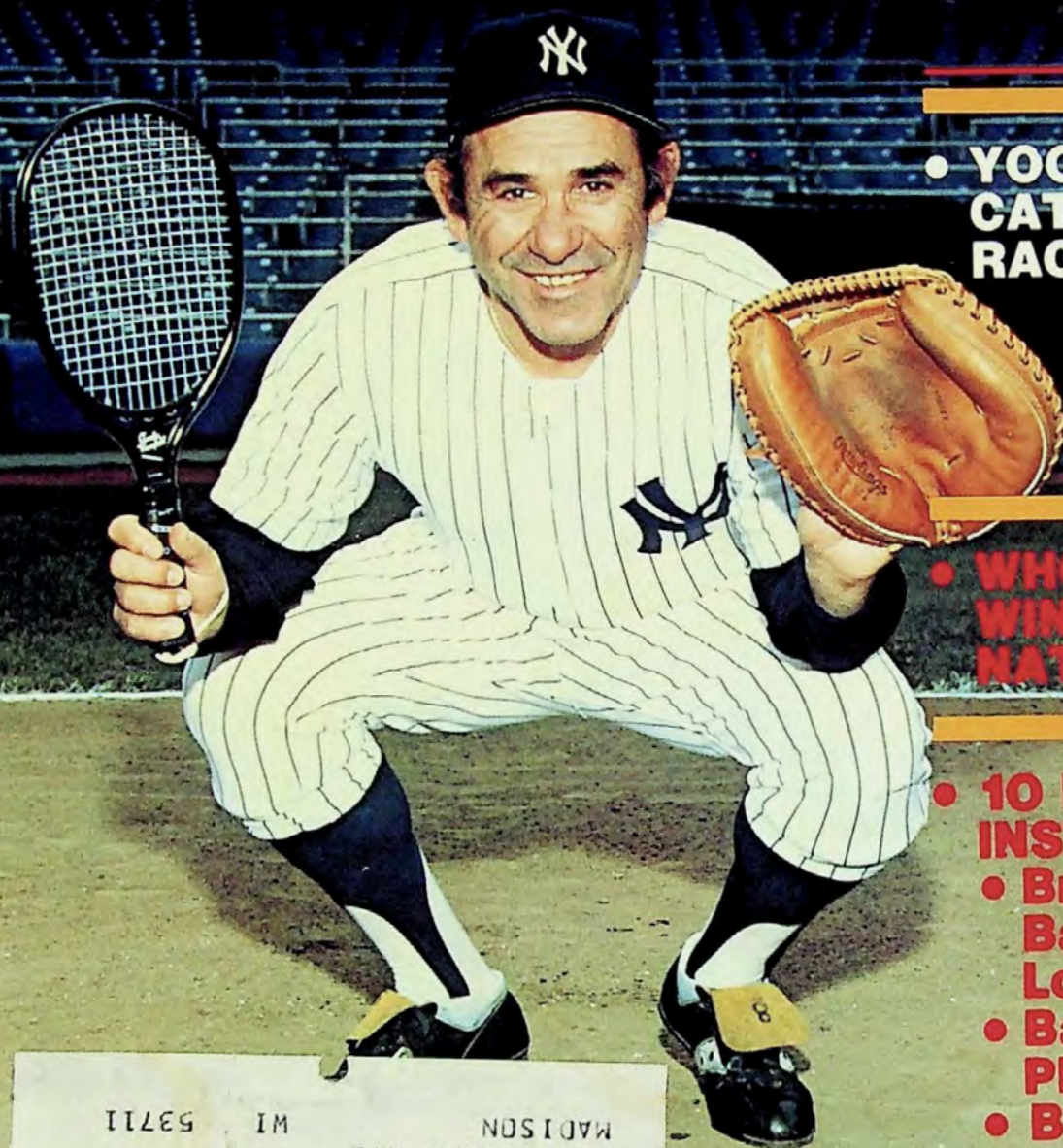


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June, 1979
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• **WHO WILL
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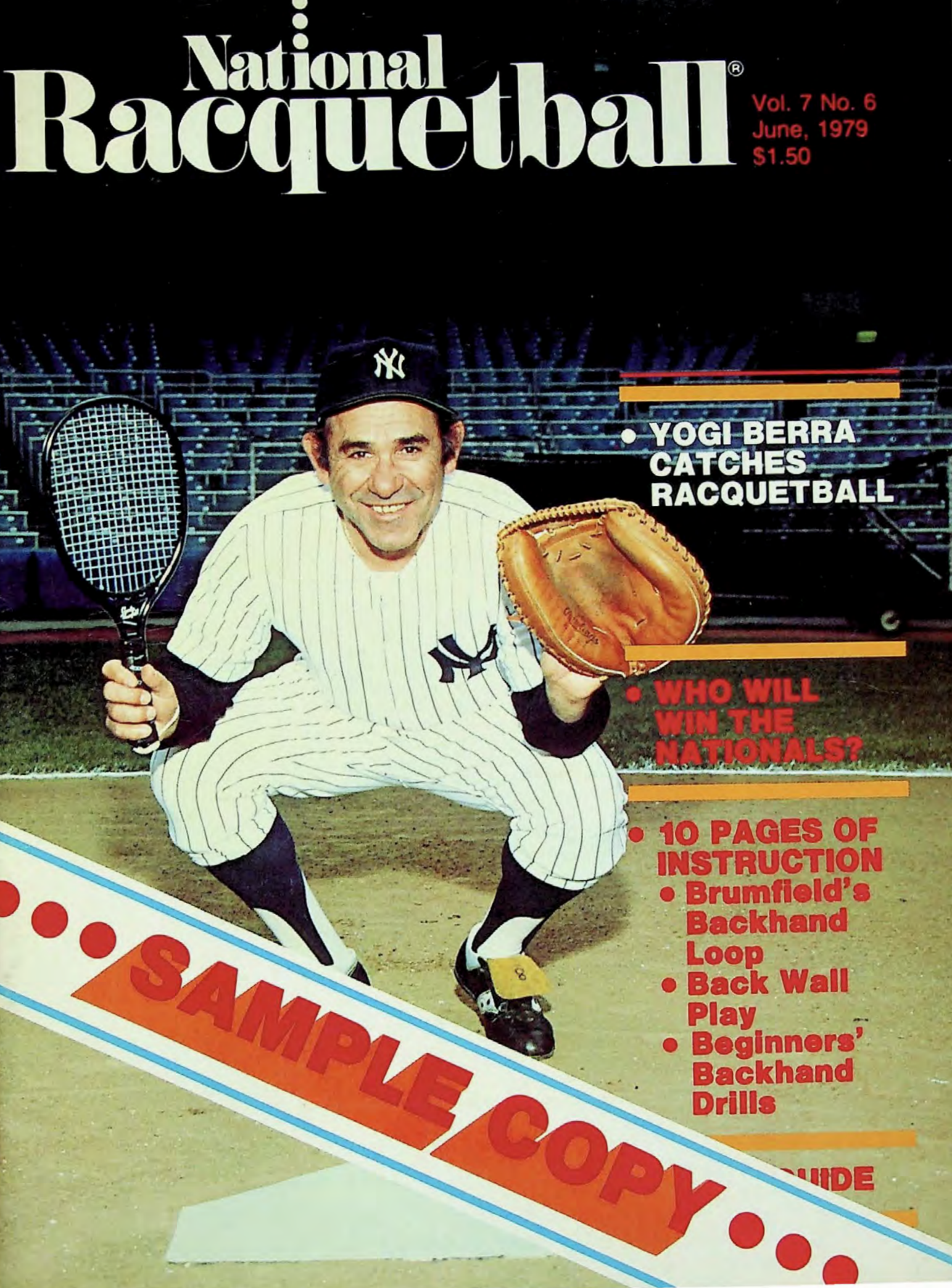
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On the cover . . .

New York Yankee coach and Hall of Fame baseballer Yogi Berra takes his famous stance behind the plate - with the aid of his Charlie Brumfield autographed racquetball racquet. For the full story of Yogi's entry into racquetball turn to page 14.

-photo Courtesy of New York Yankees

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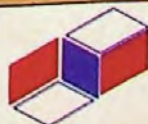
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Getting The Job Done

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Over 15,000 entrants made up our 50 state championship tournaments, which have become the pride and joy of our prestigious amateur program. Nearly 6,000 more players participated in our 10 regional championships, competing for travel allowances to the National Championships.

And that event, the Nationals, promises a full 1,000 entries, more than any other racquetball tournament in history, along with more prize money and more divisions of play than ever.

The Nationals will be the culmination of the only pro tour in the sport and the prize donated by Colgate-Palmolive will be in the record amount of \$50,000. That plus another \$75,000 in Colgate Bonus Pool funds will make the payday a whopping \$125,000 for the pro players! That is what I call progress!

This year we have added, for the first time, new categories of play in the amateur divisions — the "veterans." The veteran age groups are in five year increments, which doubles the number of divisions of play, doubles the competition and doubles the awards.

It does not matter on what scale you are measuring, we are getting the job done in racquetball. Look back a half-dozen years into the pre-USRA/NRC days, and tell me, what did you have? Nothing.

Perhaps you don't belong to that generation, but there was no professional play, no prize money, no state organizations, few state championships, no monthly magazine, no juniors program and no scholarship funds. Those who were there will tell you that when we took charge, things happened.

Things such as the National Juniors Championship program, begun in 1975 with 85 contestants on two courts. Today over 2,000 youngsters under age 18 will compete in the Junior Regional or National Junior championships, and there's almost no way to count the thousands more who will be competing on the state and local levels. This promotion is providing the players, the pros, the court club members and the physically fit for generations to come. And we're proud of that.

Our first intercollegiate championships brought in 300 players and \$10,000 in scholarship funds donated by our generous sponsors Leach and Seamco — quite an impressive start for this program. If our intercollegiates parallel our other programs (and we see no reason to doubt it), imagine the boom in the sport as those thousands of kids begin competing for some of that money to help them with their education.



If this isn't enough, last year we published nearly one million copies of our *National Racquetball* magazine and you all know there is not a product that better serves this sport, thanks to you!

And finally there is the story of white glass — the oneway glass that is now a reality. Orders are being taken, and the product, distributed by the W & W Products International firm, has the USRA stamp of approval. A major announcement with full details will be in next month's issue.

All of this is attracting more sponsors and as a consequence, we have more funds to underwrite all the new ideas we are introducing into the sport. We started out calling this "*The Year of the Amateur*," and in light of the things we've accomplished, the amateurs are thriving all over the nation.

If there is any doubt in your mind as to who leads this industry, just examine the record. It's not only because we get things done — it is because we are innovators. We don't just implement, we create.

But we don't have a corner on the market for ideas. If you have any new ideas that are deserving of trial, please send them to us. We'll either make them or break them and it won't take long! We don't procrastinate. We get things done! ●

Evie & Bob Kendler

Evie and Bob Kendler

How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!
Isaiah 52:7

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Time To Go Outside

What will be the extra amenity that will make your club just a little more attractive than the one down the street?

What can we do to drastically offset the summer doldrums in racquetball areas of changing climate?

What is the final answer to those who criticize racquetball for being "only an indoor sport?"

The answer to all of the above questions is a simple one, and one that the USRA is already taking steps to achieve. That answer is *outdoor courts*.

We have noticed a trend among new facilities throughout the nation, and that trend is toward a full club concept. More and more racquetball clubs are building to their competition before their competition arrives, and they are doing it by providing their members with the full spectrum of physical fitness programs.

Such bold planning is paying off, yet these same clubs in striving to hold on to racquetball players in the summer months continue (for the most part) to ignore what is the biggest potential income producer for that time of year — outdoor courts.

Outdoor courts will give your players racquetball with variety, not only because they are outdoors, but also because the game is one-wall, three-wall or even (yes!) four-wall. These are a perfect alternative to the summer slowdown.

Nobody can fault the racquetballer in Minnesota who grabs his fishing rod or golf clubs in summertime. After all players in the northern climates love the fresh air and outdoor life as much as any San Diegan, only they get less of it is all.

Yet if these northern players (just reverse the seasons for the southern climates where summer means going indoors because it's so hot and winter means going outside) had the alternative of outdoor courts, especially three-wall, which is a fun and exciting variety of our sport, I believe they would play more in the summer.

Our survey of the existing outdoor courts shows that they are in demand, yet few club owners have taken it upon themselves to invest in the outdoor court concept.

One of the reasons for the meager number of outdoor courts is a lack of standardization of court specifications. Who wants to put up courts that may be ruled illegal at some point? We have now taken steps to eliminate this problem.

The USRA has been working very closely with Strongwall Systems in the development of a standardized basic design and tournament approved specifications for all outdoor courts — one, three and four-wall.



Part of the problem in the outdoor arena has been that much of the play (and virtually all west coast tournament play) has been on non-standard courts. In order to do the job in promoting outdoor competition, the first order of business must be to standardize the playing specifications.

As soon as outdoor courts become available, we intend to jump vigorously into the tournament promotion arena to encourage participation in outdoor racquetball. Now we racquetballers will be able to enjoy both the sunshine and our kill shots.

Our goal will be to set up a complete program of tournament activity in amateur and possibly even professional play, with a strong emphasis on junior activity. We visualize true national championships in a number of categories.

The cost of building such outdoor courts is surprisingly lower than conventional indoor courts, even with lighting included.

Strongwall has designed a system that is completely weather proof and maintenance free. These USRA approved specifications for outdoor tournament courts are available upon request direct from the Strongwall people, who will send you a free brochure if you contact them at 299 Forest Ave., Paramus, NJ 07652 or call 201-262-5414.

We strongly believe that outdoor racquetball will play a big part in the growth of our sport in the 1980's. In order to make that growth meaningful and orderly, it is necessary to standardize the courts. ●



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Yogi, the Family Man

He'll Leave Racquetball Legacy

by Chuck Leve

You know by his handshake that he was a catcher. You know by the glittering ring on his finger that he was a World Series champion. You know by the bat on his wall that he's a member of the Hall of Fame.

But you'd never know what a great guy Yogi Berra is, unless you meet and talk with him.



The Yankee pinstripes proudly worn with his Charlie Brumfield autographed racquet held with equal pride is Yogi Berra, court club owner supreme.
—Photo Courtesy of New York Yankees

Lawrence Peter "Yogi" Berra, three time Most Valuable Player in the American League, pennant winning manager, holder of numerous American League, Major League and World Series records — and for our purposes — racquetball club owner.

Why would Yogi Berra, whose outside interests include golf (*"my second summer love"*), bowling and many other projects, plunge full force into the racquetball industry?

The answer lies in the Yogi Berra few sports fans ever see — Yogi the family man. Now 54 years old Yogi spends much of the winter baseball off season in and around his racquetball club, Yogi Berra's Hall of Fame Racquetball Club. It is not unusual any day to find Yogi himself, or his wife Carmen or sons Tim or Dale at the club, behind the desk or on the courts. Their racquetball business is really a family business.

"Timmy came to me just before Spring Training in '77, says Yogi, "and he said, 'Dad, there's a good, new sport called racquetball and a racquetball club would be a good investment."

"I said, 'What the hell is racquetball?' "

That was the auspicious beginning of what was to become one of the finest racquetball facilities in New Jersey. The 18 courts, spacious lounges, saunas, whirlpools, steam rooms, glass walls, pro shop and one of the best designed locker rooms in the nation all are features of the club.

Tim provides his dad with the statistics monitoring the fantastic growth of racquetball as well as the relatively small number of clubs in New Jersey at that time. The idea was worth a follow up.

"I got ahold of Sal (partner Sal Salciglia) and Charlie Muscarelli. I knew Sal and Charlie from the golf club. Besides that they're builders.

"Tim's figures checked out and we decided to build a club, and a good club, the biggest so far in this area.

Yogi and son Tim get in one of their daily workouts during the winter. Tim, a fine player in his own right, also manages the club.



-Photo by John Addeo

Yogi the business man talks about Yogi Berra's Hall of Fame Racquetball Club.



Sal Salciglia, "Yogi's the greatest."



Photos by Mike Zeitman

"We spent about \$150,000 more than we planned," says Salciglia, "because we wanted to do the place right. We wanted a lot of open space in the lobbies and a lot of open space in the locker rooms. We didn't want corridors."

Salciglia and the other owners, including Yogi, meet once a week to discuss the operation and plan future endeavors. A new club in Bergenfield, NJ, is currently under consideration.

But the topic always seems to get back to the family.

"There's room for everybody in this racquetball business," says Yogi. "Some of these clubs want to get up and hit and run. We don't. I want to keep it going and going, for the boys and Sal and his son."

"And Charlie's boy works here, too. It's theirs."

"We decided that if we did it up right to begin with," says Sal, "that when the day of saturation came as it did in bowling and tennis, we'd still be out there in front."

Sal watched Yogi wave goodbye en route to a night game. "That Yogi, he's the greatest guy in the world. The greatest." ●

The family man will fill his club with racquetball kids July 19-22 when Yogi Berra's Racquetball Hall of Fame hosts the northeast junior regionals.

Baseball Great

Yogi Berra was not just some baseball player. This stocky, good natured St. Louisian was one of the most outstanding baseball players of all time.

"Outside of Joe Di Maggio, he's the greatest player I ever managed," the legendary Casey Stengel once said.

Yogi broke into professional ball in 1946 after a two year hitch in the Navy during World War II. Not until he retired to manage the Yankees in 1964 did his active career end.

He is the number one hitting catcher in baseball history, having hit more home runs than any other catcher in the history of the nation's pastime. They should have figured it out in 1946 when he hit home runs in each of his first two major league games!

The squatty build (5'8, 190) belies the agility and quickness that the man possessed to the point of setting two major league fielding records for catchers — most consecutive chances without an error (950) and most consecutive games without an error (148).

His lifetime batting average was .285 with 358 home runs and 1,430 runs batted in. Three times his was the Most Valuable Player of the American League.

And how ironic it must be for Yogi Berra, whose face is among the most famous in the world, to have his backside the focal point in one of baseball's most remembered photos, — the scene



Immediately after the final pitch of Don Larsen's perfect game in the 1956 World Series.

—Chuck Leve

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Who Will Win . . .

by Chuck Leve

This could have been the shortest article ever written on the subject of predicting winners of the National Championships. It still may be short, but enough has happened lately on the pro tour to rate a few players a decent chance at the titles.

Don't get me wrong. Marty Hogan, unless hurt, will win the men's division and Shannon Wright, unless kidnapped, will win the women's division. But in either case and under the right circumstances the championship matches will be entertaining and probably close.

Before I tell you what I think will happen, let me explain what *won't* happen. For one Charlie Brumfield, four time champ and finalist a year ago, will *not* be suited up when game time appears for the championship match. Brumfield, felled during mid-season by infectious hepatitis, is still struggling with his health and has seen his ranking fall out of the top 10 for the first time in his career. A good (and respectable) showing for Brumfield will be the semi-finals.

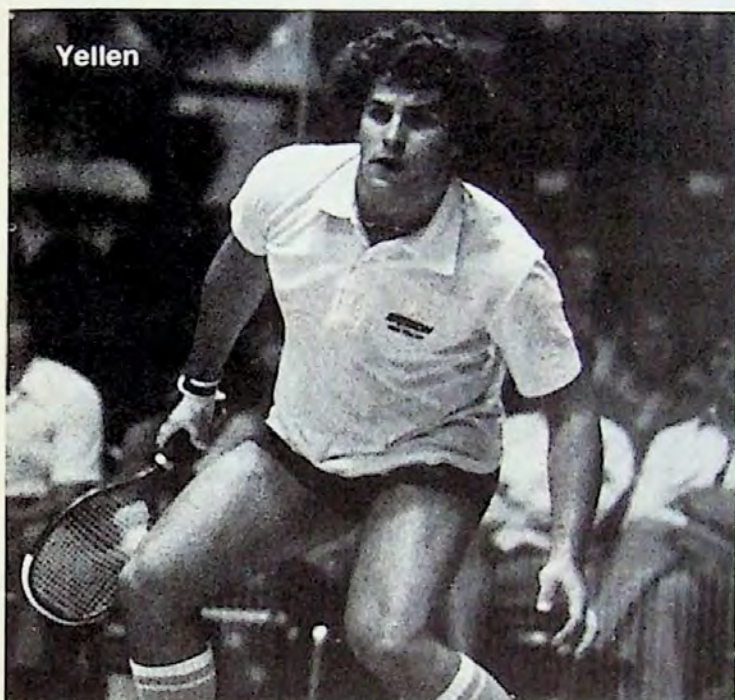
The same is true of last year's runner-up in the women's division, Jennifer Harding. There are too many other gals playing better to rate Jennifer more than an outside chance to reach the finals. A semi-final finisher for her is about what you can expect.

So if the champs will repeat, but their championship foes will not, who, then, will provide the cannon fodder for the finals?



Hogan

'79



Yellen



Hilecher

Best bet in the men's division is young Mike Yellen, who thrilled the Nationals last year with his near upset of Brumfield in the semi-finals (11-10 in the tie-breaker), and has been coming on fast toward the end of this year's tour.

Yellen's game has the combination of power and control that is necessary to cause problems for Hogan, who has barely survived two Yellen attacks this season, and pretty much do in the rest of the guys. He's still improving at age 19 and if he's in the bottom bracket, should emerge the finalist.

I should add that this is true of any of the male players — that being in the bottom bracket is crucial. Those in the top must face Hogan prior to the finals and that means an early prize money check, with a few zeroes left off.

Probably the most consistent player outside of Hogan this season is Jerry Hilecher, who must rate strong consideration, being ranked second in many strong performances. Problem is that Jerry has yet to prove that he can put any pressure on Hogan whatsoever and thus cannot be considered a serious threat for the title unless somebody knocks off Hogan along the way.

Richard Wagner, third ranked, gave us one of the big thrills of the year as he almost grabbed the Kunnan/Kennex Tournament of Champions from Hogan in January. But Wagner's subsequent efforts have not been able to duplicate the fine play of that event and it looks like Wags may be on the outside looking in the night of the finals.



Brumfield



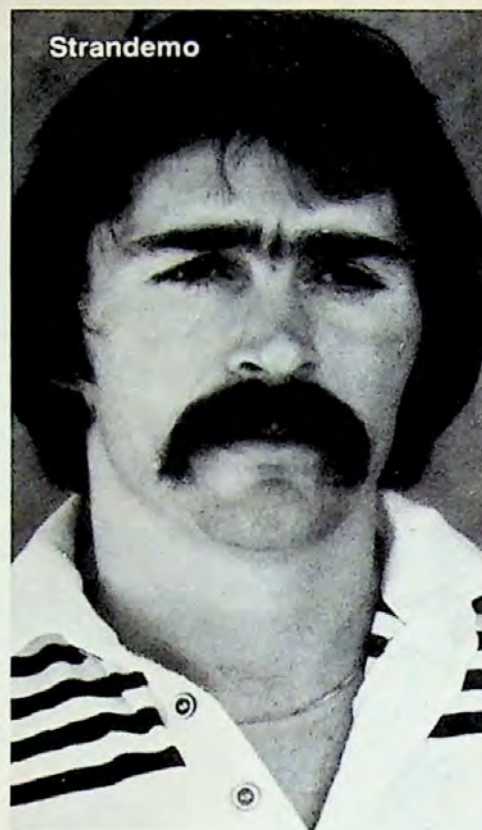
Wagner



Bledsoe



McCoy



Strandemo



Koltun

Steve Strandemo, winner of the JACK IN THE BOX Classic, first tour stop of the season, is playing a good 7-9 points less efficiently than he was when he won that event.

Best bet for outsiders include former champ Davey Bledsoe, who has been just off enough during the season to lack that consistent finish. A strained back suffered in the Catalina Classic in March should be healed and Davey, who knows what it's like to take it all, is a good sentimental bet.

You never know what Craig McCoy or Ben Koltun will do. McCoy, whose game bobs and weaves like a buoy, lacks the consistency that must be there to take the Nationals. Koltun, likewise, can be outstanding or lackadaisical depending on what he ate for breakfast. Look for each of these guys around the quarters, but no more.

The best of the rest would be David Fleetwood and David Peck, neither of whom have the experience yet to make a solid run at the title. I'll even give up-and-coming Lindsay Myers a chance to reach the quarters, but a miracle will get him higher.



Myers



Peck



Morrow



Serot



Fleetwood



Jones



Keeley

Good players without a prayer include Mark Morrow, Jay Jones and Steve Chase, all of whom need more than their shots to help them reach or surpass the quarter-finals.

If I were a betting man, which I am not, I'd see it this way.

Hogan • 1-10
prohibitive favorite.

Yellen • 4-1
second choice.

Hilecher • 9-2
needs help.

Brumfield • 5-1
no more miracles.

Wagner • 7-1
is his head ready?

Bledsoe • 7-1
he's been there.

McCoy • 10-1
depends on his draw.

Strandemo • 10-1
long week could help.

Koltun • 10-1
will ride his serves.

Myers • 12-1
they hate to play him.

Peck • 12-1
ditto Myers, he hits hard.

Fleetwood • 15-1
lacks the shots.

Keeley • 20-1
sentiment gets him this high.

Morrow • 25-1
wish it were higher.

Jones • 25-1
quarters best.

Serot • 25-1
see Keeley.

Chase • 25-1
maybe two rounds.

What happened to our former favorites? Steve Serot, long a true threat for the National title, will not be a factor this season. His game has not improved, but rather has continued to suffer in what has to be the saddest story of pro racquetball's history.

Another who won't make the trip past the first few rounds is Steve Keeley, a former force, whose game continues to plod along as always. The fact that Serot and Keeley, a tremendous match-up often in the finals a few years ago, met in the first round of a recent tournament shows how low their stock has fallen. Two rounds maximum for either.

Wright



Greer



Steding



Marriott



Harding



It would not be fair to say that Janell Marriott will be cannon fodder for Shannon Wright in the finals of the women's professional division. After all, didn't Marriott knock off Wright as recently as the Catalina Classic?

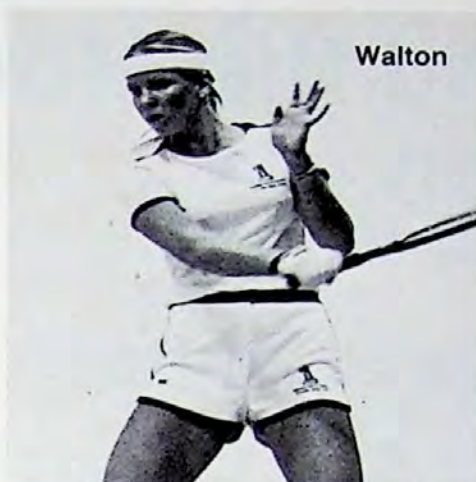
But this is the Nationals and I don't believe *any* player will come more prepared to win this tournament than will Shannon Wright. Wright, like all great athletes, has the ability to play with the intensity and aggressiveness under the most crucial of situations. The translation is that under pressure, count her in.

Green

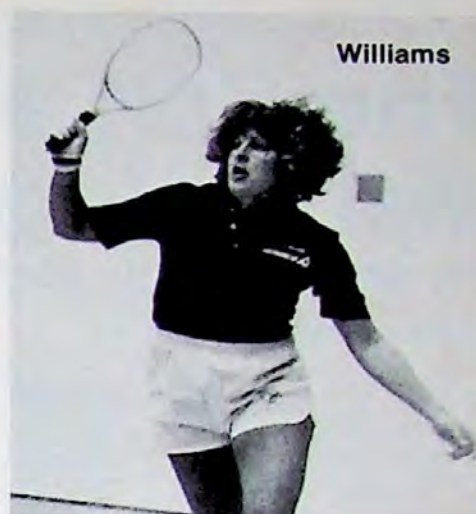




Prefontaine



Walton



Williams



Hoff



Sauser

Marci Greer should rate a good shot at reaching the finals, although her game has been suffering lately (ever since she became recognizably good). If Marci returns to the basics that got her to second place a few months back, her stock will rise.

Harding, like Greer, needs a reversal of form. It's not that either is playing poorly, there are others who just seem to want it more and are working harder, or concentrating better, or frankly just outplaying Marci and Jennifer.

Count Sarah Green and Linda Prefontaine in that category, two who have come from back in the pack to put pressure on the women up top. I doubt that either will make a true run for the title, but you might find them giving trouble all the way to the semi's.

I doubt that former champ Peggy Steding can make a serious run this year. It's finally gotten to be too much for Peg, who was a real champion in her time. I'd say Steding will take a quarter-final finish and bow out.

Rita Hoff, Karin Walton and Jean Sauser have been on and off all season and as I've long maintained, the Nationals is no place to try and find your consistency. Of the three I think Hoff rates the upset shot, although Walton likes the pressure and may be a sleeper.

Non-serious threats are Martha McDonald, currently pregnant, and Kathy Williams, who has dropped serious racquetball training in favor of Superstars competition.

After that it's the troops. It looks this way to me:

Wright • 2-1
won't be touched.

Marriott • 4-1
only possible threat.

Greer • 9-2
needs to gear up power kills.

Steding • 7-1
once more with love?

Harding • 7-1
repeat not likely.

Green • 7-1
recent outings impressive.

Prefontaine • 9-1
lacks the experience.

Hoff • 10-1
desire will help, backhand won't.

Sauser • 12-1
depends if prepared.

Walton • 12-1
good longshot to do better.

Williams • 15-1
would rather be rowing.



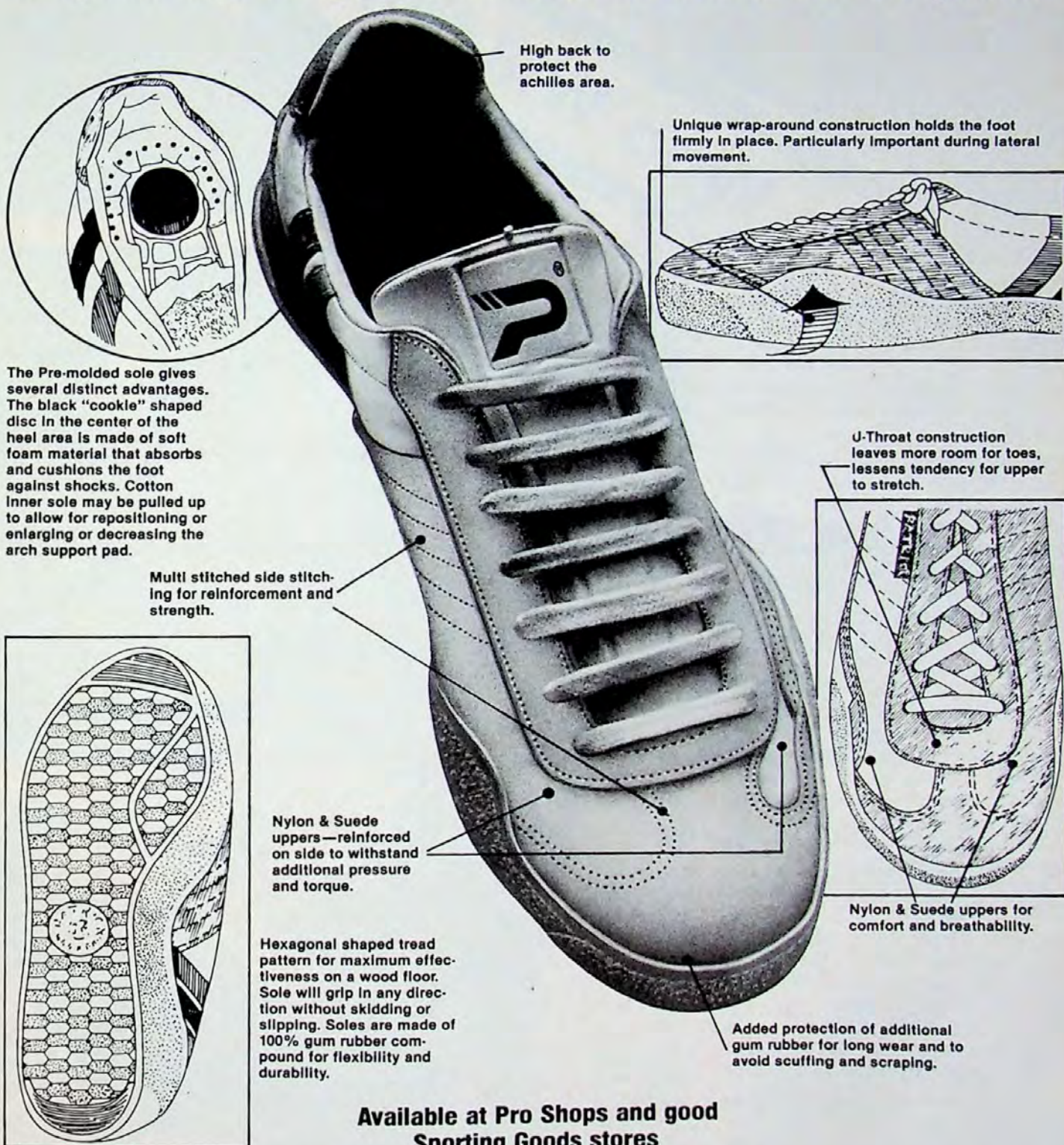
The pressure of the Nationals will take its toll on Marriott, as it will on virtually all the other ladies, with the exception of Wright. She's my choice, big again.

Marriott's game is on the upswing, and her recent win will give her renewed confidence. If anybody can possibly pull the upset, it would be Janell. The problem is getting to the finals.

En route the path will be blocked by any number of competitors each striving to grab that season's end flurry of stardom that only the Nationals can provide.

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The Sun and the Moon and Marty Hogan

The Champ Goes on Stage for Astrologer

by Mary Veda Scheel



Racquetball is not the only thing Marty Hogan is excellent at; he is also an accomplished actor.

I'm an astrologer and the position of the planets one Friday the thirteenth had me anticipating an interesting evening. The planets were accurate. After a phone conversation with Hogan earlier, I was now on my way to Chicago's O'Hare International airport to meet with him for an interview while he was waiting to board another flight that would take him to a teaching clinic in Detroit.

Marty Hogan and I had met earlier at a pro-am tournament. I had done his horoscope for him at that time. This evening we would exchange information; he would give me an interview and I would inform him of upcoming trends by comparing the current position of planets in the sky to his natal chart.

"I think there's considerable value to it," said Hogan referring to astrology. "If you do my chart can you tell me what's coming, when my good and bad days will be, so that I could prepare?" I said that trends in activity can be seen and asked if he had a particularly difficult time at the first '78-'79 tour stop. "That's when I lost to Strandemo," he said. "I just lost, I got dusted, I wasn't playing well that whole match; all I was doing was pounding the ball."

Hogan had just flown in from California, it was late, he was tired, yet throughout the interview he remained friendly, polite, and helpful — quite a discrepancy from the Hogan many of his competitors see. "Which is the real you?" I asked.

"There are a couple different ways to interpret me," he said. "You could think I'm an ass or cocky, or you could think I'm humble and sincere."

"Which are you?"

"I don't know or at least I'm not going to tell you in an interview."

The Mask

Hogan has a Scorpio ascendant. Those familiar with astrology will know that one's ascendant has a profound effect on one's appearance. It represents the mask we wear in public, the way we decide to let others see us. The Scorpio influence gives Hogan his deep penetrating eyes, and makes him a very intense, private and complex person. Often people with Scorpio ascendants are so secretive they do not let others see who or what they really are; sometimes they're not sure themselves. They can vacillate between two extremes: always either black or white — never shades of gray.

"Did you ever read *Shogun*?" Hogan said. "One thing I really respect about the Japanese is that they have three people within themselves. One they let everyone see; one, I don't remember now, the third is the person within themselves they never let out."

Hogan can choose to appear any way he wants to others. He is on stage and he's a great performer. It's not that he's a fake — quite the opposite. He's very real, very intense. But he doesn't care what others think and he manipulates them often. His sun and moon are placed in Aquarius which makes him capable of superficially responding to much yet not involving his inner self. The Aquarius influence combined with the Scorpio makes him an unusual man and well suited for the role he has chosen to play.

"I'm a great person to have on your side," he said, "And the worst person not to have on your side. I'd make the worst enemy." His birth chart confirms that he's tough. A study in contradictions he's gained much insight and is unusually perceptive for a 21-year-old, yet he says "part of me is still 15." "John Belushi is my hero — I saw him in *Animal House*. He (Belushi) gets in the lunch line, looks around,

Marty Hogan
January 22, 1958
1:15 a.m.
St. Louis, MO

starts piling food on his tray and eating and thinks no one is going to see him. I laughed so hard — I always wanted to do that."

His sun and moon in his third and fourth houses respectively indicate he will know the value of his talents and generally be optimistic about his ability to succeed. His specific planetary configurations give him the awareness that he must usually stand on his own and often be misunderstood and — perhaps — disliked by many. There is a tremendous amount of power generated in his chart and it's clear that he would be willing to give up much to succeed.

I asked him that — what he's sacrificed — his friends, a social life?

Ding Dongs

"I go to bed at 9 or 10 o'clock and get up about 6 a.m. I can eat anything I want. I like Hostess Ding Dongs. I eat more than anybody but I'm trying to cut down on sugar. I can eat any amount — I play every day two hours a day and if I run that trims me by seven pounds.

"But I still find time for plenty of social life. And I spend all the time I can with my dog. I've always loved animals. I used to catch them in live catch traps and observe them. It was great. If I was going to be a dog I would be exactly like my dog Benjamin. He's got my personality. He's crazy — he's got an attitude. That dog just goes along, doesn't need anybody, he's the kind that can take care of himself. He doesn't care about anything."

Hogan, of course, does care — about racquetball. "I used to go to the JCC (Jewish community center) every day . . . started playing racquetball and kept on . . . my mother pushed me and gave me a lot of support. The price is high but it depends on what you think is important." And what is important to him? "It's not money — I don't know what it is."

Leo

Hogan's birth chart would indicate that what's important is the influence of Pluto in his 10th house, which is ruled by Leo. The 10th house relates to a person's profession, and with Leo ruling his 10th house the person may feel "I will be something" and then go on to make that idea come true. This relates to Hogan's acting ability, as well. With Leo on the 10th house cusp Hogan will play to the hilt whatever role represents the type of person he wants to become. The fact that he would not yet be that type of person would not stop him; he would simply start becoming it by acting it out. It's a self transformation. He can be what he decides to be. The Leo influence will cause him to want to be admired, in the spotlight, center stage. Pluto will make him appeal to the masses of people, give him a charismatic quality and control over the public. Combine this with the Scorpio ascendant and you have a powerful combination. His other planets placed as they are gives him enormous willpower and the desire to control situations. This is demonstrated most clearly when one observes Hogan in action on the court. He is usually totally in control and plays almost a cat and mouse game with his competitors.

"I get bored with some of the players," he said "and it won't change for quite a while — there's no one really tough coming up for at least four to five years."



What do his peers think of him? "If you mean the people I compete with, they seem jealous and envious. I'm hard to take. Indirectly they let me know what they think of me." Does that get to him? "No, I'm not touched by it."

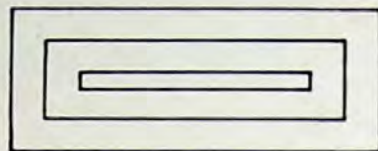
His chart indicates he'll face the challenge of competition which will bring a level of success he'll become addicted to. He will always encounter competition but with his aggressive nature he won't be deterred from his objectives. Generally it could be said that not only can Hogan call the shots on the court but that he also has the ability to do the same in his life — achieving any goal he sets out to achieve, not letting anything or anyone stand in his way.

As for his future Hogan would "like to buy a farm and raise Dobermans in six or 10 years, and as far as I can judge now, I'll always play racquetball." And did he have any message for National Racquetball readers? "Beware of all Dobermans," Hogan replied. "One day it will be the day of the Hogan Dobermans. I'll come outside on my farm, the dogs will be trained to the highest level possible. From all over the hill thousands of Dobermans will appear . . . I'll be able to communicate with all of them and I'll take over the world with my Dobermans."

The upcoming trends influencing Hogan's chart were obvious. He'll continue to be an important actor on the racquetball stage. ●

Inside the Master's Mind

by Charlie Brumfield



The Backhand Part I: The Loop for Backhand Power

With this article Charlie Brumfield, four time national champion and touring pro for the Sportrooms Racquetball Clubs, continues his exclusive series for *National Racquetball*.

So you can't hit your backhand as well as your forehand? Well join the club in which I'd have to enroll myself as a member. The reason most of us struggle with the backhand is that we have little experience using our strong side arm from the weak side of the body.

Since we were little kids, we've thrown baseballs and footballs from the right side, shot basketballs, hit golf balls and baseballs all from the right side — the list of right side activity is endless. The body is simply more acclimated to functioning from that side. Does that mean you are doomed forever to struggle with that backhand serve return?? The answer is no. You just have to start today establishing some positive muscle memory from the "wrong side."

On a cheery note many teachers feel that anatomically, the backhand is actually simpler because your follow through goes away from the body and toward the target area, whereas the forehand requires a stroking motion which your body tends to hamper.

Anyway my goal in this article is to lead you through the labyrinth of my theory of the backhand stroke. Much of this material will probably raise a few eyebrows in the racquetball intellectual community, because many of these concepts are novel if not downright heretical. However they are based on my own experimentation of thousands upon thousands of practice shots. Incidentally, on this subject and any other of my instructional topics, I'd love confirming or critical comments directed to my attention % the Editor, *National Racquetball*. I would be in your debt if you can place an extra piece in the puzzle!

Production of Power

The first problem that we should confront on the backhand is the wide differential between its power and the power generated on the forehand. Although I've only seen one example of it, I believe that at the zenith of efficiency, the backhand can be every bit as powerful as the forehand. (That one example is Steve Serot circa 1972-1973. At that time, Steve hit his backhand harder than he or any other player hit the forehand.)

Remember — in the article last month we discussed the formula that physically governs the development of power, $F = M(V)^2$, — force equals mass times velocity, squared. This formula indicates that it is racquethead speed which really is instrumental in the production of maximum power.



We talked about tossing a frisbee, or snapping a towel or flipping a playing card as good examples of the popping recoil motion necessary to generate maximum speed (and thus, power). If you think about it, these three analogies are even closer related to the backhand stroke. As a matter of fact if you toss a frisbee, snap a towel or flip a card, the easiest way to do it is *backhanded*.

One of the main reasons that backhands tend to be less powerful is the length of the swing. Remember how we used the analogy of the golfer who chose a longer club when he needed to cover a greater distance? The longer the club the longer the potential arc of the swing. Most people have a long swing on their backhand, but four-fifths of that length is followthrough — the kind that knocks out teeth.



These same people with these huge unwieldy swings wonder why their ball almost limps toward the front wall. The answer is simple — the arc of the swing prior to contact is too short. The racquet doesn't have time to build up speed, therefore no power is produced. This principle is further demonstrated by the fact that most club players, and even most pros, hit the ball harder cross court because since they are contacting the ball later in the swing, they use a little more of what is ordinarily wasted followthrough power. Keep in mind that the followthrough does not add any power to the swing and the surgeon general has confirmed it can be dangerous to your opponent's health.

The followthrough does have at least one positive benefit. It allows for a

semi-gradual dissipation of excess power buildup in the proper swing. Your arm joints don't take such a shock, and you can still shake hands after the match!

Arc is the key concept. Build a repeating swing with a *big arc* and snap that towel — and you'll have all the power you'll ever need.

The same principles we discussed in the power forehand section are applicable here. Tests show (and for that matter, so do the results of top pros) that the upright *pendulum loop* method creates that largest arc. Not only is the arc greater than the traditional straight back, straight through method, but the loop system allows for a radical buildup in racquet head speed, due to the fact that the head is never stationary, as it is at the top of the backswing in the traditional method.

One interesting footnote: in my high speed sequence analysis of Marty Hogan's swing, I tinkered quite a bit with the film, running it backward and forward. One fact became amazingly clear — if you run Hogan's forehand backwards, it is practically identical to his real backhand. My point is, if you use the loop swing, your backhand will be the mirror image of your forehand and will be virtually equal in power once you build up your "reverse" muscles. (We'll discuss a few simple exercises later.)

Tests by reputable physicists confirm that racquet head speed can be increased, by using the loop, over 20 mph.

—Carole Charfouras photos



Developing The Loop

Okay we know we want to use the loop. Now what are its elements?

1. *Continuous motion* — once you start your backswing your racquet head should never stop. This tends to aid one's rhythm and prevents you from "freezing" on the shot. Take a look at the photos — the path or pattern of the swing resembles a giant letter "O" — the etched out path of a pendulum that flattens out only in the hitting area.

2. *Height* — the higher your racquet "reaches" on your loop, the farther it has to drop and the more power will be built up. You'll notice in the pictures that the *hitting elbow* must reach very high. In addition you should get the feeling you are lifting up with your *upper diaphragm* and shoulders. (Almost as if you were taking a deep breath.)

3. *Depth* — In addition to height the deeper in your stance your racquet reaches, the more arc is created, and the easier it is to naturally flatten out the hitting zone while still maintaining speed. Of the two elements depth is not as important, particularly at the upper level of the game. The reason is simple — the better your opponent, the more shots he'll force you to hit in the back corners. The closer you get to the back wall, the more embarrassing a deep, flat swing will be. If you're lucky, you'll be able to "tweek" the ball toward the front wall. With Hogan or Serot or Lindsay Myers, (the only three players in the country who have what I consider the beginnings of the "backhand of the future") they can still rip the ball from very deep, because they use more of an upright pendulum in these conscious situations.

4. *Shoulder turn* — On the forehand I mentioned that the modern pro power hitter uses a minimum amount of shoulder turn, building up force through a quick torquing move, rather than a leisurely full blooded turn which I've used for years.

On the backhand the same principle is employed, but it manifests itself differently. A huge shoulder turn is used on the backhand. This, more than any other factor, is the obstacle that I have to overcome to make my backhand what I'd like it to be some day. (And don't say "so I can start my seniors strong.") It is also the most noticeable common denominator among the Hogan, Serot and Myers Trio.

I'd have to go so far as to say that, even in reference to the traditional backhand, this element is paramount and only those who come from a strict stylistic tennis or squash background really do it well.

Although a huge backhand shoulder turn is recommended, a large turn into the ball is disastrous. It dramatically slows down the swing, which I hope we all realize would tremendously reduce power. From a directional standpoint it takes the power pinch (splat) or down-the-line sidespin drive out of your arsenal. You're forced to either "body" or "arm" the ball cross court, or punch it meekly into the left corner with no steam at all on the ball.

The reason: 1) You've moved your shoulders beyond where they should be at impact so you can't use their weight and strength in an abrupt torquing motion to add "umph" to the shot; 2) By moving past contact (opening up too soon), you effectively reduce the depth in the arc of your swing necessary to produce the "pop," or "snap" we've talked of; 3) If you use any tilt in your shoulder turn, opening up too soon forces your racquet face to open and you'll hit a flyer — probably off the back wall in the air. ●



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APRO Teaches . . . Lessons for Two Beginners

Reprinted from Contemporary Racquetball with permission of Contemporary Books, Inc., Chicago. Copyright© 1978 by Chuck Sheftel and Arthur Shay. The American Professional Racquetball Organization, which provides a feature each month in *National Racquetball*, is devoting its space to excerpts from the book APRO President Chuck Sheftel wrote with *National Racquetball* photographer, Arthur Shay. This one-hour drill and play suggestion is part of a series of lessons two beginners can try on their own.



Sixth lesson

1. Brief review of low placement shots — (2 minutes)
2. Backhand work — (10 minutes)
3. Drills
 - a. Feeding backhand — (10 minutes)
 - b. Lobs off back wall to backhand — (10 minutes)
 - c. Fast drill—all strokes — (10 minutes)
4. Play — (15 minutes)
5. Wrap-up — (3 minutes)

By now you should have a feeling for the kind of warm-up that helps you start your racquetball lesson feeling ready rather than stiff. This hard earned intelligence about your body and its needs — whether for situps, stretches or knee bends — should be incorporated into a long range conditioning plan, possibly involving jogging or swimming, but certainly situps and stretches. Leg raises from a sitting position or while on your back are good. The best conditioned racquetballer on the pro tour, Jay Jones, is a movie stunt man who does yoga every day, but also climbs six flights of stairs ten times!

Brief review of low placement shots

The yarn stretched across the court in May's excerpt in *National Racquetball* should have helped you understand that a majority of beginners hit most of their shots too high. Ideally, of course, every shot should be a low kill, but since this is impossible you should keep practicing those low placements, increasing the speed at which you and your partner volley low shots with each other. This improves your coordination and response, as well as your accuracy.

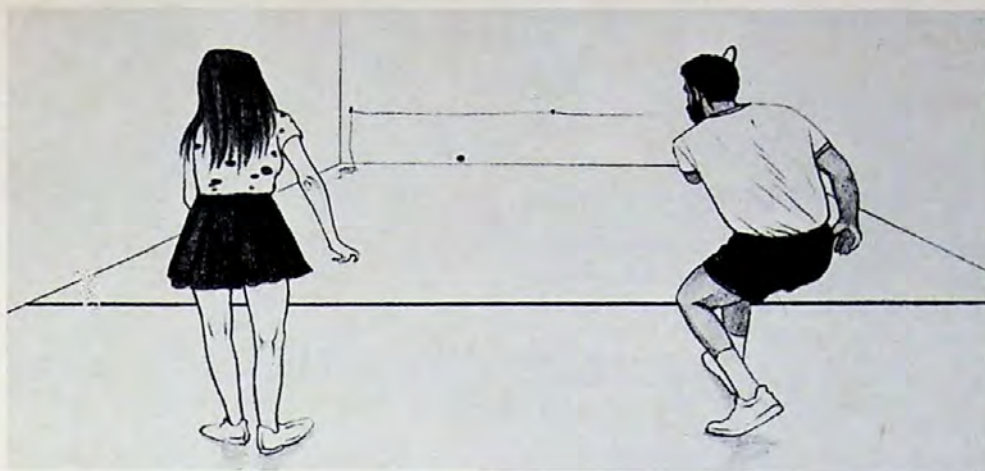
Backhand work

A well coordinated, smooth backhand is a valuable weapon. Alas it takes hard work for most people to develop a good backhand. Returning to basics go over the basic grip and stance from the first two lessons. Practice running to the backhand side and making that slight (quarter inch) turn your hand.

Most beginners forget to hold the racquet high enough while running to make a backhand shot. If the racquet is held high enough and far enough back, it saves you last second raising and positioning.

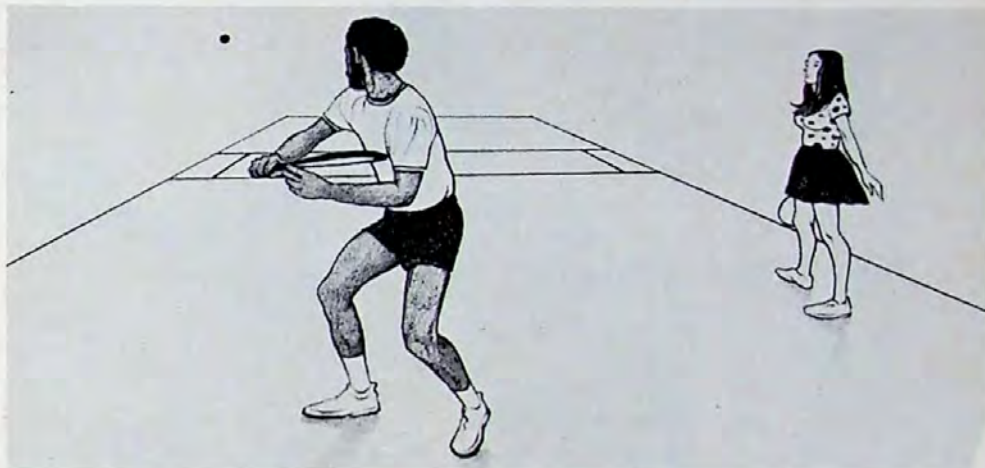
A good drill is to stay on the left side of the court and imagine that the right side doesn't really exist. The idea, of course, is to use the backhand to the absolute exclusion of your forehand. Your partner should then practice the same way.

Even while practicing alone, you can beef up your backhand by standing on that left side and trying to hit exclusively with your backhand. Kathy Williams, a Denver pro, finds that her students make excellent progress using a technique called "drop and hit." Just drop the ball with your off hand and backhand it into the wall. Ideally you should be trying to "pinch" the ball into the left wall where it joins the front wall. As long as you can control your backhands sufficiently well to get them into that left hand corner — by six feet at this stage — you're doing fairly well.



Footwork is especially important in this drill. You must be prepared to charge in and hit from that sideways stance.

Server to hit partner's backhand.



Drills

Feeding backhand

A good two person drill involves one "feeding" the other's backhand. Crisscross the ball on the court, remembering that the object is to give the backhand a good workout. For some reason — probably degree of difficulty — the poor backhand becomes just that from lack of practice. It is such a marvelous shot, offensively and defensively, that it's worth practicing long and hard.

Lobs off back wall to backhand

Now that you and your partner have achieved a degree of accuracy in your shots, try a series of lobs to the back wall that forces one another to use the backhand off the rear wall. These lobs should hit close to the rear wall; that is the ball hits the floor, then the rear wall, so that it can be taken on the fly. Don't be afraid to hit a little harder and to vary your feeding habits so that your partner can't tell the target by watching your body. Favor the backhand in this lesson, so that you can learn to depend on it.



Receiver practices taking the backhand off the rear wall.

Play

In singles, doubles or cutthroat use your improving backhand whenever possible, racing to retrieve those leftside shots but also moving your body out of the more natural forehand position into a backhand one. Obviously the name of the backhand game is to keep hitting as many backhands as you can. Depending on how proficient you have become, you will be able to control your backhand as well as your forehand.

Wrap up

With this lesson — its glories and its failures still in your minds — discuss the areas of your game that need practice and plan to improve them. ●

Back at You

by Jerry Hilecher

In this exclusive *National Racquetball* series top ranked pro, Jerry Hilecher, answers your questions on specific aspects of the game. Send questions to Hilecher % managing editor, *National Racquetball*, and one of the sports best teachers will bounce the answers back at you every month.



QUESTION: I have just about mastered the knack of playing the ball as it rebounds off the back wall. But what do you do when it doesn't come

off the back wall? Sometimes it just seems to hit the wall and stop. How do you know when this will happen and how do you play this ball?



ANSWER: Most of the time playing the back wall is like getting a second chance. But there are moments when it can be one of the most frustrating experiences in the game.

Some balls pass you high enough to be played off the back wall only to dribble out a foot or so. Some almost slide down the wall, leaving you only inches in which to maneuver your racquet.

There's no real way of telling when this will happen or how these balls will play.

In this photographic sequence illustrates the correct way to play high lobs which do not permit a good shot off the back wall. In the first photo Hilecher drops back, feeling for the back wall to determine his position but never taking his eyes off the ball. The second and third photos show him getting behind and under the ball in preparation for a difficult return. In the fourth photo Hilecher aims at the ceiling, relying on his wrist snap to carry the ball because the quarters are too cramped to permit a full stroke. The fifth photo shows the follow through which helps to correctly aim the ball.



They are usually border line shots, that come off the front wall and pass you just a little too high to make a good drive return or killshot.

You have to make a split second decision at this point whether or not to play the ball as it approaches or off the back wall.

Nothing can tell you how to do it except experience. But if it looks as though it is going to be one of these bloopers, here's how to play it.

Get behind the ball. It might jump out a little further than you expect but, if you are quick, you can jump out after it and chip it up to the ceiling. You don't even have a chance if it drops behind you.

On your way back never take your eyes off the ball. Feel for the backwall to get your bearings.

After I touch it, I sometimes lean against the wall. You have to get that far back for these shots!

As the ball drops, get your racquet under it. You won't have room for the normal swing in which your racquet is brought up to your shoulder.

Likewise there is no point going for a kill because it is almost impossible to get any power on this kind of a ball.

Go for a ceiling shot. Get as much as you can on the ball using your wrist. That's where most power is generated in a racquetball shot anyway.

Follow through with your arm and try to aim your shot to your opponent's backhand.

Admittedly it's a defensive maneuver, but concentrate on putting the ball up on the ceiling.

Just get yourself out of this one. Your time will come later in the rally. ●

Ready for Racquetball Camp

by Steve Strandemo

Steve Strandemo has been teaching racquetball campers for the past five years.



Racquetball camp is a tremendous experience for a racquetball player. Hundreds of players across the country are making plans now to attend one of the camps taught every summer by the country's best professionals at various locations coast-to-coast.

Many of these players will be going to camp for the second or third time, and if they had some advice to pass on to the first-timers, it might be this: however eager you are to get to camp and improve your game, don't make preparations that only go halfway.

True enough, you've put a lot of thought into which camp might be "right" for you; which instructors you like best; whether or not you want a camp with lots of after hours amenities. You've picked the dates, gotten vacation time approved, made the necessary travel plans, written the camp and sent in the deposit.

Now you're going to sit back and wait for the magic week that is going to transform your game. Well it'll be a terrific week all right, but as you sit there, daydreaming about how great it will be, you are wasting a good part of the camp experience before it even has a chance to get started.

A racquetball camp will make a tremendous difference in your game, in only one week's time, if you help the instructor in advance by working on your ability to be a good student. This ability is something you have to start developing long before you check in. And it's not as simple as just "getting in shape," although that is important too.

Part of it deals with attitude. You cannot get your hopes too high and expect to enjoy the maximum benefits of the camp experience. Your game can't be "transformed" in a week's time. Rome was not built in a day.

No instructor is going to promise to make you into an instant winner. What he will do is analyze your technique and your style of play and shot selection and go from there. Very seldom is a student's swing so bad that it needs major surgery. Generally some minor adjustments are needed. More fundamental changes may be made in a student's shot selection or style of play, if it is needed. Some students come to camp without any real concept of strategy.

But camp, for all its revelations, is just the starting point. I tell my students I can't add 21 points to their game. But I can add about five, if they are ready and willing to learn from the first day. Later on it's up to them to turn that five into 10, or 15 or 21.

Look in the Mirror

It is important to adopt a realistic attitude in the weeks before camp is due to begin. Don't get your head in the clouds; instead, look at your game in a mirror, so to speak. Think about the things you particularly want to work on during the week of camp. Write down things you want to be sure to remember to ask your instructor. Camp is not an intimidating place, or at least it shouldn't be. The instructor is not God, telling his pupils what to do and when to do it. You can talk to him or her. It's your week, after all, and your money, and if the instructor is smart, he'll pay attention to what YOU want to do.

You should play more regularly in the two or three weeks before camp begins, to help you identify these problem areas. Plus it'll help your conditioning level and sharpen your eye.

Of course anyone going to a racquetball camp should try to be in decent shape when he gets here. You're not going to be playing all day long without ever stopping to rest, but many camps, including mine, feature quite a bit of actual play situations. I don't like to interrupt students every three minutes while they're playing. We'll stop often enough to discuss errors, but the emphasis is on maintaining a "flow of play," which means a student will soon become too fatigued to get the most from it, if he is completely out of shape.

At the same time no one should be scared off. I'm not saying you need to go out and run five miles a day for a month before camp. Jogging helps, sure, and so does playing more often. But my rule of thumb is: Be conscious that camp is approaching, and work a little on conditioning, but do not go overboard and do things that are completely abnormal to you. I, for one, don't want you coming to camp worn out. Come refreshed, and ready to play a good week of racquetball.

Photo A



There is one thing to consider. Some racquetball camps are hosted by mountain resorts. Because of the greater altitude, students should be a little more conscious of conditioning. Part of this is psychological. When you first get to a high altitude camp, naturally you're going to feel short of breath for awhile. But the body adjusts quickly to it, and by the second or third day you'll not even notice it. The important thing is not to be afraid of it; it's natural. And instructors adjust their programs to allow for it.

As far as conditioning goes I think it is more important, as you are preparing for camp, to prepare your eye and hand. Your sense of timing should be pretty well honed when you go to camp, and the racquet should feel comfortable in your hand. Of course these things are accomplished as you play more in the weeks before camp.

Practice Specifics

The various instructors may, in their advance literature, tell of a few specific things they'd like you to practice before camp opens. For example I like my students to have worked on the serve, both the low drive serve and the Z serve."

You should work on serving from the middle of the service court. Too many novice players believe you must serve from one side or the other. That is just not so. From the middle you can hit a low drive serve into either corner, with winning results. It just takes practice. (See photo A)

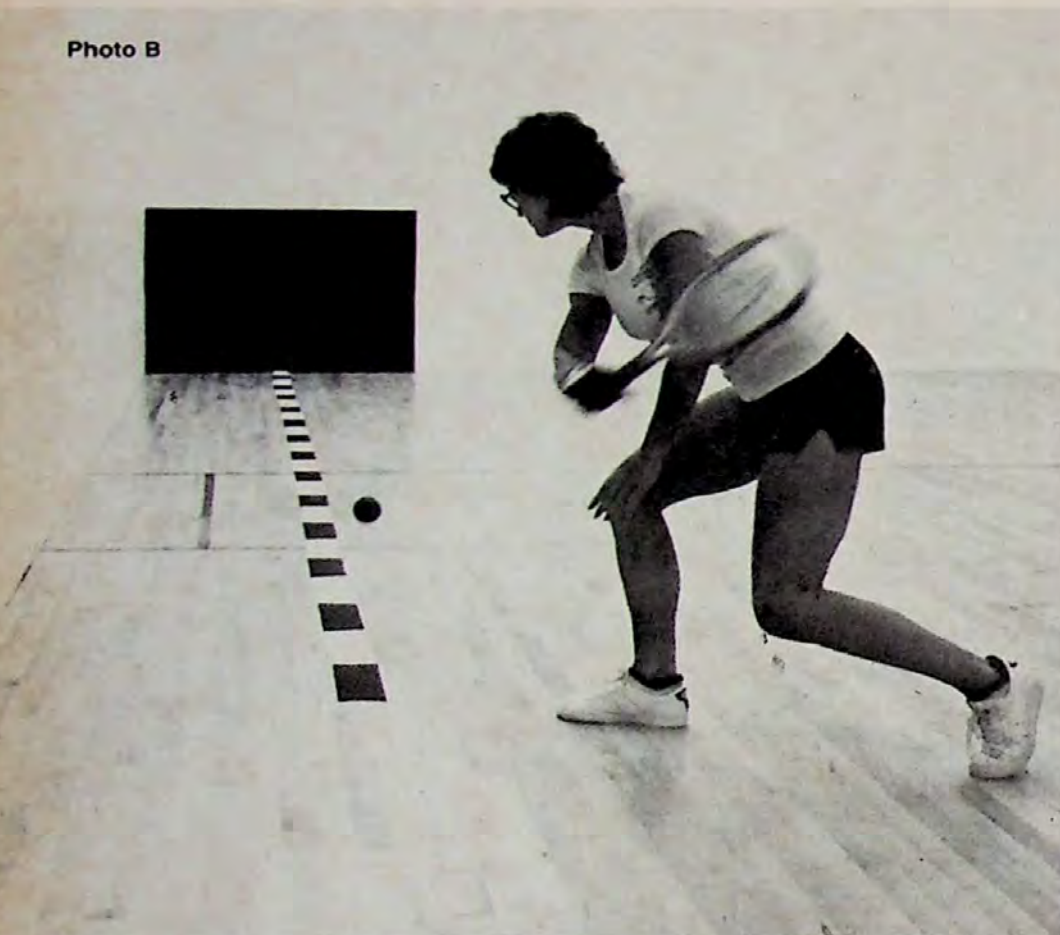
From the middle practice hitting the low-drive serve so that it comes back low over the service line and either takes two hops into the back corner, or skips off the side wall after the first bounce and then into the corner. I wouldn't recommend going for the ace in the "crack." It's a low percentage shot. Try to make the ball take its first bounce between where you are standing and the side wall. The ball should never hit the side wall until after the first bounce.

While you're practicing the serve, try dropping back quickly into good center court position, three to five feet back of the second service line. This is the best percentage position from which to play your opponent's return. At camp I would tell you that the serve and the dropback should be one coordinated motion, but for the sake of practice, I'm not concerned with form. Just try it; serve and drop back, as quickly as you can, keeping your stance generally open to the front wall, looking over your shoulder, watching the ball.

But most important, in this drill, is to get the serve to take its first bounce between you and the side wall. That's your first goal. Your second goal is to keep the ball from bounding off the back wall, either by having it take a second bounce, or by brushing the side wall before it reaches the back corner.

If every student came to camp with the ability to serve from the middle and get it into the back corner like that, we would be a day or two ahead of schedule.

Photo B



Students should also practice hitting the ball down the alley on either side, without hitting the side wall. (See photo B.) From 30-35 feet hit the ball so that it strikes the front wall no higher than three or four feet from the floor, and takes two bounces before it reaches the back wall. For your own particular velocity see just how high you can hit the front wall and have it bounce twice before reaching the back.

Don't "aim" during this drill. Go ahead and take a full swing. Get the racquet back early, and be sure you have plenty of snap in the wrist. On the backhand get the racquet back and pull through forcefully with your shoulder, so you will be getting good velocity on the ball. And work on keeping your off arm out of the way. Too many players have a tendency to tuck it into their chests during the swing, which impedes the freedom of the stroke. Keep it on the opposite side of your body from the swing, where it can help you maintain balance.

Stretch the Hamstrings

If you play with any regularity, you probably already know the importance of stretching exercises before play. (See photo C.) You should do plenty of these exercises before camp, every day, whether you play or not. Pay particular attention to the hamstrings, the big muscle in the back of your thigh, but your torso, shoulder and arm should also be stretched out. It's a great idea, also, to stretch AFTER you play, when the muscles are tight from exertion.

Speaking of the prevention of injury, everyone should wear eyeguards. I can't make my own students wear eyeguards, but I do harp on it. It's much easier to teach a student who is not afraid to watch the ball all the time, and that kind of confidence comes only from wearing eyeguards. Naturally it makes it easier for the student to learn, too.



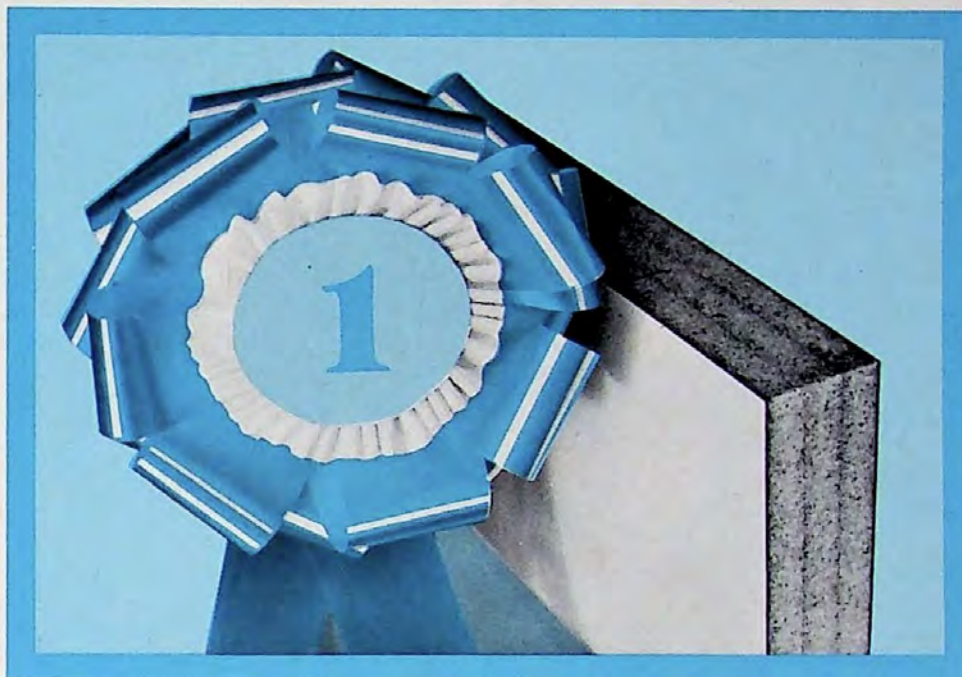
Photo C

As for other equipment, bring two pairs of shoes, so you'll always have a dry pair. Bring plenty of cotton T-shirts, shorts and underwear, and at least enough athletic socks to have two dry pair for every session. Wearing two pairs of socks absorbs most of the friction of stop-and-start movement and cuts down on blisters.

Bring wristbands and gloves, and a couple of extra racquets if you have them. A warm-up suit is a good idea, to put on after play so you don't cool down too quickly. And don't forget to bring an open mind, realistically tuned. ●

See National Racquetball guide to camps on page 56.

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Racquetball Moving in on New York City

Ruben Gonzales, left, and Gary Valinoti are pros at both Staten Island Clubs.



Harold Shea photo

Since a December, 1978, column in *National Racquetball* reported there were no courts in New York City outside a few in Manhattan, word has come from Staten Island's Lou De Santis on two facilities. They are his Richmond Racquetball and Courts of

Appeal, six miles apart in the New York borough, and 35 minutes from midtown Manhattan.

De Santis, who plans to put up a club in Brooklyn, says he opened his first six-court facility in November of 1977

and sold out to 800 members, then added a second 12-court club to meet the demand from players who come from the surrounding New Jersey and Brooklyn area as well as from Staten Island. ●

New Court Club Listings

Branmar Racquetball Club
Marsh and Silverside Roads
Wilmington, DE 19810

**Center Court
Racquetball Club**
324 Route 83
Vernon, CT 06066

**Charleston Racquet
Nautilus Center**
1642 Hwy. 7
Charleston, SC 29407

Circuit Courts
Dayton Circuit Courts East
3082 Rodenbeck Dr.
Dayton, OH 45432
Englewood Circuit Courts
25 Holiday Dr.
Englewood, OH 45322

Racquetball Spa
500 Kings Highway Cut-Off
Fairfield, CT 06430

Royal Racket Club
1718 Rollins Rd.
Burlingame, CA 94010

Sunshine Racquetball Club
3534 E. Sunshine
Springfield, MO 65804

Wellesley Racquetball Club
34 Washington St.
Wellesley Hills, MA 02181

What's Your Racket
1904 Atlantic Ave.
Wall, NJ 07719

YumAthletiClub
300 W. 22nd St.
Yuma, AZ 85364



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Playing Racquetball after a Heart Attack

Watch Those Body Signs

by Raeann Berman

Can the heart attack victim play racquetball? The answer: a qualified yes — *under certain circumstances* and with the proper level of conditioning.

Only the patient's doctor, through careful evaluation and testing, can prescribe racquetball as a healthful adjunct to treatment. The key to the question of "to play or not to play" is basic conditioning. Dr. Noel D. Nequin, Medical Director, Cardiac Rehabilitation and Health Enhancement Center, Swedish Covenant Hospital in Chicago, supervises a program of basic endurance training, starting with running, cycling, jogging or swimming — those overall aerobic activities that exercise the body smoothly and feed the body with oxygen in a sustained manner. Nequin, like many other cardiac specialists who study the effects of exercise on the heart, emphasizes that racquetball differs from the "smooth" exercise pattern of swimming or running. Racquetball is stop and go activity with sudden spurts of movement. He compares the effect of a strenuous game of racquetball on the non-conditioned body to "the car that sits in the garage all week. When it's taken out on Sunday for a drive, there's too much strain on the motor."

The racquetball enthusiast may well be able to return to his sport if he avoids the "Sunday driver" syndrome. He needs basic conditioning first, under medical supervision, then a planned program of working up to racquetball and finally, racquetball played in a moderate fashion.

Nequin says that cardiac patients are often "more educated and aware." They know what's happening to their

bodies at rest, at moderate play, during stress. They "tune into" body processes and notice the way they feel. He quotes Sir William Osler, the great 19th century physician and man of letters, who often told his colleagues that the secret to a long life is to acquire a chronic disease and take care of it. In many respects people with heart disease are better candidates for healthful enjoyable participation in sport because they do pay close attention to their own body signs.

No One's Invulnerable

At the other extreme Nequin sees a dangerous trend developing among some very active people — the "invulnerability complex" i.e. "I'm so physically fit that nothing could ever happen to me." Many athletic people have a blind spot in recognizing actual physical distress, chest pains or shortness of breath. These are people who are so accustomed to pushing themselves further and harder that they don't allow themselves to feel pain. He says "They have a high tolerance for discomfort and can actually be experiencing warning pains for awhile and not paying attention." He suggests they "remember their goals . . . being physically fit, feeling good, enjoying sports and not turning racquetball or any other game into an endurance contest."

In the rehabilitation unit at Swedish Covenant Hospital, Nequin's patients learn to think of daily activities in terms of METS, the metabolic rate used in various movements. One MET is the energy used while awake but resting, such as sitting and reading a book. As patients progress through the

conditioning program, they move steadily from low MET levels to higher MET levels, higher energy use. Racquetball is at the nine to 10 MET level, about on a par with strenuous singles tennis. The accompanying chart shows Activity Equivalents in METS.

We hear a lot about the tolerance for stress and varying degrees of stress placed upon the body by strenuous activity. Dr. Jere H. Mitchell, Professor of Medicine and Physiology at the University of Texas Health Science Center in Dallas and Chairman of the American Heart Association committee on exercise, is studying the effects of stress from the physiological



Jere H. Mitchell, M.D., chairman of the committee on exercise of the American Heart Association, says "with exercise the individual can live better with the disease."

Activity Equivalents in Mets

Activity Level

0.7 Met — energy use during sleep • 1.0 Met — energy use at rest, awake

Mets	Minimal 1.6-2.0	Very Light 3.0	Light 3-5	Moderate 5-7	Heavy 7-9	Very Heavy 9.0 & greater
Self-Care Home	Wash/shave Dress Desk work Writing Dishes	As in minimal Drive car	Clean windows + Rake Wax floor + Paint	Light gardening Lawn-mowing, hand, level Climb stairs <i>slowly</i>	Saw wood Heavy shovel Climb stairs, <i>moderate</i>	Carry loads up stairs + Climb stairs <i>quickly</i>
Work	Hand sew Watch re- pair	Sitting Clerical Assembler Store clerk Bartender Drive truck* Crane oper. *	Stock shelves Lt. objects Lt. welding Lt. carpentry Machine assembly	Carpentry, exterior home building + Move objects 45-65 lbs + Drills	Tend furnace + Dig ditches + Move objects 85-100 lbs +	Lumberjack + Heavy laborer +
Play	Sitting Piano playing	Shuffle- board Horseshoes Bait cast Billiards	Dancing (waltz) Golf Table tennis	Badminton Tennis (doubles) Snow skiing SEX*	Canoeing* Fencing Racquetball Tennis singles	Handball Squash Ski touring Basketball
Physical Conditioning	Walk 1.5 mph level	Walk 2 mph Stationary bicycle, low resistance. Very light calisthenics	Walk 3 mph Level bi- cycling @ 6 mph Light calisthenics	Walk 3½ mph to 5 mph Bicycling @ 9-10 mph Swim breast- stroke	Jog @ 5 mph Swim crawl- stroke Rowing machine	Run @ 6 mph Bicycle @ 13 mph or steep hill Rope jumping

(+) — May produce higher workload on heart because of use of arms or isometric exercise.

(*) — May have added psychological stress that would increase workload on the heart.

Chart courtesy Swedish Covenant Hospital

standpoint. Mitchell feels that the stress itself is not the danger but that it is the *condition* the person is in before undertaking stressful activities. He talks about the sought after "*condition*" state and says "*When a person is in the 'condition' state, he has a slower heart*

rate at rest, slower heart rate at a given level of work, lower blood pressure, lower pulse, lower secretions and a lower requirement of oxygen by the heart."

He emphasizes the value of determining the individual's maximum capacity for exercise through the EKG, stress test and other laboratory tests and then slowly working up to

maximum capacity through a planned exercise program. During exercise the heart rate should be around 15 to 20 beats per minute, and *less stress* is being placed upon the body in relation to the capacity of that individual's system, compared to the stress attached to a faster, nonconditioned heart beat.

Quality of Life

Mitchell reminds us that *"There's no firm evidence that exercise increases the quantity of life and it certainly can't cure heart disease. But the individual can live better with the disease. The quality of life is enhanced."*

Dr. James Hodgson, Associate Professor of Applied Physiology at Pennsylvania State University, explains that *"Exercise allows one a greater margin of safety. After conditioning we increase our tolerance to do a given task. Or, put another way, a given task requires a smaller percentage of maximum effort."* Hodgson says *"Laboratory studies show that after conditioning, exercise results in a lower heart rate and lower blood pressure product."* (The product being the number you get by multiplying the heart rate by the blood pressure.) *"And that product is highly related to the requirements of the heart for oxygen."* With a lower product, you place less demands upon your body. The body can efficiently deliver the oxygen it needs for energy.

He gives an example of a conditioned person in his 30's or 40's using somewhere around 40 percent of his maximum capacity by walking three miles per hour, a moderate or "safe" pace. Another person of the same age who's not in condition may have to use 60 or more percent of his maximum capacity to walk at that rate. And so the second person is running an appreciably higher risk of straining the heart.

New Kind of Game

Hodgson is an enthusiastic racquetball player himself and is quite specific about how a heart patient can return to the game. *"My recommendation would be that he remove the competitive aspect of the game as much as possible. The individual who wants to get back to the game has to adjust his expectations, his attitude, play it in a different frame of mind. He has to be able to accept a new type of game."*

As a competitive player he admits that the fast pace and competition of the game contribute to the fun. He says *"I know it's hard for the Type A individual (hard-driving, intense) to play at a leisurely pace."* Hodgson's advice: *"Learn to adjust your outlook toward the game. If the ball goes far out of range, don't lunge for it. Try for one that's not so difficult."*

For many racquetball players this may mean giving up the old bunch at the courts — selecting less competitive players or skilled players willing to play a slower game. For some players there's a good solution waiting in the wings — the racquetball-playing wife. The wife with knowledge and enthusiasm for the game can become the best partner of all.

How often should one play the game after a heart attack? Nequin cautions *"Stay away from a once-weekly high level competitive game. Ideally one should play two or three times a week — more steady play with two and a half days between matches."* Because of the stop and go basic movements and energy demands of the game more frequent play at a more relaxed pace is the best prescription.

The dedicated player who commits to return to the game has to remember why he started playing in the first place — for a feeling of psychological and physical well-being. When returning to racquetball the two important rules are: 1) Be in condition and 2) Play for enjoyment. ●

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Women In Racquetball



Carol Brusslan

Tatiana Kazlova Looks at Women's Lib

We are drinking champagne on a gray Sunday afternoon 11 stories above the Moscow River in our room at the 6,000-bed Rossiya Hotel. Around the corner is Red Square, just outside the Kremlin, where Lenin's body lies preserved in a marble tomb and where Muhammad Ali jogged during a recent trip to the Soviet capital.

We're talking with Tatiana Kozlova, the only woman among 14 sports writers for TASS, the Soviet government owned equivalent of our Associated or United Press wire services. Tatiana had left her apartment complex on the outskirts of Moscow for an hour ride on the bus and subway to get to our hotel.

As the champagne disappears, so do the differences between us and this tall, Russian beauty with a broad smile, carefully shaped brows and blonde hair styled in a fashionable cut.

She talks about her country's top athletes. The good: "They get to see foreign countries and they have a lot of money left over for themselves from the stipends the government pays them when they travel." And the bad: "It's hard to stay on top in modern sport. They're very nervous ... when they're through, it's hard to adjust to a regular life."

And she describes the Soviet boys and girls aiming for athletic stardom. "They see the athletes on TV and they want to be like them. There are sporting schools that specialize in gymnastics, swimming, hockey, figure skating - children are asked

to enroll in those schools any time from first to fifth grade, when their regular school coaches see they have talent. At those schools they have two training sessions a day along with their other school work ... The most popular sport is hockey. Parents and grandparents will bring their children to the Central Army Club and the coaches there look them over - sometimes even ask them to leave the child with them for a month. Then, if the boy isn't good enough, the coaches might say 'Try another sport - maybe rugby, or basketball or track.'

Tatiana's English is perfect, but she says "I didn't study it - I learned it on my own." She adds that her mother - a linguist who was interpreter for Stalin and Roosevelt - never made a point of teaching foreign languages to her only child.



Tatiana Kazlova

• Please turn the page •••

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"It's because of my English that I have made four trips to the United States. I have been to New York, San Francisco, Denver and Boulder as an interpreter for Soviet teams."

Twenty years ago Tatiana, who was born in 1941 three weeks before the Soviets went to war against the Nazis, was a competitor herself, traveling around the Soviet Union as a hurdler and high jumper and studying at the Institute for Physical Education.

"I was good, but not the best. But with the job I have now I want to be the best."

"I have to work very hard. I must be good at my job, and then I have to look good. I have to have time to go to the hairdresser and to look for stylish clothes and cosmetics."

(Having seen the lines in Leningrad and Moscow for hard-to-get items like lace bras, we can understand why the Soviets have to invest hours of their day in shopping.)

"I get up at 6:30 every work day to take my child (five-year-old Aloysha) to kindergarten on the bus and then I spend an hour on the subway getting to work. I shop for dinner some time during the day. If I want to provide a good diet, I have to take the time to find a store that sells fresh greens and fish. If I go to the store after work, then my husband picks up our son at kindergarten at 6. Then I prepare the evening meal for my child – not usually for my husband or myself because we both eat a good meal at the buffets where we work." (Her husband is a translator for Spanish-speaking students – mostly Cubans – studying in Moscow.)

"And sometimes I work evenings or weekends. Last night, when I was covering a swim meet, I brought my child along. He was running all over, but I was glad he was with me."

Tatiana says her schedule is easy compared to her friend's.

"My girlfriend is a world record holder in the 400 meter hurdles. She works very hard – she has to travel an hour and a half from her house twice a day for her training. She's 30, so she's thinking about the future – she's taking a coaching course."

"The problem is that the everyday life of a Soviet woman is filled with a job, cooking, work in the home. We'd like to jog the way the men do, but most women just have time to exercise for 15 minutes – and we can't always do that."

"We're liberated," she says with a smile. "But I wonder if we need this equality."

Racquetball in the USSR



Will racquetballs appear on this Moscow sports store shelf?

Paging through a USRA rulebook, a pro stop program, a copy of *National Racquetball*, Steve Keeley's *The Complete Book of Racquetball* and *Inside Racquetball for Women* Tatiana Kazlova said she already knew what racquetball was about.

"There was an Associated Press story on racquetball that came over the wires to TASS. We picked it up, translated it and sent it out, and many newspapers in the Soviet Union used the story.

"The Soviets are aware of being fit. Jogging is very popular, especially in smaller cities. (The day before we had watched runners in warmup suits and fur hats jogging along the Volga River in Kalinin between Leningrad and Moscow.) And two or three of Cooper's books on aerobics have been translated into Russian. We already have some indoor tennis courts in Moscow – and I think the Soviets would like racquetball."

The Changing Shape of the Soviet Woman

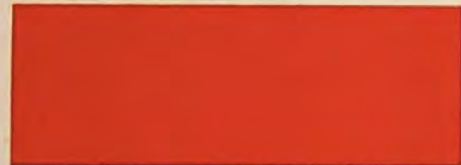


The shape of the Soviet female is changing, as indicated by these photos taken on Moscow's Gorky Street. Racquetball is a natural for the Soviet woman – with limited time and a new passion for looking trim – so chances are there'll be courts around long before this young lady from Leningrad is ready to take up the game.

Playing Tip Number 16

In their popular book, *Inside Racquetball for Women*, Pro Jean Sauser and National Racquetball Photographer Arthur Shay devote 10 pages to what they call "guilty feet" — a pair of which many beginning women racquetball players possess. Hitting off the back foot, one of the excerpts printed in *National Racquetball's* series with permission of the authors, might be among those foot errors that is impeding your progress in the game.

The Sauser-Shay book, a collection of mistake-correction keys to better racquetball, is published by Contemporary Books and is available at pro shops, sporting goods stores and book shops.



Mistake:
Hitting off the Back Foot

This error drives many players up the wall, along with their shots. It generally results in hitting weak corner shots that make you easy prey to a fair player. Back foot hitters have less power than do proper strokers, and they usually skip more balls into the floor. Hitting off that back foot often thrusts your body in front of the ball, making it almost impossible to generate a powerful, controlled stroke.



Correction:
The Lead Foot Swing

Practice hitting the ball off your front foot by dropping the ball a little ahead of you and stepping into it, off your lead foot, of course. Practice retrieving the ball from the side walls, using your off-hand to throw it. You'll know that you've gotten your body into a swing by feeling the increase in your hitting power—just as a golfer knows by feel that a drive was well hit.

YWCA Wonder Girl

High Ranked Junior Plays at Low Cost



There's more talent than money invested in the racquetball game of Ellen Kurland, a major contender for the 1979 Girls 17 and Under championship.

That's because the 16-year-old who took fourth last year in the 17 and Unders, plays at the Rochester (MN) YWCA, where she pays just \$8 a year for her high school membership.

Ellen Kurland manages four practice sessions a week at the YW-YM's busy courts, and most of her opponents are men.

Whenever she can get one, Ellen plays on one of four free courts in the YMCA portion of Rochester's combination YW-YM building. And the four fee courts cost her only half of the \$4 hourly charge. All eight — the only courts in town — are filled from 5:45 a.m. to 10 p.m.

With court time so tight, Ellen manages about four practice sessions a week, but she works out at the Y at least an hour the other days — running, swimming or doing some light weight lifting.

Ellen learned racquetball from her father, a doctor at Rochester's world famous Mayo Clinic: "My Dad got me on a court when I was 11, but I didn't like it. When I was 13, I tried it again — and I've been serious about the game ever since. That next year I won first in the Twin Cities tournament in the Women's B." In her first state tournament (in 1978) Ellen took first among all the Women's B players in Minnesota.

Ellen — the YW's shining star — plays with her older brothers, her father or in the YMCA men's league. But there's a full program for the women who play for fun and exercise, according to YWCA Program Director Marlene Sack.

Sack, who wants women around the country to know they can play racquetball on the smallest budgets, has compiled this list of 44 YWCA's where memberships range from an average \$5 to \$12 a year and where courts are free or available at a minimum charge.

	City of YWCA	Have courts	Have access to courts	Plans to build
Arizona	Tucson		yes	
California	Bakersfield		yes	
	Sacramento		yes	
	San Jose		yes	
Colorado	Boulder		yes	
Connecticut	Hartford	paddleball		yes
	New Britain			
Illinois	Alton		yes	1979 open
	Chicago			
	Freeport	complete court club		
	Peoria		yes	
Iowa	Dubuque	yes		
	Oskaloosa		yes	
	Washington		yes	
Kansas	Wichita			yes
Michigan	East Detroit		yes	
	Grand Rapids		yes	
	Lansing		yes	
	St. Joseph		yes	
Maine	Bangor		yes	
Minnesota	Minneapolis	yes		
	Rochester	yes		
Missouri	Joplin			yes
Montana	Missoula		yes	
North Carolina	Charlotte	portable 3-wall		
New Jersey	Trenton		yes	
New York	Poughkeepsie		yes	
	Troy		yes	
	White Plains		yes	
Ohio	Lancaster	yes		
	Van Wert			yes
	Warren		yes	
	Zanesville		yes	
Pennsylvania	Hazleton	yes		
	Johnstown	yes		
	Meadville		yes	
	New Castle	yes		
South Dakota	Mitchell		yes	
Virginia	Richmond		yes	
Washington	Bellingham	yes		
	Walla Walla		yes	
Wisconsin	LaCrosse	yes		
	Milwaukee		yes	
	Waukesha			yes

Who's Playing Racquetball?

MarLou Manas: Dressings Mix With Racquetball

MarLou Manas beats her husband Alan (a top notch racquetball player) one out of three matches, but she's working hard to change these odds. Racquetball is an integral part of her busy urban life. The Manas' live in downtown Chicago within walking distance of the racquetball court in the Chicago Health Club at the Regency Hyatt House Hotel, where they play three nights a week after work.

As a Marketing Group Coordinator for Kraft, Inc. MarLou carries out marketing strategy for the salad dressing line, both "pourables" like French, Thousand Island dressing and the like and "spoonables" like Miracle Whip and Mayonnaise. She says her job is exciting and fast paced. *"There are always new flavors coming out, we work constantly on developing new ideas to keep the line interesting and keep up with public tastes."* She works with marketing managers of the various products, following through on all phases of marketing, from analyzing test market results to the advertising campaign to distribution.

MarLou has been with Kraft for seven years, since moving to

Chicago after marriage to Alan, a native Chicagoan. They met on a ski trip in Vermont, a prophetic beginning for this sports minded couple. MarLou grew up in a small village 30 miles from New York City that has since become part of the increasing suburban area. Her older brother, Edward, is a champion sailor and allround sportsman and MarLou credits him with her interest in sports.

She began playing racquetball three years ago and within a year became so proficient that she won the



MarLou Manas is a strategist — either planning the marketing for salad dressings, or on the racquetball court playing against her husband, Alan.

women's division trophy at the club. She'd like to develop more strength in her arms to keep pace with Alan who has years of handball practice behind him. Her goals for the future?

"To hit the ball lower. I'm always aiming for that. A really great player hits the ball right near the heels."

MarLou likes living in Chicago but says wryly, *"Chicago is a hard place to be in winter. There are no mountains nearby for skiing and the frequent ice and snow make jogging pretty difficult."* As they both love to ski, they build vacation time around ski trips, their most recent one in the mountains outside Tokyo, Japan.

Since Alan's office is also in the heart of the city (he's a stock broker), their lives revolve around what Chicago boosters refer to as the "Magnificent Mile" — a stretch of high rise buildings dramatically set along the city's impressive lakefront. The Manas' jog three miles in the downtown area early on weekday mornings, Chicago weather permitting, and then head for a longer jog along the lakefront on Saturdays.

For both of them racquetball is a way of life. Her office hours are from 8 a.m. to 4 p.m. enabling her to catch up on work or relax in her office before heading for the racquetball court at 7 p.m. They often meet other couples and play doubles, following with dinner out. *"After an hour of racquetball,"* MarLou says, *"You can eat pizza and not feel guilty."*

She describes her involvement in racquetball this way. *"At 7 p.m. on Fridays I think 'I can't do it. I'm just too tired.' But once I start to play, something snaps. It's as if the day is starting all over again, and I feel rejuvenated."*

— Raeann Berman



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What's summer camp minus the buddy system, a junior counselor, a hard cot, your name sewn in your shorts, eating mashed potatoes with 99 other 10-year-olds, outdoor plumbing and mosquito bites?

It's a racquetball camp where creature comforts are the rule, where you mingle with the pros and where your only distress comes from the blister you picked up the morning you forgot to wear your glove.

As racquetball thrives, so do the camps that began to offer a week of instruction in a vacation setting back in 1975 at the Storm Meadows Athletic Club in Steamboat Springs, CO.

This year there are four camps you can choose from, including one organized by Steve Strandemo, a Storm Meadows pioneer pro, along with Steve Keeley, Ben Koltun, Craig McCoy and Steve Serot. And though the Rocky Mountains are still attracting racquetball students — there are three camps in Colorado — facilities flourish in Pennsylvania and California, too.

Racquetball camps appeal to players — first of all — because the combination of lessons with top pros, practice sessions and matches is the best way to improve a game. But the social end of the camps is another strong attraction. One single called his week in Colorado "sort of a wholesome Club Med." Other camps are so family directed, they provide babysitters.

For your convenience in planning your racquetball summer *National Racquetball* has tracked down facilities now accepting campers for the 1979 season.

New muscles get a workout on a horseback-steak ride during a Steamboat Springs camp session.



Davey Bledsoe evens up an end-of-the-week game by using a jug for a racquet while he carries a half water filled beach ball.

—Carol Alma photos



Just like summer camp when you were a kid — the group photo that brings back memories, like this one from a week at the Aspen Athletic Club.

You can expect a spectacular setting at racquetball camps such as Steve Strandemo's in Seven Springs, PA.

Atlas Health Club

901 Hotel Circle S.
P. O. Box 80097
San Diego, CA 92138
714-298-9321

June 20-24, Sept. 12-16, Nov. 7-11

Lodging at the Mission Valley Inn

Price for five days and four nights, including lodging, is \$347 for a single and \$306 for a double.

Head instructor is Bud Muehleisen.

Instruction hours total minimum of 18.

Extras include final day banquet with certificates, one dinner at Crystal T's Emporium and the use of Atlas Health Club facilities, such as pool, track and workout room.

Davey Bledsoe Wilson Sporting Goods Racquetball Ranch

Box 1566
Steamboat Springs, CO 80477
303-879-3335

July 29-Aug. 4, Aug. 5-11, Aug. 12-18, Aug. 19-25

Lodging at Storm Meadows Condominiums

Price for five days and six nights is \$235 for the camp; room cost is \$175 for single occupancy of a studio unit, \$87.50 for double and \$58.33 for triple — \$240 for a larger studio that sleeps up to six.

Head instructor is Davey Bledsoe.

Instruction runs daily through early afternoon.

Extras include get acquainted cocktail party, awards party, horseback-ride, plus opportunity for rafting, kayaking or riding the gondola up Mt. Werner. Babysitters are available.



Steve Strandemo AMF Head Racquetball Camps

Seven Springs Mountain Resort
Champion, PA 15622
Vail Athletic Club
Box 573
Vail, CO 81657
714-268-3383

July 23-28, July 30-Aug. 4 — Seven Springs; July 9-14, July 16-21 — Vail

Lodging at the Seven Springs main lodge or the Vail Holiday Inn

Price for six days of instruction and seven nights of lodging is \$335 double and \$385 single at Seven Springs; Price for five and a half days instruction and six nights lodging is \$303 four to a room, \$315 triple, \$343 double and \$421 single in Vail.

Head instructor is Steve Strandemo.

Instruction runs eight hours a day.

Extras include camp shorts and shirt; two cocktail parties; two dinners, an Alpine slide and a lakeside picnic at Seven Springs, and a mountain picnic and cable car excursion at Vail.

Williams/Marriott Pro Camp

Aspen Athletic Club
720 E. Hyman Ave.
Aspen, CO 81611
303-925-1940

Aug. 5-11, Aug. 12-18, Aug. 26-Sept. 1, Sept. 2-8 (Beginner/Intermediate 8/5-11, 8/26-9/1; Int/Advanced other sessions)

Lodging at The Gant condominiums, or for those who like to mix bugs, birches and starry skies with their racquetball, camping out in the Aspen area.

Price for six days of camp is \$225; Room cost is \$16 per person per night or \$32 for a single wanting his or her own bedroom condo.

Head instructors are Kathy Williams and Janell Marriott.

Instruction runs each morning starting at 9.

Extras include camp shorts and shirt, a cocktail party, a barbeque, hayride or horseback ride, a jeep ride to the top of Aspen Mountain, possible skiing or sliding on Montezma Glacier and an awards party.

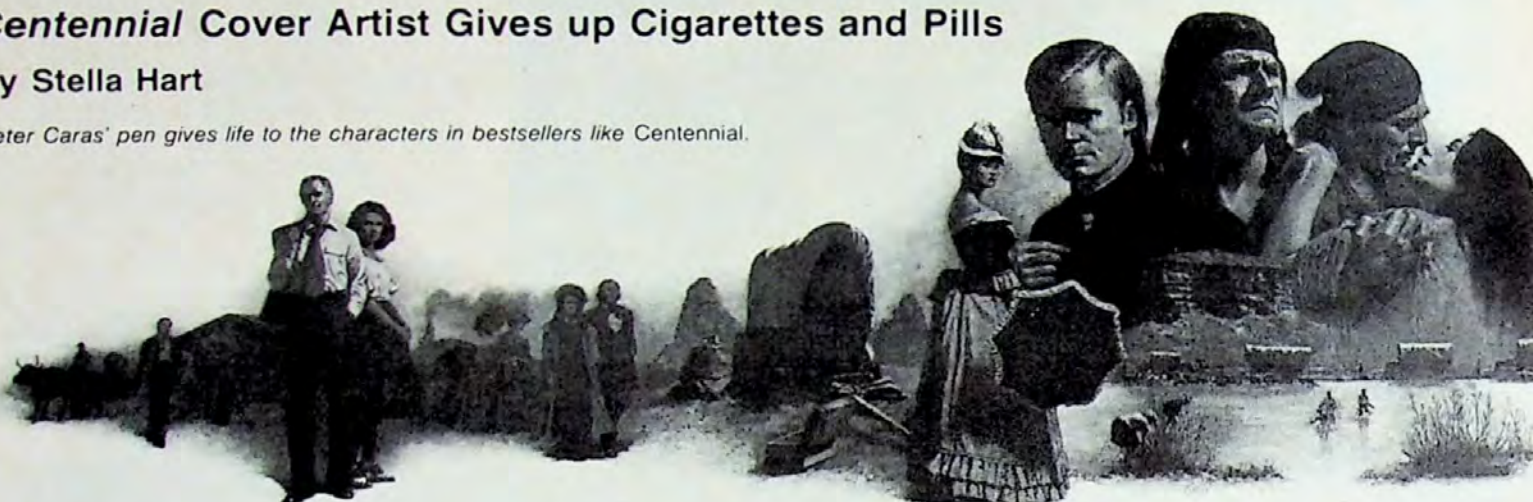
See Steve Strandemo's advice on getting ready for racquetball camp in this issue's instructional section.

Racquetball's His Drawing Board Break

Centennial Cover Artist Gives up Cigarettes and Pills

by Stella Hart

Peter Caras' pen gives life to the characters in bestsellers like Centennial.



"I knew I couldn't have it both ways," says Peter Caras, creator of paperback book and magazine covers, movie posters and portraits.

"I knew I had a choice to make and the choice wasn't easy."

The 37-year-old New Jersey artist realized he'd lost his physical stamina when he asked a young friend to teach him to play racquetball.

"That was about a year ago," the 6'3", 170 pound Caras says, "when I was smoking at least four and a half packs of cigarettes a day. I imagine my lungs must have looked like the inside of a chimney because my first trip to the racquetball courts found me gasping for breath, perspiring and completely inept."

Those were the days, Caras says when "my life had become a merry-go-round. I would wake at 6 a.m., drink at least four cups of coffee, go to my board to work and not quit—that is work non-stop not eating until I was finished.

"Then I started getting into bad habits. In order to stay awake I started with No-Doz pills, and more coffee. Stronger pills came next, coupled with booze and cigarettes and before long I hit bottom.



Working non-stop from 6 a.m. and not eating until he finished started Caras on the road to bad habits.

Peter Caras enjoys the company of his favorite work, the painting he did for the book cover of the Biography of Pat Garrett.

Caras spends at least three days a week playing racquetball.



Photo by Judi Benvenuti

The Last to Know

"I guess I was the last person to realize I had become a pill popping, cigarette smoking alcoholic. My wife knew it, my friends knew it, but all I knew is that I had deadlines to meet, and pills, coffee, booze and cigarettes helped me meet those deadlines."

Caras is now a member of Alcoholics Anonymous, and says he is not addicted to anything but coffee and racquetball.

"I'm finding it very difficult to cut back on my intake of coffee, and as far as racquetball — this is something that I do not want to cut back on at all."

Caras spends at least three days a week working out at the Chatham (NJ) Squash and Racquetball Club with the friend who introduced him to the game — Lee Grayson, a 17-year-old high school student "who excels at the game but who is willing to play with me even though he knows I'm no expert at it — that my form may not be great or even correct."

Caras is in fine form when he's at work at his studio in an 18th century house he shares with his English born wife, Leonardo, and his pretty, dark haired daughters — Alisa, 10, and Leah, 8. His current project — preparing the cover illustration for the paperback of James A. Michener's *Chesapeake* — follows covers for Michener's *Centennial* and *Bridges of Toko Ri*, Felice Picano's *The Mesmirist* and *Instar* (Caras used himself as a model for the cover of the book co-authored by John Mann), Peter Lear's *Golden Girl* and *V J Day* by Alan Fields.



Kennedy, Newman and Mays

The illustrator has put movie stars onto dozens of posters. Fans have seen blowups of Caras versions of William Holden and Ernest Borgnine in *The Revengers*, Charles Bronson in *From Noon 'Til Three* and Paul Newman in *The Times and Life of Judge Roy Bean*. Caras also painted portraits of General Omar Bradley for the Boy Scouts and — for their biographies — such people as Ted Kennedy, Willy Mays, Bob Dillon, John Wayne and Billy Graham.

All this has led to several "Best Illustration of the Year" awards from the National Society of Illustrators for Caras, who started drawing when he was 11, and worked his way through a Pittsburgh art school as a shoeshine boy.

Understandably Caras now condemns pills and booze and praises his profession, which gives him the chance to take racquetball breaks when he needs them.

"Racquetball is clearing my lungs and getting rid of bad habits. It's also my way of letting off steam and for just a short while — forgetting about deadlines." ●



Racquetball



Terry Fancher

Regional Competitors Near 5,000

A record number of players — 4,846 — took part in regional competitions April 5-8 all across the country. The 10 championship events drew almost 2,000 players more than last year's tournaments. Nine of the 10 events were supervised either by USRA state chairman or Board of Directors members. Central Regionals tournament director, Joe Wirkus in Madison, WI, echoed the feelings of many of the other tournament hosts. "The real attraction of these championships is that once a year all of the best players in the surrounding states play off to see who's the best." With so many tournaments available these days the players are more selective and look forward to the larger traditional events while bypassing the smaller ones."

Twenty winners, including the champion of the men and women's open, will receive round-trip coach airfare to the USRA National Championships in honor of their victories. This will guarantee that the very best amateur players will have a chance at the national amateur title this summer in Tempe.

Due to the ever increasing numbers in our 10 regionals I am considering expanding the total to cut down the amount of travel necessary, especially in the east where there seems to be an abundance of new tournament players and each new site could increase overall participation greatly. In a few short years the regionals have come to represent the next best thing for those who cannot attend the Nationals.

Like regional winners all around the country these New England competitors stood by for the camera at the end of matches April 5-8 at the Lakewood Racquetball Club in Waterbury, CT. Bruce Christensen, left, and Bonnie Stoll, second from right, won the men's and women's Open titles, and Monique Parente and Rob McKinney were runnersup.



Because of the success of these tournaments the USRA had to create separate summer Junior Regional Championships to be held in July. In a short time these tournaments — just like the adult events — will become traditional and highly competitive and allow the 50 winners in each of the five junior age groups to receive airfare to the National Juniors and have a chance to be awarded scholarships to college. Undoubtedly many future men and women professionals will emerge, maybe even another Marty Hogan.

Our thanks as usual go to our ever present sponsors Seamco and Leach for co-sponsoring our regionals by purchasing the souvenir shirts and again to Seamco for the 300 dozen racquetballs. To all of our regional host facilities and tournament directors, our sincere thanks.



USRA State Affiliates

Keenan and Bertolucci Conduct Referees Clinic

USRA-Wisconsin State Chairman Bob Keenan and Dan Bertolucci of our staff held a referees' question and answer session at the Central Regionals. A crowd of 100 quizzed these two highly experienced officials on the numerous subtleties of calling a match. According to Keenan, *"the new rule of having the winners referee the next match has brought a new awareness of the rules; it also has taken a tremendous burden off of the floor manager."*

Some common misconceptions of rules concerning USRA tournaments include some often overlooked facts:

- There are five minutes between all games
- The first two games are played to 21, the tie-breaker is played to 11, with only two time outs
- Each player is allowed 10 seconds after the score is called to put the ball in play; the receiver must raise his racquet immediately to signal he is not ready to play.
- The score is called as the server enters the service box.
- Contact on the follow through of the swing does not automatically mean there was a hinder.
- Foot faults should be called by the referee during the serve when they occur.



"The Minnesota Society For The Prevention of Blindness has become concerned with the increased number of eye injuries" (in racquetball) says John Rowe, program director, "and recommends that all players wear some type of eye protection. In case of any injury a doctor should be consulted."

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Upcoming Events

June 15-17

Flower Festival Racquetball Open; Lompoc Courthouse, Lompoc, CA; for information contact Courthouse Operations Office, 3760 E. Telegraph Rd., Ventura, CA 93003, 805-644-2237

June 29-July 1

San Luis Obispo Invitational, San Luis Obispo, CA; contact Courthouse Operations Office

July 13-15

Camarillo Open, Camarillo, CA; contact Courthouse Operations

July 13-15

Annual Sunflower Open, Topeka (KS) YMCA; Tournament Director Tom Holmquist, YMCA, 421 Van Buren, Topeka, KS 66603, 913-345-8591

Through July 15

Qualifying competitions at NCCA member clubs for chance to play in the 1979 National Court Clubs Amateur Racquetball Championships August 17-20 in Southfield, MI

July 18-20

Klondike Canadian Open; for information contact Edmonton Racquetball Association, 3135 74 St., Edmonton, Alberta, Canada, T6K 1J7

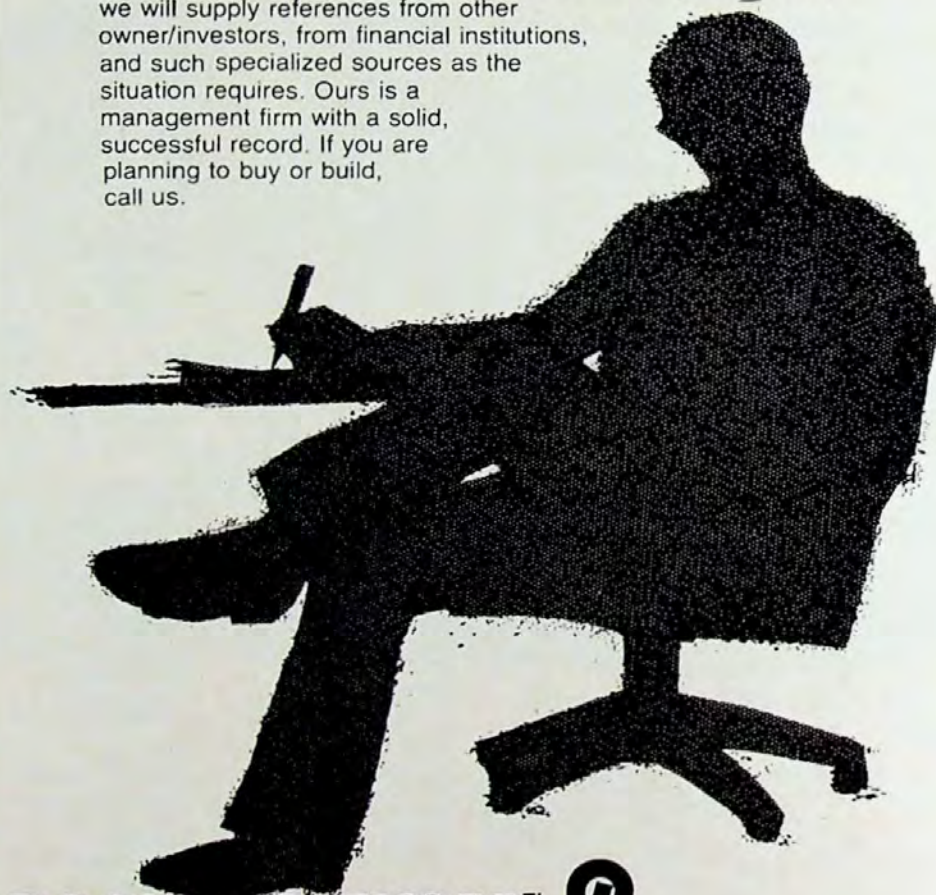
July 26-29

Conejo Valley Open, Westlake Courthouse, Westlake Village, CA; for information contact Courthouse Operations Office, Ventura



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June 30 Deadline for Most Improved Player Candidates



National Racquetball's first annual Most Improved Player of the Year contest will be open for entries in June, with June 30 set as the deadline.

The contest, aimed at recognizing the amateur player whose name might not always make headlines in tournament results, will honor the men, women and juniors who have made the most exceptional progress while playing racquetball from June, 1978, to June, 1979.

One winner will be announced for each state in which a player qualifies for the award. (If 50 states come up with qualified candidates, we'll have 50 winners, but *National Racquetball* will make the awards only in those states where there's a player whose progress has been outstanding.)

Winners, whose stories and photos will highlight a fall issue of *National Racquetball*, will receive lifetime memberships in the United States Racquetball Association (including a subscription to *National Racquetball*) and a variety of other prizes. USRA staff members will select winners with the help of USRA state chairmen.

We'll be looking for your entry!



Entry for National Racquetball's Most Improved Player Contest

Name _____

Address _____

number

street

city

state

zip

Phone _____

Age _____ ☐ Male ☐ Female

Where do you play? _____

When did you start playing? _____

List evidence that indicates your improvement

1. _____

2. _____

3. _____

4. _____

5. _____

Please enclose all supporting evidence (label each piece with your name) including score cards, draw sheets and letters of recommendation from pros or other instructors. Name of person submitting the entry if not the contestant.

Name _____

Address _____

Phone _____

Please mail to Terry Fancher, USRA,
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Tournament Results

Please send tournaments results (and clear black and white action photos) to Terry Fancher, USRA, 4101 Dempster St., Skokie, IL, 60076. Type your results double spaced using the form you see on these pages. Use first and last names the first time you write about a player (in doubles matches, too) and last names only when you mention the player again. Allow two months or more for your tournament writeup to appear here.

Kansas

Steve Ray defeated Roger Glick 21-12, 20-21, 11-8 to win the Open at the first annual Mark Goldstein Memorial Racquetball Tournament March 30 - April 1 at the Meadowbrook Racquetball Club in Prairie Village. The tournament raised \$1,000 for the Hyman Brand Hebrew Academy.

In the Men's B Bob Knighton won over Pete Amatulli 21-4, 21-15; and Richard Hines was the Men's C winner, beating Frank Hoover 21-6, 21-10. Novice winners were Rich Weixeldorfer for the Men with a 20-21, 21-19, 11-1 win over Rich West and Karen Brown for the women.

New York

Doubles

The 1979 JCC Open Doubles Racquetball Tournament Feb. 5-11 at the Syracuse JCC had 14 teams competing for honors. Syracuse area clubhouse pros, Jim Dollinger and Bruce Clark, were winners.

Results

Quarter-finals: Len Gerber/Mel Besdin d. Steve Share/Al Share 21-15, 21-10; Ray Stein/Mike Janiak d. Preston Prue/Pete Tonzi 2-21, 21-10, 11-10; Vic Katz/Mel Volinsky d. Jim Rougeux/Gary Roby 21-17, 21-16; Jim Dollinger/Bruce Clark d. Neil Schloss/Hal Kider 21-18, 21-4

Semi-finals: Stein/Janiak d. Gerber/Besdin 20-21, 21-19, 11-9; B. Clark/Dollinger d. Katz/Volinsky 21-20, 21-19

Consolations: Katz/Volinsky d. Gerber/Besdin 6-21, 21-8, 11-8

Finals: Dollinger/Clark d. Stein/Janiak 21-8, 21-7

Singles

Twenty-eight men competed in the 1979 Syracuse Jewish Community Open Singles Racquetball Tournament March 5-12, at the Syracuse Jewish Community Center. New York State Champ, Jim Dollinger, defeated last years Open Champion, Preston Prue, for top honors.

Results

Quarter-finals: Preston Prue d. Ray Stein 21-7, 21-8, Bruce Clark d. Bill Galvin 21-15, 21-9; Jim Dollinger d. Clyde Munroe 21-11, 14-21, 11-6; Len Gerber d. Mike Janiak 21-17, 20-21, 11-7.

Semi-finals: Prue d. Clarke 21-17, 21-15; Dollinger d. Gerber 20-21, 21-9, 11-3

Consolations: Clark d. Gerber 21-9, 21-16

New York

Toronto's Manny Gregorio captured the Men's Open title at the USRA New York State Open Championships at the Westvale Clubhouse Jan. 26-28 before a capacity crowd. The gifted Canadian swept his way into the finals and out-shot fellow countryman, Ross Harvey, by the score of 21-9 and 21-14.

Kathy Witzig upset top seeded Donna Meager in the Women's Open 21-11 and 21-14, in an exciting tournament that saw 216 entries compete in nine divisions. Matches were held at the new Westvale and DeWitt Clubhouses (also the sites of the Northeastern Regionals). Tournament Director Carl Laws and Up State USRA President Doug Reighley ran the event.

In the Men's Open competition was fierce commencing with the quarter-finals. Three of the four contests went to the tie-breaker, and the greatest margin of victory was a mere three points. The match between third seeded John Moshides and the sixth seeded Charlie "The Gar" Garfinkel was a real crowd pleaser. The "Gar" overcame a 6-10 deficit to win the tie breaker from the scrappy Moshides 11-10. Sharp shooting Ross Harvey and the talented young Mike Levine battled for two hours, with Ross finally taking the match in the tie-breaker 11-9. This vaulted Ross into the semi-finals against the tough veteran Garfinkel, who was celebrating his 40th birthday. But the "present" Charlie received from Ross was a hard fought defeat, 11-5 in the third game.

In the top half of the bracket Jim Winterton controlled the tempo of the third game to defeat Canadian Brian Valen, while Gregorio defeated the smooth hitting local favorite, Jim Dollinger, in two games. The Gregorio-Winterton match-up had Manny coming out shooting strong, and taking the first game easily. The powerful Winterton changed his tactics in the second game only to come up short 21-17.

In the finals the play of Manny was nothing short of spectacular, combining brilliant shotmaking and blazing speed to offset the power of Ross, who played a very strong tournament.

In the Women's Open Donna Meager was cruising along as usual, until she ran into a hot Kathy Witzig in the main event. Donna had won the State title for two years running, and it looked as though she had things well under control in Syracuse. But Kathy, who had to fight her way through her semi-final match, got to everything Donna left up, and came away with the upset victory.

In the Men's B Eric Hardy, seeded second, fought his way through a tough tie-breaker to meet Jim Brown, who also finished strong in his semi-final tie-breaker. Eric climbed back and took the first game after trailing 16-20. The second game (21-7) was all his for the title in this division.

In the Women's B draw Denise Powers won a tense tie-breaker to become the only player from Syracuse to reach a final round. Canada's 13-year-old rising star, Donna Allen, a member of her nation's provincial team, proved to be too strong for Denise, and won the finals easily.

Results

Men's Open

Quarter-finals: Winterton d. Valen 9-21, 21-17, 11-8; Gregorio d. Dollinger 21-15, 21-12; Garfinkel d. Moshides 21-18, 9-21, 11-10; Harvey d. Levine 21-13, 17-21, 11-9

Semi-finals: Gregorio d. Winterton 21-9, 21-17; Harvey d. Garfinkel 19-21, 21-12, 11-5

Finals: Gregorio d. Harvey 21-9, 21-14 **Third Place:** Garfinkel d. Winterton 21-17, 21-11 **Consolation:** Shapiro

Women's Open

Quarter-finals: Witzig d. Mildenberg 21-8, 21-12; Cornwall d. Rood 21-19, 21-12; Grant d. Nave 21-11, 21-10; Meager d. Glen 21-10, 21-9

Semi-finals: Meager d. Grant 21-1, 21-5; Witzig d. Cornwall 16-21, 21-15, 11-0

Finals: Witzig d. Meager 21-11, 21-14 **Third:** Cornwall

Men's B

Quarter-finals: Pyle d. Cavavauugh 21-19, 21-2; Brown d. Fusari 21-15, 21-2; Green d. Prue 21-17, 21-15; Hardy d. Sbrega 21-6, 16-21, 11-6

Semi-finals: Brown d. Pyle 15-21, 21-18, 11-6; Hardy d. Greene 21-8, 21-19

Finals: Hardy d. Brown 21-20, 21-17 **Third:** Greene

Women's B

Quarter-finals: Caplan d. Thowdis 21-8, 21-10; Allen d. Miller 21-10, 21-10; Lozier d. Derleth 21-3, 21-20; Powers d. Heffern 21-13, 21-13

Semi-finals: Allen d. Caplan 21-12, 21-6; Powers d. Lozier 20-21, 21-18, 11-10

Finals: Allen d. Powers 21-7, 21-6 **Third:** Lozier

Men's C

Quarter-finals: Ferguson d. Cook 21-18, 21-18; Wagner d. Renzi (forfeit); Lewis d. Cianfarano 21-11, 9-21, 11-9; Dellerba d. Griffiths 21-18, 17-21, 11-7

Semi-finals: Wagner d. Ferguson 21-12, 21-6; Dellerba d. Lewis 9-21, 21-9, 11-4

Finals: Dellerba d. Wagner 10-21, 21-17, 11-1 **Third:** Lewis d. Ferguson 21-14, 21-15

Women's C

Quarter-finals: Cooper d. Dermott 15-21, 21-2, 11-6; Hunt d. Iles 21-13, 21-11; Surdam d. Crenshaw 21-7, 21-16; Robey d. Humez 21-8, 21-12

Semi-finals: Cooper d. Hunt 21-7, 21-1; Surdam d. Robey 21-2, 21-10

Finals: Surdam d. Cooper 21-19, 18-21, 11-5 **Third:** Hunt

Men's Doubles

Quarter-finals: Gregorio/Harvey d. Sbrega/Ackerman 21-11, 21-10; Russell/Shapiro d. Dollinger/Dollinger 21-12, 21-13; Valin/Dickerson d. Hardy/Babuka 21-8, 21-11; Moshides/Tyree d. Dziura/Mather 21-12, 21-13

Semi-finals: Gregorio/Harvey d. Russell/Shapiro 21-5, 21-8; Valin/Dickerson d. Moshides/Tyree 21-17, 21-10

Finals: Valin/Dickerson d. Gregorio/Harvey 21-14, 21-17

Women's Doubles

Semi-finals: Allen/Caplan d. Cornwall/Meager (forfeit); Grant/Miller d. Derleth/Powers

Finals: Allen/Caplan d. Grant/Miller 21-13, 21-19

Men's Seniors

Quarter-finals: Neumeier d. Monroe 21-10, 21-10; Shapiro d. Ackerman 21-14, 16-21, 11-6; Stange d. Milliman 21-7, 21-5; Lotempio d. Sabo 21-13, 21-19

Semi-finals: Neumeier d. Shapiro 21-5, 21-13; Stange d. Lotempio 21-6, 21-6

Finals: Stange d. Neumeier 21-9, 21-5 **Third:** Lotempio

Men's Masters

Quarter-finals: Polletta d. Dollinger 21-12, 21-12; Spollen d. Milliman 21-4, 21-4; Monroe d. Besdin 21-3, 21-17; King d. Keroack 21-15, 21-20

Semi-finals: Polletta d. Spollen 21-17, 21-11; King d. Monroe

Finals: King d. Polletta 21-18, 21-13 **Third:** Spollen d. Monroe 21-4, 21-14

Correspondents: Dexter Beals & Jim Rougeux

Pennsylvania

The King of Prussia Racquetball Club in King of Prussia hosted the first Annual Philadelphia Racquetball Championships March 30 - April 1. The event, which drew 280 players, was co-sponsored by the American Heart Association, Gino's Restaurants and Spalding, Inc. In the finals Craig Guinter defeated Tom Ranker. Bob Ellis defeated Tom Whipple for third place.

Other Results

Men's A: Steve Ginsburg d. Ira Miller

Men's B: Nick Elia d. Dave Crocker

Men's C: Bob Bausher d. Jim Miele

Open Doubles: Dave Crocker/Jim Young d. Steve Frenda/Don Holler

Women's A: Elaine Lee d. Lee Kennedy

Open Doubles: O'Brien/Kennedy d. Latini/Fishl

Oklahoma

The Oklahoma State Singles Championships took place March 9-11 at OK Racquet Club in Oklahoma City, with 170 entrants giving it their best. Ford Distributing Company of Midwest City furnished the trophies and Coors Light for the players. The Men's Open semi-finals match between Kevin Chambless and Ken Smith, proved to be the most thrilling match of the tournament, as the two players sacrificed their bodies for fantastic gets and winners. Chambless beat Jerry Linton in the finals and Beth Bunker beat her sister Betsy in the Women's Open finals.

—Jean Lance

Results

Men's Open

1st — Kevin Chambless, 2nd — Jerry Linton, 3rd — Gary Hinkle, 4th — Ken Smith First Place Consolation — J.B. Smith

Men's B

1st — Phil Mancke, 2nd — Mack Robbins, 3rd — Michael Paulk, 4th — Tom Norris First Place Consolation — Bob Kelso

Men's C

1st — Lynn Johnson, 2nd — Kirk Webster, 3rd — Bill Martin, 4th — Ron McClure First Place Consolation — Steve Searcy

Men's D

1st — Greg Davis, 2nd — David Schwartz, 3rd — Mark Hollman, 4th — Eric Torres First Place Consolation — Mel Powell

Women's Open

1st — Beth Bunker, 2nd — Betsy Bunker, 3rd — Gail Turney, 4th — Ingrid Kirkland First Place Consolation — Cindy Overstake

Women's C

1st — Carol Goddard, 2nd — Betty Kennett First Place Consolation — Melinda Allen

Women's D

1st — Chanda Robinson, 2nd — Judy Hadley, 3rd — Susan Kennedy, 4th — Robin Keene First Place Consolation — Linda Deloach

Juniors

1st — Wade McPherson, 2nd — David Atalla, 3rd — Joe Anthony, 4th — Tom Blalock First Place Consolation — Matt Monthaven

Masters

1st — V. Z. Lawton, 2nd — Dave Hessel, 3rd — Ken Denney, 4th — Ken Burt First Place Consolation — Don Copeland

Seniors

1st — Jim McPherson, 2nd — John Trickett, 3rd — Doug Aichele, 4th — Ray Torres First Place Consolation — Mike Lehr

South Carolina

Phil Chandler and Caroline Brown emerged as men's and women's champions in the South Carolina Racquetball State Singles Championships Feb. 9-11 at the Courthouse in Columbia. Charlie White, tournament director, worked with Committee Members Jim Jarrett, Cheryl Jarrett, Ann Watson, Bill Wirthlin, Wanda Wirthlin, Judith White, Ken Lester and Nell Lester.

New state champions were determined in all divisions. Two time Women's Open Champion Cheryl Jarrett was defeated in the finals by a new player to South Carolina, Caroline Brown. The Men's Open was up for grabs since the departure from the state of the 1978 champion. Excellent play occurred in several even matches from the quarter-finals to the finals, and eventual winner Phil Chandler demonstrated excellent emotional control to go with a good all around game to win the championship. In doing so he had to defeat three time state champion, Charlie White, in three games; last year's runner-up, Ken Kearney, in two, and his doubles partner Larry Gammons, again in three games.

John Webster failed to win the Masters for the first time, displaying great courage by playing with a three-month-old arm injury. John, a right hander, made it to the semi-finals playing lefthanded; he switched back and fourth during play, but found the going too tough against a quick Ron Segal. Segal defeated Phil Walpole in the finals.

Hayward Thompson, playing in the Senior division for the first year, dominated that division throughout the weekend; Bob Alford, played very well to take second place.

Men's B was dominated by Clemson University students; each was unknown going into the tournament and came from unseeded positions to meet in the finals; Saeed Khan, a great racquet player in squash and tennis edged up-and-coming Richard Quinn in three difficult games.

The Vickery sisters of Pickens played excellent ball in the Women's B and met in the finals; they played out of Mars Hill College in N.C.. Susan defended sister Sarah. Clemson University student Betsy Clausen, another new player to state competition, finished a strong third.

Results

Men's Open

Quarters: Ken Kearney d. Jeff McNeal 21-20, 20-21, 11-5; Phil Chandler d. Charlie White 12-21, 21-16, 11-3; Larry Gammons d. Hayward Thompson 21-17, 21-16; Randy Tillery d. Larry Shire 21-13, 21-5

Semis: Chandler d. Kearney 21-17, 21-20; Gammons d. Tillery 18-21, 21-3, 11-10

Finals: Chandler d. Gammons 14-21, 21-13, 11-7; 3rd Tillery d. Kearney

Women's Open

Semis: Cheryl Jarrett d. Susan Vickery 17-21, 21-9, 11-1; Caroline Brown d. Betsy Clausen 21-3, 21-6

Finals: Brown d. Jarrett 21-12, 20-21, 11-3; 3rd Vickery d. Clausen

Senior Men

Semis: Hayward Thompson d. Howard Pickrel 21-6, 21-6; Bob Alford d. Gerald Griffin 21-9, 21-11

Finals: Thompson d. Alford 21-12, 21-20; 3rd Pickrel d. Griffin (default)

Senior Women

Finals: Nell Lester d. Anna Close 21-7, 21-11

Masters

Semis: Ronald Segal d. John Webster 21-11, 21-16; Phil Walpole d. David Wardlaw 21-5, 21-16

Finals: Segal d. Walpole 21-10, 21-12; 3rd Webster d. Wardlaw

Men's B

Semis: Richard Quinn d. Phil Lenfant 21-19, 21-13; Saeed Khan d. Danny Watson 21-16, 21-20

Finals: Khan d. Quinn 21-14, 17-21, 11-3; 3rd Watson d. Lenfant

Women's B

Semis: Susan Vickery d. Clausen 21-17, 21-10; Sarah Vickery d. Patrice Cunningham 21-7, 21-13

Finals: Susan Vickery d. Sarah Vickery 21-14, 21-10; 3rd Clausen d. Cunningham

Men's C

Semis: Jim Hamby d. Paul Sereg 21-14, 21-5; James Ward d. Larry Simon 21-15, 21-11

Finals: Hamby d. Ward 21-13, 14-21, 11-0; 3rd Sereg d. Simon

Women's C

Semis: Linda Massey d. Mary Freeman 17-21, 21-16, 11-9; Mary Hughes d. Linda Vail 21-10, 21-9

Finals: Hughes d. Massey 21-9, 21-11; 3rd Vail d. Freeman

Junior Girls

Finals: Kris Lester d. K. Jarrett 21-5, 21-1

Junior Boys

Finals: Clay Griffin d. Bill Hammill 21-11, 21-16; 3rd Chris Burrell d. Jeff Wolfson



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Indiana

Racquetball East celebrated its first anniversary Feb. 16-18 by sponsoring a three club Snowball Tournament. The sub-zero temperatures outside were in contrast to the hotly fought play of the participants. Ninety players from Racquetball East, West and South entered the tournament in five divisions.

Top seeded players Leo Cox, Howard May, Dick Frye, and John Flanagan won convincingly to compete in the semi-finals where Number One Cox defeated Number Three Frye 21-6, 21-9 and Number Four Flanagan overcame May 21-15, 21-16. In the finals the lightning-quick Cox bounced back from a slow start to defeat Flanagan 21-15, 21-16. Dick Frye finished third in the championship division.

In the Men's C, Kent Schnack overcame tough opposition from eventual consolation division winner, Steve Hartman; top seed, Bill Lindner, and third seed, Dale Ankrom, to face unseeded left hander, Jim Klein, in the finale 8-21, 21-17, 11-4. Klein likewise had to overcome tough opposition by defeating second seed, Ed Rankin, and fourth seed, Tom Butler.

In the Men's D Bill Benz surprised many by defeating Dave Jongleux in an early round and two others en route to a shoot out match with Mike Denson 15-21, 21-5, 11-1. Mike Swan won the Consolation division over Mark Entwistle.

The Women's Open and D divisions demonstrated that women's play at the three clubs is on the upsurge. Top seeds Lori Fisher and Patia Horan each defeated four opponents en route to a show down match. In the finale, Horan and Fisher played an intense three game match, Horan eventually winning 17-21, 21-4, 11-3. Becky Faith finished third in the division.

The Women's D division saw Ann Schneider and Cindy Bowen each overcome four opponents en route to the final won by Schneider. Jean Ankrom finished third in the division.

West Virginia

A total of 107 entries participated in the fifth annual West Virginia State Racquetball Tournament March 17 and 18 at the Coliseum in Morgantown.

Results

Men's Open

Quarter-finals: Rich Yobbagy d. Tom Lovins, Jay Besson d. Paul Hewett, Dave Allie d. Kevin Becker, Dave Taylor d. Bruce Tinker
Semi-finals: Yobbagy d. Besson, Taylor d. Allie
Finals: Yobbagy d. Taylor **Third Place:** Besson d. Allie
Consolation Final: Casey Brown d. Jack Boyles

Men's B

Quarter-finals: Mike Phillips d. Alex Wilson, Virgil Smaltz d. Philip Hall, Paul Foote d. Michael Tarbuck, Jack Boyles d. Joe Prentiss

Semi-finals: Phillips d. Smaltz, Boyles d. Foote

Finals: Boyles d. Phillips **Third Place:** Smaltz d. Foote
Consolation Final: Paul O'Neill d. Okey Groves

Seniors

Quarter-finals: Chuck North d. Maurice Presseau, Tom Haden d. Joe Prentiss, A.W. Sue d. Dan Riegner, Tom Staley d. Marlin Hall

Semi-finals: North d. Haden, Sue d. Staley

Finals: North d. Sue **Consolation Final:** Frank White d. Michael Perring

Novice

Quarter-finals: Richard Worley d. Bob McNeil, William Manley d. William Barnes, Barry Meneghelli d. Robert Jafrate, Alan Frankel d. William Ruble (default)

Semi-finals: Manley d. Worley, Meneghelli d. Frankel

Finals: Manley d. Meneghelli **Third Place:** Worley d. Frankel
Consolation Final: Joe Olivito d. Scott Mitchell

Doubles

Quarter-finals: Besson/Allie d. Foote/Barnes, Lovins/Sprotzer d. Lewis/Tinker, Block/Brown d. Lowe/Dixon, Wilson/Becker d. Sharadin/Hall

Semi-finals: Besson/Allie d. Lovins/Sprotzer, Wilson/Becker d. Block/Brown

Finals: Besson/Allie d. Wilson/Becker

Women's B

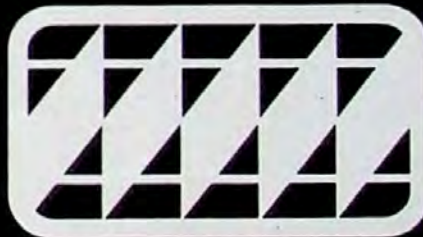
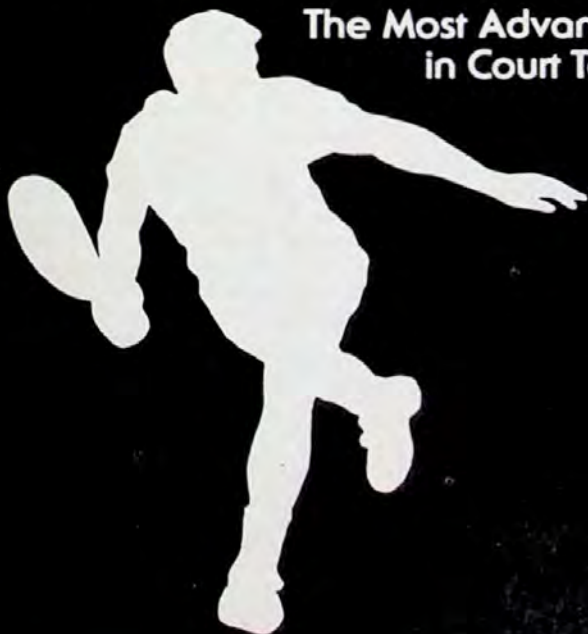
Quarter-finals: Carolyn Nelson d. Pam Francis (forfeit), Karen Baker d. Janice Billeci, Kris King d. Lori Moussetis, Jill Wiggins d. Jill Nau

Semi-finals: Nelson d. Baker, Wiggins d. King

Finals: Wiggins d. Nelson **Consolation Final:** Jill Nau d. Janice Billeci

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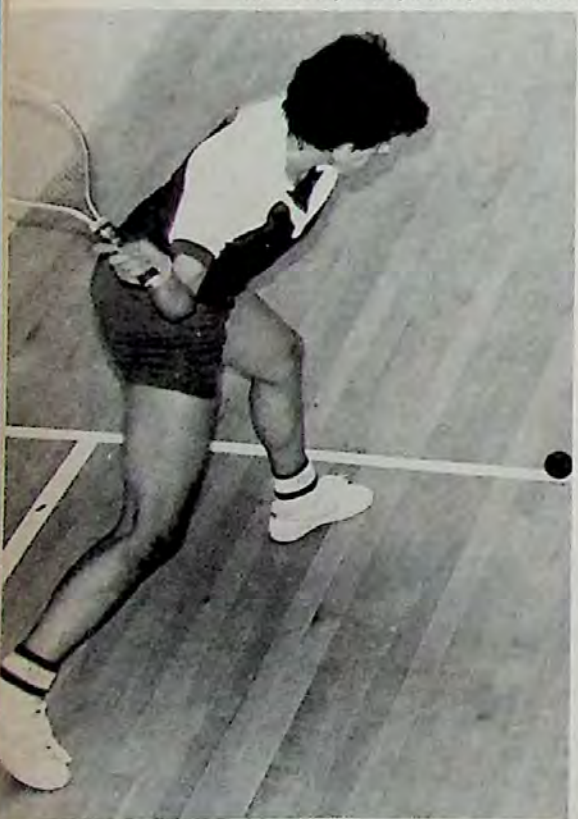


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In the Top of Texas Men's Open Consolation Tim Pace, left, beat Matt Powers.



—Amarillo Daily News photos by Ron Marlow



Janie Rivas was Women's Open title holder at the Top of Texas tournament.

Texas

The fourth annual Top of Texas Tournament at the downtown YMCA in Amarillo Feb. 16-18 with Tournament Directors Dave Martel and Denis Jalbert drew the largest field of singles players in the history of the tournament. Defending Champion Dino Owens won the Men's Open.

Results

Men's Open

Quarter-finals: Gary Hyatt d. Dave Martel 11-21, 21-14, 11-3; Dino Owens d. David Brack 21-8, 21-9; Doug Day d. Tim Pace 21-7, 21-8; Terry Fleetwood d. Alan Pool 21-13, 9-21, 11-7

Semi-finals: Owens d. Hyatt 21-12, 21-9; Day d. Fleetwood 21-13, 21-16

Cons. finals: Pace d. Matt Powers 21-15, 21-16

Finals: Owens d. Day 21-6, 21-20

Men's B

Quarter-finals: Jan Hood d. Gayle Trolinger 21-19, 21-15; Steve Patterson d. Rusty Rousch 21-4, 21-3; Humbert Garcia d. Mike Russell 21-7, 21-5; John Davis d. Richard Jalbert 21-9, 21-9

Semi-finals: Patterson d. Hood 21-12, 20-21, 11-10; Garcia d. Davis 19-21, 21-18, 11-1

Cons. finals: Jim Greene d. Lonnie Flake 21-17, 21-16

Finals: Patterson d. Garcia 21-19, 21-20

Men's C

Quarter-finals: Terry Mayfield d. Ted Sanders 21-11, 21-5; James Clements d. Linda Schulte 21-11, 21-20; Mike Welch d. Boyd Hutcherson 21-4, 21-8; Lewis Trammell d. Rodney Gipson 12-21, 21-12, 11-10

Semi-finals: Mayfield d. Clements 21-19, 21-9; Welch d. Trammell 21-18, 15-21, 11-10

Cons. finals: Giovanni LaMaster d. Brad Wilson 21-11, 21-18

Finals: Mayfield d. Welch 21-8, 21-20

Men's Novice

Quarter-finals: Glenn Dalike d. David Harris 21-1, 21-1; Jim Jones d. Joe Hurley 21-16, 21-19; Terry West d. Mark Guill 18-21, 21-15, 11-4; David Haesle d. Harold Brothers forfeit

Semi-finals: Jones d. Dalike 21-19, 21-3; Haesle d. West 21-5, 21-5

Cons. finals: Robert Mauldin d. Robert Smith 21-9, 21-7

Finals: Haesle d. Jones 19-21, 21-11, 11-10

Men's Seniors

Quarter-finals: Wayne Barfield d. Don Day 21-0, 21-0; Tom Lindsey d. George King 21-14, 21-4; George Smith d. Richard Smith forfeit; Denis Jalbert d. Nicolas Palacios 21-3, 21-2

Semi-finals: Barfield d. Lindsey 21-13, 21-19; Jalbert d. G. Smith 21-9, 21-16

Cons. finals: King d. Palacios 21-1, 21-2

Finals: Barfield d. Jalbert 21-12, 21-16

Women's Open

Quarter-finals: Janie Rivas bye; Doris Reed d. Elaine Watson 21-19, 21-5; Marlene Brandt d. Mary Lou Armstrong 21-18, 21-18; Sheree Clements d. Marilyn Trolinger 21-15, 21-9

Semi-finals: Rivas d. Reed 21-17, 21-15; Clements d. Brandt 21-10, 19-21, 11-7

Cons. finals: Armstrong d. Watson 21-15, 16-21, 11-9

Finals: Rivas d. Clements 21-16, 16-21, 11-0

Women's B

Quarter-finals: Marilyn Trolinger d. Melody Owens 21-6, 21-1; Tomi Parr d. Mary Owens 21-4, 21-14; Brenda Frazier d. Jo Roberts 21-0, 21-1; Carrie Riddlespurger d. Candy Smith 21-1, 21-14

Semi-finals: Trolinger d. Parr 21-11, 21-8; Riddlespurger d. Frazier 21-13, 18-21, 11-8

Cons. finals: Smith d. Melody Owens 21-1, 21-4

Finals: Riddlespurger d. Trolinger 19-21, 21-9, 11-0

Results

Men's Open — 1st Tony Upkes, 2nd Keith Freeman, 2nd flight winner Dave McEwen, runnerup Gary Davidson, cons winner Kent Irwin, runnerup John Baratta

Women's Open — 1st Barb Davis, 2nd Ilona Machers, 2nd flight winner Elaine Green, runnerup Myrta Hansen, cons winner Donna Duffy, runnerup Mona Bibb

Men's B-A — 1st Greg Pazderka, 2nd Lyle Govig, 2nd flight winner Cory Bibb, runnerup Rick Lenaduzzi, cons winner Rich Kennedy, runnerup Jeff Wisemiller

Men's B-B — 1st Maury Damkroger, 2nd Jim Webb, 2nd flight winner Dick Roberts, runnerup Jeff Koenig, cons winner Terry Morrison, runnerup Rick Williams

Men's C-Red — 1st Frank Quinn, 2nd Al Arnold, 2nd flight winner Roger Lindwall, runnerup Charles Hart, cons winner Bill Wetzel, runnerup Tom Kidd

Men's C-Blue — 1st Randy Johnson, 2nd Lynn Manhart, 2nd flight winner Jerry Neva, runnerup Jim Nolloth, cons winner Don Meredith, runnerup Phil Schenck

Men's C-White — 1st Jon Peterson, 2nd Gene Moneke, 2nd flight winner John Friesen, runnerup Tony Janecivious, cons winner Bill Brenner, runnerup Jim Garza

Seniors — 1st Bernie Nielson, 2nd Obed Oas, 2nd flight winner Jay Lerner, runnerup Bob Woodworth

Women's B — 1st Carla Hatt, 2nd Ann Beachley, 2nd flight winner Sheri Bornholdt, runnerup Jennifer Dahir, cons winner Suki Stamp, runnerup Mona Bibb

Women's C — 1st Kay Reiman, 2nd Kalo Heldt, 2nd flight winner Hazel Struyk, runnerup Diane Kneen, cons winner Beth Furlong, runnerup Terry Amick

Massachusetts

The weekend of Feb. 9-11 marked the 1979 Massachusetts State Doubles Championships at the new Racquetball International Court Club in Norwood.

It was a weekend of upsets and new champions in several divisions:

The Junior Boys division was swept by the team of Michael Ladge and Duane Hincus over Ron Hyman & Michael Curewitz, by consecutive scores of 21-14, 21-8. In Men's Senior action the tandem of Warren Pierce and Chuck Jennings fought through tie-breakers against third place finishers George Hayes and Bill Eaton, as well as against the runner-up team of Mickey Mignon and Dean Gaskill. Men's C action found Steve Shift and Rudy Valenzi sweeping through the tournament.

While in Men's B Tom Hyman and Joe Goldman outdistanced the field.

In Men's Open action Mike Roman and Mike Luciw, perennial Eastern Champions as well as National powers, were pressed for the first time by the newly formed teams of Gregg Maloley and Tom Callahan. Finishing third were Gerry Cassidy and Pat Brennan.

Results

Men's Open — 1st Mike Roman/Mike Luciw, 2nd Gregg Maloley/Tom Callahan, 3rd Gerry Cassidy/Pat Brennan

Men's B — 1st Tom Hyman/Joseph Goldman, 2nd Al Manditch/John Connolly, 3rd Steve Savage/Ike Neitring

Men's C — 1st Steve Shift/Rudy Valenzi, 2nd Fissette/Schoenberg, 3rd Bob O'Keefe/John Doughty

Men's Seniors — Warren Pierce/Chuck Jennings, 2nd Mickey Mignon/Dean Gaskill, 3rd George Hayes/Bill Eaton

Juniors — 1st Mike Ladge/Duane Hincus, 2nd Ron Hyman/Mike Curewitz

Nebraska

Sports Courts of Omaha held the First Annual Coors Light Open Jan. 26-28 with over 200 entries and a total of 407 matches in the guaranteed three play format. Tournament Director Tom Schuessler was assisted by Coors Manager Glenn Eaton.

Minnesota

Minnesota racquetball is a sport for all reasons that thrives on good vibes. Bill Schmitke, three times National Open Champion, working out of Apple Valley Court House set the mood eight years ago.

Feb. 9-11 Hart Johnson and Amos Rosenbloom won the Heart Fund Racquetball Tournament at Kandi-Kourts in Wilmar. This team could be described as pabulum and Geritol — mixed doubles — 15 and 50. Or the young and the reckless . . . Johnson, 15 years old, is ranked among the top four nationally in the 15 or under category and was coming off a big second place open doubles win at the St. Paul Winter Carnival Tournament, Feb. 4. Rosenbloom, age 50, is ranked nationally in the top 30 in the 45 and older Masters division. He won the Minnesota Masters division in 1975 and was coming off a second place masters singles win at the St. Paul Winter Carnival Tournament.

Results

Men's Open — 1st Hart Johnson, 2nd Mike Hlyden, 3rd Greg Johnson. Cons Craig Wagner

Men's B — 1st Tim LaVoie, 2nd Tom Morstad, 3rd Richard Eddy. Cons Jeff Shimek

Men's C — 1st Wm. Bush, 2nd Tom Dominise, 3rd Jim Boots. Cons Pete Taunton

Men's Seniors — 1st Dave Herstad, 2nd Corky Johnson, 3rd Jim Wills. Cons Dick Carpenter

Men's Masters — 1st John Brandrup, 2nd Warren Claridge, 3rd Amos Rosenbloom. Cons Jack Hawley

Boys Junior — 1st Paul Roseland, 2nd Pete Taunton, 3rd Paul Taunton. Cons Dan Sexton

Women's Open — 1st Mary Hannes, 2nd Jenny Bjerken, 3rd Char Robinet. Cons Sandra Chapek

Women's B — 1st Kathy Mueller, 2nd Mary Strei, 3rd Kindra Stirtz. Cons Mary Dolph

Women's C — 1st Connie Vold, 2nd — Elvon Pietsch, 3rd Kathy Aus. Cons Vicki Tisue

Men's Doubles — 1st Gretzmeyer/Wagner, 2nd Bock/LaVoie, 3rd Unkefer/Kellner. Cons Rosenbloom/Johnson

Men's B Doubles — 1st Wills/Johnson, 2nd Morstad/Hlyden, 3rd Leclerc/Peters. Cons Hart Cashman

Women's Open Doubles — 1st Jacobsen/Chapek, 2nd Halvorson/Chamberlain, 3rd Coplin/Riach. Cons Hagen/Shaw

Minnesota

Three hundred fifty players of all ages took part in a tournament Feb. 23-25 at the new 98th Street Racquet and Swim Club in Bloomington.

One of the special attractions included Celebrity Racquetball on Friday evening. Winning first place in the doubles event was Mark Kellar (Vikings) and Sam Sallerson. Runners-up were Bob McNamara (Duff's) and Steve Grams. Other players in the event included: Sue Erickson (Miss Minnesota); Wes Hamilton; Rick Danmeier; Bob Stein; Jeff Wright; John Henderson (Vikings); Baseball Notables Tony Oliva and Frank Quilici; American League Rookie of the Year; Paul Molitor; Minnesota Gopher Paul Rogind, and Pro Wrestler Greg Gagne.

Prizes were donated by Leach, Permo's, Munsingwear, Pickwick, Country Kitchen, Maidstone and 98th Street Racquet and Swim Club.

Results

Men's Open Singles: Al Stock **Runner-up:** Don Constable

Men's B: B. Z. Isenberg **Runner-up:** Lee Hickerson

Men's BB: Robert Erdman **Runner-up:** Bob Salfron

Men's C: John Pearson **Runner-up:** Cecil Smith

Men's Senior Open: Bob Adam Sr. **Runner-up:** Dick Uphoff

Men's Senior B: Earl Olmstead **Runner-up:** Howard Spizman

Jr. Boys 17 and under: Craig Stirtz **Runner-up:** Paul Rosland

Women's Open: Terry Seaborg **Runner-up:** Mary Wendorf

Women's B: Robin Wier **Runner-up:** Mary Strei

Women's BB: Marjorie Pitz **Runner-up:** Sara Grady

Women's C: Lori Heimdahl **Runner-up:** Bev McDonnell

Ron Strom, Head Racquetball Pro at the 98th Street Club, and staff members, Jan Newman and Arnie Rutman, helped with tournament operations.

Missouri

West James Courts in St. Charles was the site of the Natural Light West James Racquetball Classic March 8-11 with 107 participants in six classes. Jeff Parker took first place among 53 Men's C entries by defeating Steve Roach 21-7, 18-21, 11-1. Freddy Dallas, a 14-year-old, took third over Hector de Santiago 21-20, 21-15. Dave Schwemmer won the consolation over Alan Meehan 21-9 and 21-17. Nine-year-old Andy Gross also competed in the C Class.

Dan Massari won the Men's Open by defeating Jay Manzoor in hard fought match that went into the 11 point tie-breaker; the scores were 21-17, 15-21, 11-5. Third place went to Bill MacKeen with a win over 12-year-old David Gross 21-14, 5-21, 11-10. John Bowles won first Consolation in his first tournament experience playing against Open players. Ron Wickers and Dave Schwent had a hard fought match for first place in the Men's B division with Schwent coming from behind to take the first game 21-20. But Wickers held on and won the next two games 21-17 and 11-7 to take the first place trophy. Chuck Sharamitaro won third with a fine performance over Jay Larico 21-7, 21-10. In the consolation round Tim Ellison defeated Louis Koester 21-13, 21-13

Another young player, Kevin Buerhle, fought hard for the Men's Novice championship, but lost to Henry Roddiger in the tie-breaker 11-8. The other games were 16-21, and 21-12. Ron Haefner defeated Roy Rahn for third, 21-5, 21-15. First Consolation went to Ron Cooney over Fred Johnstone 21-4, 21-12.

In Women's C's 14-year-old Cheryl Mathieu was too fast for her competitors, and put on quite a show in the finals match against DeeAnn Koontz winning 21-14, and 21-19. Vicki Holliday took third from Rose Thompson in another exciting match that went to a tie-breaker 21-20, 12-21, 11-10. Rita Stewart defeated Juanita Whiteid in the consolation round 21-8 and 21-9.

Sue Nelson took first place in the novice class with a win over JoAnn Doerrer 21-12, 21-14. Donna Ebner and Sandy Pettit, fought it out for third with Donna winning it 21-7, 21-16. Linda Honer defeated Ginny Wood 21-9, 16-21, 11-3 for first Consolation.

One negative aspect of the tourney was pointed out by one of the directors, Ken Becker, who commented, "I'm surprised at the number of players at all levels who do not wear eye protection. They take such a great chance of getting a serious eye injury when they go onto the courts without eyeguards. There were no serious injuries at this tournament, but steps must be taken to encourage the use of eye protection by players from the beginners to the pros."

—Rosie Epps

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Delaware

Scott Clark, on the short end of a 16-11 score in the Leukemia Racquetball Classic at the Branmar Racquetball Club in Wilmington, March 9-11, was trying to psyche himself to win the Men's Open championship.

"Keep the ball down and you can beat this guy," Clark said aloud as about 100 spectators watched and listened.

Ray Capitanelli, his opponent, was also listening. He shouted "Never!" so fast it seemed a part of Clark's sentence.

Capitanelli scored the next point on a kill down the right wall and repeated his "Never!" only louder than the first time.

Clark got no more points in the first game of the finals and didn't score in the second game until Capitanelli had put 14 points on the board. The game ended 21-1.

Until the verbal exercise the game had been about as close as the 16-11 score would indicate, with both players scoring on aces and kills.

Capitanelli, number two seed in the tournament and the New Jersey state champion, scored the 21st point in each game on drive serves to Clark's forehand.

The tournament drew more than 300 players from five states.

Television sportcaster Klaus Wagner from Baltimore won the Men's Class B, defeating Orval Foraker 21-18, 21-12.

Carol Frenck won the Women's Open championship by beating Elaine Lee 19-21, 21-4, 11-6. Bill King won the Men's Seniors, and Richard Thomas won the Men's Masters. Molly O'Brien, won the Women's B. Tom Biesinger and Patty Armstrong of the host Branmar Racquetball Club won the Men's and Women's C titles.

Sponsors were the Leukemia Society of America and Anheuser-Busch Brewing Co., with cooperation from Ektelon, Nike, Leach and Seamco.

Bill Thorne was tournament director and Paul Muolo was floor manager, with help from Eric Faddis, Roland Hitchens and Paul Weldin.

—John Christensen

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Results

Men's Open

Quarters: Scott Clark d. Tom Ranker 21-19, 4-21, 11-7; Scott Ryan d. Jack Chelucci 15-21, 21-8, 11-5; Don Little d. Russ Montague 21-17, 21-12; Ray Capitanelli d. Lee Deskins 21-19, 21-20

Semis: Clark d. Ryan 21-14, 21-20; Capitanelli d. Little 21-18, 21-12

Final: Capitanelli d. Clark 21-11, 21-1

Men's Class B

Quarters: Orval Foraker d. David Herjak 21-11, 21-9; Barry McCutcheon d. Tom Adams 21-13, 21-19; Michael Miksa d. Lior Shmuelson 21-13, 15-21, 11-4; Klaus Wagner d. Don France 21-17, 21-14

Semis: Foraker d. McCutcheon 21-15, 21-3; Wagner d. Miksa 21-11, 21-16

Final: Wagner d. Foraker 21-18, 21-12

Men's Class C

Quarters: Tom Biesinger d. Guy DiSabatino 21-4, 21-20; Carl Fisher d. Doug McGowan 12-21, 21-19, 11-3; Bob Dean d. Mark Levy 10-21, 21-19, 11-7; Dave MacKelcan d. Walt Reichert 21-3, 21-6

Semis: Biesinger d. Fisher 21-7, 21-15; MacKelcan d. Dean 21-18, 21-7

Final: Biesinger d. MacKelcan 21-10, 10-21, 11-5

Men's Seniors

Quarters: Bill King d. Joe Capozzoli 21-11, 21-13; Ron Nabreski d. Bob Drouin 21-2, 16-21, 11-10; Bill Moody, forfeit over Terry Arnold; Al Ginsburg d. Joe Fratangelo 21-12, 21-11

Semis: King d. Nabreski 21-2, 21-5; Moody, forfeit over Ginsburg

Final: King d. Moody 21-0, 21-5

Men's Masters

Quarters: Ron York d. Mike Kohut 21-12, 21-12; Richard Thomas d. Alton Neal 21-12, 21-1; Charlie Robertson d. Luther Hearn 21-6, 21-5; Bill Stoebe d. Raymond Renai 21-15, 21-3

Semis: Thomas d. York 21-6, 21-13; Robertson d. Stoebe 21-20, 21-20

Final: Thomas d. Robertson 21-4, 21-10

Men's Open Doubles

Quarters: Eric Foley/Willie Wang d. Pat Kelly/Foraker 21-8, 21-14; Russ Montague/Jack Chelucci d. Jud Grosshans/Deskins 13-21, 21-8, 11-9; Capitanelli/Elia d. Bob Drouin/Little 21-15, 17-21, 11-3; Bill King/Clark d. John Chelucci/Jeff Foster 21-15, 17-21, 11-5

Semis: Montague/Chelucci d. Wang/Foley 13-21, 21-17, 11-5; King/Clark won by forfeit

Final: Montague/Chelucci d. King/Clark 21-8, 9-21, 11-4

Women's Open

Quarters: Carol Frenck d. Pam Perrotty 21-10, 21-4; Molly O'Brien d. Shirley Pettinato 20-21, 21-19, 11-1; Francine Davis d. Andrea Katz 21-9, 21-5; Elaine Lee d. Joanne Pokorny 21-14, 21-5

Semis: Frenck d. O'Brien 21-11, 21-5; Lee d. Davis 21-9, 16-21, 11-4

Final: Frenck d. Lee 19-21, 21-4, 11-6

Women's Class B

Quarters: Mary Jane Weldin d. Sue Mac Lennan 21-3, 21-8; Linda Baumlner d. Mary Blount 21-6, 21-11; Karen Reeves d. Barbara Yospe 16-21, 21-12, 11-3; Molly O'Brien d. Barbara Viera 21-9, 21-6

Semis: Weldin d. Baumlner 11-21, 21-15, 11-4; O'Brien d. Reeves 21-14, 21-15

Final: O'Brien d. Weldin 9-21, 21-3, 11-1

Women's Class C

Quarters: Denise Piper d. Sally Fellers 21-7, 21-20; Mary Blount d. Diana Mautz 21-15, 16-21, 11-9; Mary Linkous d. Cindy Ambrose 21-11, 21-12; Patty Armstrong d. Sharon Dortort 21-8, 21-16

Semis: Blount d. Piper 21-1, 16-21, 11-10; Armstrong d. Linkous 21-7, 21-11

Final: Armstrong d. Blount 21-19, 21-7

Women's Open Doubles

Semis: Frenck/Katz d. Reeves/Betsy Hepfinger 21-4, 21-3; Pettinato/Debbie Walther d. Andrea Czarniecki/Pat Struthers 21-9, 21-13

Final: Pettinato/Walther d. Frenck/Katz 10-21, 21-11, 11-5

Open Mixed Doubles

Semis: Lee/France d. Joanne Pokorny/Steve Chicknoski 21-16, 21-7; Walther/Terry Arnold d. Sally Fellers/Paul Muolo 21-10, 21-1

Final: Walther/Arnold d. Lee/France 21-17, 16-21, 11-7

California

King's Racquetball Court in Westminster was the setting for the Seamco Eddie West Open Racquetball Tournament Feb. 8-11.

The 210 participants watched some great racquetball matches in 19 classifications. Proceeds from the tournament went to the Eddie West Foundation Charities.

Bill Hildebrand won the Men's Open Singles with an exciting two game victory over Kirk Williams played on the 400 seat Royal Court.

Laura Martino, the 19-year-old high schooler from Fountain Valley, won the Women's Open in two games over Judy Clemons.

Long rallies and excellent team play were the trademarks of the Men's Open Doubles finals in which Kurt Williams and Wayne Radford defeated Mark Martino and John Davidson.

Other champions were: Men's Beginner Novice F. Sweeney; Men's Novice M. Christian; Men's C S. Jenkins; Men's B M. Isaacs; Men's C Doubles C. Sisneros/D. Clark; Men's B Doubles D. Green/W. Cox; Men's A C. Buggs; Men's Senior G. Jennings; Men's Masters J. Streim; Men's Golden Masters B. Morrow; Junior Boys J. Gieck; Upper Mixed Doubles J. Clemons/C. West; Lower Mixed Doubles K. Painter/J. Hoppenrath; Women's C C. Aguilera; Women's Novice C. Mays; Women's Beginner Novice K. Mitchell.

Okinawa

A three day tournament the last week in February brought together 90 Marine Corps, Navy, Army, Air Force, civilian and dependent competitors at the George Washington Racquetball Tournament sponsored by the Okinawa Racquetball Association at the MSA gym.

Lt. Cdr. Kent Allison won the Open by beating Air Force MSgt. Don Green 21-15, 2-17. Lt. Cdr. Wayne Burrows defeated Air Force Sgt. Jim Newton in the Intermediate 21-4, 2-21, 11-4, while Chris Peterson beat Tommy King 21-8, 21-2 for the Novice title. Green beat Bob Parades 21-9, 21-11 in the Seniors, while Green and Allison were hands down winners in Doubles, defeating Lance Corporals David Hickson and Herb Dixon 21-3, 21-6.



Lt. Cdr. Kent Allison, right, won the Open finals over MSgt. Don Green at the George Washington Tournament in Okinawa.

Korea

The top men and women from four qualifying tournaments held throughout the Republic of Korea gathered at Trent Gymnasium in Seoul March 30-April 1 to vie for the title of 1979 Eighth US Army Racquetball Champion in their respective divisions.

The finals of the Men's Open division featured Rick Hall, who reached the finals of the double elimination tournament without losing a match, against Otto Dietrich, who had a busy weekend fighting his way through the loser's bracket following a first round loss. The meeting between Hall and Dietrich turned out to be a repeat of the Area-Central finals as Hall bested Dietrich in three games by scores of 21-8, 14-21 and 11-4. Terry Wong finished third. Hall's power game continues to dominate the Korean racquetball scene as his string of first place victories goes on and on. It looks like the only hope for someone else to win a first place trophy is to wait until Hall returns to Fort Carson, CO in July, 1979.

In the Women's Open division Vivian Haerberlen defeated Judy Crosby in the finals by the scores of 21-5 and 21-8. Haerberlen proved to be the class of the Women's division as she breezed through the tournament without losing a single game. Constance Enright finished third and Charla Mills took fourth place.

Paced by the strong performance of Hall and Dietrich the Area-Central team captured the overall team championship. Other members of the Area-Central team were Mills and Glenda Devlin. The team from Area-South came in a close second, with the North A and North B teams finishing in third and fourth places respectively.

The galleries were packed at this tournament put together by Jim Cullina and Tom Rowan of Area-Central Sports Office and the members of UNC Racquetball Association.

—Otto E. Dietrich



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ENTRY DEADLINE: All entry blanks and corresponding entry fees must be in the possession of tournament director by Wednesday, July 11, 1979.

ENTRY FEE: \$15 per event. Limit one event per player.

OFFICIAL BALL: Seamco 558 (black) in all events.

RULES: Official USRA rules apply. No player having accepted \$1,000 or more in prize money on the NRC-sanctioned pro tour within the last 12 months may enter.

ELIGIBILITY: All participants must be current USRA members. Membership applications and renewals will be available at the tournament for an additional \$12.

AWARDS: Trophies to first four places in all events plus first two places in consolation rounds. Round trip air fare for the winners of each division of play (excluding consolation) to the 1979 USRA National Junior Championships August 13-18, 1979 in Tucson, Arizona.

MAKE CHECKS PAYABLE TO AND MAIL ENTRIES TO: Information listed for your Regional. Starting times may be obtained by contacting host facility. See reverse side.

NOTE: All entrants must play in the Regional in which they reside (no exceptions will be made) as depicted by the boundaries set forth on the accompanying map on the reverse side.

Region 1 — NEW ENGLAND: Maine, New Hampshire, Vermont, Massachusetts, Connecticut, Rhode Island, Quebec, New Brunswick, Nova Scotia.

Region 2 — NORTHEAST: New York, Pennsylvania, Ontario, New Jersey, Delaware, Maryland, Virginia.

Region 3 — SOUTHEAST: North Carolina, South Carolina, Georgia, Florida, Alabama.

Region 4 — CENTRAL: Wisconsin, Illinois, Michigan, Minnesota.

Region 5 — SOUTH CENTRAL: Mississippi, Texas, Oklahoma, Louisiana, Arkansas.

Region 6 — SOUTHWEST: New Mexico, Arizona, Hawaii, California, Nevada.

Region 7 — MID-WEST: North Dakota, South Dakota, Nebraska, Kansas, Missouri, Iowa, Manitoba.

Region 8 — NORTHWEST: Alaska, Washington, Oregon, Idaho, British Columbia, Yukon.

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Tournament Information

USRA Junior Regional



Region 1 — New England

SITE: Down East Court Club, 170 Rt. 1, Falmouth, ME 04105.

PHONE: 207-781-4281. Tournament Director: Kevin York.

MAKE CHECKS PAYABLE TO: Down East Court Club

MAIL CHECKS & COMPLETED ENTRY FORM TO: Site above.

TOURNAMENT HEADQUARTERS: Holiday Inn Downtown, 88 Spring St., Portland, ME, 207-775-2311 (Single \$28, Double \$37). Ramada Inn, 1230 Congress, Portland, ME, 207-774-5611.

Region 2 — Northeast

SITE: Yogi Berra's Racquetball Hall of Fame, 333 Gothic Plaza, Rt. 46 West, Fairfield, NJ 07006.

PHONE: 201-227-4000. Tournament Director: Tim Berra.

MAKE CHECKS PAYABLE TO: Yogi Berra's Racquetball Hall of Fame

MAIL CHECKS & COMPLETED ENTRY FORMS TO: Site above.

TOURNAMENT HEADQUARTERS: Ramada Inn Clifton, 265 State Hwy. #3, Clifton, NJ 07014, 201-778-6500. Ramada Inn Fairfield, 2 Bridges Rd., Fairfield, NJ 07006, 201-575-9465.

Region 3 — Southeast

SITE: Jacksonville Racquetball Club, 6651 Crestline Dr., Jacksonville, FL 32211.

PHONE: 904-724-6994. Tournament Directors: Jim Adkins, Gordon Ira.

MAKE CHECKS PAYABLE TO: Jacksonville Racquetball Club

MAIL CHECKS & COMPLETED ENTRY FORMS TO: Site above.

TOURNAMENT HEADQUARTERS: Holiday Motor Inn, 8016 N. Alternate #1, Arlington Expressway, Jacksonville, FL 32211, 904-725-3343. Scottish Inn, 747 Arlington, Jacksonville, FL 32211, 904-725-9600.

Region 4 — Central

SITE: King's Court Edina, 7001 Cahill Rd., Edina, MN 55435.

PHONE: 612-941-6391. Tournament Director: Bob Adam.

MAKE CHECKS PAYABLE TO: King's Court

MAIL CHECKS & COMPLETED ENTRY FORM TO: Site above.

TOURNAMENT HEADQUARTERS: Holiday Inn Airport #2, 5401 Green Valley Dr., Bloomington, MN 55437, 612-831-8000. Radisson Hotel, 7800 Normandale Blvd., Bloomington, MN 55435, 612-835-7800.

Region 5 — South Central

SITE: Supreme Court, 1440 Miracle Way, El Paso, TX 79925.

PHONE: 915-593-2160. Tournament Director: David Peck.

MAKE CHECKS PAYABLE TO: Supreme Court

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TOURNAMENT HEADQUARTERS: Howard Johnson's, 8887 Gateway West, El Paso, TX 79925, 915-591-9471. Tom Penny Inn, 7144 Gateway East, El Paso, TX 79925, 915-779-7700. Rodeway Inn, 6201 Gateway West, El Paso, TX 79925, 915-778-6611.

Region 6 — Southwest

SITE: King's Racquetball Court, 14731

Goldenwest St., Westminster, CA 92683.

PHONE: 714-898-9841. Tournament Director: Bill McClintock.

MAKE CHECKS PAYABLE TO: King's Racquetball Court

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TOURNAMENT HEADQUARTERS: Registry Hotel, 18800 MacArthur Blvd., Irvine, CA, 714-752-8777. Costa Mesa Inn, 3205 Harbor Blvd., Costa Mesa, CA, 714-557-8360. Both tournament hotels have ground transportation from Orange County Airport available for registered guests.

Region 7 — Midwest

SITE: Dale's Courts, 11301 W. 88th, Overland Park, KS 66214.

PHONE: 913-888-9247. Tournament Director: Ric Newcomer.

MAKE CHECKS PAYABLE TO: Dale's Courts

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TOURNAMENT HEADQUARTERS: Ramada Inn, I-35 & 87th, Overland Park, KS, 913-888-8440. Day's Inn I-35 & 95th St., Overland Park, KS, 913-492-7200.

Region 8 — Northwest

SITE: Court House, 7211 Colonial, Boise, ID 83705.

PHONE: 208-377-0040. Tournament Director: Bob Peterson.

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TOURNAMENT HEADQUARTERS: Rodeway Inn of Boise, 29th & Chinden Blvd., Boise, ID 83704, 208-343-1871. Royal Inn of Boise, 1115 N. Curtis Rd., Boise, ID 83704, 208-376-2700. Mention tournament for special rates.

Region 9 — Ohio Valley

SITE: Supreme Courts, 5800 Monroe, Sylvania, OH 43560.

PHONE: 419-885-4435. Tournament Director: Norton Gutowitz.

MAKE CHECKS PAYABLE TO: Supreme Courts

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TOURNAMENT HEADQUARTERS: Sheraton Westgate Inn, 3536 Secor, Toledo, OH 43606, 419-535-7070. Holiday Inn, 141 N. Summitt, Toledo, OH 43612, 419-243-8860.

Region 10 — Rocky Mountain

SITE: Vail Athletic Club, Box 573, Vail, Colorado 81657.

PHONE: 303-476-1304. Tournament Director: Ron Bullington.

MAKE CHECKS PAYABLE TO: Vail Athletic Club

MAIL CHECKS & COMPLETED ENTRY FORMS TO: Site above.

TOURNAMENT HEADQUARTERS: Holiday Inn of Vail, Box 35, Vail, CO 81657, 303-476-5631. (Single \$31, Double \$36, Triple \$40, Quad \$45). Vail Athletic Club & Hotel, Box 573, Vail, CO 81657, 303-476-1304.

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There were three points standing between him and defeat in the Catalina Classic when Marty Hogan let out a couple of screams and finally galvanized himself back into action, producing a stream of awesome power shots which had Mike Yellen shaking his head and wondering which way his victory went.

Nineteen-year-old Mike was playing Marty at his own game in their quarter-final meeting on the Colgate Men's and Women's pro tour co-sponsored by Leach and Seamco at King's Racquetball Court in Westminster, CA. Yellen was combining tough serves with some flying gets which had the packed crowd standing and solidly to a man cheering on the contender.

That is cheering him on until it looked like the champion was going to go down the same ignominious pathway he has served up to the few professionals privileged enough to even go three games with him — 11 zip in the tie-breaker.

Then things changed. It was Marty who was getting the support as the fickle audience decided they didn't really want what seemed inevitable to happen. And in one of the best displays of racquetball this year Hogan turned the game around.

It looked like a typical tournament drawsheet, with Hogan cruising relentlessly down the steps of successive rounds and Jerry Hilecher, from the bottom, scrapping his way towards the usual one sided confrontation in the final.

That is what finally happened, but Yellen, from Southfield, MI, almost changed that.

Yellen follows through with a backhand kill shot in his near-win over Hogan in the quarters. Of course, a near-win is a loss.



Fashions a Catalina Win

But Mike Yellen comes to within three of beating the champ in the quarter-final tie-breaker

For Mike it was his second tie-breaker of the tournament. After defeating Jim Wirkus easily 13 and 4 he went up against a much improved Mark Morrow who finally seems to be learning to stroke the ball instead of turning every shot into an armor piercing projectile and that confrontation ended 16-21, 21-16, 11-3 in Yellen's favor to earn him the right to meet Hogan.

Some indication of what was to come materialized in their first game, as Yellen stepped into the box at 2-2 and served up an ace to Hogan's forehand to put himself one ahead. And just to prove that it was no fluke, he zapped in another ace to make it four, followed by rollouts for five and six, a right hand pinch for seven, one more for eight and then he gratefully accepted a freebie, as Mr. Hogan, his confidence somewhat rattled, took a hearty swipe at an easy setup close to the front wall and hit himself with the rebound.

Yellen, who insists he plays the ball and not the man, was unable to totally suppress his exhilaration, and he powered in one more ace before Hogan stepped back in control and after one change of serve proceeded to run the score back to 7-10 at which point Yellen took a time out to reflect on the rapidly changing situation.

Eleven rallies later the score reached parity again at 11's as Hogan struggled to put his deep pinches in the right place, low enough down on the side wall to roll them from the front. He was hitting most of them too high and leaving them up for Yellen who was playing faultlessly enough to capitalize on pretty nearly every chance he got.

But holding a tiger by the tail requires constant concentration and at 13-13, Hogan found his serve again, pounding in enough tough ones to tack his score up to 20 at the expense of only one more point to Yellen at 14.

A judicious time out was enough to temporarily stay the first game execution as Hogan resumed play with a short serve, relinquishing the box to Yellen who added two more before the one point which had been eluding Hogan came home.

That closed game one out at 21-16, a score which wasn't exactly what Yellen expected. Between games he was able to point out why he was having problems.

"My serve was on and I thought I was doing well up to 10, then he just started hitting serves I just couldn't see."

In game two Yellen quickly pulled a 6-1 advantage thanks to a combination of tough drive serves to Hogan's backhand and some lively front court hustle which netted two of the very same wide pinches which Hogan had been leaving up in the first game. He then ran up to 9-2 before a typical flat rollout off the back wall put Hogan temporarily in control of the serve.

Yellen came back with the next rally and really earned the next point with a flying dive towards the back wall which was the only way he could get his racquet to a Hogan power shot. After hitting the back wall the ball took in one side wall before miraculously pinching itself out of velocity in right front court for a point.

Needless to say it was a play which had the 500 strong audience cheering on its feet and both players looking exactly like they had been hit by a tornado.

Back in action the two traded their way to 12-3 before a referee's correct call of a hinder caused Hogan to comment — *"There's nothing like working for nothing."* Which was all he got, for two more Yellen points down the line he drove the ball down the left side wall with so much force he lost his balance and stayed glued to the wall, as the projectile relentlessly returned right at him. That was an avoidable hinder and lost him the 15th point. Yellen then zapped in another ace to make it 16-3.

Catalina's promotions director June Wylie takes in the action.

Hogan rips a forehand off the back wall toward the right corner in his championship victory over Hilecher.

Apart from a rare display of nerves which lost him the side in at 17-3 he kept his cool and ran up to 19-3 before Hogan could pull himself together enough to add on three more points. He was going for number four when the usual effect of a Marty Hogan bad day — enormous skips off easy setups — took effect and lost him the service box and two rallies later, the game.

Needless to say, Hogan was not at all happy as he stalked to the locker room, and he was even less happy as he conceded the first tie-breaker point to his opponent. He kept Yellen's breakdown to one before taking over, but that tenure was shortlived. Yellen grabbed it back and tacked on two before Hogan drove the ball past him into back right court. One rally later he was back in there with an unforgettable diving get which again had the crowd cheering, and he put two more onto his score before Hogan drove one down the left wall which he couldn't reach. It was the same old story — Marty just couldn't capitalize on his repeated opportunities. Again he tried his deep backhand pinch and Yellen, whose intense self control was certainly starting to slip away, could hardly wait to serve as that pinch went the way of so many of Hogan's others — it skipped.

Hogan then left the ball up off the back wall for Yellen to coolly pinch into the right hand corner for 7-0 and another Hogan power drive off the back wall was returned with a flat rollout for the eighth point.

And that, folks, is where Marty Hogan again became a champion.

First he screamed, "Lets go, lets go" as Yellen slowly took his place. He pinched the return for his first point, and Yellen obligingly skipped for the second, number three came with a double bounce and four with an ace to Yellen's backhand.



Mike had one more chance when Hogan's diving get skipped and he took the service box while Hogan, like a prizefighter too used to the canvas, took his time about getting up.

Yellen stuck on one more to make it 9-4, Hogan rolled out a soft Z serve to his backhand to get it back, lost it again, got it back and lost it again before Yellen committed the unforgivable sin of double faulting. . . . Followed by the second unforgivable sin of mis-hitting a not-especially-difficult return from a Hogan pinch into right court.

This was pressure with a capital "P" but Yellen pulled himself together sufficiently to serve a low Z to Hogan's backhand which Hogan obligingly rolled out. Another pinch gave Hogan number six and a Yellen pinch left up was tucked away for number seven. Yellen failed to pick up a passing shot dying in the back right hand corner glass and that made it eight evens. Yellen hustled with every ounce of nerve and energy left in him in a rally which included an impossible get to the left, then a flying get to the right. Three times he was set up and the fourth time he killed it to gain a very, very temporary stay of execution.

Wagner was able to put up only one good game against the champ in the semi's.

So temporary that Hogan was back in with the next rally and it was even at 9-9. A couple of swaps of serve with the score stuck there ended when the champion used his brain. He faked the most beautiful ace to Yellen's forehand side which had Mike going in entirely the wrong direction and then followed with a right hand corner pinch which Yellen just couldn't reach. That was it, Yellen had faced Hogan just three points short of victory — and had come up short. It wasn't his fault; he played like a champion, but then again when the score got to 8- zip, so did Hogan.

He said later "Yellen gave me a really hard time. He was serving so hard that I had a tough job seeing the ball. I lost my concentration in the second game, but in the tie-breaker I got so mad at myself it seemed to do the trick. A lot of my mistakes were on those really deep pinches I was hitting but I still think those are the best sort of shots to use in an all-glass court like the one at King's — the ball is low and fast and it's hard to pick up off the glass."

A tired Hogan finally met Hilecher on Sunday after putting Richard Wagner's hopes to rest with an 18 and 3 requiem. On the contrary Hilecher had taken a smooth trip down to the finals winning three matches without the need for a tie-breaker and only conceding double figures in two of those six games.

Things were different as Hogan warmed up, rolling out a couple to go ahead 2-0. Hilecher won the serve back and a Hogan skip gave him one before Hogan blasted in a forehand to take over the box, and he killed Hilecher's return to add another point. Hilecher skipped the next one, and Hogan got his deep pinch right working to end the next rally at 5-1, a rollout gave him six and he took Hilecher's weak return off a super hard serve and softly pinched it away with more control than one is used to seeing from him for number seven.



Hilecher came back and ran up to 3-7 before Hogan successfully produced what has to be the widest pinch geometrically possible to get back in. A right hand corner pinch gave him eight, and he ran to 12 before a missed pass put him in back court.

Hilecher passed to the right for four, killed another of Hogan's wide pinches for five. Back in control Hogan aced for number 13, and Hilecher skipped the subsequent service return for 14; Hogan pinched number 15 and then he lost the point.

Back again just one rally later, he soon ran up to 20-5. Hilecher added one more, gave up the serve and then watched Hogan soft pinch the winner into the right hand corner just 11 and a half minutes after the game started.

Game two was marginally more exciting with the pair stalling at 7-7 before Hogan pulled out two then lost a pinching duel, got it back and tacked on two more to make it 10-7 before Hilecher briefly got the serve back. Hogan then ran to 14-7 before Hilecher could improve on his score at all. A few plays later Hilecher rolled out one for 10-14, Hogan rolled the next one to get

it back, a right hand corner pinch gave him 15-10; then the two traded places as Hilecher tried to make a stand. Using a combination of hard serves and right hand pinches he ran back to 14-15 and that was where he stalled for that rally, the game and the match as Hogan casually turned on the power and walked to 21 with only two breaks.

Back in the ranks David Peck, from El Paso, failed to find the form which made him a giant killer in Denver, and after narrowly defeating a tough Lindsay Myers in the round of 32s by the 11-10 score in the tie-breaker he found himself up against Steve Strandemo who had earlier ended the aspirations of Arizonian Don Thomas.

Strandemo lost the first game 14-21 but pulled himself together to take the second 21-15 and the tie-breaker 11-5. In the quarter-finals he met Craig McCoy who, wielding his new graphite racquet with unnerving accuracy, got past Dennis McDowell in the 32s and David Fleetwood in the 16s.



McCoy was cool — he looked so relaxed it was hard to tell he was playing well as he nonchalantly chewed gum while zapping passing shots which had Strandemo scampering halfway round the court and good crisp shooting which gave Strandemo a hard time.

After taking the first game 21-14, McCoy opened by taking Strandemo's serve, and running up five points. He skipped the next one for side out, took it back with a rollout and, using a combination of Z serves and right and left passing shots, he rampaged to eight before Strandemo could get on the board.

He hammered out two before McCoy killed into the left corner and pulled out to 13. Strandemo managed to stall the play for a handful of rallies at 5-13, but he only got one more point before McCoy took the score onwards and upwards to 17-6. Strandemo earned one more point with the kill off a very weak return from a soft Z serve, which gave him seven, and one more point, which was all he got before McCoy reached the magical 21.

McCoy — playing with the same black racquet Hogan wields with such devastating effect — was unable to control his semi-final game against Hilecher with the same cool assurance.

Hilecher had powered and scrapped his way past a Ben Koltun, tired from his 11-1 tie-breaker victory over a slowly recovering Charlie Brumfield.

He skipped the first two points away off Hilecher's serve, then served his first one short before pinching in two points to tie it up at 2-2; aching for the third, fourth and fifth points before stepping back.

Hilecher's stay was short and Koltun got back with a forehand drive kill down the line, and the two traded points right up to a 12-12 stalemate. An Hilecher diving get netted him the 13th point and the 14th came with an ace to Koltun's backhand, followed by another ace for 15. Koltun fought back, scoring until he aced Hilecher for 14-15. Hilecher nursed his one point lead into three more taking the score to 18-14 before Koltun added one more point. But his hopes of a victory were crushed when Hilecher aced in number 19, Koltun skipped number 20 and Hilecher killed the 21st point.

The second game was a procession as Hilecher rapidly ran out the score first to 17-4, then to 20-5. He allowed Koltun only three more points before taking the match 21-8.

The fourth quarter final featured Wagner and Davey Bledsoe in a match marred by a back injury earned when Bledsoe, making a diving get into back court in the second game, fell into the back wall crack and hurt his lower back.

After a 15 minute injury time out he was unable to bend and spent the rest of the match staggering toward defeat.

He opened the game with an ace serve and a combination of tough serves and some deadly shooting had the score out to 8-1. Wagner tried to catch up but all he could manage was five points while conceding four to make the score 12-6, then running the play to 18-8. With the score at 11-18 Bledsoe took a Wagner serve on the fly, blasting it back so fast the first thing Wagner saw was the ball rolling out between his legs. And they were followed in quick succession by 19, 20 and 21.

Wagner prepares for an off the back wall attempt in his quarter-final win over Bledsoe.



Men's Pro Results

(Qualifiers): Sulli, Bolan, Kwartier, Hildebrand, Handley, Huber, Larsen, Meyers.

(First round): Hogan d. Sulli 21-7, 21-12; Zeitman d. Chase 21-10, 17-21, 11-4; Morrow d. Bolan, 19-21, 21-20, 11-8; Yellen d. Wirkus 21-3, 21-4; Bledsoe d. Kwartier 21-3, 21-17; Jones d. Rish 21-7, 21-12; Zuckerman d. Mondry 21-7, 21-13; Wagner d. Hildebrand 21-9, 21-11; Strandemo d. Thomas 21-12, 21-16; Peck d. Meyers 18-21, 21-15, 11-10; Fleetwood d. Larson 21-6, 21-8; McCoy d. McDowell 21-7, 19-21, 11-6; Koltun d. Larry Meyers 21-13, 21-15; Brumfield d. Handley 21-9, 21-13; Keeley d. Serot 12-21, 21-19, 11-3; Hilecher d. Huber 21-7, 21-17.

(Second round): Hogan d. Zeitman 21-19, 21-6; Yellen d. Morrow 16-21, 21-16, 11-3; Bledsoe d. Jones 21-10, 21-18; Wagner d. Zuckerman 21-7, 21-13; Strandemo d. Peck 14-21, 21-15, 11-5; McCoy d. Fleetwood 21-4, 21-11; Koltun d. Brumfield 21-11, 12-21, 11-1; Hilecher d. Keeley 21-3, 21-6.

(Quarter-finals): Hogan d. Yellen 21-16, 16-21, 11-9; Wagner d. Bledsoe 11-21, 21-7, 11-2; McCoy d. Strandemo 21-14, 21-8; Hilecher d. Koltun 21-15, 21-8.

(Semi-finals): Hogan d. Wagner 21-18, 21-3; Hilecher d. McCoy 21-14, 21-8.

(Finals): Hogan d. Hilecher 21-6, 21-14.

Strandemo and McCoy battle it out in their quarter-final match.



Koltun goes for broke in the quarters against Hilecher.



Wagner was ahead 16-7 in the second game when the play came which left both men lying on the floor. Bledsoe made the diving get right into the back wall which sent him to the locker room for the maximum injury time out, and Wagner made a diving get on that return to score the point.

Bledsoe came back after the time out visibly hurting and Wagner ran his score out quickly to 21 without losing another point.

In the tie-breaker Bledsoe changed his style of play, trying to force the ball to the ceiling but even psyching himself with "Don't give up" shouts at 7-1, didn't help and 11-2 finally rang out the game and match to Wagner.

Richard earned himself a semi-final berth against Hogan, but Hogan, still stunned by his narrow victory the day before, was in no mood to trifle. Wagner got 18 points in the first game and then Hogan closed the tap.

In the second he was rationed to only three as Marty stepped into the finals with the 21-18, 21-3 victory.



Catalina president Ward Wilson awards Hilecher with his second place check as NRC national commissioner Joe Ardito looks on.

Marriott, in perfect center court position, follows through on another forehand winner in her stunning victory over Wright.

Enough Is



How many times does a professional athlete have to lose before the desire to win surfaces strong enough to become the absolute motivation for victory?

In Janell Marriott's case, enough is enough. Tired of fading out early in this year's tournaments and tired of taking home prize money checks which hardly seemed worth the paper they were printed on Janell has undergone a complete metamorphosis. In the Catalina classic she was hungry for victory and when she stepped into the exhibition court for the final square off against Reigning Champion Shannon Wright, everybody knew it.

Janell had been preparing back home in Utah, playing much stronger competition, running, doing wind sprints to build up her endurance and telling herself that she needed a win so bad the extra sweat and sore muscles were worth it.

She played well from the start of the tournament to the finish, blasting her way past Rita Hoff and Jennifer Harding for her place in the sun.

For all the excitement the final was a slow starter with both players feeling out the other. It took four side outs before Marriott opened up the scoring with an ace to Wright's backhand.

Then she tacked on another and followed that up with an ace before handing over with the score at 3-0. Shannon chalked up her first point with an ace serve, but that adventure ended and she was soon scrambling for Marriott's superior passing shots as the score trotted up to 5-1.

Shannon then got back in the saddle, tightening up to 5-5 then with Marriott failing to keep the ball low enough on the front wall to prevent those nasty back wall setups; Shannon added three more points to go ahead for the first time in the game.

Janell had a hard time wrestling with her concentration, which still floats in and out at will, but she won the battle so successfully that when she found Shannon's weakness for deep Z serves, she exploited it intelligently with two Z aces before a third attempt which had kill written all over it, and a soft pinch from Shannon put it where it belonged.

**Janell Marriott's
hunger for victory
makes her number one
at California tourney
as she beats Wright**

Enough!



Shannon started a comeback which rapidly took her to 17-8 as Janell once again failed to hang on to her concentration. And that lapse cost her the game. With the score at 17-8 she got back the serve and plodded her way onward. An ace gave her 9, and she tacked on six more ending with an ace for 15-17. Shannon added two more to her score before giving up one more to Janell, and then she got to game point as Marriott prepared to make her final attack, fighting off three game points before succumbing 21-19.

In the second game Janell again went up three before Shannon could get a look at the service box, but once she got there she made it stick, pulling back even at 3-3. The scores stayed close until 17-17 and then Janell, settling into the service zone, focused her concentration back on the task at hand. She served a crack ace to Shannon's forehand to give her a lead at 18-17; she rolled one out on the next rally for 19-17; then for the second time Wright hit herself with the ball while overpowering a kill shot close to the front wall. That was 20, and Janell produced yet another ace for the winner.

The intensity is evident as Marriott prepares to return service in the finals.

By the time Janell got much of a look at the service box in the tie-breaker, she was down three points and victory was getting further and further away. But she caught up with two, then missed an easy setup to give up the serve. Another point loss followed and with a few service changes she got back into the action with the score at 4-4.

Her one big fault was that she constantly overpowered the ball to the front wall, leaving shots up and herself helpless as Shannon put them away. When she got back into the game she was only 6-4 up and desperately needing points. She had to wait, for the service box changed hands five times before she got going again — first with a pinch for 7, then a Z serve that Shannon skipped for 8.

Janell, now ahead 8-4 got herself passed for the next point. With luck and concentration in equal doses she took 9 with a passing shot, then saw Shannon mis-hit an easy ball for 10 and she served up a faultless crack serve for her 11-5 win.

She was emphatic afterwards that the win was the start of a new style Marriott game. She said *"I was just tired of losing. I had been playing badly and it was very depressing. I needed to lose weight and improve my endurance so I went on a crash program of strenuous physical exercise. It paid off for me, although I don't think that either Shannon or I played our best games."*

"I was very confident coming into the tournament but Shannon is tough."

Janell intends to keep up her new exercise program. *"I still have a long way to go, but this win was all the motivation I needed to carry on improving my game. My serves were so much better than they ever were before and I never felt tired. That helps a lot."*

Tiredness showed all over Jennifer Harding, who exhibited very little motivation against Marriott in their semi-final match. Harding had beaten Jean Sauser the day before, *"But that's easy because I know her game. We play each other all the time,"* she explained.



Harding checks her specs in her vain attempt to stop Marriott's steamroller to the finals.



Wright shoots her backhand from deep court against a rejuvenated Green in the semi-finals.

Up against Marriott it was a different matter. In the first game Marriott's crisp approach soon had her to 17-8 and it was only a matter of time before she ended the game 21-12.

In the second an early concentration lapse saw Marriott blow a 6-0 lead but Harding just couldn't find her form. Time and again she tried to force the game, but Janell's superior shooting kept her on top. It was a point here, a point there as the two stayed close up to 15-17. The weakness in Harding's backhand, which she had tried to cover by taking as much as possible on her forehand, showed up and she mis-hit a

crucial backhand off the back wall to give Marriott 18. A pinch made it 19 and a mis-hit on the next rally gave Marriott 20. Then Janell played a backhand passing shot down the left wall for the winner.

On the other side of the draw Sarah Green was making all the noise, smoking Karin Walton out with a 21-11, 21-14 victory. Linda Prefontaine, who had showed rapidly improving form in the last two tournaments, was tired from her first round tie-breaker with Peggy Steding, and she handed Wright an easy 21-13, 21-4 victory.

Green was dead set on giving Shannon a hard time and that is exactly what she did. Her shooting was accurate enough to give her all the confidence she needed to take Shannon to 20-20 in the first game before losing. Shannon got a point on the board first but Sarah, keeping her cool even after she stopped a full blooded Wright rip, served a Z ace to tie the game at 4 and then she produced another ace, this time on her drive serve to grab the lead.

Hoff takes what's left, an into-the-back-wall shot in her quarter-final loss to Marriott.

Shannon dominated all the way to 11-8 but then Sarah called a time out to collect her thoughts which didn't help much because Green soon found herself even deeper in the hole at 9-15. Shannon was never really at ease, and she skipped her next shot giving up an easy point. Then she got herself aced the next time around. Sarah followed that ace with an accurate left corner pinch off the back wall for 12-15 but then a front wall duel ended when Green skipped an easy shot. She was back fighting next time around and she worked the score to 15-15, then 16-16, then 17-17 before Shannon pulled away to 20-17. Even faced with the ponderous weight of game point, Sarah dragged her way back into the action and tied the game 20-20 before she waited too long to take a back wall shot, left it up and left Shannon with an easy down the line pass for game one.

Game two opened with a Green ace, but Shannon started to dominate the front court, driving down either side for passes which Green couldn't handle.

Shannon left her behind at 11-17, aching for 18, knocking out a down-the-line pass for 20, before Sarah got back in when her passing shot died in the back corner. She survived two more match points, even putting on one more to her own total before Shannon rolled Green's serve to get control, then drove in an ace for the winner.



Wright had little trouble with Prefontaine in the quarters.

Walton peeks over her shoulder as Green prepares to shoot a backhand serve return in the quarters.



Women Pro Results

(Qualifiers): Prefontaine, Panzeri, Thompson, Murphy.

(First round): Wright d. McDonald 21-1, 21-10; Prefontaine d. Steding 7-21, 21-4, 11-4; Walton d. Panzen 21-13, 3-21, 11-5; Green d. Greer 21-16, 21-14; Hoff d. Williams 21-10, 21-17; Marriott d. Thompson 21-20, 21-9; Sauser d. Murphy 21-11, 21-8; Harding d. Matthews 21-8, 21-14.

(Quarter-finals): Wright d. Prefontaine 21-13, 21-4; Green d. Walton 21-11, 21-14; Marriott d. Hoff 21-10, 21-8; Harding d. Sauser 21-12, 21-17.

(Semi-finals): Wright d. Green 21-20, 21-12; Marriott d. Harding 21-12, 21-15.

(Finals): Marriott d. Wright 19-21, 21-17, 11-5.

All photos of Catalina Racquetball Classic at King's Racquetball Court, Westminster, CA by Mike Zeitman

NOTES OF THE TOURNAMENT . . .

Paid referees became a reality and another NRC "first" during the week as the NRC rewarded referees in the round of 32 with \$20 each, the first payment for officials in racquetball's history. It starts a trend that will eventually lead to certification and standardization of referees and rules interpretations . . . Ward Wilson, president of Catalina and promotions director June Wylie took in much of the action during the week, with Ward doing the check presentation honors. Their support and cooperation was sensational and appreciated . . . King's did their usual high efficiency job of running a tournament with transplanted midwesterner Bill McClintock heading up the local staff. Owner/manager Chuck Hohl, as always, provided the tournament with a full gallery to defend his reputation as one of racquetball's premier promoters . . . In the amateur divisions junior player (15-year-old) John Eggerman from Boise, ID, stopped current national juniors champion Scott Hawkins in the finals for an impressive win in Men's A . . . Vicki Panzeri over Michelle Busacca, also current juniors champ, in the Women's A . . . Others included Bill Schmidke in the Seniors and Burt Morrow in Golden Masters. ●



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Letters

Make Rule Quotes More Accurate

Dear Editor:

The AVOIDABLE HINDER!! As a long time handball player and a short time racquetball player, I can testify that no rule causes more confusion and is the subject of more controversy than the avoidable hinder rule. It is indeed rare to find a referee who knows when to call one. But is it any real wonder that the players have difficulty when the national organization is not clear on what the rule is? For example, in the March, '79 issue there were two articles dealing with the avoidable hinder, one by Steve Strandemo and one by Dan Bertolucci. These should help clear up the problem, right? Wrong!! Strandemo quotes the "rule book": "A hinder or interference, not necessarily intentional, which clearly hampers the continuance of a rally . . .". My "Official Racquetball Rules" received from the USRA has no such wording. Bertolucci says "When a referee feels that a player has been denied access to the ball . . . the referee calls an avoidable hinder." Neither makes any concession to possible unavoidable hinders, that is, what the rule book refers to as unintentional.

Strandemo's article discusses how much room need be given to a player returning a shot, but the discussion is not rooted in the rules. Must the defender give his opponent two out of a possible three shots as stated or three out of four or what? In handball the rule was interpreted to mean that you gave your opponent the shot parallel to the side wall not the whole court. In racquetball prudence dictates giving more room; but it does not seem as if the rules do.

After many discussions with many players and many arguments with many referees, I have come to the following conclusion: In singles play almost any physical contact between players that constitutes a hinder is avoidable. Exception; when the offensive player has two (or more) chances to play the ball, contact after his first try may not be avoidable. Example: Offensive player sets to hit ball on the fly. He either misses or, at the last second, changes his mind and decides to play it off the rear wall. The defensive player, moving into a position to defend against the fly ball, unintentionally interferes with passage to the rear wall. The call is hinder ball and play over.

In the same vein screening the ball with your body is almost always avoidable except in circumstances similar to that outlined above.

OK, that's my opinion. But am I right?? Whether I'm right or wrong it certainly seems as if we need more on the avoidable hinder and that which is printed about rules ought to be very carefully screened.

John Ware
Silver Springs, MD

Bertolucci and Strandemo were interpreting rules based on pro tour experience. USRA Coordinator Terry Fancher tells us the USRA is in the process of writing a set of guidelines to clarify the rules for all players. ED

Brumfield Serve Series Spawns More Ideas . . .

Dear Charlie Brumfield:

I have just finished reading your editorials in March issue of *National Racquetball*. I readily agree with your comments about the impact of the service game on the sport of racquetball.

Experimentation must take place if racquetball is to mature for the mass public. I would like to suggest another alternative be tried, along with those suggested by yourself (pg. 19).

1. Add a new short line (approximately five feet) behind the present short line.
2. The service box remains the same.
3. This would have the same effect as your 3rd suggestion (above the line).
 - a. Forcing deeper serves.
 - b. Less court for the receiver to cover.
 - c. Longer time for reaction because the ball must travel a greater distance.
4. Additional benefits for officiating:
 - a. The official's judgement for short serves is easier because the short line is five feet closer, in addition, to the advantages stated in 3a, 3c, above.
 - b. This method appears easier than yours (above the line), because the official would not have to make below the line judgements, 20 feet further away (on the front wall).

Lou Fabian
Pittsburgh, PA

. . . And More Ideas

Dear Sirs:

I read with interest Charlie Brumfield's article on the need for service rule changes. I agree that the super serve distorts the total game. The screen serve is a particularly controversial matter.

However experience in many things tells me that major changes more often than not create new, even greater problems than the one solved by the change. Charlie's point on controlling the big serve in tennis by slowing the playing surface shows how effective a small subtle change can be.

I suggest these three more subtle changes.

1. Move the short line back 8"-12" toward the back wall. The only reason it is where it is now is because handball courts were so marked.
2. Reduce the size of the service box by 6"-12" and call foot faults. Again the present size was dictated by handball.
3. Make a screen serve a fault serve leaving only the second serve remaining.

I'm not sure that the distances of 8"-12" or serving box size reduction of 6"-12" are the correct numbers. The size changes need to be tested. I am quite positive that receiving area and box size reductions would markedly reduce the overwhelming advantage of the serve without changing all the serve rules and techniques developed over the years. These changes would not necessarily swing the pendulum of advantage too drastically to the defense.

Dick Kincade
Lincoln, NE

The Right Kind of Celebrities

Dear Editor:

Bravo on your March issue! Now those are the kind of celebrities I want to hear from and hear about — Charlie, Peggy, Steve and Jennifer. Thanks.

Shirley Scheithe
Chicago, IL

Thanks from a Mother

Dear Mr. Kendler:

Just want to thank you for your part in the Mother's weekend in Arvado, CO. As usual it was a big success and thoroughly enjoyed.

Ginny Sauser
Glenview, IL

National Racquetball Helps Doctors

Dear Mr. Leve:

Our racquetball players on the Suburban Hospital staff have found *National Racquetball* most helpful, especially the novice and C players.

We look forward to continued enjoyable and informative reading.

Jim Earle
Louisville, KY

Racquetball Win Helps Pay for Her Education

Dear Mr. Kendler:

Through your generosity and support of the sport of racquetball I am now one of the lucky recipients of a \$1,000 scholarship. I competed in the National Intercollegiate Championships and took first in the number two division.

I can't even begin to thank you enough. I am working my way through school and now with this scholarship I can devote more time to my studies and not have to worry so much about how I am going to pay for school next year.

From the bottom of my heart I thank you ever so much.

Amy Gudbrandsen
Lake Forest, IL

Charlie Drake, president of Leach Industries, and Al Mackie, president of Seamco Sporting Goods, donated \$10,000 to the Bob Kendler Intercollegiate Scholarship Fund for which college students competed March 23-25. ED

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Other College Fans

Dear Terry:

I would like to thank you, Dan Bertolucci, and the staff at the University of Illinois, in Champaign for doing such a great job at the Intercollegiate Championships. I would also like to thank Leach Industries and Seamco Sporting Goods for establishing the first racquetball scholarships in the nation.

My teammates and I had a great time and hope to return next year.

Dan Cohen and the
Memphis State Racquetball Team
Memphis, TN

Down with Leg Cramps

Dear Editor:

I have just picked up your January, 1979, edition of *National Racquetball* and I think it's fantastic. I especially liked your article on "15 Minutes to Ward off Muscle Pulls," as it seems like I'm always getting a cramp in my leg.

I have only been playing racquetball for about a year and I think it's a real good game to get a workout along with being a lot of fun.

Keep up the good work!

Dina Johnson
Huntington Beach, CA

Too Many in the Same Boat

Dear Editor:

In regard to the article on page 86 of the April issue concerning notes of the tournament and the picture accompanying the article, I feel that as a concerned racquetball player and at the same time a concerned boater, the picture published clearly shows some very unsafe boating practices that jeopardized the players and guests on board the boat. I count 15 members on the boat, none of them wearing life preservers, half of them not seated, no hand rails on the boat, and a general overcrowding appearance. I do hope in the future that such events which are sponsored by tournament hosts are conducted with the safety of the players as I for one would not like to see an unnecessary accident happen to one of the fine racquetball players. Thank you very much.

Jeffrey S. Fink
Erie, PA

Thanks for your sharp eye and your safety advice. We hate to admit it, but the people in the boat were waiting for four USRA staffers who climbed aboard before the craft took off. That made a grand total of 19 who were lucky to make it out to sea and back. We've asked the players to pick up some nautical know-how so they'll be around for future tournaments. ED

New Intermediate Book Out Soon

Dear Sirs:

I understand Jean Sauter has written another book for the intermediate player. Do you have information on the title and publisher?

Shirley Mayer
Roselle, IL

Sometime this spring Contemporary Books is issuing Inside Racquetball Strategy by Pro Jean Sauter and National Racquetball Photographer Arthur Shay. The book recommends strategy for specific situations, which is just what the typical intermediate player needs. ED



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Where Would We Be Without Them?

Writing on the verge of the National Championships with its expected 1,000 entries, over an eight day period, I am moved to pay a tribute to tournament hosts, the unsung heroes in the machinery of racquetball.

There are many good tournament hosts, few outstanding ones. It takes a special somebody who will allow 300-500 (or 1,000 as in the Nationals) strangers into his business establishment for a four to eight day period. (Especially when many of the strangers believe that they can do whatever they please in this establishment).

I believe that the selection of a tournament site is dependent on the host facility's desire to hold the event, for without the total cooperation of the club, no tournament will be a true success.

The Sportrooms of Coral Gables (FL) host of this season's Kunnan/Kennex Tournament of Champions is representative of what an ideal host should be: giving, understanding, supportive and dedicated.

I single out the Sportrooms because they toiled under the most extreme of circumstances, a pro tour stop of only 12 players during the height of their "season."

As a relatively new and tournament-inexperienced facility (although their staff has outstanding tourney credentials), it is not an easy job. And Miami is not one of your most sophisticated racquetball markets. We're breaking new ground, if you will.

But when things seemed on the verge of falling apart (don't things tend to get that way at times?) the Sportrooms kept their cool. Bruno Cerchiai, Ed Torkelson, Tim Foley and Bill Swartz were as cooperative and understanding as any group of owners could be. Anything that was asked of them, they gave. Decisions made were, never second guessed.

Perhaps because they left much of it up to the NRC experts, and because they had done their own organizational homework, the Sportrooms of Coral Gables and the Kunnan/Kennex turned out to be one of the tour's truly outstanding events, right down to the thrilling final match.

This club is ideal for tournaments — a beautiful glass (three walls) championship court, plus 20 other courts, a bar/restaurant, ideal location and above all, the desire to promote racquetball. I guess that last item is most important, because the success of their club is directly related to the success of racquetball the sport in their community.

But promotion costs money and to promote a pro tour stop means giving up a great deal, like court time for starters, a dollar figure that some tournament organizers want the club owners to forget as they tally the balance sheet.



Like control of their facility, for another, as the tournament organizers by necessity must have autonomy within the framework of the tournament, and that includes access to otherwise off-limits areas.

Like putting up with the frustrations of losing players and the problems that they sometimes create (particularly verbal abuse).

So why host an event? *"It's the excitement, the atmosphere,"* says Torkelson. *"Anytime you can bring in the absolute best in any sport, the performances can be classic. The finals at the Tournament of Champions was worth any amount of hard work or hassles gone through reaching them."*

In the short run I am sure that the Sportrooms did not make money on the T of C. In the long run, however, I am also sure that the promotion turned on players to play more, play harder, bring in their friends, take lessons, purchase equipment and help continue racquetball's upward growth spiral.

Racquetball needs more owners like those of the Sportrooms, who now take their rightful place along with the other pro tour hosts who have done such outstanding work on behalf of the sport — the Carl Porters, Pat McPharlins, Ron Blandings, Chuck Hohls, Dick Squires, Joe Morrisseys and Vince Immardinis.

Theirs is a task that is no fun. But it is appreciated by the USRA/NRC and by racquetball. Thank you. ●

Where Would We E Without The

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The Sportrooms of Coral Gables (FL) host of this season's Kunnan/Kennex Tournament of Champions is representative of what an ideal host should be: giving, understanding, supportive and dedicated.

I single out the Sportrooms because they toiled under the most extreme of circumstances, a pro tour stop of only 12 players during the height of their "season."

As a relatively new and tournament-inexperienced facility (although their staff has outstanding tourney credentials), it is not an easy job. And Miami is not one of your most sophisticated racquetball markets. We're breaking new ground, if you will.

But when things seem of falling apart (don't that way at times?) kept their cool. Brun Torkelson, Tim Fole were as cooperative understanding as any could be. Anything to them, they gave. De were, never second

Perhaps because the to the NRC experts, had done their own homework, the Spor Gables and the Kunnan out to be one of the outstanding events, thrilling final match.

This club is ideal for beautiful glass (three championship court, courts, a bar/restaurant and above all, the d racquetball. I guess most important, bec of their club is direct success of racquetball community.

But promotion costs promote a pro tour st up a great deal, like starters, a dollar figu tournament organize owners to forget as balance sheet.

National Racquetball

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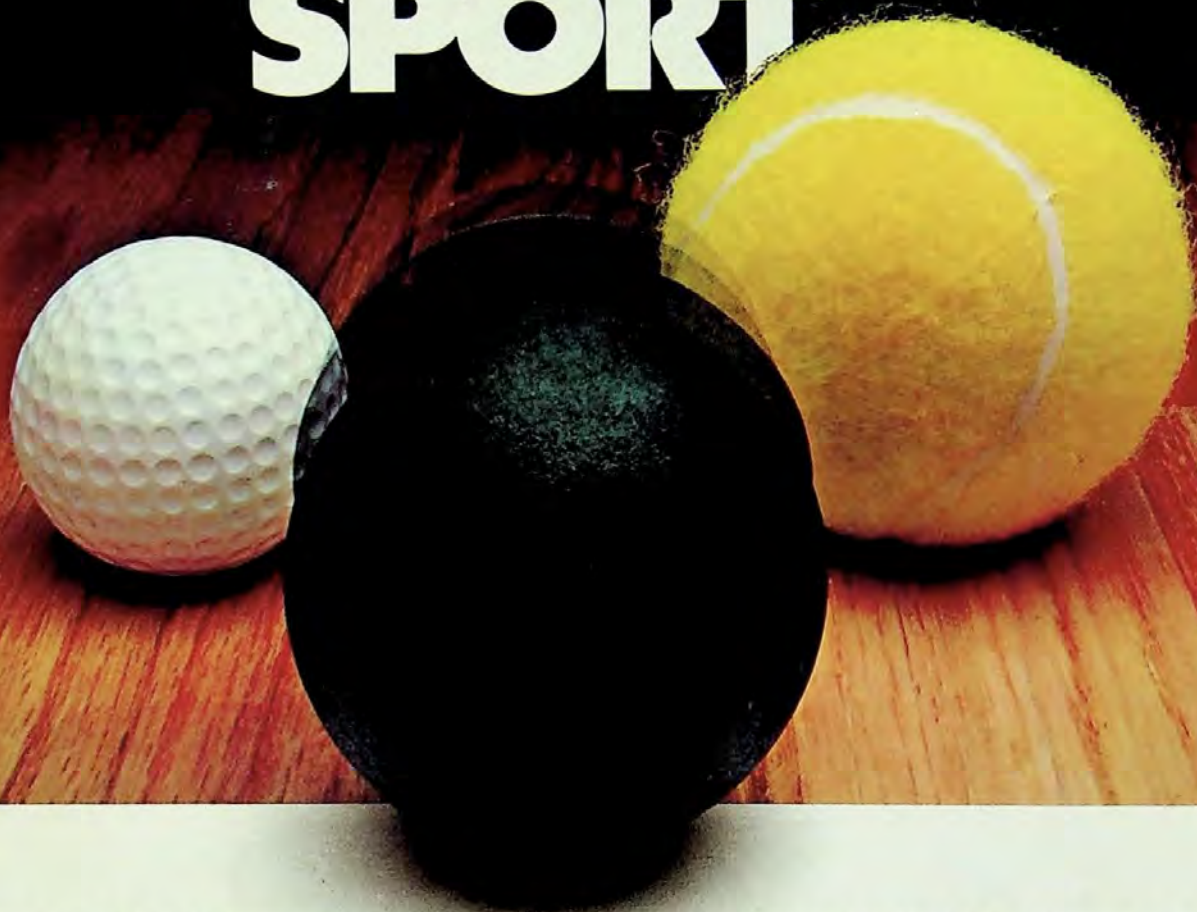


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