knowing when to apply the pressure, being aggressive and, most important, knowing when to end the rally are all essential traits of the offensive racquetball player.

Before you hit the offensive shot, you must consider the following:

- 1) Your position on the court: are you in mid-court or rear court?
- 2) Your opponent's position: is he trapped or in poor position?
- 3) The height of the ball at contact: many golden opportunities are wasted by not being in a position to let the ball drop to waist level or below.

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## Beginners: Gaining insight

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The beginning player needs to develop a real concept of offensive racquetball. The following principles can be helpful in gaining that insight:

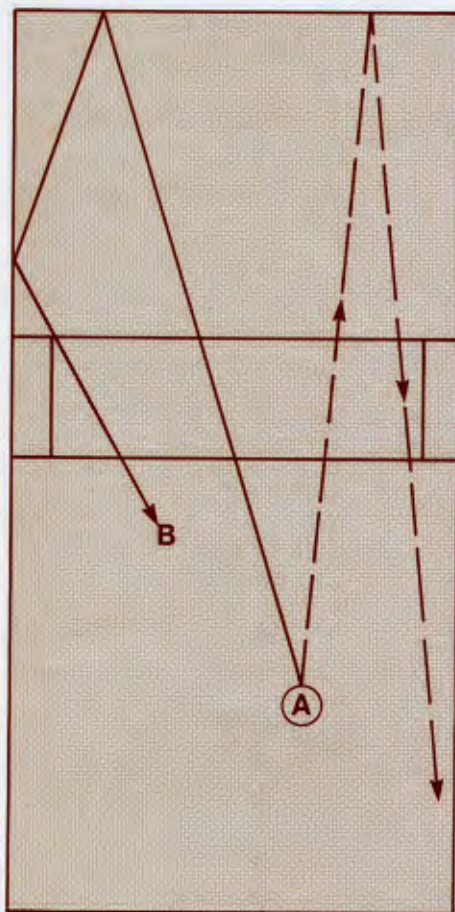
- Keep as many serves to the backhand as possible.
- Try to maintain center court position without getting into your opponent's way.
- Hit hard if possible. Your beginning opponent may have trouble adjusting to the speed of the ball.
- Hit shots which come off the back wall (especially to the backhand). Obviously this kind of offensive shot is only effective as long as your opponent cannot handle the back wall.
- Hit shots that angle into the body, which are also difficult for the beginner to return. When you use the side walls, the perspective changes and most new players will have trouble reacting to a ball that comes directly into them.

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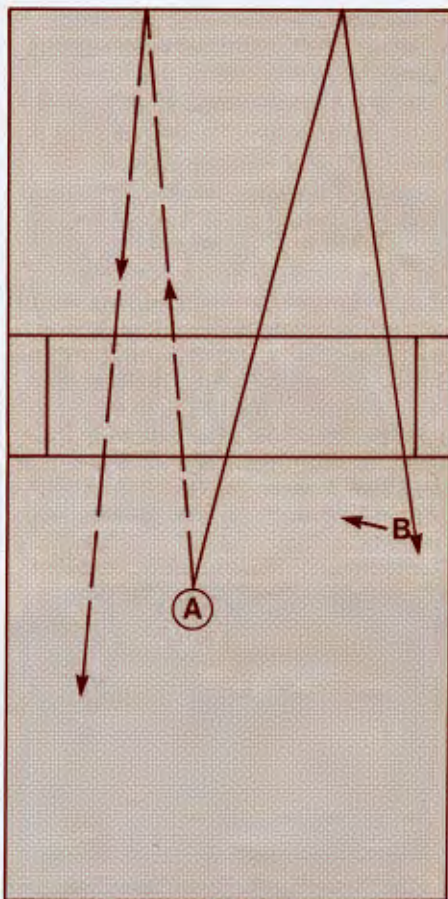
## Intermediates: Look for offensive opportunities

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The intermediate player has developed some shot-making skills and in general has a good grasp of what to do with



**Diagram 1. Hitting Into the Body:** Player A has two options, the down-the-line pass or angling the ball into B's body. The change of direction produces an awkward angle for B to hit from. The beginner and intermediate player will have difficulty returning this type of shot.



**Diagram 2. Hitting Behind the Player:** Player A has B trapped against the wall. The obvious shot for A is to the open side of the court. At the advanced level, B will be anticipating the obvious, but may fall victim to the shot behind him, catching him going the wrong way.

the ball. Court position improves with added experience, so that the intermediate player knows how to move for the ball and where to stand most of the time. If you're an intermediate, now you need to look actively for offensive opportunities.

- Offensive-minded serves are a must. Don't just serve the ball up to start a rally. Each serve should be geared to obtaining either an ace or at the least a weak return.
- Shots coming off the back wall should be returned offensively with either the pass or the kill. A backhand back wall shot might not always be returned offensively as intermediates' backhand skills vary greatly.
- Do not get caught in extra ceiling ball rallies. Any ceiling ball that comes up short or catches the side wall should not be returned to the ceiling. This is a mistake often made by intermediate players. Those short ceiling balls should be killed!
- Vary shot selection. Don't hit every ball the same speed. Even among

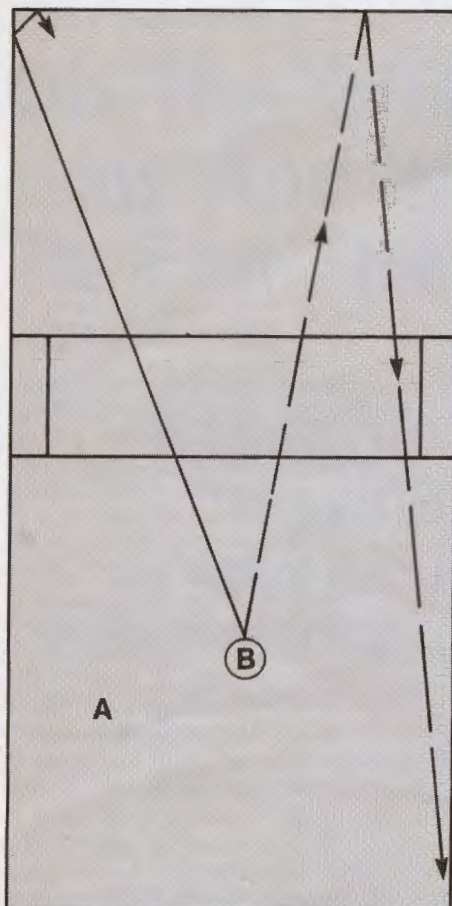
offensive shots, don't become predictable by constantly repeating the same shot.

- Don't overhit, flail, or in general get so caught up in the tempo of play that you pass up rally-ending opportunities. Take time to analyze situations as they occur and respond with the appropriate shot.

## Advanced Players: Use your opportunities

At this level you know what to do with the ball once you get a shot. Your court position and anticipation are good, but you are always improving on these. You realize that once you get a rally-ending shot opportunity, you must put it away; you only get one chance. Both you and your opponent know this!

- All serves are planned out. Nothing is taken for granted on the serve. Any serve that is mis-hit is going to be returned offensively—and possibly for a winner.
- The back wall always produces an offensive shot.
- Short ceiling balls are never returned defensively; look out for the overhead or the overhead kill. The advanced player has practiced these shots until they are no longer poor-percentage shots.
- The advanced player can execute most shots from all areas of the court, whereas the intermediate player could execute from only within a certain range. Therefore, go offensively at your first opportunity.
- Look for the unexpected. The advanced player is not afraid of trying reverse pinches or fly kills.
- Smarts: The advanced player knows how to exploit a weakness and how to stop momentum. A smart player will always be looking for ways to keep you off balance.
- Variety: If something isn't working, try

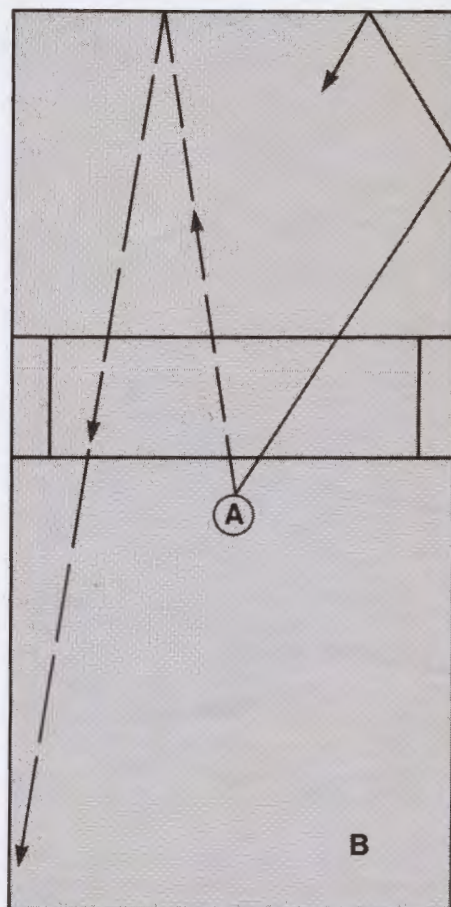


**Diagram 3. Overheads:** Player A hits shallow ceiling ball. B has the option of going for the overhead corner kill or the overhead drive to the open side.

something else. Don't be opposed to change—it can be effective in keeping your opponent off balance.

- Waiting for the last second to allow your opponent to commit himself is a trait of the advanced player.

Whatever your level, to be an offensive player, one must think "offensive" and be constantly on the lookout for offensive opportunities. Try watching a match from above or at courtside and notice how many opportunities there are to end the rally that go untouched. But an offensive attitude must be backed up by shot-making skills. You can have the most ideal situation imaginable, but if you can't kill the ball or hit it to the open side then it's wasted. Top players combine the physical skills



**Diagram 4. Fly Kill:** Player B has just returned a ball that player A could play on the fly. The options are the corner pinch or the pass down the open side. By playing the shot on the fly, A has B trapped out of position, thus A's shot does not have to be perfect to end the rally.

of the game with the mental ones—the toughest of all racquetball combinations. ●

Marc Auerbach is the manager and teaching pro at Dave Elmdorf's Gulf Coast Club in Houston. Marc is a member of APRO and author of the book *Playing And Winning Racquetball*. He has contributed three previous articles to *National Racquetball*.

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# Practice Drills To Improve Your Game

by Kathy Williams

Some people question the value of practice drills, stressing that they have always "just played" to get in shape and practice their game. Yet the truth remains that virtually every top player, male or female, has spent hours on the court practicing alone.

Hogan, Brumfield, Hilecher, Strandemo and many less well-known players have not only practiced by themselves, but they have created drills to stress those areas which at the time they felt needed work.



Kathy Williams has been a racquetball teacher and professional player for 10 years and was ranked in the top four for five years while on the pro tour. She has given clinics, camps and exhibitions in over 300 racquetball clubs across the country. In 1979 she was the first racquetball player ever selected to participate in ABC-TV's Superstars, and with only one week's notice she finished third overall. She has recently completed *The Book of Successful Racquetball Drills* from which this article is excerpted.

## About Drills

Here are 10 reasons to include practice drills in your over-all scheme of racquetball workouts:

1. Drills make you practice the areas of your game that are weak. The difference between a pro and an amateur is that the pro has no glaring weakness in his or her game. Practice drills will let you single out any part of your game that needs work.
2. Practice drills can be done any time. While you are waiting for your opponent to arrive at the club, take those five or 10 minutes to practice a few drills.
3. Drills are fun.
4. Drills can often give you a better workout than a regular game. Conditioning drills can be done without resting between rallies as in a game.
5. Practice drills will let you experiment with new shots that you never use during a game. When you're in the heat of competition, you will not attempt shots that are unfamiliar to you. Drills let you experiment with those shots without the pressures of a game situation.
6. Drills give you a diversion from the rigors of everyday play.
7. Drills give you both a mental and physical workout.
8. Drills teach discipline. Setting aside practice time is much harder than playing a game with a friend.
9. Drills build confidence.
10. Drills give you the satisfaction of knowing you are becoming a better player.

Here then, are this month's practice drills.

## One Return

This is a *mental discipline* drill done during a practice game to drill you on hitting *ceiling balls*.

### Start

During a practice game with an opponent you must return *every* serve with a ceiling ball.

## Notes

This is an excellent drill to use when playing or practicing with an opponent of lesser racquetball ability than yourself. Regardless of what serve my opponent hits, I always return it with a ceiling ball. Not only does this drill give your practice partner a fighting chance in the game, it gives you confidence in your ability during those pressure situations to return any serve with a ceiling ball.

The value of practicing this drill became apparent to me during several pro matches when my opponent was serving for match point. Too frequently in this situation I had given the game away by attempting an offensive return that resulted in a set up for my opponent or a kill that skipped to the front wall. This drill made me very adept at going to the ceiling on almost any shot,



not to mention the number of games I had won by just waiting for my opponent to make the mistake.

## Anything Goes

This is a favorite drill for beginners. I call it the anything goes drill because I take a student on the court and hit shots that ricochet everywhere. The goal of the student is to get his racquet on the ball. Until a student understands the flight of the ball, it is useless to teach stroke mechanics. A student can have the best drop and kill in the world, but until he can understand the geometry of rebounds and angles, drop and kill is useless.

### Start

Take a beginner on the court and alternate hits. Keep the ball in play, regardless of the number of bounces before the return. The instructor or partner should hit a variety of back wall, around the wall, ceiling, and Z balls.

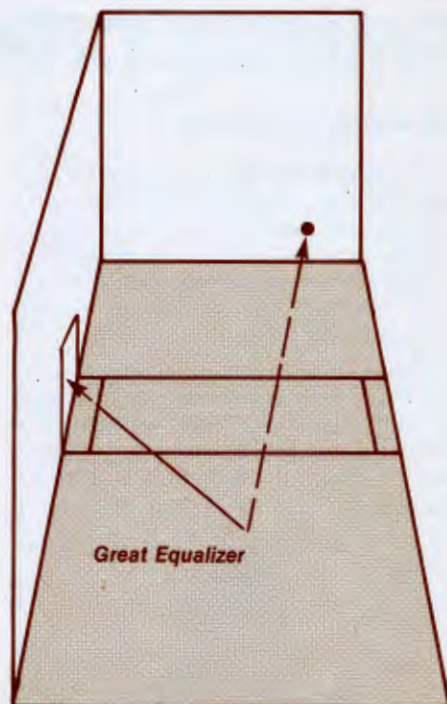
Don't keep score and don't stop until the beginner understands the flight of the ball. This simple drill will make stroke mechanics much easier. If you are a beginner, this drill can be done alone.

### Notes

Playing racquetball without understanding angles is like trying to play pool without understanding angles.

## Great Equalizer

How many times have you played a game with a friend of far inferior ability than yourself? What usually happens is that your friend becomes frustrated and you don't get a very good workout. Even if you spot your friend points, you don't usually get much exercise. During one such game with a friend, he came up with an idea that would give him a chance to win the game and me a *more challenging workout*. I call this the great equalizer drill.



### Start

Play a regulation game with your friend but every time you return a shot you must run to a predetermined side wall and touch it before you hit your next shot. For example, I select the backhand wall as the wall I must touch. Every time I hit a shot I must run to that wall, touch it with my hand, and get ready for my next return.

### Notes

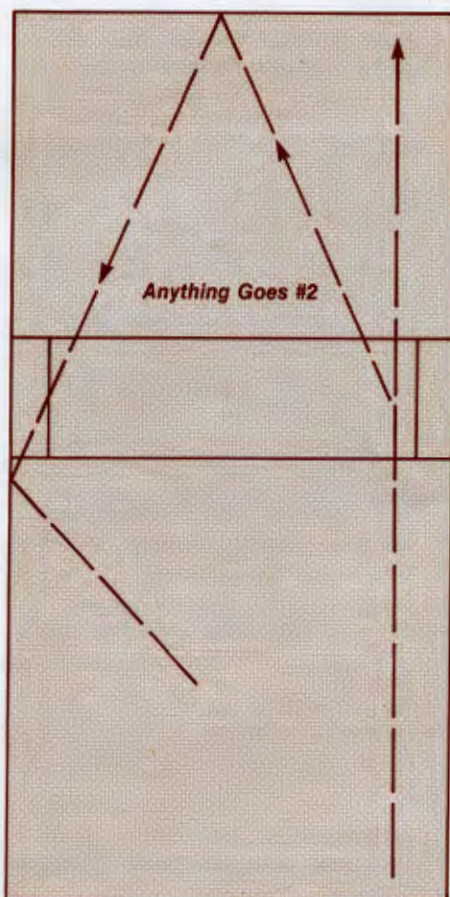
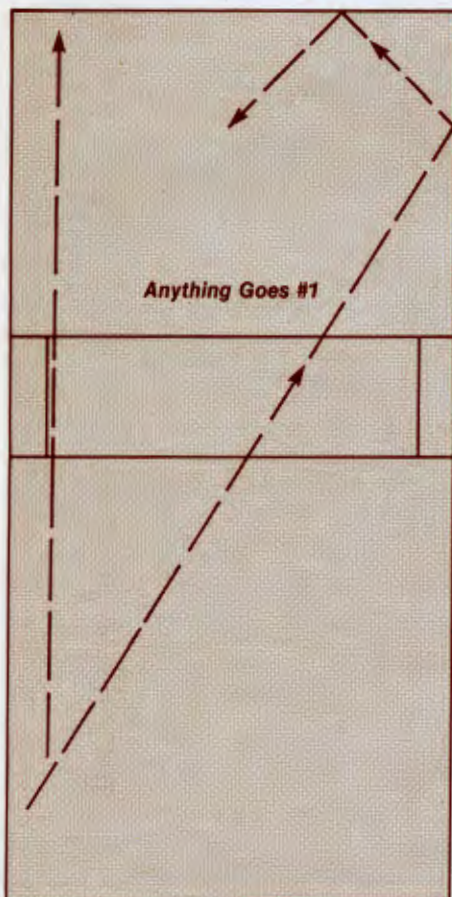
Not only does this drill give me a fun workout, but my opponent loves to see me on a tour of the court. This drill also adds a bit of strategy on my part by keeping the ball in play near the wall I must touch but also for my opponent who wants to keep the ball in play as far away from that wall as possible.

## Flailing

This drill I learned from Steve Strandemo. This is a front court *reaction* drill to improve your *power* and *quickness* during front court play. Charlie Brumfield calls this flailing at the ball.

### Start

Stand near the front service line facing the front wall. You and a partner will hit hard low shots to the front wall and keep it going as long as possible. This is a reaction drill so hit the ball hard at all times. This drill will give you practice hitting the ball from a variety of off



balance body positions. Use the hips to generate most of the power from the front court.

### Notes

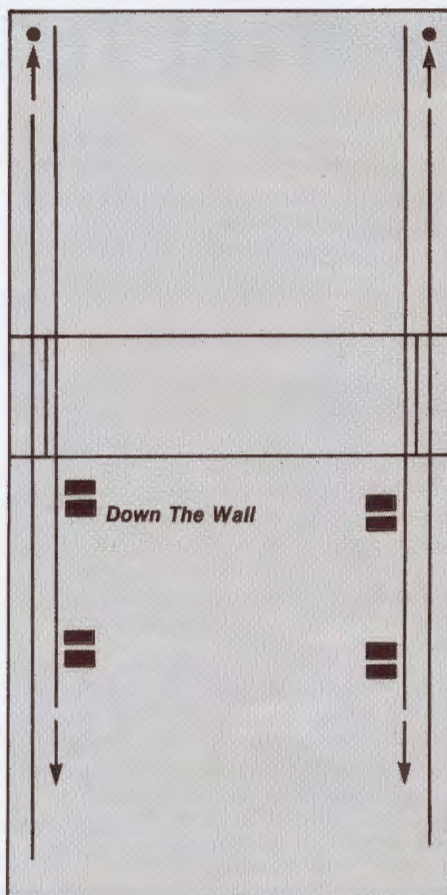
I use this drill, which can also be done alone, as a warm-up prior to a match. Have a couple of extra balls in your hand so you can keep the action going after a missed shot. This drill really works up the adrenalin in my system when I am getting prepared for a shoot out on the court.

### Down The Wall

This is a drill done with a partner to practice *down the wall drives*. The objective is to keep the ball going up and down the side wall as long as possible.

### Start

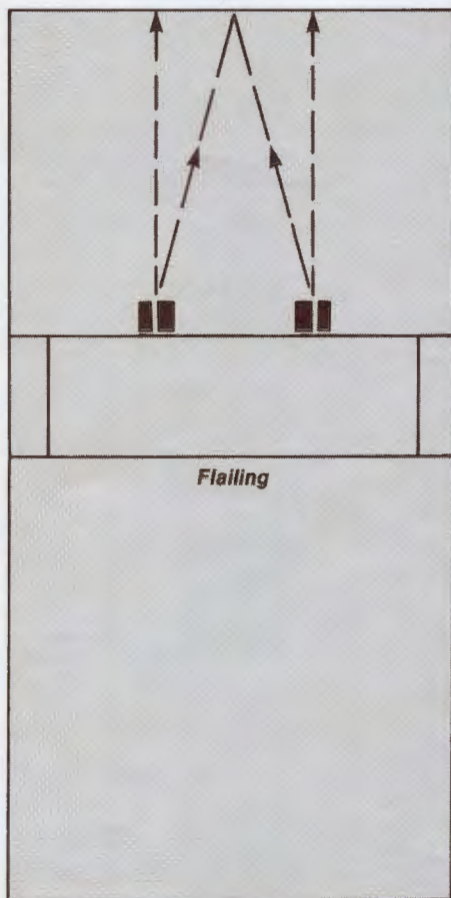
Begin by hitting a drive down the side wall and alternate hits with your partner. Count the number of shots you can keep going without missing. The



ball should never touch the side wall. When you can hit 20 continuous shots on one side, switch to the opposite side of the court and begin the drill again.

### Notes

You can practice this drill alone but I have found it more enjoyable with a partner. There is more movement with two people in the drill because you are constantly having to move toward center court to avoid being hit with the ball. ●



Next month: more drills, so get ready!

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# Do You Really Want To Improve?

by Lynn Adams

This article is another in a continuing series authored by Lynn Adams, current Women's Professional Racquetball National Champion. Adams is also one of the nation's foremost instructors, dealing with players of every level.

## Part II



As I mentioned in my last article, we're now going to find out exactly how to go about learning each step to improve a part of your game. Since we used the backhand as our model last month, we'll continue with it.

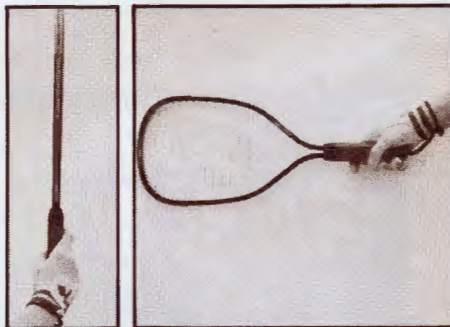
Phase I is learning the proper stroke mechanics. We'll separate our body into the upper half and the lower half and go into detail on what each part does. If you decide to try this plan out, put yourself into a patient mood and give it time. It's difficult changing bad habits, but just because the changes will feel awkward and different, don't give up! Remember the name of this article and understand that it takes hard work and time.

Let's start with the upper body first. You want your swing to be as smooth and as simple as possible. The more loops and twists and contortions you make, the more inconsistent your shots become. So keep that in mind as we approach the backhand.

### The Grip

If your grip is wrong, your stroke is wrong. I feel very strongly about proper grip from forehand to backhand. One all-purpose grip doesn't give you the flexibility you need to get good consistent shots. So, first hold your racquet out in front of you, with the strings facing the side walls. As you look at the handle, you'll see that it has distinct flat ridges that can be numbered to make things easier.

The ridge on the top is No. 1. The ridge to the left is No. 2, and to the right is No. 3. If you're right-handed, you want to look at the V-shape your thumb and first finger make where the two separate; that's the point you want to put on the No. 2 ridge of the racquet.



If you're left-handed put it on the No. 3 ridge of the racquet; that grip allows the face of the racquet to go flat through the ball. In other words, when you make contact with the ball, you want the strings to be able to go flat up against the front wall. That's what I mean by a flat racquet face.

If you use that same grip for your forehand, you'll notice that your racquet face will be tilted up instead of flat, causing your shots to go high. That is why you can't have one grip for both strokes—too many errors will occur.

### The Backswing

Get in front of a mirror so you can see exactly what's going on. The mirror will allow you to learn a little quicker in the beginning. Face the mirror with your feet pointing directly in front of you. Now lift your arm straight out in front of you so your arm and racquet are all one continuous piece and everything is shoulder high. Then bend your elbow so it's at a 90° angle. You want your upper arm and shoulder to stay stationary and only allow from the elbow out to the end of the racquet to move.



Make sure you don't do any loops or curls with your wrist—extra, wasted motion will throw off the precise timing you need to execute when going through the ball. Now rotate your shoulders around so they face the back wall (assuming the mirror is the side wall of the court). That's what your backswing should look like.

Practice bringing it back in one smooth motion, concentrating on really bringing your shoulders back and keeping your elbow out and up away from your body. If your chin touches your hitting arm shoulder without turning your head, you've brought your shoulder back far enough. If you aren't able to see your knuckles when your racquet's back, you've done an unnecessary wrist curl which will mess up your timing. Make sure you can see your knuckles.

## The Swing & Follow Through

To begin your swing, try to imagine your racquet going through the ball flat.



You don't want the top edge of your racquet (the edge facing the ceiling) to be below your wrist.

As you start to go into your swing, come through with your elbow first, keeping it away from your body. You'll rotate your shoulders around with the elbow and when you reach the contact point around your front foot, release your arm from the elbow down and extend it out.

When you do make contact with the ball, your arm should be totally extended and out away from your body. Don't break your wrist and flick at the ball. The wrist does a roll rather than an actual snap although we call it snapping your wrist. It's more of a shoulder and forearm stroke. When you swing, you should hear a loud whoosh going through your strings which means you've snapped your wrist. Strive for that sound.

Your follow through should go all the way around naturally. One of the most common errors I see in people's strokes are that they punch at the ball and stop their follow through. It should go all the way behind yourself as flat as possible.

Don't turn the racquet over and make the follow through go toward the floor, and don't let it swing up or around your head. Just let your shoulders carry it around, at about the level you swing at. If you stop the momentum created by a big swing, you'll get pains in your elbow and shoulders. You shouldn't have those kind of pains.

## The Lower Body

First of all, get out some masking tape and place a good-sized piece on the floor, far enough away from the side wall so you can swing. Place the front of your left foot on the tape (right foot if you're left-handed)—that's your base. You're going to see that mark as a guide to the start of each stroke.

As you step out into a stroke you want your toe to be jointed in a diagonal direction. In other words, if I'm facing the side wall to hit a backhand, I don't want my toe to step facing into the side wall, and I don't want to step facing directly into the front wall. I want to step in between those two points, diagonally. I need to step out far enough so I can get my racquet face going through flat at knee level. Now, if I bend at the waist, the racquet head will drop. I don't want that, so I have to bend my knees to get low enough to

accomplish a lower shot. This is where most people go wrong on a stroke. They stand up straight and hit high shots or bend at their waist and hit loop style. A lot of balls go into the ground that way, so start learning to use your legs, not your waist.



What does your back leg do? First, make sure you keep that back foot on the tape. You don't want to lift your foot or drag it behind you—it's your base, your anchor, and it keeps your body balanced to give you optimum power and control. It also serves the function of propelling you into the rally. You want to keep the foot down, and then pivot up on your toe as you swing through the ball. By pivoting, you allow your back knee to bend and get lower for the shot.

After you try this a few times, and you feel somewhat comfortable stepping into a stroke, have someone measure where your front foot lands and place a second piece of tape on the floor. Now you have a guide for both your feet and you want to use that guide until the stroke feels natural. If you ignore the tape, then you'll fall back into old, bad habits.

You don't hit a ball at all in this phase. You want to really work out the bad habits and get into a good groove before you introduce the stroke to a ball. It takes time and patience and you have to want it bad enough to actually do it. But I think the rewards of spending that time are fantastic and well worth it. If you have questions, let me know *c/o National Racquetball*. I hope the pictures help to make things clear and good luck! ●

# 7 Exercises To Strengthen Your Backhand

by Steve Mondry

As I stated in last month's article, a strong forehand is essential for playing good racquetball. However, it is the backhand which separates a club player from a tournament player; that is, the stronger a player's backhand is, the better a player he is. I believe this is true because when a player learns to control the placement of his shots, 75% of the time he will hit to his opponent's backhand side. And if his opponent's backhand is such that he can solidly and consistently return those shots, it makes him much harder to play—let alone beat.

Many people feel that their hardest-hit shots are those hit with their forehand. However, due to the anatomical structure of our bodies, the backhand is the stroke that should actually be the more powerful of the two.

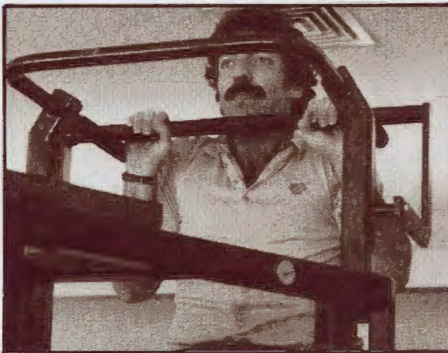
The backhand is more natural than the forehand. When done properly, the backhand motion uncoils the body like a spring and draws energy not only from the trunk and lower torso, but from a large group of muscles in the back and the tricep muscle in the arm as well. Conversely, the forehand only pulls across the body, and uses only the smaller and weaker muscles in the chest. In terms of timing, a backhand takes longer because of the time needed to open the body up, and therefore has more momentum behind it.

When Steve Serot was playing on the Pro tour, his backhand was the best. To this day, if one were to ask a knowledgeable source who had the greatest backhand in racquetball, the answer would probably be Serot; he was ranked in the top four for several years largely resting on the laurels of his tremendous backhand.

The first time I played Steve everyone obviously told me to hit to his forehand and away from his backhand. The problem was, I was so programmed to thinking the opposite strategy—hitting to my opponent's backhand—that mentally I couldn't switch. It was during that time that I realized how important a strong backhand is.



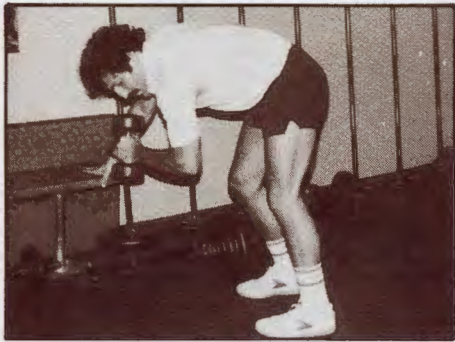
1. The Nautilus double shoulder workout is a good strengthening exercise for the muscle group utilized in the backhand stroke.



2a. Most clubs have a Lat Pull machine, so everyone should be familiar with this exercise. While sitting on the floor, grip the bar with hands wide apart and pull it down in front of you until it touches your chest. Then straighten your arms overhead, and pull the bar down behind your head until it touches your shoulders.



2b. This exercise helps build strong upper back muscles, which are essential to a powerful backhand stroke. With your palms facing away, grasp the bar and hang with your arms fully extended. Pull until your chin rises above the bar and return to starting position.



3. While bending at the waist, dumbbell in hand and arm bent at elbow, extend arm backwards until it is in a locked position.



4. In order to develop my backhand stroke I swing a baseball bat from the right-hand side, as a right-handed batter would. (I am left handed; right-handed players, of course, must reverse.)

5. The motion of the arm and snap of the wrist used when throwing a frisbee are identical with good backhand form.



6. Weighted backhand swing—while holding a dumbbell, complete your normal backhand stroke. Caution: I recommend using no more than five pounds when beginning.



7. After completing my workout, I find it helpful to swing my racquet to reinforce correct backhand technique.

Since then, I have worked on different ways to develop more power in my backhand stroke. As you know from my previous articles, I believe very strongly in using weights to increase one's strength. Another thing I believe in is to use different gimmicks and games to make the tedious task of practicing more enjoyable and to alleviate boredom.

Keeping this in mind, the weight training exercises I'd like to show you to increase the strength of your backhand will include back, shoulder, and tricep exercises. In addition, because the body's uncoiling motion is so important to help generate added power and energy, I will include some very enjoyable exercises which duplicate that movement. The exercises are:

1. Nautilus double shoulder
2. Lateral pulls and T-rows
3. Tricep lockout
4. Baseball bat swing
5. Frisbee throw
6. Weighted backhand swing
7. Racquetball backhand swing

I feel this is an excellent backhand strengthening program. The weight exercises will help with the development of the primary muscles used in the backhand swing, while the seemingly simple exercises of throwing a frisbee and swinging a baseball bat will help duplicate the complete motion of the body, particularly throughout the hip and torso region. It will also help keep boredom away by giving you some different options for practicing this most important stroke. Good luck! ●

Steve Mondry is head racquetball pro at the East Bank Club, Chicago, a top touring pro for six years and author of numerous instructional articles on racquetball, conditioning and weight training.

# What's The Call?

## Hit By The Serve and Legal Time Out

by Dan Bertolucci

At a recent tournament involving open category players, a referee's call generated considerable controversy. The situation went something like this:

In doubles, the server hit the ball into the front wall and as the ball was on its way back, it glanced off the ceiling, only to be caught by the server's partner on the fly.

The referee's call was "side out," citing the rule which calls for that penalty when a player does indeed catch the ball on the fly. Was it the proper call?

Well, I hope the outcome of the match wasn't dependent on that side out, because the referee was definitely in error. The rule he was applying to the above situation is Rule 4.6 - Out Serves (c), Touched Serve, which reads,

Any served ball that on the rebound from the front wall touches the server on the fly or touches the server's partner while any part of his body is outside the service box, or the server's partner intentionally catches the served ball on the fly, results in a hand out or side out.

However, since the situation in question included the ball hitting the ceiling before getting "into play," and the serve was otherwise legal, the ruling should have been made under section (d) of the Fault Serve rule, "Ceiling Serves."

That rule reads:

A ceiling serve is any served ball that touches the ceiling after hitting the front wall either with or without touching one side wall.

This rule is applied in the same way as a hinder or any other call which stops the play. The situation described at the opening of this article was most definitely a ceiling serve, which stops the play and voids anything which occurs from that point on, including the server's partner catching the ball.

Therefore, the "offending" team in our example was "cheated" out of a serving turn, and had they appealed to the tournament director, stood an excellent chance of having the ruling reversed.

\* \* \*

The same tournament provided another interesting situation, this one in a Women's C semi-final, where the score was 10 (match point) serving 9, in a very tense moment. Here's what happened next:

The server's first serve was long. Before the ball could be retrieved and put into play again, the receiver called "time out." The referee refused the time out and awarded the server another serve (giving her first serve back to her) as penalty.

Well, this is as blatant an example of a referee overstepping his authority as I've seen in a long while. Not only was he making up rules, he was making up penalties as well! It is a deplorable situation when referees reach such a level of pig-headedness.

When I reached courtside, nobody knew what the ruling should be. And the reason for such confusion is simple—there should have been no ruling other than awarding the time out to the woman who requested it, for she did, after all, have a time out to use.

Of course, the balcony, "arm chair" kill shot artists all offered their interpretation.

*"It should be a point, this match should be over,"* said one. (I wouldn't be surprised if this was the server's husband or boyfriend.)

*"Just let her serve, if the receiver's out getting a drink of water, fine,"* said another (probably the server's grandmother).

*"Give the receiver a technical foul for an illegally called time out,"* yelled a third (I'm certain it was the server's uncle).

The truth is that it is legal to call a time out after a short serve, and how or why a referee would think otherwise is beyond me. Now, there are situations where it is not legal to call a time out, such as if you've already used up your allotment, or once the ball is in play (dropped). But it was obvious that this was not one of those situations.

The rule reads as follows:

Each player in singles or each team in doubles, either while serving or receiving, may request a time out. Each time out shall not exceed 30 seconds as governed by the Rest Period rule . . .

Since the receiver called her time out after a fault (long) serve, she was on solid, legal ground. Besides that, after the time out (which was eventually awarded) the server still has only one serve coming, the result of the original fault.

This is not an unusual situation. In fact, it has been created purposely sometimes as a strategic tactic in extremely important matches. Although it's way back in history, the first time such a situation ever occurred in major tournament play was at the National Invitational Singles championships of 1972, during the pre-professional, International Racquetball Association era.

During a quarter-final match against Dr. Bud Muehleisen, Ken Porco called a time out after a short serve, and during the 30-second interval struck up a friendly conversation with Muehleisen, his old buddy. They got so involved in discussion that when Muehleisen stepped up to serve after the time out, he forgot he had one short and promptly shorted again, losing the serve.

Porco gained the momentum and eventually won the match for a major upset.

Nowadays, however, most referees are sharp enough to state the number of serves remaining after a time out, and most players will do the same, just to be sure. So remember, if the ball is dead, you can call a time out. ●

## Upcoming Events

### Third Annual Lite Beer Columbus Day Shootout

October 8, 9 and 10, 1982  
Twenty-First Point Club  
McKown Road off Western Avenue  
Albany, NY 12203

**Tournament Director:** Vincent Wolanin  
(518) 489-3276

### United States National Doubles Championships

October 21-24, 1982  
Federal Way Athletic Club

31701 20th Av. South  
Federal Way, WA 98003  
**Tournament Director:** Luke St. Onge

### HRPC Fall Classic, 1982

October, 29-31  
Holiday Park Racquet Club  
2037 Route 286  
Pittsburgh, PA 15239  
**Tournament Director:** Bob Kirchner  
(412) 327-7510

### 2nd Annual Big Brothers and Big Sisters Manatee County Racquetball Tournament

December 3-5, 1982  
Westside Racquetball and Health Club  
6500 Manatee Av. West  
Bradenton, FL 33519  
**Tournament Director:** Jim Brown  
(813) 355-2911



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December 4-5  
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# The Electrolyte Connection: Nature's Energy Fuses

by Frances Sheridan Goulart

*"The main assets of racquetball are that it is easy to learn, and there is great motion. Your body just flies. You dive. You glide. You slide on the courts, and I like that feeling,"* says Chuck Sheftel, President of APRO and racquetball pro at the Mid-Town Court House in Chicago.

Another thing racquetball is good for is working up a sweat, one that can burn up to 600 calories an hour and wash away large amounts of electrolytes in the process.

And just what are electrolytes?

Super minerals—specifically, sodium, potassium and magnesium—which serve as so-called ions for other elements in the body. Electrolytes have electrical charges enabling them to react with minerals in the body fluids to control the chemical balance in the athletic body.

And why do you need them?

Because they handle the distribution and regulation of water in the body. And there's no bigger bit of body book-keeping than that.

Roughly 60% of adult male body weight is comprised of water. Females have somewhat less, because of their larger percentage of fat tissue, which has less water content. To function effectively, water must be specifically distributed in the body: approximately 35 percent within cells as intracellular water, approximately 25 percent between cells as extracellular water, and the remainder (approximately 40 percent) in the circulating blood. If the distribution within and outside of body cells is significantly disturbed, energy metabolism will be compromised, whether or not the total amount of body water is normal.

And daily losses of body water are relatively large, even under circumstances of moderate temperature and light physical activity. The entire mass of water (again, approximately 60 percent of adult weight) must be replaced every 11 to 13 days. Humidity, high temperatures and the vigorous exercise of a sport like racquetball which combines some of the more competitive

aspects of squash, tennis and handball, increase the need for water. You need approximately 2.5 liters of water every day (a little more than 2.5 quarts) to keep the status quo.

Every time you lose a little bit of water, you lose electrolytes. And electrolytes are what keep you biochemically psyched.

*"It takes 35 miles to lose a pound of flesh but a pound of electrolyte-rich fluid may drain away in as little as two miles,"* says exercise physiologist David Costill. Adding that *"when a man loses 2% or more of his body weight in fluid by sweating, his ability to perform prolonged exhaustive exercise is drastically impaired"* (*Distance Running News*).

And how many electrolytes do you stand to lose if you do those 2 miles on a racquetball court?

One rule of thumb from sports medic Dr. George Sheehan—electrolyte loss is not great enough to warrant use of a commercial replacement or so-called "isotonic" or action drink (Gatorade, etc.) unless you're running the equivalent of six miles, which depending on the ferocity of your game could be as little as an hour on court.

On the other hand, according to Dr. Jim Galluf of the Honolulu Medical Group, *anything* that causes your water levels to go down (not drinking enough water) or your sodium levels to go up (consuming too much salt) can spell electrolyte imbalance problems. These, in turn, cause your whole sweat cooling mechanism to malfunction. As least temporarily. It could be serious, if you are a serious athlete.

If not serious, disquieting.

Symptoms of electrolyte depletion, according to the American Athlete Union, include a burned-out feeling of fatigue, dizziness, nausea, chills, weakness, pallor, staggering gait and mental confusion.

Now—here's what you need to keep from running on empty.

*Replacing Fluids* is the most important line of self defense if you're exercising hard enough to sweat. Every liter bit

counts. Restricted intake of fluids during practice or performance can and has led to serious, even fatal consequences. Says Dr. Costill, *"Dehydration limits the capacity to work, largely through impaired cardiovascular function. Death can result if water loss exceeds 10-20 percent of body water. Unless the sweat loss is replaced at frequent intervals during physical activity, heat exhaustion can develop"* (*Nutrition and The Athlete*).

Your body gets just as thirsty as your mouth. Thirstier, in fact. So,

- If you're burning 600 calories or more an hour, you need 3½ ounces of liquid every five minutes to replace the water, electrolytes and energy you're losing.

- When humidity rises above 50%, you may lose 2 ounces of water through perspiration every 20 minutes you exercise. More if humidity rises above 80%.

- When temperatures are 75° or over, 8 ounces of fluid 30 minutes before you work out are a must. And keep it up.

- Drink a total of at least 3 quarts of liquid as a *minimum* on a hot day.

- Splash down with ice cubes. They can be rubbed on the back of the neck, the underside of your wrists and across the forehead to lower your body temperature and minimize sweat-induced electrolyte-fluid losses.

- During extreme hot weather, 12 ounces of fluid *before* exercising, and 8 to 10 ounces every 20 minutes during exercise is a must.

- Only 30 to 40% of the water you drink gets absorbed in any high stress exercise situation. Drink more than you think you need.

If you're drinking commercial electrolyte replacements, remember it takes 30 minutes or more to get the full effect from drinks containing sugar, electrolytes and water. Because of this absorption lag, it is possible for your weight and your energy to start slipping away by the time you can begin making good your losses.

*Replacing Sodium.* Most diets contain five to 20 times more sodium than the

body needs. Adding more—especially if it's washed down *without* enough water—can be hazardous to your heart, kidneys, and whole body health. At the very least, says Dr. Christine Wells, an Arizona State University physiologist, it causes gastric discomfort. And extra salt is not only hazardous, but counter-productive. When your sweat losses run high, your glands reduce the concentration of salt in your sweat, and a more diluted sweat means lower sodium depletion.

You can skip the salt if you shape up. The more conditioned you are, the better the body becomes at conserving electrolyte, say experts.

Adding salt—by shaker or through salt tablet supplementation—just compounds biochemical losses. Salt increases sweating which in turn causes other essential electrolytes, such as potassium, calcium, and magnesium, to be lost, giving you that “washed-out” feeling.

Why take a chance? Low sodium (12%) substitutes like powdered kelp are safer. Foods rich in sodium include orange juice, celery, milk, fish, and cheddar cheese.\*

**Replacing Potassium.** “When this mineral is severely decreased in the cells, there can be functional and structural cell damage. This is frequently seen in overtrained athletes as reflected in sinking performances and failing energy,” says Ernst Van Aaken of The Van Aaken Method. Potassium works with sodium to help normalize the heartbeat and feed the muscular system, and joins with phosphorus to transmit oxygen to the brain.

It's easily lost but easily replaced. If you go bananas, potassium depletion should never be a problem. Calvin Murphy of the Houston Rockets eats 10 a day. Derek Sanderson puts away 20 potassium-rich plums at a time. Other athletic teams go through three to six dozen oranges a game.\*

\*Most fruits and vegetables are more than 80% water. Apples are 84%, strawberries 90% and raw zucchini 95%. By comparison, cheddar cheese is 37% water and ice cream 63%.

All citrus fruits are good potassium uppers. So are chicory, watercress, figs, dates, molasses and peanut butter.

**Replacing Magnesium.** The problem with magnesium supplementation, says Dr. J. Kurt Taylor, is that magnesium passes through the body easily, but if taken in high doses in supplement form, promotes diarrhea. “Daily losses of magnesium may average 138 milligrams, but in an athlete, this loss may increase by 50 to 100%,” says Dr. Taylor (*Distance Running News*).

Low levels of magnesium in the muscle cells result in chronic fatigue and muscle cramps. According to the Aerobics Institute in Dallas, TX, magnesium, in fact, is the only natural mineral whose concentration in the bloodstream is lowered during heavy exercise.

Magnesium should be taken in a two-to-one ratio with calcium. Add phosphorus, Vitamins D, A, C, and protein, and it will be better assimilated. Better than megadosing with supplements? Get the whole package by eating foods high in magnesium, such as bran, wheat germ, soybeans, raw nuts, brown rice and leafy greens.

**Electrolyte Replacement Drinks.** A good exercise drink should satisfy thirst without too much volume, replacing fluids and, ideally, putting a hold on electrolytes you're sweating away.

Commercial versions sold as electrolyte, isotonic or action drinks, all replace lost fluid with water, lost glycogen with some kind of sweetener and depleted electrolyte ions (always sodium and usually potassium, and sometimes magnesium).

The better ones even add ascorbic acid which is also lost in large amounts when you sweat because it is a water soluble vitamin. The better replacement drinks also limit sugar. But while salt is rapidly emptied by the stomach, even a little sugar can drastically impair the rate of gastric emptying. So read labels and watch out for any solution that is too sweet because it can draw fluid from body cells into the stomach and can cause cramping. Glucose or fructose are better than sucrose because

they give sweetness without sugar's rapid metabolism bogging release of energy into the bloodstream.

These common household foods aren't bad as action drinks either: skim milk (it has sodium, potassium and calcium); orange juice (it gives you magnesium and potassium, plus Vitamin C); or tomato juice or lemonade (they both provide potassium, sodium and Vitamin C).

Like to come up with your own sweat-debt-solutions? Here are two:

#### Electrolyte Smoothie

- 1 cup orange juice
- 1 cup fresh strawberries
- ½ cup dry skim milk powder (opt.)
- ½ cup water

Put all ingredients in a blender, and blend until smooth. Serves 4.

#### Electrolyte Fruit Soup

- ¼ cup lemon juice
- 1 cup diced peaches
- ½ cup pitted cherries, cut in half
- 1 cup sliced strawberries
- 3 tablespoons honey
- 1½ cups water
- 6 tablespoons yogurt
- 1 pint apple juice
- 1 pint grape juice
- 1 teaspoon Vitamin C powder (optional)

Parboil lemon juice, peaches, cherries, apples or pears, strawberries and honey in the water.

Mix the juice. In a blender, mix the yogurt and 1½ cups of the juice mixture. Add fruit, remaining juice and Vitamin C. Good hot or cold. ●

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#### References

- Distance Running News*, cited in *The Runner's Diet* (World Publications, 1972.)
  - Nutrition and the Athlete* (Morella and Mason, Charter Books).
  - New England Running*, August 1980.
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## Where Are They Now?

# The Stuff Dreams Are Made Of

You could try to write a better script in 1971 for racquetball dreams come true, but you probably couldn't top the real life experience of Jan Pasternak. Then a 17-year-old high school senior, this Houston, TX, native, with only one tournament under her belt blitzed through the women's singles draw to capture the women's open national championship.

To add a little spice to that accomplishment, a year later Jan succeeded in hitting a racquetball "double play," winning the women's open singles and doubles championships, with her singles nemesis Kimberly Hill as her partner. That 1972 singles title made Jan the first player in the history of racquetball to capture back-to-back national championships.

Today Jan runs her own business, Pack N Ship, a Houston firm specializing in packaging items for mailing, and she recalls fondly her moments in the sun.

*"I always liked competing," said Jan, "and I enjoyed racquetball. As long as I can have fun playing, I'll compete. I was just a young kid who kept playing. It just so happened that for a couple of years nobody could beat me."*

Those "couple of years" actually started when she was eight years old, watching her dad Aaron play paddleball at the old Houston Jewish Community Center. She'd hit the ball around a little while Dad waited for his partners, but seriousness didn't enter her racquetball game until nine years later.

During those intervening years Pasternak channeled her competitiveness into diving and tennis, reaching a self-proclaimed level of *"good, but not real good."* When it would rain, she'd make her way over to "the new Center," (the old JCC had been replaced by a modern, four court facility) to play some racquetball.

It seems that every budding sports star has that one guardian angel who notices unshaped greatness lurking beneath the surface. For Pasternak, that angel was Bubba Levy, a family friend, box manufacturer, and pretty darn good racquetballer in his own right.

*"Bubba saw me play and said I could be pretty good," said Jan. "He had been to the 1970 Nationals and had seen women play, plus he was one of the best players in Houston, maybe all of Texas. So I trusted his comments."*

With Levy chaperoning, Pasternak packed up and traveled to Tulsa, OK, for the 1971 Regional championships, a vast region covering among other areas St. Louis, home of Fran Cohen the defending national champ, of Goldie Hogan the prior year's fourth place finisher, and more top level racquetballers than Jan could believe.

*"It was the first time I realized that I wasn't the only woman playing the game," she said. "I played every day for the three weeks prior to the tournament, and Bubba said he felt I could hold my own. My dad thought I was okay, but he never thought I'd end up being so good."*

So good is an understatement. Pasternak blitzed through the toughest of all regionals without losing a game, defeating Lynn McKie, a lanky and talented lefty in the finals. The St. Louis clan all fell along the way.

A month later, this time with the entire Pasternak family at her side, Jan walked into the Deseret Gym in Salt Lake City as the third seed, but known as the player to watch based on her Tulsa victory. It was the 1971 National Championships.

*"I thought I must be pretty good," she said, "but I didn't do anything special in preparation. I just did what I always did—I played."*

And play she did. Despite the normal jitters that one might expect to plague a 17-year-old in her first national competition, Jan captured the title, topping San Diego's Bette Weed in the finals 21-16, 21-18. But her toughest match was the semi-finals, where she staved off a match point by opponent Hill to reach the championship round 12-21, 21-20, 21-16.

A summer of tennis and racquetball, still playing, not training, and Pasternak came back for round two in 1972. Most of the faces were the same—the only difference was that they were gunning for her as the nationals opened at Memphis State University. To add a "slight" burden to her objective of winning the singles title again, Pasternak played doubles as well.

*"I'll never forget how I ached after that tournament," she said. "I could barely walk through the airport to catch my plane home. I decided never to play singles and doubles in the nationals again."*

Jan Pasternak rips a forehand, showing the style that won two national singles titles.



And then came Peggy Steding, the gunslinger from Odessa, TX, who changed the face of women's racquetball and in so doing dampened the championship aspirations of every woman in the game at the time, Jan Pasternak included.

Steding arrived at the 1973 Nationals at the St. Louis JCCA unseeded, unheralded and unknown. It didn't take long for that to change. In the tournament's second round Steding ousted second seed Jan Campbell 13-21, 21-13, 21-8, serving notice that she would be a force to reckon with.

*"I had never heard of Peggy Steding prior to the '73 Nationals," said Pasternak, "and I didn't see her play Campbell. But any time the number two seed goes out in the second round to an unknown, you've got to take notice."*

Steding and her unorthodox style—her power, her drive serves on second serve, her percentage-defying overhead kills, fly kills, reverse pinch kills, all led her to the finals where the two-time defending champ Pasternak waited. Each player had easily won her semi-final battle, Steding a 21-6, 21-6 drubbing of former champ Cohen, and Pasternak a 21-9, 21-17 win over Kathy Williams in her first national effort.

Oddly enough, it was Pasternak's experience which kept her in the match against Steding, despite Peggy's 38 years doubling Jan's 19. But as it usually does, shot making constituted the difference, and Steding captured the singles title 21-19, 21-14. She went on to take doubles as well, with Milwaukee's Ann Gorski, 21-15, 21-8 over Siegel/Zuckerman.

And despite years of trying, Jan Pasternak was never able to overcome Peggy Steding, nor eventually many of the new breed competitors who emerged with the expansion of racquetball.

*"Steding just didn't go by the book," said Jan. "Her age never mattered. She could hit the ball and move around the court—an amazing athlete."*

*"She changed women's racquetball, there's no question about that. She showed people that women could hit hard and that you could play and play well after age 30."*

*"She improved the level of play, thereby giving new players a higher level to shoot for. I was the best there was and she was better."*

Things were never quite the same for Jan Pasternak. After high school, she enrolled in Arizona State University and four years later left with a degree in recreation. But by the time her college career was over, so was her racquetball career.

Jan continued to compete during her ASU days, but with the formation of women's pro racquetball in 1975, she found herself fighting a losing battle. Her comments relating to those years might be a bit too harsh on herself, primarily because ASU was out of the racquetball mainstream, giving her few if any women to compete against. And if you're going to make it through college in four years, you've got to dedicate yourself to the books.



Mentor Bubba Levy gives Pasternak some advice during a time out at the 1971 Southwest Regionals. It was Jan's first tournament—and first victory.

Still, Jan blames herself.

*"Everybody started training, practicing and taking racquetball so seriously," she said. "I was just playing. I never developed the self-discipline to establish a training schedule, to improve myself."*

*"The other women ended up better as a result and they deserved to be so. I didn't."*

Although she's too modest to admit it, it was probably the weight of those two first place trophies that made it so tough to get through the airport. Yes, Pasternak won both divisions and etched for herself a place in racquetball's record books as the first player, male or female, to win back-to-back national titles.

Again she beat Hill, this time in the finals, by the amazing scores of 4-21, 21-13. Jan and Kim then teamed up to win the doubles 21-14, 21-11 over the St. Louis team of Sheila Siegel and Joan Zuckerman in the championship round.

*"You know, one of the things I enjoyed the most about those years was the people," said Jan. "My very first match in my very first tournament was against Sheila Siegel, and although I beat her then and again in the '72 doubles finals, we became good friends and still are to this day."*

*"I think the game was more fun back then. There was no professionalism. When money entered into it, the players became much more serious. Racquetball changed from a hobby to a business."*

After college she went to the JCCA in St. Louis for 18 months and then out to Oregon to work at Jennifer Harding's club in suburban Portland for another 18 months. A club managerial position in Houston in 1980 pre-dated her going into her current business in November, 1981.

And through it all, Pasternak gamely tried to compete, keeping that instinctive desire to give her best shot despite being outgunned at every turn. The names gradually changed. Gone were Cohen, Hogan, McKie and Campbell, and with them the late 60's early 70's vintage racquetball. In their place came Wright, Williams, Harding, and Marriott, generally younger, tougher and more dedicated to winning.

As a result Pasternak found victories fewer and farther between. Depression set in and although she knew it was time to get out, she delayed the inevitable.

*"I had no business entering tournaments I wasn't prepared for," said Jan. "I should have gotten out sooner or started playing more seriously. My game stagnated and I became depressed a lot of the time. It came down to the fact that I wasn't training for the events."*

*"I didn't get tired of losing as much as I got tired of beating myself. I was unable to live up to my own expectations of myself. Finally, one day after a first round loss I decided that I wasn't going to come back until I was ready. And I haven't been back since."*

But like most players of that era, Jan Pasternak has no regrets.

*"We were pioneers. We had fun. We met people we'll be close to our entire lives," she said. "I'm glad I did it all and I'll never trade those memories."*

In the same breath she proudly proclaims her happiness in owning her own business and nurturing it to success. Old buddy Bubba Levy is back on the scene, encouraging her, providing contacts and insights on the business. And although she won't say it herself, she can be proud of her accomplishments in racquetball.

For nearly three years Jan Pasternak was the best there was. ●



Runner-up Kimberly Hill blasts a forehand in the 1972 women's singles finals at the Nationals. Pasternak, as she did so well, maintains center court position.

# New Products



## New European Style Shorts

Defender's new nylon Running Shorts, featuring European styling with open flap leg design for freedom of movement, also work well for racquetball.

The absorbent, lightweight shorts give the athlete comfort and durability, and are fast-drying. A handy front coin pocket holds change or your locker key. Available in a wide assortment of colors.

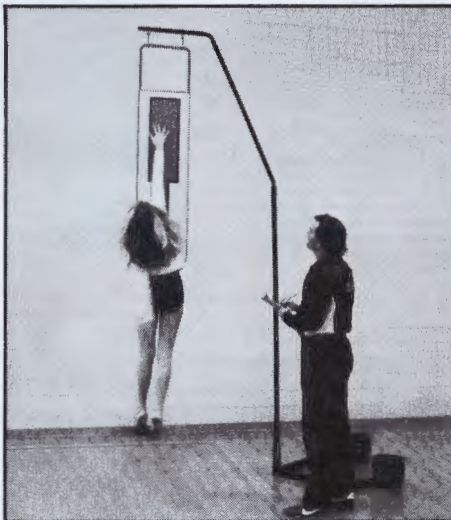
For more information, write Defender, Inc., 26th and Reed Streets, Dept. P, Philadelphia, PA 19146; or phone 1-800-523-1502 (out of state), or (215) 465-8838.



## Adaptable Protective Eyewear

Unique Sports Products, Inc., introduces Rec Specs, the ultimate in sports eyewear protection. Rec Specs come with non-prescription shatterproof lenses or they can be easily fitted with your prescription lenses. Frames carry a full life-time guarantee. Packaged in silver box, lenses are protected with individual velour pouch. Suggested retail price is \$19.95.

For more information, write Unique Sports Products, Inc. 5687 Peachtree Rd., Atlanta, GA 30341, or call (404) 451-2800.



## Digital Jump-It

Excel Sports Products announces a breakthrough in vertical jump testing, a computer that performs calculations and displays an athlete's vertical jump.

The Digital Jump-it provides a giant step out of the stone age of vertical jump testing. No longer will chalk, tape and guesswork be a coach's measuring tools.

The Digital Jump-it's main components are a jump board complete with computer, LCD display, solid state electronics and a heavy gauge steel floor stand. An optional wall support unit is also available. This product will measure jumps for all athletes from 4 to 7 feet tall, and provides instant feedback.

For more information call or write Excel Sports Products, 2901 Winona Avenue, Burbank, CA 91504 (213) 845-3757.

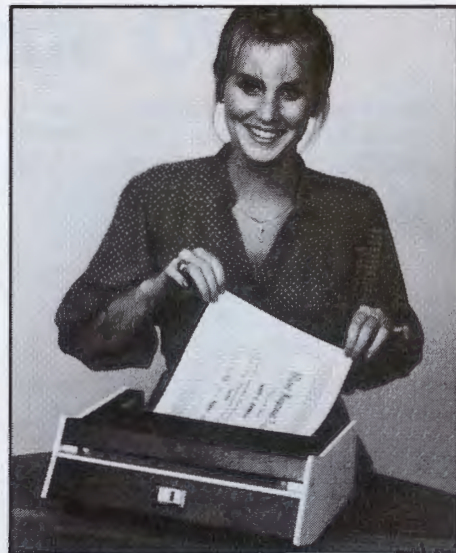


## Cotton Anklets Feature Merged Stripes

Comfort Cushion Mills, a division of Tennis Togs, announces the introduction of model 112 ladies' anklets. They are 80% cotton and 20% spandex, and are made to fit sizes 8½ to 11 (one size fits all).

The socks are available in all white, or white body with merged stripes of navy/light blue, yellow/kelly, pink/kelly and red/navy.

For more information, write Tennis Togs, 2520 N. W. Second Avenue, Boca Raton, FL 33431, or call 800 327-5012.



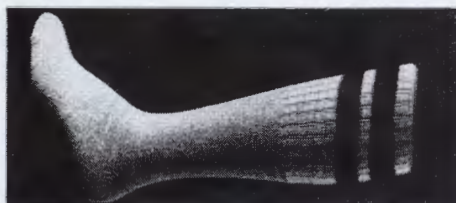
## New Office Laminator

Identatronics, Inc., has introduced a revolutionary new office lamination system, the Model L-1000 Laminator and Supplies. The cost-effective system uses supplies that are pre-cut to various sizes and simply fed into the machine. In just 10 seconds the unit permanently seals in plastic any item from credit-card size up to legal size.

The Laminator's unique design makes it possible to laminate much more than clear pouches. Many items such as custom-printed luggage tags, self-adhesive signs, stand-up displays easels, walnut plaques and other useful products are easily created without cutting or trimming.

The Laminator fits nicely into any office decor and requires only one square foot of space.

For more information, write Identatronics, Inc., 425 Lively Blvd., Elk Grove Village, IL 60007.



## Coordinate Those Sweats

Sweatsuit grey is here to stay. It's classic. And now there are Grey Hounds, the designed-to-match socks from "ABC Sports" Socks.

Grey Hounds are available in three styles, men's tube socks, men's crew socks, and ladies' cuff anklet. Color bands in shades of red, royal, gold, black, maroon or kelly accent the sock tops. Matching headbands and wristbands complete the line.

For more information, write "ABC Sports" Socks, Adams-Millis Hosiery Co., P.O. Box 2650, High Point, NC 27261. Or call (800) 334-2741 if out of state; (919) 889-7071 in state.



### Jog Indoors No Matter What The Weather

After 12 years of development, Aerobics, Inc. has introduced a new motorized treadmill that represents an easy approach to fitness.

Called the Pace-Master, this motorized electronic treadmill lets you walk, jog or run in the safety and comfort of your own home.

Now you can pursue your off-court conditioning all year round without skipping a day because of rain, snow, or heat.

The treadmill adjusts from 0 to 9½ MPH, and contains an electronic timer that automatically ends your exercise period after a preselected time. This provides for precisely controlled exercise that can be repeated, increased or decreased.

For more information, write Aerobics, Inc., 30 Colfax Avenue, Clifton, NJ 07013.



### Tote Your Gear In Style

McGregor has introduced a new line of sports bags which complement its broad line of sporting goods. Four different styles are offered, all in various colors.

The SL10 Series measures 10"x18" and is made of light-weight coated nylon with durable webbing handles and reinforcement.

The SL20 Series is a 10"x17¼" roll bag of rayon canvas-like material, featuring both a wet pocket and a slash pocket for racquets.

Model SL30 Series, which measures 9"x18", is of supple, strong, fully lined polyurethane fabric, and also features a wet pocket.

The SL40 Series is of heavy-weight polyurethane coated fabric with heavy-duty webbing. It measures 30"x14½".

For the name of your nearest retail outlet, contact McGregor Athletic Products, 25 East Union Av., East Rutherford, NJ 07073. (201) 935-6300.



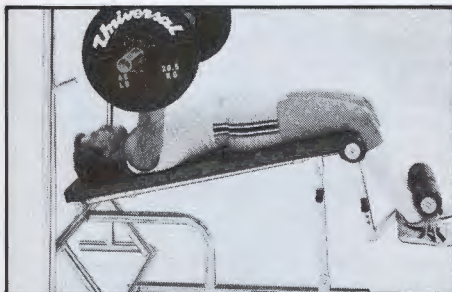
### Fitness Evaluation by Computer

The Performance 2000, from Sport Medical Corporation, is a computerized fitness evaluation system designed for use in a non-medical setting. As the subject is paced through an exercise routine, the computer analyzes and records physiological responses, producing a two-page written assessment of cardiovascular fitness.

The printout can compare the present test to a previous test and to established norms. It also provides individualized exercise instructions.

In addition to cardiovascular testing, the computer has programs for pulmonary function testing, skin fold measurements, flexibility and strength testing, cardiac risk profile and aerobic training.

Performance 2000 is available from Sport Medical Technology Corporation, P.O. Box 657, Center Moriches, NY 11934. (516) 878-0101.



### New Olympic Decline Bench

Universal's new Olympic Decline Bench features a unique base design which allows a spotter to provide close-in, over-the-barbell assistance for heavier weights.

With an adjustment range of 13", the bench makes a variety of declining exercise angles possible. The distance between the knee and instep roller pads is also adjustable to fit varying knee-to-foot lengths.

The frame is constructed of heavy-duty 2"x120" wall steel tubing with uprights of .180" wall tubing, and finished in duplex nickel chrome. The bench is heavily padded and covered in washable Naugahyde. Space requirements: 47"x70"x52" high.

For copies of Universal's new Free Weight catalog and Circuit Weight Training Equipment catalog, contact Universal Gym Equipment, Inc., 930 27th Av., S.W., Cedar Rapids, IA 52406; call toll free: 800-553-7901; or in state (319) 365-7561.



### Floor Matting Combats Foot Fatigue

A new, versatile, anti-fatigue floor matting from Gerrard-Ovalstrapping, called Pillomat®, is recommended for a wide variety of industrial, recreational, and health-related uses.

The polyvinylchloride (PVC) matting contains more than 2,000 individually sealed air cushions per square meter that create a "pillow" tread, providing exceptional anti-fatigue properties for extra comfort wherever standing for extended periods is necessary.

The product is impervious to water, alkalis, detergents, grease, oils, and most acids, and is inflammable. These qualities make it ideal for use in showers, steamrooms, saunas, swimming areas, kitchens and bars.

Available in three colors, the matting is hygienic, resistant to bacteria, and easy to clean.

For more information contact Greg Moore, Gerrard-Ovalstrapping Ltd., 5330 South Service Road, Burlington, Ontario, L7L 5L1, Canada. (416) 632-3662.

# The Glass Court

by Lorraine Madej

*In Part I of the story, Tina has tried to free herself from a destructive relationship with the charming but insensitive Ted Keller. In the midst of her conflict, she's taken up racquetball along with her friend Wanda, at the urging of a client at the hair salon where she works. One Saturday, she and Wanda—rank beginners—play a doubles game on the glass court with two guys from their club...*

The guy with glasses, whose hair reminded Tina of a palomino horse's tail, became Wanda's partner. Tina got the frizzy-haired wonder.

And wonder he was. Tina didn't hit the ball once. More embarrassing, in the second game, while going for a high ball, she ran smack into the wall. Tina felt her face flush short-line red. Her nose began to sting.

Luckily no one laughed.

Before long the bell rang. The guys waved their racquets and left.

Tina's teeth pressed together. *"That makes me boil!"*

*"I thought it was fun!"*

*"I didn't get in a single hit!"* Her hand gripped and released the racquet handle irritably.

As they passed the desk, Tina stopped abruptly. *"Any time available at seven on Monday morning?"*

*"Yes. Name please?"*

As they walked to the near-empty locker room, Wanda asked, *"Why'd you do that?"*

*"I did rotten today. Our instructor said practice would help a lot. Time is cheaper then. Want to join me?"*

*"I can't get up before eight for any reason. Besides, this was supposed to be fun, not torture."*

From then on, Tina's whole attention focused on becoming better at racquetball. She bought a book and followed the exercises daily. It was like being in training.

Thursday at lunch, she received a call.

*"Want to have dinner at your place tonight?"* Ted asked.

The cavernous voice seemed like an echo from the pre-historic past. Suddenly, racquetball and Ted seemed incompatible. Besides, getting up early every day made Tina tired. She found herself falling into the most delicious sleep by 8:30 p.m. She had even bought herself a telephone answering machine, so her sleep would not be disturbed.

*"No. Can't tonight,"* she answered. Then she bit her lip for not being completely truthful. She had built up a habit of hiding her unpleasant feelings from Ted in an effort to make things go smoothly.

The pause and throat clearing on the other end surprised her. And she realized why. She had never said no before.

*"Tomorrow?"*

*"No."* There, she said it without conditions.

Silence. *"How about lunch tomorrow? At the Mall. My treat."*

Now it was Tina's turn to be uncertain. She realized he had only treated her a handful of times in the six months they had been going out. It was her place

***"Was it Paul himself in all his grubbiness that she was attracted to? Was it the way he treated her—respecting her struggle to improve, and not overpowering her?"***

almost every time. He had set it. She had accepted it. But how could she resolve all this now?

*"My customer just came in. 'Bye."* Tina hoped Ted had read between the lines of their conversation.

On Saturday morning, when Tina and Wanda arrived at the court and Tina heard the noise and whock, whock of the ball and felt the air alive with activity, she knew she was in her element.

They played two games. Tina won easily. The half hour bell rang. Suddenly, as she was about to serve, there was a rap on the glass. Tina's heart pounded as she turned to see Frizzy and Serious, holding their racquets up. Wanda motioned for them to come in.

This time the game of doubles went differently. Tina found if she went for the ball instead of just standing there, Frizzy didn't interfere. Some of the time, she hit it solidly. The only awkward moment was when the ball, hit by Serious and traveling 200 m.p.h., at least, hit her smack on the behind.

*"Lucky it wasn't my face,"* she said lightly, becoming better at concealing her embarrassment.

When the 11 o'clock bell rang, Frizzy said, *"You sure improved since last week. Been practicing?"*

*"Some,"* Tina said casually, trying to ignore Wanda's fit of coughing.

*"Want to try again next week?"* he asked.

*"Sure."*

*"We can get time at 10."*

Each dawn that week Tina practiced racquetball as a monk prays — regularly and with the faith it would do good. By Saturday, she wanted to be a force to be reckoned with — a new desire in her 21 years.

*"Will I survive?"* she asked Wanda on Thursday at "Mr. & Ms. Haircut". *"Or will I perish from exhaustion and nerves? Now I know how a Kentucky Derby horse feels."*

*"I'll bet on you,"* Wanda said sincerely.

Tina's mind was concentrating on one thing — Saturday morning. Which was why she was so surprised to see Ted Keller march in on Friday afternoon. He obviously didn't want a haircut.

*"I see you have a telephone recording machine now, too. Why don't you return my calls?"* His upper lip twitched in frustration.

*"Playing racquetball,"* Tina said.

He looked at her in disbelief, at first, then said, *"Want to go out for dinner? My treat, 'Chez Natalie."*

It sounded to Tina like a sheriff's order. The showdown from *High Noon* crossed her mind. *"Ted, I don't like to hurt your feelings, but I don't think we have enough in common."*

Ted gripped her shoulders. *"I thought you liked relaxing with me in the evening."* His smooth smile was replaced by a twisted frown. *"I thought we were getting along fine."*

*"I haven't been honest with you,"* she replied, *"just as you weren't with me. I'm sorry."* And she meant it.

With a shot-down look and a shake of his head, Ted Keller left.

Her head finally clear, Tina approached the big day at the courts with no distractions. In their first game, Wanda scored only two points.

*"You're a phenomenon,"* Wanda said.

*"You're a good sport,"* Tina returned.

Then came the anticipated tap on the door. The sides took position. Tina went for almost every ball and hit many of them.

When the bell rang, Frizzy said to Tina, *"We have time now. Want to play some singles?"*

Tina felt as if the Olympic gold was being placed around her neck. For the first time she noticed depth in Frizzy's muddy brown eyes, and the stubby chin did not repel her. *"Why not?"* she replied casually.

*"The name's Paul."*

*"Tina."*

Wanda went to play with Ed.

The first game between Paul and Tina went 15-11, the second 15-5. Such is the unevenness of a beginner, Tina thought philosophically. Because she had done her best, she felt satisfied. After switches in partners, the bell sounded.

***"Tina flushed at his unexpected compliment. Her fingers felt damp. Concentrating became an effort."***

*"See you next week,"* Paul said, his gray tee shirt splotted from sweat.

Tina just waved. She was so tired all she could picture was the warm soothing water flowing from the shower.

By the time Tina and Wanda emerged from the locker room Paul and Ed were gone.

*"I'm beat,"* Wanda groaned. *"Two hours of racquetball could kill a horse. I don't*

*know if I can do this again next Saturday."*

Suddenly Tina remembered something. *"We don't have any more time! It expired!"*

*"Let's use the guys' time,"* Wanda suggested.

*"That would be like we're freeloading."*

*"Isn't that what they did?"*

*"No! They always had their own time. We should too,"* Tina declared.

Wanda sighed. *"Have it your way."*

During the week, between customers, Tina called the Courts, but no cancelled time turned up. She still practiced but half-heartedly. She almost skipped Friday, but some drive, a compulsion (a possession?) made her finish out the week.

*"Let's try for Monday morning,"* Wanda said.

All during the weekend, as Tina cleaned her apartment and did the shopping, she thought about Paul. Would he miss her on Saturday? Would he find other girls in the glass courts?

And on Monday morning Tina discovered playing without Paul left her unsatisfied. She wondered. Was it the challenge — that she wanted to beat him? Was it Paul himself in all his



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grubbiness that she was attracted to? Was it the way he treated her — respecting her struggle to improve, and not overpowering her?

For whatever reason, on the way out, she inquired at the desk about who had rented the previous Saturday's 10 o'clock time. Maybe she could sleuth out who Paul was. Arrange an accidental meeting — on purpose. But there was no Paul or Ed. They must have rented through friends. Or maybe they didn't play, either.

"Do you want your usual time tomorrow at seven?" the teenager behind the desk asked Tina.

She sighed. Without a goal, practice seemed like useless hard work. Worse, it would only remind Tina of how much she missed Paul. She shook her head.

The day in front of her stretched out like a road across the desert. Cutting hair, frosting, blow-drying appealed as much as a dead cactus. The last time she had felt this bad was after she had seen Ted Keller walking with femme fatale in the Mall. But she hadn't even been out with Paul.

Around eleven the receptionist called. "How about a cut over lunch, Tina? At noon?"

Tina considered she didn't have anything better to do. She wasn't even hungry. "Okay."

At 11:55 Wanda skipped out the door. "I'll bring back a sandwich for you."

Tina nodded and went in the back to check supplies. When she returned, her new customer was sitting in her cutting chair, his back to her. He was dressed

**"As he looked in the mirror, she studied his face. Those alert eyes seared into her like lasers. If she met them for long, she felt she'd burn to a crip. Busily she brushed off his neck."**

in a blue blazer and gray slacks. There was something vaguely familiar about him. Then she realized what it was. That hair!

"Want your head shaved?" she asked, walking up behind Paul.

He spun around. "Is that what you think of my hair?"

He tugged on a handful. "I can't help what I was born with."

Tina was surprised and impressed by how neat and professional he looked — except for that hair. She turned his chair to face the mirror and slowly ran her hands over the wiry mess. It tickled the palms of her hands.

"I can tame it — for a while."

"Go to."

She spread the protector and began clipping.

"I missed you at the court last Saturday," he said.

"We ran out of time. Couldn't get more. How'd you find out I worked here?"

"The court desk. They gave me the number you left a couple of weeks ago. When I dialed and got 'Mr. & Ms. Haircut,' and remembered your stunning hair, I put two and two together and made an appointment with Tina."

Tina flushed at this unexpected compliment. Her fingers felt damp. Concentrating became an effort.

"I figured," he continued, "anyone who had the drive to improve the way you have is someone worth knowing."

Tina tried to hide her flaming cheeks. "I just wanted to beat you," she said simply.

He laughed heartily. "Keep it up and you will. How about having dinner with me tonight?"

"Sure," Tina answered quickly.

"I work at Computer Associates down the road. I'm through at five. May I pick you up then?"

"I work till seven."

"Seven it is. Do you like Chinese food?"

With this new relationship being born, Tina resolved there would be give and take and honesty. "So, so. I like Italian better."

He bit his lip. "How about steak and salad?"

"Fine." She was glad he was honest, too.

With that settled, Tina thought she better quit before a crew cut emerged. "Well?"

As he looked in the mirror, she studied his face. Those alert eyes seared into her like lasers. If she met them for long, she felt she'd be burned to a crisp. Busily she brushed off his neck.

"Very respectable," he said. "You're going to ruin my reputation."

Tina glanced again into the mirror. His good-natured smirk was infectious. She giggled, shedding her self-consciousness like the spirals of Paul's hair on the floor.

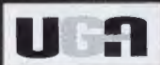
And after he left, she dashed to the phone to reserve a court for practice — every morning that week. ●

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# Tournament Results

## New Jersey

New Jersey AARA State Championship  
Edison Racquetball Club  
Edison, NJ, May 14-16

**Men's Open:** 1st—Casio; 2nd—Gonzales; 3rd—Young  
**Men's Seniors:** 1st—Wilson; 2nd—Wela; 3rd—Vanore  
**Men's Masters:** 1st—Talbot; 2nd—Schiller; 3rd—Frankel  
**Men's A:** 1st—Katz; 2nd—Teodoro; 3rd—Berwick  
**Men's B:** 1st—Garrido; 2nd—Salvato; 3rd—Cline  
**Men's C:** 1st—Abio; 2nd—Gillman; 3rd—Ives  
**Men's Novice:** 1st—Danzis; 2nd—Carney; 3rd—Nobile  
**Men's Open Doubles:** 1st—Valinoti/Giamportone; 2nd—Allgood/Young; 3rd—DeFillippis/Bierman  
**Men's B Doubles:** 1st—Jenkinson/Salvato; 2nd—Feustal/Pachtman; 3rd—Ruggieri/Patterson  
**Men's C Doubles:** 1st—Rush/Shawn; 2nd—Fiorvanti/Fiorvanti; 3rd—Marrone/Greco  
**Women's Open:** 1st—Marriot; 2nd—Maltby; 3rd—Davis  
**Women's Veteran:** 1st—Cummings; 2nd—Forte; 3rd—Koemer  
**Women's A:** 1st—Gatarz; 2nd—Moore; 3rd—Palumbo  
**Women's B:** 1st—Lukowski; 2nd—Hurley; 3rd—Andreason  
**Women's C:** 1st—Donofrio; 2nd—Maloney; 3rd—Jacob  
**Women's Novice:** 1st—Stoll; 2nd—MacLeann; 3rd—Laub  
**Women's C Doubles:** 1st—Pfau/Valavo; 2nd—Andreason/Stamm; 3rd—Jacob/Donofrio

## Pennsylvania

The Indiana Club—1st Annual March of  
Dimes Racquetball Tournament  
Sponsored by Sheraton Inn, Athlete's Foot,  
Wendy's, Penn Labs  
The Indiana Club  
Indiana, PA, June 11-13  
Director: P.J. Lanich

**Men's AA**  
Finals: Ruben Gonzales d. Larry Fox 15-6, 15-1; 3rd—Jim Cascio  
**Men's A**  
Finals: Kevin Becker d. Gene Rodgers  
**Men's Seniors**  
Finals: Bob Thomas d. Ron McBride

**Men's B**  
Finals: Joe Just d. Frank Soltis  
**Men's C**  
Finals: Ted Vostko d. Bill Black  
**Men's Novice**  
Finals: Scott Cornel d. Markell Boulis  
**Men's B Doubles**  
Finals: Jeff Davis/John Stoltz d. Ed Leise/Glenn Jurnca  
**Women's B**  
Finals: Barb Smith d. Doris Adams  
**Women's C**  
Finals: Doris Adams d. Michelle Campbell

## Maine

1st Annual Summer Open  
Sponsored by Penn and Coca Cola  
Club North  
North Wyndham, ME, July 9-11  
Director: Leesa Smith

**Men's Open**  
Quarter-finals: R. Olson (bye); Hawkes d. Bourque 15-12, 3-15, 15-11; Jarry d. St. Pierre 15-3, 15-4; Bouchard (bye)  
Semi-finals: Olson d. Hawkes 15-12, 3-15, 15-11; Bouchard d. St. Pierre 10-15, 15-6, 15-14  
Finals: Olson d. Bouchard 15-2, 15-8  
**Men's Seniors**  
Quarter-finals: Burns d. Pierce 15-12, 10-15, 15-11; Richards d. Howard 15-7, 15-0; Isenberg d. Merrill 15-6, 15-0; Payne d. LeBlanc 15-10, 15-2  
Semi-finals: Isenberg d. Payne 15-7, 15-7; Richards d. Burns 15-3, 15-10  
Finals: Isenberg d. Richards 15-4, 15-8  
**Men's B**  
Quarter-finals: Skalski d. Johnson 15-3, 15-6; Georgetti d. Smith 15-11, 15-3; Frost d. True (forfeit); Krentzman d. Karter 7-15, 15-13, 15-11  
Semi-finals: Skalski d. Georgetti 15-5, 15-13; Krentzman d. Frost 15-10, 15-5  
Finals: Skalski d. Krentzman 15-9, 15-8  
**Men's C**  
Finals: Richards d. Smith 11-5, 11-4  
**Men's Novice**  
Quarter-finals: Larsen d. Lebow 15-13, 15-7; LaPrino d. Smith

15-5, 15-8; Steinberg d. Hall 9-15, 15-11, 15-8; Lennox d. Ridge 15-8, 15-9  
**Semi-finals:** LaPrino d. Larsen 15-11, 15-13; Lennox d. Steinberg 15-14, 15-3  
**Finals:** LaPrino d. Lennox 15-13, 15-3  
**Men's Open Doubles**  
Finals: Olson/Bouchard d. Bourque/Karter 11-3, 11-5  
**Women's Open**  
Quarter-finals: Julia d. Carr 15-4, 15-8; Smith d. Turner 15-8, 15-8; Brown d. Morrell 15-4, 15-10; Olson (bye)  
Semi-finals: Smith d. Julia 15-9, 15-8; Olson d. Brown 15-9, 15-6  
Finals: Olson d. Smith 15-5, 9-15, 15-2  
**Women's C**  
Quarter-finals: DeFelice d. Hunt 15-5, 15-2; Trenholm d. Charette 15-6, 15-10; Leadbetter d. Patterson 15-11, 15-8; Garneau (bye)  
Semi-finals: Garneau d. Leadbetter 15-8, 15-4; DeFelice d. Trenholm 15-3, 15-6  
Finals: DeFelice d. Garneau 9-15, 15-7, 15-1  
**Women's Open Doubles**  
Finals: Olson/Carr d. Julia/Brown 11-2, 9-11, 11-6

## California

Fourth Annual Santa Barbara YMCA  
Semana Nautica Racquetball Open  
Santa Barbara YMCA  
Santa Barbara, July 9-11  
Director: John Remy

**Men's Open:** Billy Austin d. Brian Zimmerman 21-16, 21-18  
**Men's Senior Open:** Doug Chandler d. Jeff Petri 21-10, 11-21, 11-10  
**Men's B:** Dave Wagner d. Dave Nigh 21-9, 21-17  
**Men's C:** Ted Hutchinson d. Aaron Moreno 15-21, 21-17, 11-2  
**Men's Novice:** Ron Cole d. Chuck Meadows 21-11, 21-13  
**Men's Open Doubles:** Steve Lamer/Eric Barkey d. Doug Chandler/Rich Lange 21-15, 21-7  
**Men's B Doubles:** Ken Kramer/David Escobar d. Ralph Isabella/Dave Wagner 21-19, 21-14  
**Men's C Doubles:** Justin Cochran/Brian Adams d. Steve Gollis/Chris Hill 15-10, 15-9  
**Women's Intermediate:** Andrea Tomar d. Kathy Welch 21-20, 21-15  
**Women's C:** Karen Exum d. Kris Ferris 21-2, 21-19  
**Women's Novice:** Janet Johnson d. Susan Montgomery 21-8, 21-12  
**Women's Intermediate Doubles:** Nadine Druxman/Kathy McNally d. Mary Teeter/Wendy Schaefer 21-13, 21-20

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Sponsored by Fisher Beverage Company  
Imperial Courts  
Melbourne, FL, July 15-18  
Directors: Mike Phillips, Scott Nelson, Chip Meador, and Ken Lutz

**Men's Open:** 1st—Bales; 2nd—Hanson; 3rd—Ganley  
**Men's 30+:** 1st—Dubalski; 2nd—Handley; 3rd—Serabia  
**Men's 40+:** 1st—Ira; 2nd—Mojer; 3rd—Kramer  
**Men's 50+:** 1st—Ira; 2nd—Roberts  
**Men's B:** 1st—Robinson; 2nd—Weaver; 3rd—Kluza  
**Men's C:** 1st—Di Donato; 2nd—Thomas; 3rd—Sprout  
**Men's D:** 1st—Scarbozi; 2nd—Calabro; 3rd—Brumaster  
**Men's Open Doubles:** 1st—Gautier/Hanson; 2nd—Lefor/Kirkland; 3rd—Nichols/Smith  
**Men's 40+ Doubles:** 1st—Fox/Mojer; 2nd—Shumer/Kramer; 3rd—Lutz/Allen  
**Men's B Doubles:** 1st—Nelson/Scott; 2nd—Hart/Lester; 3rd—Garriga/Smith  
**Women's Open:** 1st—Bullard; 2nd—Mildenberger; 3rd—Friedman  
**Women's 30+:** 1st—Fish; 2nd—Lee; 3rd—MacDaniel  
**Women's B:** 1st—Davis; 2nd—Collins; 3rd—Jackson

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**Women's C:** 1st—McClay; 2nd—Schullstrom; 3rd—Knudson  
**Women's D:** 1st—Robson; 2nd—Wilson; 3rd—Kay  
**Women's Open Doubles:** 1st—Bullard/Turkel; 2nd—Friedman/Soldman; 3rd—Morgan/Sirico  
**Women's 30 + Doubles:** 1st—Spiegel/Fish; 2nd—MacDaniel/Serabia; 3rd—Giordano/Nathan  
**Women's B Doubles:** 1st—Roffe/Turkel; 2nd—Partlow/Moore; 3rd—Jackson/Goebel

## Maine

The Beachcomber Open  
 Sponsored by Natural Light, Penn,  
 and Burger King  
 The Court Yard  
 Saco, ME July 30-31  
 Director: John Bouchard

### Men's Open

**Semi-finals:** Phil Scannell d. Dave Loisel 11-15, 15-3, 15-5;  
 Mark St. Pierre d. Marc Bourque 11-15, 15-7, 15-8  
**Finals:** Scannell d. St. Pierre 15-5, 15-13

### Men's Seniors

**Semi-finals:** Roger Crim d. Dan Gagne 15-10, 15-4; Bill  
 Isenberg d. Jerome Magainick 15-11, 15-10  
**Finals:** Crim d. Isenberg 15-8, 15-6

### Men's Masters

**Round Robin:** 1st—Greg Payne d. 2nd—Walt Falkenstrom  
 15-9, 15-9; 3rd—Frank Trask d. 4th—Dick Chaplin 15-11,  
 10-15, 15-11

### Men's B

**Semi-finals:** Jere Spugnardi d. Fred Karter 15-11, 15-8; Paul  
 Thiel d. Mike Farrell 15-9, 15-7  
**Finals:** Thiel d. Spugnardi 15-14, 15-2

### Men's C

**Semi-finals:** Bruce McFarland d. Nick Maggio 15-9, 15-10;

Alan Diamond d. Scott Cochrane 2-15, 15-6, 15-12  
**Finals:** McFarland d. Diamond 15-13, 15-5

### Men's Novice

**Semi-finals:** Russell Bouchard d. Mike Godin 15-5, 15-8; Jim  
 Secondiani d. Mark Carmichael 15-6, 15-10  
**Finals:** Secondiani d. Bouchard 2-15, 15-7, 15-9

### Men's Open Doubles

**Semi-finals:** Loisel/Tito d. Gardner/Tarting 15-12, 15-6;  
 Scannell/Desrochers  
**Finals:** Loisel/Tito d. Scannell/Desrochers

### Men's B Doubles

**Semi-finals:** Graham/Quirk d. Hammond/Trask 15-8, 15-9;  
 Farrell/Diamond d. Falkenstrom/Maggio 15-8, 9-15, 15-14  
**Finals:** Graham/Quirk d. Farrell/Diamond 14-15, 15-14, 15-11

### Women's Open

**Semi-finals:** Eileen Ehrlich d. Janet Burke 15-7, 15-0; Martha  
 Callahan d. Terri Graham 15-5, 15-6  
**Finals:** Callahan d. Ehrlich 15-9, 15-6

### Women's B

**Semi-finals:** Debbie Brown d. Paula Truman 15-5, 15-10; Anita  
 Findlen d. Judy Bailey 15-5, 15-14  
**Finals:** Brown d. Findlen 15-6, 15-7

### Women's C

**Semi-finals:** Sue Pelczar d. Sue Pelletier 15-1, 15-10; Sandy  
 Grosvenor d. Laura Nash 15-5, 13-15, 15-9  
**Finals:** Grosvenor d. Pelczar 15-8, 15-11

### Women's Novice

**Semi-finals:** Jane Williams d. Marie Caswell 15-5, 8-15, 15-7;  
 Cindy Patterson d. Lisa Persson 15-14, 15-5  
**Finals:** Williams d. Patterson 15-8, 15-1

### Women's Doubles

**Semi-finals:** Burke/Callahan d. Carr/Olson 15-2, 14-15, 15-2;  
 Eon/Graham d. Kelly/Mignon 15-3, 15-11  
**Finals:** Burke/Callahan d. Eon/Graham 15-8, 15-5

## Illinois

1982 3-Wall Rainbow Beach  
 Singles Invitational  
 Sponsored by The Stokers Racquetball Club  
 Chicago, IL July 23-25  
 Directors: George Gray, Fred McNeal

### Men's A

**Semi-finals:** H. Miller d. J. Siegel 11-6; G. Mandel d. B. Hill  
 21-3, 21-14

**Finals:** G. Mandel d. H. Miller 21-7, 21-10

### Men's C

**Semi-finals:** G. Murphy d. B. Venerable 11-6; R. Robinson d.  
 K. Cook 21-14, 21-17

**Finals:** R. Robinson d. G. Murphy 11-10

### D Division

**Semi-finals:** G. Stewart d. J. Watkins 21-18, 21-15; M. Lanfare  
 d. A. Woodruff 21-9, 21-7

**Finals:** M. Lanfare d. G. Stewart 21-8, 21-13



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# EXTRA!

## New Game Takes To The Courts



Cestaball, a new game played on a racquetball court, was showcased in a demonstration at the Glass Court in Lombard, IL, June 24. Area club owners and teaching pros were invited along to see the action, and to participate if they wished.

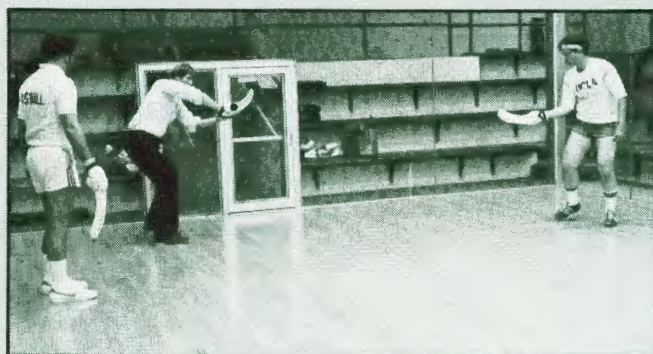
The game is a hybrid of racquetball and jai-alai, played with a specially designed scoop and ball.

It involves some different dynamics than racquetball. You catch the ball after it has passed your body, and

the return is a throwing motion. It also requires sharper eye-hand coordination, since you must watch the ball throughout the catching and throwing sequence.

Neil Scheyer, an expert Cestaball player and one of the demonstrators at The Glass Court, says that people who play the game tend to be universally pleased at the feel of the catch/return.

*"They like the smooth flowing motion of connecting with the ball," he said. "It's different from the sensation of hitting. Instead of a sharp impact, it's a cyclical movement that combines retrieve and return in a linked sequence."*

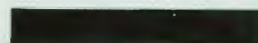


As an adjunct to your racquetball game, Cestaball can reportedly sharpen your eye. But whether the different dynamics of the game are likely to distort your racquetball playing hasn't been investigated yet since Cestaball is so new. Scheyer said that he has had no problem playing

both — he simply adjusts in the first few minutes on the court, the same as if he were playing racquetball exclusively.

More demonstrations are being planned for courts around the country. Watch for it — it sounds like a fun new way to spend an hour and get a workout.

## DP To Relocate Leach Operations



Diversified Products Corporation (DP) is planning to move its DP Leach racquetball racquet manufacturing operations from San Diego, CA, to Opelika, AL.

Since acquiring Leach Industries in 1980, DP has gradually been consolidating the operations of both companies, and the transfer of the manufacturing operations to DP's Opelika headquarters represents the final step in that process.

## Eyeguard Recall

Even if you've been swearing by your AMF Voit Deluxe Eyeguards, you may want to give them up. Voit's standard quality-control tests have revealed a possible manufacturing defect in the guards (Model RBDEG), of which approximately 17,000 have been distributed since June, 1980.

All Deluxe Eyeguards being returned must be sent insured, fourth class parcel post, return receipt requested, along with the sales slip, to the nearest Voit location shown below. (If you don't have the sales slip, indicate the year of purchase and the name of the retailer.)

Voit will refund the price of mailing, plus a prorated amount of the purchase price—25 to 100%, based on when you bought the eyeguards.

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## Around The Court For 80 Hours

—Photo by Sally Hunter

On Sunday, July 18, Jim Bishop, fitness director of Newtown Racquetball and Nautilus Club in Newtown, PA, began a racquetball marathon that lasted from 12 noon on that day until 8 p.m. the following Wednesday, a total of 80 hours of play.

The guy must have something to prove, right?

Right. One purpose of the marathon was to show that, with proper conditioning, diet, and exercise, the body can be trained to accomplish just about any physical goal.

*"I'm trying to draw attention to the benefits of fitness," Bishop explained before his ordeal. "I want people to see why I'm committed to cardiovascular fitness. If I spend so much time on the court, I'm hoping others will spend just a little time getting in shape."*

Jim was not looking to beat the national record which is an incredible 166 hours of consecutive play. His goals initially called for 48 straight hours of play—one-hour matches against all comers, with a two-minute break between games. By foregoing the five-minute break allowed every hour, he accumulated enough time to take one four-hour break to shower and sleep.

Then it was back to the court for another 32 hours of steady play. During the last of these—his 80th hour of play, he beat A player Charlie Minton.

Throughout his heroic exploit, Jim suffered nothing more serious than sore feet. His preparation started last December with an intensive training program that included running, bicycling and racquetball in hefty doses. Between games he



replenished fluids and electrolytes with water, Gatorade, fruit, and vegetables.

Apart from the physical demands of marathon play, Bishop found the mental demands formidable.

*"I tried to keep my mind off my feet and the clock," he said. "But I got a little punchy at times anyway. Having people come to play and watch in the small hours of the morning really helped me make it through."*

Bishop's achievement got widespread media exposure for his fitness message, but it also generated \$1,000 for the American Heart Association through sponsors' pledges and challengers' fees.

And the next day he was back to work by 10 a.m., a perfect example of his own philosophy.

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