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Vol. 11 No. 8 August, 1982 • \$2.00

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On the cover . . .

Marty Hogan struck back at the field by capturing the DP Leach National Championships and clouding the issue of who's number one by taking the \$25,000 first prize. A report on the tournament begins on page 33.

—photo by Arthur Shay
courtesy of DP Leach.

Next issue . . .

A stimulating interview with Marty Hogan and Dave Peck at the same time highlights the September issue along with some unique ways the recreational player makes time for racquetball, a super new piece of fiction and coverage of the WPRR Nationals.

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D.C.

From The Editor . . .

Number One?

My friend and I got into another argument the other day and this time there was no winner. Neither side would give in. The question on the table was "who's the number one professional racquetball player?" Our argument prompted personal correspondence asking each player to tell us why he should be called number one.

Dear Dave Peck:

What in God's creation do you think you're doing?

How dare you confuse the issue of who's number one! Don't you know that Marty Hogan is the best? Do you think that merely by winning four pro events including two of the three major championships you should hold that esteemed position?

My goodness Dave. In order to be number one, you have to win every tournament for seven years, just like Marty did. Then you can *request* to be called the best.

Kindly refrain from winning any more racquetball tournaments unless you seriously intend to win them all. Racquetball cannot stand another controversy. Please defend your claim to number one. Thank you.

Dear Marty Hogan:

What in God's creation do you think you're doing?

What's your problem? Haven't seven years on top been enough for you? Are you so selfish that you can't share some of the glory with a nice guy like Peck?

For heaven's sake Marty, the racquetball world doesn't need another controversy. Either you're the best or you're not — you can't have it both ways. Therefore, kindly refrain from winning any more racquetball tournaments unless you seriously intend to win them all like you used to. Then you'll be number one again. Please defend your claim to number one. Thank you.

Ah, what fun! Not since 1976 or 1977 have we arm-chair kill shot artists had anything truly exciting to contemplate at the very top of racquetball's professional ladder. Hogan has so boringly dominated the pro game since then that the big money each year was riding on who's number two.

Now the 1981-82 season has ended without a clear winner . . . wait, here's today's mail . . . and yes, letters



from both Dave and Marty. Let's see now . . .

Dear Chuck:

I am number one by virtue of the point system established by the powers that be *before* the season. I don't make the rules, I just live by them. My 920 points easily outweigh Hogan's 860. We each won four events, but I won two of the three Nationals (Ektelon/PONY and Catalina) and I never finished out of the semi's all year.

While Marty and I split our four head-to-head battles, he lost to inferior players in early rounds, something I never did, and hardly befitting a champion.

Therefore, I am number one.
Sincerely,

Dave Peck

Well, what about it Marty?

Dear Chuck:

Peck has a lot of nerve claiming to be number one. We faced each other four times this season and we each won twice. If a challenging boxer fights the champ to a draw, is he the new champ? No. The challenger must *clearly win*.

True, the point system places me second, but that's just arbitrary points. Real life is who wins when the big money is on the line — and that's where I excel. I won \$53,250 to Peck's \$39,250 this season, including \$25,000 at the DP Leach Nationals — the biggest purse of the year.

Peck may have closed the gap, but I'm still number one. Sincerely,

Marty Hogan

Maybe they should just flip a coin. ●

Chuck Line

Letters

Story Has Happy Ending

Dear Editor:

I had the good fortune of meeting with and writing about members of the Morris County Adaptive Recreational Program (McARP), which is an organization co-sponsored by the Association for Retarded Citizens, Morris Unit (ARC), in a story entitled "The Sport For Everyone" which appeared in the May, 1982, issue of your magazine.

I thought your readers would be pleased to know that these young adults are now playing on a regular basis. They meet at the Racquetball Club in Flanders, NJ, where the manager of the club, Ms. Barbara Stracco, is working closely with the director of McARP, Ms. Gail Johnson, to make this new project into a most successful program.

Thank you for giving me the opportunity to relate this very special story. The response has been fantastic.

Stella Hart
Randolph, NJ

Players Without Eyeguards

Dear Editor:

I have just finished reading the May issue of *National Racquetball* which contains a feature by Dr. Michael Easterbrook, "Working to Save Your Eyes." After reading that article, I noticed that most of your photos do not show the players wearing protective devices on their eyes.

I started with your cover picture, and counted a total of 32 in-court pictures in this issue. Of these 32 pictures, there are 8 with the player or players wearing eye guards; 4 more photos have one of the participants wearing them—that leaves 20 pictures with the players *not* having eye protection (including the cover photo).

Why bother with the articles on eye protection if you don't back it with the pictures in the magazine? This is not a single issue problem; I have noticed this for several months.

Kathy Taylor
Miles City, MT

Our editorial policy regarding eyeguards remains unchanged, i.e., we believe eyeguards should be mandatory apparel. However, when covering the news of the industry, we must cover it accurately. If a player doesn't wear eyeguards his folly is made public.—Editor

Ethics and Etiquette

Dear Editor:

This past weekend I had a rather unpleasant experience in a local tournament. In the first round of matches (Friday, 6:00 P.M.) I played a relatively close match with a man I classed as a gentleman throughout. There were a number of close calls that all seemed to go his way, but I was philosophical and thought it just wasn't my day. After the match an observer commented that the number of close calls was significant and that the referee appeared to favor my opponent. Later that evening I discovered that my opponent and the referee were partners in mixed doubles! Neither of them considered it an ethical requirement that they disclose the relationship to me before, during or after the match.

Since ours was one of the first matches of the tournament I can only presume that our referee volunteered to referee our match (she hadn't played yet and so wasn't obligated to referee a following match). I feel that the referee was ethically obligated to disclose the relationship she enjoyed with my opponent prior to the match beginning. Am I expecting too much of the sport and of its participants?

Charles E. Jameson
Oakland, CA

Mandatory Eye Protection

Dear Editor:

The article on Dr. Mike Easterbrook's work in the May issue was excellent. It certainly covered all aspects of the eye injury problem in racquetball.

Clubs continually raise the question of liability. Could *National Racquetball* run an article, possibly in an interview format, with a knowledgeable attorney? Such an article could help alleviate club owner's fears about mandating eye protection. I believe the risks of such a rule are minimal, and that greater problems — particularly in public relations — are encountered by owners if an eye injury occurs.

Dennis Hirschfelder
Director of Eye Safety Programs
National Society to Prevent Blindness

The Back Wall Rule

Dear Editor:

The rule concerning hitting into the back wall should be changed or modified in some way for safety's sake.

A few weeks ago I glanced down into one of our courts and saw a shot I just couldn't believe. One player took a ball coming off the back wall fast at the service line, turned around quick and hit it back toward the back wall.

I don't know why his opponent didn't get decapitated, except that he moved out of the way just in time. I have seen many shots like this, although never so far up in the court. Needless to say, it is not a common shot, but it would only take one and the party might be over!

I suggest the following rule: A 5-foot mark from the back wall. "No ball shall be hit into the back wall past the line, whether it's coming off or going to the back wall."

I'd like to hear comments on this.

Dick Chapin
Quincy, IL

"No Bounce" Is the Answer

Dear Editor:

I read with a lot of interest your article on "No Bounce Racquetball" in the March issue.

I am responsible for the Junior Program at the local club. Our program consists of three ten-week sessions and since September we had over 80 participants. Their ages are from nine to 17 but we could get more youngsters if the age was lowered to six.

In winter we have to compete with hockey and in summer with soccer, baseball, and softball. The kids start hockey, baseball and soccer before they are nine so by the time they are introduced to racquetball, they are already too much involved in other sports. "No Bounce Racquetball" seems to be the answer.

Danusch Patrick,
Oakville, ONT

National Racquetball Magazine
1800 Pickwick Ave.,
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Their Hearts Are In The Right Place

Photo courtesy of Scottsdale, AZ Progress Newspaper

At first glance, David Mendoza and Gene Mandel, both of Scottsdale, AZ, appear to have little in common.

David is a 14-year-old high school student looking for a summer job, while Gene is a 57-year-old retired funeral home executive who fled the severe winters of Chicago to enjoy a leisurely existence in the warmth of the southwest.

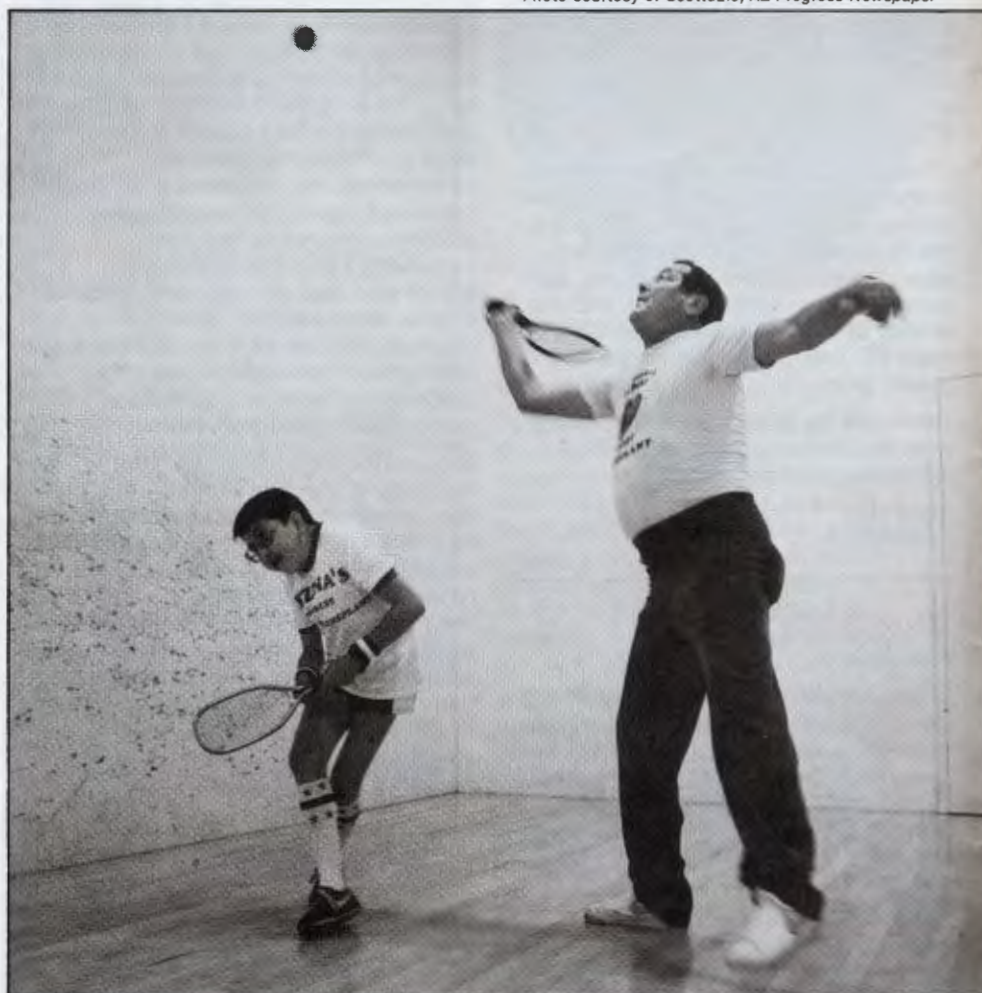
But they both play racquetball against some extraordinary odds.

Gene is the oldest heart-transplant recipient in the state of Arizona and the second oldest in the nation. David is Arizona's youngest recipient, second youngest in the nation. Both have been subjected to the terrifying prospect of having a life-expectancy numbered in months, and both chose the risky and often unsuccessful radical solution of getting a new heart implanted in place of the defective organ.

Their troubles even began around the same time. On June 5, 1968, Mandel had a major heart attack which was followed over the next 10 years by three more attacks and three bouts of open-heart surgery covering a total of five by-passes.

David's cardiological history also began in 1968, on the day he was born with a defective heart that had only two chambers instead of four. At the age of five he had open-heart surgery and for the next seven years lived a normal kid's existence.

Gene too had been living an active life, pursuing some of his favorite hobbies — reconditioning antique clocks, making decorative Indian tiled clocks and jewelry, and oil painting. His regimen included jogging and racquetball, and he was getting the most out of his retirement. Until early last year, that is. Then he began to experience alarming symptoms that all was not well, and reported to his specialist at the University of Kansas with shortness of breath and pain. If he did not have a heart transplant, he was told, he would have only six or seven months to live.



David's health declined more gradually, starting about two years ago, until he was forced to drop out of school and receive tutoring at home. In June, 1981, he was admitted to St. Joseph's Hospital in Scottsdale with heart failure. He was unable to undertake the slightest physical exertion, and doctors estimated that without a new heart, he would live only a few months.

The University of Arizona Health Sciences Center in Tucson was the site of both transplant operations. (Stanford University, Gene's first choice, refused to take him, preferring to save their world famous resources for younger patients.) David received the heart of an 11-year-old boy who was fatally injured in a fall off a bicycle. Gene nervously waited three

months; then the heart of a 19-year-old girl who was killed in a Phoenix-area auto accident was given a new lease on life and transplanted into his body, where it still beats today.

Now, over a year later, both these courageous people are playing racquetball, and last month got together in a challenge match at the Scottsdale Clubhouse where you see Gene swinging energetically for a ceiling shot, while David ducks adroitly out of the way.

Apart from racquetball, both Gene and David swim regularly and work out on stationary bicycles to maintain cardiovascular health.

Although each reports satisfactory progress and is enjoying the ability to live actively, heart-transplant recipients are subject to some special conditions. The chief concern is that

the patient will reject the new heart, and for this reason steroids and other drugs are administered on a permanent basis.

Because of the immuno-suppressant action of the drugs, the recipients have no defense against common infections. David wears a mask when he's in public places or whenever there's danger of airborne infection. Gene is suffering from another side-effect of his medication — borderline diabetes, and some weakening of his vision.

Both monitor their heart function daily on an electrocardiogram to watch for any signs of rejection, and both report regularly to the hospital for check-ups.

Each has his own hopes for the future. David will begin his freshman year at Coronado High School in the

fall. He is interested in computer programming and photography, and hopes eventually to make a career in one of these areas. For the summer, if he doesn't manage to land a job, he is looking forward to swimming and playing a lot of racquetball.

Gene would like to see some advances in medicating transplant recipients. *"With the constant progress that's being made in anti-rejection medication, I'm hopeful that something will develop soon to improve conditions,"* he said.

Doctors have recently estimated that Gene has a 75% chance of living for another five years. (The usual prognosis for transplant recipients is a 70% chance of survival the first year, and 50% for the following five, according to authorities at the University of Arizona.)

David's chances of making it through the next five years are also above the usual level, chiefly because of his youth. He is doing everything in his power to ensure that his new heart will continue to beat healthily — watching his weight, avoiding contact sports, guarding against injury and infection.

"It just depends on how much you care," he says of his survival.

What is most striking is the sense of privilege each feels in having been granted longer life through the tragedy of others' deaths.

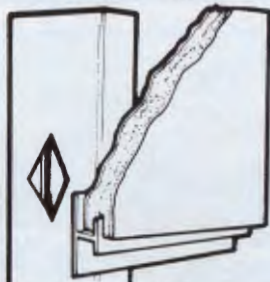
"I've been through more than I could wish on my worst enemy, but life is a precious commodity," says Gene. *"Being able to live a near-normal existence now makes it seem all worth while."* ●



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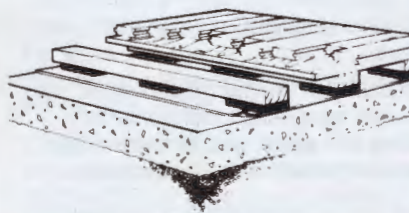
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The 15 Best Spectator Courts

by Mort Leve

Our earliest knowledge of spectator viewing for court play comes from historic references to a series of handball matches between Ireland's John Lawler and a transplanted Irishman, Phillip Casey, in the United States. Racquetball/handball courts were to be found over 100 years ago as part of saloons and referred to as "ball courts". Spectators would crowd behind a 10-12 foot back wall, cheering on the gladiators amidst wide open betting and frequent trips to the bar to quench the thirst. (Those courts were 30 feet wide and high, by 60 feet long.)

Bob Kendler, USRA/NRC founder, must be given all due credit for bringing an arena aspect to handball (and eventually racquetball) with the installation of upper side wall glass at his Chicago Town Club in the mid 1940's. Several national U.S. Handball Association championships were staged there in the late 40's and early 50's.

Kendler further sold the idea of glass for courts to the then new Aurora, IL, YMCA 10 years later. The championship court at Aurora was the first really complete spectator court, with full glass side walls and a large viewing window in the back wall. The finals of the 1958 national handball tournament were staged there, highlighted by the centennial celebration of Chicago-area YMCAs. Art Linkletter was on hand to do a live WGN-TV broadcast with Jack Brickhouse, long-time Chicago Cubs announcer, and Kendler doing the color.

Mullions were necessary to attach the glass panes back then, taking away from a full, clear viewing. Today's state-of-the-art silicone sealing eliminates that problem.

The Aurora YMCA has since hosted several major racquetball tournaments, including pro stops, and remains today one of our chosen top 15 selections.

Before the full emergence of racquetball, several courts with full back walls of glass were constructed. Rod Rodriquez, Los Angeles Athletic Club handball buff and architect, planned such a court for the University of California at Irvine in the mid-60's. About that same time the Towne House in Salt Lake City put in three such courts.

At the Salt Lake City Deseret Gymnasium the first glass side wall between two courts was installed making an ideal site for the old International Racquetball Association (IRA) nationals in 1969. To support the two separate glass walls it was necessary to use mullions here too.

Dick Roberson, University of Texas handball coach, sold the school's board of regents on a glass court arena in 1964 for the new addition to UT's Gregory

Gymnasium, which opened to 1500-plus championship round attendance a year later. To reach such a large capacity they used a higher ceiling around the court, affording both the permanent seating behind side and back walls plus a liberal walkway area on its upper perimeter for portable seating or standing.

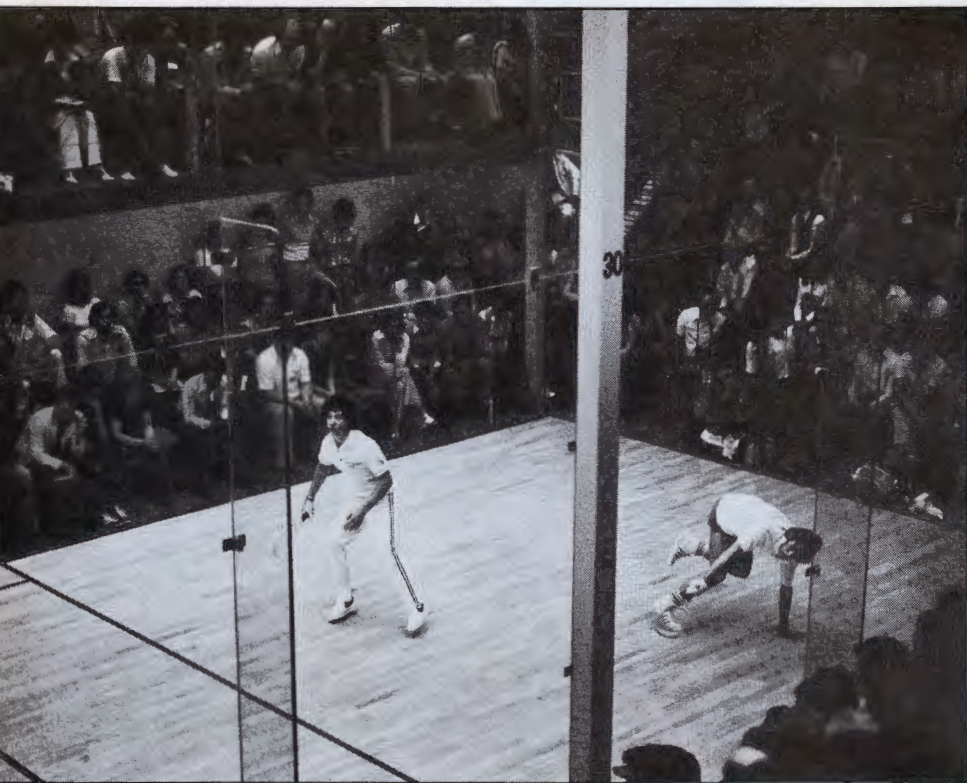
There have been two instances of providing spectator viewing for 200 or more by renovating old, outdated king-sized courts at the Olympic Club of San Francisco and the New York Athletic Club. Originally, these courts had up to 25-foot ceilings and went to 50 feet in length. By putting in a lowered 20-foot partial ceiling in the front half of the

Davey Bledsoe (l.) and Marty Hogan battle it out at the Arizona Athletic Club. This photo was taken from the adjacent court, through full side wall glass. The bleachers behind the visible side wall occupy what is normally a gymnasium.



Full gallery shown at the Charlie Club. Permanent seating and a referee's perch highlight this court.

— Photo by Arthur Shay



Richard Wagner (r.) retrieves a Hogan shot on Court 30 at Racquetime, Southfield, MI. Over 600 can be seated comfortably and with a near-perfect view on this three glass walled championship court.

Charlie Brumfield serves on the championship court of the Aurora, IL YMCA. Note the small mullions in the side wall—a vision and structural problem overcome in later glass wall technology.



— Photo by Rick Dineen

— Photo by Arthur Shay

courts and cutting down to standard 20-foot width and 40-foot length, the galleries were expanded considerably.

When the full impact of racquetball's dynamic growth came in the 70's most developers realized the values of glass, not only for tournaments, exhibitions, and clinics, but also to showcase the game and give it center stage status when would-be members entered their clubs. The ambitious entrepreneurs envisioned the promotion of major tournaments and the need for adequate spectator viewing. It is from amongst that group that we now select a rundown of the top 15 spectator courts in the United States.

We are not going too deeply into court playability, nor are we ranking in any specific 1-15 order.

King's Court, Westminster, CA. King's has a rich history as one of the nation's finest spectator courts, hosting the first national television broadcast of racquetball, as well as many local TV events. Its championship court, with three full glass walls, is enhanced by permanent bleachers behind all three walls.

Two other courts among the total of 19 have full glass back walls, providing tournament players, spectators and everyday racquetballers the chance to do their thing on glass. Manager and part owner Chuck Hohl certainly did his homework.

Schoeber's Racquetball Spa, Howard Wasserteil's second and newest facility in Pleasanton, CA, just outside San Francisco, also has installed the W & W glass

on a side and back wall. This club is now becoming a prime area for big time tournaments.

The **Arizona Athletic Club** in Tempe has a unique layout with two glass courts. One has a full glass side wall facing a gymnasium; there's a full glass side wall between the two courts; and both courts have glass back walls. For the U.S. racquetball championships (1979, 1981) portable seating was set up in the gymnasium, behind the back walls, and in the second court, allowing spectator viewing for more than 2,000. In addition, there is a lounge overlooking the courts which was used for V.I.P. seating.

In the midst of racquetball's zooming popularity Pat McPharlin built **Racquetime** in Southfield, MI, a suburb of Detroit. The club sports 30 courts. The championship courts have side- and back-wall glass with permanent and comfortable seating behind one side wall and back wall. These two tournament courts share a common front wall, making big tournaments a "piece of cake" with the 30 courts and ideal center stage.

Designed specifically for tournaments and set aside from other courts is the arena glass court at the club appropriately named **The Glass Court** in Lombard, IL, a suburb of Chicago. Constructed for incoming crowd control and permanent seating behind side and back walls the court has excellent lighting inside and out. It has been the site of many men's and women's pro events.

Many glass courts do not reflect the fact that equalized lighting is a necessity in and out of the court in the use of conventional glass. For the W & W specialty

glass, lighting must be dimmed behind the walls in a theater-like effect to give maximum values to the white impregnations in the panes.

Court Players Fitness Center, one of the original **Sports Illustrated Court Clubs** is another Detroit-area glass court that was a site for a national racquetball tournament—the 1978 USRA/NRC nationals. Again, the arena effect is achieved with glass side and back walls surrounded by permanent seating and a cozy, available court-side area cocktail lounge. The club's operators later found another creative and valuable use for the spectator court—a disco dance floor.

Charlie II Club, Palatine, IL is a novel combination with a 160-room Best Western franchised hotel, all under one roof.

Shannon Wright prepares an overhead drive against Lynn Adams at The Glass Court, Lombard, IL. Another three glass walled championship court—this one seats 400+.



Another view of Racquetime's spectator court shows the primary seating area from the vantage point of the side wall balcony. The two spectator courts share the common front wall shown.

Looking at the game from behind a front glass wall is most interesting as it includes the agony and ecstasy of the players' facial expressions and movement. Obviously, the new "Twin-Vue" glass would do much to improve playing on such a court.

There's another facility with a glass front wall that has proved to be somewhat of a "white elephant". This is at the world's largest membership YMCA—*Northwest Suburban YMCA* in Des Plaines, IL. This court was installed with three other courts and a gymnasium as part of an addition to the existing building. The glass court, in addition to the front wall, has full side wall and back wall glass.

A few years ago at the time of a national handball pro stop, the ceiling behind that front wall was of a dark color and the players had one heck of a time tracking down around-the-wall and ceiling returns. Oddly enough, spectators found ideal viewing from about 8-10 rows up behind the back wall.

Anytime there is a higher ceiling behind the court wall(s) the space can be used to afford additional seating capacity. When the nationals of both handball and racquetball were staged at the *Tropicana Hotel* courts in Las Vegas in 1975-76, temporary stands in the 35-foot-high indoor tennis arena allowed more than 300 spectators full view from behind the glass back wall of the championship court.

Sportrooms, Coral Gables, FL. There is a rich history to this club's building. Dating from the Golden 20s, it was a coliseum that served at first as a cultural entertainment locale; later came basketball and bowling, and then it was converted to a highly successful racquetball/fitness center. The three-walled glass championship court has its permanent seating behind both side and back walls, flanked by numerous other courts to ease tournament scheduling.

Sports Gallery, Anaheim, CA. Strategically located amidst the lure of Disneyland, Anaheim Stadium, and the densely populated Orange County, this very



Mike Yellen puts one away against Charlie Brumfield at the Sportrooms of Coral Gables, FL. Permanent seating for a 500+ gallery.

The club has 17 courts, one of which is centered just off the entrance way, with permanent seating behind a side and back wall. Promotional-minded owner Charlie Vavrus has hosted both racquetball and handball national events, including this year's D.P./Leach National Championships. Comfortable seating is the keynote of the arena. Located in a fast-growing Chicago suburb, the club abounds with the younger age levels so active in racquetball play and interest.

The Sporting House, Las Vegas. A model of spectator attractiveness, this club features a spectator court with one side wall and the front wall of glass facing the lounge/restaurant in a multi-million dollar extravaganza. For players, this is a rough court to play in. You can be sure that the booming serves of Marty Hogan or Dave Peck have additional impact going down a side glass wall into front wall glass. There is a port-hole in the back wall and overflow from the 1980 national tournament was afforded closed circuit TV viewing in the nearby gymnasium.

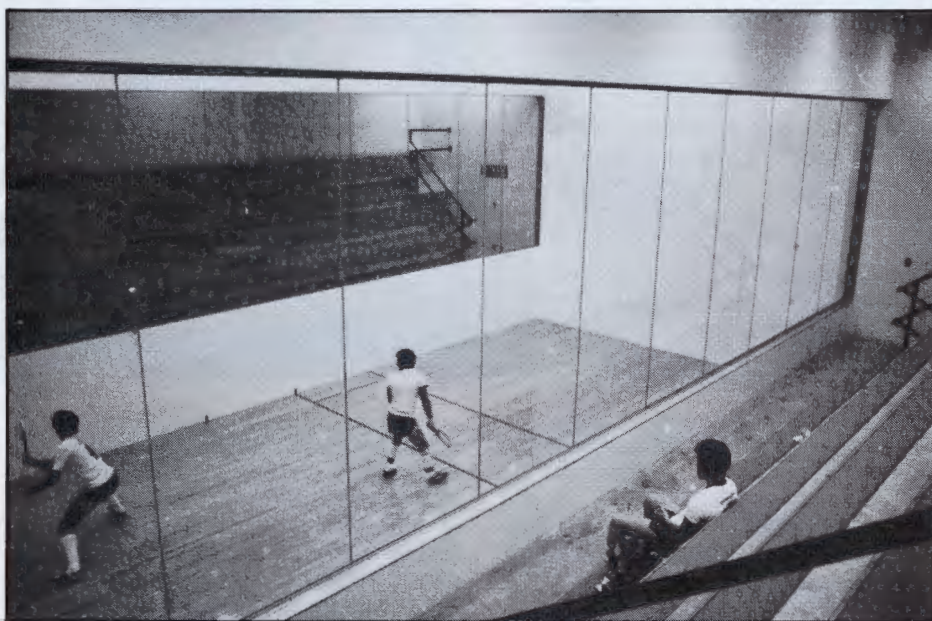
The crew and announcers from KOCE-TV, Huntington Beach, CA pose on the championship court at King's Racquetball Club, Westminster, CA.



Steve Serot (l.) follows through with a back-hand against Eric Campbell on the Court Players Fitness Center, Belleville, MI. When not a racquetball court, the area becomes a dance floor.



— Photo by Arthur Shay



Memphis State University's championship court. Later state-of-the-art allowed for full glass side walls.

atmospheric club features an excellent glass court located in the heavy traffic entrance/control area. It has served as a focal point for regional and national tournaments, including the current Ektelon/PONY championships.

Carl Porter Jr. and his group, who originated the Tucson Athletic Club, had a glass back wall court as a starter, then

added a court with side and back wall glass. The side wall glass adjoins a gymnasium where portable bleachers provide seating. Behind the back wall glass is permanent seating. Porter & Co. thus have utilized the same idea of portable seating in the gymnasium that they use at their sister club—Arizona A.C. in Tempe. At Tucson there can now be scheduled semi-final and final round matches on the two courts simultaneously, greatly easing scheduling time in multi-event tournaments.

Memphis State University. There is history attached to the permanent seating glass side and back walled court in their multi-use sports building. It was here that the 1972 racquetball nationals were staged; and it was here that the famous hands vs. racquet, Dr. Bud Muehleisen vs. Paul Haber, exhibition match was played. The court affords seating for more than 300 and has also hosted several racquetball pro stops and national intercollegiate events.

Town and Country, St. Louis, is a posh combination tennis/racquetball/swimming pool club where the championship racquetball court boasts glass on side and back walls and permanent seating. Over the past half dozen years or more a number of major tournaments have been staged here.

By no means have we covered the entire spectrum of excellent spectator courts, nor have we endeavored to rate such courts.

Ambitious plans were once underway to create a transportable glass court to be placed in U.S. and Canadian arenas, giving potential capacity of 5,000 or more. The costs involved in making this realistic would be sky high although plans are still in the works, spearheaded by W & W's Ron Haber.

What has been learned from glass court entrepreneurs? Permanent seating is not necessary. That space, wasted during the majority of the time when tournaments are not being staged, can be utilized for exercise areas among other things. Success of the W & W Twin-Vue glass will no doubt lead to more use of it in future building. Conveniently available food and drink at courtside is a must for the welfare of the club operators and for the enjoyment of the fans. Establishing a strategic locale for the referee is vital. A "perch" behind a glass back wall, away from the crowd and definitely away from a ground level location, is a necessity.

While we don't envision stadium box luxuries at many racquetball championship courts, there will no doubt be progression in facilities as the years move on.

It's the old story . . . "Racquetball need not be sold, merely seen". ●

Family Racquetball Can Be Fun!

If you're a parent, you've run across the problem of how to find activities that both you and your kids can enjoy.

All the experts tell you to spend "quality time" (whatever that is) with your kids, sharing things with them, and involving them in your life fully. The two-year old crowd are easy: they like the zoo, the beach, the circus, they swoon with rapture at the local kiddie carnival, and they go to bed by seven every night.

Ten years later, they're tougher. They've checked out every dinosaur in every museum for miles around, they're tired of gazing into the jaws of crocodiles on Sundays, their idea of a fine movie is *Porky*, if you take them to a restaurant they say "Eeyew, gross" about anything more exotic than a Big Mac, and if you're crazy enough to play cards with them, you've found out that they'll bet like the Cincinnati kid on a pair of threes.

If you're a kid, you know it ain't easy either. The folks seem to think Engelbert Humperdinck is a rock musician. I mean, they like opera, and dumb stuff like that. They expect you to stay home and read a book, even though you've already read one, and every time you want to go out, they say "You seem to think this is a hotel, why can't you spend more time with your family, blood is thicker than water, are you going out again, where are you going, who are you going with, be home by nine, you were supposed to help me plant the petunias," blah, blah, blah.

It's like kids and parents are from different species, right?

Well, there's some truth to the idea, at least insofar as the difference in how they like to spend their time. And while racquetball is something that both can enjoy, it's not necessarily something that both can enjoy together.

That's not to say that no parents anywhere play with their kids, but the father/daughter, or father/son, mother/daughter game is a bit of a rarity. Actually, the parent-child game in all of its possible permutations is a rarity, but it does exist.

Tammy Tidd, assistant manager for sales and marketing at Santa Barbara Racquetball and Health Club says "You can count the families that play with their kids on one hand. But we

have three or four families that come in regularly where the parents play with the kids.

"Our club is mainly used by adults," she pointed out. So it's not surprising to find few families involved in playing together. Among those that do, however, both parents and kids seem to get a lot out of it. "One man comes in to play with his 15-year-old son almost every afternoon," Tammy said. "They're fairly evenly matched at this point, so they both get a good game."

More than the pleasure of good racquetball goes into these games. "It's a really neat way for the boy to spend some time with his dad," Tammy observed. "He seems to like that as much as the game itself."

The same pleasure is there for the parent, too, and at a time in the child's life when he may be having more than usual difficulty getting along with mom and dad. It's no secret that as a teenager goes about redefining himself as an adult, he's not the easiest person in the world to live with. But precisely this tricky time in his life is when he's most likely to learn racquetball fairly rapidly, and is physically big enough to challenge mom or dad once he's played for a while.

If you want to play with your kids, however, you should be aware that there are pitfalls. You can have fun all right, but it won't be the fun of fast and furious racquetball at first.

With very young children—anybody under 10 or 12, say—it's best to approach the game with no expectations whatsoever. The child is not on the court primarily to learn or perform. He's there to have fun. Once he quits having fun, he's going to want to go somewhere else.

Betty Jaeckle, the teaching pro at Lake Country Racquet Club in Hartland, WI, finds that kids catch on fast, but "their attention span is short. Even the teenagers often like to stop playing after about half an hour and go do something else. The younger kids may last even shorter periods."

So if you're heading for the court with 10-year-old Sally, bring a friend to use up the 40 minutes you'll have left after Sally's done.



While you have the child on the court, let him or her relax and hit the ball around without pressure. By all means teach the child a small number of basics in the early phases: how to hold and swing the racquet is plenty at first.

Then prepare to chase the ball around the court for the next 15 minutes. If he hits it wildly around the walls and ceiling, you may find yourself getting a little bored and impatient. Don't. He thinks the flying ball is pretty slick, and besides it's teaching him all kinds of subtle things about the dynamics of the court.

If your child takes to the game, and wants to play it regularly, your best bet is to pack him off for some lessons with a pro between sessions with you. Most clubs offer junior programs of one kind or another—like

Putting the kids on the court alone doesn't always result in "pure" racquetball. Here, family "cutthroat" amounts to family chaos.



the children's clinics at the Santa Barbara club, where 20 kids are spread around the courts to play under the supervision of a pro, or the twice-weekly sports program at The Courthouse in Boise, ID, that includes a variety of activities besides racquetball to keep the kids interested.

With older kids, you still have to cultivate patience. Parents tend to demand too much of their own kids, and kids are tired of being told what to do by their parents. Even though she's a teaching pro, Betty Jaeckle finds teaching her own children tricky.

"I have two kids that play," she said, and I'm very tough on them. With another child, I'm more likely to back off and take things a little easier."

Judi Bayer, top Chicago-area amateur, also found playing with her own children demanding at first.

"It's not like playing another adult for fun," she said. "You're doing your job as a parent all the time you're on the court."

"Part of that job is teaching, and you have to have patience. If you yell at them, you ruin the game for them. Sometimes it's hard to maintain your cool, especially since the kid will tend to take his frustration out on you."

"Children take a missed shot personally—like it's a failure on their part, not just a ball that got by them. Your own child reacts differently to you than he would to a teaching pro, and he may get mad at you when he misses a shot."

Judi began to play with her children when they were already teenagers, a year ago. Michael is now 14, and has remained interested in racquetball although he doesn't play during baseball season. Most kids prefer not

to specialize and give their all to one sport, and Mike Bayer is no exception.

"In the fall he'll be playing racquetball again regularly," Judi said. "Then I expect to have trouble beating him. But when we started to play together, we didn't really even play a whole game—there's no point when you can blow the kid off the court."

One of the frustrations of teaching anybody to play is the necessity of restraining yourself all the time, tapping the ball instead of slamming it in low, and waiting through missed shot after missed shot.

Unless you're a teaching pro, that can impair your own game and severely tax your patience. Betty Jaeckle says that after a day of teaching, hitting the ball gently, even she has to re-adjust to play with her usual speed and power.

Apart from the frustrations inherent in teaching, the majority of parent-child relationships are less than perfect and the racquetball court may become the arena for tensions and resentments that don't belong on it.

The fact that children are self-conscious and intolerant of any ineptitude on their part can be exasperating to parents. We've all witnessed or participated in the classic scene where daughter, humiliated by her incapacity to make a basket from the end of the driveway (anyone can do it close up, after all), is on the verge of permanent emotional paralysis; father, utterly uncomprehending, clenches his teeth and emits a subdued snarl: *"Just try to throw the ball; you're not trying."* Or the mother holding the seat of that first two-wheeler and shrieking at a terrorized five-year-old, *"Pedal, for crying out loud, or you'll fall off and kill yourself."*

We're no different on a racquetball court. Nobody can make a child angry faster than his parents, and nobody can infuriate a parent more thoroughly than his own child. But if you modify your expectations you can spend some perfectly delightful time on the court with your child during the months or years that he's learning to play.

One of the biggest success stories of racquetball started with mom/son

The first family of racquetball, left to right, Marty, Goldie and Linda Hogan, admiring another one of Marty's awards. Linda and Goldie have won their share too.



—Arthur Shney photos

games. When Goldie Hogan started to play racquetball 15 years ago, she taught herself first of all, and then she taught her seven-year-old everything she'd learned.

"Marty just liked being around his mom when he was a little boy," Goldie said. "He'd come with me to play volleyball, racquetball—whatever I was doing.

"We'd play a few points, then when he got tired, we'd quit. Young kids don't have the concentration to play for a long time. And the kid has to love the sport—you can't pressure him into it. Marty was always coordinated so he liked sports and we had a lot of fun."

That fun led to Goldie's coaching Marty all through high school, until he won a racquetball scholarship to San Diego State. She traveled with him, continuing to teach him and share the fun and glory of his meteoric career.

Goldie also taught her daughter Linda, who went on to be a four-time junior champion before an injury set her back a year and a half ago. In spite of being knocked out of serious competition, Linda has stayed interested in the game and plays socially these days.

Goldie has no special secret that allowed her to raise two champions. Her background in sports consisted of informal play, just the running around that any kid will do.

"Girls didn't shoot baskets or play Little League when I was growing up," she said. "I always liked those things, but the only time I ever won anything that I recall was a table tennis tournament.

As Marty and Linda grew, Goldie got into sports as a way of simply playing with them.

"I always played with my kids," she said. "I'd do anything with them—throwing a softball around, anything they wanted to play.

"Lots of times I'd be tired in the evening after making dinner and cleaning up, and Marty would say 'Come on, Mom, let's go play racquetball.' I'd give in and go.

"He's always been fun to be around, always had a lively personality. And he respected me as a teacher. He could see that I knew racquetball and could teach him the fine points. I'm also competitive, and that kept him on his toes."

The relaxed, affectionate attitude Goldie Hogan took to her kids and their play has been the basis of a professional career in racquetball for Marty, and of a lifetime vocation for Linda.

As your kid gets better at racquetball, watch out! Marty has said that a powerful early motivator for him was the desire to beat his mom.

An adolescent may not be as strategically smart on the court as

you are but after he's had a little experience playing he's likely to give you a real run for your money. Speed and stamina are his allies, and once he's figured out a few basic principles of how a court works and how the ball moves, don't be surprised if he starts to beat you on a regular basis.

This is where the real fun begins. Teenagers are proud, arrogant, vulnerable, terrified of failing and pathetically conscious of not living up to what they think of as their parents' expectations. They just love a chance to shine in their parents' eyes, particularly when their glory is your defeat.

As winners, they're magnanimous, and once a kid has gotten the idea that he can beat you, he starts to feel okay about losing too. The racquetball court then becomes an arena not for the tensions of the old parent-child relationship, but the stage on which a rite of passage is conducted: your child is now your equal in one small part of life, and if you don't think that's a blast for him, you must never have been a kid.

Racquetball, in short, is something you can share with your children. But it's not like taking them to the zoo—it's more fun and it's more complicated. Be aware of the difficulties that can crop up if you go at it with unrealistic expectations, and remember that the experience of playing your favorite game with junior is a privilege, not a right. ●

AARA Announces Compromise On Rules;

2 Year Moratorium Declared

In a major effort to settle the ongoing controversy surrounding the rules of racquetball, the Board of Directors of the American Amateur Racquetball Association (AARA) has adopted a completely re-written and revised set of rules. At the same time the AARA has issued a moratorium on any further rule changes for a period of two years.

The actions, taken May 26 at the AARA National Championships, were the result of a comprehensive proposal prepared by AARA Rules Committee member Phil Simborg and endorsed by Rules Committee Chairman Jim Austin and AARA Executive Director Luke St. Onge.

The adopted proposal contained four major provisions:

1. That AARA re-write the entire rule book, correcting technical errors, putting it into more understandable language and form, and changing several rules to bring AARA rules in line with those played by the majority of players around the country;
2. That the AARA reject some drastic rule changes it was currently considering;
3. That the AARA place a two-year moratorium on any further rule changes, and;
4. That the AARA rule book contain a separate set of guidelines for applying the rules of the sport when there is no referee.

The above proposal, along with the detailed wording of the actual rules, was accepted in total by the AARA Board.

"While there will always be a variety of scoring systems," says Austin, "we believe that adds interest to the sport and is therefore good for racquetball. Our goal is to eliminate differences in rules which affect the actual flow and play of the game. The continuation of such differences is clearly harmful to the sport."

By accepting the Simborg plan, the AARA has brought itself into alignment with the rules now being used on the men's pro tour, women's pro

tour (with one exception) and many independent groups around the country. And the AARA has adopted the rules used by the now-defunct U.S. Racquetball Association (USRA), with three exceptions.

"Phil, the Board, and I all agreed that in those three cases, the AARA rules are clearly superior and will eventually be accepted by all players," said Austin.

"The two year moratorium," he said, *"gives the entire country time to get used to and accept a single set of rules. Further, it assures any sponsors or advertisers in our rule book that the book will not become quickly obsolete, thereby allowing us to print and distribute many more copies for the benefit of the sport."*

"These actions will bring some much needed stability to the rules of racquetball which has been long overdue."

With the formal, announced bankruptcy of the USRA and the recognition of the AARA as the "governing body" of racquetball by the U.S. Olympic Committee, there is no longer any question as to the AARA's "right" to set the

"These actions will bring some much needed stability to the rules of racquetball which has been long overdue."

rules for the entire sport. Now that AARA has acted in such a responsible manner, it is hoped that players at all levels can finally settle on this single set of rules that everyone can understand.

That the AARA embraced all but three USRA rules is significant, for the widely held belief has been that despite all of its corporate troubles, a large percentage of players and organizations preferred the USRA rules.

Also, by rejecting the radical changes before them, the AARA has shown that it is serious about its responsibility to represent racquetball in a professional manner.

The three major differences between AARA rules and others are 1) receiving line rule; 2) the "hit by ball" rule; and 3) the screen serve rule, which differs only from the Women's Professional Racquetball Association (WPRA). The background and details follow:

Receiving Line Rule. This rule has been complex and controversial predating even the USRA's complicated change in 1980. Even Simborg, who had a large hand in those USRA rules, never embraced the USRA's version.

"It is nearly impossible to explain to the average player," he said, *"and it is often misunderstood by experienced players. Plus, even the best referees have difficulty applying it. Under optimum circumstances it was awkward, placed artificial restrictions on the receiver and detracted from the flow of the game."*

This view was shared by the AARA Board as well as players throughout the country.

The AARA rule is quite simple: The receiver(s) may not cross the receiving line until the ball passes the short

(back) line. The receiving lines are the hash marks on the side wall, located five feet behind the short line. The purpose of the rule is to minimize the risk of physical contact on the service return, particularly after a lob serve, and the Board determined that the AARA rule does this quite adequately, particularly if the foot fault rules are enforced and the server is not allowed to back out of the service zone too soon.

Hit By Ball Rule. Last year, the AARA adopted a ruling which awards the rally to a player who is hit by an opponent's shot providing that shot would obviously not have made it to the front wall on the fly. After a year,

the feedback has been very positive, and players generally agree that the rule makes the game fairer and is not difficult to apply either with or without a referee.

Screen Serve Rule. The WPRA plays a screen serve as a "fault" serve, while the rest of the country has always ruled that a screen serve is a "dead ball" (replayed without penalty). After watching the effect of the rule in WPRA events, and considering all of the ramifications of the rule with regard to officiating, appeals, and flow of the game, the AARA agreed that it is important to retain the screen as a "dead ball".

The most important argument against the WPRA rule is the difficulty of enforcement in games where there is no referee, and the AARA is on record as wanting one set of rules for both recreational and tournament play.

The WPRA has been urged to revise their rule, not only for the benefit of their own tour, but also to help minimize confusion for those who watch or play in WPRA events.

"We're confident that once the men and women pros and players around the country who are used to the old USRA rules give our rules a try, they will agree that the three AARA rules are clearly better," said Austin. "If it turns out we're wrong, the AARA does have a very careful and comprehensive system of review of the rules and a democratic means of making rule changes."

"Further, we have formed a rules committee which includes representatives from the men and women pros, members of the AARA Board, and others who are highly knowledgeable and experienced, and we will have two years to carefully study the existing rules and all recommendations."

As for the changes made in the AARA rules to bring them in line with other rules, many of the changes were in the form of "technical wording" and organization, and many apply only to unusual or "technical" situations

which generally arise only in tournament play. But there were some basic changes:

1. The USRA 10-second rule was adopted by the AARA which gives both the server and receiver up to 10 seconds between rallies. The referee calls the score shortly after the rally ends, *whether the players are ready or not*, and that begins the 10-second "clock." The server must then put the ball into play within 10 seconds or it's a side out, and the

"technical warning" to its rules, which allows the referee to put a player "on notice" for minor offenses while not removing a point from the player's score.

7. The AARA did adopt one "new" rule, but as Austin explained, *"it's a rule which always existed in the past but was never formally written."* It is a "Safety Holdup" rule which allows the player to stop his swing any time he believes he might hit his opponent (with either the racquet or ball). The

"The WPRA has been urged to revise their (Screen Serve) rule, not only for the benefit of their own tour, but also to help minimize confusion for those who watch or play WPRA events."

receiver must be ready to receive within 10 seconds or it's a point for the server.

The receiver may signify his "unreadiness" by raising his racquet or turning his back to the front wall, and the server has the responsibility of checking to see that the receiver is ready before serving. (If the server fails to check, and the receiver was indicating "unready", the serve goes over. If the server consistently fails to check the receiver, he can be penalized for delay of game by the awarding of a Technical Foul point.)

2. The Board added a 25+ age division.

3. The USRA Appeal rules were adopted, which provide that only four kinds of calls may be appealed: fault serves, out serves, double-bounces, and skip balls.

4. An 11 point tie-breaker was adopted.

5. The 10-minute default rule was adopted, requiring players to check in by 10 minutes after the scheduled match time or be defaulted. (The tournament director may extend the time if there are extenuating circumstances.)

6. The AARA eliminated its rule which required the referee to forfeit the match after three technicals, as this rule misled many people into thinking that three technicals *had* to be awarded before the match could be forfeited. The AARA also added a

play will go over without penalty except in extreme cases where the referee believes that the player would not have been able to return the shot anyway. This rule puts the "responsibility" and the "right" to prevent physical contact where it belongs — on the players, and not solely on the referee who might not be able to see the contact coming or be able to yell quickly enough to prevent contact.

As for the guidelines for play when there is no referee, these have already been drawn by Phil Simborg and approved by the AARA and appear on posters in clubs throughout the country. The guidelines will be incorporated into the new rule-book which the Board agreed was important since an estimated 99% of all racquetball games are played *without* a referee.

Austin and Simborg are currently in the process of preparing a comprehensive Guide for Referees as well as a complete program for a National Referee Certification procedure and testing. A new AARA Rule Book, incorporating all of the changes and information discussed here, is being produced at this time and will be available throughout the country directly from the AARA and through the AARA State Associations. Anyone interested in information regarding the rules or the certification program may contact Jim Austin at 12800-19 Briar Forest Dr.; Houston, TX 77077. ●

Ask The Champ

by Marty Hogan

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

Question: I've been reading a lot lately about how much room you should give your opponent. Is it necessary to allow your opponent to hit the entire front wall, or is it okay to just give up a portion of it? How much room do you give?

Hogan: It's always been my game style to let my opponent have all of the front wall and then some. If I've hit a good shot that leaves my opponent in the position I want him in and leaves me the freedom to move anywhere on the court I want to, then I've achieved my goal for that shot in that particular rally.

I give all of my opponents the chance to return my shot with their best shot all of the time in all of my matches.

I feel many players, including many pros, do not give ample room. Sometimes they hang on each other's back or are so close that the intimidation factor of not getting a full swing puts additional pressure on both of them plus the referee. I think it is unsportsmanlike conduct and shouldn't be tolerated.

But it is a rule that is not enforced

Hogan holds up his swing in a match against Craig McCoy as McCoy crowds in center court.

very well and yes, some players try to take advantage of it.

If you run across an opponent who blocks your freedom to the front wall, nine out of 10 times I recommend hitting around him, either down-the-line ceiling shots or pinches. If you feel he is intentionally maintaining his position to take away some of your shots, you should warn him after the rally.

If, after the warning, the situation isn't remedied, then there's only one remedy left, and you guessed it — let 'er rip!

Question: I have a great deal of trouble with the high lob to my backhand side in deep court. Being short (5'2) makes it even more difficult to reach way up and return this shot effectively. What do you suggest?

Hogan: First of all, this is a difficult shot for anyone. A high, deep lob comes off at a difficult angle and drops straight down in the deep backhand corner. It's no fun for anyone.

To combat it, step up as the ball bounces and cut it off at shoulder height, hitting up for a ceiling ball or down for a pass.

At 5'2, unless, you're built like a fireplug, you should have good speed on the court. Covering well usually makes up for shortness. Racquetball is one of those sports where you can make up for physical shortcomings in other areas. But when it comes to ceiling and shoulder high shots, it's often an advantage to be tall.

Try serving a hard drive to your opponent's forehand or during the rally drive the ball to the opposite side of the court. Usually your opponent will return the same shot you hit to him. Against a lobber, power is the antidote.

Question: I'm a young player and I often hit shots as hard as the situation will allow, off balance. Most go in, but some take crazy spins. I also like to rip my backhand into the left side wall and have it pinch out in the opposite corner. I get criticized for taking such unusual shots. What is your opinion?

Hogan: As I look back on my younger days, the one thing that stands out is that I hit a lot of shots that weren't customary or high percentage as percentages were then defined. I was always experimenting.

I have always felt, and still do feel, that if you've got the potential to hit new shots or unusual shots, then continue to do so as long as the results are good and you're improving your overall game along the way.

You'll always get criticized when you try something new, different or unorthodox. But if you believe in your ability to hit those tough deep court shots and reverse pinches, then keep on doing so. Remember, though, it is not wise to rely on them — you must have the basic game. They are very difficult shots even for top pros. Most players take a second thought when it comes to deep court reverse pinches and shots like that. ●



—Arthur Shay photo

Racquetball For The Serious Player

by Charlie Garfinkel

Due to circumstances beyond our control, the monthly *APRO Teaches* article was unavailable at press time. In its place we have selected three chapters from the book *Racquetball For The Serious Player* by Charlie Garfinkel, published by Atheneum (1982). Look for *APRO Teaches* to resume next month.

Beginners: Strategies that Exploit Opponent's Weaknesses

In racquetball, certain frustrating situations require correct strategy to turn them into successes. Let's look at the most common.

1. You're playing an opponent who has a devastating forehand. His backhand is very weak, so he constantly runs around it. When he isn't rolling out forehands, he is consistently passing you. You have tried everything you can think of to hit the ball to his backhand side, but nothing seems to work. What can you do to force your opponent to take some backhands?

Answer: You should attempt to serve hard drive or Z-serves to his backhand. Due to the nature of these serves, it will be difficult for the forehand fanatic to run around his backhand.

In rallies, you should hit three or four ceiling balls to the forehand side of the court. Ceiling balls are effective because they are difficult for most players to roll out.

After three or four ceiling balls to the opponent's forehand side, you should then hit a hard overhand drive to the open backhand side of the court. Your opponent must take the shot on his backhand. This usually results in a weak return that you can put away.

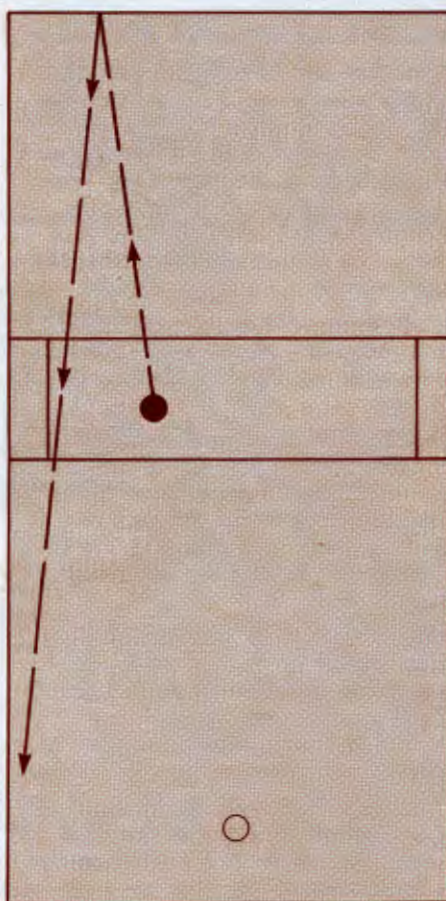


Figure 1. When playing someone with a devastating forehand, hit most of your serves to the backhand side.

2. You're playing an opponent who hits ceiling ball after ceiling ball and you find that after five or six exchanges, your own ceiling ball falls short or ricochets off one of the walls. Your opponent is constantly getting setups from your weak ceiling balls and is putting your shots away. What can you do?

Answer: Effective shots against ceiling balls are overhead shots, around-

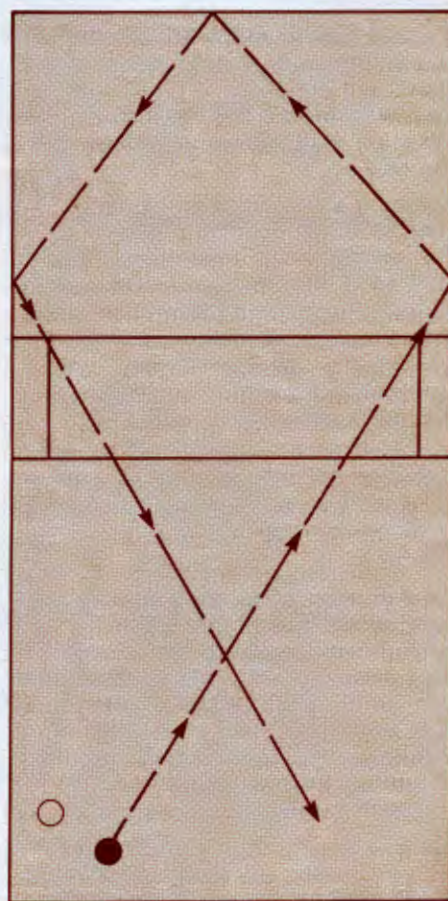


Figure 2. To break up a ceiling rally, try an around-the-wall shot.

the-wall balls and Z-shots. Overhead shots will generate great pace and often force your opponent to return shots while he or she is off balance.

Around-the-wall balls and Z-shots change the pace of a ceiling ball rally. More important, they place your opponents in positions on the court which are foreign to them. This makes it difficult for ceiling ball specialists to set up as they would like to.

3. You're playing an opponent who is quick on the court. When you have shots that appear to be plums in the front court, your opponent is right there. In attempting to win the point, you try to pass him or shoot the ball straight in, but your opponent frustrates you by getting to every shot. What can you do to win the point?

Answer: Against a player with tremendous speed, use a wide variety of shots. Slowing the game down will also help.

You should stay on the ceiling, hit an occasional lob, and serve slower serves such as the lob and slow Z. When you have a chance to put it away, shoot the ball. A rollout will win the point against an player no matter how quick he is. However, be prepared to recover quickly if your fleetfooted opponent does make an incredible get.

Most speedy opponents get more satisfaction out of a great get rather than a great putaway. Observe the difference closely. When a player makes a great get, he usually is merely putting the ball back into play. Therefore, your response is to hit another kill shot. You'll find that more and more shots will be rolling out. As for your fleetfooted opponent, he'll start looking slower and slower as he gets continually frustrated.

4. When world squash champions Victor Neiderhoffer and Heather McKay made the switch to racquetball, many experts thought they would be gobbled up by the pros. How wrong they were! Their strengths are an excellent passing game and a knowledge of front court strategy. How does one play against a converted squash player?

Answer: It may be surprising to learn that the answer is a simple one. Power! The so-called "squash player"

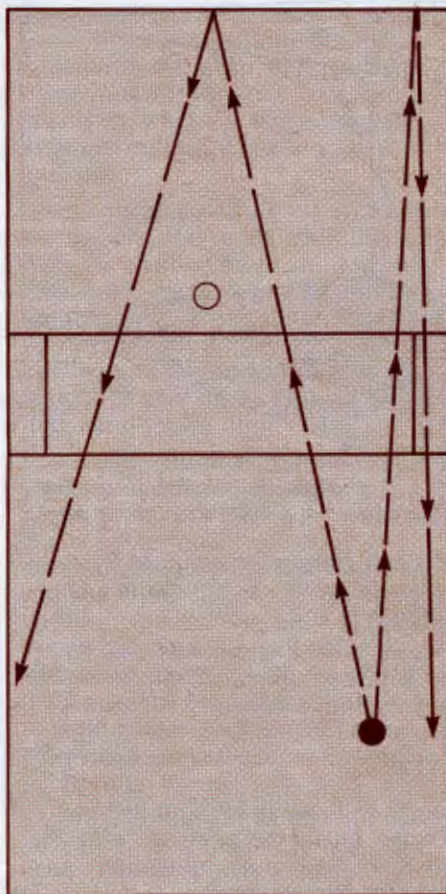


Figure 3. To defend against a player who covers front court well, pass him down the line or crosscourt.

needs a great deal of time to get set to hit his pinpoint shots. By serving hard drives and Z-serves, you'll be forcing the squash player to react more quickly than he would like. You must use a "serve and shoot" game. Squash players also need time to adjust to the ceiling balls, since none are used in squash. Mix things up by going to the ceiling.

Driving the ball down the lines and hitting clean crosscourt passes are also advisable. By doing this, you won't be giving the squash player the opportunity to volley the ball from front court. Squash players like to cut the ball off and pinch rather than letting it go to the back wall.

5. Dr. Bud Muehleisen, the holder of over 50 national racquetball titles, has one of the deadliest overhead kill shots and overhead drives in the country. Other players also use these shots with incredible accuracy. They look as if they're going to hit a ceiling ball, and suddenly the ball is rolling out in the corner-sidewall front wall.

What can you do to react more quickly to these types of shots?

Answer: Overhead kills and drives are usually low-percentage shots. However, when used by experts such as Muehleisen, the percentage rises rapidly. By hitting ceiling balls that are deep to your opponent's backhand, you'll find that it is quite difficult for him to kill this type of shot.

Ceiling balls that fall short on the backhand side can be more readily anticipated, because your opponent must attempt an acute crosscourt kill or drive. If you see that he's going for an overhead kill, move up immediately. If he is about to hit an overhead drive, move back.

The important point to remember is to keep your opponent deep in the backhand court. Chances are that you won't see too many overhead shots.

6. How many of us have played against the player who literally crushes every shot and serve that he hits? We're constantly off balance when he's serving because we can't adjust to his fast pace. If we do manage to return the serve, our return is so weak that the server is given an easy shot to put away. When the rallies start, he constantly passes or shoots the ball with so much power that we're never set to hit the ball. What can we do to combat this player?

Answer: You should serve a high lob or a high Z-lob serve. You should attempt to force the power hitter to go to the ceiling. During the rallies, try to keep the shots to the ceiling or hit around-the-wall balls. Be careful to keep your shots off the back wall. The slower you hit the ball, the more frustrated the power hitter becomes.

When the power hitter is serving, adjust your position on the court. Try moving forward or backward. Attempt

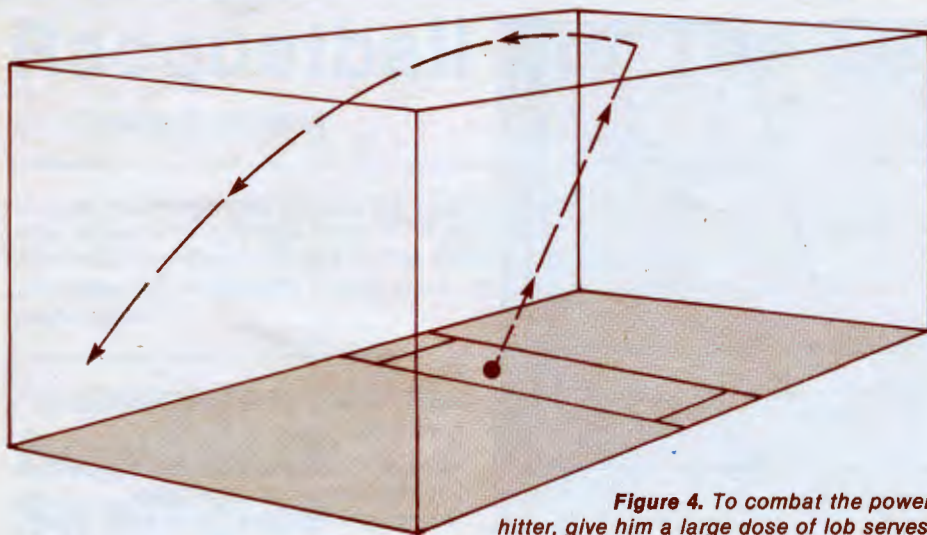


Figure 4. To combat the power hitter, give him a large dose of lob serves.

to return almost every serve to the ceiling. It doesn't matter whether you're serving, returning serve, or rallying. You must slow the ball down.

7. Many times you are passed by shots that can only be returned by hitting the shots into the back wall first. The ball then lazily floats to the front wall after ricocheting off the back wall. The smart player quickly takes the ball out of the air and puts it away. There is no chance for you to recover as you are out of position.

How can you protect yourself from losing the serve or point on this type of shot?

Answer: When the ball has passed you and you're forced to hit it into the back wall first, you must hit the ball hard and high. It should be hit high enough on the back wall to ricochet to the ceiling. This type of return is almost impossible for your opponent to volley out of the air. It will also give you time to regroup and get ready for the next shot.

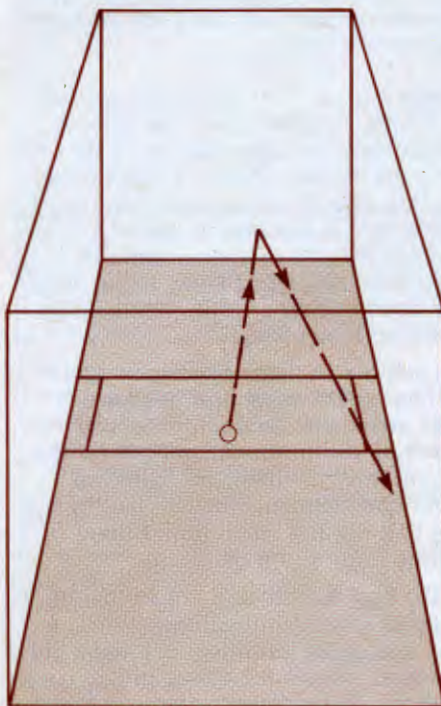
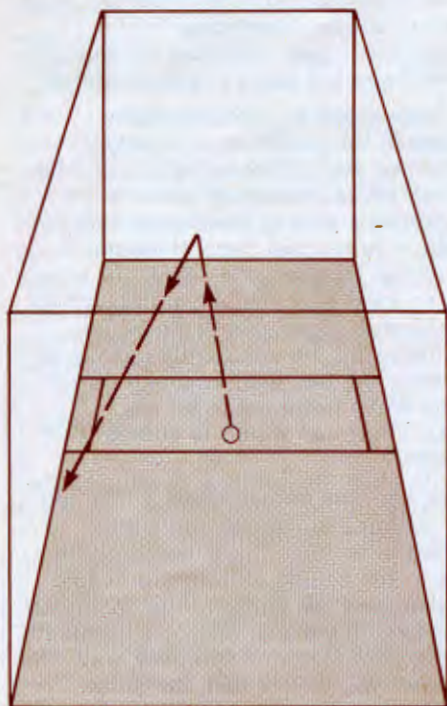


Figure 5. Advanced players should learn to hit hard drive serves on their second serves. Such players also have a better accuracy rate of making them crack out behind the short line.

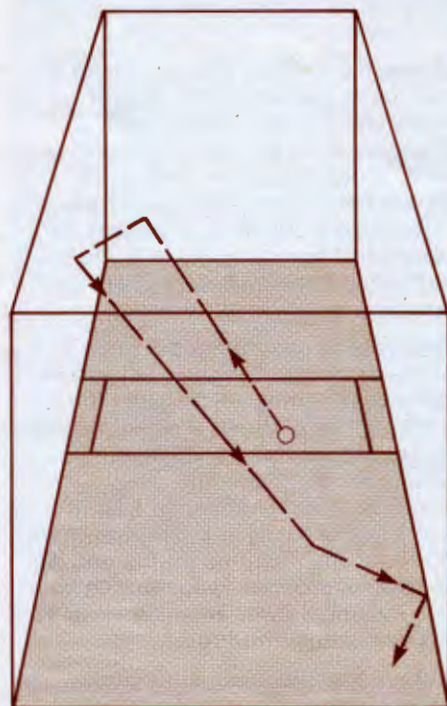
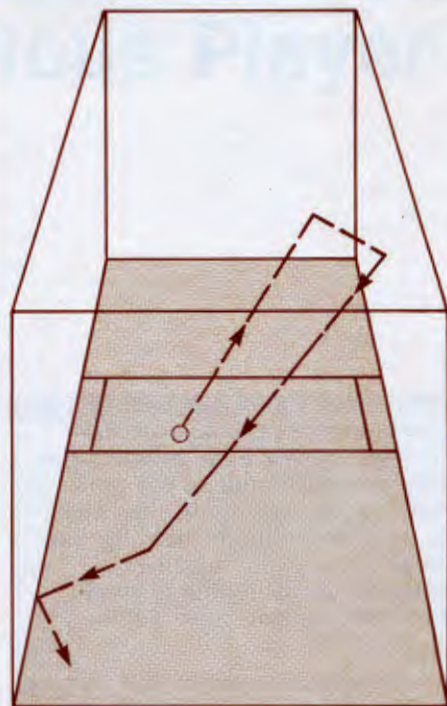


Figure 6. Another tough serve the advanced player can use is the sharp Z, in which the opponent is handcuffed in backcourt.

8. You're involved in a close doubles match. You and your partner won the first game 21-12. You're losing the second game 15-9. Your opponents are hitting every serve and shot to your partner who is definitely the weaker player. When you do get a shot, you

either miss it, or mis-hit it, because you're out of the flow of play. What can you do to get you and your doubles partner back into the match?

Answer: Regardless of the sides that you and your partner are playing, you must switch to a front and back formation. Your partner will take the front court. You'll take the rest of the shots.

An opposing team will think twice before they hit most of their shots to the front court, especially when there is an opponent constantly there. You'll find yourself hitting a great many more shots and that you're controlling the play now.

Intermediates: The Art of Psyching

How many times have you lost a practice or tournament match and said, "*I was psyched out*"? You're implying that your opponent said or did something that caused you to lose your confidence or control and thereby lose the match. The sad part is that you should never have allowed yourself to become "psyched out." Your opponent must have known that there were certain things he could say or do that would upset you to the point that you couldn't play your normal game.

Players who psych their opponents know what they're doing. They not only understand the various methods of psyching, but they also know which methods to use on which players in order to get the best results.

Two questions arise. First, how do you protect yourself against these psychers? And second, if psyching helps a player win, and it certainly seems to, what are some psyching approaches that you can use yourself?

Usually, players who are psyched out are players who really aren't that confident in their game to begin with. If they were, the psychers wouldn't bother them. To counteract a psycher, you must feel that you are capable of beating him no matter what he attempts to do. You must have confidence in your game.

You should practice your shots until you're proficient in all aspects of the game. Or, if total proficiency seems beyond your reach, you should develop your game to the point that you know you can win at your own level with the shot selection you have. In order to do this, you should play players at your own level or below. It's important in both practice and tournaments to play at your own level—whether it is A, B or Novice.

As you gain confidence in your game and your ability increases, you would be wise to play some of these so-called psychers (many players refer to them as "cheaters"). At first you should try to play psychers that are a level below you. As I said earlier, it is imperative that you be able to beat the psycher no matter what he does, and a player from a lower level should be an easy mark.

The player's tactics may include stalling, shouting, crowding, or any number of more subtle strategies. But whatever he does, you can't let him upset you. Keep your cool. Once he sees that his psyching has no effect, he will begin losing confidence in himself and in his game plan—his very intentions for you. In a way, you will have out-psyched the psycher.

If you find that one of these psychers is becoming so obnoxious that you don't enjoy playing him at all, stop competing against him in practice altogether. This sounds easy enough, but what will you do if you meet this same player in a tournament?

First of all, you know that you'll need a referee for the match. Make sure that you have a good one. However, don't say anything to the referee about your opponent being a psycher and that he uses devious methods to win. A good referee, one who strives

to be impartial, will see what is happening on the court without your telling him.

It's true that sometimes a good psycher is so subtle in his methods that the referee doesn't recognize them. You may be tempted to tell the referee that you're being crowded, talked to, etc. You may become so upset with the referee's blindness to your opponent's tactics that you become mad at *both* the referee and the psycher. This is futile anger. The referee is not out to get you; he is just not as sensitive to your opponent's underhanded dealings as you are. The important thing is to concentrate on the match. Remember, you know you can beat your opponent despite his attempt to psych you.

You can try some psyching approaches of your own. Keep in mind, of course, that you may win more matches, but at the cost of losing some friends. For, as should be clear now, most psychers aren't highly thought of by their fellow competitors.

If you're to play in a tournament, you can begin your psyching even before the tournament begins. You can write a letter to the chairman of the tournament telling him how well you're playing and why you expect to win the tournament easily. Your letter's contents will quickly travel around. Of course, you must have the ability to back your boast.

If you're interviewed before the tournament begins, you may be asked, "*How are you playing?*" Be sure to reply with such answer as "*I'm playing super!*" or "*I'm playing at my peak right now!*"

Even when you're warming up for a match there are some good psyching methods that you can use. Try to hit every shot as hard as you possibly can, making sure that your opponent is aware of your powerful shots. He may be so in awe of your power that he might be psyched out even before the match begins.

You can even use your clothing to good advantage as a psyching method. I have "*THE GAR*" written on all my shirts and jackets. Other players have inscriptions that read "*THE GREAT DEHM*" or just plain "*HOGAN*."

Marty Hogan, the national champion, uses his name as a psyching method

in itself although he may not even be aware of it. His "Hogan" inscription tells it all, since everyone knows he is "numero uno." Hogan is just reminding everyone that he is "the greatest"—in racquetball, at least.

Warmup jackets have helped to win matches even when the owner of the jacket wasn't aware he was psyching out his opponent. Some players prefer to wear their jackets through part of the first game in order to keep their muscles warm and loosened up. But their opponents may think that they're wearing the jacket because they feel the match is so easy that they won't get a sufficient workout. I've heard players make this very remark. And when they do, they've psyched themselves out.

Once the match begins, there are other maneuvers you can use to psych out your opponent. Many players like to play at a fast rate. So of course your objective is to slow them down. When you serve, you have 10 seconds to put the ball into play. Wait up to nine seconds before serving. Since your opponent will probably be chomping at the bit to get into action, he'll be furious and feel that you're doing this on purpose to cut down his momentum and psych him out. He'll be right.

Or, a player may purposely try a low percentage shot to upset your confidence.

I have also seen close matches turned around by using this old trick. The pattern usually goes like this: You're involved in a tough match and you're exhausted. To gain the energy you need, you purposely hit the first serve long. A serve causes the ball to ricochet back to the front wall. By the time you've retrieved the ball, you've gained valuable seconds and the energy to continue. You've also annoyed your opponent.

Another delay tactic is the "imaginary sweat spot" trick. If you're playing on an extremely hot day, there will be many beads of perspiration falling on the floor. You don't want to hurt yourself, naturally, so you constantly ask the referee for a towel to wipe the floor. This pattern prepares the referee for the psyching strategy that follows. When you're really tired, you can ask to wipe up some imaginary sweat spots. Naturally, your opponent will be furious over these imaginary sweat spots and will complain to the

referee. But it's your word against his. One player was so psyched out by his opponent looking for sweat spots that he spent two weeks after the tournament searching for them himself.

There are also a few excellent verbal remarks that tend to psych out your opponents. If you're ahead in a game by the score of 20-10 or less, you may want to turn to your opponent and say, *"I need one point. How many do you need?"* Or you might say, *"This is better than drawing a bye."* I'm sure that you'll be loved for it.

When you're playing a tough match and your opponent is obviously very tired, you will find that it's easy to pass him. After one of the passes, you may want to turn to him and say, *"Are you getting tired? You used to be able to get those shots."* You're really hitting below the belt now, but, to be a good psycher, you have to stay nasty.

If you're playing someone that you can overpower, you may want to turn to him after you've hit a particularly hard shot that he couldn't return and say, *"Did I hit too hard for you?"* Such remarks cut to the bone.

You must remember that a psycher only feels good if he sees that he is irritating you and therefore affecting your game. By remaining quiet and wearing a stoic expression, you will go a long way in thwarting his tactics.

On the other hand, if you want to try some of the psyching methods yourself, you must be prepared for the consequences. You will not be particularly liked and most players probably won't want to enter the same court with you. It is a choice only you can make.

Advanced Players: Rounding out your game

Advanced players have many outstanding attributes. They can serve accurately, powerfully, and consistently. They can execute most shots with a

high degree of proficiency. And they are usually in excellent physical shape.

When watching players at an advanced level, a novice or intermediate player, awed by the display of skill, sometimes thinks that the advanced player has no need for improvement. Wrong. There are some very definite ways in which the advanced player can improve his game:

First, an advanced player can put pressure on the opponent by serving both serves hard. Don't worry about the possible fault. By practicing your drive serves on the first and second serve, you'll be amazed at the accuracy you are able to develop. Of course, you may double-fault occasionally, but the aces and weak service returns that result will more than make up for it.

Naturally, you must have the confidence to attempt this type of serving strategy. To be able to serve both serves in this manner, you must practice diligently.

Stand in the middle of the service box and serve to the side that feels most comfortable to you. Usually it is the left side for a righthanded player. When serving to the left side you should aim to the front wall about a foot left of center and three feet up from the floor. You should serve to that spot over and over. If you find that your serves are falling short, serve slightly higher on the front wall.

By doing this continually, you will develop a definite "feel" for the area in which you want your serve to hit. Once you feel comfortable serving to the left side, then practice serving to the right side in the same manner.

When you think you're getting your drive serves in consistently, you should then practice with a partner, you serving an entire game to 21. All serves must be drives.

You should win the game easily since you have the advantage of serving. But if you served more than two double faults, you need more practice.

If serving two drive serves seems too risky, you can try some Z-serves on your second serve. This should eliminate double faults.

To hit the hard Z-serve to the left side, stand slightly to the left of center. You should be aiming for a spot about three feet high and about two feet to the left of the right side wall.

On the hard Z to the right side, stand slightly to the right of center. You should be aiming for a spot about three feet high and about two feet to the right of the left side wall.

Although this is a "safer" serve, your chances of scoring outright aces or eliciting a weak return will be greatly decreased. However, you may occasionally handcuff your opponent in backcourt.

A serve that is rarely used is the backhand drive serve. Even players who have devastating backhands, surprisingly, never use this serve. But if hit correctly, the serve will score many points outright, as it will catch your opponent off guard.

This serve approaches your opponent at a different angle than most players are used to.

When practicing the backhand drive serve, stand in center court. This will enable you to serve down the line or crosscourt. However, don't serve the backhand drive from the right side of the court. The angle that the serve presents will make it difficult for you to generate much power. In addition, you will find yourself out of position.

Another advanced strategy is the volley (hitting the ball before it

bounces.) This takes split second timing and excellent hand-eye coordination. You must keep your eyes on the ball at all times; you should actually see the ball hit the strings.

To practice your volleying, hit easy floaters to the front wall. Before they bounce, attempt to hit the ball as low and as hard as you can.

You must be sure to hit this shot with great power, using a shortened swing. You should also take the ball as far in front of you as is comfortably possible. This will enable you to contact the ball sooner, and give your opponent less time to adjust to the shot.

After practicing by yourself, again practice with a partner. You should then attempt to volley as many of his service returns as possible.

Once you feel confident in your volleying, move on to half volleying. A half volley is when you hit the ball *immediately* after it hits the floor.

Because this shot is so difficult to hit, you should practice with racquetballs that are old and very dead. In this way, you will be able to become acclimated to the bounce as it ricochets off the ceiling. As your timing improves and you start hitting the shot with more accuracy, switch to a ball that is livelier.

By now, you can see that a pattern is being firmly established. That is, you're trying to keep constant pressure on your opponent by not giving him or her a defensive shot. This will keep him or her off balance constantly.

As for return of serve, you should strive to hit only the following shots:

1. Passing shots down the line and crosscourt.
2. Kill shots from the forehand and backhand side.
3. Pinch shots from the forehand and backhand side.

4. Overhead kills and overhead passing shots.
5. Volleys in the air. However, be careful not to cross the five-foot line too early.

You will have to move quickly to hit these shots. However, you can quickly frustrate a server who is serving mostly lob serves by either passing him with a volley crosscourt or hitting straight down the line.

As for general play, use the same variety of shots mentioned for return of serves. However, be ready to half-volley shots. These will surprise your opponent.

Many advanced players concentrate on kill shots, but there are also several other effective techniques. For example, by continually hitting hard passes that have your opponent on the run, sooner or later you will get an easy shot to put away. Also, you may not want to attempt to half volley every ceiling ball, so change to hard overheads.

If your opponent is out of position, you could try an overhead kill or pass shot. When hitting overhead kill shots, it is best to pinch the ball. The shot will usually ricochet away from your surprised opponent.

By trying these different strategies, you'll find that your advanced game can be "rounded" out even more.

Charlie Garfinkel, known as "The Gar" in racquetball circles, is a 20-year veteran of the courts, with scores of national, regional, state and local tournament victories under his belt. He's also a well known author, penning two racquetball books and over 50 magazine articles related to racquetball. ●

Lower Body Weight Training For Racquetball

by Steve Mondry

If the Eiffel Tower didn't have a strong base it would have collapsed a long time ago. In the same way, any athlete, especially a racquetball player, must have a solid leg base; that is — strong legs.

Without a good set of legs you can't get into proper position to hit the ball; you can't withstand the constant stopping, starting and pounding; and you can't hold off fatigue.

This article deals with strengthening the lower part of your body. With practice, anybody can learn how to hit a certain racquetball shot, but not everybody knows how to develop proper strength and quickness in their legs. I can honestly say that when I begin training for a tournament I am more concerned with developing proper leg strength and movement than I am with how solid my stroke feels.

Charlie Brumfield, five-time national

champion, had legs the size of a 250 lb. fullback, but the upper body of a marathon runner. Even though he didn't have a great deal of upper body strength, with legs like those there wasn't a shot Charlie couldn't retrieve.

In today's era, Dave Peck's lower body is even stronger — and Dave's upper body strength matches it. It's no wonder he's reached number one.

Here, then, is a training program I have used to develop lower body strength, which is one of the keys to good court coverage, and therefore, good racquetball.

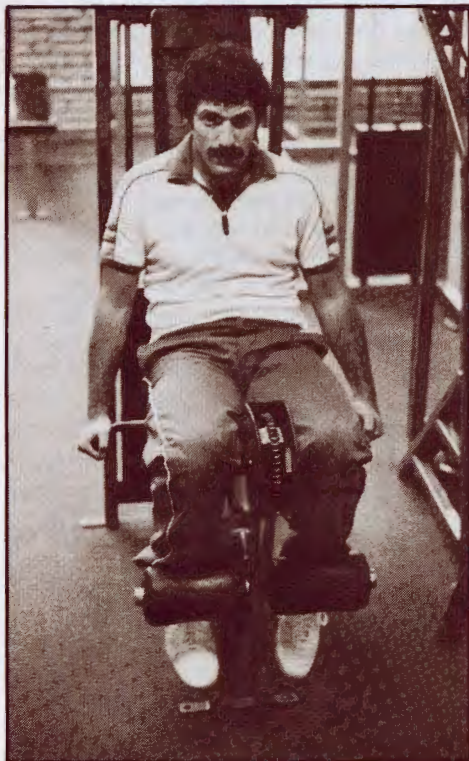
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People's muscles respond differently to the same exercise — what works for your friend may not necessarily work for you. Therefore, it is not possible to design a specific training program which would be equally

suitable for many people. A knowledgeable trainer is invaluable to help you set up an individualized program, catering to your specific needs. He can help you maintain the proper level of intensity needed to achieve maximum results from training. You need to know when to push yourself and when to back off. A good trainer knows.

I can attest to this from personal experience. Without the help and commitment of such a trainer, I would never have qualified to write this article. I have always been a very dedicated and hard-working athlete. Some are born and others are made. I definitely did not come into this world wearing a jock strap. Therefore, I have always had to work harder than most to achieve similar results.

Lower Body



1. Leg extensions

Sit on the end of the machine (almost every club has this one), hook your feet under the bottom of the rollers and hold onto the sides. Straighten your legs and return to the starting position. Repeat. In order to achieve maximum results, pause briefly at the top position of the exercise movement.



2. Jump squats

Place a dumbbell in each hand. Get into the full squat position, and spring up into the air as high as you can. When you come down, land in the full squat again. As a precaution, wear a weight belt for this exercise to maintain good support in your lower back.

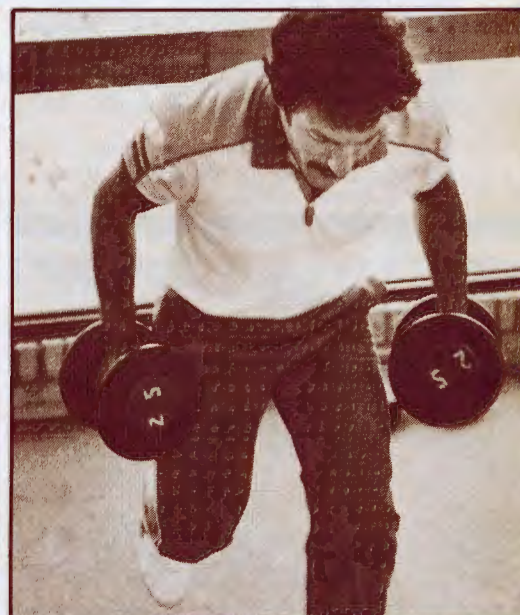
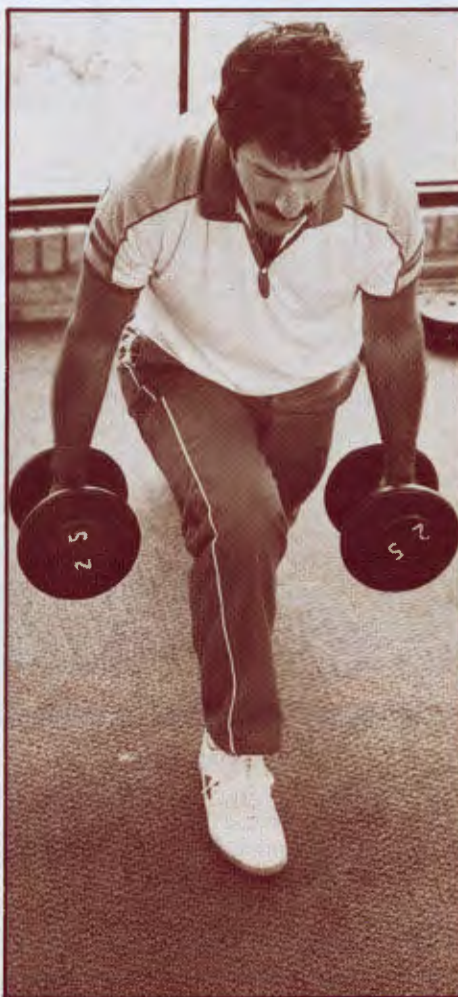
At the beginning of my career my primary problem was that I worked extremely hard, but without proper direction. The result was like spinning wheels in sand — and the frustration of working so hard with little progress in tournaments was difficult to accept.

Then one day, Ray White, an ex-pro football player whom I saw at the club almost every day, suggested I go down the street to a small hole-in-the-wall gym called Maylen's. For my health, I elected not to argue with Roy's "suggestion," and a short while later found myself entering Maylen's, looking not for Mr. Maylen, but plain, ol' Maylen.

Someone pointed out a cubby hole in the middle of a small gym floor where sat a guy with a Telly Savalas hair-do



Lower Body				
1. Leg extensions	3	15-20	40%	30%
2. Jump squats	2	10-15	20%	10%
3. Jumping lunges	3	10-15	20%	10%
4. Leg curls	3	15-20	30%	20%
5. Calf raises	2	15-20	40%	30%



3. *Jump lunges*

Place a dumbbell in each hand. Start with your feet parallel (about shoulder-width apart) in the basic athletic stance. With your right foot, lunge forward as far as possible or until the upper half of your leg is parallel to the ground. Your back leg should be slightly bent. Jump up in the air and switch legs so you land with your left leg in the forward position. The knee of your rear leg should never touch the ground.

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

(before Telly had it), curled up eyebrows and a build like a fire hydrant. He was talking on the phone, giving out exercises to a few people, saying hello to others and generally holding court.

I sat down on a chair just outside his "office" and couldn't help but notice all the pictures that covered his walls — photos of some of the best athletes in pro sports, movie stars, and others foreign to me. All of the inscriptions on the photos thanked Maylen, proclaiming indebtedness to him.

Even before he got off the phone I knew I had my man, and I wasn't even looking for one. Well, Maylen turned me into the best conditioned racquetball player in the country, and with that competitive edge and my limited other skills I managed to earn a ranking as the 15th best player in the country.

The moral: if you need help from a professional, by all means get it.



4. Leg curls

Lie face down on the leg curl machine with your ankles hooked under the pair of rollers. Hold on to the bench and bend your legs at the knees until they form a right angle to your body.



5. Calf raises

Stand with the balls or your feet on the block and the pads resting on your shoulders. Lower your heels until they are well below your toes, then raise up on your toes as high as you can. If your feet are pointed straight ahead, you'll work out the general calf area.

This program has been designed to strengthen the muscle groups that play the biggest part in racquetball. I want to emphasize that the program is by no means a complete guide to weight training for athletes. It is a highly specialized program that will help any racquetball player achieve more power in his game—more power

in the swing to get more pace on the ball, and more power in his legs to cover the court more quickly and ably.

Try the program out and you'll see yourself playing better racquetball fast. Remember though, if you have any questions, ask them. And if you don't know who to ask, feel free to contact me *c/o National Racquetball*. ●



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Instructional

Variety Is The Spice Of Serving

by Lynn Adams

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



One of the most difficult accomplishments in racquetball is translating the written word to positive action on the court. Therefore, this series of instructional articles will concentrate more on the subtle side of racquetball technique and strategy, and less so on stroke mechanics.

Over the months we'll delve into what goes on during a match, preparation for tournaments and specific opponents, racquetball training, shot selection and other options.

There's no better place to start than with the serve, that starting point for all racquetball rallies, and certainly the starting point toward improving your game. How many times have you looked over a racquetball court balcony or through the glass wall and seen two players who serve with as much intensity as dad playing catch with his 10-year-old?

In 90 percent of the cases, you'll see one of two things happening. Either both players will be tapping the ball into play with no more purpose than tossing the first ball in a table tennis rally to determine serve. Or, if they are more advanced players, you'll see the boringly repetitious first serve hard drive, second serve lob or half-lob. Ho-hum.

What is so incredible to me is the utter waste of racquetball's most golden opportunity — the chance to place the ball wherever you want to with your opponent having no inkling as to where it's going. And that is rule number one in serving: *Remember! You are in total control!*

The serve is the only time during a rally that the ball isn't zooming around the walls. You don't have to lunge, gasp, or dive to retrieve. You can hit forehand or backhand and literally choose your point of contact. The ball is in your hand and it will go wherever you send it, at the speed and angle of your choice. You can even rest up to 10 seconds before hitting it (wouldn't you like to have that luxury mid-way through a tough rally?)!

It sounds so simple, yet a huge majority of racquetball players ignore this advice: move into the service zone, collect your thoughts along with your breath and select the best shot you can. Which leads us to rule two: *Variety and imagination win games!*

It will do you little if any good to take your time, collect your composure and then hit the same serve to the same spot at the same speed again and again and again. You might as well hand the ball to your opponent and let him start the rally with the service return of his choice.

No, just as variety is the spice of life, so too is it the spice of serving in racquetball. And there are so many varieties to choose from! Certainly enough to keep your opponent guessing throughout the match and for hours afterwards. When you consider the whole range of the service box, the angles to and from the front wall, the use of the side walls, the height of the front wall, and the unlimited degrees of power — well, the choices may not be infinite, but they come plenty close.

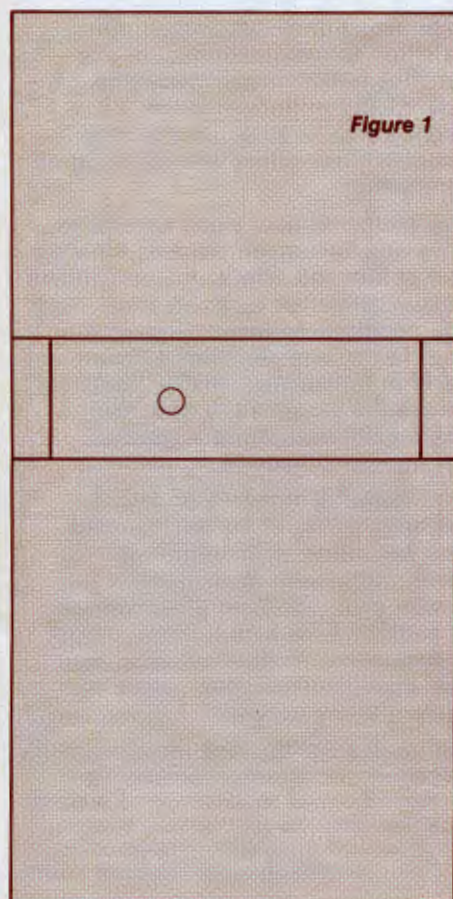


Figure 1

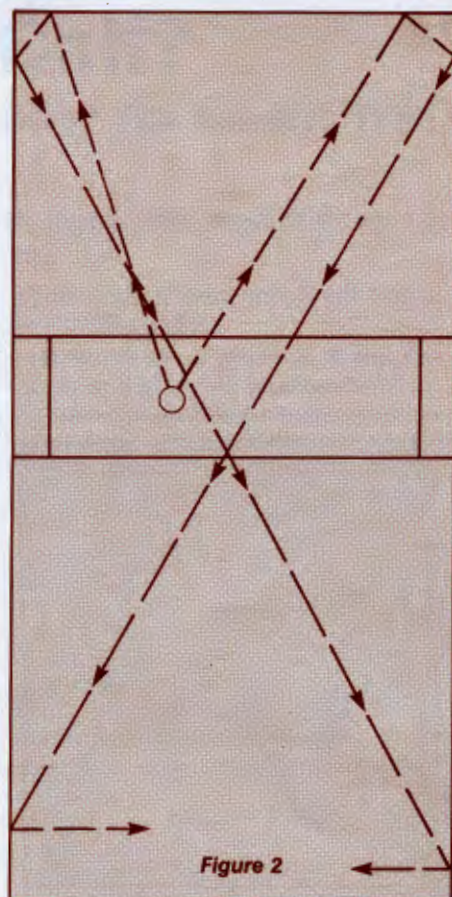


Figure 2

If you mix your serves well, you will avoid getting into a monotonous rhythm, which will prohibit your opponent from being able to predict your serves and thus negate your advantageous position. At the same time, you will keep him confused, anxious and off balance, resulting in weaker returns of otherwise easily returned serves.

How many varieties of serves are there? Obviously the pages of *National Racquetball* are too few to carry them all. But let's take a look at some of the more obvious varieties simply from the same position in the service box.

Most players like to stand slightly to the left of the center of the service area (Figure 1), which is a good choice. From here you have a solid angle for Z serves to the normal backhand corner, as well as the sharper angle for Zs to the forehand side. And the drives down the left wall allow you a legal, partial screen, which complements the surprise drive down the right side.

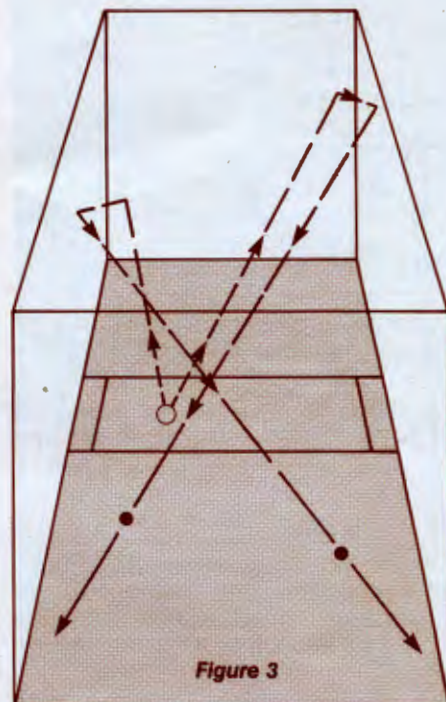


Figure 3

That's already four different serves, but we're getting ahead of ourselves. Z serves, some of my favorites, can account for six varieties from this position. You can blast a hard Z into either corner depending on which side of deep court you want to attack (Figure 2); you can also take some pace off the serve and hit half lob Zs or high lob Zs (Figure 3), favorite second serves for many advanced players. There's six different serves already.

From that same spot you can add the hard drives to either corner (Figure 4), a high lob to either corner or the half lob to either corner (Figure 5). Six more effective serves.

If you play a lot of doubles and have developed moderate control of your serves, you will want to try the hard angle serves (Figure 6), which strike the side wall just behind the short line and carom toward the center court. These serves are particularly effective against lefty-righty teams because they send the serve into the center court area, forcing your opponents to return with a backhand

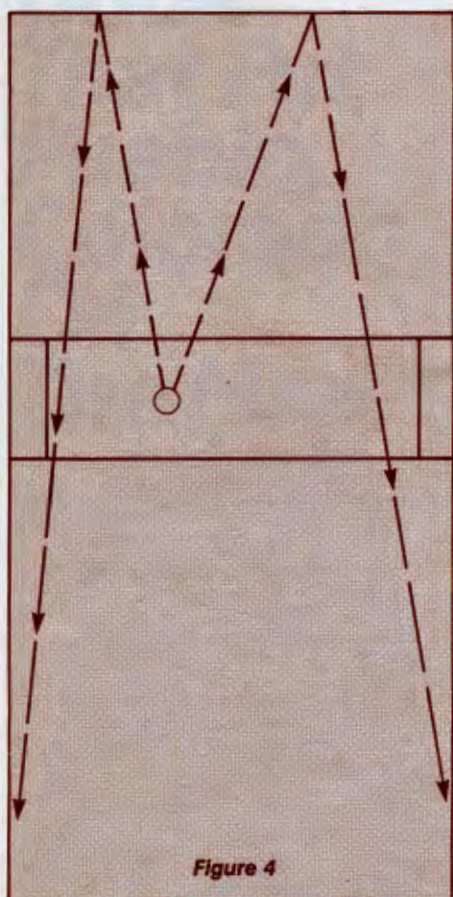


Figure 4

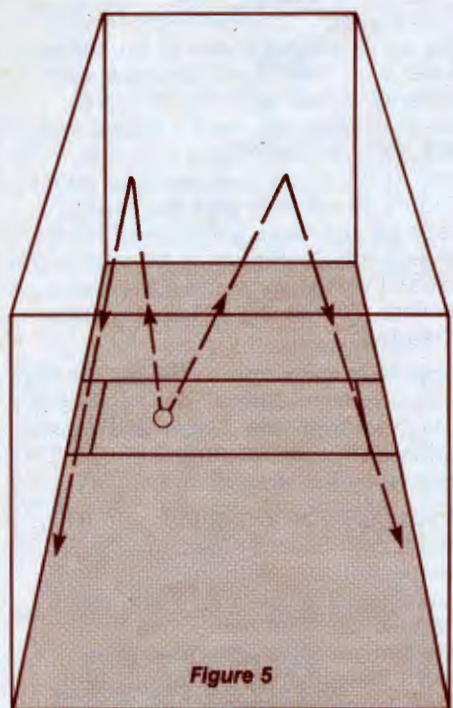


Figure 5

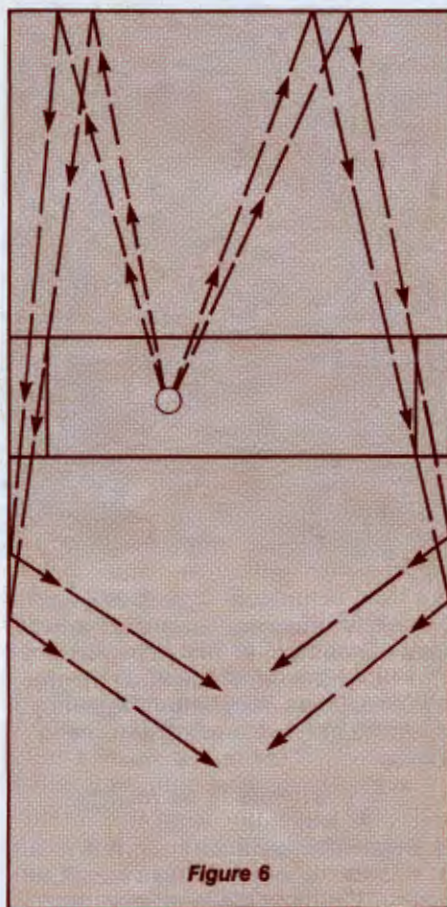


Figure 6

while causing them to make that instantaneous decision as to who will return the ball.

These hard angle serves can be varied, not only with the power you choose to generate, but also with how deep you want to send the ball. There are at least a solid four serves (two to each side) using the hard angle, giving us 14 serves from this same position. That's what I mean by imagination.

To get the most out of your ability, you must get the most out of your serves. If you confine yourself to the standard first serve hard drive, second serve half-lob, you will be forever in a stagnating game. But if you spice up your serving variety, you will not only have more fun, you will add points to your game.

In fact, using imagination in serving is probably the easiest and fastest method of improving your game. It calls for no stroke re-evaluation.

It calls for no serious study of the inner working of racquetball. And it calls for no major overhaul of any practice habits. What it does take is your ability to think while in the service area — to be able to stop yourself from falling into the habit of repetition.

Depending on how much control you have and how much practice time you can obtain and afford, you can add as many new serves as is practical. And you should experiment. Try some of your favorite serves from different parts of the service zone — you'll be pleasantly surprised to find new angles and new effectiveness to boring, routine serves.

Most players, however, go into a match with five or six basic serves that will get them through, varying these with changing degrees of power, and noting the effectiveness of each. But it's nice to know that if your best serves aren't working one day, you'll have another five or six waiting in the wings.

Your game will become more exciting, more fun and more successful! ●

What's The Call?

How Much Room Do You Give? The Readers Take Over

by Dan Bertolucci

I've been writing columns for *National Racquetball* related to rules for over three years now, and never has there been as tremendous a response as I've had from the June issue's discussion of giving enough room.

Many of those who wrote in made good points, and all were vigorous in their defense of their opinions. I have selected some of the responses to share with you (space prohibits me from including all - and some may have been edited).

I'd like to thank all of you who responded. It is quite apparent that the hinder interpretation in this instance is the subject of much controversy throughout the nation. We have reproduced the diagrams explaining the situation to enable you to better follow the discussion.

Avoidable - Yes; Whole Wall - No

Dear Dan:

Should player A be penalized? Yes! Avoidable hinder.

I think it is fair that player B should be given half of the front wall giving him the option to hit cross court. I don't think it is fair to expect player A to give player B the whole front wall - half should be enough. Player A still is in good center court position.

Donald Scales
Dallas, TX

Dear Dan:

Player B should be able to have a clear shot to just over one-half of the front wall. And that can be determined by the referee.

Felix de la Vega, M.D.
Miami Beach, FL

Never Seen It!

Dear Dan:

I would have to vote for Diagram 3. Give the opponent the court to play the game on, not just part of it.

As a racquetball instructor at the community college level I do not recall ever seeing an example of a player intentionally moving in the way of a ball just struck by his opponent. Perhaps if you are playing for money you might be willing to suffer the pain of taking such a stupid action.

G. Vernon Ellison
San Marcos, CA

Avoidable Hinder

Dear Dan:

I am completely convinced that player A must give player B enough room to hit cross court, or be penalized by an avoidable hinder. Without a cross

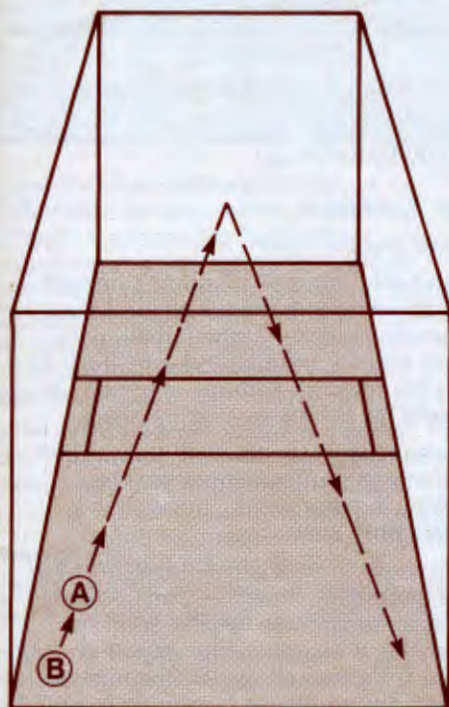


Diagram 1. Player A takes away the cross court game by positioning himself in front and slightly to the right of player B. If player B goes cross court he will hit player A.

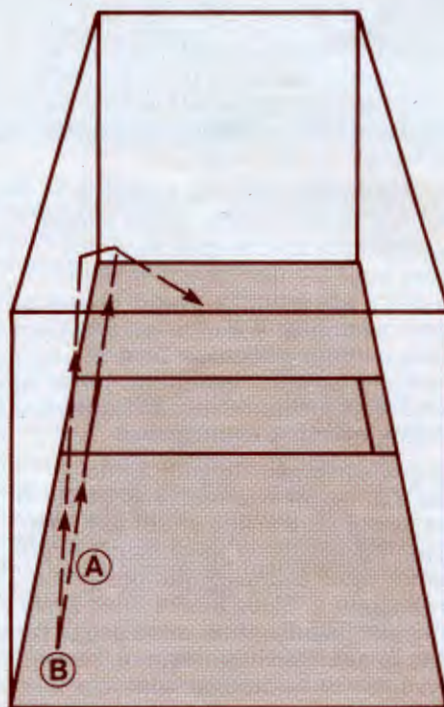


Diagram 2. Player B still has at least five options: 1) down-the-line pass; 2) down-the-line kill; 3) pinch kill; 4) down-the-line ceiling; or 5) cross court ceiling. Is it enough?

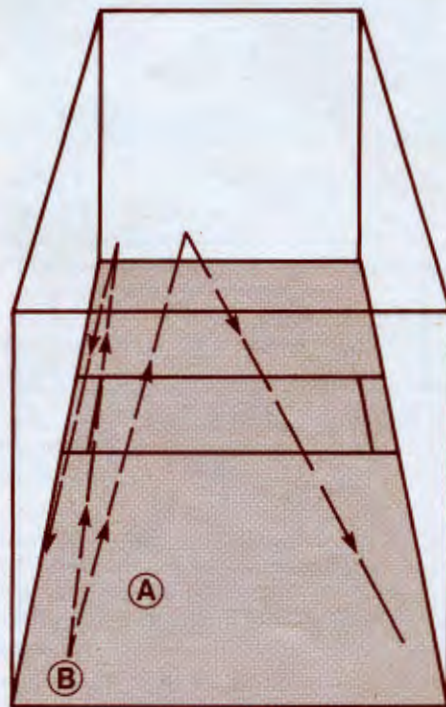


Diagram 3. If player A takes one or two steps to his right, giving player B the whole front wall, it widens player B's options greatly and puts player A into a situation where he must be able to cover the whole court. Has player A given up too much?

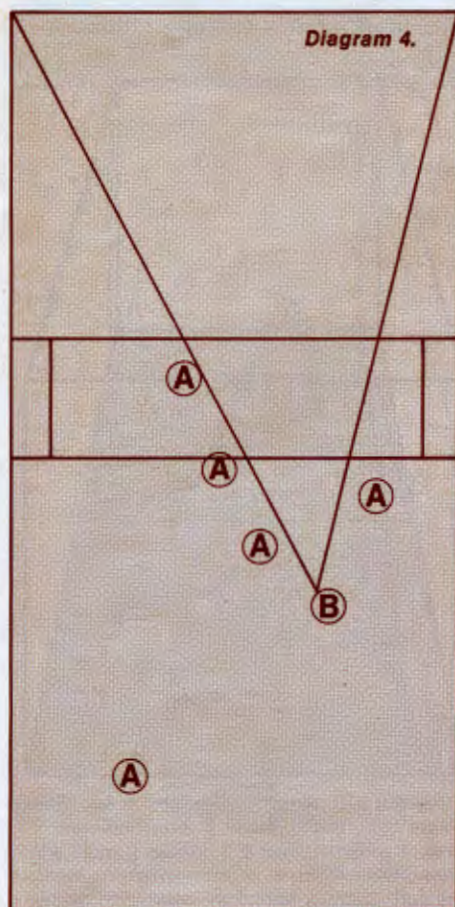
court option, player A need only cover approximately one-third of the court (down-the-line, front left and front center for pinches). Additionally, player A can almost certainly anticipate a backhand return.

By leaving player B with the cross court option, player A is still very much in the rally, contrary to many arguments. The angle for a cross court, especially from either corner, still allows for good center court position, while relieving some of the pressure on player B to execute the easily anticipated down-the-line or pinch.

Ken Stone
Evergreen, CO

Dear Dan:

Your question is an excellent one and also one which I discuss regularly



because I not only give too much room, but never seem to get enough when I lose.

I really believe the answer is obvious. Diagram 3 is correct position. Player B must have not only the opportunity for a full swing, but also a clear shot to the front wall. At any point about five feet behind the short line, a triangle should be able to be drawn from the ball to both corners of the front wall without the opposing player within the triangle (Diagram 4).

Most people say, "If the guy's in your way nail him a few times in the back and he'll move." Since I avoid hitting people at the expense of losing points, I think there should be a better understanding of giving a player room to hit.

Bill Boatright
San Carlos, CA

Personal Experience

Dear Dan:

I just completed a charity tourney in Minneapolis, losing in the semi-finals of the "geritol" division. I will tell you that I don't think football tactics are necessary on the court.

My opponent's tactic of serving a high lob to my backhand and moving over into the lane to take away my cross court rip shot cost him about 15 black and blue marks in the second game alone! But he wouldn't move and finally got the shot he wanted for a kill. I found this situation rather embarrassing and after a while frustrating to my game.

As you can guess, in your article I feel that player A should give player B the whole front wall most of the time. I feel it is unethical to lob serve from center court and back into position A in Diagram 2. Since a hard drive serve does not usually allow one enough time to get into that problem, the lob serve has to be premeditated.

Naturally, a service crack now and then means an uncontrolled return can hit your opponent, but that

should be obvious to the referee and distinguishable so that no penalty need be assessed.

Chauncey W. Riggs
Duluth, MN

Dear Dan:

My level is high B, just moving into the A level. I very rarely get hit maybe once every two or three matches. That probably indicated my feelings on the subject.

In the first tournament I played as an A, my opponent kept serving my backhand on his second serve. He knew I was going cross court most of the time as my game is mostly retrieve and keep the ball in play. Rather than move over to cover cross court, he moved left and I kept hitting him.

The result was that he effectively cut off half the court and gained a first serve on the hinder. I felt he should have been warned and then an avoidable hinder called. The referee didn't see it that way.

End result: I lost in the tie-breaker, 11-10.

Andy Butterbaugh

Let 'Em Rip!

Dear Dan:

First off, I am not a world champion or anything like that. Perhaps I have the wrong view of racquetball, but I just play for the fun, trying to keep up on the rules so perhaps some day I could be of help to a fellow player.

I was always taught that it's wonderful to win, but somebody has to lose—in other words, know how it feels both ways.

Since player A always plays this style he should be penalized each time. No player, regardless of how great he may be, should act this way on a court! Perhaps if player B would just keep hitting player A each time, well, it would be interesting to see his reaction!

William McFadden
Providence, RI ●

Tournament Results

Hogan Salvages Season With DP Leach Nationals Win

by Thomas J. Morrow

Peck lunges to retrieve a Hogan shot in the finals. Too many lunges, not enough set ups for Dave as Marty captured the crown.



Perennial champ Marty Hogan of San Diego won an unprecedented fifth straight national pro racquetball championship, defeating Dave Peck of El Paso three of four games at the \$70,000 DP Leach National Pro Racquetball Championship finals June 20-26 at the Charlie Club, Palatine, IL.

After each had won a game, Hogan took control of the match and never looked back. Peck seemed to make all the mistakes a number one seed shouldn't and Hogan took advantage of them all to put away Peck 11-9, 6-11, 11-5, 11-4 and collect racquetball's richest paycheck of \$25,000.

Peck and Hogan were seeded numbers one and two respectively after Peck upset Hogan to take the \$40,000 Catalina Nationals in Fort Worth a month previous. Even though Hogan was this season's top money winner on the 10-stop sanctioned pro tour with \$53,250, Peck owns the number one rank by virtue of points,

920 vs. 860. It is the first time since 1976 that Hogan has not been the number one ranked player nationally at season's end.

The major upset during the week occurred in the round of 16 where Lindsey Myers, Vancouver, B.C., eliminated third seed Bret Harnett in a grueling five game 8-11, 11-9, 11-3, 6-11, 11-7. In the round of 32, the only stunning occurrence was unranked Sean Moskwa's victory over Catalina touring pro Scott Hawkins. In a match that couldn't have been more thrilling, Moskwa stopped Hawkins 11-1, 7-11, 7-11, 11-10, 11-10.

Most of the other action during the week-long tournament held few surprises with the expected players moving up in their usual ranking order.

In the round of 32, John Eggerman fell to Myers, Mike Levine, Rochester, NY, lost to Ed Andrews of San Diego; and Steve Lerner of Santa Barbara, CA, stopped Gerry Price of Castro Valley, CA.

In the round of 16, Peck eliminated Steve Strandemo of San Diego; Craig McCoy of Riverside beat Doug Cohen of St. Louis; Rich Wagner of San Diego defeated Moskwa; Jerry Hilecher of Encinitas, CA, beat former St. Louis chum Ben Koltun; Myers upset Harnett; Mike Yellen of Southfield, MI, beat Lerner; Don Thomas of Mesa, AZ, downed Gregg Peck of El Paso and Hogan ousted Andrews.

In Thursday's quarter-final round, Peck beat McCoy, Wagner downed Hilecher, Yellen beat Myers and Hogan beat Thomas. Then, in the semi-finals, the excitement really began.

Yellen, who had been Hogan's chief competition for the past three years in the DP Leach Nationals, gave the champ very few problems while Hogan was on his way to an 11-2, 11-9, 11-7 victory. It was the third straight year that Yellen had been eliminated by nemesis Hogan.

The intensity and effort show in Hogan's face and arm as he blasts a backhand against Yellen in the semi-finals. Mike strains in a vain attempt to recapture court position in this rally.



Peck shows his former-linebacker style (clipping?) as he attempts to cover a Wagner kill in their semi-final battle. Most court observers felt Wagner was on his way to victory when his knee injury occurred.



In the evening's nightcap, however, Peck had all he could handle with Wagner, who was determined to be in the next day's final round. After dropping behind 2-0 in games, Wagner came back strong to win the next two to tie the match at 2-2. There was little doubt in the minds of the more than 300 fans watching the match that Wagner had the momentum it would have taken to upset the top seed.

While leading the fifth game 1-0, still on offense, Wagner twisted his right knee, which forced him to forfeit the match. The 26-year-old native of Paterson, NJ, left early the next morning for San Diego and several weeks of rehabilitation for what was initially diagnosed as strained ligaments.

Although Peck left for home after the tournament with the \$10,000 second place money and enough points to be ranked first for the season, he was visibly disappointed in his showing.

"I beat myself," he said afterward. "The more mistakes I made, the stronger Marty seemed to get."

Indeed. Hogan won three of the four games, slamming nine service aces to Peck's one. In the first game, Hogan won 11-9, coming from a 6-0 deficit. The champ ran seven points in a row before Peck could regain the offense.

In the second game, Peck slammed eight points, giving Hogan only two chances to jump to another big lead, 8-0. Hogan hit four in a row, making it 8-4, but Peck quickly ended the second stanza by winning 11-6.

Hogan was never threatened again. He took command of the next two games, looking like the hard-driving champion he has been for the past seven years. He jumped to a 9-3 lead in the third game and never looked back, winning 11-5. In the fourth and final game, Hogan had a 9-2 lead before putting it away to claim his fifth consecutive DP Leach National Championship.

"This is the big enchilada of pro racquetball," said a beaming Hogan,

clutching the \$25,000 check that DP president Cal James had just handed him. "The idea of winning five national championships in a row means a lot to me. Dave played well and he did a great job of being my best opponent, but I'm very happy to end up with the victory."

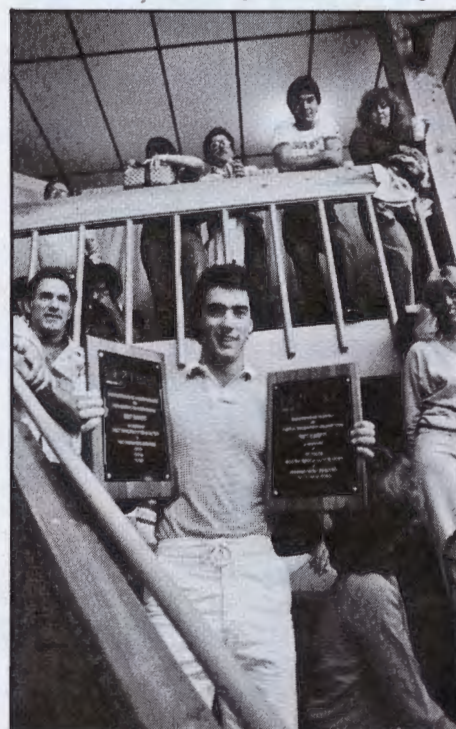
So now the controversy begins over who's number one. There was no winner between the two players if you don't count their first meeting at the \$10,000 winner-take-all challenge at the Long Beach Athletic Club last September. The two were destined to meet four times during the regular season with each player winning twice.

The 1981-82 season was the richest tour ever in terms of hard prize dollars. In the 11 events, including the Long Beach Challenge, \$276,000 was put up by sponsors for pro competition. Three of these events, the \$40,000 Catalina Nationals, the \$21,000 Ektelon/PONY Nationals and the \$70,000 DP Leach Nationals all have that word "national" attached.

Diversified Products president Cal James (r.) awards Hogan the \$25,000 first place check. Peck, wishing he were anyplace else, is on the left along with Charlie Drake, organizer of the pro tour and chief officer of DP Leach.



Harnett poses with his two awards, Most Improved Player and Best Sportsmanship. His father is at the upper left (on stairs), and mom is the smiling blonde to the right.



But for the past eight years, it has been the DP Leach event at season's end which has been regarded by most as "the" national championship.

Because of the demise of the National Racquetball Club (NRC), a new governing board was formed to establish criteria for determining the ranking of players. No question about it, Peck is the number one ranked player at season's end with 920 points and four tournament wins. Hogan ended up with 860 points and four wins. But Hogan won nearly \$24,000 more money than did Peck.

So, who really is number one?

The pro governing board awarded Peck with the "Outstanding Player of the Year" award; Harnett was honored with both the "Best Sportsmanship" and "Most Improved Player" awards.

The 1982-83 season is currently being finalized with the first event, the Catalina Classic I, scheduled at King's Racquetball Court, Westminster, CA, September 30-October 3. ●

Men's Pro Results

Finals: Hogan d. Peck 11-9, 6-11, 11-5, 11-4.

Semi-finals: Peck d. Wagner 11-6, 11-8, 8-11, 4-11, injury default; Hogan d. Yellen 11-2, 11-9, 11-7.

Quarter-finals: Peck d. McCoy 11-5, 11-8, 11-1; Wagner d. Hilecher 11-7, 11-6, 11-10; Yellen d. Myers 11-8, 5-11, 11-3, 11-1; Hogan d. Thomas 11-7, 11-2, 11-0.

Round of 16: Peck d. Strandemo 11-5, 11-5, 11-2; McCoy d. Cohen 4-11, 11-7, 1-11, 11-9, 11-1; Wagner d. Moskwa 11-5, 11-1, 11-1; Hilecher d. Koltun 11-3, 11-5, 5-11, 11-8; Myers d. Harnett 8-11, 11-9, 11-3, 6-11, 11-7; Yellen d. Lerner 11-0, 8-11, 11-4, 11-3; Thomas d. Gregg Peck 4-11, 0-11, 11-7, 11-9, 11-7; Hogan d. Andrews 11-3, 1-11, 11-3, 6-11, 11-4.

Round of 32: Peck d. Ray 10-11, 11-10, 11-5, 7-11, 11-3; Strandemo d. Ferris 5-11, 11-5, 3-11, 11-2, 11-0; Cohen d. Britos 11-0, 11-2, 11-4; McCoy d. Slazas 5-11, 11-7, 1-11, 11-9, 11-5; Wagner d. Gross 11-2, 11-4, 11-3; Moskwa d. Hawkins 11-1, 7-11, 7-11, 11-10, 11-10; Koltun d. Martino 11-3, 11-6, 11-10; Hilecher d. Eggert 11-9, 11-0, 11-1.

Harnett d. Oliver 9-11, 11-9, 10-11, 11-9, 11-1; Myers d. Egerman 11-5, 11-8, 11-7; Lerner d. Price 10-11, 11-5, 11-8, 7-11, 11-3; Yellen d. Stacco 11-1, 11-1, 11-8; Thomas d. Newman 11-8, 10-11, 11-3, 11-9; Gregg Peck d. Cascio 4-11, 11-10, 11-6, 7-11, 11-8; Andrews d. Levine 11-3, 2-11, 11-3, 11-9; Hogan d. Fox 11-7, 11-8, 11-2.

FINAL RANKING AND MONEY EARNINGS FOR 1981-82 SEASON (Sanctioned events only)

1. DAVE PECK.....	920 points,	
	4 tournament victories,	\$39,250
2. MARTY HOGAN.....	860 points,	
	4 tournament victories,	\$53,250
3. JERRY HILECHER.....	630 points,	
	1 tournament victory,	\$16,500
4. BRET HARNETT.....	630 points,	
	1 tournament victory,	\$15,000
5. MIKE YELLEN.....	570 points,	\$15,500
6. RICH WAGNER.....	550 points,	\$17,750
7. CRAIG MCCOY.....	430 points,	\$ 7,500
8. DON THOMAS.....	420 points,	\$13,250
9. GREGG PECK.....	300 points,	\$ 3,200
10. JOHN EGERMAN.....	290 points,	\$ 2,500

Points are awarded for 10 sanctioned events as determined by the pro racquetball governing board for the 1981-82 season. Those events were:

- The seven (7) tournaments of the Catalina Classic Series
- The Lone Star Pro-Am Classic, Austin, TX
- The Ektelon-PONY National Championships, Anaheim, CA
- The DP Leach National Championships, Palatine, IL

Winner of an event.....	awarded 120 points
Runner-up of an event.....	awarded 90 points
Semi-finalists.....	awarded 70 points
Quarter-finalists.....	awarded 50 points
Round of 16.....	awarded 30 points

Tournament Results

Newman, Bullard Take AARA National Titles

Jack Newman, Morton Grove, IL, current National Junior, Intercollegiate and Mixed Doubles Champion defeated perennial favorite Larry Fox, Cincinnati, OH, 21-14, 21-10 to capture the 14th annual AARA National Men's Open Championship.

Diane Bullard, Gainesville, FL, defeated defending Women's Open Champion Cindy Baxter, Lewiston, PA, 21-11, 21-14 for the 1982 Women's Open crown.

Over 500 participants competed in 17 divisions for the coveted title of "National Champion" in the only national amateur championship tournament, sponsored by Penn Athletic Products and Lite Beer from Miller.

A highlight of the event was the first National Wheelchair competition where Jim Letterman, Baltimore, MD, defeated Tony Dean, Baltimore, 21-14, 21-9, while John James, also Baltimore, finished third.

On the political front, Paul Henrickson, Millbury, MA, was elected the new president of AARA replacing Keith Calkins, Mission Viejo, CA, whose term expired. Henrickson brings eight years experience in the

AARA and a highly successful track record in North East AARA Regional activities.

The annual John Halverson Award, presented to the individual who has made the major contribution to the sport of racquetball, went to Maureen Henrickson, Millbury, MA. Maureen's accomplishments included bringing her state of Massachusetts to the number one spot in membership and number of sanctioned AARA tournaments run.

The Male Player of the Year Award went to Ed Andrews, San Diego, who dominated the amateur ranks by winning the Open Singles and Doubles titles, World Championships, and World Games I titles during the season.

Cindy Baxter was awarded the coveted Female Player of the Year honor by taking the National Singles, World Championships and World Games I titles during the year.

Three new names can be found in Racquetball's Hall of Fame. Inducted at the AARA National Banquet were Gene Grapes, Irwing, PA, Ike Gumer, Louisville, KY, and John Halverson, San Diego, CA. ●

AARA Nationals Singles Results.

Sponsors: Penn Athletic Products and Lite Beer from Miller
McKinley Park Racquet Club
Blasdell, NY
May 27-31, 1982

Men's Open

Finals: Jack Newman d. Larry Fox 21-14, 21-10;
3rd Place: Dan Factor, San Diego d. Fred Calabrese, Hollywood, FL, 21-14, 21-15.

Men's B

Finals: Dan Gordon d. Warren Searles 21-7, 21-8;
3rd Place: Geoff Hunter d. Chuck Ransom 21-20, 21-5.

Men's 30+

Finals: Joe Wirkus d. Ed Remen 21-5, 8-21, 15-13;
3rd Place: Tim LaVoi d. Ed Chandler 21-18, 21-17.

Men's 35+

Finals: Johnny Hennen d. Bud Stange 21-8, 21-0;
3rd Place: Remen d. Ron Strom, injury default.

Men's 40+

Finals: Charlie Garfinkel d. Ron Galbreath 11-21, 21-20, 15-9; 3rd Place: Junio Powell d. Jerry Winsberg, default.

Men's 45+

Finals: Charles Solomon d. Pete Talbot 21-17, 21-12;
3rd Place: Gene Landrum d. Tom Waltz 21-19, 21-19.

Men's 50+

Finals: Charles Lake d. Harvey Clar 21-19, 21-18.

Men's 55+

Finals: Fintan Kilbride d. Richard Caretti 21-2, 21-12.

Men's 60+

Finals: Art Payne d. Marv Simkins 21-17, 21-18;
3rd Place: Earl Acuff d. Ike Gumer 21-19, 21-19.

Men's 65+

Finals: Gumer d. Lou Getlin 21-18, 21-16.

Women's Open

Finals: Bullard d. Baxter 21-11, 21-14; 3rd Place: Malia Kamahoahoa d. Dot Fischl 21-18, 21-19.

Women's B

Finals: Jan Peterson d. Debbie Weber 14-21, 21-14, 15-5;
3rd Place: Bonnie McGonigal d. Mary Swaim 21-15, 21-18.

Women's 30+

Finals: Carol Frenck d. Holly Ferris 8-21, 21-15, 15-7.

Women's 35+

Finals: Barb Smith d. Renee Herbert 21-16, 21-17;
3rd Place: Lucille Smith d. Donna Meager, default.

Women's 40+

Finals: Mildred Gwinn d. Kathy Mueller 21-17, 21-17;
3rd Place: Barbara Jankowski d. Colleen Sloan 21-4, 21-8.

Women's 45+

Finals: Mueller d. Sloan 21-7, 21-20; 3rd Place: Marion Crawford d. Jeanie Kepler 21-18, 21-19.

Women's 50+

1st Place: Sippy Hayman.

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Tournament Results

Tennessee

Two hundred of the top intercollegiate racquetball players in the United States competed in the National Intercollegiate Championships sanctioned by the American Amateur Racquetball Association and held at the Racquet Club of Memphis on April 2-4.

Freshman dominated both the #1 Men's Singles and #2 Women's Singles as #4 seeded Jack Newman from Memphis State University defeated #2 seeded Ken Kaihlanen from the University of Texas at Austin for the Men's title, and #2 seeded Tammy Hajjar from Marist College defeated three time champion Barbara Falkenberg from the Air Force Academy for the Women's title.

Memphis State University captured the combined team title for the sixth consecutive year and also won the Men's team title. The University of Florida at Gainesville took the Women's team title.

\$10,000 in scholarship funds donated by National sponsor Miller Lite Beer was awarded to the top three finalists in each division. Penn Athletic Company along with Lite Beer were National sponsors of this 11th annual intercollegiate championship event. Local sponsors were Union Planters National Bank, Coca Cola Bottling Co., and the Racquet Club of Memphis. Final results follow.

Men's #1: Jack Newman (MSU) d. Ken Kaihlanen (U TX-Austin) 21-11, 21-16

Men's #2: Brian Sheldon (MSU) d. Chris Moore (MSU) 21-9, 21-14

Men's Doubles: Paul Bakken/Dan Constable (Bethel College) d. Tim Tracy/Dan Cohen (MSU) 21-8, 20-21, 15-2

Women's #1: Tammy Hajjar (Marist) d. Barbara Falkenberg (Air Force Academy) 21-9, 14-21, 15-5

Women's #2: Jane Kemp (U FL) d. Beverly Bell (West FL) 2-21, 21-16, 15-14

Women's Doubles: Rene Trammell/Lisa Faquin (MSU) d. Kim Drader/Martha Nance (Southern IL) 21-16, 21-5

Teams

Men's #1: Memphis State University

Men's #2: Memphis State University

Men's #3: University of Michigan

Men's #4: Penn State at York

Men's #5: Rensselaer Polytechnical Institute

Women's #1: University of Florida at Gainesville

Women's #2: Memphis State University

Women's #3: (tied) Air Force Academy/Southern Illinois University

Women's #4: University of Illinois at Urbana/Champaign

Men's B: 1st—Ron Jaramillo; 2nd—K. Benfield; 3rd—Michael Amijio

Men's C: 1st—Dennis Summers; 2nd—Jamie Shipley; 3rd—Robert Delgadillo

Men's Open Doubles: 1st—Green/M. Anderson; 2nd—Mick Hansen/Roger Day; 3rd—Gene Gibbs/Eddie Carr

Men's B Doubles: 1st—Dennis Bischoff/Dan Roberts; 2nd—B. Boice/Dan Mook; 3rd—R. Jaramillo/Ernie Castillo

Men's C Doubles: 1st—John Knutsen/Mike DeVaney; 2nd—Lynn Davids/Wayne Davids; 3rd—Dave Hunter/Dave Rice

Women's Seniors (30+): 1st—Bitsy Rae-Spikard; 2nd—Linda Larsen; 3rd—Shirley Baumert

Women's B: 1st—Nancy Rogers; 2nd—Sue Schramski; 3rd—Sharon Mook

Women's C: 1st—Kimberly Robertson; 2nd—Michelle Gilman; 3rd—Barbara Berriochoa

Women's B doubles: 1st—Cindy Bond/J.C. Burdick; 2nd—Vee Barton/S. Baumert; 3rd—Myndee Dickenson/N. Rogers

Boys' Juniors (13-16): 1st—Jon Gilman; 2nd—Tracy Burton; 3rd—Jamie Shipley

Boys' Sub-Juniors (12 and under): 1st—Gary Jones; 2nd—Mark Fisher; 3rd—Shawn Boice

Pennsylvania

Omni Spring Fever Open Tournament
Omni Court Club

Philadelphia, April 3-4, 1982

Proceeds benefited the National Hemophilia

Foundation

Director: Lynn G. Pitts

Men's Open: 1st—Jim Cascio; 2nd—Jim Daly; 3rd—Dave McKelcan

Men's A: 1st—Neil McShane; 2nd—Jay Mayfield; 3rd—Phil Overton

Men's B: 1st—Darryl Stigura; 2nd—Guy DiSabatino; 3rd—Scott Martin

Men's C: 1st—Steve Riccardi; 2nd—Steve Campbell; 3rd—Dave Billet

Men's Novice: 1st—Jeff Schmidt; 2nd—Jerome DiPentino; 3rd—Bruce Campbell

Women's Open: 1st—Cindy Baxter; 2nd—Dot Fiechi; 3rd—Francine Davis

Women's A: 1st—Karen Reeves; 2nd—Gina Baldini; 3rd—Donna Dulay

Women's B: 1st—Darlene Hershey; 2nd—Jody Conrad; 3rd—Beth Ann Linville

Women's C: 1st—Debbie Buchieri; 2nd—Jody Blackman; 3rd—Gail Levin

Women's Novice: 1st—Debbie Buchieri; 2nd—Sharon Caine; 3rd—Michelle Barradough

Ohio

8th Annual Ohio Racquetball Association State Championships

Sponsored by Miller Brewing Co., Rax Roast

Beef, Ektelon, and Penn

Sawmill Athletic Club and Arlington Court Club

Columbus, April 2, 3, 4

Director: Dave Bricker

Men's Open

Quarter-finals: Kelvin Vantrease d. Dave Eagle 21-7, 21-10; Jeff Riehl d. Ray Brint 21-5, 21-8; Tom Travers d. Kevin Deighan 21-9, 21-16; Dan Clifford d. Clark Pittman 21-14, 15-21, 11-1

Semi-finals: Vantrease d. Eagle 21-12, 21-10; Travers d. Clifford 21-17, 7-21, 11-3

Finals: Vantrease d. Travers 21-7, 18-21, 11-8

Men's A

Quarter-finals: Doug Ganim d. Jon Hauck 21-21, 21-12, 11-4; Brian Kaylor d. Dave Clark 20-21, 21-5, 11-9; Greg Henn d. Brian Spangler 17-21, 21-14, 11-5; Butch Thurman d. Don Hyde 21-13, 21-19

Semi-finals: Ganim d. Kaylor 21-13, 21-7; Thurman d. Henn 21-15, 21-12

Finals: Ganim d. Thurman 21-7, 12-21, 11-5

Men's Veterans

Quarter-finals: Clark Pittman d. Gary Walters 21-15, 21-9; Ron Woolard d. Herb Textor 21-15, 21-9; Dave Kovanda d. Larry Morgan 21-3, 21-5; Ed Thompson d. Dominic Palmieri 16-21, 21-14, 11-8

Semi-finals: Pittman d. Woolard; Kovanda d. Thompson 21-11, 21-4

Finals: Kovanda d. Pittman 21-17, 21-10

Men's Seniors

Quarter-finals: Rick Mathers d. Jim Marsh 19-21, 21-4, 11-2; Dennis Stitsinger d. Kent Fusselman 21-14, 21-10; Don Schiefer d. Bernie Greenberg 21-19, 14-21, 11-5; Bobby Sanders d. Pete Keiser 21-16, 18-21, 11-2

Semi-finals: Mathers d. Stitsinger 21-7, 21-17; Sanders d. Schiefer 21-13, 21-10

Finals: Mathers d. Sanders 8-21, 21-10, 11-7

Men's Masters

Quarter-finals: Ken Mitchell d. Earl Heidtman 20-21, 21-11, 11-4; Ray Kasl d. Dave Heaton 21-5, 21-5; Reed Gunselman d. Jim Herron 21-3, 21-12; Otis Chapman d. Bernie McNamara 21-9, 21-20

Semi-finals: Kasl d. Mitchell 21-18, 21-9; Chapman d. Gunselman 21-10, 21-14

Finals: Kasl d. Chapman 21-13, 21-16

Men's Golden Masters

Quarter-finals: Matt Biscotti d. Nick Wasyluk 21-8, 21-11; Art Payne d. Tom Armstrong 21-5, 21-2

Semi-finals: Ed Witham d. Biscotti 21-1, 21-3; Payne d. Ed Kaufman 21-9, 2-21, 11-9

Finals: Witham d. Payne 21-10, 21-17

Men's B

Quarter-finals: Randy Frees d. Jim Gordon; Ron Krug d. Carman Bonfiglio 21-16, 21-16; Bob Aman d. Tom Grady 21-11, 21-18; Greg Vanek d. Harry Roth 21-8, 21-20

Semi-finals: Frees d. Krug; Vanek d. Aman

Finals: Vanek d. Frees 21-8, 21-10

Men's C

Quarter-finals: Abraham Groves d. Buzz Long 21-10, 12-21, 11-8; Larry Joseph d. Matt McClain 21-18, 21-2; Terry Bowshier d. Bill Norman 21-10, 21-9; Greg Horn d. Gary Young 21-12, 21-16

Semi-finals: Joseph d. Groves; Bowshier d. Horn

Finals: Joseph d. Bowshier 21-12, 21-12

Men's Open Doubles

Quarter-finals: Clifford/Abrams d. Rosenblud/Herron 21-18, 20-21, 11-4; Vantrease/Brint d. Finch/Campisi 21-16, 21-20; Davis/Soble d. Lillis/Moore 12-21, 21-17, 11-5; Vantrease/Vantrease d. Eagle/Miller 21-17, 21-19

Semi-finals: Clifford/Abrams d. Vantrease/Brint 21-6, 21-9; Vantrease/Vantrease d. Davis/Soble 21-10, 2-21, 11-7

Finals: Clifford/Abrams d. Vantrease/Vantrease

Men's Senior Doubles

Quarter-finals: Soble/Davis d. Sullivan/Heaton 21-12, 21-10; Huss/Stitsinger d. Keiser/Cosiano 21-8, 21-13; Fusselman/Greenberg d. Marsh/Berkemeier 21-9, 21-8; Sanders/Stern d. Miller/Wachtel 21-10, 21-19

Semi-finals: Soble/Davis d. Huss/Stitsinger 21-8, 21-8; Fusselman/Greenberg d. Sanders/Stern 21-7, 21-12

Finals: Fusselman/Greenberg d. Soble/Davis 21-13, 17-21, 11-5

Men's Masters Doubles

Quarter-finals: Chapman/Mitchell d. Reuther/Stemple 21-7, 21-15; Alt/Randazzo d. Heidtman/Lite 21-11, 9-21, 11-8; Payne/Witham d. Lapierre/Finowski 21-10, 21-8; Kasl/Gunselman d. Merz/Honn 21-3, 21-9

Idaho

1982 Idaho State AARA Open Championships
Athletic Club of Southern Idaho
Twin Falls, April 2-4

Men's Open: 1st—Danny Green; 2nd—Gene Gibbs; 3rd—Mike Anderson

Men's Seniors (30+): 1st—Bob Boice; 2nd—Ken Benfield; 3rd—Tom Jones

Semi-finals: Chapman/Mitchell d. Alt/Randazzo 21-11, 9-21, 11-5; Kasl/Gunselman d. Payne/Witham 21-5, 21-17

Finals: Kasl/Gunselman d. Chapman/Mitchell 21-20, 21-19

Men's B Doubles

Quarter-finals: Troyan/Bayzath d. Truelson/Nieves 21-13, 21-5; Kiser/Scheider d. Bharwan/Mapes 21-9, 21-17; Schindler/Galamb d. Demain/Goldstein 21-19, 21-3; Manson/Carper d. Figlar/Krug 21-4, 21-8

Semi-finals: Troyan/Bayzath d. Kiser/Scheider 21-8, 21-15; Schindler/Galamb d. Manson/Carper 21-13, 21-14

Finals: Troyan/Bayzath d. Schindler/Galamb 21-16, 21-19

Women's Open

Quarter-finals: Becky Callahan d. LuAnn Gifford 21-1, 21-10; Kathy Roack d. Tammy Horrocks 21-15, 21-15; Elaine Mardas d. Lauri Thomas 21-11, 21-17; Karen Perlic d. Suzie Helfrich 16-21, 21-7, 11-7

Semi-finals: Callahan d. Roack 21-8, 21-19; Mardas d. Perlic 21-13, 18-21, 11-3

Finals: Callahan d. Mardas 21-16, 21-10

Women's A

Quarter-finals: Nan Vantrease d. Joyce Snell 21-15, 14-21, 11-7; Mary Lakatos d. Chris Fischer 21-8, 21-6; Linda Shepard d. Dee Mauser 21-16, 21-15; Paige Sutherland d. Daniele Morgan 21-15, 21-12

Semi-finals: Lakatos d. Vantrease 21-8, 21-12; Shepard d. Sutherland 5-21, 21-16, 11-9

Finals: Lakatos d. Shepard 21-11, 21-19

Women's Veterans

Quarter-finals: Shelley Ogden d. Barbara Jo Grant 19-21, 21-5, 11-8; Michele Cullen d. Daniele Morgan (forfeit); Shirley Strickland d. Salina Harkleroad 21-20; Cookie Wachtel d. Heidi Gilman 21-5, 21-10

Semi-finals: Ogden d. Cullen 21-15, 21-10; Strickland d. Wachtel 10-21, 21-9, 11-10

Finals: Strickland d. Ogden 21-17, 21-14

Women's B

Quarter-finals: Ila Logan d. Joan Szkytak 21-15, 21-12; Jill Brown d. Kathy Schmelzer 21-11, 20-21, 11-3; Pat Wiedle d. Judy Amaddio 21-14, 21-4; Dawn Saltgaver d. Toeniskoetter 19-21, 21-14, 11-4

Semi-finals: Logan d. Brown 14-21, 21-6, 11-3; Wiedle d. Saltgaver 9-21, 21-10, 11-8

Finals: Logan d. Wiedle 9-21, 21-12, 11-8

Women's C

Quarter-finals: Laurie Wade d. Amy Karack 15-21, 21-16, 11-5; Nancy Laurent d. Darlene Adams 21-10, 21-16; Nancy DeNucci d. Vicki Motil 21-10, 21-9; Pat Barnhurst d. Cecilia Mikla 21-16, 21-10

Semi-finals: Laurent d. Wade 15-21, 21-9, 11-10; Barnhurst d. DeNucci 21-2, 21-18

Finals: Laurent d. Barnhurst 21-12, 21-20

Women's Open Doubles

Quarter-finals: Perlic/Callahan d. Morick/Horrocks 21-6, 21-6; Gifford/Ogden d. Chapman/Westmark; Harrison/Snell d. Ralles/Wachtel 21-17, 21-14; Thomas/Strickland d. Beattie/Logan 21-4, 21-6

Semi-finals: Perlic/Callahan d. Gifford/Ogden 21-14, 21-12; Thomas/Strickland d. Harrison/Snell 21-16, 21-10

Finals: Perlic/Callahan d. Thomas/Strickland

Women's B Doubles

Quarter-finals: Buffington/Ysseldyke d. Mallet/Kunkle (forfeit); Lakatos/Rudo d. Sutherland/Thomas 21-17, 21-9; Kattman/Christian d. Manley/Head 21-8, 21-14; Kuestner/Hutching d. Young/Hardebeck 21-13, 21-14

Semi-finals: Rudo/Lakatos d. Buffington/Ysseldyke 21-17, 21-7; Kattman/Christian d. Kuestner/Hutchins 21-12, 21-11

Finals: Rudo/Lakatos d. Kattman/Christian 21-16, 21-16

Juniors 17 & Under

Quarter-finals: Tim Anthony d. Jim Bolger 21-13, 21-5; Jim Leone d. Mike Clark 10-21, 21-19, 11-9; Doug Ganim d. Steve Finowski 21-12, 21-13

Semi-finals: Anthony d. Leone 21-18, 11-21, 11-5; Ganim d. Salvator 21-14, 21-20

Finals: Ganim d. Anthony 21-11, 21-8

Juniors 15 & Under

Quarter-finals: Victor Sedlacko d. George Trenchard 21-16, 21-12; Greg Davis d. Randy Frontera 21-11, 21-17; Ken Stern d. Jim Gabel 21-3, 21-11; Ron Krug d. Mike Lambert 21-18, 21-4

Semi-finals: Davis d. Sedlacko 21-9, 21-12; Krug d. Stern 17-21, 21-8, 11-5

Finals: Krug d. Davis 21-4, 21-14

Juniors 13 & Under

Quarter-finals: Eric Liss d. Steve Piatek 21-6, 21-8; Eric Stickel d. Tony Zile 21-5, 21-2; Brian Lippert d. Rich Hunt 21-19, 21-3, 11-5; Todd Brandenburg d. Ed Isla 21-2, 21-6

Semi-finals: Stickel d. Liss 18-21, 21-4, 11-8; Brandenburg d. Lippert 21-11, 21-16

Finals: Stickel d. Brandenburg 21-20, 21-13

Colorado

Denver YMCA Racquetball Open Tournament
Central YMCA
Denver, April 19-23, 1982

Men's B: Stephen Bradley d. Pepper Fouroux 21-10, 21-15

Men's C: Alan Pomeranz d. Jim Leinback 21-13, 21-18

Men's Novice: Nick Eichhorn d. John Asherman 21-14, 17-21, 11-6

Women's B: Ann Williams d. Madelon Eichhorn 21-15, 19-21, 11-9

Women's C: Susan Bolton d. Jill Gardner 21-8, 21-8



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Texas

The 1982 Supreme Court Lone Star Pro/Am was held at the Supreme Court Racquet Club and Fitness Center North, in Austin, TX, April 21-25. Nike Sportswear and Nautilus Industries co-sponsored the event with the Supreme Courts.

Along with the top 12 Catalina pros (except for Don Thomas, who dropped out at the last minute), the tournament attracted a great number of top players outside the Catalina group. Bret Harnett knocked 'em dead by winning his first pro tour victory.

Men's Pro

Quarter-finals: John Eggerman d. Steve Strandemo 11-9, 11-7, 11-5; Jerry Hilecher d. Mike Yellen 11-4, 10-11, 11-5, 11-4; Bret Harnett d. Rich Wagner 11-4, 11-10, 11-9; Dave Peck d. Craig McCoy 11-4, 11-8, 9-11, 11-5

Semi-finals: Harnett d. Peck 11-4, 5-11, 11-8, 11-8; Hilecher d. Eggerman 8-11, 11-1, 11-1, 11-8

Finals: Harnett d. Hilecher 9-11, 11-7, 6-11, 11-5, 11-5

Men's Open

Quarter-finals: Ben Koltun d. Jeff Kwartler 14-21, 21-12, 11-4; Larry Meyers d. Kenny Kaihanen 21-18, 21-5; Gary Merritt d. Louis Miranda 21-3, 21-13; Jerry Price d. Bob Philippe 21-10, 7-21, 11-4

Semi-finals: Koltun d. Meyers 21-18, 21-19; Price d. Merritt 21-13, 21-16

Finals: Koltun d. Price 21-18, 18-21, 11-8

Men's Seniors

Quarter-finals: John Avert d. Bob Davidson 21-5, 21-11; Barry Watson d. Joe Lambert 21-12, 21-13; Don Glasgow d. Larry Spiller 21-5, 21-13; Rufus Martinez d. Dick Vert 21-4, 21-4

Semi-finals: Watson d. Avert 21-4, 21-16; Martinez d. Glasgow 21-9, 19-21, 11-0

Finals: Martinez d. Watson 21-13, 10-21, 11-8

Men's B

Quarter-finals: Mike Nugent d. Steve Bumpas 21-13, 16-21, 11-1; Rick Aus d. Ken Woodfin 21-20, 21-18; Kerry McLain d. Frank Gibbons 17-21, 21-8, 11-7; Bill Taliafero d. Ford Lowcock 21-10, 21-14

Semi-finals: Nugent d. Aus 21-3, 21-15; McLain d. Taliafero 21-20, 17-20, 11-8

Finals: Nugent d. McLain 21-14, 21-18

Women's Open

Quarter-finals: Brenda Young d. Leah Simms 21-5, 21-14; Rene Lowden d. Amy Kinkade 4-21, 21-8, 11-9; Becky Marshall d. Linda Porter 21-5, 21-17; Margaret Lucas d. Diane Bohling 21-15, 21-12

Semi-finals: Young d. Lowden 21-6, 21-14; Marshall d. Lucas 21-3, 21-13

Finals: Young d. Marshall 21-13, 15-21, 11-10

Women's Seniors (Round Robin—order of finish): 1st—Bonner Wilhelm; 2nd—Kathy Bork; 3rd—Pat Boone

Women's B

Quarter-finals: Leah Simms d. Donna McIsaac 9-21, 21-16, 11-9; Debbie Winter d. Melinda Longtain 21-15, 21-11; Coleen Daly d. Diane Walkey 21-17, 21-6; Cheri White d. Nicole LeLong 21-19, 21-19

Semi-finals: McIsaac d. Winter 21-16, 21-11; LeLong d. Daly 21-5, 21-11

Finals: LeLong d. Winter 21-15, 21-15

New York

1982 All Sport Pro/Am Racquetball Classic
All Sport Fitness and Racquetball Club
Fishkill, April 23-25

Pro Mixed Doubles

Quarter-finals: Shannon Wright/Pete Wright d. Gus Komaralez/Heather Stupp 3-1, 3-0; Mike Levine/Fran Davis d. Jim Cascio/Mary Dee 3-0, 3-0; Ruben Gonzales/Laura Martino d. Greg McDonald/Martha McDonald 3-0, 3-2; Art Deimar/Janelle Marriott d. Heather McKay/Brian Valin 3-2, 0-3, 15-8

Semi-finals: Wright/Wright d. Levine/Davis 3-2, 3-1; Gonzales/Martino d. Deimar/Marriott 3-1, 3-1

Finals: Gonzales/Martino d. Wright/Wright 3-0, 1-3, 15-12

Amateur Results

Men's A

Quarter-finals: Mark Bennett d. Don Alvarez Jr. 21-10, 21-19; Don Costeleigh d. Jerry Martin; Ken Teape d. Tab Mak 21-17, 21-11; Mike Clifford d. Larry Frey 13-21, 21-15, 11-5

Semi-finals: Bennett d. Costeleigh 21-17, 21-15; Teape d. Clifford 21-6, 21-18

Finals: Teape d. Bennett (forfeit)

Men's Veteran Open

Quarter-finals: Pete Wright d. Dave Berrard 21-9, 21-19; Glen Moolchan d. Dave Janelle 11-21, 21-13, 11-2; Jim Winterton d. Rich Devito 12-21, 21-10, 11-2; Barry Russell d. Julian Gershaw 21-17, 21-17

Semi-finals: Wright d. Moolchan 21-4, 21-4; Winterton d. Russell 21-14, 21-15

Finals: Wright d. Winterton 21-19, 21-20

Men's Masters

Quarter-finals: Robert Peco d. John Wheeler 21-11, 15-21, 11-10; Al Shapiro d. Mike Frankel 9-21, 21-8, 11-9; Steve Nurbun d. Saal Lesser (forfeit); Robert Lake d. Gerry Greitzer 21-15, 21-11

Semi-finals: Shapiro d. Peco 16-21, 21-14, 11-8; Lake d. Nurbun 21-10, 21-9

Finals: Lake d. Shapiro 21-3, 21-9

Men's Veteran C

Quarter-finals: Bob Anderson d. Jim Thalmair 21-19, 21-16; Jack Hurley d. Greg Hutson 19-21, 21-15, —; Mike Force d. Bob Thom 21-8, 21-5; Howard Spaeth d. Irv Cowel 21-14, 21-7

Semi-finals: Hurley d. Anderson 21-19, 21-12; Spaeth d. Force 21-18, 21-18

Finals: Hurley d. Spaeth 21-19, 21-6

Men's B

Quarter-finals: Mike Daniels d. Bruce Stegner 21-14, 21-12; Joe Corso d. James Clark 21-11, 21-15; Jerry Santoro d. Joe Cicco 21-19, 16-21, 11-5; Mike Neives d. Al Pitegoff 21-18, 21-10

Semi-finals: Daniels d. Corso 21-13, 21-16; Santoro d. Neives 21-11, 9-21, 11-0

Finals: Santoro d. Daniels 21-13, 21-20

Men's BB

Quarter-finals: Bill Komisar d. Mark Zayas 21-19, 21-6; Leo Gannon d. Jay Calnen 21-20, 21-19; Bob Deshong d. Peter Spitalny 21-3, 21-6; Tony Soro d. Ralph Neives 8-21, 21-6, 11-3

Semi-finals: Komisar d. Gannon 21-3, 21-5; Deshong d. Soro 21-4, 21-6

Finals: Komisar d. Deshong 19-21, 21-10, 11-6

Men's C

Quarter-finals: Steve Arizmendi d. John Pahepinto (forfeit); Wally Menders d. Nolan Glantz 21-18, 21-18; Tom Foster d. Kevin Lee 21-19, 15-21, 11-8; John Rosado d. John Calderone 21-14, 21-11

Semi-finals: Arizmendi d. Mende 21-8, 21-2; Rosado d. Foster 21-13, 15-21, 11-9

Finals: Arizmendi d. Rosado 21-20, 21-6

Men's CC

Quarter-finals: Ed Rodriguez d. Clyde Smith; Ken Mitchell d. Kevin Feniger 21-8, 21-12; Jeff Pitegoff d. Mike Kohlsdorf 21-2, 21-8; Joe Saldiveri d. Richard Corso 21-18, 16-21, 11-10

Semi-finals: Mitchell d. Rodriguez 21-15, 20-21, 11-6; Pitegoff d. Saldiveri 21-18, 16-21, 11-10

Finals: Mitchell d. Pitegoff 19-21, 21-12, 11-2

Men's Open Doubles

Quarter-finals: Hugh Klein/Dan Obremski d. Mike Pacella/Mike Neives 21-16, 21-16; Dave Janelle/Barry Russell d. Don Alvarez Sr./Don Alvarez Jr. 21-11, 21-19; Tom Montalbano/Ron DiGiocomo d. Joe Corso/Joe Tumminia 21-11, 21-10; Steven Volk/Jerry Martin d. Rich DeVitto/Tab Mak 11-21, 21-10, 11-8

Semi-finals: Klein/Obremski d. Janelle/Russell 21-15, 21-18; Volk/Martin d. Montalbano/DiGiocomo 21-12, 2-21, 11-5

Finals: Klein/Obremski d. Volk/Martin 14-21, 21-17, 11-3

Men's B Doubles

Quarter-finals: Doug Dobrenski/Joe Kein d. Dave Berard/John Martin 21-17, 16-21, 11-5; Al Shapiro/Bob Hooper d. John DeGrodt/Al Pitegoff 21-2, 17-21, 11-0; Robert Lake/Glen Moolchan d. Tom Jones/Vai Peco 21-14, 21-13; Mark Havis/Mike Daniels d. Don Costeleigh/Steve Robin (forfeit)

Semi-finals: Dobrenski/Klein d. Shapiro/Hooper 13-21, 21-18, 11-7; Lake/Moolchan d. Havis/Daniels 12-21, 21-10, 11-4

Finals: Dobrenski/Klein d. Lake/Moolchan 21-11, 21-19

Men's C Doubles

Quarter-finals: Joe Sendra/Mark Daigle d. John Sarica/Tom Foster 21-11, 21-14; Mike Force/Mark Zayas d. Roger Poulton/Bill Purdy 21-2, 20-21, 11-2; Jay Calnen/Bob Deshong d. Jack Mautner/Eric Larsen 21-14, 7-21, 11-3; Kevin Lee/Nolan Glantz d. Ralph Neives/Bob Anderson 21-17, 14-21, 11-7

Semi-finals: Force/Zayas d. Sendra/Daigle 21-11, 19-21, 11-9; Calnen/Deshong d. Lee/Glantz 21-9, 21-8

Finals: Force/Zayas d. Calnen/Deshong 8-21, 21-19, 11-7

Women's Open

Quarter-finals: Beth Crawley d. Dena Rosenti 21-4, 21-4; Cindy Baxter d. Leslie Clifford 21-12, 21-16; Carol Pranks d. Ann Baril 21-8, 21-15; Linda Forcade d. Beth Latini 21-8, 21-7

Semi-finals: Crawley d. Baxter 14-21, 21-11, 11-1; Forcade d. Pranka 21-12, 21-10

Finals: Forcade d. Crawley 21-17, 21-13

Women's B

Quarter-finals: Lisa Hoffman d. Jody Grassman 21-16, 17-21, 11-7; Joyce Francis d. Lynn Savino 21-7, 21-9; Gladys Tabone d. Barb Meredith 19-21, 21-15, 11-2; Carol Andreson d. B. J. Pritchett 21-1, 21-2

Semi-finals: Hoffman d. Francis 21-10, 9-21; Andreson d. Tabone 21-3, 21-15

Finals: Andreson d. Hoffman 21-10, 21-3

Women's C

Quarter-finals: Maria Poulton d. Paula Lomasney 21-6, 21-20; Sheila Muller d. Pat Meiluray 21-15, 5-21, 11-5; Nancy Kane d. Rosemary Passarelli 21-12, 21-16; Skip Rochette d. Doreen Lleras 21-6, 21-8

Semi-finals: Muller d. Poulton 21-6, 21-20; Kane d. Rochette 21-13, 21-16

Finals: Muller d. Kane 21-7, 21-16

Women's CC

Quarter-finals: Gail Morris d. Theresa Rosado 21-14, 21-12; Aura Levine d. Joan Ventullo 15-21, 21-8, 11-9; Susan Young d. Jacquie Dodson 21-14, 21-8; Ellen Pitegoff d. Linda Pellicano 21-11, 21-13

Semi-finals: Levine d. Morris 21-13, 21-15; Young d. Pitegoff

Finals: Young d. Levine 21-16, 21-18

Women's C Doubles

Quarter-finals: Linda Taylor/Fran Shevetone (bye); Gladys Tabone/Lynn Savino d. Donna Perras/Dee Beers; Sue Young/Carmella Lombardo d. Carol Seitz/Joan Ventullo 21-16, 21-19; B. J. Pritchett/Skip rochette d. Fran Zyglewitz/Terri Safares 21-9, 21-2

Semi-finals: Tabone/Savino d. Taylor/Shevetone 21-8, 21-8; Young/Lombardo d. Pritchett/Rochette 21-15, 6-21, 11-4

Finals: Tabone/Savino d. Young/Lombardo 11-21, 21-7, 11-5

Juniors 14 & Under

Quarter-finals: Jay Trembly d. Darren Adler (forfeit); Mike Smith d. Pat Davey 21-4, 21-5; Jim Salvato d. Ed Audi 21-17, 21-15; Rich Varazano d. Ed Messina 21-8, 21-5

Semi-finals: Smith d. Trembly (forfeit); Varazano d. Salvato 21-10, 21-20

Finals: Varazano d. Smith 21-8, 21-14

Juniors 12 & Under

Quarter-finals: Eric Crawford (bye); Robbi Thorne d. Billy Austin 21-16, 21-2; Dave Pitegoff d. Jason Mannino 21-10, 21-11; Steve Cowies d. Paul Luciano 21-1, 21-9

Semi-finals: Crawford d. Thorne 21-2, 21-20; Pitegoff d. Cowies 21-17, 14-21, 11-4

Finals: Pitegoff d. Crawford 21-7, 21-14

Colorado

Spring Racquetball Classic
Sponsor: Michelob Light
Evergreen Athletic Club
Evergreen, CO
April 29-May 2, 1982

Men's Open

Quarter-finals: Sanchez d. Devine 21-12, 21-8; Farkas d. Brookens 21-12, 16-21, 11-4; Hansen d. Stone 15-21, 21-14, 11-9; Bilgere d. Latimer 21-8, 12-21, 11-8.

Semi-finals: Sanchez d. Farkas 21-2, 21-9; Bilgere d. Hansen 21-19, 21-15.

Finals: Sanchez d. Bilgere (forfeit); **Third:** Farkas d. Hansen 21-16, 20-21, 11-4.

Women's Open

Semi-finals: Turner d. Baker 21-20, 6-21, 11-6; Britton d. Flores 21-7, 21-1.

Finals: Britton d. Turner 21-7, 10-21, 11-8; **Third:** Flores d. Baker 4-21, 21-16, 11-5.

Men's B

Quarter-finals: Beckwith d. Redmens 21-16, 21-6; Creel d. Helm 21-9, 21-10; Parking d. Jacobs (forfeit); Booth d. Veech 18-21, 21-13, 11-7.

Semi-finals: Beckwith d. Creel 21-5, 21-10; Parkin d. Booth 21-10, 21-10.

Finals: Parkin d. Beckwith 21-4, 8-21, 11-9; **Third:** Creel d. Booth (forfeit).

Women's B

Quarter-finals: Eichhorn d. Casebeer 21-15, 20-21, 11-9; Schroer d. Grant 21-9, 21-3; Tarwater d. Allen 21-20, 14-21, 11-7; Williams d. Propp 21-17, 19-21, 11-4.

Semi-finals: Eichhorn d. Schroer 21-17, 21-8; Williams d. Tarwater 21-8, 21-13.

Finals: Williams d. Eichhorn 21-19, 21-15; **Third:** Schroer d. Tarwater 21-3, 21-10.

Men's C

Quarter-finals: Harm d. Eichhorn 21-11, 14-21, 11-4; Hansen d. Kolich 21-13, 21-9; Casebeer d. Harm 18-21, 21-19, 11-3; Williams d. VanDellen 14-21, 21-15, 11-7.

Semi-finals: Hansen d. Harm 21-12, 17-21, 11-7; Williams d. Casebeer 21-17, 5-21, 11-9.

Finals: Hansen d. Williams 21-19, 21-14; **Third:** Harm d. Casebeer 21-8, 15-21, 11-3.

Women's C

Quarter-finals: Ladd d. Rawley 21-19, 21-16; Foster d. Keeney 21-16, 21-15; St. Peter d. Nafziger 21-19, 21-17; Gardner d. VanDellen 21-5, 21-15.

Semi-finals: Foster d. Ladd 21-10, 21-15; Gardner d. St. Peter 21-10, 16-21, 11-2.

Finals: Foster d. Gardner 21-13, 21-4; **Third:** Ladd d. St. Peter 21-12, 21-10.

Men's Novice

Quarter-finals: Hawkins d. Foster 21-8, 21-14; Trickel d. J. Gysin 21-0, 21-6; Turner d. Raymond 21-8, 21-3; Ehrhardt d. T. Gysin 21-19, 21-15.

Semi-finals: Hawkins d. Trickel 21-2, 21-15; Turner d. Ehrhardt 19-21, 21-12, 11-7.

Finals: Hawkins d. Turner (injury default); **Third:** Trickel d. Ehrhardt 16-21, 21-11, 11-8.

Women's Novice

Quarter-finals: Veech d. Ross 21-18, 21-16; Felthoven d. Birnbaum 21-16, 21-18; Hollensbe d. Smith 21-6, 21-10; Flanagan d. Asch 21-7, 21-1.

Semi-finals: Felthoven d. Veech 21-10, 21-12; Flanagan d. Hollensbe 21-7, 21-9.

Finals: Felthoven d. Flanagan 21-11, 21-11; **Third:** Hollensbe d. Veech 21-16, 5-21, 11-7.

Men's Seniors

Semi-finals: Garcia d. Muncaster 21-4, 21-5; Turner d. Douglas 21-11, 21-11.

Finals: Turner d. Garcia 21-10, 15-21, 11-3; **Third:** Muncaster d. Douglas (forfeit).

Minnesota

1982 Minnesota State Singles Championships
Burnsville Racquet & Swim Club
Burnsville, MN
April 30-May 2

Men's Open: 1st—Kauss; 2nd—Adam; 3rd—Farrell

Men's A: 1st—Larsen; 2nd—Vannurden; 3rd—McEnaney

Men's B: 1st—Wayne; 2nd—Martens; 3rd—Lichty

Men's C: 1st—O'Keefe; 2nd—Gourley; 3rd—Feeley

Men's Novice: 1st—Roosmalen; 2nd—Stilwell; 3rd—Martin

Men's Vets 30+: 1st—Peterson; 2nd—Neilson; 3rd—Deutsch

Men's Vets 35+: 1st—Warner; 2nd—Gorman; 3rd—Chastain

Men's Vets 40+: 1st—B. Schmidtke; 2nd—Carpenter; 3rd—Anderson

Men's Vets 45+: 1st—E. Eiken; 2nd—McNamara; 3rd—Ottum

Men's Vets 50+: 1st—Stillman; 2nd—Wilson; 3rd—Failek

Women's Open: 1st—Kauss; 2nd—Osterberg; 3rd—Hannes

Women's A: 1st—Decker; 2nd—Mueller; 3rd—Vanslooten

Women's B: 1st—Lybeck; 2nd—Tilsen; 3rd—Lusk

Women's C: 1st—Kelsey; 2nd—Hilgers; 3rd—Mobbs

Women's Novice: 1st—Petersen; 2nd—Steele; 3rd—Baker

Juniors 10 & Under: 1st—D. Locker; 2nd—B. Eiken; 3rd—Echternach

Juniors 13 & Under: 1st—M. Locker; 2nd—Sibell; 3rd—J. Schmidtke

Juniors 15 & Under: 1st—Stead; 2nd—Moes; 3rd—Kramer

Juniors 17 & Under: 1st—Erickson; 2nd—Rosland; 3rd—Schepman

California

1982 Annual Spring Tournament
Supreme Court Sports Center
San Jose, CA

Men's Open: Hvistendahl d. Scardina

Men's B: Forbes d. Simeral

Men's C: Setty d. Neipp

Men's Novice: Gouveia d. Rodriguez

Women's Open: M. Quadros d. Serpa

Men's Seniors: B. Quadros d. Ruiz

Men's Doubles: Scardina/Dougherty d. Hvistendahl/Echevarria

New Mexico

AARA Region #12 Racquetball
Tournament
Sponsored by Penn and Lite Beer
Tom Young's Athletic Club
Albuquerque, NM April 29-May 2

Men's Open

Quarter-finals: Evan Terry d. Ron Nelson 21-14, 21-3; Tom Neill d. Luis Miranda 16-21, 21-14, 15-14; Rick Wright d. Jim Cornfield 21-15, 21-3; Gary Mazaroff d. Doug Cerea 21-5, 21-11

Semi-finals: Terry d. Neill 21-14, 21-14; Mazaroff d. Wright 21-18, 21-14

Finals: Terry d. Mazaroff 21-16, 21-19

Men's A

Quarter-finals: Carlos Miranda d. David Nevarez 16-21, 21-9, 15-12; Don Harvel d. Roland Lucero (default); Dennis O'Brien d. Juan Montoya 21-12, 21-4; Luis Miranda d. Bob Bailey 21-9, 20-21, 15-3

Semi-finals: Luis Miranda d. O'Brien 21-12, 21-4; Carlos Miranda d. Harvel 21-20, 21-14

Finals: Luis Miranda d. Carlos Miranda 21-14, 21-6

Men's 30+

Semi-finals: Rich Wright d. Jim Cornfield 21-10, 21-13; Mike Williams d. Tony Sanford 21-19, 21-18, 21-19

Finals: Wright d. Williams 20-21, 21-16, 15-14

Men's 35+

Quarter-finals: Reed Barnitz d. Rich Davies 21-12, 21-11; Eric Sanchez d. Rene Ramirez 21-14, 21-9; Dennis O'Brien d. John Whisenant 21-19, 6-21, 15-7; Tony Sanford d. Joe Dennis 21-5, 21-3

Semi-finals: Sanford d. O'Brien 21-11, 21-4; Barnitz d. Sanchez 21-15, 21-18

Finals: Barnitz d. Sanford 21-17, 21-9

Men's 40+

Quarter-finals: Ed Sauer d. Charlie Nelms 21-11, 17-21, 15-10; Louis Lucero d. Jim Mazza 21-10, 21-8; Reed Barnitz d. John Kennedy 21-5, 21-7

Semi-finals: Barnitz d. Lucero 20-21, 21-3, 15-6; Ernie Nellos d. Sauer 21-5, 21-10

Finals: Nellos d. Barnitz 21-13, 21-19

Women's Open

Quarter-finals: Laura Doak d. Jan Corsie 21-19, 21-14; Mary Lou Furaus d. Shelley Fort 21-19, 16-21, 15-3; Terry Latham d. Linda Repp 16-21, 21-12, 15-21; Diane Bohling d. Terri Tanner 21-12, 21-14

Semi-finals: Bohling d. Latham 15-21, 21-9, 15-0; Doak d. Furaus 21-9, 14-21, 15-2

Finals: Bohling d. Doak 21-14, 21-9

Michigan

AARA Region #9 Racquetball
Tournament
Sponsored by Penn and Lite Beer
Davison Racquet Club
Davison, MI April 30-May 2
Director: Jim Hiser

Men's Open

Quarter-finals: Bob Wilhelm d. Dan Werner 21-1, 21-12; Bill Gottlieb d. Jim Woolcock 21-16, 17-21, 15-13; Stu Hastings d. Randy Minto 21-16, 21-14; Fred Hernandez d. Mike Lantz 21-16, 21-4

Semi-finals: Wilhelm d. Gottlieb 21-10, 21-6; Hernandez d. Hastings 21-6, 13-21, 15-6

Finals: Hernandez d. Wilhelm 21-20, 10-21, 15-6

Men's 34-40+

Quarter-finals: Tom Brownlee d. Ron Slavick (forfeit); Tom Murray d. Arthur Romito; Pete Keiser d. Jim Woodard (forfeit); Bobby Sanders d. Fred Lewerenz 20-21, 21-11 (forfeit)

Semi-finals: Brownlee d. Murray 21-3, 21-2, Sanders d. Keiser

Finals: Sanders d. Brownlee

Men's 45-50+

Quarter-finals: Hy Chambers d. Jim Emerson 21-9, 21-12; Ronald Knockeart d. Ted Dutcher 21-14, 21-12; Otis Chapman d. Jerry Miller; Al Micelli d. Don Kaufman 21-10, 21-2

Upcoming Events

Semi-finals: Chambers d. Knockeart 21-10, 21-2;
Chapman d. Micelli

Finals: Chapman d. Chambers

Men's 55-60+

Quarter-finals: Reg Lamont d. Seymour Ekelman; Joe Charette d. John Jokubaitis 21-12, 21-17; Jim Miller d. R.W. Stager 21-6, 21-11; Richard Caretti d. Jack Hancock 21-9, 21-2

Semi-finals: Charette d. Lamont 21-15, 21-5; Caretti d. Miller

Finals: Caretti d. Charette 21-9, 21-3

Men's A

Quarter-finals: Douglas Ganim d. Mike Lubbers 21-5, 21-17; Sean Woodard d. Chuck Calhoun 21-7, 21-20; Charlie Chapell d. Jim Hiser 21-6, 17-21, 15-2; Ted Dutcher d. Ken Harper 9-21, 21-15, 15-14

Semi-finals: Ganim d. Woodard 21-8, 21-3; Dutcher d. Chapell 21-15, 17-21, 15-13

Finals: Ganim d. Dutcher 21-5, 21-9

Men's B

Quarter-finals: Mike Zwierzchowski d. Tony Brookshire 21-11, 21-7; Ross Luxon d. Craig Barr 21-11, 21-11; Chuck Calhoun d. Doug Wood 21-10, 18-21, 15-4; Marc Van Dis d. Bud Holliga 21-3, 21-3

Semi-finals: Luxon d. Zwierzchowski 21-17, 21-10; Calhoun d. Van Dis 21-7, 21-20

Finals: Luxon d. Calhoun 21-13, 21-11

Men's C

Quarter-finals: Troy Hall d. Tom Polagrove 21-15, 21-5; David Lepczyk d. Jim Gabel 21-3, 21-13; John Bishop d. Steve Knelp 21-13, 17-21, 15-5; Paul Leggat d. Doug Gage 21-15, 21-16

Semi-finals: Lepczyk d. Hall 21-16, 18-21, 15-12; Leggat d. Bishop 21-15, 19-21, 15-14

Finals: Leggat d. Lepczyk 21-10, 21-19

Men's D

Quarter-finals: Frank Baroski d. Dan Strutz 8-21, 21-17, 15-13; Julian Fecher d. Rick Parkhurst 21-16, 21-12; Jimmy Floyd d. Robert Willyard 21-10, 21-18; Pat Hendren d. Wayne Booden 21-6, 21-8

Semi-finals: Fecher d. Baroski 21-8, 21-13; Floyd d. Hendren 21-5, 21-1

Finals: Fecher d. Floyd 21-16, 20-21, 15-13

Women's Open

Quarter-finals: Elaine Mardas (Bye); JoEtta Hastings d. April Cummins 21-9, 21-8; Lisa Ecker d. Vicki Anderson 21-16, 21-18; Cathie Stellema d. Shirley Strickland 21-8, 21-10

Semi-finals: Mardas d. Hastings; Stellema d. Ecker 21-17, 21-8

Finals: Stellema d. Mardas 21-4, 21-6

Women's A and B

Quarter-finals: Vickie Strazishar (Bye); Diane Mausar d. Linda Lutze 21-17, 14-21, 15-2; Brigitte Hartz d. Sue Hensley 21-5, 21-16; Chris Fischer d. Cindy Brookshire 21-18, 21-9

Semi-finals: Mausar d. Strazishar; Fischer d. Hartz 21-15, 15-21, 15-7

Finals: Mausar d. Fischer 21-12, 21-14

Women's C

Quarter-finals: Patty McCallum d. Sue McLean 21-3, 21-8; Sally Kurth d. Terri Floyd 21-7, 21-11; Bridget Albosta d. Marlene Goss 21-15, 21-14; Colleen Minto d. Julie Laslow 21-11, 21-10

Semi-finals: McCallum d. Kurth 21-7, 21-7; Albosta d. Minto 21-10, 21-8

Finals: Albosta d. McCallum

Women's D

Quarter-finals: Donna Green d. Kim Boland 21-5, 21-2; Sharon Huczek d. Liz Hiser 21-4, 21-6; Valerie Fowler d. Carla Adams 21-19, 21-16; Laura Fox d. Shonda Jones 21-8, 21-6

Semi-finals: Green d. Huczek 16-21, 21-18, 15-6; Fox d. Fowler 21-8, 21-8

Finals: Fox d. Green 21-14, 21-18

Wisconsin

1982 Waukesha Doubles Racquetball Tournament

Sponsored by Penn and Marty's Pizza
Waukesha Racquetball and Fitness Center
Waukesha, WI May 14-15

Director: Mike Jarecki

Men's Open: 1st—Dick Ricco/Gary Gerske; 2nd—Art Guenther/Bill Bilty; 3rd—Pat Starken/Dean Molinaro

Men's A: 1st—Bruce Sinotte/Mark Davies; 2nd—Mike Roegner/Willie Gehling; 3rd—Russ Hell/Wally Plazak

Men's B: 1st—Ken Stoviak/Mark Seefeldt; 2nd—Tom Mader/Harry Jordan; 3rd—Leon Jacobson/Mickey Blankenheim

Men's C: 1st—Dan Guendart/Jim Seamandel; 2nd—Darrell Standish/Guy Schmitz; 3rd—Greg Sheehan/Jeff Rude

Women's Open: 1st—Laurie Johnson/Maureen Poirier; 2nd—Lynn Janke/Ginny Walsh; 3rd—Mary Sue Braun/Becky Schatska

Women's B/C: 1st—Carol Dobra/Mary Velosky; 2nd—Lisa Jarecki/Anna Jarecki; 3rd—Sally Fahey/Barb Drogmuller

Third Annual Lite Beer Columbus Day Shootout

October 8, 9 and 10, 1982

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Tournament Director: Luke St. Onge



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What You Told Us About Your Racquet

Over 100 readers from 37 states, plus the District of Columbia and Canada, responded to the questionnaire, "Tell Us About Your Racquet," in the July issue.

The responses reveal a high awareness among racquetball players of what makes a racquet perform well and of what they personally like and need in a racquet.

The respondents were predominantly male (78.6%), and between the ages of 25 and 44, with 38.2% replying in the 25-34 age group, and 29.2% in the 35-44 slot. The older and younger sets were represented in fewer numbers with 13.5% in the 45-54 bracket and a handful of seniors and under 18s.

Their commitment to racquetball is evident not only in the frequency with which they play, but also in the fact that 69.7% belong to a racquetball organization.

The respondents are among the most active players, with 80.2% playing three or more times a week, and most of the remainder playing at least

twice a week. They are chiefly intermediate (35.5%) and advanced (52.2%), but we also heard from a number of beginners and open level players.

They own, use and buy racquets in such numbers that it wasn't surprising to find some definite likes and dislikes reported. Most own more than one racquet, two being the most usual number (39.6%), but three, and four or more, showed at 20.9% and 23%, respectively. Only 16.5% of the players who responded possessed just one racquet.

Of the available materials for racquets, graphite led the field with 56.6% of the responding players. Aluminum came in a high second, at 27.3%. Fiberglass accounted for 12.1%, and steel was a rarity at 3%. And believe it or not, there's still a wooden racquet out there, as one player reported.

Grip sizes are concentrated in the 3 7/8 to 4 1/8 range with 61.3% of players using those sizes. Of this size range, over half are at the small end. A few players reported not knowing what

their grip size was, and simply said "Small." Very few people use a grip larger than 4 1/8 — a mere 6.2% of those who responded.

Our readers take care of their racquets and upgrade them often. Within the past year, 62.1% have had their racquet restrung, and one player reported getting it done every three weeks. Most have bought at least one new racquet in the past year; 31.6% bought one, 25.3% bought two, and 14.7% bought three or more.

These players don't flinch about paying substantial sums to get the best. An overwhelming 56% paid over \$61 for the last racquet they bought, and some indicated that they paid well over \$100. The other 44% were fairly evenly divided among the lower brackets in the \$21-\$60 range. Only 2.2% bought racquets under \$20. In light of the frequency of play reported, it makes sense that these players would go for the top of the line. If you're going to play three times or more each week, you might as well do it with the best equipment you can afford.

Question	#1 Answer	#2 Answer	#3 Answer
1. How Often Do You Play?	3 or more/week	2 / week	1 / week
2. Playing Level?	Advanced	Intermediate	Open
3. How Many Racquets?	2	4 or more	3
4. Usual Playing Racquet?	Graphite	Aluminum	Fiberglass
5. Grip Size?	3 7/8	4 1/8	3 5/8
6. Had Racquet Restrung?	Yes (62.1%)	No (37.9%)	
7. How Many Bought In Last Year	1	None	2
8. Cost of Last Racquet?	\$61 or more	\$51-60	\$31-40
9. Most Likely Buying Influence?	Feel	Playing Test	Price
10. Where Purchased?	Club pro shop	Sporting Goods Store	Mail Order
11. Pleased With Racquet?	Yes (95.6%)	No (2.2%)	Undecided (2.2%)
12. Like Most?	Weight	Balance	Control
13. Don't Like Most?	Grip	Control	Sweet Spot
14. Male or Female?	Male (78.6%)	Female (21.4%)	
15. Age?	25-34	35-44	45-54
16. State or Province?	37 States, District of Columbia and Canada responded		
17. Member of Racquetball Assn?	Yes (69.7%)	No (30.3%)	

When it came to specifying what factors would influence the purchase of their next racquet, the responses were all over the ball park. But they reveal some concentrations of concern, even though the respondents seem to have gotten excited so that their answers were a touch erratic. (A few people checked everything, a few rated everything #1, and so on.)

Among primary concerns, "Feel" received 45% of the votes as being the first criterion. "Playing Test" was a close second, with 36%. "Price" and "Advertising" each netted 4.3%, and a handful of people (3.3%) figured their local instructor's advice was tops in making their selection.

"Feel" and "Playing Test" received the lion's share of the second preference votes as well, with 30.7% and 41.7% respectively. Other factors were not significantly represented. As a third preference, price began to figure, with 36% voting it their third consideration. Another 12% reported their instructor's advice as a criterion at this level, while appearance rated third in this category at 10.9%. Players don't seem to care much what their racquet looks like, as long as it feels good in their hand and performs well on the court.

Most racquet purchases were reported as being from the local club pro shop (37.1%), with sporting goods stores in second place at 33.7%. A small number were bought at YMCAs or JCCs, and a surprising 21.3% came from mail order houses — surprising in light of how high "Feel" and "Playing Test" rated. Whatever way they acquired their racquet, though, the players were almost unanimous in being pleased with it; 95.6% replied in the affirmative.

As for what they liked, you name it. The only feature that was not rated a top consideration by anyone was appearance. Weight was tops for 24%, but grip, power, balance and control rated highest for a lot of players, with the votes divided fairly evenly in these categories and running between 16.5% and 21%.

Other than appearance, the "Sweet Spot" was least important as a first choice, with only 7.7%

Second and third preferences ran along the same lines, except that grip dropped in importance, and the "Sweet Spot" was rated third by 13%.

While the dislikes were a mixed bag, 27.9% reported no deficiencies at all in their racquets, and many expressed perfect contentment. But 21.6% complained about their grip, another 9.3% were dissatisfied about the "Sweet Spot," 7.2% felt their racquet's power was inadequate, 10.3% thought it lacked control, and smaller numbers (3-5%) were unhappy with its appearance, weight, or balance. The "Other" section drew 12.4%, with complaints about strings breaking, non-standard stringing, expense, and service problems.

When you consider how much they're willing to pay to get a racquet that can deliver the qualities they want, it's not surprising that these players take the time and trouble to ensure performance from their racquet. And since "Playing Test" and "Feel" were the top two criteria for selecting a racquet, it would be a good idea for club pro shops and sporting goods stores to attempt some arrangement for lending or renting demos so that players know what they're buying.

As people progress into the more advanced levels of play, they find it worth their while to invest substantial sums in equipment that will match their ability. Not that you can't get a serviceable racquet in the lower ranges — but that hairsbreadth of difference in top-notch equipment can make that hairsbreadth of difference in a close match. ●

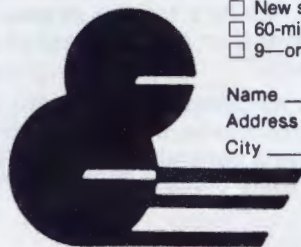
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Down In Our Cups: Caffeine And The Athlete

by Frances Sheridan Goulart

Ironically, the key to a good racquetball swing is in your feet, say experts.

But if you're down in your cups — the ones with caffeine kick — your feet (and what's attached to them) may not be doing their stuff on the courts.

Not that all the studies agree. One by David Costill of the Human Performance Laboratory at Ball State University in Madison, WI, for example, which studied the effects of caffeine on athletic performance, found that a couple of cups of coffee on the morning of competition increased the ability to perform as much as 16%. Why this worked no one understands, but the caffeine in two cups of coffee, approximately 200 milligrams, seemed to help the body burn fat, thus sparing glycogen (energy) stores. It made longer and harder easier, in other words.

Costill points out, though, that caffeine *is* a drug, and not every athlete can expect to benefit by using it this way. "20% of the population," he says, "might even have a negative reaction to caffeine..."

Caffeine — also found in lesser amounts in tea, soft drinks, cocoa and chocolate foods, in medications such as Empirin, Midol, anti-histamines and asthma drugs, and prescription pain relievers such as Darvon — is an athletic upper in the short run but a metabolic poison in the long run.

And although it's not the only way to fly, a lot of players can't seem to warm-up or even get up in the A.M. without it.

If you are a typical highly active racquetball player, you are drinking 46% more fruit juices and up to 70% more water than you did before you got on the courts. But that doesn't mean you left caffeinated drinks like coffee and coke far behind.

The average athletically involved individual, in fact, drinks 12 to 19% *more* caffeinated carbonated diet soda than he did when he was on the sidelines. And he probably drinks 2.58 cups of caffeinated coffee a day, too. To the 100 or more mgs. of caffeine in every cup of coffee and the 30 to 40 mgs. in every can of cola, add the miscellaneous milligrams of caffeine that come from candy bars, hot cocoa, chocolate ice cream, coffee yogurt, aspirins, and muscle relaxers like Darvon and by day's end, the caffeine total can be hazardously high. Especially when you do it all over again tomorrow.

If you're taking in a lot you could have a lot to worry about. Chemically, caffeine is a member of the same alkaloid chemical group as morphine, nicotine, cocaine and strychnine. All have addictive properties. Although with daily use we develop a tolerance to the stimulation, our glands eventually lose their ability to function normally. No wonder. Ten grams will kill you, and a gallon drunk in less than three hours will wipe out your body's supply of vitamin B-1 and C. A minute amount of caffeine, in fact, can kill within minutes if injected into the skin of animals.

Caffeine is a contradictory substance. It stimulates, it comforts, it relieves headaches, creates malnutrition and hypovitaminosis, and changes the metabolism.

"You can lose up to a pound a week without dieting by using coffee or tea," says Derek Miller, a nutritional researcher at the University of London. *"Three cups of coffee or tea step up the metabolism by 10 percent. A large breakfast with three cups of tea or black coffee increases your metabolic rate by a total of 25 percent — more than the breakfast or coffee alone."*

Thanks to its caffeine content, coffee relieves drowsiness, masks fatigue and creates a general sense of well-being, as every player knows. In

moderate doses — one to two cups — it helps produce a clearer train of thought on the courts and probably improves your shot-making ability and reaction time.

"At the same time, however," warns *New York Times* Personal Health Columnist Jane E. Brody, *"caffeine can interfere with fine muscular coordination and, possibly, accuracy of timing. Drinking several cups of coffee at one time or 10 or more cups a day can cause irregular or rapid heart beats; insomnia, upset stomach; and increased breathing rates; blood pressure and body temperatures."*

Instant coffee, for example, is an extremely rich source of the electrolyte mineral magnesium, supplying 2,068 mg. per lb. — almost as much as wheat bran. It supplies good levels of the B-vitamin niacin, but it also takes them away because caffeine is a diuretic. (Niacin itself is a stimulant, a natural one, non-toxic at any dose. A 100 to 250 mg. tablet will get you up and moving. A gram is enough to raise the dead.) The caffeine in coffee makes it a narcotic, says the *FDA Consumer*, and the occasional over-roasting of the bean, which creates nitrosamine-provocative substances, qualifies coffee as a catalyst in the cancer-making process.

If you drink coffee, therefore, don't use it to wash down foods that contain amines (many medications) and foods that contain nitrates (cured meats). This is the way nitrosamines are formed in the stomach.

There is not a vital organ in the body that isn't affected by caffeine. In March 1981, for example, Harvard University researchers announced a statistical link between coffee and cancer of the pancreas. The pancreas produces enzymes vital to digestion and the hormone insulin for sugar metabolism. Pancreatic cancer claims 22,000 lives a year. It is the fifth largest cause of cancer death in the U.S. behind cancer of the lungs, colon, breast and prostate. It is also virtually incurable; fewer than 2% of patients survive five years after diagnosis.

Frances Sheridan Goulart is an athlete, a vegetarian, and a nutrition writer whose most recent books are *The Vegetarian Weight Loss Cookbook* (Simon & Schuster, 1982), and *The Eating To Win Cookbook* (Stein & Day, to be published Spring 1983).

Fitness in America Survey
Rodale, I.J. *My Own Technique of Eating For Health* (Rodale Books, 1969)
The Runner, January 1980
Wetherall, Charles F. *Kicking The Caffeine Habit* (Wetherall Publishing Company)

Even moderate levels of 250 to 300 mg. a day — the amount found in three to four cups of regular coffee, four cups of full strength tea (non-herbal), five cans of caffeinated cola or five cups cocoa (a daily total of 250-300 mg. caffeine) — can double adrenaline output, cause a 75% jump in the hormone norepinephrine, which increases blood pressure and makes you feel "high," increase your respiratory rate by 20%, your blood pressure by 10%, and at the very least, increase appetite. It also causes fatigue by lowering blood sugar levels and interferes with your digestion by increasing stomach acidity.

At higher doses of 500 mg. or more, caffeine may increase the risk of ulcers by 72%, and interfere with

psychological well-being. While 50% of all coffee drinkers put up with gastrointestinal problems, 42% of all heavy coffee drinkers suffer from anxiety neurosis.

Caffeine can cause vitamin deficiency states, including very low vitamin C and B-complex levels. It also accelerates the excretion of the electrolyte minerals zinc, calcium and potassium.

According to Dr. Doris M. Hilker, an associate professor in the Department of Food and Nutritional Sciences at the University of Hawaii's College of Tropical Agriculture, studies reveal that heavy consumption of caffeinated coffee can reduce vitamin B-1 (thiamine) levels in the body as much as 50%. For caffeinated tea drinkers, it's 60%.

When people have a vitamin B-1 deficiency," she said, "they become tired, nervous . . . they have general malaise, aches and pains, particularly at night. This progresses to a kind of tingling in the legs, feet, and then it goes on to cardiovascular disturbances . . ."

Hardly sounds as if caffeine will improve your racquetball game, after all.

The effects of caffeine show up within 30 to 60 minutes of its ingestion and last several hours, and only half the amount consumed is gone from your body three and a half hours later.

Re-examine your caffeine intake. If you can't quit, consider cutting down by switching to herb teas, decaf or grain-based coffee substitutes. Or make it yourself. ●

A Healthy Alternative?

Racquetball Brew (caffeine-free)

Mix 1 tablespoon Blackstrap molasses with ½ teaspoon of ginger, slowly pour on ½ cup boiling water and boil 1 minute. Add hot milk and serve.

Blackstrap molasses is a superior source of potassium, iron, calcium and magnesium, minerals that regular caffeinated coffee drinking depletes from the system.

Caffeine-free Cappuchino

1. Heat (don't boil) 1 cup of milk.
2. Add 1 teaspoon or more roasted chicory. Steep 5 to 10 minutes.
3. Strain; sweeten to taste. Has a rich, creamy cocoa-like taste with one of the calories, none of the caffeine.

Available at gourmet shops, health food stores and coffee specialty shops, chicory is derived from a plant rich in B-vitamins and trace minerals. And it's nothing new! Many of the

best restaurants use ground chicory in their coffee since it greatly improves the taste. During World War II when coffee was unavailable, chicory was sold in markets as a substitute.

Coffee and Tea*	Caffeine per 6 oz. (approximate)
Percolated coffee	65-160 mg.
Drip coffee	150 mg.
Instant coffee	44-93 mg.
Regular decaffeinated	4.5 mg.
Instant decaffeinated	2 mg.
Tea (weak)	8 mg.
Tea (strong)	46 mg.
Soft Drinks	per 12 oz.
Dr. Pepper	61 mg.
Mr. Pibb	57 mg.
Mountain Dew	49 mg.
Tab	45 mg.
Coca-Cola	42 mg.
RC Cola	36 mg.
Pepsi-Cola	35 mg.
Diet Pepsi	34 mg.
Aspen	33 mg.
Foods	per 1 oz.
Milk chocolate	6 mg.

*Figures fluctuate depending on the brand. For example, here are the reported caffeine levels in 3 popular brands of instant freeze-dried coffees:

Taster's Choice	—	52 mg.
Maxim	—	62 mg.
Kroger	—	44 mg.

Non-Prescription Drugs*	per pill or capsule
Anacin (aspirin)	32 mg.
Excedrin (high potency)	65 mg.
Dexatrim (appetite depressant)	200 mg.
Midol (pain killer)	32 mg.
No-Doz	100 mg.
Triaminicin (an antihistamine)	30 mg.
Vanquish (headache remedy)	33 mg.

*Sampling only. The list is considerably longer. Many prescription drugs also contain caffeine.

Sources: Figures supplied by individual companies and the *Journal of the American Dietetic Association*.

New Products



Welted Rolldowns Stay Up Better

Comfort Cushion Mills, Inc. announces a new line of welted rolldown socks. The welted collar is sewn down and is extra thick. Both of these factors help to keep the sock from sliding down into the shoe, something that many women will be glad to hear.

The new socks are composed of 85% Orlon Acrylic and 15% Spandex. They are fully terry lined to make them thick and comfortable.

They are available in all white and white with a single stripe of kelly, yellow, navy, light blue, pink and red.

For more information, write to Comfort Cushion Mills, Inc., 2520 N. W. Second Avenue, Boca Raton, FL 33432. Or call 800 327-5012.



Vertical Seated Rowing Machine From Ironco/Polaris

Vertical Seated Rowing Machine (#217) - This innovative Polaris design develops the lats (upper back muscles) through the most intense cam-resisted row possible. It features a horizontal or vertical double-grip as well as a seat and stretch pad adjustment to provide endless angles of lat isolation.



Impact Resistant Prescription Lenses

Until recently, prescription lens wearers could not avail themselves of the optimum eye protection offered by polycarbonate plastic lenses which are superior to both glass and other optical plastics in breakage resistance and impact protection.

Gentex Corporation of Carbondale, PA, now offers prescriptions in 3mm industrial safety and 2mm street eyewear polycarbonate lenses.

The Gentex polycarbonate lens, mounted in a sports or industrial safety frame, is the best eye protection available for the prescription lens wearer.

For further information, contact Gentex Corporation, Carbondale, PA. 18407. (800) 343-6062.



Nautilus' Women's Chest Machine

Among the newest chrome plated equipment being produced by Nautilus are six variable resistance exercise machines: the Women's Pullover, Women's Chest, Rotary Torso, and the 10°, 40°, and 70° Chest Machines. The latter, pictured on this page, is one of three new inclined chest machines that primarily develop the pectoralis major and deltoid muscle groups. The Women's Pullover, specifically designed to accommodate the training needs of females, exercises the latissimus dorsi and teres major muscle groups. The Women's Chest Machine, exercising the pectoralis major, and the Rotary Torso, exercising the

internal and external obliques, complete the newest additions to the most advanced system of training offered by Nautilus.

For literature, price lists, club layouts, quotations, exercise training films and promotional materials, please call or write for the distributor in your area.

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EXTRA!

400 Players in Search of a Club

Although there are 400 racquetball players in Huntington, WV, the town is without a racquetball club.

On January 21, 1982, the Huntington Racquetball and Health Club burned to the ground, and nobody has yet come up with the necessary funds to replace it.

Joe McKay, who managed the club, is very unhappy about the situation.

"This is a city of 100,000 people," he said.

"Racquetball is not all that well known in this area because it hasn't been promoted. But a town this size should be able to have a first-rate facility."

Joe has gone to the trouble of doing some detailed planning for the new Huntington club that he envisions.

"I have a complete run-down on the operation of a racquetball-fitness facility.



And I have a 13-page blueprint for an 11-court building with an indoor running track," he reports.

In addition, he has scouted the area and has his eye on several sites that would suit. *"The only thing I lack*

is money," he said.

Sounds a lot like an opportunity for someone who's got bucks.

Mort Leve Joins SMARTS

Mort Leve, former executive director/editor for the United States Handball Association, has been named executive director for SMARTS, the Sports Management Art and Science Society.

SMARTS is a non-profit association formed in the

belief that the sports management profession can only reach its full potential through the interrelation of practical "hands-on" knowledge (the art) and the application of management theory (the science).

More than 20 colleges in

the United States, and 12 in Canada, now offer a major course in sports management.

SMARTS endeavors to upgrade sports management through coordination with colleges and the staging of periodic seminars and an annual

convention. The SMARTS IV convention is scheduled for late fall, with location and details now being finalized.

For more information, write SMARTS, c/o Mort Leve, 8303 East Thomas Road, Scottsdale, AZ 85251.

Peck Added To Advisory Board

Dave Peck, racquetball's top-ranked professional player, has been named to the advisory board of Lifecycle, Inc., the manufacturer of the Lifecycle Aerobic Trainer.

Dave regularly trains on the Lifecycle, and will be available to share his expertise with members of the industry, advising and educating club owners and pros on the benefits of aerobic training on the Lifecycle for conditioning. He will also work with club owners on using the Lifecycle as a marketing tool for racquet facilities.



CLASSIFIED ADS

S.E. Florida RB & Health Club For Sale

Three year old prime location facility now available. Will sell real estate and/or business, depending on qualifications of buyer. For more information call or write to: Tom Singer, Broker, 7370 N.W. 36th Street, Suite 415F, Miami, FL 33166, (305) 592-4588.

For Sale

Racquetball Club and Spa, Midwest, six courts, huge wet area, inside pool, whirlpool, etc. Call Mr. Gray (502) 684-4846.

Wanted

Person or persons willing to invest in the building of a racquetball and fitness facility in the Huntington, WV area. For information write Joe McKay, 10 Colonial Court, Barboursville, WV 25504.

Courtly Romance

Duane Peltier and Cathy Blanchard's wedding invitation was unusual, to say the least. They advised their guests to dress casually, *"and tennis shoes are a must,"* they specified.

And on the evening of May 30, the bride and groom took their marriage vows on the glass court of the Courthouse Fitness Center Salem, OR, dressed in warm-ups and surrounded by 100 of their friends in similarly casual attire.

As the ceremony ended, the couple were showered with racquetballs from above—100 blue and white balls that bounced and danced all over the court,

forming a unique replacement for the traditional confetti.

Afterwards, the band struck up and the couple

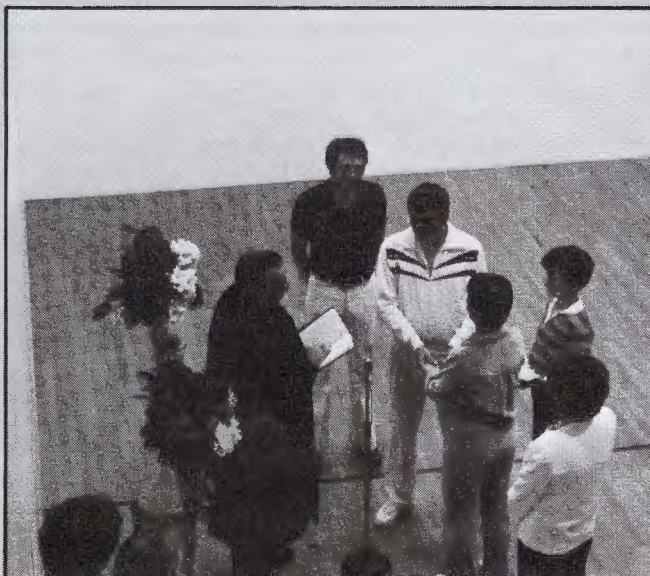
played a game of racquetball together, a fitting start to their married life since they got to know one another through racquet-

ball and their romance flourished at the club.

Soon many of the guests took to the courts for racquetball or wallyball. Others took to the Jacuzzi with a bottle of wine to celebrate in more relaxed fashion.

"It was a wonderful evening," reports Eleanor Quackenbush, a staffer at Courthouse. *"Everyone stayed right to the end and had a great time. Between the fun and games and dancing, the club really rocked until we closed up."*

Let's hope they share many happy years of joint membership.



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So look for the Marty Hogan Steel at your favorite pro shop or retailer, add it to your arsenal, and we guarantee the balance of power will swing your way. Your Hogan Steel will make opponents

think your power shot is traveling faster than a speeding bullet.

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