

Leagues kick off new season

by Diane Mason

Women's leagues don't just happen. As most program directors know, it takes a lot of ingenuity and enthusiastic leadership to get leagues started — and to keep them rolling all year long.

These days, women's day leagues present particularly tough challenges for club directors. More women are now holding full or part-time jobs, and fitting racquetball into tight schedules can be tricky. Today's leagues need to be flexible and sensitive to the time constraints women are operating under.

"It's not only jobs that are taking away racquetball time," says Diana Hardek of Naperville Courts, who points out that family schedules are just as demanding. "Women spend a lot of time chauffeuring to soccer games, ballet lessons, scouts, and all the other activities their kids are involved in."

Yet in spite of these interferences, most program directors report that interest in leagues is as great as ever before, and in some cases on the rise.

What's the secret of a successful league? To find out, **RACQUETBALL TODAY** talked with three program directors, who told how they kicked off their leagues this Fall, and some of the plans they've made for the season ahead. Sharing ideas and pointers are Diana Hardek of Naperville Courts, Lynne Farmer of Glass Court club in Lombard, and Sandy Coffman of the West Allis Racquetball and Fitness Center in West Allis Wisconsin.

Launching the League

At Glass Court Club, Lynne Farmer starts the season in August with an orientation week. New or former members have a chance to ask questions and especially to receive skill evaluations, one of the keys to starting off on the right foot.

"If a person is rated wrong and put in at the wrong level, she is likely to have a bad experience," says Lynne. "This could kill racquetball for her. Good evaluations are extremely important."

Lynne also believes that personal contact is the best avenue for getting people involved. She goes through her membership list and tries to call everyone, extending a personal invitation.

Diana Hardek finds that "special event days" work quite well. For exam-

ple, at a "Racquetball Bingo Party," players are assigned numbers which correspond to a numbered Bingo card. All skill levels are included, and women play eleven point games in which lower level players are spotted points by higher level participants. Each time a victory is scored, that player's number is crossed out on your Bingo card. Your own number is a freebie.

"I usually have a lot of older stock at this time," Diana says, "so I can give

plenty of good prizes such as bags and racquets." Added incentive is the chance for lower rated players to "play up" and improve their games, and for everyone to get a variety of games.

"Timing is important," Diana points out. "If I hold a special event day right before a league is scheduled to start, I always get more sign ups for the league."

Another special event at Naperville is "Friends Day." Members pay a small

Continued on page 3



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LEAGUES BEGIN SEPT 82



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We Get Letters . . . Greetings from Martinique



Jim and Julie Burns of Atlanta enjoy their Windjammer cruise — courtesy of the RAM/RACQUETBALL TODAY sweepstakes.

ABOUT THE RULES

If I understand the articles by Austin and Simborg regarding the designation of professional racquetball players, just about everyone, if they do it right, can maintain amateur standing. Simborg makes a good case as to why this is good for the sport and fair for the players, but I still think it's wrong just to consider money earned as the only factor. What about players who win big trips and cars and other big prizes? Should all these people be able to keep playing against us amateurs?

Rick Meeker
St. Louis

You're talking about a very small number of people who win a significant number of valuable prizes, and we also have the problem of trying to keep track of who wins what around the country. Overall, we think it's better to just let them compete.

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Published by Racquetball Today Promotions, Inc., P.O. Box D, Posen, Illinois 60469 (312) 371-7616. Second class postage pending at Posen, IL and alternate locations. Subscription rates for 12 issues: U.S. and possessions, \$10; Canada, \$14; Foreign, \$20. RACQUETBALL TODAY reserves all rights throughout the world. Reproduction in whole or in part in any language without written permission is strictly prohibited. All letters sent to RACQUETBALL TODAY will be considered RACQUETBALL TODAY property and therefore unconditionally assigned to RACQUETBALL TODAY for publication and copyright purposes. All such letters photos will be subject for editing by RACQUETBALL TODAY.

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THE GOLDEN RULE

Your article on Mr. Golden, the handicapped racquetball player, was interesting and inspiring. And I liked the way you even thanked Golden at the end of the article for picking racquetball. You are right when you say the sport is richer for having handicapped people involved in it, and I hope that the clubs will do more to make their facilities accessible to handicapped individuals.

R.L. Moulton
Washington DC

GROBWHOOSITS?

Dear Diane,

I've got a hunch that Tom Grobmisi has a lot more to do with what goes on in your paper than just the articles he writes...there's a real sense of humor and satire throughout. Is it just a coincidence that Grobmisi and Gabrisco are such similar names?

Roy Campbell
Coral Gables, FL

No, it's not JUST a coincidence. It's a nuisance.

— Ed.

BAD HABITS

Dear Phil,

I would like to receive the posters offered in your newspaper that explain the rules of racquetball. Unfortunately, people have a bad habit of just jumping onto the court for the first time without reading the rules.

I would also like to compliment your article on hinders in the May/June issue. It made the hinder rules very clear and opened a lot of eyes. Thank you.

Maryanne Craig,
Charleston Athletic Club
Charleston, SC

NOTICE TO CLUB OWNERS: We have free, attractive posters that will help beginning and experienced players understand the game better. Write RACQUETBALL TODAY, PO Box D, Posen, IL 60469.



My Point from the editor

Racquetball — by choice

Life is filled with choices. Some are automatic because of the obvious effect they have on our existence. We go to work — or we don't get paid; we put gas in our car — or we don't go anywhere, we do the laundry — or we have nothing to wear. We pay our taxes and our bills; we eat, sleep, shower...

The list goes on and on.

But there are other choices. Choices which are more difficult to make. Choices which affect us more *subtly*. Choices which make the difference between *existing* and *enjoying* life.

Far too often, we don't make the choices which are the best for us — nor do we choose what is most important to us. We choose, by nature, what appears to be the *easiest* choice. And sometimes, we just waver passively, unable to choose, until there is **NO** choice.

Our free time is especially valuable to us. And how we choose to use it affects our health, our mood, our happiness, our entire life. Should I skip lunch or dine with a friend? Should I play with my children or read the paper? Should I go out or should I stay home? Should I call an old friend or make a new one? Should I run or play racquetball?

Racquetball???

In some parts of the country, racquetball continues to be one of the most popular choices for recreation and physical exercise. In other areas, there appears to be less and less people choose racquetball. Why? Many people blame the economy. But the economy can't account for the number of former racquetball players who have chosen to do *other* things. Many of them are running, swimming, golfing and playing tennis. How come?

For some people, racquetball is no longer a challenge. There isn't enough competition offered or enough incentive to find a game. Or club owners and managers who were once enthusiastic no longer offer the leagues, programs and tournaments which kept their members active.

For those of us who LOVE racquetball, this is sad.

What can we do?

First, we can encourage club owners and managers to offer more (and better) leagues, programs, and events. We can organize some events of our own. And at the very least, we can still call a friend and set up a game.

I hear from some that racquetball is a dying sport. I don't believe it. Just like anything else that's a little "under the weather", maybe racquetball needs a shot —

a shot of enthusiasm.

The choice is ours!

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IRSA NEWS

RACQUETBALL TODAY is pleased to bring you regular news and updates from the International Racquet Sports Association. Information is provided directly by the IRSA or is reprinted from the IRSA Newsletter with permission. For more information on this national club owner's association, contact John McCarthy, Executive Director, IRSA, 10 Concord Ave., Cambridge MA 02138.

The International Racquet Sports Association (IRSA) will conduct its second annual international convention and trade show in Las Vegas, Nevada at the Riviera Hotel from January 17-21, 1983.

IRSA is the association of owner/operators of racquet clubs throughout the world. In 1982, over 500 persons attended the convention. The trade show will be held on January 18-19, 1983.

News Briefs

The National Sports & Fitness Expo will take place November 11-14 at the Los Angeles Convention Center and plans to bring together leaders in sports, health, fitness and nutritional fields. This public expo will feature many well-known sports personalities and will offer exhibits, demonstrations, seminars and panel discussions. For additional information and group rates, call 213/656-7160.

Our condolences go to Charles L. Sheftel, President of the American Professional Racquetball Organization (APRO) on the death of his wife Barbara.

Barbara was instrumental in helping Chuck start APRO and without her personal support APRO would not be the successful organization it is today. Barbara stood behind Chuck in every endeavor that he wanted to accomplish. She will be missed.

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Leagues: making them work

Continued from page 1

court fee, but friends are free. Lessons are provided for the friends while the members play a separate round robin, and then later everyone comes together for informal games.

"No one wants to join a club if they've never tried the game. And although people want to introduce their friends to racquetball, they don't feel comfortable being the teacher," says Diana, who has found that most of the women who come to Friends Day sign up for a league, lessons or a clinic.

"As an added incentive," she says, "I always offer a one-day membership fee discount on the day of the special event."

Clearly the way racquetball is introduced lays the foundation for an individual's interest in league participation. And no record makes this more evident than that of Sandy Coffman, who directs over 600 women — probably the largest group of women in regularly scheduled racquetball activities in the country.

Every new member at West Allis is offered a lesson series. The leagues, then, become a natural outgrowth of the first lessons.

"I strongly push group lessons," says Sandy. "The women get to know each other, and are then very comfortable moving into a league together." Sandy has observed that women are often as interested in the social as the physical benefits of racquetball, so starting by making friends within the group is important.

"I would say that about 90% of the women in leagues here have started in some type of group lesson series," she adds.

From there, Sandy moves into a diversified program, conducting a wide range of leagues from teams to round robins to doubles, and every league has a different scoring system.

"If you offer variety, women will participate in more than one league. Very few women here play only once a week — most participate in several leagues.

About 95% of the games at West Allis are in structured league play."

Variety — The Spice of Leagues

At Christmas time, Diana often holds tree trimming parties that go like this: Four teams, with five players on a team are given a color code (red, green, yellow, blue, for example). With their own color balls or tags, players trim either a real tree or one drawn on large poster board. Each time a person wins one eleven point game, she is entitled to hang an ornament on the tree. Players can challenge each other as many times as they want, and at the end the tree is decorated and the winning team is the one with the most ornaments.

Diana notes that that idea is popular at Naperville, but for another group at another club, different events might be preferred. The important thing, she says, is that the program director be sensitive to what the league members enjoy doing most, and then "do anything you can to make people like racquetball more."

Lynne agrees. "Each group of women has a different personality. The most effective program is one who listens carefully to the wishes of the league."

Sandy stresses "absolute follow up on a daily basis." This means phoning those who have not shown up, contacting drop outs, making sure players are placed at their ability level, and most important, establishing an ongoing reward system.

Sandy posts notice of league activities "neatly and largely all over the club, using a lot of snapshots." Also, Sandy believes in a bonus system. "I give lots of bonus points — for completing all games, for not missing, and for anything else I can think of."

Certainly, program diversity and flexibility are the keys to Sandy's success. "There isn't any time a women tells me she can play that I don't have something to offer her."

On the business side, Sandy has found that a monthly dues system works well.

She notes that more club owners are recognizing that the membership dollar is more important to the long term cash flow of the club than are the daily fees collected. If a monthly dues system is coupled with a strong and varied program series, members will keep playing year-round, and the problem of slack months (especially summer) is alleviated.

People — What Makes Leagues Tick

"It's not so much what a person does, but how it's done," says Lynne, who believes that the personality of the program director is as important as her creativity. "Sure, it takes someone who is very organized and committed, and who has clever ideas," she says, "but most important is that the director have a sort of efficacious personality."

"It makes a lot of difference who's in charge," concurs Diana.

Sandy adds: "Programs must have an overseer — someone whose job it is to get women involved and excited. It can't be something you do on the side. It's a full time job."

"The time slots are there," she continues. "The job of the program director is to make women want to put racquetball in those slots. To do this you must be sensitive to what women want and when they want it."

"Racquetball in a well-managed club is here to stay — for fun and for profit."

For five years, Sandy Coffman has been conducting seminars for program directors, managers, and owners of racquetball clubs. In an extremely successful and acclaimed 8-hour program, Sandy gives ideas on how to create initial programs that work, how to keep them ongoing, how to evaluate the profit potential of certain programs, how to set up lesson series, follow up techniques, how to channel people into daytime play, and much more, including on-court participation and demonstrations. The next seminar will be held on December 4th. For more information, contact: Sandy Coffman, West Allis Racquetball and Fitness Center, 1939 So. 108th Street, West Allis, Wisconsin 53227; telephone (414) 321-2500.

AARA News...



Phil Simborg,
National Referee Certification
Director

The official AARA rules



Jim Austin,
AARA Rules Commissioner

Equipment time-outs

The AARA recently changed its rules regarding time-outs for equipment adjustments and/or replacement. Simply stated, an "equipment" time-out shall be charged *against* a player the same as any other time-out. The reasoning behind this is quite logical and fair: players are simply expected to be able to take care of gloves, shirts, and other changes between games and during normal time-outs, and all players, *especially* tournament players, better have a spare racquet on hand in the event of breakage. Allowing players to have "extra" time-outs whenever their gloves or shirts get too wet simply leads to far too many abuses and delays, and the practice actually penalizes those players who *do* take care of their clothing and equipment during normal time-outs.

There are some who argue that people *who wear glasses should be allowed extra time-outs to dry or clean them*, but again, that's not fair to those who do not wear glasses. Further, players do have 10

seconds between rallies, which should be more than enough time for normal adjustments, and even time enough, with the referee's permission, to open the door, reach outside, and change racquets or eyegear.

The only real complication arises when a player has no time-outs left and then breaks a racquet, loses a shoe, or needs adjustments which clearly must be made for the match to continue fairly and safely. In this event, providing the referee does not believe there was an "intentional" delay involved, the referee may then issue an equipment time-out.

The theory of this, and all of the other "control" rules, is that racquetball is both a sport of skill and endurance, and with the exception of the specified times allotted for time-outs and between games and rallies, play should be continuous.

For additional information on the rules of racquetball, please contact your local amateur racquetball association, the AARA, or RACQUETBALL TODAY Newspaper.

Racquetball Today and AARA reach agreement

RACQUETBALL TODAY, the sport's leading publication and only national newspaper, and the American Amateur Racquetball Association, the ruling body of the sport as recognized by the International Olympic Committee, have entered into a written agreement which provides for cooperation and mutual advancement. Under the agreement, AARA members will be entitled to a special discount-rate subscription to RACQUETBALL TODAY, with all the new AARA members receiving a discount coupon which may be used for this purpose. RACQUETBALL TODAY will continue to provide top coverage of all major AARA news and events as provided directly by the

officers and directors of the association.

RACQUETBALL TODAY already has in effect similar agreements with the Women's Professional Racquetball Association (RACQUETBALL TODAY is "The Official Voice" of the WPRA), with The American Professional Racquetball Organization (APRO), and with the International Racquet Sports Association (ISRA). The purpose of these agreements is to insure that the major racquetball organizations have a direct outlet to reach the public, and that the members of these organizations are encouraged to read the sport's most representative, and complete publication.

The "Gar" holds court — Getting ready for the new season

by Charlie Garfinkel

Recently, a distraught friend of mine related the following information to me. He said, "I played racquetball for the first time in 2 months yesterday. Halfway through the first game I felt a sharp twinge in my leg. I tried to continue to play, but I couldn't. I immediately went to an orthopedic friend of mine. He told me that I had a badly pulled hamstring and that I should rest a minimum of 2 weeks. (I had also suffered this injury once. However, because of my heritage, the doctor said that I had pulled my "corned beef" string!) I couldn't believe that I had hurt myself that badly. All summer I had played some tennis, softball, and ran. I thought that I was in excellent shape."

And, my disappointed friend was in excellent shape. However, he wasn't in racquetball shape. By this, I mean that he hadn't prepared himself properly for the upcoming season. How then, should he and you prepare for the racquetball season if you've laid off during the summer months?

First of all, even if you're in "good" shape, most summer sports, including tennis, don't provide the quick starts and stops that occur in racquetball. Therefore, before you begin playing strenuous competition, you should slowly get ready for the upcoming season. A minimum of 3 weeks is recommended. In some situations, more time is needed.

During the first week, it is imperative that you do a great amount of stretching exercises before you even get on the court. However, you should do some jumping jacks or slow running in place before you do the stretching. You must loosen up those tight muscles and tendons.

After a minimum of 10 minutes of stretching, take your racquet and simulate the forehand and backhand swings. 3 minutes of each is sufficient. When you really feel warm and loosened up, start hitting the ball to the front wall very easily on both the backhand and forehand sides. Don't worry about rolling the ball out or hitting it hard. You only want to get the feel of the ball and the rhythm of the swing.

Surprise! After 15 to 20 minutes of hitting in this manner, you'll be pleased to see that your swing feels pretty good. From there,

you should hit 20-30 ceiling balls on both the right and left side. This will further help your timing and help you control your shots.

You should then move to the short line. Alternate forehands and backhands in order that you can get used to moving side to side again. Proceed slowly at first, but increase the speed of the shot as you continue to loosen up.

Finally, do 5 to 10 wind sprints at a medium pace.

You should continue this routine for 3 to 4 days. However, instead of just hitting the ball to the front wall, start working on your favorite shots and serves, but don't try to hit the ball as hard as you can. With the wind sprints, pick your pace up gradually.

By the end of 5 days, if you feel that you're progressing too fast, or you're fatigued, practice only for a half hour each day. Or, take a day off. Personally, I like to be as active as possible everyday, even if I have to shorten my court time.

After about 5 days of practicing in this manner you're ready to practice with a partner. Concentrate on playing 11 point games in which one player serves the entire game. You should usually hit mostly lob and z-serves at first. Slowly ease into the hard drive serves. However, you should be hitting most of your other shots harder than you had earlier in the week. Depending on how tired you and your partner are, you should continue playing until you've both had a good workout. Usually, 2-3 service games each is sufficient.

For about 3 days you should practice in this manner. It goes without saying that you should still be doing your stretching before and after each workout, and throughout the season.

After a week you should be ready to start playing some actual matches. However, you should play opponents that you know you can do well against, even if you haven't played much. You'll find that these players will greatly appreciate the opportunity to play against you, and you'll get a good workout. And, if you defeat them 21-14, 21-15, instead of your usual 21-8, 21-9, so what? You're getting a chance to work on your serves and shots with a minimum of pressure.

During the second week you should play every other day. On the alternate days practice on the court continuing to refine your shots and work on your court movement.

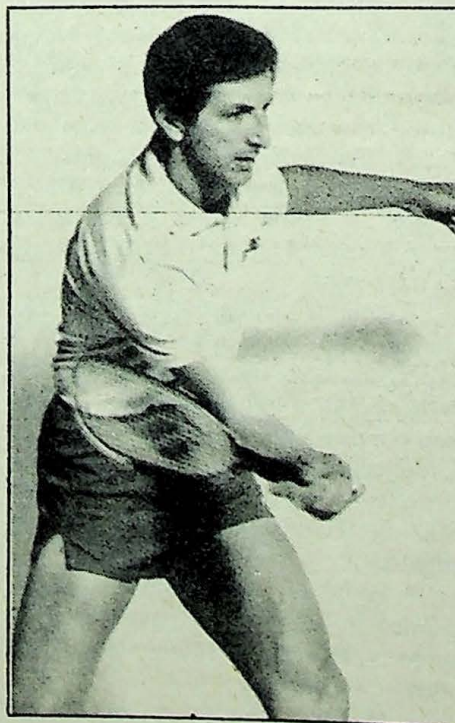
At the end of the second week you should take at least one complete day of rest. This will allow your body to relax both mentally and physically. Perhaps more important, you should be writing down the strokes and strategies that you feel you need the most work on.

During the 3rd week continue to play better and better competition. You should play 2 days and practice on the 3rd day. By the end of the week you should be ready to play top competition. However, if you feel that you need more time to get your game in shape, by all means, take it.

By now, you might be thinking? "How do I know that this type of program will work for me?" This is the program that I've used for 15 years. I've won 10 national championships and 14 city singles championships in that time. I must be doing something right!

In addition, I've recommended this program to many players, at all levels. Their response after trying it, has been excellent.

One last note. Even though you may feel that your game is close to where you want it after 3 weeks, you shouldn't enter a tournament until you've played at least 6 weeks. By then, you will be ready mentally and physically for any opponent that you'll encounter.

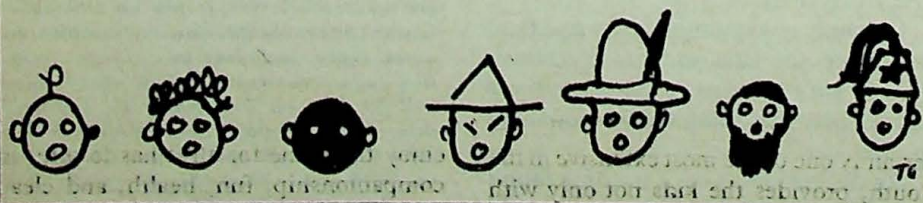


7-time National Champ, Charlie Garfinkel is not only well-known for his play on the court, he has become a TV personality in the Buffalo area, a top teacher and coach, and author of two very fine books...Racquetball the Easy Way, and his new book, Racquetball for the Serious Player (Atheneum, New York). You can write to Charlie c/o this publication.

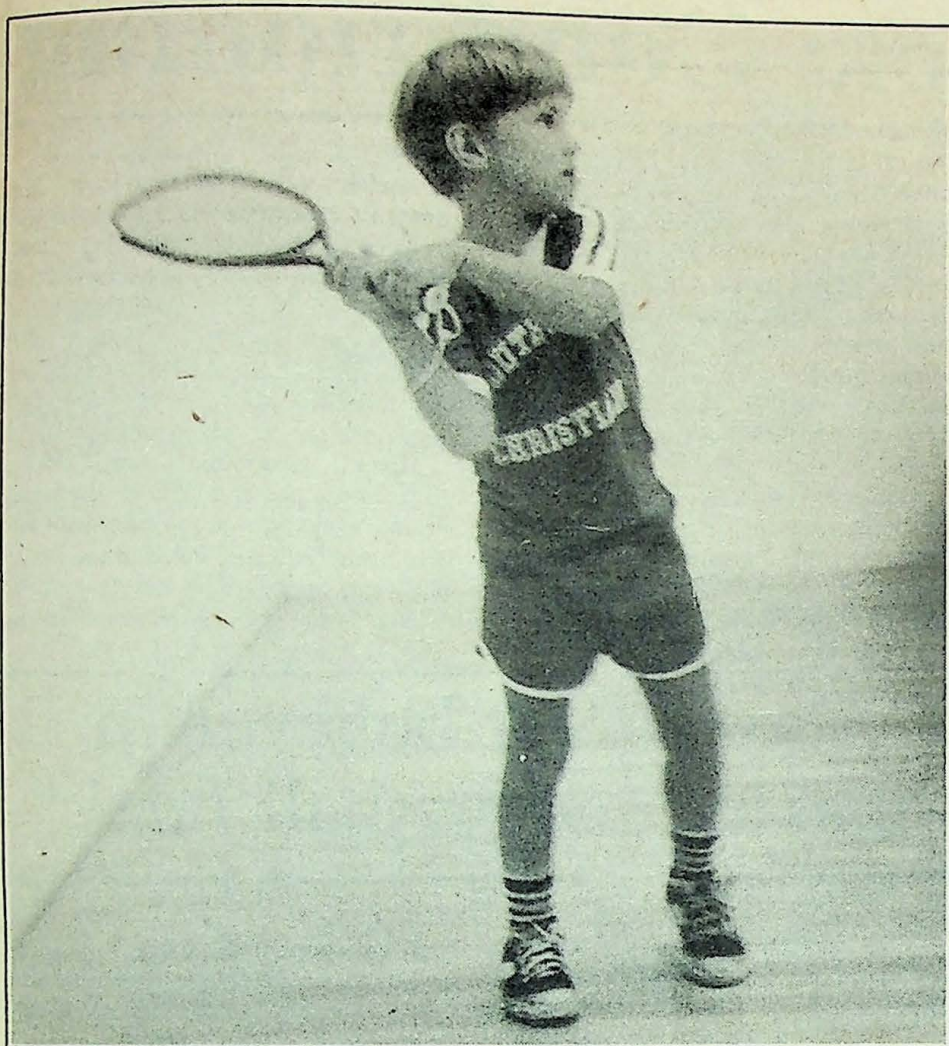
ILLUSTRATED RACQUETBALL TIP NO. 36

by Tom Grobmisi

Racquetball is a great sport for everyone:



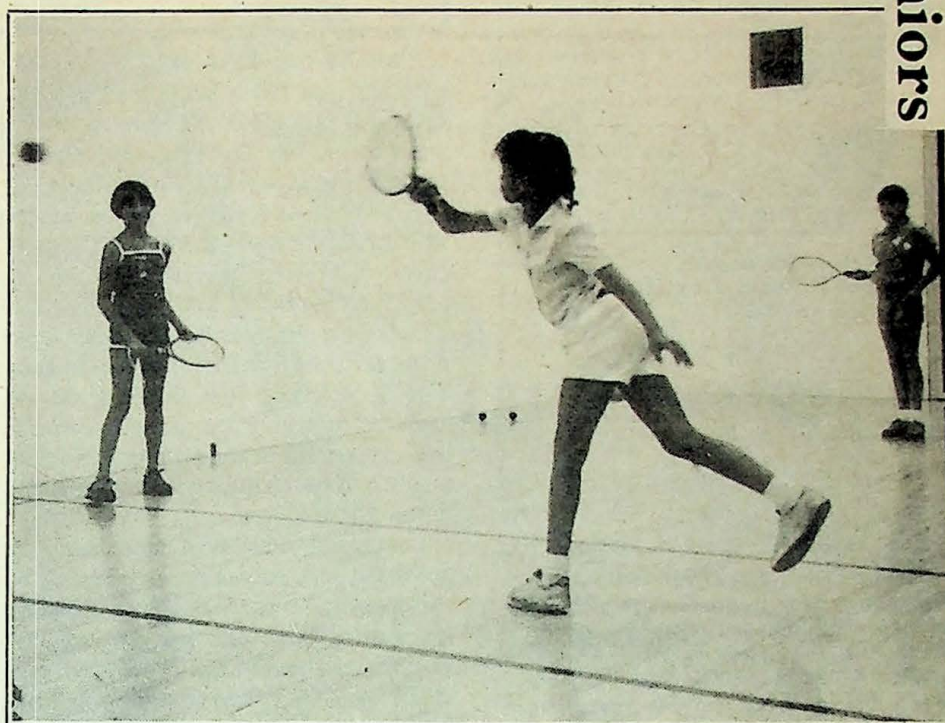
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Anything that gets it to the front wall!

More successful Junior programs

Juniors



Evergreen Bath and Tennis

The Evergreen Bath & Tennis Club (Evergreen Park, IL) ran a summer day camp for kids 6 to 16 which included racquetball and tennis lessons and play, as well as swimming, lunch, and other activities. The kids' day began at 11 a.m. with thirty minutes of exercises and isometrics and ended at 3 p.m. Loaner Ektelon Demon racquets were provided to the children-free through the **RACQUETBALL TODAY** Junior Development Program under the direction of Dave Dohman and Jim Alletto of the Evergreen Club.

Junior close-up: Brett Hentze

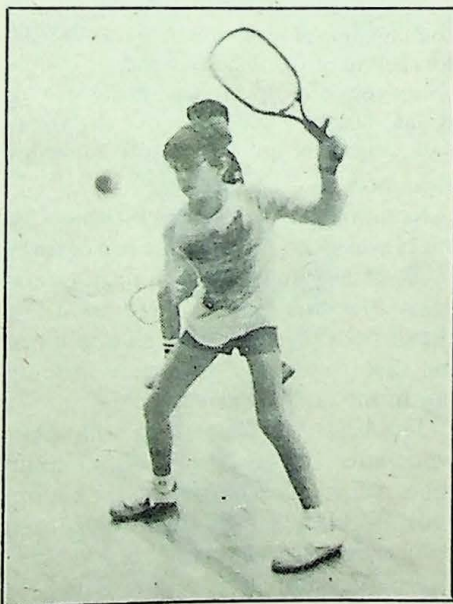
Brett Hentze, 11, is an avid fan and racquetball player from Metairie, Louisiana. The winner of several tournaments, including the junior regionals, Brett says that he enjoys racquetball "because it's a fun game."

Introduced to racquetball about five years ago, Brett took a few lessons when he was seven, which, he says, "got me on the right track." He has also worked a bit with Bo Champagne, a top Louisiana player, but most of Brett's improvement has come as the result of his hard work and enthusiasm on the court.

"I go to the club at night," he says. "Usually, I just play and practice by myself, but sometimes I play with my dad." Brett occasionally gets in a game with one of the other men in the club; he plays kids primarily in tournaments. "There aren't that many juniors around to play," he laments.

Although he may not play too many kids on the racquetball court, Brett faces a lot of them on the baseball diamond. "I play baseball in the summer," he explains. "Racquetball, I play mainly in the winter. I like to be outside with my friends in the summer."

A talented player in all sports, Brett



enjoys racquetball immensely, but he has no definite goals about racquetball and his future. He has ideas about becoming a racquetball pro, but that's still a distant thought. He lets everybody know that "right now, I just play for the fun of it."

Brett Hentze is a good racquetball player with a great attitude: play hard, but enjoy yourself.

What's Your Racquet Wall, NJ

What's Your Racquet offers a comprehensive year-round racquetball program with over 300 juniors participating in our winter after-school program and over 200 juniors in our summer camp program. The program is open to boys and girls, ages 7-14. Students are grouped according to their age and ability level.

What's Your Racquet's junior program focuses on racquetball. Emphasis is on the fundamentals and techniques of racquetball, with special emphasis on rules, terminology, strategy, conditioning, etiquette and good sportsmanship. Tactics and strategies are discussed in practice sessions, as well as during competition.

This fall What's Your Racquet will be expanding with a Junior Saturday



You gotta get there before you can hit it!

Camp. This will feature racquetball, court hoops, court soccer, platform tennis, floor hockey, and relays and games. **Ektelon**, and **RACQUETBALL TODAY** provide free racquets and balls for the program.

Courtside, Atlanta, GA

Taking advantage of free "loaner" Demon racquets from **Ektelon**, provided through the **RACQUETBALL TODAY** national junior program, more than 200 boys and girls have become involved in Atlanta's Courtside Racquet & Fitness Club's racquetball programs. What brings the kids in, according to part-owner and pro Steve Wiegand, is the \$25 fee which covers balls, racquets, courts, and instruction for a whole month. It's the fun of playing racquetball that keeps them coming back.

The club's junior program, which is certainly one of the most extensive in the South, provides the kids not only with racquetball lessons, but training in gen-

eral fitness, exercise, and such other activities as swimming, tumbling, Wallyball and basketball. And with the help of highly-ranked women's pro, Caryn McKinney, the kids get a real taste of top-level racquetball. Wiegand's kids have produced three junior state champions this year: Butch Hardy, Shawn King, and Paula Spitler, and there would have been even more if the divisions had been offered. But as the club's printed literature on junior racquetball states, their main goal is not just to develop highly-skilled players, but "to develop the attitude in each student to enjoy the game for all it has to offer in companionship, fun, health, and clean competition."

**"I never met a kid I
didn't like to beat"**

Tom Grobmisi



(Editor's Note: Dave Peck is the number one ranked male racquetball player in the world. He was the most consistent player on the tournament circuit this past season and now heads into the 1982-83 season looking to defend his title. Dave, a 25-year-old native of Texas, is a valued member of the Ektelon Advisory Board.

Exclusive: first in a series

Dave Peck: Conditioning

This is the first of the monthly columns that I will be doing for **RACQUETBALL TODAY**. This past year was a memorable one for me as I climbed to the top and overtook Marty Hogan as the number-one ranked player in the world. This season I think that the pressures might even be greater as I prepare to defend my title. I know that everyone will be out for me, because they have nothing to lose and everything to gain. That's why my first column will be directed to what I did this off-season in preparation for this year. **Conditioning** is a very important part of my game and it should be in yours.

I've seen hundreds of matches lost by good players who were out of shape. You can actually see some people get tired on the court. They end up not reaching shots they should. Their footwork gets sloppy, and they start missing their kills. It's not that they need more practice. They need more **conditioning**.

Now I train a little harder than most of

the other players I know. I spend a lot of time alone and with my brother Greg. As professionals, we need to stay in top condition all the time, but that doesn't mean that you shouldn't too. It will help you, not to mention make you feel better, and perhaps let you live a little longer while improving your game. The last thing you want to do is give your opponent an edge because you're out of shape.

There are two different forms of conditioning for me. First, I work on improving my quickness on the court; the second form is for strength and endurance.

speed, but your coordination as well.

The part where you run backwards is probably more important than the forward sprint, because you spend at least as much time running backwards or sideways on the court during a game as you forwards. Likewise, you have to be able to run a short distance at top speed but under full control so that when you get there, you can plant for your shot.

That brings us to the star drill. Drop a glove in the center of the service zone. From there, sprint to the front wall like before and then backwards to the glove. Bend over and touch it and then run to the right wall, back to the glove, to the

"I'm a great believer in making racquetball fun."

When playing the game of racquetball, movement on the court is extremely important. First, you must be able to initiate movement in the right direction to overcome inertia. Secondly, you have to be able to move across the court in a controlled, coordinated manner, if you want to maximize speed. There are ways to improve both abilities.

Like any other moving object, you need thrusting power to get you started, you don't need speed over extended periods. Racquetball isn't a foot race. You just need lift and a couple of quick steps.

The large muscles on the front of your thighs, the quadriceps, are responsible for thrust. I do calf raises and leg extensions on the Nautilus machine to develop those. You can use the other exercises if your club isn't Nautilus equipped.

Running up and down bleachers or stairs also helps. So does the two or three miles of jogging I do on a nearly daily basis. Needless-to-say, there are a few things better for your over-all conditioning than running. I also enjoy working out in my club on a Lifecycle.

The best exercise to help your footwork after lift-off though, is jumping rope. When I first picked up a jump rope, I couldn't get through a half dozen revolutions. Now I do a set of 500 every day. There are several different steps you can do with a jump rope and there just isn't anything that can better help you develop balanced, efficient footwork on the court.

In addition to the above, though, I've developed a program which includes some of the fun drills we used to do in 100-degree heat under 30 pounds of football pads when I was at the University of Texas, El Paso.

The first is windsprints, racquetball-style. Start at the back wall of the court and accelerate as quickly as you can all the way to the front wall. Don't push off the front wall, though. Put on the brakes before you get there and just touch it. Then run backwards to the rear wall as fast as you can. Do 10 round trips and you'll not only be helping your wind and

back wall, back to the glove, to the left wall and back to the glove. Each time you return to the glove, bend over and touch it. Repeat the star five times.

Obviously, this drill mimics your movements as you chase down a ball, bend over and shoot. It also helps you develop quick lateral movement. The last drill I do, the carioca drill, concentrates on lateral motion.

Anyone who has played either football or basketball should be familiar with this. Starting at the back wall, move sideways the length of the court alternately crossing your right foot in front of your left and then behind it. On the way to the back wall, you change feet, crossing your left over your right. Run up and back five times.

It's not a large program, but it's one which I guarantee will have you in a sweat. When you first start off with the drills, you may have a little trouble with them, but you'll catch on in no time.

So how often should you do them? As far as I'm concerned, as often as you feel like. The more often you do them, the more good they will do you.

Personally, though, I'm a great believer in making racquetball **fun**. If you can't enjoy these drills, if they become like work to you, you are going to have a tendency to avoid them. You'll have to make up your own mind about it and find your own motivation.

I jump rope or jog every day and do the drills a couple of times a week.

But then, that much exercise is no big deal to me. I enjoy it. Besides, I know that it's either do the drills or give up Twinkies and RC. Now *that's* motivation.

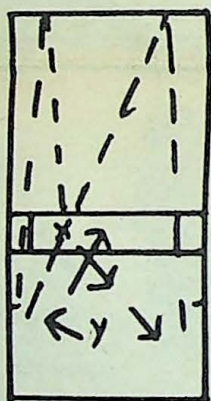
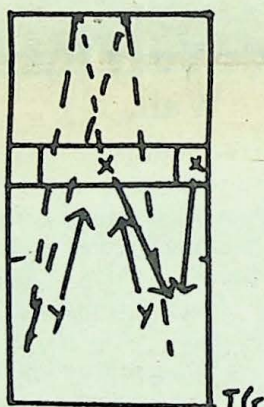
ILLUSTRATED RACQUETBALL

TIP NO. 22

by Tom Grobmisi

When you're the receiver, always try to take center court after returning the serve.

The same is true for doubles.



TG

The serious racquetball player will immediately feel more control as Ashaway's revolutionary new Tri-Cor RB™ string takes a split-second extra bite on the ball.



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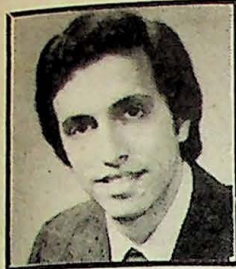
If your equipment hasn't kept up with your game, have your racquet restrung with Tri-Cor RB — the American-made string that bites the ball for extra control.

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First in a series

Jogging for the racquetball player

by Dr. David
Birnbaum
MD, FACS, USPTA

David A. Birnbaum, M.D., U.S.P.T.A., is a Clinical Instructor in Family Medicine at the University of Health Sciences/The Chicago Medical School, and is active in Family Practice and Sports Medicine at Jackson Park Hospital and Sports Medicine Center in Chicago.

Jogging is a sport that seems to still be growing faster than racquetball ever did. Participants are often proponents as well, and some of the claims they make on behalf of their avocation can be downright astounding, if not totally unbelievable. It may surprise you, then, to hear me say that most of these claims are probably true!

If you can work up to jogging about 45 minutes at least four times each week you will feel better, look better, lose weight, sleep better, need less sleep (unless you're an insomniac, in which case you will get more sleep), feel less tense, get sick less often (and when you do you will be less ill), get fewer headaches, improve your sex life, stop smoking, decrease your blood pressure, be injured less often, improve your concentration, lower your blood cholesterol, improve the function of your heart, live longer and eliminate the need for self-help books! The only thing it cannot do is grow hair on a bald head, but then again...

If I really wanted you to take up jogging, I would not do it by trying to convince you that it's good for you. People generally do not want to hear what is good for them, and with good reason. Usually the people telling them what to do do not do it themselves (for example, over-weight doctors who smoke telling their patients to lose weight and stop smoking) or are authority figures (and everybody resents authority figures) or are wrong (did you get your swine flu shot?).

So I will not tell you that jogging is good for you. I hope you won't mind if I tell you it's not bad for you. There have been claims (by doctors, of course) that jogging will jiggle your insides loose, cause your breasts to droop and wear out your body in general. If you haven't decided to give up racquetball (after all, you do run-jog around a racquetball court) on account of these three claims derived from pusillanimous puffery, then read on — we're getting to the nitty gritty.

Forget that jogging is good for you (and while you're at it, forget that racquetball is good for you), don't believe that it will make you better than the next person, don't believe any of the various claims of rejuvenation and longevity, and for heaven's sake don't believe that you could possibly enjoy a "sport" that appears so hopelessly boring and appears to demand so much sacrifice, both mental and physical. Just remember one thing: It will improve your racquetball game.

How can it help? For starters, it will improve your endurance and concentration. It also can improve your speed and lessen the incidence of certain injuries. You may think that you are in top physi-

cal condition. You may, in fact, be in the best condition you have ever known. The odd thing about jogging is that it seems to allow for a new optimum level of fitness. This is something that is almost impossible to believe until you've tried it. You may be in fantastic shape already. What you may not realize is your potential for even greater fitness.

I am not saying that jogging is better than racquetball, that you should give up racquetball in favor of jogging, or even that you should sacrifice court time in favor of jogging. It is easier to attain a given level of fitness by jogging. But that hardly negates the attributes of racquetball.

I am saying that jogging can complement racquetball (Oh Racquetball, you

look so nice today!) and that jogging will improve your game in one way or another. If you're a player, you will play better. If you're a teacher, you may find your patience and powers of perception improved.

If you are willing to give it a try there is one thing you must accept from the start. No matter how fantastic the shape you're in, **you are a racquetball player, not a jogger.** There are similarities in these activities, but there are even more differences. In my next column I will discuss the importance of these differences and how to get starting jogging without pain (yes, it will hurt if you do it wrong). But I know that my powers of persuasion are (almost) irresistible.

So for those of you who cannot wait to hit the road, I offer the following brief MUST list:

You MUST warm up with stretching exercises before jogging.

You MUST not hit the road, i.e. do not run on concrete.

You MUST have shoes made specifically for jogging. Racquetball shoes will not do!

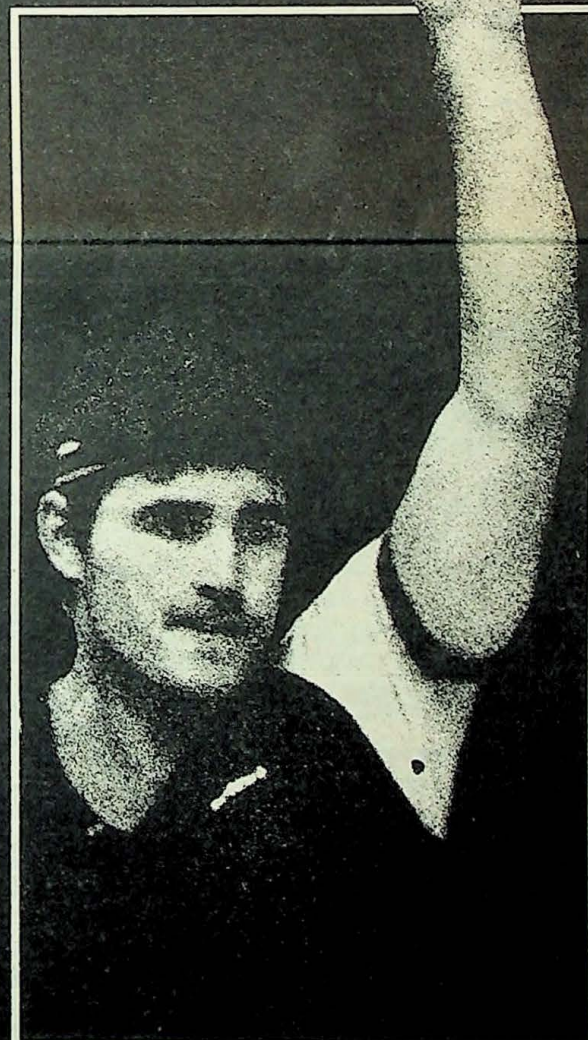
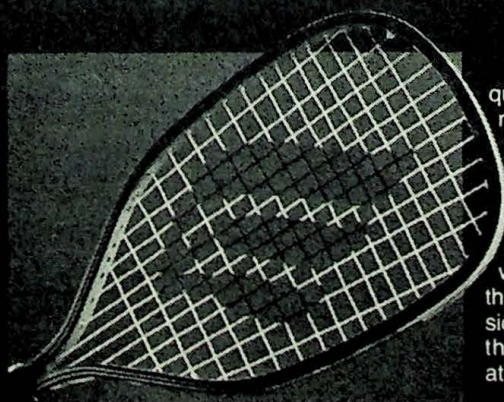
You MUST start at a slow pace over a short distance and build up both with slow increments.

You MUST read my next column.

Next month:

Getting started

RACQUETBALL'S UNDISPUTED NUMBER ONES: PECK. ADAMS. AND THE EKTELON CBK.



The dominant powers in racquetball today wear the Ektelon name. On the men's circuit, it's Ektelon's Dave Peck. On the women's tour, Ektelon's Lynn Adams. Both are ranked number one in the world. And both powered their way to the top with the Ektelon Graphite CBK, the choice of today's top professionals. Ektelon is proud to share the spotlight with these great athletes.

For insights into their winning

strategies and techniques, plus the complete rules of racquetball, write for our free "Total Racquetball" book: Ektelon, 8929 Aero Dr., San Diego, CA 92123.



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Women's Professional Racquetball



From the President:

The new WPR future's tour

by Francine Davis, President WPR

The Women's Professional Racquetball Association (WPR) is dedicated to promoting greater participation of women (and men) in the sport of racquetball.

In addition to the WPR Major Tour Tournaments of \$6,000-\$20,000, the WPR shall begin hosting and sanctioning women's professional racquetball tournaments with prize money purses of \$2,000-\$5,000.

Currently, there are thousands of small money racquetball tournaments. We feel that these tournaments shall gain greater prestige by seeking sanction from the WPR, thereby allowing most women professionals to participate in these many tournaments. Furthermore, the winner in the pro division will be granted a direct entry into the next

WPR Major Tournament.

All WPR Future's Tournaments shall be supported in the same fashion as our Major Tour Tournaments, with the WPR providing press kits, final press release to all racquetball publications, WPR Official Tour Program, and limited supply of tournament shirts.

On October 28-31, Tom Young shall host our first-ever WPR Future's Tournament in Las Cruces, N. Mexico, and on November 5-7, Tire America shall sponsor our second event in Wheeling, W. Virginia.

For more information on WPR Future's Tournaments, please call 216/522-1200 or write Buffy Gordon, International Management Group, 1 Erieview Plaza, Cleveland, Ohio 44114.

Get in league with the pros — Join the WPR!

Since 1979, the Women's Professional Racquetball Association has been the only organization devoted to women's racquetball.

Established by and for women, the WPR is a cohesive unit shaping a solid future — and present — for the woman racquetball player. The WPR national tour provides competition and increasingly better prize money and exposure for top pro players, while the futures circuit, debuting in 1982-1983, will give up and coming players an opportunity to break into the professional ranks. In addition, first-rate instruction for men and women racquetball enthusiasts is provided by the year-round camps and clinics (many of which are free) run by the WPR.

The WPR is not just an organization for professional women players. It is for all women — and men — who want to grow in racquetball and see racquetball itself expand.

Join today, and reap the benefits!

Touring Pros — **regular members** — receive goods and services worth up to **12 times** the amount of their membership dues!

* Official WPR membership card, rules book, code of conduct, and dress code, plus inclusion on WPR mailing list and eligibility in all WPR pro tournaments

- * Official Nike/WPR T-Shirt
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- * AMF Voit Racquetballs
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- * Ektelon Racquets and Clothing
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Supporting Members receive:

- * Official WPR membership card, rules book, code of conduct, and dress code
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Back in the swing

by Lynn Adams

(Editor's Note: Lynn Adams, 24, is currently ranked No. 1 on the Women's Professional Racquetball Association tour. In three seasons, she has won the Columbus Pro Stop in 1980 and 1981, National singles and double championships, and recently, the last three tournaments. One of the sport's best teachers, Lynn is a member of Ektelon's Advisory Staff.)

Summer is over, and those of you who have been enjoying the different outdoor sports are now thinking of heading back to the indoor racquetball courts. Whether you've been playing tennis (playing *what?*), swimming, running, or bicycling, you're going to be a bit rusty if you haven't used those muscles you use to play racquetball. Not only will your timing be off, but you'll also probably experience some soreness. Don't worry, that's very normal. But you can ease into playing and reduce your risk of injury and keep the soreness at a minimum by keeping a few things in mind.

Racquetball requires and demands a lot of your body. You perform endless quick motions up, back and side to side. You bend your legs over and over again. You whip your arm, shoulder and wrist through your strokes. It is a physically demanding sport, no matter how hard you've been playing at other sports. My suggestion is to initiate a short build-up program before you go full out on the court again.

Whenever I'm coming off a layoff, whether it be because of sickness or by choice, I always start back in by hitting by myself for a couple of days. The first day I won't work on anything specific. I just want to enjoy the feeling of hitting the ball. I love to play racquetball, and there is always a certain pleasure of just being on the court, hitting different shots. Spend as much time as you want, just enjoy and relax.

The second day, I get into a more specific workout. I'll start with my forehand and just start out with the basic drop and hit drill. I want to try to get back into a rhythm with more forehand. After awhile, I'll do set-ups off the front, side and back walls, getting used to the ball coming at me from different directions.

I won't stop hitting off the side wall,



C. George photo

for instance, until I start clicking in. Then I'll move on to the front wall set-ups. You want to do the same thing with your backhand. You'll feel the muscles in your legs after an hour or so of this, but it will be a lot less painful than if you did all of the above while running at the same time, like in a game. The more shots you work on, the quicker you'll get back to your old form.

You can also practice your serves at this time. Serves usually require you to get lower and use your legs more, so take advantage of this time and ease into things as much as possible.

Another thing I do before going back full bore is to do a nice, long, leisurely run each day. If you do a good stretch workout before and after the run, you'll really start to loosen up if you haven't been sitting and just working on your tan all summer. If that's the case, you're going to be sore no matter what. But for those of you who have kept active, slow running will help make your transition back to racquetball smoother.

Let me stress that before and after all your workouts, stretch out thoroughly. It will keep your muscles flexible and you'll lessen your chances of a strain or pulled muscle. If you go back into racquetball a little slower, it will be less frustrating and less painful. You can't get back into peak playing form all in one day. So relax and take it easy. Glad to have you all back again!



**WOMEN'S PROFESSIONAL
RACQUETBALL ASSOCIATION
1982 FALL TOUR**



Oct. 22-24	Adelaide Club Toronto, Canada	Nov. 11-14	Castle Toyota Canadian Classic Vancouver, Canada
Oct. 28-31	Tom Young's Racquetball Las Cruces, NM (Future's Tour)	Nov. 18-21	Sunkist Classic Red Lerille's Health & Racquet Club Lafayette, LA
Nov. 5-7	Tire America Pro-Am West Virginia Racquetball Club Wheeling, WV (Future's Tour)	Dec. 3-5	Coca-Cola Pro-Am Courtside Club Atlanta, GA
		Dec. 9-12	Imperial Courts Melbourne, FL

Men's Professional Racquetball

Yellen takes Natural Light

For the fifth straight year Davison Racquet Club, Davison, MI, was host for the highly successful Natural Light Open. Mike Yellen, for the fourth time, defended his Natural Light title by defeating the surprising Corey Brysman from Los Angeles, CA. Brysman was definitely the upset favorite from the very beginning. In his first match, against number two seed Brett Harnett of Las Vegas, Brysman eliminated the stunned Harnett in three games straight 11-9, 11-9, 11-7. Harnett seemed to be still affected from his long trip and the losing of all his racquetball equipment by the airlines. Brysman when went on to defeat John Moshides of New York and met Doug Cohen in the semi finals. Once again Corey played with great confidence and poise and defeated Cohen 11-9, 6-11, 11-8, 11-4. Mike Yellen made his way to the finals by beating Mike Ray - Atlanta, Mike Levine - New York, and Don Thomas - San Diego all in three games straight. In the finals Mike's experience and poise proved to

much for Corey. Although unusual for playing in Michigan, the home crowd has split between the underdog Brysman and the hometown Yellen. Yellen arrived, followed by his entourage of 20-30 friends and relatives. Although Corey was able to win the second game, Yellen's great serving and passing game proved to much for Brysman and he defeated Corey 11-1, 5-11, 11-2, 11-1. Yellen took home \$4,000 and Brysman

\$2,000 donated by the sponsor, Natural Light Beer.

The mens open division consisted of the best field ever assembled in Michigan. With state champions from Georgia, Michigan, Ohio, New York and Ontario, Canada; the competition was fierce and exciting. Brysman, playing in two divisions made it to the semis, where he forfeited to Ralph Hackbarth of Can-

ada, in an effort to reserve his energy for the pro finals. With \$2,000 in the open division, the entrants had more than the title at stake. The finals saw number one ranked Larry Fox of Ohio meeting number three seed Mike Ray of Georgia. In what everyone agreed was the best match of the tournament, in both skill and sportsmanship. Ray went on to defeat Fox 21-11, 17-21, 11-9. A standing ovation awaited the winner Ray, along with a check for \$600, donated by Lewerenz Sports Clinic, Detroit, MI. Debbie Erhart of Michigan defeated Dina Pritchett of Indiana in the Ladies Open final. Debbie really had very little trouble and won in two games straight 21-5, 21-4 to take home the \$300 first prize.

The Natural Light Open is highly regarded by both professional and amateurs as a great way to start the season. With over \$12,000 in cash awards, \$3,000 in amateur prizes and great hospitality the Natural Light Open has become the premier racquetball event in Michigan.

Amateur Results:

MEN'S OPEN

Finals: Mike Ray d. Larry Fox, 21-11, 17-21, 11-9.

Semi's: Larry Fox d. Dave Eagle, 20-21, 21-5, 11-4; Mike Ray d. Ralph Hackbarth, 21-15, 21-19.

MEN'S A

Finals: Jim Santino d. Mike Ceresia, 15-21, 21-17, 11-10.

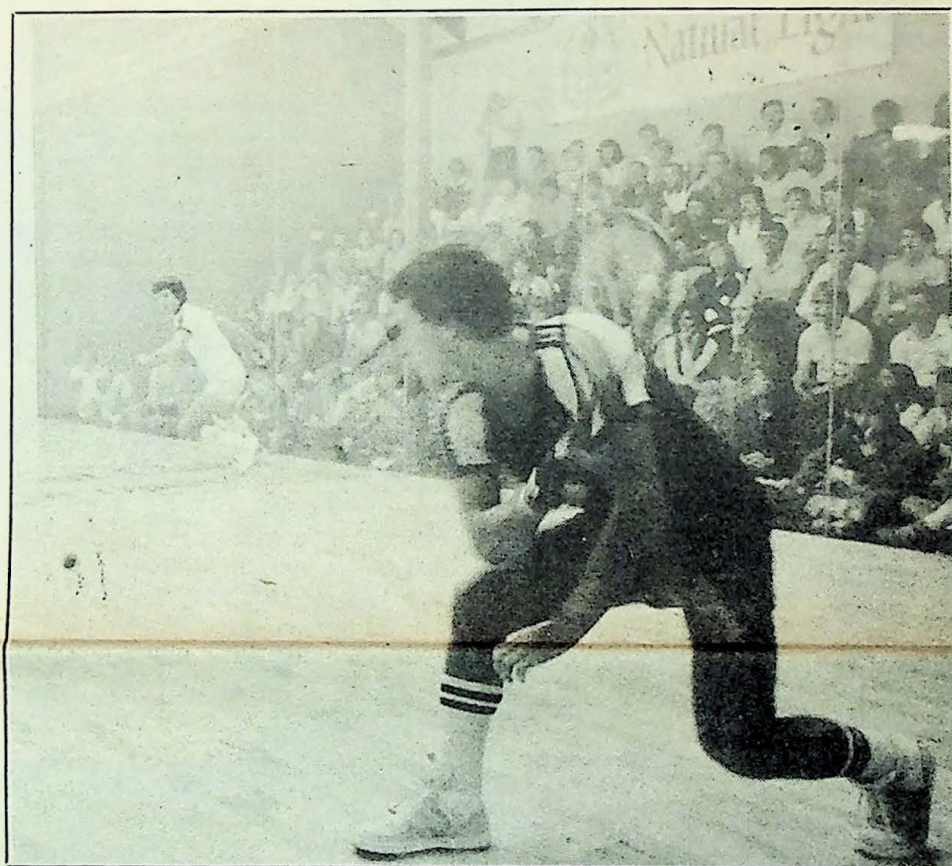
WOMEN'S OPEN

Finals: Debbie Erhart d. Dina Pritchett, 21-15, 21-4.

Semi's: Debbie Erhart d. Lisa Ecker, 21-3, 21-6; Dina Pritchett d. Carol McFetridge, 13-21, 21-15, 11-1.

WOMEN'S B

Finals: Nancy Foster d. Mary Mollenkamp, 21-15, 21-6.



Yellen shoots a backhand set-up against Mike Levine.



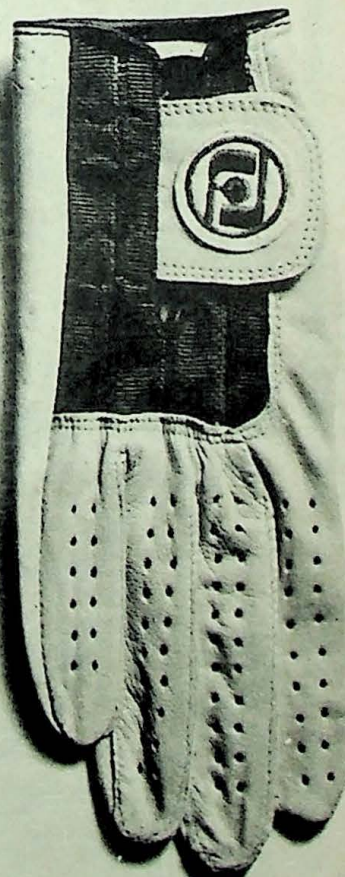
Myers goes down to Don Thomas in quarter finals.

GROBMISI GOVERNING BOARD DISBANDS

According to an anonymous spokesman, the Men's Pro Governing Board (for this universe, only), established by Tom Grobmisi last month for the purpose of setting up unfair standards for professional racquetball, no longer exists. Unable to get adequate support from either players or sponsors (he had neither), perhaps the last straw was Tom's inability to get anyone to agree to serve on the board. According to one person who declined an invitation to serve, he could "see no reason to have two governing boards serving the same function."



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RACQUETBALL TODAY[®]

tips from the pros

PLAYING TIP:

One of the most important things to remember during a tough match is to stay relaxed. That's not always easy to do, but in my opinion, it's extremely important if you want to keep your muscles from tensing. When I feel myself getting tense, I try to slow down. I take a little more time between serves, shake my arms, and concentrate on shot execution.

RULES TIP:

Most players, and referees, don't realize that it's an automatic court hinder when the ball hits a bad spot on the court and takes an erratic bounce. This includes not only defects in the construction of the court, but also bad bounces from hitting wet spots on the walls and floor. If there's a ref, these calls must be left up to the referee, but he should call it whenever he sees it, not only for the sake of fairness, but for safety. If there's no ref and the ball takes an erratic bounce, the player should immediately hold up and call it.

ETIQUETTE:

It is extremely dangerous and rude to hit the ball between points. Even if you hit the ball in a manner that can't possibly hit your opponent, your opponent is not expecting the hit once the rally is over, has let down her guard, and it can be very nerve-racking. Save your anger for outside the court.

PERSONAL NOTE:

I have always worked in a "regular" job, 40 hours a week or more, since I first began playing racquetball competitively, and though I've certainly never felt I had all the time in the world to do everything I wanted, there was enough time to do well at both racquetball and work. And I believe that each has provided me with terrific rewards. I've heard people state that they would like to become more accomplished at racquetball but don't want to have to quit their job or other interests to do it. I, and many others on the women's tour, are proof that you can do both if you want to. I'm a computer programmer, and I get a great deal of satisfaction out of doing that well, just as I get satisfaction from my racquetball...I'd hate to give up either!



Peggy Gardner

Nutrition for racquetball:

Exercise the key to losing weight

by Teresa Moore

The Center for Consumer Health Education, Vienna, Va has recently reported that people who lose weight by just dieting *almost always* gain it back. The key to keeping the weight off, according to Dr. Peter Wood of Stanford University, is **exercise**.

In one study, Dr. Wood observed two groups of middle-aged men. One group jogged regularly, the other did not. The men who jogged maintained their ideal weights while each was consuming an average of 600 calories per day more than the non-joggers (who were trying to reduce simply by cutting calories).

And the difference is **not** simply

because the joggers were burning more calories during their physical workouts. When you exercise regularly, your metabolism speeds up and your body burns more calories **even when you are not exercising!** It is recommended that you get 15 to 30 minutes of vigorous exercise at least three times a week to get your metabolism working at a higher level, and of course, in this case, even more exercise is better.

Playing racquetball three times a week will more than cover standard needs for exercise and metabolic regularity, but it's important to be sure you get a really good aerobic workout for at least 20 minutes each time you play. In other words, if you play an hour of relaxed, friendly

doubles, you may not be getting a vigorous enough exercise to really count. You might want to run afterwards, or get in a quick game or two of hard singles.



RACQUETBALL QUIZ

by Tom Grobmisi

As often happens with Tom Grobmisi, he got a little mixed up when he made this quiz and put the **answers** first. See if you can read the answer and guess the question!

A. A broken ball.

Q. What's the best thing to look for after losing match point?

A. Hospitality.

Q. What do club owners call potato chips?

A. Club Pro.

Q. What do they call anyone who can hit the front wall and will work for \$2.50 an hour?

A. My sister's left ear lobe.

Q. What has more brains than a volunteer referee?

A. No bounce.

Q. What do old racquetballs, junior players, and people who eat candy have in common?

A. Lonely.

Q. What do you call someone who never buys a new ball?

A. Roller skates, guns, and wives.

Q. What do crazy people take into a racquetball court?

A. Nobody.

Q. Who pays for the courts used by friends and relatives of the person at the desk?

A. Home.

Q. What's the toughest call at a racquetball tournament?

A. Thanks.

Q. What do you say to a 250 lb. ref. after he calls an avoidable hinder on you?

DO YOU HAVE KNEE PAIN?

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MIDWEST REGION

Women's metro league

The summer of our content

by Diane Mason

What do you do if you want to play on a traveling team, but there is no traveling league?

Simple. You start your own.

Not quite that simple, but certainly possible, judging from the success of Judy Young, who four years ago started a women's summer traveling league that now promises to be a permanent feature of Chicago area racquetball.

"Many of the women on the September-May traveling teams wanted to keep on playing in the summer," says Judy, who was then the Program Director for the former Cove Courts. "This was in 1979, and we started the League with only six clubs participating."

With Judy as the enthusiastic and persevering catalyst, that first group of women who weren't content to see their racquets gather dust in the summer months, has flourished into a league which boasts 18 clubs from Crystal Lake north of Palos south, representing 28 teams and over 250 players.

And it seems only fitting that this summer's season was punctuated by a thrillings finals on September 8th, when Cove (now Glass) Courts won the All-Level title by only one point!

The Chicago Metro Women's Summer Traveling League is now divided into All-Level, B and C divisions. But in the beginning all divisions were combined.

"We wanted long rosters, so we had to combine levels," Judy explains.

It worked like this. Each team was designated either B or C. If a B club was scheduled to play a B designated team, the top half of the roster was sent. If they were playing a C team, the bottom of the roster played.

"This system worked very well," Judy says, "and got the League going until it was large enough to accommodate separate divisions."

During the League's third year, Judy enlisted the help of Rosie Magliano, Program Director and Pro for DuPage Racquet Club.



1st place Women's A, Cove/Glass courts.

"Rosie is the reason the League expanded," Judy says. "She is very aggressive and thinks big. She was behind the push to branch out and bring in more clubs."

Through trial and error, creativity, good notes and records, and the knack for stretching a dollar to its limits, the two women laid the foundation for the League to take off.

"We had a lot of support from our home clubs as far as telephone use, duplicating, etc.," Judy points out.

"And then we used their letterhead stationery, which was good PR for the clubs."

T-shirts have been the major expense, costing around \$1,000 this year. Other costs are mailing, trophies, and door-prizes for the finals party. A tight budget on an entry fee of \$5.00 per player!

"We have found that we need rosters of at least ten players for summer games," Judy notes. "You have to allow for vacations. August is a particularly tight month." In spite of this, however, the League has had only one forfeit in four years.



1st place Women's B, Downers Grove/Olympic.

Up to now the League has operated without sponsors, but next year Judy and Rosie hope to find a company to donate the T-shirts.

"A whole group of women, city wide, have made this work."

"It's free advertising," Judy says, adding, "We'd be willing to wear the name, address, phone number — anything!"

Last summer Wilson supplied the balls, which Judy describes as a "smart move by Wilson, because that's the ball the clubs will then keep in stock." She reports that a Wilson representative noted a number of orders directly traceable to the Summer League's use of the Wilson ball.

Wilson also contributed bags and racquets for the drawing at the finals party. Additional sponsors next year would put the League on a more secure financial footing, and give it flexibility to expand further — both geographically and into other divisions.

"We'd like to see a Southern division, as well as a men's B/C and perhaps some doubles teams," Judy hopes.

Turning hopes into realities seems to be what Judy Young and Rosie Magliano do best. Yet they are quick to share the credit.

"A whole group of women, city-wide, have made this work."

"Summers are hurting single-function racquetball courts," Judy adds. "Racquetball must become a year-round sport."

If you or your club would like to avoid next year's summer hibernation, the time to start planning is now. For more information, or to join the Chicago Metro Women's Summer Traveling League, contact:

Judy Young, 469-3083

Rosie Magliano, 543-9200

Chicago Metro Women's Summer Traveling League

All-Level (A) Division

Cove (Glass) Courts

1st Place: 132 pts.

Mary Duitsman; Carole Lisson; Cheryl Cizek; Doubles Team, Wendy Mason/Judy Young; Mary Credille; Judy Stone; Peggy Farrell; Jean Van Vleit.

Naperville Courts

2nd Place: 131 pts.

Diana Nardek; Kerry Nolan; Linda Schaffer; Doubles Team, Kay Laux/Tina Porterfield; Marianne Picha; Carol Bombeck; Ellen Brockhouse; Sue Rohr; Laurel Davis.

B Division

1st Place: 187 pts.

Downers Grove Olympic Health and Fitness Club

Candy Cohen; Jane Reed; Kathy Qualkinbush; Stacy Kleinick; Jan Gabry's; Nicci Paris; Margaret Barouski; Janice Bauch; Becky Nargis; Bobbi Szypura.

Forest Grove Swim and Racquet Club

2nd Place: 146 pts.

Rea Kullick; Laurie Koveleski; Judy Sziel; Elvira Cridland; Donna Smith; Paulette Rinehart; Nancy Mahburg; Bernice Zaccaria; Judy Mikrut; Adrienne Kolak.

C-Division

1st Place: 201 pts.

Supreme Courts

Kathy Schaid; Ann Buccaro; Coleen Meyer; Linda Jenkins; Barb Tank; Barb Yeaton; Sue Lohman; Scottie Godar; Kathy Bauman.

2nd Place: 147 pts.

Arlington Hts Court House

Jean Kelly; Jan Prah; Pat Prekel; Kim Sula; Lois Bartman; Arlene Roberts; Karen Pelka; Ann Adams; Sandi Kwessell; Joanne Schoauner.



1st place Women's C, Supreme Courts.

No refs in Indiana

The Indiana State Racquetball Association (INSRA) is the first major association to adopt the "losers ref" policy for all of their sanctioned tournaments. The system, previously described in detail in the January 1982 issue of RACQUETBALL TODAY, provides that the losers, not the winners, must referee. Upon turning in their score card, they receive their tournament shirt. The advantage of the system is that 1) players who enter a tournament are now only "forced" to referee a maximum of 1 match, and 2) the winners are given more time to rest up and prepare for their next match. For the system to work properly, the winners in the consolation brackets are still required to referee.

MIDWEST TOURNAMENT SCHEDULE

October 8-10

JANESVILLE FALL OPEN

Cupreme Courts
1301 Black Ridge Rd.
Janesville, WI 53545
Contact: Jim Wirkus

October 15-17

FOND DU LAC YMCA OPEN

Fond du Lac, WI

October 15-17

EAU CLAIRE WOMEN'S OPEN

Eau Clair YMCA
Eau Claire, WI

October 29-30

HALLOWEEN OPEN

Cherokee Golf & Tennis Club
5000 N. Sherman Ave.
Madison, WI 53704
Contact: Greg Johnson

November 5-7

TOWER WEST OPEN

Tower West Racquetball Open
515 S. Washburn
Oshkosh, WI 54901

November 12-14

BYE BYE BOB TOURNAMENT

Hawthorn Courts
Vernon Hills, IL
Contact: Mary or Danny
312/362-9330

November 19-21

NIELSEN'S OPEN

Oak Park Court House
1135 N. Harlem
Oak Park, IL 60603
Contact: Lou Caravetta
312/848-5200

December 3-5

STROH LIGHT CLASSIC

The Charlie Club
1500 E. Dundee
Palatine, IL 60067
Contact: Renee Turek
312/934-4900

WEST REGION

6th Annual Cascade Open
Racquetball Tournament
Courtsports
Eugene, OR
July 23-25, 1982

MEN'S OPEN SINGLES

1st: Steve Ducich (Eugene), 11-9, 11-6, 9-11, 9-11, 11-2.
2nd: Rick Green (Sacramento)
Consol: Frank Sullivan (Eugene).

MEN'S A SINGLES

1st: Mike Sherman (Portland).
2nd: Mike Griffith (Eugene).
Consol: Dan Hitt (Eugene).

MEN'S B SINGLES

1st: Jim Rutherford (Portland), 11-4, 7-11, 11-5, 11-5.
2nd: Mike Ilnicki (Salem).
3rd: Doug Banks (Eugene).
Consol: Brent Whitley (Eugene).

MEN'S C SINGLES

1st: Dave Walters (Eugene), 11-3, 11-2, 11-6.
2nd: Gary Lee (Eugene).
3rd: David Franey (McMinnville).
Consol: Fred Thrush (Eugene).

MEN'S D/NOVICE SINGLES

1st: Robert Edmondson (Eugene), 11-5, 11-6, 11-3.
2nd: Arnold Garcia (Independence).
3rd: Estevan Leos (Independence).
Consol: David Easton (Eugene).

MEN'S SENIOR 35+ SINGLES

1st: Jim Rutherford (Portland), 11-3, 11-7, 11-6.
2nd: Fred Baida (Grants Pass).
Consol: Ken Rudd (Eugene), 11-15, 15-12, 11-5.

MEN'S GOLDEN MASTERS 55+ SINGLES

1st: George Huggins (Medford), 11-4, 11-9, 10-11, 11-8.
2nd: Harold Libak (Portland).
3rd: Lake Westphal (Salem).

MEN'S OPEN/A DOUBLES

1st: Bone/Wallace (Salem), 15-8, 15-8.
2nd: Ducich/Rude (Eugene).
3rd: Hull/Griffith (Eugene).

Consol: Matheson/Rudolph (Portland).

MEN'S B DOUBLES

1st: Ilnicki/Johnson (Salem), 15-5, 15-8.
2nd: Johnson/Uhlhorn (Eugene).
Consol: Whitley/Young (Eugene).

MEN'S C DOUBLES

1st: Walters/Canham (Eugene), 15-1, 15-13.
2nd: Lee/Banks (Eugene).
Consol: Ventre/Norland (Eugene).

WOMEN'S B SINGLES

1st: Judy Sorenson (Grants Pass), 8-11, 11-2, 3-11, 11-1, 11-2.

2nd: Kari Poehiman (Albany).

3rd: Fran Bounds (Roseburg).

Consol: Collin Williams (Eugene).

WOMEN'S C SINGLES

1st: Beth Slade (Auburn), 11-7, 3-11, 11-6, 11-10.
2nd: Cynthia Shick (Bend).
3rd: Nikki Cheney (Bend).

Consol: Cathy Gilchrist (Salem).

WOMEN'S D/NOVICE SINGLES

1st: Carol Mallen (Sacramento).
2nd: Debbie Edmondson (Eugene).
3rd: Karen Bowles (Bend).

Consol: Linda James (Eugene).

WOMEN'S SENIOR 35+ SINGLES

1st: Ruth Sherman (Portland).
2nd: Joyce Michelson (Grants Pass).

WOMEN'S B/C DOUBLES

1st: Heeter & Patrick, 15-9, 15-8 (Eugene).
2nd: Gilchrist & Beckett (Salem).

3rd: Gallegos & Benson (Eugene).

JUNIOR'S 18 & UNDER BOYS SINGLES

1st: Don Fleming (Grants Pass).
2nd: Joe Callan (Eugene).

JUNIOR'S 12 & UNDER BOYS SINGLES

1st: Tommy Foster (Eugene), 11-2, 11-0, 11-2.
2nd: Ryan Cooley (Eugene).

Consol: Scott Easton (Eugene).

MIXED DOUBLES

1st: Green/Mallen (Sacramento).
2nd: Steed/Bounds (Roseburg).

Consol: Carr/Moore (Vancouver).

Seafair Gold Cup Open
First Serve Athletic Club
Edmonds, WA
July 29-August, 1982

MEN'S OPEN

1st: Fielding Snow, SAC

2nd: Steve Dunn, CA

3rd: Hank Marcus, Beaverton

Consol: Steve Ducich, Eugene

MEN'S A

1st: Jeff Evans, J.B.

2nd: Rex Nofsinger, Eugene

3rd: Steve Nelson, SAC

Consol: David Norman, SAC

MEN'S B

1st: Dick Winters, JBAC

2nd: Dom Ziccardi, JBAC

3rd: Brad Druktenis, FFC

Consol: Paul Reynolds, FS

MEN'S C

1st: Mike Brady, Sonics

2nd: Mike Plattner, Canada

3rd: Mike Maultsby

Consol: Mehdi Ghodoosian

MEN'S D

1st: Robert Parisien, B.C.

2nd: Dan Hardan

3rd: Tom Neklasen, FFC

4th: Donald Dockett, SAC

Consol: Roy Stewart, FS

MEN'S 35+

1st: John Reid, TAC 4

2nd: Mickey Corso, MLT

3rd: Jan Larson, Burien FFC

Consol: Allen Wilson, BC

MEN'S 45+

1st: John Logan, JBAC

2nd: Walt Taulbee, JBAC

3rd: Jim Smith, FS

Consol: Bob Bruce, FFC

MEN'S OPEN DOUBLES

1st: Toni Krause/Hank Marcus, Beaverton

2nd: Fielding Snow/Steve Dunn, SAC/CA

3rd: Jeff Bannerman/Henshaw, FWAC/FFC

Consol: Tim Pring/Jeff Foss, Spokane Ct. Pk.

MEN'S B/C DOUBLES

1st: Mike Brady/Jeff Evans

2nd: Walt Taulbee/Dom Ziccardi

3rd: Reggie Japhet/Dick Winters

Consol: Lee Graff/Mike Graff

WOMEN'S OPEN

1st: Debbie Geiger, FS

2nd: Wanda Collins, PARC

3rd: Cathy Wilson, Eugene

Consol: Judy Vose, PARC

WOMEN'S B

1st: Tova Kornfeld, B.C.

2nd: Karen Herold, JBAC

WOMEN'S C

1st: Nancy Watchie, BAC

2nd: Valerie Barnes, SAC

3rd: Pat Kong, FS

Consol: Barbara Maroney, Hoquim

WOMEN'S D

1st: Barbara Hungerford, Redmond

2nd: Heidi Johnson, FS

3rd: Rene Atkinson, B.C.

Consol: Mary Bryan, FS

WOMEN'S BEGIN.

1st: Chenva Egawa, FS

2nd: Deb Laudadio

3rd: Kathy France

4th: Bill Fugate, Auburn

JUNIORS

1st: Craig Wilson, B.C.

2nd: Darin Eyring, SAC

3rd: Mike Graff, Albany

Consol: Mike Udall, TAC 4

Major So. Calif. league

Executive Sports of Newport Beach, CA has announced the formation of a major racquetball league and competition to take place throughout Southern California. Over 180 clubs have been invited to enter teams in the ISUZU Racquetball Grand Prix which features competition for men and women at all levels of play. In conjunction with the event, honorary chairman, Charlie Brumfield, will conduct free public clinics hosted by the May Company of

southern California. The clinics, to be held on October 23 at the Laurel Plaza in North Hollywood, and October 24 at the LaJolla Village Mall in San Diego, will provide video tape replay analysis, Penn Speedgun to clock serves, and product giveaways in addition to registration for the sweepstakes grand prize: a 1982 Isuzu LS 4-door sedan. For additional information, contact Tournament Director, Scott Winters, at 714/850-1324.

WEST TOURNAMENT SCHEDULE

October 15-17

NCRA JUNIOR RACQUETBALL CIRCUIT

Sponsored by Penn Athletic Products Co.
Modesto Court Room
2012 McHenry Avenue
Modesto, CA 95350
Contact: Liz Smith & Carol Pearce
209/577-1060

October 21-24

AARA DOUBLES CHAMPIONSHIPS

Sponsored by Lite Beer/Seamco
Federal Way Athletic Club
31701 20th Avenue S
Federal Way WA 98003
Contact: Bill Gillespie or
Jerry Henderson
206/941-5991

November 1-December 9

ISUZU RACQUETBALL GRAND PRIX OF SOUTHERN CALIFORNIA

Team competition in clubs throughout the Southern California Area during the month.
Contact: Scott Winters
714/850-1324

November 19-21

NCRA JUNIOR RACQUETBALL CIRCUIT

Sponsored by Penn Athletic Products Co.
Fairfield Court Club
1471 Holiday Lane
Fairfield, CA 94533
Contact: Kirk Howe
707/429-4363

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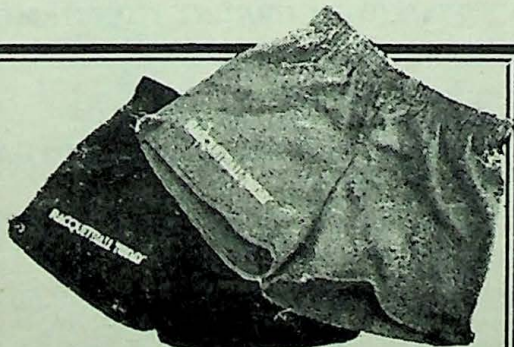
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EAST REGION

EAST TOURNAMENT SCHEDULE

October 1-3

4th ANNUAL WHITE ROSE CLASSIC
Sawmill Racquetball Club
2880 Carol Rd.
York, PA 17402
Contact: Harry Fishel or Bill Richards
717/755-0991

October 8-10

3rd ANNUAL LITE BEER COLUMBUS DAY SHOOTOUT
21st Point Racquet Club
McKown Rd.
Albany NY 12203
Contact: Vince Woolanin
518-489-3276

October 9-11

WMYS GREAT 98/CENTER JEWELER OPEN
Faunce Corner Club
PO Box 284
N. Dartmouth, MA
Contact: Janet & Roy Simon
617/999-2171

October 15-17

THE COURT YARD OPEN
The Court Yard
Route 5
Saco, ME
Contact: John Bouchard
207/284-5953

October 16-19

CHELMSFORD COURT HOUSE OPEN
Chelmsford Court House
One Courthouse Lane
Chelmsford, MA
Contact: Frank Sexton
617/453-4173

October 23-25

CENTRAL MASS. MEN'S SINGLES OPEN
Mt. Wachusett Racquet Club
410 Princeton Rd.
Fitchburg, MA 01420
Contact: Mike Luciw
617/345-0116

October 29-31

THE HALLOWEEN CLASSIC
Andy Valley Racquet Club
Lexington Avenue
Lewiston, ME 04240
Contact: Doris Lahey
207/786-2161

November 12-14

THE MAINE DOUBLES CHAMPIONSHIPS
Club North
Route 302
North Windham, ME 04062
Contact: Leesa Smith
207/892-3231

November 19-21

THE TURKEYFEST
Merrymeeting Racquet & Swim Club
126 Main St.
Topsham, ME
Contact: Gerry Caron
207/719-0129

AARA Open Annual Kangaroo Kick-Off
Kangaroo Courts
Bricktown, NJ
August 28-29, 1982

MEN'S OPEN

1st: R. Gonzalez.
2nd: S. Cascio.
3rd & 4th: Horton/Capitanelli.
Qtr: Montalbano, Francavilla, Bierman, Allgood.

MEN'S A

1st: Costleigh.
2nd: Corso.
3rd & 4th: Tunninia, Rubin.
Qtr: NG, Duggan, Garabedian, Vaccarro.

MEN'S B

1st: Zierman.
2nd: Corso.
3rd & 4th: Posey, Ziermon.
Qtr: Ochwat, O'Connor, Dunsavage, Stott.

MEN'S C

1st: Lucchetto.
2nd: Kopko.
3rd: Waugh.

MEN'S NOVICE

1st: Bethel.
2nd: Nobile.
3rd & 4th: Roberts, Hilling.
Qtr: Midlin, Krug, Campo, Bader.

MEN'S SENIORS

1st: Berwick.
2nd: Booker.
3rd & 4th: Dowling, Mas.
Qtr: Frankel, Werner, Horton, Sr., Vanore.

MEN'S OPEN DOUBLES

1st: Francavilla/Bierman.
2nd: Cascio/Horton, Jr.
3rd & 4th: Vanore/Marley, Teape/Costleigh.

Qtr: Goodman/Horne, Tunninia/Corso, Appel/Appel, Berwick/Sweetwood.

MEN'S B DOUBLES

1st: Vanore/Wener.
2nd: Waugh/Capco.
3rd & 4th: Malange/Salvador, Horton, Sr./Thorne.
Qtr: Lucchetto/Scarlzo, Dunsavage/Fioranti, Ochwat-/Corso, Denley/Moore.

WOMEN'S OPEN

1st: J. Marriot.
2nd: D. Fischl.
3rd & 4th: Lynch, O'Brien.
Qtr: Galarz, Taylor, Yard, Thomas.

WOMEN'S A

1st: Marion-Lukowski.
2nd: Thomas.
3rd & 4th: Arasu, Scharfenberger.
Qtr: Eagle, McKenzie.

WOMEN'S B

1st: Foster.
2nd: Inzaray.
3rd & 4th: Scharfenberger, Pincus.
Qtr: Arasu, Holliday, Petri, Bye.

WOMEN'S C

1st: Killian.
2nd: Vanore.
3rd & 4th: Laub, Irizarry.
Qtr: Petri, Hedin, McNamara, Holliday.

WOMEN'S NOVICE

1st: Fakelman.
2nd: Hedin.
3rd & 4th: Donn, Godici.
Qtr: Silverstein, Henriques, Rickabaugh, Chunn.

"The Pre-Season Open"
Mountain Valley Court Club
No. Conway, NH
Sponsored by Penn
August 14-15, 1982

MEN'S A

1st: John Marsden, Conway, N.H.
2nd: Carl Fitzgerald, Portsmouth, N.H.
3rd: John Connolly, No. Conway, N.H.
4th: Steve Marcotte, Portsmouth, N.H.
Consol: Karl VonOldenburg, Nashua, N.H.

MEN'S B

1st: John Gillooly, Wt. Bridgewater, MA.
2nd: Carl Fitzgerald, Portsmouth, N.H.
3rd: Bob Sullivan, No. Conway, N.H.
4th: Mark Evans, No. Conway, N.H.
Consol: Bob Miano, Tewksbury, MA.

MEN'S C

1st: Bill Pope, Camp Hill, PA.
2nd: Dave Demerk, No. Conway, N.H.
3rd: Roy Prescott, No. Conway, N.H.
4th: Bob Miano, Tewksbury, MA.
Consol: Dave LaPointe.

MEN'S NOVICE

1st: Tim Tuttle, No. Conway, N.H.
2nd: John Dickson, Conway, N.H.
3rd: Jim Soroka, Conway, N.H.
4th: Tom Barbour, Conway, N.H.
Consol: Dike Godin, Sanford, MA.

WOMEN'S A

1st: Diane Cianciolo, No. Conway, N.H.
2nd: Becky McGregor, No. Conway, N.H.
3rd: Ivy Ward, Conway, N.H.
4th: Gloria Coco, Et. Harford, CT.

WOMEN'S B

1st: Leigh Clancy, Freedom, N.H.
2nd: Becky McGregor, No. Conway, N.H.
3rd: Diane Cianciolo, No. Conway, N.H.
4th: Marion Whittier, Conway, N.H.

WOMEN'S C

1st: Marion Whittier, Ctr. Conway, N.H.
2nd: Leslie Sullivan, No. Conway, N.H.
3rd: Kerry Guptik, Glen, N.H.
4th: Sally Enckson, Conway, N.H.
Consol: Chris Gainty, Dover, N.H.

WOMEN'S NOVICE

1st: Cindy Tuttle, Laconia, N.H.
2nd: Joan Gartland, Malden, MA.
3rd: Janet Durkee, Conway, N.H.
4th: Sheila Baddley, Freedom, N.H.

Philympics announced

Called "The Philympics", Philadelphia has come up with a truly exciting and innovative competition in which 5-man teams compete in a variety of individual and team sports to win the right to be called the city's "corporate superstars". The \$100 per team entry fee, which goes entirely to benefit Cancer research and is tax deductible, enters the team into volleyball, swimming, running, squash, tennis, basketball shoot-

ing, golf putting, and, last but not least, racquetball. Competition is taking place over a series of weekends with the finals October 8-10 at very complete Clark's Uptown athletic facilities. The winners, and their sponsors will all be flown to St. Thomas in the Virgin Island on trips donated by First Charter Corporation. **RACQUETBALL TODAY** will feature the results of the competition in our next issue.

The Beach Camper Open
The Court Yard
Saco, ME
July 30-31, 1982

MEN'S OPEN

1st: Scannell.
2nd: St. Pierre.
Semi's: Bourque, Loisel.
Consol: Tarling.

MEN'S B

1st: Thiel.
2nd: J. Spugnardi.
Semi's: Farrell, Karter.
Consol: Lachance.

MEN'S C

1st: McFarland.
2nd: Diamond.
3rd: Maggio.
4th: Cochran.

Consol: Brunelle.

MEN'S SENIORS

1st: Crim.
2nd: Isenberg.
Semi's: Gagne, Magalnick.
Consol: Burke.

MEN'S MASTERS

1st: Payne.
2nd: Falkenstrom.
3rd: Trask.
4th: Chaplin.

MEN'S OPEN DOUBLES

1st: Loisel/Tito.
2nd: Desrochers/Scannell.
Semi's: Gardner/Tarling, Crim/Magalnick.

MEN'S B DOUBLES

1st: Graham/Quirk.
2nd: Farrell/Diamond.
Semi's: Hammond/Trask, Falkenstrom/Maggio.

WOMEN'S OPEN

1st: M. Callahan.
2nd: Ehrlich.
Semi's: Graham, Burke.
Consol: Eon.

WOMEN'S B

1st: Brown.
2nd: Findlen.
Semi's: Truman, Bailey.
Consol: Gully.

WOMEN'S C

1st: Grosvenor.
2nd: Pelczar.
Semi's: Nash, Pelletier.
Consol: Trenholm.

WOMEN'S OPEN DOUBLES

1st: Burke/Callahan.
2nd: Eon/Graham.
Semi's: Carr/Olson, Kelly/Mignon.

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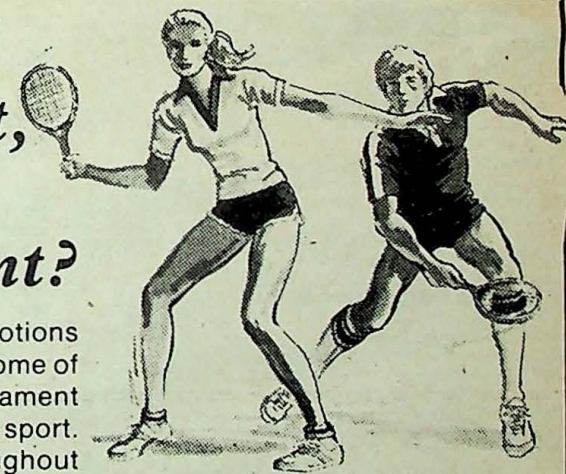
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SOUTH REGION

**5th Annual Surf and Sand
Racquetball Championships**
Cardinal Court Club
VA Beach, VA
August 13, 14, 15, 1982

MEN'S OPEN

Finals: Ron Babkoff (KY) d. Ed Garabedian (DE), 21-17, 19-21, 11-7.

Third Place: Glenn Allen (VA Bch.).

MEN'S B

Finals: Scott Martin (DE) d. Ralph Edwards (Rich.), 21-16, 21-14.

Third Place: FFT.

Consol: Chuck Myers (Okinawa, JA).

MEN'S C

Finals: Greg Kvaska (Wash. D.C.) d. Larry Chamberlain (Rich.), 21-6, 21-10.

Third Place: FFT.

MEN'S SENIORS 35+

Finals: Glenn Allen (VA Beach) d. Ken Kambis (Richmond, VA), 14-21, 21-8, 11-5.

Third Place: Joe Mulkerrin (VA Beach).

Consol: Jerry Petterson (V.B.).

WOMEN'S OPEN

Finals: Debra Weber (Chasn., SC) d. Martha Ferguson (Rich.), Round Robin.

WOMEN'S B

Finals: Karen Latchett (V.B.) d. Martha Ferguson (Rich.), 21-18, 21-20.

Third Place: FFT.

Consol: Geneva Allen (V.B.).

WOMEN'S C

Finals: Nancy Mitchell (VA Beach) d. Sue Krane (Quantico, VA), 21-19, 19-21, 11-9.

Third Place: FFT.

Consol: Kathy Evans.

WOMEN'S NOVICE

Finals: Kathy Seals d. Chris Swink.

Third Place: Susan Frishman.

Consol: Paula Braley.

WOMEN'S SENIORS

Finals: Jean Tull (Wash. D.C.) d. Karen Latchett (VA Beach), Round Robin.

Third Place: Geneva Allen (V.B.).

2nd Annual Strohs Classic
Imperial Court Club
Mel Bourne, FL
July 15-18, 1982

MEN'S OPEN

1st: Bales.

2nd: Hanson.

3rd: Ganley.

MEN'S B

1st: Robinson.

2nd: Weaver.

3rd: Kluz.

MEN'S C

1st: Di Donato.

2nd: Thomas.

3rd: Sprout.

MEN'S D

1st: Scarbozi.

2nd: Calabro.

3rd: Brumaster.

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 OPEN DOUBLES

1st: Gautier/Hanson.

2nd: Lefor/Kirkland.

3rd: Nichols/Smith.

MEN'S B DOUBLES

1st: Neslon/Scott.

2nd: Hart/Lester.

3rd: Garriga/Smith.

MEN'S 40+ DOUBLES

1st: Fox/Mojer.

2nd: Shumer/Kramer.

3rd: Lutz/Allen.

WOMEN'S OPEN

1st: Bullard.

2nd: Mildenerberger.

3rd: Friedman.

WOMEN'S B

1st: Davis.

2nd: Collins.

3rd: Jackson.

WOMEN'S C

1st: McClay.

2nd: Schullstrom.

3rd: Knudson.

WOMEN'S D

1st: Robson.

2nd: Wilson.

3rd: Kay.

WOMEN'S 30+

1st: Fish.

2nd: Lee.

3rd: MacDaniel.

WOMEN'S OPEN DOUBLES

1st: Bullard/Turkel.

2nd: Friedman/Soldman.

3rd: Morgan/Sirico.

WOMEN'S B DOUBLES

1st: Roffe/Turkel.

2nd: Partlow/Moore.

3rd: Jackson/Goebel.

WOMEN'S 30+ DOUBLES

1st: Spiegel/Fish.

2nd: MacDaniel/Serabia.

3rd: Giordano/Nathan.

**Williamsburg Hilton Second
Annual Killshot Classic**
Williamsburg Hilton Hotel
Williamsburg, VA
Sponsored by Hilton Hotel Chain
Sept. 20, 21, 22-August, 1982

MEN'S OPEN SINGLES

Finals: Bobby Ison, Norfolk, VA d. Glenn Allen, VA Bch., 15-13, 15-8.

Semi's: Bobby Ison d. Ed Taylor, Norfolk, VA 15-8, 15-11; Glenn Allen d. Gary Roaerson, VA Bch., 15-13, 4-15, 11-8.

Third Place: Ed Taylor.

WOMEN'S/MEN'S B SINGLES

Finals: Ron Isaacs, Rich., VA d. Connie Naminsky, Det., 15-12, 15-10.

Semi's: Ron Isaacs d. Todd Carter, Yorktown, VA, 15-14, 9-15, 11-10; Connie Naminsky d. Tom Turbeville, 15-10, 15-8.

Third Place: Todd Carter.

WOMEN'S/MEN'S C SINGLES

Finals: Mike Jones, Hampton, VA d. Bob Elliott, Newport News, VA, 15-13, 15-4.

Third Place: Joe Alvarez.

**Tidewater Summer Racquetball
Championships**
Ace of Clubs
Chesapeake, VA
August 27, 28, 29, 1982

MEN'S OPEN

Finals: Gary Roberson, VA Bch., d. Bobby Ison, Norfolk, VA, injury default.

Semi's: Gary Roberson d. Glenn Allen, VA Bch., 7-21, 21-14, 11-10; Bobby Ison d. Bret Misterle, Newport News, 21-13, 21-14.

Third Place: Glenn Allen.

Consol: Bob Munroe, Norfolk, VA.

MEN'S B

Finals: Tom Olinski, Williamsburg, VA d. Paul Martin, Newport News, VA, 21-17, 7-21, 11-8.

Semi's: Olinski d. Steve Briston, 21-8, 21-11; Martin d. Carol French, 17-21, 21-16, 11-6.

Third Place: Carol French, Newport News, VA.

Consol: Ron Babkoff, VA Bch., VA.

MEN'S C

Finals: Tom Moore, Little Crk., VA d. Al Berg, 21-17, 21-19.

Semi's: Tom Moore d. Mike Brangan, 21-9, 21-8; Al Berg d. Tom (Butch) Persinger, 21-10, 15-21, 11-2.

Third Place: Tom Persinger, VA Bch., VA.

Consol: Steve Everett.

MEN'S NOVICE

Finals: Russ Barone d. Steve Melson, 21-14, 21-14.

Semi's: Melson d. Edgerton; Barone d. R. Gerhart.

Third Place: Ron Gerhart.

Consol: Ed Gerhart.

MEN'S SENIORS 35+

Finals: Glenn Allen, VA Bch., d. Ed Taylor, Norfolk, 21-11, 21-12.

Semi's: Glenn Allen d. T.C. Cannady, Newport News, 21-16, 21-13; Ed Taylor d. Kevin Dorr, Hampton, VA, 11-21, 21-19, 11-6.

Third Place: Kevin Dorr.

Consol: Joe Kinsey, VA Beach.

WOMEN'S B

Finals: Sue Howard, VA Bch., d. Sarah Parrish, Nfk., VA, 18-21, 21-8, 11-5.

Third Place: Rosemary Roberson, VA Bch.

WOMEN'S C

Finals: Sue Kemp, VA Bch., d. Angela Guskus, 21-3, 21-6.

Semi's: Kemp d. D. Patrick; A. Guskus d. S. Threlt.

Third Place: Dee Patrick.

Consol: Mary Leib.

WOMEN'S NOVICE

Finals: Sue Frerich d. L. Bunch, 6-21, 21-13, 11-6.

Semi's: Frerich d. Murray; Bunch d. Jones.

Third Place: Dee Murray.

Consol: Jan Williams.

SOUTH TOURNAMENT SCHEDULE

November 5-7

TIRE AMERICA CLASSIC

West Virginia Racquet Club

Waddles Run Road

Wheeling, WV 26003

Contact: Kevin Becker

304/233-5981 or 277-1352

December 3-5

SECOND ANNUAL TOURNAMENT OF CHAMPIONS

The Ultimate Courts Racquetball Club

6207 W. 34th

Amarillo, TX

Contact: Nina Acuff

806/355-5531

Oklahoma Grand Prix 1982-83 Current Rankings

MEN'S PRO/AM:

1: Ken Smith (Okc.), 17.

2: Charlie Willingham (Law.), 10.2.

3: Kent Taylor (St. Lwr.), Tom Norris (Tul.), Joyce Jackson (Nrmn.), Don Hammons (Tul.), 3.4.

MEN'S SENIORS

1: Ken Sone (Checotah), 6.8.

2: Don Beach (Tulala), 3.4; Phil Murrell (Bville), 3.4.

MEN'S 18 & UNDER

1: Joe Botello (Tul.), 17.

2: Philip Lane (Wthrd.), 13.6.

3: Kurt Myers (Law.), 10.2.

Annual Pizza Hut Open
Royal Court Club
Austin, TX
August 6-8, 1982

MEN'S OPEN

1st: Tommy Gautreau.

2nd: Jeff Kwattler.

Semi's: Bob Phillippy, Kenny Kaihlenan.

MEN'S B

1st: Gary Klausner.

2nd: Phil Schani.

Semi's: Richard McCormick, Simon Weiderman.

MEN'S C

1st: Pat Cardin.

2nd: Chuck Clinton.

Semi's: Tommy McGowen, John Dwyer.

MEN'S D

1st: Antonio Valadez.

2nd: Reagan Lambert.

Semi's: Scott Smith, Lee Hello.

MEN'S NOVICE

1st: Lee Torrez.

2nd: Thomas Golden.

Semi's: Jeff Casey, Wagon Wills.

WOMEN'S OPEN

1st: Marci Greer.

2nd: Susie Dugan.

Semi's: Becky Marshall, Janie Rivas.

WOMEN'S B

1st: Donna Agee.

2nd: Claudia Siegal.

Semi's: Cheryl Higdon, Diane Walkey.

WOMEN'S C

1st: Jo Dwyer.

2nd: Debbie McDonald.

Semi's: Lisa Loeffel, Lora Brown.

WOMEN'S D

1st: Lora Bustamante.

2nd: Farrah-Naz Lewis.

Semi's: Barbara Potter, Janet Cauthen.

WOMEN'S NOVICE

1st: Maureen Prester.

2nd: Pachael Pumo.

Semi's: Sherri Martinez, Paula Penshorn.

ILLUSTRATED RACQUETBALL TIP NO. 37

by Tom Grobmisi

Don't get frazzled if you get behind...stay cool!



Frazzled



Cool

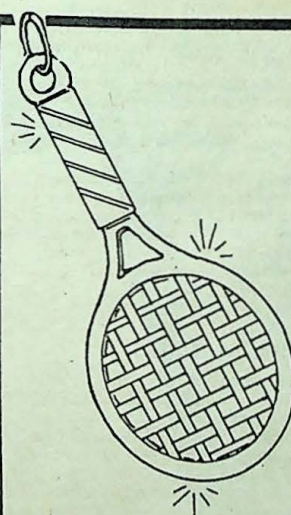
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(Enlarged to show detail)

National Club Guide

California

CENTURY PARK FAMILY FITNESS CENTER

9911 West Pico, Los Angeles, CA 90035. Seven regulation courts, complete exercise facilities including Lifecycle, Nautilus, Dynacore, Hydrogym and free weights; steamroom, sauna and whirlpool for men, sauna and whirlpool for women; pro shop, TV lounge, restaurant and bar. Racquetball lessons and programs under the direction of "Professor" Jim Schatz. Call 213/553-7600.

PLACERVILLE RACQUET CLUB

#1 Racquet Way, PO Box 844, Diamond Springs CA 95619. 6 racquetball courts, attended nursery, men and women's whirlpool and sauna; coed whirlpool, pro shop, cafe, jazzercise, exercise, complete racquetball leagues and lessons; Universal exercise room; 6 tennis courts; olympic swimming pool. Contact Jeff Hawking, Mgr. 916/626-0205.

ROYAL COURTS

400 Saratoga Avenue, San Jose CA 95129. 14 regulation courts, complete nautilus fitness center; attended nursery; men and women's steamroom, sauna and whirlpools; pro shop; TV lounge; exercise and aerobic classes; complete racquetball lessons and leagues under the direction of pro, Sylvia Hooks; for information contact manager, Jeff Ramona at 408/296-1676. OPEN TO THE PUBLIC.

SCHOEER'S RACQUETBALL SPA

5341 Hopyard Rd., Pleasanton CA 94566. 15 regulation racquetball courts, four with glass and one exhibition court with front and side wall "Twin-Vue" glass and seating for 300. Attended nursery; steamroom, sauna and whirlpool for men and women; pro shop, restaurant and lounge, aerobics, jazzercise, dane fitness, exercise classes, wallyball and court soccer and complete racquetball lessons and leagues. We have a 60' lap pool and separate, complete Nautilus fitness facilities for men and women. For information contact John O'Donovan, 415/846-0950.

Connecticut

CONNECTICUT COURT CLUB ASSOCIATION

The following clubs are members of the Connecticut Court Club Association. You can be assured of well-maintained facilities offering excellent, complete racquetball programs when you join or visit any of these fine facilities.

1. ALL SPORT FITNESS, 17 Old Main Street, Fishkill, NY 12524 (914) 896-5678
2. ALL SPORT FITNESS, 240 North Road, Poughkeepsie, NY 12601 (914) 452-5050
3. BRISTOL CLUBHOUSE, 842 Clark Avenue, Bristol, CT 06010 (203) 583-1843
4. CEDAR HILL RACQUETBALL CLUB, 375 East Cedar Street, Newington, CT 06111 (203) 666-8451
5. CENTER COURT & HEALTH CLUB, 234 Route 83, Vernon, CT 06066 (203) 875-2133
6. CHESHIRE RACQUET & SWIM CLUB, Milldale Road, Route 10, Cheshire, CT 06410 (203) 272-5309
7. COURT CLUB OF NORTH HAVEN, 100 Elm Street North Haven, CT 06473 (203) 238-5665
8. COURT HOUSE ONE - OFFICE, Suite 201, 61 South Main Street, West Hartford, CT 06107 (203) 521-4858
9. COURT HOUSE ONE - AVON, 21 Waterville Road, Route 10 Avon, CT 06001 (203) 677-6073
10. COURT HOUSE ONE - MANCHESTER/VERNON, 47 Hartford Turnpike, Vernon, CT 06066 (203) 649-0597
11. COURT HOUSE ONE - SIMSBURY, 526 Hopmeadow Street, Simsbury, CT 06070 (203) 651-3701
12. COURTSIDE-AT-CROMWELL, 10 Hillside Avenue, Cromwell, CT 06416 (203) 635-5400
13. DANBURY RACQUETBALL CLUB, Route 6, Stoney Hill Road, Bethel, CT 06801 (203) 797-1244
14. DOWNTOWN RACQUET CLUB, 230 George Street, New Haven, CT (203) 787-6501
15. EMPIRE ONE RACQUETBALL CLUB, 85 Lemay Street, Chicopee, MA 01013 (413) 536-8574
16. HAMMONSETT RACQUETBALL CLUB, 1291 Boston Post Road, Madison, CT 06443 (203) 245-2927
17. LAKEWOOD RACQUETBALL CLUB, Lakewood Road, Waterbury, CT 06704 (203) 755-6699
18. MILFORD RACQUETBALL CLUB, Bridgeport Avenue, Milford, CT (203) 877-5126
19. NEWTOWN HEALTH & RACQUET CLUB, P.O. Box 425, Commerce Road, Newtown, CT 06470 (203) 426-8591
20. NORWICH RACQUET CLUB, 2 Wisconsin Avenue, Norwich, CT 06360 (203) 889-4489
21. RACQUETBALL EAST, 45 Crane Avenue, East Longmeadow, MA 01089 (413) 525-3931
22. RACQUETBALL PLUS, P.O. Box 237, Burtville Avenue, Derby, CT 06418 (203) 736-9988
23. RACQUETBALL SPA, 500 Kings Highway - Cut-off, Fairfield, CT 06430 (203) 368-7888
24. ROLL-OUT, Silas Deane Highway, Rocky Hill, CT 06067 (203) 563-7999
25. SHORELINE RACQUET CLUB, At Twin Lakes, North Branford, CT 06471 (203) 481-3461
26. SOUTHPORT RACQUET CLUB, 266 Old Post Road, Southport, CT 06490 (203) 259-0882
27. SPOKI, 145 State Pier Road, New London, CT 06320 (203) 442-0588
28. THE SPORTING HOUSE AT ENFIELD, 3 Weymouth Road, Enfield, CT 06082 (203) 745-2408
29. STAMFORD RACQUETBALL CLUB, 49 Brownhouse Road, Stamford, CT (203) 324-6160
30. THE STRATFORD RACQUETBALL & NAUTILUS CLUB, 140 Watson Boulevard, Stratford, CT 06497 (203) 366-7600
31. SUPREME COURT, 155 Ashley Avenue, West Springfield, MA 01089 (413) 781-0181
32. TRI-PURY TENNIS & RACQUETBALL CENTER, P.O. Box 365, Route 188, Middlebury, CT 06762 (203) 758-1727
33. WALLINGFORD CLUBHOUSE, Neal Road, Wallingford, CT 06492 (203) 265-2861
34. WATERFORD RACQUET CLUB, 6 Fargo Road, Waterford, CT 06385 (203) 442-9466
35. WEST ROCK CLUBHOUSE, P.O. Box 3977, West River Road, Woodbridge, CT 06525 (203) 389-1544
36. WINDSOR RACQUET SPORTS, 109 Pierson Lane, Windsor, CT 06095 (203) 683-0236

Florida

MIAMI COURT CLUB

9395 Bird Road, Miami, FL 33165. 10 courts; attended nursery, steam, sauna, sauna and whirlpool for men, sauna and whirlpool for women. Exercise room; TV lounge, complete racquetball lessons and leagues directed by pro, Mary Ann Livingston. Open 6 a.m. to midnight. NO GUEST FEES for IRSA members, \$3 for others. Hotel guests in Miami may reserve non-prime time for \$7 per hour. Contact Manager, Sue Jackson, 305/226-4014.

Georgia

RACQUET SOUTH

4 Oglethorpe Professional Blvd., Savannah GA, 10 racquetball courts, attended nursery, steam, sauna and whirlpool for men and women; complete Nautilus exercise rooms, pro shop; TV lounge; Aerobics, Exercise classes, and complete racquetball lessons and leagues. Contact Fitness Director, Mikki Monroe, or Manager, William C. Miller, at 912/355-3070.

ATLANTA SPORTING CLUB

1515 Sheridan Rd., Atlanta, GA 30324. 16 Regulation racquetball courts, 8 tennis, and 1 squash court. Attended nursery, men's and women's steamroom, sauna and whirlpool; aerobics, volleyball, basketball; indoor and outdoor pools and running tracks; jazzercise and slimmastics; restaurant, lounge and bar, complete pro shop and complete Nautilus full weight training facility. Complete racquetball lessons, leagues and ladderboard competition. For information call 404/325-2700.

Illinois

CHARLIE CLUB

Route 53 and Dundee Road, Palatine, Ill. (312) 934-4900. Open 24 hours, 7 days. Complex includes restaurant and lounge (open to the public), plus 181 room Best Western Hotel. 17 racquetball/handball courts, featuring two-sided glass-enclosed court with gallery seating, two indoor tennis courts; gym/basketball court; indoor/outdoor tracks; separate fully equipped exercise rooms for men and women; indoor pool with co-ed whirlpool and sun patio, co-ed olympic weight rooms; carpeted locker areas with steamrooms, saunas, whirlpools, sunlamps, massage, supervised playroom; table tennis/pocket billiards; pro & health food shop. Individual and corporate memberships for those over 18. Free use of club to hotel guests. Other Charlie Club locations include: 2701 Black Road, Joliet (815) 729-4503 and coming in early 1981, 501 Midway Drive, Mt. Prospect (312) 364-6415.

THE RACQUET HOUSES

1. O'HARE RACQUET HOUSE: 951 East Touhy Avenue, Des Plaines, Ill. (312) 296-6144. Club Pro: Shirley Scheithe
 2. THORNDAL RACQUET HOUSE: 1220 Mark Street, Bensenville, Ill. (312) 595-2020. Club Pro: Colleen Shields
 3. HILLSIDE RACQUET HOUSE: 4401 W. Roosevelt Road, Hillside, Ill. (312) 449-2255. Club Pro: Crystal Durdil
 4. HARLEM IRVING RACQUET HOUSE: 4203 North Harlem, Norridge, Ill. (312) 457-2040. Club Pro: Sam Rizzio
 5. ELMHURST RACQUET HOUSE: 233 West Grand Avenue, Bensenville, Ill. (312) 595-5060. Club Pro: Rose Magliano
- All clubs have racquetball/handball on 8 regulation courts. Carpeted locker rooms, saunas, whirlpools, steamrooms, exercise facilities, free attended nursery, pro shop, racquet rental, group and private lessons, instructional and non-instructional leagues. Open 7 days a week. Director of all club operations: Carol Armstrong. Program Director/Public Relations: Mary Lou Burny.

CONTINENTAL CLUB

1701 Golf Road, Rolling Meadows, Ill. (312) 961-7777. 10 racquetball/handball courts, two squash courts, indoor swimming pool and whirlpool, indoor running track, Nautilus equipment, basketball, volleyball, Judo, Karate for men and women. Carpeted locker rooms for men and women with saunas, steam, sun rooms. Color TV in lounges, towels & toiletries, massages. Free attended nursery, pro shop, group and private lessons available. Open 7 days a week. This club is built in conjunction with restaurants, deli, shops and three twelve story office towers. Individual and Corporate memberships available. Call Mary Lou Ghannam, Administrative Manager (312) 981-7777. Norb Duba, Athletic Director.

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OLYMPIAN COURT CLUB

Governor's Office Park, Olympia Fields, Ill. (312) 748-8223. Racquetball/handball courts; indoor running track exercise/fitness center; whirlpool; sauna; bar and lounge.

EVANSTON COURT CLUB

1101 Dodge Avenue, Evanston, Ill. (312) 866-9656. Racquetball/handball courts; exercise room, whirlpool and sauna

Indiana

SPORTS ILLUSTRATED COURT CLUB

3150 45th St., Highland, IN 46322. 13 regulation courts, free attended nursery, men and women's sauna, coed whirlpool; snack bar and TV lounge; complete pro shop, indoor running track; aerobic, exercise and slimmastics classes, wallyball, complete exercise room featuring Nautilus and Universal equipment; complete racquetball lessons, ladders and leagues. For information contact Fred Bojrab, manager, at 219/924-0690.

Kansas

RACKETEER RACQUETBALL COURTS

720 W. 20th, Pittsburg, KS 66762. 6 regulation racquetball courts, 2 with glass walls, attended nursery, men and women's sauna, aerobic, exercise, slimmastics and wallyball classes; outdoor running track; exercise room; complete lessons and racquetball leagues. Contact Brent Hildyard, manager, at 316/231-4090.

Louisiana

RACQUETBALL ASSOCIATION OF GREATER NEW ORLEANS

The following clubs are members of the very active New Orleans association. If you live in the area or you are just visiting, you are welcome to stop in or call any of these clubs.

- CLUB CHAMALE, 90 Chamale Cove, Slidell, LA 70458, 504/649-2500.
- COURT KING RACQUETBALL & HEALTH CLUB, 10080 Morrison Rd., New Orleans, LA 70127, 504/246-1000.
- COVINGTON COURT CLUB, Route 3 Box 713, Covington, LA 70433, 504/893-4800.
- CRESCENT CITY HEALTH & RACQUETBALL CLUB, 524 Metairie Rd., Metairie LA 70005, 504/835-7121.
- CROSSGATES RACQUET CLUB, 200 North Military Rd., Slidell LA 70458, 504/643-8194.
- LOUISIANA RACQUETBALL & HEALTH CLUB, 2121 38th St., Kenner LA 70062, 504/443-4512.
- NAUTILUS, 2007 Daniels Rd., Gretna LA 70053, 504/368-8181.
- OFF THE WALL RACQUETBALL & HEALTH CLUB, 2605 Munster Blvd., Metairie LA 70075, 504/277-8414.
- RACQUETBALL ONE, One Shell Square, Suite 1300A, N.O. LA 70130, 504/522-2958.
- RACQUETBALL PLUS, 2138 Stump Blvd., Gretna LA 70053, 504/382-2760.
- RIVERCENTER RACQUETBALL, 600 South Front Blvd., P.O. Box 30728, N.O. LA, 504/588-9118.
- YMCA-METairie BRANCH, 3728 Houma Blvd., Metairie LA 70002, 504/888-9622.

Maryland

THE ATHLETIC EXPRESS CLUB

700 Russell Ave., Gaithersburg, MD 20789. 18 racquetball courts, attended nursery, men and women's steamroom and sauna, complete Nautilus exercise room, TV lounge, restaurant and bar, Aerobics, Jazzercise and exercise classes. Complete racquetball lessons and leagues, junior camps and monthly pro exhibition under the direction of Jim Daly. 301/258-0661.

Michigan

RACQUET KING COURTS

1630 Fort St., Trenton, MI 48183. 14 regulation courts, attended nursery, men and women's whirlpool and sauna, TV lounge, restaurant and bar, slimmastics, exercise classes, aerobics, wallyball and complete Universal exercise facility. For information contact manager/Pro Larry Jakinovich at 313/676-5850.

Pennsylvania

LANDSOWNE RACQUETBALL CLUB

436 S. Lansdowne Avenue, Lansdowne, PA 19050. 12 Championship courts, fully equipped weight rooms, separate whirlpools and steamrooms for men and women, a nursery and a well-stocked pro shop. An Exhibition court is adjacent to a beautiful two-story lounge, complete with fireplace and cathedral ceiling. We have leagues, challenge courts, clinics, wallyball, aerobics, and social activities for all ages. For information, contact Teresa Pyle, manager, 215/622-8300.

Rhode Island

THE CORNER SHOT RACQUETBALL CLUB

43 Jefferson Blvd., Warwick, RI. 12 racquetball courts; men and women's whirlpool and sauna; attended nursery; exercise room; Wallyball, Aerobics, Exercise Classes; TV Lounge, restaurant and bar; private or group lessons and leagues from one of our teaching pros. Call Ms. Regina Ricci, manager 401/781-1650.

Tennessee

MARYLAND FARMS RACQUET & COUNTRY CLUB

1 Maryland Way, Brentwood, TN 37027. 5 regulation racquetball courts, attended nursery, steam, sauna and whirlpool; pro shop, bar, TV lounge and restaurant; indoor and outdoor pool; exercise room; aerobic and exercise classes; complete racquetball lessons and leagues. For information contact Tom Philbrick, manager, 615/373-2900.

Texas

FITNESS UNLIMITED

Has 3 locations in North Central Texas. Join one club and you join them all...124 W. Main in Grand Prairie, 3375 Edgewood in Garland, and 2720 Hollandale in Farmer's Branch. There are a total of 25 courts, complete lessons and leagues, attend nursery, whirlpool and steamrooms for men and women, exercise rooms and complete exercise and aerobic classes. For information contact Kyla Turner, 214/484-4400.

Utah

FOUNTAIN OF YOUTH HEALTH CLUB

4300 So. 300 W. Salt Lake City, UT 84107. 10 regulation racquetball courts, 3 indoor and 4 outdoor tennis courts, men and women's steamrooms, saunas and whirlpool plus a coed whirlpool; TV lounge, indoor pool, Jazzercise and Aerobics; exercise room featuring Universal equipment; professional nutritional guidance service. For information, contact Novie Crocker, 801/262-7487.

Washington

LILAC CITY COURTS

W. 440 Sharp, Spokane WA 99210. 4 regulation racquetball courts, men and women's sauna. Complete pro shop; racquetball lessons and leagues. Come join our monthly Mixed Doubles with "pot luck" dinner league. Contact Sam Marshall, manager, 509/326-2323.

MINT VALLEY RACQUET COMPLEX

4004 Mint Valley Way, Longview WA 98632. 4 regulation racquetball courts, OPEN TO THE PUBLIC. Pro shop, TV lounge, wallyball, complete racquetball lessons and leagues, and 4 indoor tennis courts. For information contact Helen Bachman, 206/636-4770.

Wisconsin

LAKE GENEVA FITNESS & RACQUETBALL CENTRE

Hwy 50, Lake Geneva WI 53127 at the Playboy Resort. 6 racquetball, 4 indoor tennis and 8 outdoor tennis courts; attended nursery, men and women's steamroom, sauna, and whirlpool, TV lounge, restaurant and bar; outdoor pool; all kinds of exercise and aerobic classes. Complete racquetball lessons and leagues run by pro, Don Kloet; and complete Nautilus exercise room. Contact Ron Townsend, manager, 414/248-8811.

OREGON/WASHINGTON

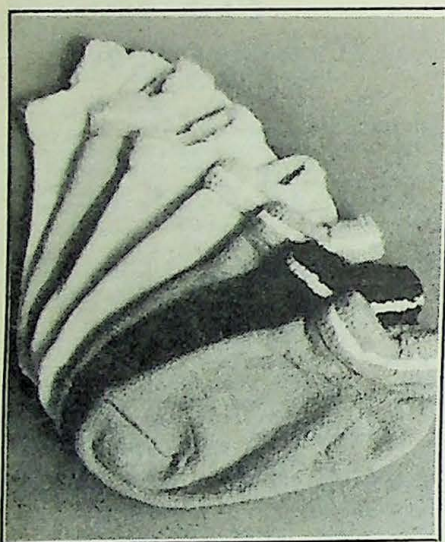
Following are clubs belonging to the NWRRA. Please call for membership and guest information.

- ALBANY SUPERIOR COURTS, 380 Hickory, Albany, OR 97321, 503/926-2264.
- BAY AREA RACQUET CLUB, PO Box 3157, Coos Bay OR 97420, 503/888-5507.
- CORNELL COURT CLUB, 13939 NW Cornell Rd., Portland OR 97229, 503/645-3535.
- COURT HOUSE NORTH, 4132 Devonshire Ct. NE, Salem OR 97302, 503/585-2582.
- COURT HOUSE SOUTH, 2975 River Rd. South, Salem OR 97302, 503/586-2582.
- COURTSIDE I, 2510 Oakmont Way, Eugene OR 97401, 503/687-2811.
- COURTSIDE II, 4242 Commerce, Eugene OR 97402, 503/687-2811.
- FEDERAL WAY ATHLETIC CLUB, 31701 20th Ave. S., Federal Way WA 98003, 206/941-5990.
- FIRST SERVE RACQUET CLUB, 24228 76th Ave. W., Edmonds WA 98020, 206/775-0667.
- GRESHAM COURT CLUB, 19201 SE Division, Gresham OR 97030, 503/665-4142.
- GRIFFITH PARK ATHLETIC CLUB, 4925 SW Griffith Park Dr., Beaverton OR 97005, 503/644-3900.
- KLAMATH FALLS RACQUET CLUB, 2524 Crosby Ave., Klamath Falls OR 97601, 503/621-4900.
- LLOYD CENTER COURTS, 815 NE Halsey, Portland OR 97232, 503/287-4594.
- MEDFORD SUPERIOR COURTS, 727 Cardley Ave., Medford OR 97501, 503/281-8665.
- MILWAUKIE RACQUETBALL & FITNESS CTR., 4606 SE Boardman, Milwaukie OR 97222, 503/659-3845.
- NEWPORT BAY CLUB, 1111 SW 10th Newport OR 97365, 503/265-9225.
- PARC, 4191 Guide Meridian, Bellingham WA 98226, 206/676-1800.
- SEATTLE ATHLETIC CLUB, 333 NE 97th, Seattle WA 98115, 206/527-2582.
- THE RACQUET CLUB, Box 9584 Racquet Lane, Yakima WA 98909, 509/453-6521.
- TIMBERHILL ATHLETIC & COURT CLUB, 2855 NW 29th, Corvallis OR 97330, 503/757-8559.
- TUMWATER VALLEY RACQUET CLUB, 4833 Tumwater Valley Dr., Tumwater WA 98501, 206/352-3400.
- UMPQUA HEALTH & RACQUETBALL CLUB, PO Box 1561, Roseburg OR 97470, 503/672-6688.
- U.S. SUPREME COURTS, 14513 SE Stark, Portland OR 97223, 503/254-8369.
- WESTERN RACQUET CLUB, 8785 SW Beav. Hillsdale Hwy., Portland OR 97225, 503/297-3723.

Club Owners: To list your club in the Club Guide, call 312-371-7616

New Products

PENN ATHLETIC PRODUCTS COMPANY is promoting sales of its Penn Ultra-blue racquetballs through a special T-Shirt offer (see advertisement page 20.) The promotion involves proof-of-purchase coupons available in specially marked cans of Penn racquetballs and allows the buyer to purchase the custom-designed shirts for \$2.95 each with three coupons. Penn Athletic products is the nation's largest manufacturer of tennis balls and racquetballs, and is an operating unit of The General Tire & Rubber Company.



The Comfort Cushion Division of TENNIS TOGS announces a new welted cuff ped sock for sports. The model 116 socks are 85% Hi Bulk Orlon and 15% Stretch Nylon and features either a white or colored stripe around the cuff. The socks are priced to sell for \$3.00 per pair. For more information, contact Tennis Togs, Inc., Boca Raton, FL, or call 800/327-5012.



Feet First: Caring for high-arched feet

by Dr. Louis A. Sorto, Jr.

RACQUETBALL TODAY will feature monthly articles on foot care provided by the Community Health Information Council, a not-for-profit organization of consumers, health professionals and media professionals co-operating in the development and dissemination of health related information at the community level. Readers are invited to submit questions to be answered by Dr. Louis A. Sorto Jr., 420 Lee Street, Des Plaines, IL 60016.

Question: I have very high-arched feet which become painful after long periods of playing racquetball. Most of my pain occurs on the bottoms of my heels and on the balls of my feet. Do you think arch supports would be helpful to me?

Answer: One of the most challenging foot problems encountered in the practice of sports medicine is the so-called "cavus", or high-arched foot. The primary source of the problem lies in the fact that the foot is too rigid, and therefore, lacks the needed flexibility to function as an effective shock absorber for the body's weight when the heel contacts the ground. This is especially relevant to those individuals who use long-distance running as their form of endurance training.

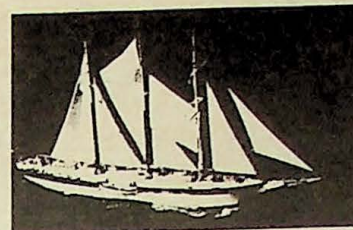
The constant pounding and additional weight transmitted to the foot while one runs (2½ to 3 times the body's weight) can cause a great deal of stress and possible injury to such a rigid foot. Since the heel and the ball of the foot absorb most of the added pressure in the high-arched foot, they are most susceptible to injury. The heel injuries most often come in the form of bone bruises or inflammation of the plantar fascia, which is a long ligamentous structure originating from the bottom of

the heel, crosses the foot arch, and finally inserts to the bottom of the toes. An actual "bone spur" may develop at the point where the plantar fascia connects to the heel bone. However, contrary to common belief, it is the enflamed plantar fascia which acts as the main pain source in most instances, and not the heel spur itself. This is the reason why 90% of all painful heels can be successfully treated without surgical removal of the spur.

The pain at the ball of the foot is usually associated with callous formation. Blisters are also common with increased running activity. Hammertoes and corns are found more often than not in the person with a cavus foot. Conservative treatment for such a foot is directed towards increasing cushioning beneath the entire foot. A well-constructed athletic shoe with a thick sole, and a heel elevated approximately ½" higher than the front of the shoe, is certainly a step in the right direction. This may require the playing of racquetball in running shoes, rather than tennis-type or court shoes. Running shoes are especially helpful when heel pain is the chief complaint. It must be kept in mind, however, that an elevated heel can aggravate callouses beneath the ball of the foot, therefore, if callouses are the primary complaint, a lower-heeled shoe with a relatively stiff sole seems to be more effective.

In some cases, arch supports made from soft, flexible material are helpful in providing additional cushion. I do not recommend rigid, plastic arch supports for individuals with this type of foot. Friction absorbing insoles made of Spenco or PPP may also aid in reducing pressure in the ball of the foot.

In the more severe cases, swimming or bicycling can sometimes provide a useful substitute for running or racquetball as a form of exercise.



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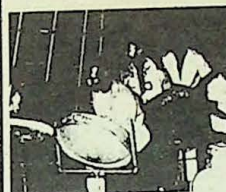
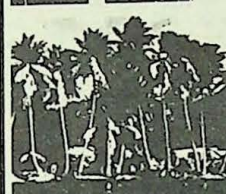
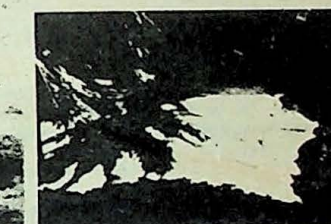
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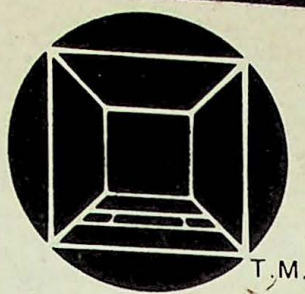
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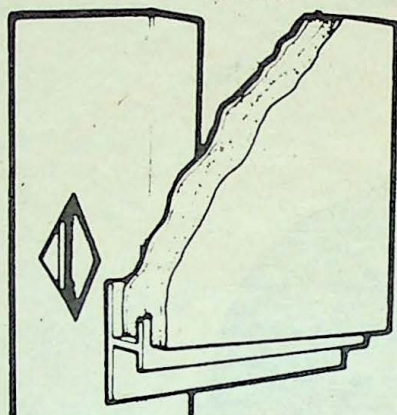
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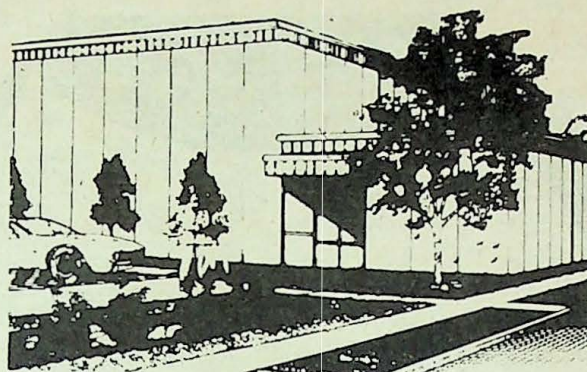
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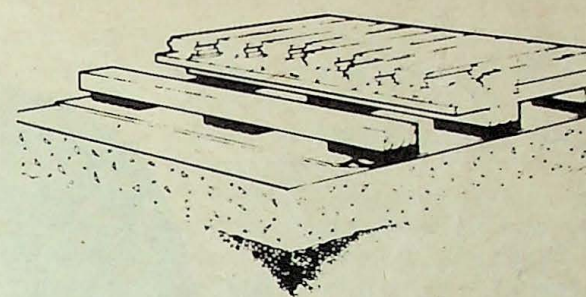
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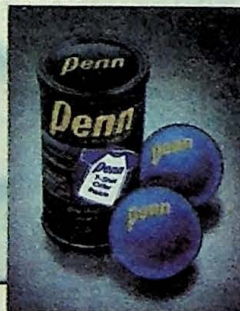
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