

Racquetball[®]

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ON THE ROAD

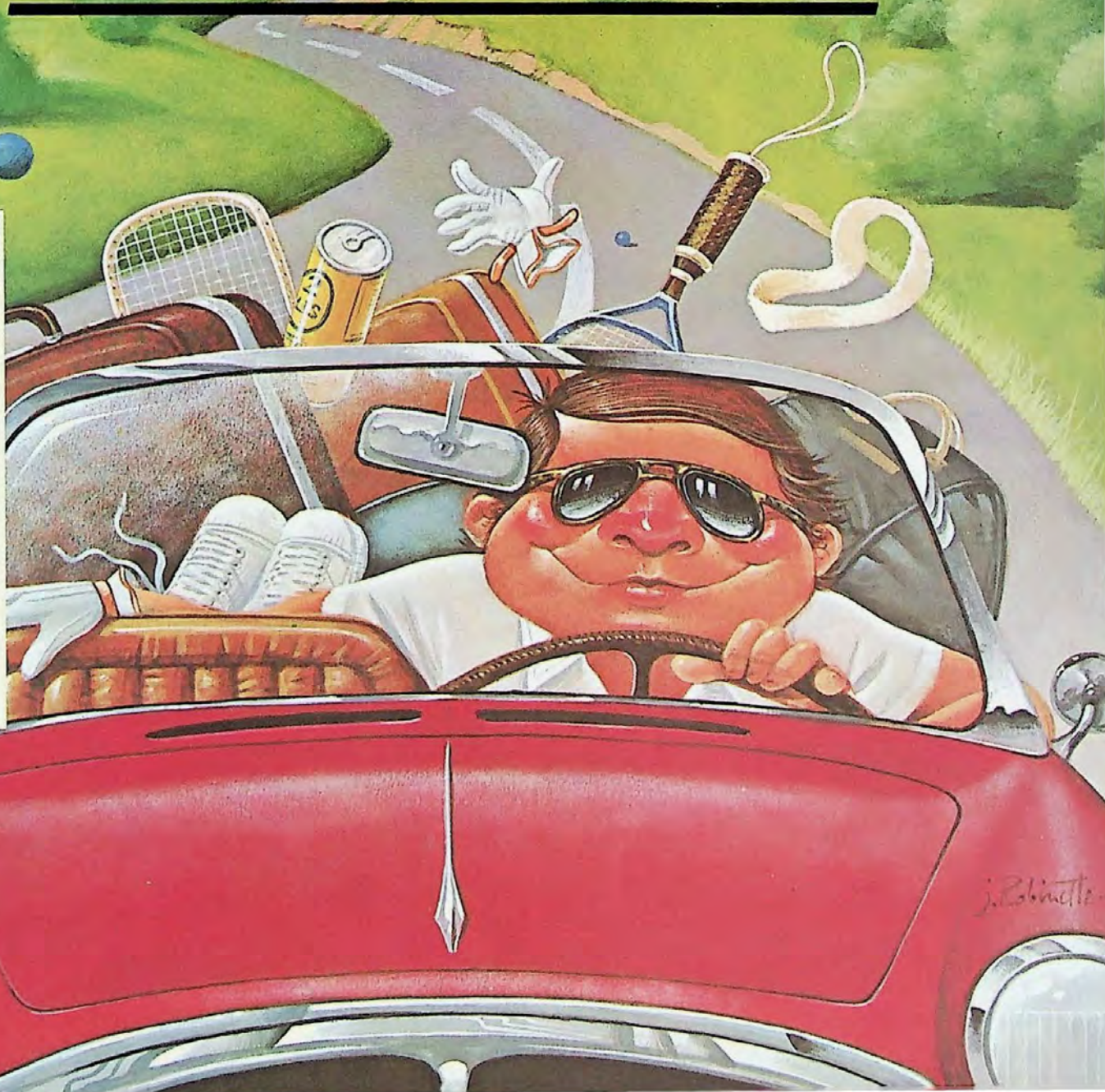
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RECEIVING LINE

Letters To The Editor

With great interest all of us at Courts of the Phoenix read your article on the problems facing children who want to play or learn how to play the game of racquetball.

Enclosed is our United Nations International Year of the Child sponsored youth program that we are offering this summer. (See "Short Lines," page 10.) Our celebrity workshop (part of the program) was a great success with over 50 Chicago area youths participating. We offered a free workshop to demonstrate the basics of the game and a program for under \$20 that would outfit and instruct the youngsters further.

Thank you for sharing our interest in the problems facing kids who want to play racquetball.

Nancy Conroy
Public Relations Supervisor
Courts of the Phoenix
Chicago, Ill.

We wish to express our appreciation to you for placing our grandson's picture on the cover of the June issue of *Racquetball* magazine. We also enjoyed the accompanying article very much, because we believe that more young people should be encouraged to participate in this fast growing sport.

Mr. & Mrs. James Simonette
Randallstown, Md.

[David Simonette, Maryland state 10-and-under champion, appeared on the cover of our June issue.]

I read your article regarding junior racquetball. I've been to several clubs in the San Diego area, and I know of only one club that excludes juniors. I've also heard that (this club) is the most snobbish club in San Diego!

I believe the bottom line on junior racquetball is that most clubs will not refuse juniors court time; they just do not have an active program for juniors. . . I believe it is incumbent upon the adult

members of clubs to encourage club management to have organized junior programs during quiet hours, and especially during the summer.

In general, all of the juniors I've seen use club facilities have been well-behaved and were not obnoxious or destructive. And except for misbehavior, there is no logical reason for excluding young people.

One final note. One gets the impression from your article that each 10 year old is a Marty Hogan being denied court time. Ninety-nine per cent of all juniors will never become state or regional champions, or nationally ranked pros. Also, the use of the word "stable" on page 19 (of the article) was indeed a poor choice, as this word carries a connotation that I find offensive. If the author researched the connotation, I'm sure he would find it equally offensive.

Eugene Haskell
San Diego, Calif.

Racquetball welcomes correspondence from its readers. Letters are subject to editing for clarity and length.

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NEW DIRECTIONS

Dear IRA Member,

On the eve of a new racquetball season we would like to share some thoughts with you.

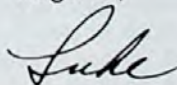
The 1979-80 racquetball season is almost upon us. This year will truly be a crossroads for our sport. We are not going to go into all of the new programs that will be added this year, but we would like to extend a challenge to you. We have said many times before that the International Racquetball Association is a membership organization, quasi—democratic, established for the purpose of promoting the sport and representing the amateur player in the development of racquetball. If amateur players want any say in the future of racquetball, our membership must expand dramatically this coming year. All state and regional directors have received several major membership promotions—most important of which is the 1st annual IRA Sweepstakes. Patterned after other successful sweepstake promotions, it is designed to catapult the IRA into a secure position of leadership for our great sport. We strongly encourage you to have your court club participate.

As this expansion of membership becomes reality, thousands of dollars will be fed back into the state organizations to administer local programs. If your state is inactive and you want to be involved, give us a call and we'll get you started.

Remember, if you—the grass roots, amateur player—want a say in the development of our game, then get involved!

One final point. Somehow last issue we overlooked our major sponsors for the World Amateur Championships. Our thanks go to Bob Archer, president of Vittert Sports, for his company's sponsorship of the tournament and to Pabst Blue Ribbon Beer for donating their fine product.

Regards,



Luke St. Onge
Executive Director

SHORT LINES



Sobek Receives Portrait

Joe Sobek (far right), credited with being the inventor of racquetball, receives an original color portrait of himself at the New York State IRA Championships. The portrait, which appeared on the cover of the January-February issue of *Racquetball*, was a gift from the International Racquetball Association. Ed Hirth, a California artist whose work has also appeared in *The Saturday Evening Post* and *Memphis* magazine, did the illustration on assignment from *Racquetball*.

Save The Children: One Solution

The United Nations has declared 1979 to be the International Year of the Child. In keeping with this theme, Courts of the Phoenix court club in Chicago recently initiated several junior racquetball programs.

In order to introduce young people between the ages of 9 and 17 to racquetball, Courts of the Phoenix staged two free "celebrity workshops." One of the workshops was for the 9-12 age bracket and was held June 9. The other was for the 13-17 age group and took place on June 16.

Those attending the two workshops were instructed in the fine points of

racquetball by well-known athletes like Bo Rather of the Miami Dolphins and Jim Osborne of the Chicago Bears. According to program director, Steve Boren, the event drew more than 50 Chicago area youths during the two days of activities.

Courts of the Phoenix also provides a Beginner Youth Summer Program for kids interested in pursuing racquetball. For only \$17.50 for 9-12 year olds and \$19.50 for 13-17 year olds, the club will not only teach them how to play, but outfit them as well. Included in this package are a club membership, four sessions of instruction and play, a racquet and wrist strap, a T-shirt, a racquetball, a party and the chance to play in a club championship. In addition, for those kids who wish to put in a little extra practice, court time is available for \$1 per person on a walk-in basis.

For more details on the youth summer programs, write Courts of the Phoenix, 2525 Sheffield, Chicago, Ill. 60614, or call (312) 248-4477.

IRA And Omega Sponsor Tournaments

The IRA, in conjunction with Omega Sports, a St. Louis-based producer of racquetball racquets and accessories, is sponsoring a series of tournaments between October 4 and November 11 in 14 cities across the U.S.

Below is the listing of cities and clubs for 10 of these tournaments. For in-

formation on the locations and dates of the remaining tournaments, check the tournament calendar in forthcoming issues of *Racquetball*.

NEW JERSEY

King Arthur's Courts
1355 15th St.
Ft. Lee, NJ 07024
Contact: Stan Danzig

ST. LOUIS

Wilson-Coryell
910 Clayton Rd.
Ballwin, MO 63011
Contact: Sherry Ridings
314-391-8087

PITTSBURGH

Moon Racquetball Club
Contact: Henry Cooper
412-262-5335

BOSTON

Play Off Racquetball Club
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Braintree, MA 02184
Contact: Tom Melnor

DENVER

The Denver Sporting House
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Contact: Andy Sabo
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Santa Monica, CA 90404
Contact: Steve Lubarsky
213-829-6836

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Answers To Your Questions

EDITOR'S NOTE: One of the most persistent problems in racquetball has been the ranking of players. In order to correct this situation, the IRA recently voted to adopt a computerized, national ranking system that will go into effect in September. The system is the brainchild of Pete Talbot, IRA state director for New Jersey and manager of Yogi Berra's Hall of Fame Racquetball Club in Fairfield, New Jersey. What follows is his explanation of how the system works.

The Talbot national ranking system allows the IRA to give permanent recognition to members for outstanding play at local, state, regional and national levels. The ranking system is a permanent awarding of points based upon both a lifetime of competition and a yearly accumulation of points used for national seeding.

Below is the criteria for levels of merit in the national ranking system:

- Grand Master National Champions—only national champs.
- Grand Masters—2,000 gold points minimum.
- National Tournament Players—500 gold points minimum.
- Touring Players—200 gold points minimum.
- Players—all gold points up to 200.

To qualify for a specific level, a player must earn the minimum points indicated above for a given ranking. To permanently honor our national champions, a special category of Grand Master National Champion has been provided. Each year the newly crowned champions in each age category qualify for this title.

There are two types of points a player may earn while participating in tournaments. These points are designated as Tournament Points and Gold Points. They are awarded according to the order of finish in a given tournament. The higher the tournament is rated by the IRA, the higher the points allocated.

The Gold Points are special points earned for excellence of play. They are awarded for order of finish in designated tournaments where the IRA feels the level of play will be of national or regional caliber.

Tournament Points are points awarded for order of finish in any IRA sanctioned tournament and are used to determine the IRA yearly rankings. These points accumulate for one year for each age division as specified by the IRA (open, 30-34, 35-39, 40-44, etc.). Then players entering IRA sanctioned tournaments are seeded based upon their tournament points earned during the year. For a breakdown of the actual points awarded in each type of tournament, see the chart below.

A second system known as the Talbot 2100 Handicap System will be added starting next year. The "2100 System" is based on 21 points being the "standard" score for a game. Two zeros have been added to expand the ratings. Each division of play—C, B, Open, Seniors, Masters, etc.—has its own maximum handicap. When a player reaches, say, 1800 points in his or her division, he or she is allowed to move up into the next higher division and establish a new handicap. Players may have handicaps in more than one division depending upon age, etc.

An example of the system is as follows. A player with an 1100 handicap plays a 1500 handicap player. The 1500-rated player spots the 1100 player 4 points per game. After playing a match, the scores are recorded and an adjustment to each player's handicap is made based upon games won and lost and the scores of each game. If a tie breaker is required, 75 per cent of the handicap is used for 15-point games.

This system is designed to force the better player to play his best and to give an even "break" to the lower rated man. The Yogi Berra Hall of Fame has used this system for the past six months in a club league. Scores average 21-19 to 21-18, and the proficiency of all the players has greatly improved.

The "2100 System" has been computerized and can be used both locally and nationally. When used nationally, players with handicaps can be seeded for any tournament at local, regional or national levels. This system, coupled with the national ranking system, meets any and all requirements for national recognition and is a concise, accurate method for determining individual performance levels.

The "2100 System" is now used at the Yogi Berra Hall of Fame for tournament seeding, league play and handicap tournaments. The northeast region of the IRA will begin using the system in the next few months to assist in seedings

for club, state and open tournaments. If your club is interested in becoming a part of the "2100 Handicap System" write:

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(2) Closed State Tournament

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2nd	10 GP & 10 TP
3rd	8 TP
4th	5 TP
5-8	3 TP

(3) Open Tournament

1st	50 GP & 50 TP
2nd	30 GP & 30 TP
3rd	5 GP & 20 TP
4th	3 GP & 15 TP
5-8	10 TP

(4) Open IRA State Tournaments

1st	50 GP & 50 TP
2nd	30 GP & 30 TP
3rd	10 GP & 20 TP
4th	5 GP & 15 TP
5-8	10 TP

(5) Regionals and IRA Designated Events

1st	100 GP & 100 TP
2nd	50 GP & 50 TP
3rd	30 GP & 30 TP
4th	20 GP & 20 TP
5-8	5 GP & 15 TP

(6) Nationals

1st	500 GP & 500 TP
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2nd	200 GP & 200 TP
3rd	100 GP & 100 TP
4th	75 GP & 75 TP
5-8	50 GP & 50 TP

TP—Tournament Points (awarded for all divisions of play)

GP—Gold Points (only awarded for Open, Seniors, Masters, and Golden Masters; not for B,C, etc.)

GMNC—Grand Master National Champion

Doubles winners divide the points as listed above.



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The Sport Bra

As most women athletes know, athletic competition can firm your thighs, whittle your waist... and ruin your breasts. The Lily of France com-

pany has begun marketing a product which it says will correct this problem: "The Sport Bra."

According to the manufacturer, this new athletic bra offers "firm, gentle and comfortable support with creative and tested construction." The seamless cups are a special cotton and polyester blend. Around the cups, there's an elastic arch designed to contain the bust and control bounce, while at the same time granting freedom of movement.

"The Sport Bra" also features special ribbon ties that replace the usual abrasion-causing hardware snaps. For more details, write Lily of France, 90 Park Avenue, New York, N.Y. 10016.

The RAM Plan

RAM Exercise Equipment Company has announced a new, free gym planning service for racquetball clubs. RAM does not manufacture its own line of goods, but actually represents many companies. This arrangement, at least according to RAM officials, enables the company to design well-rounded exercise areas in all price ranges.

Upon request, RAM will mail club owners and operators a simple questionnaire. Based upon answers to this form, the company will send a scale drawing that shows possible placement of equipment, cost estimates and merchandising brochures from appropriate companies. For additional information, contact RAM Exercise Equipment Co., 8300 Lamplight Dr., Jenison, Michigan 49428.

New Face At Ektelon

Leonard B. Kanarvogel has joined Ektelon, a San Diego-based manufacturer of racquetball racquets and accessory equipment, as merchandising manager for racquet sportswear and accessories. He will direct the development and merchandising of a new line of Ektelon racquetball/active wear for men and women.

Kanarvogel, formerly the director of merchandising sportswear for Jockey International in New York, has more than 14 years of experience in sportswear design and merchandising.

According to Kanarvogel, "Everyone in the sportswear field pays attention to fashion, but all too often, sports clothes don't stand up to use in the sport that

they were made for. . . . We are going to develop a fully integrated line, one which combines both fashion and function." Kanarvogel will be based at Ektelon's headquarters in San Diego.

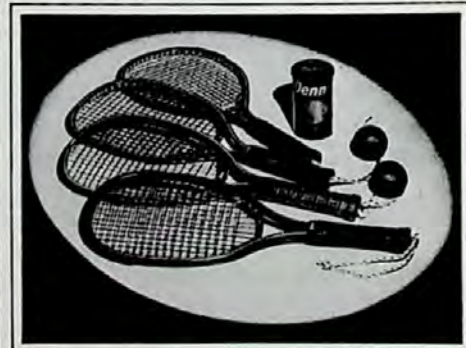
Four New Racquets From Penn

A new line of four racquetball racquets, designed to "look as good as they perform," has been introduced by Penn Athletic Products Company, an operating unit of The General Tire & Rubber Company's Chemical/Plastics Division.

All four racquets feature color-coordinated 1.4-gauge monofilament nylon strings, raised leather grips, bumper guards and distinctive Penn striping.

One of the racquets, the "Mystic," is a glass-filled, nylon model with a narrow throat and a teardrop design. It weighs only 245 grams. The other three, the "Magician," the "Warlock" and the "Wizard," are aluminum racquets that vary in weight from 260 grams for the "Warlock" to 275 for the "Wizard." The other aluminum racquet, the "Magician," sports a special I-beam construction designed, in the manufacturer's words, "with the professional power performance in mind."

All Penn racquets have a limited warranty of two years on the frames and 90 days on the strings. Additional information may be obtained by writing Penn Athletic Products Company, 200 Mall Blvd., Monroeville, Pa. 15146, or by calling (412) 241-6204. ■

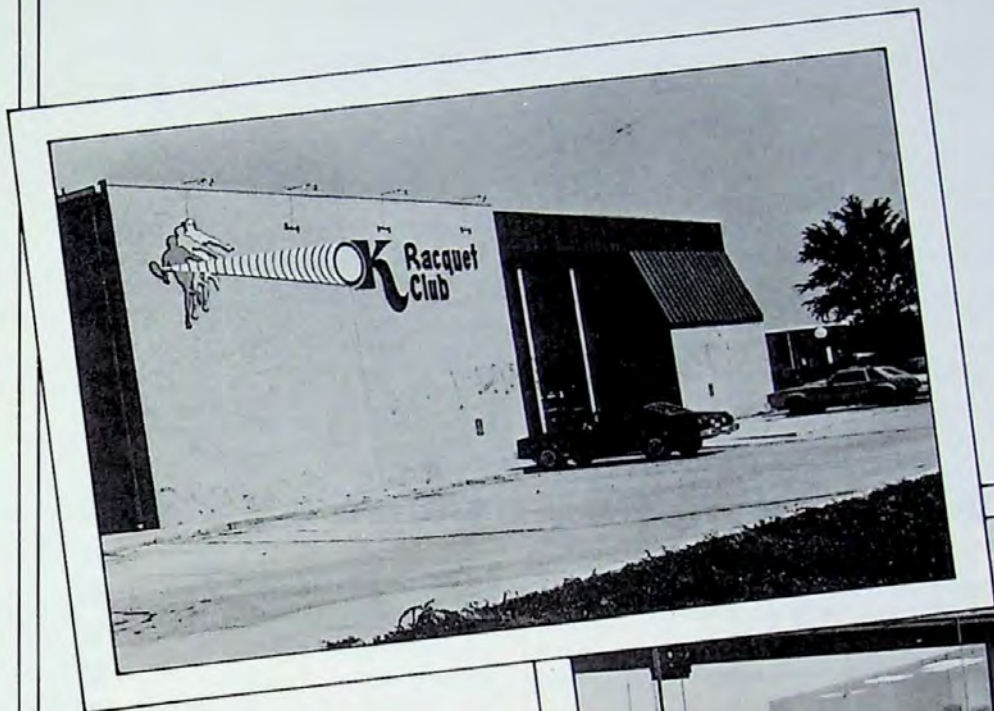


Penn's new line of racquetball racquets: from top to bottom, the "Wizard," the "Warlock," the "Mystic" and the "Magician."

Descriptions of new products are as according to information provided by the manufacturer; products have not been tested by Racquetball magazine.

International Racquetball Association's NATIONAL DOUBLES CHAMPIONSHIPS

October 18-21, 1979



O.K. Racquet Club, Oklahoma City, OK

WE PROVIDE A WARM FRIENDLY ATMOSPHERE ALONG WITH THE FOLLOWING:

- Eight (8) Racquetball/ Handball Courts—Fully Air Conditioned . . . *Including Two (2) Glass Tournament Courts with Spectator Viewing for Over 500 People.
- Men & Women's Locker Rooms with Individual Showers & Whirlpool Baths . . .
- A Fully Equipped Pro Shop . . .
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- Membership Available with Organized Activities & Assistance in Arranging Matches . . .
- Combining Physical Fitness & Recreation for the Entire Family . . .

International Racquetball Association's NATIONAL DOUBLES CHAMPIONSHIPS

October 18-21, 1979

SITE

O.K. Racquet Club, 1508 S.E. 25th St., Oklahoma City, OK 73129, Phone 405-672-5557

ENTRY FEE

\$25.00 1st event; \$10.00 2nd event

ENTRY DEADLINE

Postmarked October 12, 1979. ALL ENTRIES ARE FINAL. Positively no applications will be accepted after this date.

WHEN

Play begins October 18, 1979 at 8:00 a.m.

MAIL ALL ENTRIES TO

I.R.A. National Doubles Championships, 5545 Murray Ave., Suite 202, Memphis, TN. 38117.

HOUSING

To be announced in September issue of RACQUETBALL Magazine

TOURNAMENT DIRECTOR

Luke St. Onge, Executive Director, 5545 Murray Ave., Suite 202, Memphis, TN. 38117, 901-761-1172

RULES

I.R.A. Official rules will apply. Only amateurs may participate. I.R.A. rules state the definition of an amateur racquetball player as anyone who has not received money (any amount) in a professional NRC or IPRO sanctioned tournament for one year. New I.R.A. Doubles Ruling: there is no screen serve in doubles. This rule will be in effect at this tournament. ALL PARTICIPANTS MUST SHOW CURRENT I.R.A. MEMBERSHIP CARD or PURCHASE MEMBERSHIP AT TIME OF REGISTRATION.

OFFICIAL BALL

Penn Ultra Blue

AWARDS

Given for 1st, 2nd, 3rd, 4th and consolation. For seeding purposes please send record of past accomplishments.

NOTE

Men and women's B divisions may be limited to 32 teams per event due to the anticipated large turnout. B's will be accepted on a first come, first serve basis. There must be six (6) teams in a division in order to run the division. Less than 6 teams will be moved into the next qualifying bracket.

Please enter me in the event checked below.

MEN'S

- ☐ Open
☐ B
☐ Senior 30-34
☐ Senior 35-39
☐ Senior 40-44
☐ Masters 45-49
☐ Masters 50-54
☐ Golden Masters 55 and over
☐ Golden Masters 60 and over
☐ Golden Masters 65 and over

WOMEN'S

- ☐ Open
☐ B
☐ Senior 30-34
☐ Senior 35-39
☐ Senior 40-44
☐ Masters 45-49
☐ Masters 50-54
☐ Golden Masters 55 and over
☐ Golden Masters 60 and over
☐ Golden Masters 65 and over

JUNIOR BOYS

- ☐ 10 and under
☐ 13 and under
☐ 15 and under
☐ 17 and under

JUNIOR GIRLS

- ☐ 10 and under
☐ 13 and under
☐ 15 and under
☐ 17 and under

PLEASE PRINT

EVENT ENTERED _____ 2ND EVENT ENTERED _____

NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

BUSINESS PHONE _____ HOME PHONE _____

WAIVER: I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims I may have against the International Racquetball Association, The O.K. Racquet Club and the Oklahoma Racquetball Association or their representatives for any and all injuries.

DATE _____ SIGNATURE _____

Cut at broken line and mail form and your check to:

National Doubles Championships
5545 Murray Ave., Suite 202
Memphis, TN 38117

ON THE ROAD

North To South On A Racquetball Vacation

Okay, so summer's here, and once again you're faced with the familiar question of what to do for your vacation. But what with inflation, talk of a recession and tightening gasoline supplies, you're afraid that you won't be able to venture much beyond the home front this year. Maybe a cookout in the back yard (hamburger, if you can afford it), or a trip to the zoo for you and the kids (for the fifth time).

Well, if you really *want* to stay home, that's fine. Discover the pleasures of your own back yard, literally. But if you'd prefer to stretch your legs—and your horizon—a bit, then consider this suggestion: take a racquetball vacation. Pack up the bags, the sun tan lotion and a couple of racquets, and set out on one of the nation's interstate highways. Go from point A to point B, stopping along the way to rest, take in the sights—and here's the clincher—play racquetball.

In the last year, the number of clubs which line the interstate highways has grown dramatically. All cater to your comfort; most have jacuzzis, saunas, weight rooms, pro shops, some type of bar and supervised child care. Think about it. You could sample the local cuisine, work off those calories at one of the area court clubs and in the process meet some new racquetball people.

But the best thing about this kind of trip is that it can be as long or short as your money—and your gas tank—will allow. You can go only as far as one tank of gas will carry you, and plan just a couple of stops. Or, you can travel further and make a number of

strategically placed stops along the way. It all depends on your time, ingenuity and, most importantly, your planning. Planned wisely, such a trip could make for a real change-of-pace vacation.

Thanks to the growing number of clubs being built across the country, the possibilities for a racquetball vacation are limitless. From virtually anywhere on the map, you can pick up a major in-

terstate highway, we found enough court clubs, fine restaurants and interesting attractions to provide plenty of fun and exercise for the entire family. So, enjoy the trip. We did.

First Stop~ Land of the Knickerbocker

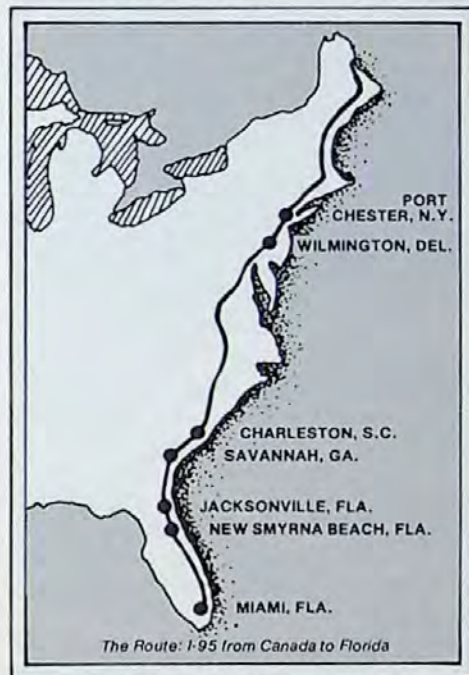
If you start out from Canada or the New England states, you might consider a midday stop at Winning Walls Racquet Club, 300 Boston Post Road, Port Chester, New York, at the crossroads of Interstate 95 and Interstate 287 in plush Westchester County.

Host of the New York State IRA Championships in April (two weeks after his grand opening), club director John Croke thoroughly researched racquetball before building his club. "I went to every seminar and visited most of the racquetball clubs in the country," he says.

Croke has provided many other amenities in addition to 15 rear-glass-walled courts, all with balcony viewing. He has whirlpools, saunas, a health bar, exercise area, pro shop, supervised day nursery, 4,000 square-foot lounge area, TV and one item rarely seen in any club: a shower valve with a display panel that shows the exact temperature of the water as you shower.

You won't get burned by the shower in Port Chester, but watch out for the motel prices. Nearby, The Rye Town Hilton wants \$59 for a double. Stoeffer's asks \$41, but seven miles south on U.S. 1, the Larchmont Motel offers a couple a modest room for \$21.

It's true, motel and hotel prices have risen in the past year, but you will find



terstate and there's bound to be one or two clubs somewhere along the route.

To help you get started on the right track, then, we recently drove down one of the most heavily traveled highways in America: Interstate 95 running along the east coast from the Canadian border in the north to Florida in the south. In making this trip, we planned our stops primarily with rest, recreation and refueling in mind, not with the idea of visiting any particular club. Still, within easy reach of this 1,800-mile ribbon of

Tom and Carol McDonough are a self-described "husband and wife racquetball team" in Massapequa, N.Y. They both serve on the board of directors of the IRA's New York state affiliate.

By Tom and Carol McDonough



The casino at Playland amusement park in Rye, N.Y.—the center of "a 200-acre Fun Machine."



John Croke, general manager of Winning Walls Racquet Club in Port Chester, N.Y.



The Henry Francis du Pont Winterthur Museum near Wilmington, Del.

it's still possible to hop from budget motel to budget motel if you plan your stops. Some chains—Days Inn and Econo-Travel among them—have central reservation numbers which allow you to phone ahead. Days Inn (\$20 for two), Motel 6 (\$13.95 for two), and Econo-Travel (\$13.95 for two) offer the best bargains on the New York-Miami route.

Located in Fortune 500 country, prices at the Captain and the Admiral restaurant across the street from the Winning Walls club were surprisingly reasonable. Try the prime ribs special at \$7.95—delicious. But not on Mondays; the Captain takes the Admiral—his wife—fishing.

John Croke suggests visitors call 914/939-5000 before they arrive. "If racquetball players are looking for a game," he says, "I'll do everything I can to get them a game. I have members who will welcome a good game with an out-of-towner and probably can make time during the day."

Croke plans no guest fee at Winning Walls as long as travelers show cards from another racquetball club. You pay only for court time—\$10. Winning Walls opens at 7 a.m., closes at mid-

night, seven days a week.

If your vacation includes fun of the amusement park kind, Playland at Rye—a "270-acre Fun Machine," the brochure calls it—is a few miles from Winning Walls. Open from May until Labor Day, Playland is a total family experience in the summer: swimming, boating and picnicking.

If, however, you'd prefer to push on for a while before making the first stop on your journey, you might consider stopping in Wilmington, Delaware, about 205 miles south of Port Chester along I-95. The capital of what Thomas Jefferson described as "a jewel among states," Wilmington is also the site of the recently opened Branmar Racquetball club, located in the Branmar Plaza shopping center.

To get to the club, you take a short, seven-mile detour from the Delaware Memorial Bridge in New Castle. Head north, yes, *north*, on I-95 to the Marsh Road exit. Take Marsh Road east (left at the light) and find Branmar Plaza.

Branmar's manager/pro Terry Arnold has sympathy for travelers who want to play while on vacation. "I will provide all services for the vacationer," he says. "I used to be on the road myself and

wanted to find a place to play racquetball, but was very unsuccessful. Either I wasn't a member or I couldn't find a player or a partner." Forgot your equipment? Arnold can help. "I've a unique feature in that I rent a complete line of apparel: shoes, socks, shorts, shirt, racquet, ball, supporter, everything.

"So you don't have to carry your equipment with you. We don't require membership either, just a walk-on fee of \$2 plus court costs—\$6 for non-prime time, \$8 for prime time. I've had a number of travelers already this year. We also have a service whereby, if they give me a couple hours' notice, we have a list of people who can play specific hours."

Like Winning Walls, Branmar has 15 courts, 5 of which are enclosed. "I find some people want to play on a closed court," Arnold explains. Ten courts have balcony viewing, three of those offer a combination of side and rear glass walls, and four more courts are in the planning stage.

Local Wilmington history includes Winterthur, former estate of the late Henry Francis du Pont, whose showcase gardens and huge mansions draw throngs of visitors every year. The home's 100-odd rooms include a progression of American interiors and furnishings from the 1640s to the mid-1800s, authentic in the minutest detail.

At the Delaware Memorial Bridge, New Castle itself is a delightful museum piece, with homes dating from the late 1600s. Peter Stuyvesant signed the deed for the town green.

Branmar opens at 6 a.m. (8 on weekends) should you want to play before getting an early start. Arnold warns, however, that by 6:30 or 7:30 a.m., "our courts are completely filled." So go early.

On to Carolina

This figures to be the longest leg of your journey, so get a good night's sleep before starting out. While there are a number of clubs in southern Maryland, northern Virginia and the District of Columbia, their close proximity to Wilmington suggests that you may want to plan on visiting these clubs on your return trip. And as for North Carolina, while IRA regional commissioner Paul Saperstein can tick off a long list of racquetball clubs along I-85 in the western portion of the state, he admits that there are few clubs on I-95.

Once you reach South Carolina, however, a side trip to Charleston is well

worth the time. Located about 635 miles from Wilmington, Delaware, this grand old city of the south is steeped in history dating back to the Civil War and even the Revolutionary War period. It is also the home of the Charleston Racquet/Nautilus Fitness Center, which features a potpourri of sports under one roof: squash, handball, tennis, an indoor jogging track—and steadily emerging—racquetball on 10 courts.

President Ford visited the Nautilus Fitness Center—a separate function from the racquet sports side of the complex—during a campaign swing through Charleston in 1976. Hosts Phil and Charlie Rizzo started as operators of a fitness center and expanded to racquet sports after moving to their present location.

To get to the club from I-95, you take I-26 to Highway 7. The club is located at 1642 Highway 7. For racquetball, you pay only for the court time—\$5.50 and \$6.25. Tennis rates are slightly higher.

Your detour to Charleston also has other rewards in addition to getting in a good game of racquetball. After your game, you might enjoy a stroll through Charleston's venerable homes. Many are open to the public. Civil War buffs know of Fort Sumter, site of the first battle; a ferry takes you there. Other attractions: the Charleston Museum, Dock Street Theater, Huguenot Church, Market Square, British Prison and the Southern Plantation.

Charleston abounds with fine restaurants. The Rizzo brothers recommend Buddy's for seafood or the Edisto for good home cooking. Judging by the crowds at both, the recommendation is a winner. Buddy's catfish stew purred in the mouth, and the Edisto—30 miles south in Jacksonboro on Highway 17—is a Ma and Pa operation which has the whole town talking—and waiting to get in!

At the intersection of Highways 17 and 7, about two miles from Charleston Racquet, a Motel 6 has clean, air-conditioned rooms for a low, year-round rate—\$9.95 for one, \$13.95 for two, and \$16.95 for up to four persons.

Another good prospect for the second stop of your journey is Savannah, Georgia, about 105 miles south of Charleston. One of the main cultural and trade centers of the old south, Savannah is also the site of the RacquetSouth racquetball club. The club opened in June, and owner Dennis Rogers says that over 800 members signed up two months before it opened.

For northern racquetballers headed south, Rogers' club is close enough to the interstate to make it a must stop. Five miles south of the intersection of I-95 and I-16, take Highway 204 (Abercorn

Expressway) east. This becomes Abercorn Street in Savannah. Look for the club near the Oglethorpe Mall. (Oglethorpe is a big name in Georgia; James Oglethorpe founded Georgia as the 13th colony in 1733.)

Dennis Rogers welcomes out-of-staters at his club. If you have friends who are members, there is no guest fee. For a walk-on, you pay a \$3 guest fee per person plus court charges—\$5.50 and \$6.50.

A great town for history and touring—over 1,000 buildings of historical interest, renovated as offices or homes, have become a virtual textbook of 200 years of American architecture—Savannah also supports some of the finest restaurants in the South. Want to splurge? "Try the 17 Hundred 90 Restaurant in downtown Savannah or Tasse's Pier in Thunderbolt at the city limits on the way to the beach," says Rogers.

"At Tasse's you can watch the shrimp boats coming in from the ocean." As for prices? "They vary with what you order and how much you drink," Rogers says. "At the 1790, two of you can drop a \$50 bill or \$15."

Sunny Florida

A hundred and forty miles south of Savannah, you enter bustling Jacksonville, sometimes called the only working son in a family of playboy cities. Roll the drums! You're in Florida, and now your vacationing can begin in earnest.

Florida pulses with racquetball. Talk of new courts grows with each crash of glorious surf on Florida's 1,000 plus miles of beaches. Each day the prevailing easterly breezes—gentle in spring but fierce in autumn—bring sounds of new court construction, expansion of existing courts and a healthy funding for municipal facilities.

One of the most well-known racquetball facilities in Florida is the Jacksonville Racquetball Club. It is also one of the closest to an interstate, only about one quarter of a mile. After you turn off I-95 at the 20th Street East exit, U.S. 1 rushes past the front door of cardiologist Gordon Ira's club. Exit on



Fort Sumter, outside of Charleston, S.C., scene of the first Civil War battle.



Jones Street in the heart of old Savannah.



RacquetSouth, a racquetball club in Savannah, Ga.



Outdoor courts at New Smyrna Beach, Fla.



Jacksonville (Fla.) Racquetball Club



The Castillo de San Marcos in St. Augustine, Fla., the state's dominant Spanish colonial landmark.

Arlington Drive and hook back to Rogero Drive to get to the club, located at 6651 Crestline Drive.

If Florida has a head, Jacksonville Racquetball Club is its tiara. Host of several tournaments—the 1978 USRA Southeastern Regionals, the Florida Masters Open in February, the Florida IRA Championships in April—the Jacksonville Racquetball Club heads the list of stops for Florida racquetballers. Its centered lounge allows for full viewing of all courts, which also have balconies. The locker room spa is supreme.

Vacationers are welcome. Court costs plus guest fee total \$9 and \$11.50 per hour. "Out-of-town guests must show a membership card from their home club," says Gordon, "and we do not put a limit on the amount of times a traveler can visit the club." Manager Jim Adkins, reigning Southeastern Open champ, also edits the *Sunshine State Racquetball Magazine*.

A jogging track in a vacant field out back of the Jacksonville club allows it to add a "runners club" to its program. Members win a plaque if they log certain miles each week. Near that vacant land, Gordon Ira plans to add six more courts.

Thirty-four miles south of Jacksonville sits St. Augustine, Florida's oldest city. St. Augustine also has the highest concentration of tourist attractions in the state. The Castillo de San Marcos, a national monument, excites the imagination like the set from an old movie; it also provides benches to rest feet weary from walking. Within walking distance: the Oldest Schoolhouse, the Old Jail, Ripley Museum and Ponce de Leon's Fountain of Youth.

Everything in St. Augustine is adjacent to everything else; the city crowds its attractions into a tight area, so park at the Castillo and walk around. You can walk to the three-wall racquetball courts—four of them—at Flagler

College, where you can play without charge. The courts need a rear fence, though. As it is now, you have to chase a loose ball across a basketball court. But the student government is working on funding a fence. On the next block, the St. Augustine YMCA has one indoor four-wall court. It's open from 8:30 in the morning until 9:30 at night, and you can play without charge on a visitor's pass. There's one disadvantage to this facility, however; the court has no ceiling.

If Jacksonville's not your cup of tea, or if you'd prefer to get in a few more hours of driving before stopping for the day, then there's no better spot than New Smyrna Beach, about 120 miles south of Jacksonville. Here the town fathers showed incredible foresight and placed three racquetball courts directly on the beach, actually within walking distance of the ocean. Few places offer such an ideal chance for racquetball, sun, a swim in the surf and a public shower—all within 200 yards of one another.

To get to these municipally funded, outdoor courts, take I-95 south to Route 44 east and then go south on Highway A1A to 27th Street, New Smyrna Beach.

Granted, municipal courts lack amenities, but they more than make up for them by the amiability of the local players. Municipal rules at the New Smyrna Beach courts guarantee one hour of play, or at least so the sign says. What generally happens, though, is that the courts are taken up with all-day challenge matches. The winners stay "up." Doubles generally predominate to allow more players a chance to get on a court. After about an hour, though, the semi-tropical sun sends winners and losers alike sprinting into the surf, or to the shower or to an ice-filled cooler, where they imitate those beer and soda ads you see on television. The New Smyrna Beach courts are lighted until 11 p.m. A parking lot next to the courts allows you to park your car and avoid the daily \$7 toll to drive on that unique, hard-packed beach, famed for beach races of yesteryear. Now a 15-mile limit stands.

The New Smyrna area has its share of history, if that is your interest. South of the 27th Street courts, on A1A, an Indian monument known as Turtle Mound rises tall for that section of the coast. Generations of Indians, legend has it, deposited their refuse to create this "look-out tower" of long ago.

You pass the Crow's Nest restaurant on your way to Turtle Mound. Excellent sea food; try the key lime pie. An old piano furnishes entertainment if some of the regulars are there.

Miami and the Gold Coast

The Florida Gold Coast, that roughly 60-mile stretch of sun-kissed land from West Palm Beach to Miami, is like an American Riviera. It is an island of opulence—yacht basins, race tracks, unique resorts, bikini-clad beauties and sparkling luxury hotels, the playground of the jet set. It is also an area steeped in racquetball, and perhaps nowhere moreso than in Miami, which anchors the Gold Coast near the tip of the Florida peninsula. If you're looking for a good place in which to wind up your racquetball vacation, Miami is an ideal spot.

Located about 290 miles south of New Smyrna Beach, Miami is the headquarters of one of the most ambitious court club operations in the southeast. Racquetball International Corporation (RIC) is a chain of private court clubs developed by the team of Ed Torkelson and Bruno Cerchiai, who also built the first racquetball club in Florida—the Courtrooms in Fort Lauderdale. RIC has two clubs in the Miami area, the Sportrooms at the Coliseum in Miami's Coral Gables suburb and a sister club (also called the Sportrooms) in the Sabal Chase section of Miami. The Coral Gables Sportrooms has 24 courts, including one three-glass walled court for tournaments and exhibitions. Sabal Chase has 14 courts; it is located across from the entrance to Miami-Dade Community College South.

To get to the Coral Gables Sportrooms at the Coliseum, from I-95 take SR 836 (Dolphin Expressway) west to Douglas Road south into Coral Gables. The club is located at 1500 Douglas Road. To get to the Sportrooms at Sabal Chase, from the Florida Turnpike, exit at SR 874 (Killian Parkway) west to S.W. 113th Place. The club is located at 10680 S.W. 113th Place.

The guest fee at both Sportrooms is waived for travelers who live more than 50 miles from the clubs and are members of a National Court Clubs Association facility at home. Cerchiai says, "You can use the other amenities of the club if you can't get on a court. At Sabal Chase we even have 'midnight racquetball.' For \$3 you can play up to two hours between 11:30 p.m. and 4 in the morning." So what's the best time to find an open court? "Between 11 a.m. and 3 p.m., you should find a court," Cerchiai says, "unless we are running a tournament the day you walk in."

Both Sportrooms have hosted

racquetball and handball tournaments with ease. Former high school buddies and fitness equipment promoters, Cerchiai and Torkelson plan to franchise a number of racquetball clubs across the country.

"RIC has three Sportrooms under construction (in Florida) right now," Torkelson says. "One in Hialeah, another in the Plantation and one in Melbourne will be open by the end of this year. We've purchased land in Boca Raton, Florida, two pieces in Atlanta, one in Montgomery, Alabama, and we will lease two clubs in Philadelphia."

"We've got the president of Burger King, Don Smith, involved with us," Torkelson adds, "and we're going to a full-blown national chain of Sportrooms facilities. So when people travel, there will be plenty of reciprocal memberships."

As for tourist attractions in Miami, well, take your pick. There's Vizcaya, an Italian palazzo housing a renowned art collection. There's the Seaquarium and the Miami Serpenterium. And of course, if you can afford the freight,

there's always Miami Beach, with its array of famous hotels, beaches and clubs. In short, you won't be bored in Miami.

So, finally, our trip south comes to a close, as I-95 winds itself down near Miami. We've gone from one end of this nation to the other, looking in on eight racquetball facilities along the way. Of course, the number could have been 16 or 32 or perhaps even more. Racquetball clubs are springing up all over the east coast (and elsewhere), and it would be impossible for even the most leisurely traveler to visit them all. You may want to plan an entirely different itinerary for your racquetball vacation—take in the sights at Walt Disney World, for example, or spend a few days in the nation's capital. Whatever route you choose, and no matter what part of the country you start from, it's a good bet that there are at least one or two racquetball clubs just down the road from you. And if you don't play at all the clubs or see all the sights the first time around, don't worry. Remember, there's always the trip back. ■



The Sportrooms racquetball club at the Coliseum in Coral Gables, Fla.



A bird's-eye view of Fort Lauderdale, Fla.



The War Memorial Youth Center in Coral Gables, Fla.

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*For details contact your I.R.A. State Director (see page 47) or call Jill Fazakerly
at RACQUETBALL Magazine, 901-345-8000.*

'HOW DRY I AM'

It's Called Dehydration, and It Isn't Funny

By Susan Turley

Susan Turley is assistant editor of Memphis magazine.

It's the third game of a running grudge match, and the competitive spirit is high. It's a point by point battle, but it's not really an even match. Somebody's working too hard. (And it isn't your opponent.) You've been playing this same guy for three straight days, every day at lunchtime. You haven't been drinking much water because you didn't want to get "sick to your stomach." Midway through the third game, you start to feel a little weak. Chasing the ball to the back corner, you suddenly collapse—your muscles ache, your stomach is churning. You feel like you're going to faint. "I'm okay," you brush it off. But after two more serves, you know you've got to stop. You can feel it coming—nausea, heat, extreme sweating.

Face it, friend, you're dehydrated, suffering from the first signs of heat exhaustion. You need water, and fast. Otherwise, you could end up being a lot more than just sick to your stomach.

Dehydration, leading in extreme cases to heat stress, is primarily associated with endurance sports, like long distance running, and any outdoor activity under hot, humid conditions—like playing racquetball on an outdoor court. Recently there has been an upsurge in research on the subject of dehydration—research on heat adaptation through

training, the prevention of water loss under extreme weather conditions, and the diagnosis and treatment of heat stress. Research on everything from runners to fruit flies. From all this, one simple fact emerges: the body needs water and athletes must adequately replace the water lost through perspiration. Any athlete who presses himself too hard, works up a sweat and fails to replenish his water supply is a candidate for a heat-related injury. And that's just as true for the indoor racquetball player as his outdoor cousin.

Most athletes' ideas about dehydration are probably based on misconceptions. This is the opinion held by health professionals like Dr. Robert J. Murphy, team physician and clinical professor of medicine at Ohio State University. Murphy has contributed to the recent body of research on dehydration. He contends that a major stumbling block to the elimination of serious heat-related injuries in sports involves simply debunking a couple of myths. First, that water during sports activity is bad for you. Wrong. Second, that salt intake is more important than water intake. Wrong again. Gone should be the days when football coaches pass out salt tablets at pre-season practice. Gone, too, should be the days when taking a drink of water between games on the racquetball court is associated with muscle cramps or stomach contractions.

Salt tablets have been discredited in recent years, as year after year reports of death among high school football players appeared in the news. Physicians seem to agree that salt tablets, which either fail

to dissolve or aren't taken with sufficient water to offset the volume of salt, are useless. Salt and potassium are both found in perspiration, and doctors recommend replenishing the supply of these nutrients only during the first three to five days of strenuous physical activity; the best way to do so is by drinking salt water. A one-tenth of a per cent salt solution is frequently recommended. However, the body naturally replaces salt supply in a 24 hour period, so unless an athlete is operating under severe conditions—prolonged exposure to heat during hard play for the first time in months—even a salt solution may be unnecessary. Water is necessary.

When it comes to water, about the only thing physicians seem *not* to recommend is that you drink excessive amounts of water just before walking onto the court. It's likely to make your stomach a bit queasy. But there is far more danger in not drinking enough water. The average person can lose five per cent of his water supply during two hours of strenuous exercise. A loss of seven per cent is considered dangerous.

The human body is made up of 60 per cent water—distributed between cells, blood and extracellular fluid. That's 42 liters of water. But only a small percentage of that is immediately available for perspiration. Research estimates that a runner, even one who is drinking all the water he thinks he needs, can lose 15 per cent of his body fluid during a hard race.

We all know where that water is going—into sweat. And we know sweat is the body's cooling mechanism. But

*If you fail to maintain water supply,
your body system, in effect, will
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automobile radiator, your system
overheats.*

how does it work? Blood circulation is the key. During exercise, the circulatory system is working overtime to supply the muscles with blood. But blood also carries body heat to the skin's surface for cooling down. According to Dr. Robert Nagle, of the biodynamics department at the University of Wisconsin, "The danger of dehydration lies in reducing the circulating blood volume in your system. With exercise, your blood is going to your muscles. When you take on an extra heat load, you need to get that blood to your skin. The danger lies

in reducing your blood supply."

In other words, the less water you're carrying around, the lower your blood supply and the more stress you're putting on your system. Heat, particularly humid heat which inhibits the evaporation of sweat, can drain your water resources. If you fail to maintain that water supply, your system, in effect, will shut down. The body's self-defense mechanism may actually stop perspiration altogether in an effort to conserve fluids. So, like an automobile radiator, your body system overheats.

And that could be fatal.

While a well-conditioned player is better suited to handle the heat, a player who's out on the court every day, playing a hard, competitive game may actually be more susceptible to heat complications than a weekend racquetball player. While Wisconsin's Nagle says that heat injuries are probably not too common in racquetball, he notes that in any sport, a player who gets pressed too hard and who isn't following the simple rule of water replacement could be headed for trouble. "The better trained you are the more diluted the sweat is, the more 'water' it contains," Nagle explains. "If you play every day for any length of time and you are perspiring heavily, you might easily lose one to two liters of water a day. If you don't replace that water, you could run into problems."

With most dehydration research geared towards running, outdoor sports and summer temperatures, there is little hard data about the incidence of heat-related injuries on indoor racquetball courts. Outdoor courts, of course, are an entirely different matter. Players should regard outdoor racquetball as they would any other outdoor sport, and take the same precautions against dehydration as

AMF Voit's truer, bluer,



they would for, say, playing tennis outside. As for indoor courts, according to Dr. Herman Johnson, research physiologist at the Lederman Army Institute of Research, "In racquetball, you're operating in a small space that makes the players susceptible to overheating if there is little air movement to cool the body."

Johnson adds, however, that if the court temperature is maintained at 70 degrees and you break every 15 minutes for half a cup of water, you've won half, if not all, of the battle. But if ventilation and air conditioning systems are inadequate, and water is inaccessible, the key preventives of heat injury are being ignored. Warns Dr. Johnson, "An athlete should never train without urging water—forcing more water than he actually wants. Anyone who says 'don't drink water during a game' is severely uninformed." In fact, claims Johnson, thirst is rarely an indicator of water requirements. "It is impossible to drink too much water," he says.

The Human Performance Laboratory of Ball State University in Muncie, Indiana, has been the source of much literature on dehydration among runners. And according to one researcher at the Ball State laboratory, associate

professor Peter Van Handle, the chance of a serious heat stress situation on the racquetball court is small—if the player uses a little common sense. "If a racquetball player drinks some water after every 15-minute game," Van Handle says, "it's highly unlikely that there would ever be a critical situation. It is possible, but it is unlikely. Then again, if an individual is wearing impermeable clothing, like a sweat suit, so he can lose weight, then the water (from perspiration) doesn't evaporate on his skin. His body temperature will rise and under those conditions, you could have a problem. And you're certainly not going to be losing any weight, except, of course, water weight."

Other preconditions can lead to problems. Taking diuretics, for example, can predispose an athlete to heat stress. The same holds true for dieting. Certain drugs, including antihistamines and even LSD have been associated with heat exhaustion and heat stroke. Research even suggests that short, stocky people are more likely at risk for heat injury. Concentrated muscle mass, this research claims, places the heaviest stress on the circulatory system. For the racquetball enthusiast, it is best to look out for high court temperatures (85 degrees is

considered the safe cut-off point), consistently heavy play over a series of days, heavy sweating and insufficient water intake.

Of all the heat-related injuries, heat cramps are the most likely to occur on the racquetball court. Heat cramps are sharp or mild pains in the limbs or abdomen sometimes leading to physical collapse. They are more frequently associated with "electrolyte"—or, salt intake—imbalance than just water loss, though recent research indicates that cramps too may be simply the result of not drinking enough water. One of the top players on Memphis State University's championship racquetball team is plagued by such muscle cramps on a regular basis. He doesn't drink a lot of water, but he doesn't perspire heavily, either. Team physicians have been adjusting his salt intake in an effort to ease the problem. In general, physicians say the cure for heat cramps is twofold. First, forget about a massage, which has no effect on these muscle pains. Second, doctors recommend 12 hours of rest and plenty of drinking water.

Mild heat exhaustion might also occur during hot weather to players on an outdoor racquetball court, and in rare

continued on page 26

brighter, bouncier ball.



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RACQUETBALL

August 10-12

The Sports Gallery
Anaheim, CA
Voit/Datsun

**Mid Summer Classic
Gainesville Racquetball
Club* (1)**

6916 W. University Ave.
Gainesville, FL 32601
Tournament Director:
Van Dubolsky
904-372-2120

**In-club Tournament* (1)
Supreme Courts of Wichita
3725 W. 13th**

Wichita, KS 67203
Tournament Director:
Dewayne Grimes
316-945-8331

August 17-19

**I.R.A. Masters Invitational
Doubles* (5)**

Tournament Director:
Ivan Bruner
608-271-3131
Supreme Courts
Madison, WI

August 24-26

Yogi Berra's/Lite Beer Grand

August 25-26

**McDonald's/Supreme Courts
of Wichita Junior Open* (2)
Supreme Courts of Wichita
3725 W. 13th**

Wichita, KS 67203
Tournament Director:
Dewayne Grimes
316-945-8331

Sept. 14-16

**Cape Cod Open* (3)
The Racquet Club
So. Yarmouth, Ma.
Tournament Director:
Dennis Aceto
617-394-1688**

**Courts of Appeal
Staten Island, NY
Voit/Datsun**

September 28-30

**Yogi Berra's/Lite Beer Grand
Prix for Muscular
Dystrophy* (4)**

Yogi Berra Hall of Fame
Fairfield, New Jersey
Tournament Director:
Pete Talbot
201-227-4000

Walt Stool/Bowl Courts

October 4-November 11

**Omega Racquetball
Classic* (3)
14 cities across the U.S.
sites to be announced**

October 5-7

Franklin Racquetball Club
Southfield, MI
Voit/Datsun

**Mass. I.R.A. State Doubles* (2)
site to be announced
Contact: Paul Henrickson
617-754-6073**

October 12, 13, 14

**2nd Annual Mid Atlantic
Regional YMCA
Championships-Open* (3)
Harrisburg Central YMCA
Tournament Director is
Athletic Director
717-234-6221**

October 12-15

Boise Cascade Charity Pro-Am
Court House
Boise, Idaho
Tournament Director:
Bob Petersen
208-377-0040

October 26, 27, 28

**Greenfield Open* (3)
Greenfield Racquet Club
Lancaster, PA
Tournament Director:
Elaine Lee
717-392-4194**

November 2-4

**Long Island Open* (3)
Site to be announced
Tournament Director:
Al Seitelman
516-288-1448**

November 9-11

Telegraph Hill Racquetball
Club
San Francisco, CA
Voit/Datsun

November 10, 11, 12

**Nittany Lion Open* (3)
Penn State U.
Contact: Jere Willey
814-865-6588 work
814-238-2864 home**

November 16-18

**LeBlanc Open* (3)
Shresbury Racquet Club
Tournament Director:
Paul Henrickson**

RACQUETBALL CATALOG 1979

AJAY





GRAPHITE

Ajay's answer to the "control player" who demands the power and flexibility characteristics of graphite composition. This racquet combines an elongated rectangular shape with good balance and a modest weight of 265 grams. Features tournament grade nylon strings, and a smooth leather grip.

Grip sizes: 3-15/16", 4-1/8", 4-1/4", 4-1/2".

Standard Pack 1

Model CM90

Stock No. 28810

SPOILER

Large size and durability make the Spoiler a unique racquet which will add a new dimension to your game. This model is the largest legal size and provides enlarged sweet spot. Made from double heat treated aluminum, the Spoiler weighs only 265 grams. Poured foundation handle, top quality smooth leather grip and natural colored tournament grade nylon strings are standard. Deluxe vinyl cover included.

Grip sizes: 3-15/16", 4-1/8", 4-1/4", 4-1/2".

Standard Pack 1

Model CM100

Stock No. 28815

ENFORCER II

This updated version of our proven Enforcer model, features the popular elongated rectangular shape, and striking appearance of silver striping. Ajay's most powerful racquet with a double-walled frame for the player who desires speed and accuracy. Quality smooth leather grip, tournament grade string, and poured grip foundation for vibration-free durability. Weighs 260 grams, deluxe vinyl cover included.

Grip sizes: 3-15/16", 4-1/8", 4-1/4", 4-1/2".

Standard Pack 1

Model CM112

Stock No. 28818

ENFORCER

Rectangular shaped frame is constructed from double heat treated aluminum to endure heavy wear and tear. Poured foundation handle gives additional strength and stability. Top quality smooth leather grip, black tournament nylon strings and cover is included. Weighs 255 grams.

Grip sizes: 3-15/16", 4-1/8",

4-1/4", 4-1/2".

Standard Pack 1

Model CM110

Stock No. 28820

.357

An all new angular frame design allows racquet head to be held closer to the floor at almost any angle. Gives you better control and accuracy when going for difficult, low floor shots. Frame is constructed of double heat treated aluminum and strung with natural tournament grade nylon. Poured foundation handle reduces breakage. Top quality smooth leather grip and deluxe cover.

Grip sizes: 3-15/16", 4-1/8",

4-1/4", 4-1/2".

Standard Pack 1

Model CM120

Stock No. 28819

BULLET

Racquet features an elongated rear-drop frame creating an extended sweet spot. Player has increased ball control from any hitting position. Heat treated aluminum frame, tournament grade nylon strings, raised sewn cowhide grip, and poured foundation handle are standard. Matching racquet cover included.

Grip sizes: 3-15/16", 4-1/8",

4-1/4", 4-1/2".

Standard Pack 1

Model CM130

Stock No. 28821





HIT LADY (235 Grams)

Designed specifically for the competitive woman player, at an incredibly light 235 grams. This unique weight advantage combined with our rigid double heat treated frame construction results in incomparable performance. Top quality raised sewn leather grip on a poured foundation, tournament grade color co-ordinated string. Includes a rich vinyl cover with raised lettering.

Grip sizes: 3-15/16", 4-1/8", 4-1/4".

Standard Pack 1

Model CM150

Stock No. 28832



VENDETTA (Light Weight)

At 235 grams, the Vendetta is the lightest aluminum racquet on the market today. Player has quicker response time and increased racquet speed when hitting the ball. In addition, player fatigue due to normal racquet weight is reduced because of lightweight feature. Aluminum frame racquet with poured foundation handle features a nylon throat piece and a quality smooth leather grip. Includes a deluxe vinyl cover.

Grip sizes: 3-15/16", 4-1/8", 4-1/4".

Standard Pack 6 Assorted Sizes

Model CM160

Stock No. 28825



AVENGER

Large rectangular racquet frame made of double heat treated aluminum. Racquet offers durability with its tournament grade nylon strings, poured foundation handle, and top quality smooth leather grip. Available in three (3) color co-ordinated combinations.

Grip sizes: 3-15/16", 4-1/8", 4-1/4".

Standard Pack 6 Ass'd.

Model CM180

Stock No. 28827

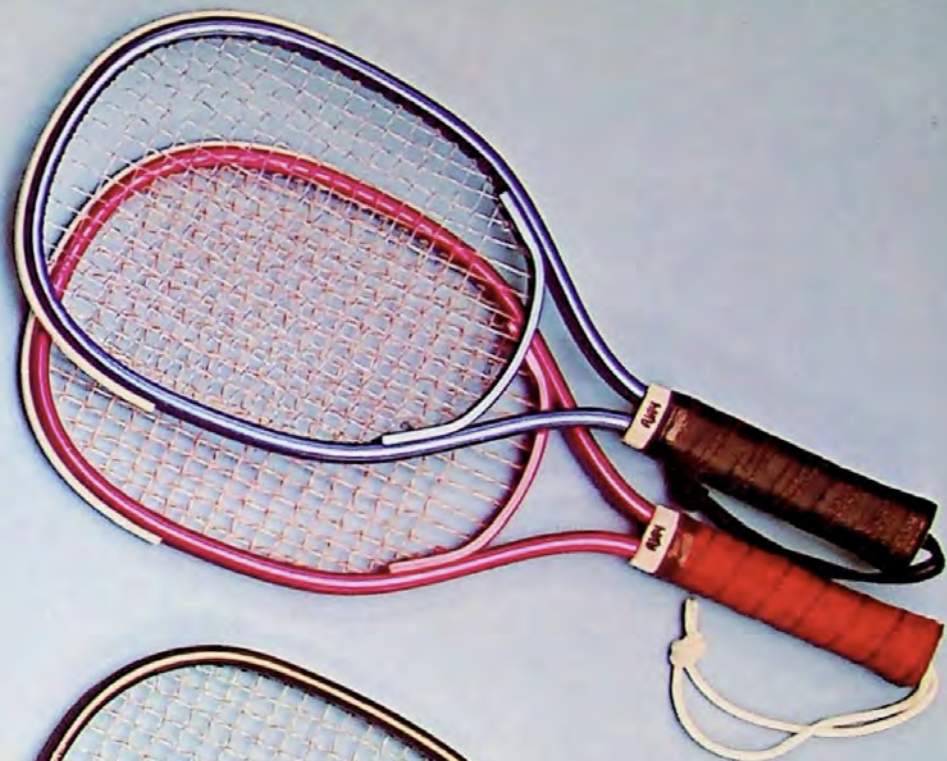
EXCALIBUR

Rectangle shape, lightweight (only 265 grams), and rugged construction make the Excalibur the one to win with in 1979. Frame constructed of double heat treated aluminum and available in red or blue colors. Poured foundation handle reduces breakage. Color coordinated tournament grade nylon strings and raised sewn cowhide grip complement this outstanding racquet. Grip sizes: 3-15/16", 4-1/8", 4-1/4".

Standard Pack 6 Ass't'd.

Model CM200

Stock No. 28823



LIBERATOR

New nylon and fiberglass composition model with a smooth leather grip and gold stripe for rich appearance. Available in brown or blue with color coordinated tournament grade nylon string.

Grip size: 4-1/8".

Standard Pack 6 Assorted Colors

Model CM260

Stock No. 28834



COLT

Ajay's new junior model. The frame is shortened to 17-1/2" for the younger player, without sacrificing head size or grip length. This is a quality racquet with tournament grade string and a smooth leather grip. Comes in red or blue.

Grip sizes: 3-15/16", 4-1/8".

Standard Pack 6 Assorted Colors

Model CM445

Stock No. 28838



AJAY





CM300

Teardrop shaped and constructed from specially formulated aluminum. Result is a durable and heavy duty racquet capable of holding up under heavy use. In addition, a new special brushed finish will keep racquet looking like new. Poured foundation handle, composition rubber grip, and cross nylon strings are standard.

Grip sizes: 4-1/8", 4-1/4".

Standard Pack 6

Model CM300

Stock No. 28828

DIGGER

High impact resistant plastic frame makes racquet extremely durable yet lightweight. Nylon strings and composition rubber grip. At 220 grams, this racquet is ideal for women and beginners.

Standard Pack 6

Model CM400

Stock No. 28835

RACQUETBALL GIFT SETS:

Attractive racquetball gift sets contain an Ajay racquet with deluxe vinyl cover and one (1) can of Ajay balls and rulebook. Gift sets are packaged in printed corrugated cardboard with clear plastic overwrap. An ideal gift for the beginner or the pro.

CM100 "SPOILER" GIFT SET:

Oversized rectangle racquet with smooth leather grip and deluxe vinyl cover. Available in assorted grip sizes. Standard Pack 6.

Stock No. 28886

(Not Shown)

CM110 "ENFORCER" GIFT SET:

Rectangle racquet with smooth leather grip and deluxe vinyl cover. Available in assorted grip sizes. Standard Pack 6.

Stock No. 28885

CM150 "HIT LADY" GIFT SET:

Ladies racquet with sewn raised leather grip and deluxe vinyl cover. Available in assorted grip sizes. Standard Pack 6.

Stock No. 28897

CM160 "VENDETTA" GIFT SET:

Extra light teardrop design racquet with smooth leather grip and deluxe vinyl cover. Available in assorted grip sizes. Standard Pack 6.

Stock No. 28898

CM180 "AVENGER" GIFT SET:

Large rectangular racquet with smooth leather grip. Available in three colors and assorted grip sizes. Standard Pack 6.

Stock No. 28889

CM200 "EXCALIBUR" GIFT SET:

Rectangular shaped racquet, available in red or blue colors with deluxe vinyl cover. Available in assorted grip sizes. Standard Pack 6.

Stock No. 28887



LADIES TOTE BAG:

Attractively styled bag constructed of durable rubber backed rayon. Bag features attractive tri-color braided handles, silk screened outside ball and racquet pockets, as well as an inside zippered accessory pocket for easy storage of personal belongings. Packed in attractive four color display carton.

Standard Pack 3
Stock No. 28871

DELUXE NYLON CARRYALL:

Multi-purpose bag features durable nylon construction. Poly zipper and heavy duty nylon web carrying straps.

Standard Pack 6
Stock No. 28872

DELUXE VINYL CARRYALL:

Ideal for carrying racquetball racquet and clothing. Heavy duty expanded vinyl construction and brass hardware insures long wear. Bag features detachable shoulder sling and an inside pocket to store wet clothing. In an attractive four color display carton.

Standard Pack 3
Stock No. 28870

EMBOSSED RACQUET BAG:

Smart styling and attractive materials make this bag an excellent value. Bag body is made from linen fabric bonded to vinyl with polyurethane vinyl trim. The bag features a separate wet pocket accessible through a second zipper opening and convenient racquet pockets are located on each end of the bag.

Standard Pack 3
Stock No. 28874

DELUXE RACQUET COVER:

Cover is made from expanded vinyl with attractive raised letter design. Heavy duty nylon zipper for long wear. Cover is available in assorted colors and fits most racquetball racquets.

Standard Pack 12
Stock No. 28867

Deluxe Racquet Cover — Rectangular

Stock No. 28868

Deluxe Racquet Cover — Teardrop

AJAY RACQUETBALL:

A durable, consistent, blue ball packed two (2) per pressurized can. Meets USRA specifications for size, weight and performance.

Standard Pack 6 Cans/1 Dozen Balls

Stock No. 28805

AJAY



OFFICIAL SEAMCO RACQUETBALL BALLS

Approved balls by both the International Racquetball Association (IRA) and the United States Racquetball Association (USRA). Made of natural rubber, 2-1/4" in diameter. Two balls per can.

Standard Pack 6 Cans/1 Dozen

Stock No. 28801 — Seamco 559 Green

Stock No. 28802 — Seamco 444 Official IRA

WRIST BANDS: Elastized 2 ply cotton band. One pair per printed bag.

Stock No. 27010: Royal-White-Kelly; Navy-White-Burgundy; Brown-White-Tan; Blue-White-Maize
Standard Pack 12 pair (3 of each color)

Stock No. 27011: Blue-White-Blue; Maize-White-Maize
Standard Pack 12 pair (6 of each color)

Stock No. 27012: Solid White Standard Pack 12 pair

HEAD BANDS: One size. Absorbent cotton band. One per printed bag.

Stock No. 27020: Royal-White-Kelly; Navy-White-Burgundy; Brown-White-Tan; Blue-White-Maize
Standard Pack 12 each (3 of each color)

Stock No. 27021: Blue-White-Blue; Maize-White-Maize
Standard Pack 12 each (6 of each color)

Stock No. 27022: Solid White Standard Pack 12

HEAD & WRIST BAND COMBOS: One set per printed bag.

Stock No. 27030: Royal-White-Kelly; Navy-White-Burgundy; Brown-White-Tan; Blue-White-Maize
Standard Pack 12 sets (3 of each color)

Stock No. 27031: Blue-White-Blue; Maize-White-Maize
Standard Pack 12 sets (6 of each color)

Stock No. 27032: Solid White Standard Pack 12

BELT TOWEL: 12" x 15" terrycloth towel with belt clip. One per poly bag.

Stock No. 27040: Standard Pack 12

MOR GRIP:

Stock No. 27050: Non toxic rosin compound. Resealable vinyl bag. One per polybag. Standard Pack 12

ELBOW LOC:

Stock No. 27060: Strong reinforced elbow bandage with adjustable velcro closure. White and Red-White-Blue. One per card. Standard Pack 12 (6 of each color)

TERRY SLIP-ON GRIP:

Stock No. 27070: Elasticized and slips over regular grips. Available in Brown or Navy. One per poly bag. Standard Pack 12 (6 of each color)

EYEGLASS HOLDER:

Stock No. 27080: Adjustable elastic band with metal slides. One per printed card. Standard Pack 12

RACQUETBALL GLOVES: Absorbent, dimpled rubber palm design with velcro closure. One size fits all. One per bag with printed insert.

Stock No. 27090: Men's Right Hand Standard Pack 12

Stock No. 27090-L: Men's Left Hand Standard Pack 6

Stock No. 27091: Women's Right Hand Standard Pack 12

Stock No. 27091-L: Women's Left Hand Standard Pack 6

PROFESSIONAL RACQUETBALL GLOVES: Deluxe sheepskin with expandable back. Velcro closure for form fit. One per printed envelope.

Stock No. 28862: Men's Right Hand. Small, medium, large. Standard Pack 12 (assorted sizes)

Stock No. 28863: Men's Left Hand. Small, medium, large. Standard Pack 6 (assorted sizes)

Stock No. 28864: Ladies Right Hand. Regular, large. Standard Pack 12 (assorted sizes)

Stock No. 28865: Ladies Left Hand. Regular or large. Standard Pack 6 (assorted sizes)

AJAY EYEGUARD: Molded of polycarbonate for strength and durability. Self-adhering padding included to be applied by wearer for most comfortable fit. Adjustable elastic straps. Packaged on blister card for effective merchandising.

Standard Pack 6

Stock No. 27005

1/2 FINGER RACQUET GLOVE: Reinforced leather palm with moisture absorbing terrycloth back. Washable. Adjustable velcro tab for perfect fit. One per poly bag with printed header.

Stock No. 28558: Men's Right Hand. Std. Pack 12

Stock No. 28558-L: Men's Left Hand. Std. Pack 12

Stock No. 28559: Women's Right Hand. Std. Pack 12

Stock No. 28559-L: Women's Left Hand. Std. Pack 12



RACQUETBALL ACCESSORY COUNTERTOP SELF-SELLER

Attractive heavy duty cardboard display holds 8 popular Ajay racquetball accessories, including the following:

Stock No. 27010	Wrist Bands	14
Stock No. 27011	Wrist Bands	14 (Assorted)
Stock No. 27012	Wrist Bands	14 (Assorted)
Stock No. 27020	Head Bands	14
Stock No. 27021	Head Bands	14 (Assorted)
Stock No. 27022	Head Bands	14 (Assorted)
Stock No. 27040	Belt Towel	7
Stock No. 27050	Mor Grip	12
Stock No. 27060	Elbow Loc	7
Stock No. 27080	Eye Glass Holder	7
Stock No. 28876	— Self-Seller Merchandise	



AJAY 

AJAY SPORTS
DELAN, WI 53115
800-558-3276

Litho in USA

Prix for Muscular Dystrophy* (3)
Yogi Berra Hall of Fame
Fairfield, New Jersey
Tournament Director:
Pete Talbot
201-227-4000

Wisconsin State Juniors
Tournament* (2)
Racquet Club North Shore
Racine, WI

I.R.A./Winn Dixie
Summer Classic* (3)
Sportrooms
5765 Carmichael Pkwy.
Montgomery, AL
Tournament Director:
Gary Bell
205-534-5019

3rd Annual Bentley
Classic* (3)
Bentley Club
Harrisburg, PA
Tournament Director:
Jim Spooner

Open State Racquetball
Tournament* (3)
Royal Courts
Wilkes Barre, PA
Tournament Director:
Virginia Jones
717-822-8900

Greater Pittsburgh Open
Doubles Championships*
Men's & Women's
Moon Racquetball Club
Tournament Director:
Chuck Kohl
412-262-5335

Texas State
Championships* (2)
Racquetball and Handball
Clubs of San Antonio
Tournament Director:
Bruce Hendin
512-344-8596
512-349-2781

October 18, 19, 20
Omega Racquetball
Classic* (3)
Fox Racquetball Club
2500 Interplex Dr.
Philadelphia, PA 19047
Contact: Lou Gillmore

October 18-21
I.R.A. National Doubles
Championships* (6)
Oklahoma Racquetball Club
Oklahoma City, OK
Tournament Director:
Luke St. Onge
901-761-1172

October 19-21
Racquetime Raise Your
Racquet Benefit
Tournament* (3)
Racquetime
Dedham, Ma.
Tournament Director:
Bill Cavanagh
617-326-2900

617-845-1001

November 30
Backwall Holiday closed
state tournament* (2)
Backwall Racquetball Club
Altoona, PA
Tournament Director:
Chris Kister
814-946-1668

*I.R.A. sanctioned tournaments in bold

(1) - 1st level tournament

(2) - 2nd level tournament

(3) - 3rd level tournament

(4) - 4th level tournament

(5) - 5th level tournament

(6) - 6th level tournament

CALENDAR

Heat stroke is a critical medical emergency and can be fatal. Immediate attention is literally a matter of life and death.

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instances, to some indoor players. The symptoms: nausea, muscle fatigue, extreme sweating, and, in some cases, vomiting or unconsciousness. Body temperature changes little—although it may go up slightly. Again, rest and water are sure cures. At the first sign of dizziness, doctors recommend, of course, that you stop playing. In cases where symptoms go beyond dizziness, leave the court, remove excess clothing, drink water and sponge down with a cool towel. Then, call your doctor. In severe cases, two to three days' rest are recommended and temperature

monitoring. Physicians urge that any effort to continue play is dangerous.

If, between passing shots, your opponent passes out, the *first* response should be to cool him off—wet towels applied to the skin, a shower of cold water and removal from a heated area are the first concerns. *Then* get help. Heat exhaustion is quickly reversed, and chances are he will revive shortly.

Heat stroke, however, is an entirely different matter. This is a critical medical emergency and can be fatal. It's fairly rare, and is only a problem to outdoor racquetball players who are exposed directly to the sun's heat for long periods

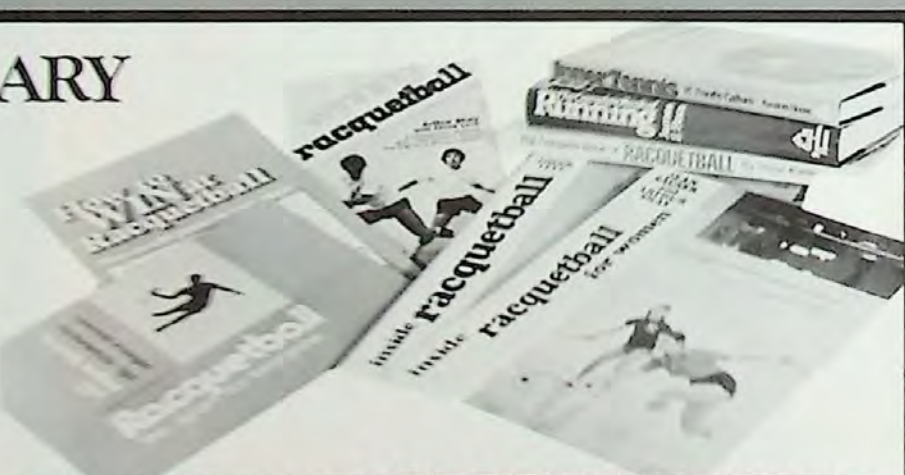
of time. Still, it's something you should be aware of, just in case. If your outdoor opponent (or your partner) suddenly collapses and exhibits the classic signs of heat stroke—lack of perspiration, extremely high temperatures, chills—you should immediately apply cold water or even ice to his skin. Anything that will cool him off is crucial; physicians report that immediate attention to heat stroke is literally a matter of life and death.

Of course, the best cure for any kind of heat-related injury is simple prevention. Drink water and don't overwork, especially in the heat. If watering holes aren't to be found around every corner at your court club, or if you're playing outside and water isn't available, take along a thermos of cold water yourself. Most racquetball facilities are new—ventilation systems are adequate and air conditioning runs on high during the hot summer months. Make sure this is true of yours.

Perhaps the entire matter of dehydration in racquetball was summed up best by Dr. Terry Canale, team physician at Memphis State. "The problem with the small ball sports," Canale explains, "is that the athlete frequently doesn't know when to quit chasing the ball. It's like greyhounds chasing a rabbit at the dog track. They just don't know when to stop." ■

CONTEMPORARY SPORT BOOKS

— The Aerobic Way Dr. Kenneth Cooper	\$10.00
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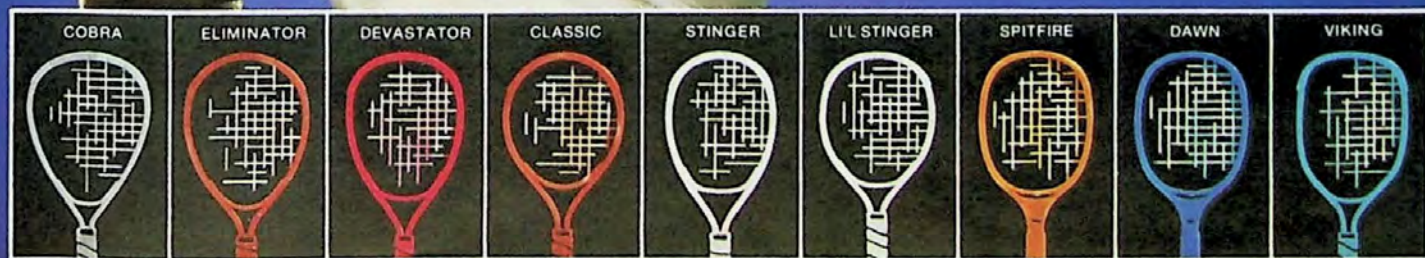
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LUKE

As one might expect, racquetball paraphernalia fills the suburban Memphis office of Luke St. Onge, executive director of the International Racquetball Association. Trophies, racquets and tote bags dot the room. Sports magazines are piled on the desk. On top of a filing cabinet some four dozen cans of racquetballs stand neatly, like rows of tin soldiers. But one's attention is diverted away from these things by something unexpected in the room. While the sun-lit walls are covered with a number of photographs, only a couple of them have anything to do with racquetball. All the rest concern a very different sport, one a considerable distance removed from the American athletic mainstream.

"Rugby's my first love," confesses St. Onge, whose trim physique helps him look a good deal younger than his 37 years. "I got hooked on that sport because of the philosophy behind it. Rugby is an amateur sport in the true sense of the word. In football you're just a number on a helmet, but in rugby the game is not an end in itself. Relationships, the people you meet, those are the things that really count. The friendships I developed playing rugby are still very, very strong. It's that philosophy, that camaraderie of rugby, that I want to bring to racquetball."

It has not been an easy job of late, trying to maintain a spirit of "camaraderie" in racquetball. Oh, it was easy enough in the old days, when St. Onge first latched on to what was then a little known sport that didn't even have a proper name, when everybody played the game just for the fun of it and to heck with everything else. But that was before money became an issue in racquetball, and personalities, and Big Business. That was in the days before rivalries developed with another association, before lawsuits and financial difficulties. But through it all, even through those times when it seemed as if

camaraderie was the farthest thing from the minds of many of those with whom he came into contact in racquetball, St. Onge maintained his belief that sports should be fun, that they should be just as accessible to the weekend hacker as the polished pro. And now, finally, St. Onge feels—rightly or wrongly—that he has put much of the animosity and bad times

IRA EXEC TALKS ABOUT RIVALRIES, FRIENDSHIP AND THE FUTURE

BY
KENNETH
NEILL

behind him, and he is looking forward to the continued development of an association that he honestly believes is back on the road to good health and a promising future. It's been quite a journey, getting from there to here, and for St. Onge it all began with rugby. That, too, was a long time ago.

St. Onge started playing rugby during his college days at Villanova during the early 60s. At his peak, he was one of the best "ruggers" in America; in 1962 he

played for the United States in an international match against Canada. After he finished college, he spent a couple of years as a "rugby bum," hitchhiking all over the country, playing for clubs from Wisconsin to the Caribbean. "It was super," he recalls fondly, "really super." St. Onge kept right on playing after he began working in the food processing industry. When he became manager of a Hanover Brands plant in western Pennsylvania, he also became player-coach of the Penn State University rugby club, a position he held for five years.

Injuries, however, presented a serious problem for the rugby fanatic. "I got banged up so bad," sighs St. Onge. "I dislocated my shoulder 38 times, and who knows how many times I messed up my knees? It got to the stage that it was crazy for me to keep playing."

So at 30 he retired from rugby. But St. Onge found the lack of an athletic outlet extremely frustrating—and fattening. Within months he was tipping the scales at a rotund 240 pounds, and feeling miserable. It was at this point, in 1970, that he discovered racquetball.

"A friend of mine just back from Vietnam started talking about something he'd played in the Army called paddleball. So I said, 'Let's go up to Penn State and try it.' So we did, on a squash court. Have you ever tried to play racquetball on a squash court? It's so small, so confining. But we didn't mind; it was just a fun thing. We made up our own rules as we went along and played for three weeks before we found out we were on the wrong-sized court. But the workout we got was phenomenal, just phenomenal."

St. Onge didn't know it at the time, but he was getting into racquetball on the ground floor. There was little in the way of organized competition; in all of Pennsylvania there were only two court facilities. But along with Tom Sweeney, a doctoral student at Penn State, St. Onge helped get the Pennsylvania

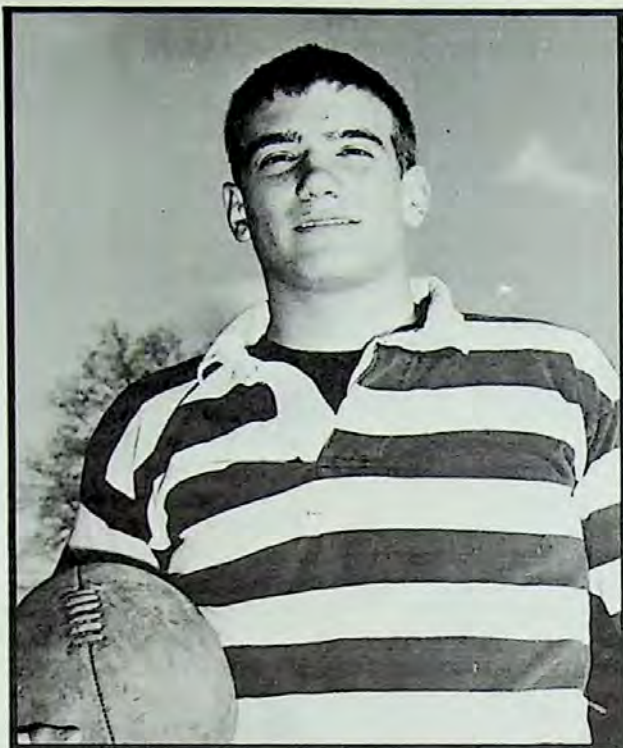
Racquetball Association off the ground, and watched it grow steadily from 15 to nearly 1,000 members. He also got involved at the national level. In 1977 he was elected to the Board of Directors of the IRA. In April 1978 he left his job in Pittsburgh (where he was working as labor relations coordinator for Continental Grains) to take the full-time position of IRA executive director in Memphis.

St. Onge was attracted to racquetball for the same reasons that are winning the game thousands of converts every week. "You can learn it so much faster than most other sports," he explains. "The rules are very, very simple. If you stand in the middle of the court, the ball must eventually come back to you. And if you have any kind of athletic ability, you can learn to play proficiently in 15 minutes." For many people, that initial 15 minutes on the court can lead to an instant affinity for the sport. In St. Onge's case, it has meant a continuing, perhaps even consuming concern that the game retain the simplicity that first attracted him and so many others to it. Exercising that concern has become—literally—a full-time job.

"The main function of the IRA is to represent the amateur player." Such is St. Onge's almost immediate reply to questions about his role as IRA exec. That's the way he perceives his job, and he is adamant about protecting the interests of what he calls "the people in the field."

Right now, "the field" encompasses some 16,000 IRA members nationwide. As executive director, St. Onge is charged with the day-to-day administration of the organization, while policy decisions are made by a board of directors elected by the membership. The executive director is appointed by the board, and just about halfway through his first three-year term, St. Onge can point to some significant achievements. Among these is the negotiation and development of an open ball policy, which involved the out-of-court settlement of lawsuits filed against the IRA by two major ball manufacturers. St. Onge maintains that freeing the IRA of exclusive contracts with ball manufacturers, by which the association endorsed the manufacturers' product in return for a percentage of the gross ball sales, "makes us independent of any manufacturer or any special interest group. By maintaining this independence, we feel we can make decisions that are in the best interests of players everywhere."

St. Onge, however, does not view the IRA as the Big Brother of American



St. Onge as a young rugby player, circa 1962: "Rugby's my first love . . . (It's) an amateur sport in the true sense of the word."

racquetball. "We look at each state organization as basically autonomous. What's good for Pennsylvania may not necessarily be good for California. The organization of regional and national competitions, the provision of computer ranking systems, charting the direction of the overall growth of the sport—these are the primary functions of the national organization."

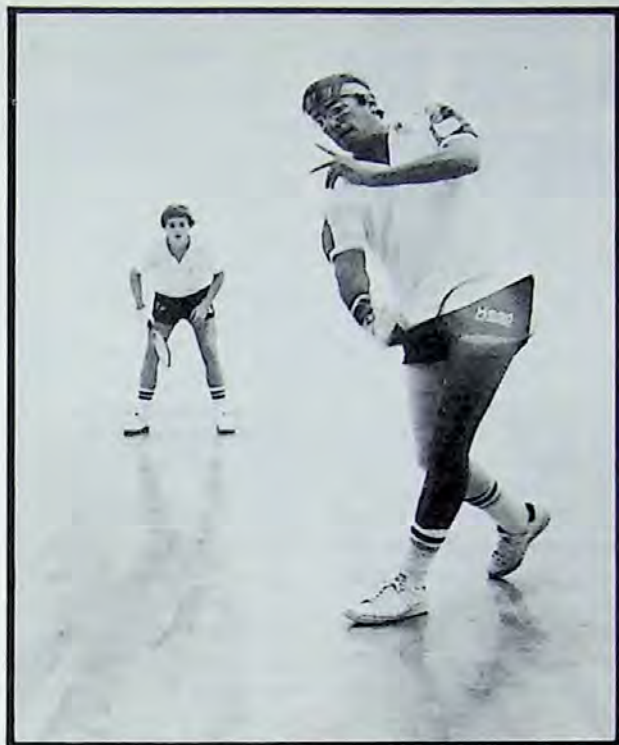
But, while he is proud of what the IRA has achieved since it was founded in 1969, St. Onge is not blind to the fact that many mistakes were made in the past. He freely admits that racquetball, rather like tennis, has developed a white-collar image, and he is anxious that steps be taken to give the game a wider base of popular support. He particularly laments the 1973 split within the IRA that led to the formation of the United States Racquetball Association. "The leadership just wasn't there in the past," he concedes. "Whenever you have an all-volunteer organization, like the IRA was at first, you're bound to have problems involving management and control. There wasn't that much concern with long-term interests, and the association floundered."

Floundered indeed. A little more than a year ago, in fact, the IRA was beset with troubles. Money was short, lawsuits threatened to put it out of

business and there was disagreement within the association over the direction it should take. And to make matters worse, the USRA, founded by Illinois real-estate developer Robert Kendler after he broke with the IRA in 1973, continued to compete with the IRA for memberships and leadership of the sport. There was even some question as to whether the IRA could survive in the face of well-financed competition from the USRA.

Now, however, St. Onge is convinced that the IRA has got its own house in order, and sees reconciliation with the USRA as a distinct possibility in the not-too-distant future. "I think that possibly within two years there will be one national organization. Right now the major difference (between the IRA and the USRA) is that we operate from the grass roots up, while they operate from the top down. But we don't look at the USRA as competition. Our membership is basically the same as theirs, but even so we're still talking about less than one percent of the total number of people playing the game. So there's plenty of room for growth."

In any event, St. Onge seems hardly preoccupied with the IRA/USRA split. "You know, we all have so much to do. We just can't concern ourselves with



LARRY KUZNEVSKI

St. Onge puts in some playing time on the court: "Racquetball is an integral part of my life. I play as much as my aching body will allow."

negative energies. Whatever's good for the amateur will be good for the game."

During the 18 months that Luke St. Onge has served as the IRA's executive director, the country has experienced an incredible racquetball boom. The number of players in most areas has doubled or even tripled. Court clubs have sprung up everywhere; a year ago, for example, there were only 2 clubs on Long Island, where there are now 26, with a dozen more under construction. Sports celebrities like Yogi Berra, Randy Vataha and Don Kessinger have become involved with club operation, while major sports manufacturers like Spaulding and Rawlings are thinking seriously of making investments in the sport.

The future certainly looks rosy. So where does St. Onge see racquetball going in the next four or five years?

"Racquetball is a game that's definitely here for a long, long time," he says. "Over the next year or so we plan to put emphasis upon two areas: developing and promoting the game at the collegiate and junior level. We've only just scratched the surface in both of these areas. I'd also like to see a type of metro team competition developed. This

would pit the four best players from, say, Miami against the four best from Chicago. You could run this in both men's and women's divisions. I think it would generate a lot of interest."

St. Onge also sees a tremendous future for outdoor racquetball. "They're two separate games, of course, but I can see outdoor racquetball becoming a complement to the indoor game. It will introduce more people to the sport and act as a feeder system to help bring them into the indoor complexes."

There are obstacles to overcome, of course. St. Onge sees some sort of cutback in the number of court clubs as almost inevitable. "So many of these are going up so fast; many owners are just looking for a quick return on their investment. Those that are put up right and have the best management will survive. Those that fail to do this and fail to recognize the need for a complete health facility will be in trouble."

Drawing the dividing line between professional and amateur status is another nagging problem. "We're not satisfied with our present system, which defines a professional as a player who has won any money in any pro-sanctioned event in the last year. The U. S. Olympic Commission has to revamp its definition of amateur status this year. When that happens we'll try to make our definition

as close to theirs as possible, a definition of amateurism that we can administer and administer fairly."

Reference to the Olympic Committee leads naturally to another question. Will racquetball ever gain recognition as an Olympic Sport, and if so when?

"I think it will eventually be an Olympic sport," St. Onge predicts. "I can't say 10 years or 20 years; I just don't know. Of course, there's so much politics involved in Olympic sports today. That end of things has to be cleaned up before any real progress can be made."

The IRA has already applied to the U.S. Olympic Committee for recognition as the official governing body for the sport, but its application was tabled on account of the name of the organization, the word "international" being the problem. "We are affiliated with racquetball associations in 24 countries, but essentially we're an American organization," says St. Onge. "The U.S.O.C. had a valid point."

Steps to change the name of the IRA will be taken in the near future, says St. Onge. "We haven't made any final decision yet, but within the year the organization will be changing its name to something like 'The Amateur Racquetball Association of America.' At the same time an international racquetball federation will be established to oversee international competition. We feel it's very important that the American game become the standard for competition on the international level."

Although he laughingly describes his own level of play as "spastic and sporadic," St. Onge does more than sit behind his desk at the IRA's modest headquarters. He manages to find time to play four or five times a week. "Racquetball is an integral part of my life," he says. "I play as much as my aching body will allow."

Being a playing director, St. Onge believes, gives him a better perspective on the direction in which the game should develop. "To me, the winner of a novice tournament is just as important as the winner of the national open championship. The little guy is as important as a pro player. He puts his shoes on the same way the pros do."

There is little doubt, then, about where Luke St. Onge's real sympathies lie. "The big guys, the pros, they'll take care of themselves. We look upon ourselves as the NCAA of racquetball. The amateurs are the people who need the representation. If the association is not performing that function, then it might just as well go out of business."

IRA Men's Open singles champ John Egerman was defeated by St. Louis' Doug Cohen at this year's Ektelon/Tred 2 IRA National Juniors Championships, held July 13-15 at the Supreme Courts Racquetball/Handball Club in Memphis. Egerman's loss was one of several upsets during the tournament, proving once again that the national juniors tournament is one of the least predictable tourneys in racquetball. When these youngsters get out on the court, anything can happen. And this time, it did.

The tournament, which drew some 150 participants, was unique for a number of reasons. Kids will be kids, of course, and there were plenty of towel fights and giggling bouts between matches. And then there were rumors of water balloons and other assorted mischief back at the hotel. But the fun and games stopped just outside the court doors, when all those "regular" youngsters suddenly transformed into serious competitors who fought for every point—and sometimes, every call from the referee—just as vigorously as any adult.

Of course, the tournament wasn't all hard work. There was a banquet Friday night, complete with a Memphis specialty, pork barbecue. There was dinner on a cruising Mississippi riverboat Saturday evening, and breakfast for everyone Sunday morning—in addition to sandwiches, Gatorade, cookies and fresh fruit in the hospitality room all weekend long.

But the courts were the real center of attraction during the tournament, as action, surprises—and occasionally—frustration captured the attention of both spectators and the local media alike. Here's how the individual divisions wound up:

Boys 17-and-under

This was a tough division anyway you look at it. Top-seeded John Egerman of Boise, Idaho, who recently triumphed at the IRA World Singles Championships, was expected to meet second seed Doug Cohen of St. Louis in the finals. That match did come about, but not before some tremendous competition for both players.

Egerman had a tough match in the semifinals against Beaver Wickham, a Californian who made a great hit at the tournament by wearing a custom-designed logo on his shirts and warm-up jacket: a toothsome beaver complete with flat tail and racquet. Wickham was as clever as his shirts in game one, and managed to take it 21-16. But Egerman took off in games two and three, winning them 21-7, 15-4.

Meanwhile, on the other glass court across the way, Doug Cohen was having

COMING OF AGE IN MEMPHIS

The National Juniors Championships

By Judy Heinrich

semifinal troubles of his own. He was pitted against Craig Davidson, coincidentally a close friend and sparring partner of Beaver Wickham. This turned out to be the marathon match of the division. Every rally was hotly contested, and about the only things that weren't appealed to the linesmen were the length and width of the court. Davidson, who added the unique wardrobe touch of a turned-up sun visor to hold back his shoulder-length blond hair, managed to pull out the first game 21-19, a victory that seems remarkable when you consider that he had finished playing a two-hour quarterfinal match only an hour and a half earlier. Cohen went on to win the second game, however, 21-11, and took the match in a 15-7 tiebreaker.

And so the stage was set for the finals Sunday: Egerman vs. Cohen, the unshakable Idahoan vs. the volatile kid from St. Louis. It was the last IRA Junior Championship either would compete in, even though they'd both be eligible in 1980. Both of these kids have potential sponsors eagerly awaiting them, and both will turn pro come September.

John Egerman couldn't do anything wrong in game one, and Cohen was having a hard time doing much right. He was out-served, out-rallied, and out-shot, losing 8-21. The gallery thought they might have a short match to watch.

But Doug Cohen is nothing if not a fighter, and he doesn't just get mad—he gets even, as well. He got real even in game two, turning the tables completely and winning 21-8, just to return the favor. His serves were so hot it was all Egerman could do to return them to the ceiling. Five minutes later they were back on the court.

Egerman remained composed and gave his best, but it wasn't enough to beat Cohen, who played perfect position, pinched, passed, dived and rolled them out from the back wall. When the smoke cleared it was Cohen who was the new 17-and-under champ, by a tiebreaker score of 15-7.

As for third and fourth places in this division, close friends Beaver Wickham

and Craig Davidson declined the chance to play off and shared the plaques.

Girls 17-and-under

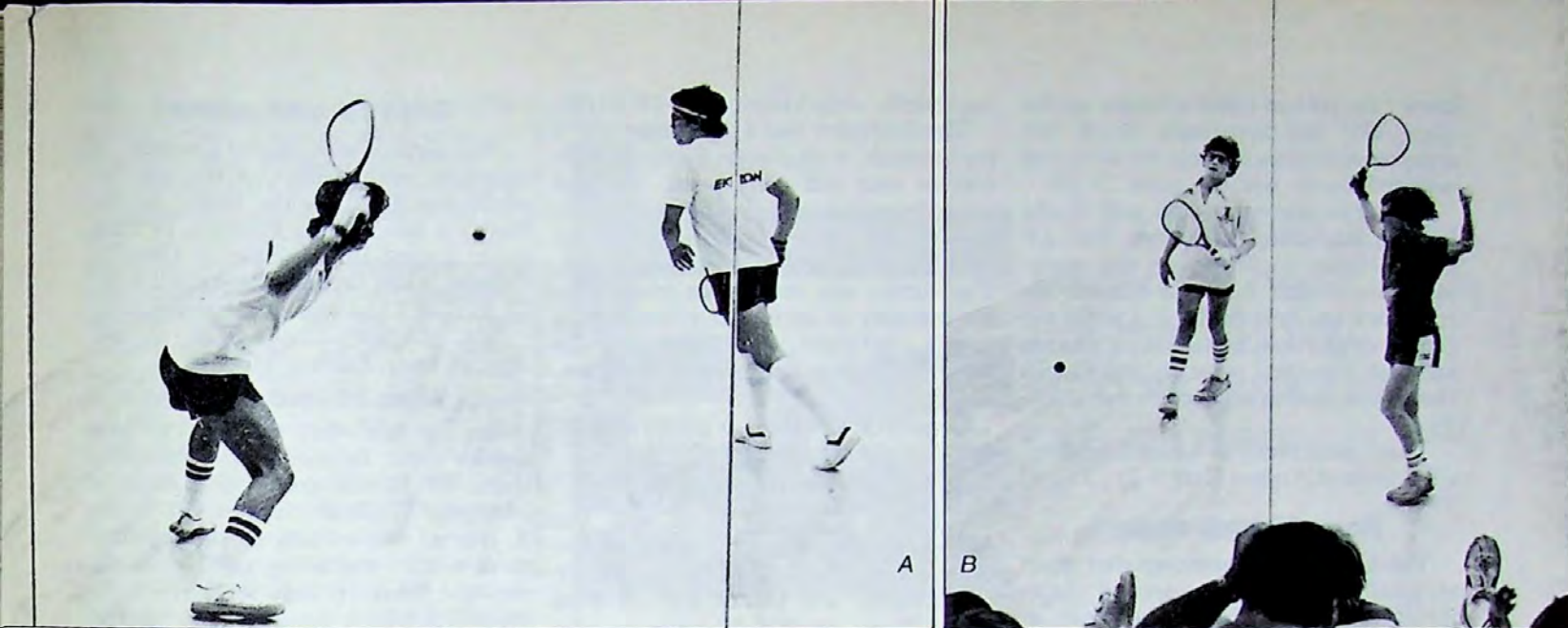
This draw was small in terms of quantity, but the quality of the play more than made up for the limited number of entrants.

One of the best matches came early, with second seed Leslie Lindskog of Washington state facing unseeded Brenda Poe of Florida. The two players are as different as night and day. Lindskog is a tall, slender girl who depends on excellent form and strategy, whereas Poe is a heavyset player whose strong points are good serves and tremendous power. Lindskog took game one 21-15, with Poe putting up a valiant fight. Game two belonged to Poe: her power was a little too much for Lindskog to contend with. No one appeared more surprised than Poe when she won it 21-16; her loud exclamation of delight was immediately followed by a glance heavenward and a heartfelt thanks. But Lindskog did some cool analysis before the tiebreaker and came back with a game plan that neutralized her opponent's power. Well-placed ceiling balls and improved serves enabled Lindskog to come out on top 15-10.

The same techniques didn't work for Lindskog in the semifinals, however, where she met third seed Linda Hogan (Marty's sister) of Missouri. Hogan combines her tremendous power with some real game smarts and determination, and those attributes led to a 21-6, 21-11 victory.

At the other end of the draw, top seed Lori Burke of California was battling Virginian Andrea Katz in the semis. Katz is yet another power player whose arsenal of serves makes her very tough to beat. Katz dominated game one 21-7. But Burke joined the ranks of the comeback kids by taking the second and third games 21-11, 15-10.

It was Burke vs. Hogan in the finals. Burke got off to a slow start again and lost the first game by a dismal 6-21 score. Game two was much closer, however, with Burke building to a 19-15 lead at one point before Hogan began to close the gap. Hogan's comeback attempt was impressive, but she blew it by skipping the ball in at 18-19 and Burke got up to serve. To no avail. It was Hogan up again and the score was tied at 19-19, but she again skipped the ball in on her attempt to go ahead. Burke got as far as 20-19 before Hogan rolled out a serve return. Hogan then tied it up again, and scored what she thought was the match point. She gave one of her characteristic yells and was in the process of shaking Burke's hand before she realized what the gallery already



(A) Doug Cohen (left) against John Egberman in the Boys 17-and-under finals. (B) David Simonette (right) against Andy Gross in the Boys 10-and-under finals. (C) Mike Levine (foreground) against John Klearman in the Boys 15-and-under finals. (D) Lori Burke (left) against Linda Hogan in the Girls 17-and-under finals. (E) Greg Peck (left) against Mike Levine in the Boys 15-and-under semifinals. (F) Donna Allan (left) against Loretta Peterson in the Girls 13-and-under finals.

knew: the ref had called a hinder on the play. The call apparently shook her composure because she lost her serve and watched Burke win the game 21-20.

The tiebreaker started off with Burke leaping into the lead and it was 7-0 before Hogan could convert any serves into points. But then she started her comeback and held Burke at 7 while she caught up and then passed her. It was nip and tuck from that point on, but Hogan finally managed to put Burke away at 15-13.

Third place went to Leslie Lindskog, who defeated Andrea Katz 6-21, 21-16, 15-9.

Boys 15-and-under

The big surprise here was the quarterfinal upset of top-seeded John Amatulli of Indiana, who went down at the hands of Californian Gerry Price, 21-15, 13-21, 15-12. Price's triumph was shortlived, however; he met third-seeded John Klearman of Missouri in the semifinals and came up with a 7-21, 8-21 loss. Klearman had been having a fairly easy time of it in the early rounds, and there was talk among the crowd that he would take home the winner's plaque.

But there was plenty of activity at the other end of the draw, with second-seeded Greg Peck of Texas headed for a semifinal match against Mike Levine of New York. Peck overcame Peter Bluestone of New York and Billy Gamble of California to get there, while Levine put away Chris Biuckie of Pennsylvania and Sergio Gonzalez of Florida.

Levine took the first game of the semifinals 21-8 in a relatively uneventful contest. But things got hot in game two. Peck was getting to everything and that hustle kept the score close from beginning to end. The real trouble started on the final point of the game, which was awarded to Peck when Levine was called for an avoidable hinder. Furious, Levine appealed and then insulted the ref, finally slamming the ball. He was awarded a technical penalty for his trouble. Result of game two: Peck over Levine 21-17.

The tiebreaker was even more intense and fraught with appeals from both players. Peck appeared to play the better game in terms of strategy and position, but Levine seemed to turn his anger and frustration into sheer determination. Nobody was going to take this game from him—and nobody did. Final score, 15-11, Levine.

It was Klearman vs. Levine in the finals, and a more evenly matched pair would be hard to find. They are both powerful servers, good shooters and tremendous hustlers, diving to the floor time and again to make that impossible get. The pair split the first two games of

the match, with identical 21-18 scores.

The tiebreaker was a cliffhanger and a joy to watch, both players fighting to the end for each and every point, the lead seesawing back and forth throughout. But in the end it was Levine who emerged triumphant, winning 15-13. The victory was made even sweeter by the memory of an earlier national title match between the two, which Klearman had taken in the tiebreaker, 11-10.

Greg Peck won third in the division by defeating Gerry Price 21-7, 21-11.

Girls 15-and-under

California's Mona Mook was the odds-on favorite to take this division, but she ran into trouble with Stacy Fletcher of Michigan, who had entirely different ideas. Their pairing-off came in the semifinal round and the powerful Fletcher managed to upset Mook fairly easily, with scores of 21-5, 21-15. Mook rallied valiantly in game two, but her strategy just wasn't enough to overcome Fletcher's hard hitting.

Second seed Liz Alvarado of Texas was also depending on power to give her the edge at the other end of the draw. She overcame Joann Stapf of Pennsylvania 21-3, 21-1; and Momi Lee of Oregon 21-7, 21-4.

The final match between Fletcher and Alvarado, then, was a contest of power. Game one was long, with the evenly matched players swapping narrow leads before Alvarado pulled it out at 21-18. The second game was a little more one-sided, however, as Fletcher appeared unable to retain her concentration. Alvarado ended up winning that one at 21-8. She attributed her victory to more tournament experience. Fletcher, meanwhile, conceded that "we both played well, but she was just hitting a little better."

Mona Mook took third in the division with a 21-17, 21-5 victory over Momi Lee.

Boys 13-and-under

This division had the largest draw in the tournament. It was difficult to predict results here and several of the early favorites, such as Darin Eyring of California and Ray Navarro of Texas, got stopped unexpectedly.

The one player who remained true to prediction was David Gross of Missouri, the top seed in this division. He had a fairly easy time of it in the early rounds, allowing none of his opponents to score more than 11 points against him. Gross had a bit more trouble in the finals against Cliff Ira of Florida, but still went on to take the title in two straight games, 21-16, 21-9.

Eric Scheyer took third place over Lance LaCour, 21-19, 21-10.

Girls 13-and-under

This division also yielded a number of surprises, with neither of the top two seeds making it to the finals. In the finals, it was Loretta Peterson of Utah pitted against Donna Allan of Ontario, Canada. Allan defeated Peterson 15-21, 21-11, 15-11 to win the championship.

Lisa Anthony took third in the division over Tammy Woods.

Boys 10-and-under

One of the first matches in this division was between Ed "Bumper" Blaess of Florida and Ron Barassi of Memphis. While the outcome (21-2, 21-5, Blaess) was nothing to shout about, there was an interesting sidelight to the contest: Barassi is only three years old. He may not have been a major threat in 1979, but give him a few years. After all, he did score seven points and the racquet's almost as big as he is.

The rest of the youngsters in this division were strong competitors, but none could come too close to the number one and two seeds, Andy Gross of Missouri and David Simonette of Maryland. They were expected to meet in the finals and they did, after easily handling their earlier opponents. Simonette made an especially impressive showing, allowing no more than four points against him in any game before the finals.

The bigger, more powerful Gross had Simonette running in vain in game one, and Gross took it 21-10, aided by several set-ups that came off of Simonette's missed ceiling balls. It looked like Simonette might have met his match in the Missouri left-hander, but he surprised the gallery by blasting into game two with renewed confidence and aggression. This kid doesn't just know his shots, he knows his strategy and plays a smarter game than many adults. One of his specialties is galloping full speed up to a forecourt ball as though to smash it with all of his might, and then pinching it ever-so-softly into the corner. He was serving well, shooting well and playing the ceiling well in game two—and punctuating every effort with yells of self-encouragement. The crowd ate it up and couldn't have been happier when Simonette took game two 21-14, setting up what was sure to be one tremendous tiebreaker. And great it was, with both players diving, reaching and playing the game for all it was worth. But Simonette was not to be denied his title, and he came up the winner at 15-7.

Third place in this division went to Derek Robinson of Washington state and fourth to Oscar Gonzalez of Florida.

Girls 10-and-under

This division was played as a round

robin between six competitors. The winner was Tammy Horrocks of Missouri, who emerged undefeated to take the first place trophy while keeping her opponents under five points in all but three games. Horrocks is a spirited young player whose exuberance was demonstrated by grins of unabashed pleasure whenever she got off a particularly good shot. On one occasion during the weekend, she was spotted dutifully listening to her mother explain that there was such a thing as "too much enthusiasm." But no matter, Horrocks won her division and will undoubtedly be a threat in junior racquetball for years to come.

Second place was captured by Delaine Comer of California, third by Dawna Divine of Tennessee and fourth by Rodie Martin of California. ■

Time Out: Many Thanks To:

Ektelon and Tred 2 for their national sponsorship.

Tom Stofko from Ektelon and Bill Leonard from Tred 2 for their invaluable assistance during the tournament.

Martha Kelly from the Phillips Organization for her excellent promotional and public relations coverage for the tournament.

Pete Singer and Dick Howard for the excellent floor managers' job. Hallie Singer, Elizabeth Ventrini and Lora Ewing for the overall organizational effort and the excellent hospitality served throughout the tournament.

Andy Pearl, owner of the Supreme Courts, and his entire staff for their donation of court time and personal efforts in making this the best Junior Nationals by far.

THE MISSISSIPPI RIVER for making the boat ride Saturday evening one we will not forget.

The participants themselves whose sportsmanship was beyond reproach.

No injuries due in large part to the fact that this was the first time eyeguards were mandatory in a national tournament.

There was no resistance from the players to wearing eye protection. GATORADE for donation of their product.

The many parents who lent their time in areas of refereeing and preparing hospitality.

Larry Kuzniewski for his time and effort in photographing the tournament.

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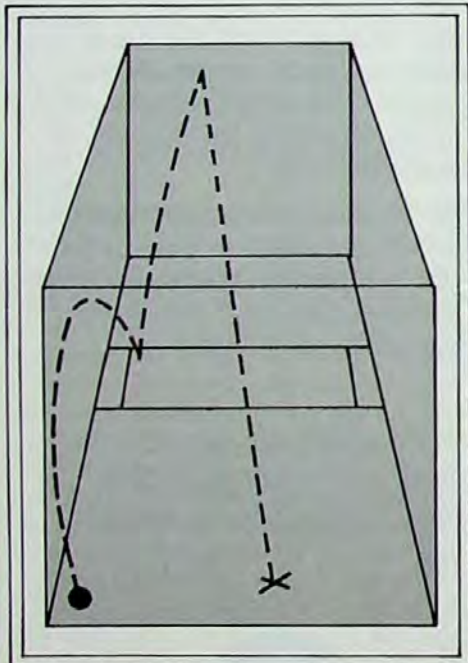
THE OTHER SHOTS

THERE'S MORE TO THE GAME THAN PASSES AND KILLS

By Mike Yellen

Tired of the same old shots? Are you becoming too predictable and maybe a little bored trying to hit the same old kills and pass shots? Well, liven up your game and confuse your opponent with some change-of-pace shots.

Take the ceiling shot, for example, a very effective shot. It drives your opponent into back court making it difficult for him to be accurate in his return, since he's trying to deal with a ball coming virtually straight down at him and only inches from the back wall.



Well-placed ceiling shots during a rally can both confuse and fatigue an opponent, causing him to make errors.

The well-placed ceiling ball will hit the ceiling one to three feet behind the wall crack. It will then hit the front wall and bounce somewhere near the service line on the floor. From here it should carry high into the air to the back wall and rebound 6 to 10 inches above the floor on the wall. An even better variation is one which bounces for the second time before it hits the back wall, but as close

to the crack as possible.

Accuracy in returning a good ceiling shot is difficult. Your opponent will be cramped between the ball and the back wall. Much of the time you can notice the look of panic on his face and in the way he moves. It is at this time that you want to watch him carefully, because you can often be surprised by lucky desperation shots when you relax thinking he can't make a return.

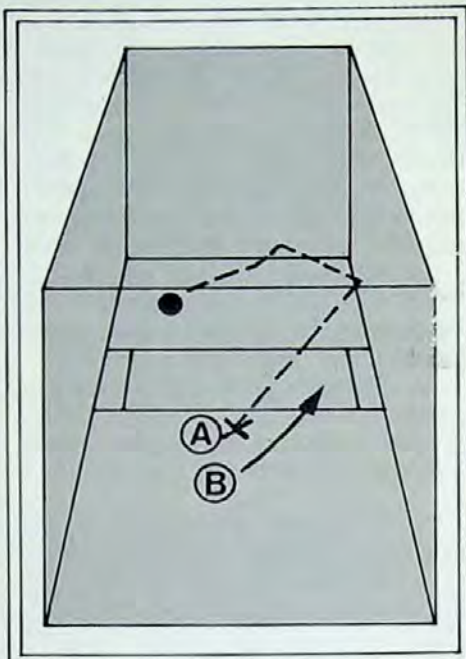
Another way the ceiling shot can be effective is in fatiguing your opponent. If you need convincing of this, spend 15 minutes shooting ceiling balls and retrieving them. You will find that it becomes very tiring, very quickly.

There is a way, however, to conserve energy during a ceiling rally. Use smooth, even strokes and hit the ball with the sweet spot of your racquet. You don't have to blast the ball. This uses too much energy and often results in the ball rebounding high enough on the back wall for your opponent to become the attacker with a well-placed shot. Smooth, easy ceiling shots to your opponent's backhand side prevent offensive shooting by him and save energy which you may need later.

Another shot which can unbalance your opponent is the sidewall-front-wall kill. Its name very aptly describes it. This shot is really in a class by itself, even though its effectiveness is determined by the height of the shot.

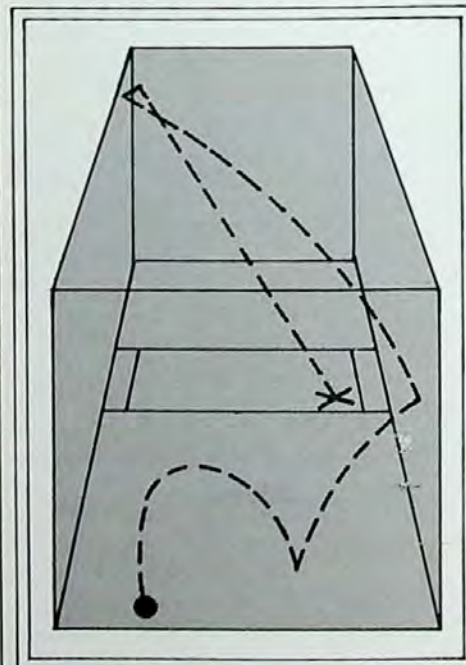
In essence it is a form of the kill but has one extra advantage; i.e., it makes your opponent sprint for a split second, then stops him because it has died on the floor. This unnerving, unbalancing shot breaks up the rhythm of the game. It can be hit with forehand or backhand and at many different angles, not to mention the variance in speed. Picking up a hard and fast drive from your opponent and returning a slow, finesse pinch does more to throw him off balance than any shot I know of.

There is one disadvantage to this shot



The sidewall-front-wall kill can be hit at varying speeds and angles to fool an opponent but should ultimately rebound to the opposite side of the court as the figure shows.

when it is poorly executed. Since it will hit the sidewall and then the front wall, if you do not place it low enough, it will ultimately rebound into the center court. And that leaves your opponent with a set-up, a plum which he can put away at his own discretion. Like most other shots in racquetball—low is the word.



A Z-ball can be used as an alternative to the ceiling ball when you are in the forecourt. It will drive your opponent into the back court.

Still another shot to be used, though with less frequency than just about any

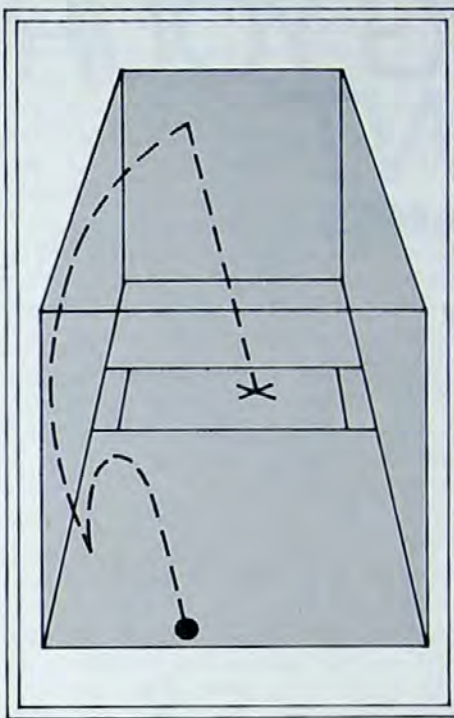
other, is the Z. To hit this shot, you should stand somewhere in the vicinity of the service zone. The ball should be about chest high.

With backhand or forehand, hit the ball high into the front corner opposite your position. The ball should hit the front wall one to two feet out from the crack, then rebound off the sidewall and travel in the air (high) to the opposite sidewall about one foot from the back wall.

The spin will make the ball come off the sidewall in the back and travel almost parallel to the back wall. This shot is very effective as it leaves your opponent flatfooted and wondering what the ball will do.

The Z can be dangerous, though, if not accurately placed. If the ball hits the sidewall too far from the back wall, your opponent has a good opportunity for offensive action because the ball will be in center back court.

One final "other shot" which you will find effective is the lob. Its intent is the same as that of the ceiling ball; i.e., to make your opponent run and to drive him into back court, leaving center court open for you. Another attraction of the



The lob is another shot which is useful in driving your opponent to the back court so that you can assume center court position.

lob is that you can use it from virtually anywhere on the court.

The lob should be hit about chest high, with a gentle but firm, flat, upward moving stroke. It should hit the front wall high and stay high all the way to back court, where your opponent will be forced to return it with a high backhand or forehand. Avoid letting the ball touch the ceiling. It should come close, but just miss. If the ball grazes the sidewall before it bounces, all the better, since then it is unlikely that it will reach the back wall and give your opponent a set-up.

Notice, then, how important the angle is in shooting the lob. If the ball hits the ceiling or directly rebounds off the sidewall, it will veer into middle back court and will be at the command of your competition.

The alternatives are many in racquetball: speed, angle, distance, position. Don't confine yourself to a few shots since there are many to choose from. Vary your game. Mix up your shots. Do something different each time. Most of all, practice. Not only kills, drives and passes, but the other shots as well. ■

eyeguard
announcement

Eye protection is required in all IRA sanctioned Junior events and for any participant under 18 years of age in any IRA tournament.

WINNING POINTS

PSYCHING YOUR OPPONENT

OR, HOW TO WIN GAMES AND LOSE FRIENDS

By Charlie Garfinkel

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

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

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

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

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

As you gain confidence in your game and your ability increases, you would be wise to play some of these so-called psychers (many players refer to them as "cheaters"). At first, you should try to play psychers that are a level below you.

As I said earlier, it is imperative that you be able to beat the psycher no matter what he does, and a player from a lower level should be an easy mark.

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

If you find that one of these psychers is becoming so obnoxious that you don't enjoy playing him at all, stop competing against him in practice altogether. You're probably thinking that this sounds easy enough—just don't ask him to play anymore. But what will you do if you meet this same player in a tournament?

First of all, you know that you'll have a referee for the match. Make sure that you have a good one. However, don't say anything to the referee about your opponent being a psycher and that he uses devious methods to win. A good referee, one who strives to be impartial, will see what is happening on the court without your telling him.

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

As for yourself, you can try some psyching approaches of your own. Keep

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

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

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

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

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

Marty Hogan's name is a psyching tactic in itself. His "Hogan" inscription tells it all. It broadly proclaims that he is "numero uno." Since the greats in most fields of endeavor are referred to by their last name only, Hogan is just reminding everyone that he is "the greatest"—in racquetball, at least.

Warmup jackets have helped to win matches when the owner of the jacket wasn't even aware he was psyching out his opponent. Some players prefer to wear their jackets through part of the first game in order to keep their muscles warm and loosened up. But their opponents may think that they're wearing the jackets because they feel that the match is so easy that, without a jacket, they won't get a sufficient workout. I've heard players make this very remark. And when they do, they've psyched themselves out.

Once the match begins, there are other maneuvers you can use to psyche out your opponents. Many players like to play at a fast rate. So of course, your objective is to slow them down. When you serve, you have 10 seconds to put the ball into play. Wait up to nine

seconds before serving. Your opponent probably is gnawing his teeth to get into action. He's furious and feels that you're doing this on purpose to cut down his momentum and psyche him out. He's right.

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

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

Naturally, your opponent will be furious over these imaginary sweat spots and will complain to the referee. But it's your word against his. One player was so psyched out by his opponent looking for sweat spots that he spent two weeks after the tournament searching for them himself.

Consider this one. In doubles you may be playing against a team which has one partner who is definitely the weaker player. You should serve *every* serve to him; you should try to hit *every* ball to him. His partner's frustration would be boundless. Naturally, you would act as if you're doing nothing wrong. However, in actuality, you've psyched another doubles team into an easy loss.

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

When you're playing a tough match and your opponent is obviously very

tired, you will find that it's easy to pass him. After one of the passes, you may want to turn to him and say, "Are you getting tired? You used to be able to get those shots." You're really hitting below the belt now. But, to be a good psycher, you have to stay nasty.

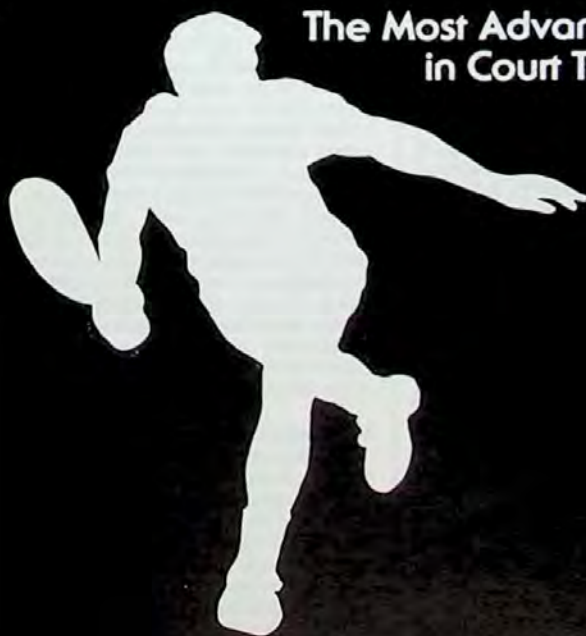
If you're playing someone that you can overpower, you may want to turn to him after you've hit a particularly hard shot that he couldn't return and say, "Did I hit that too hard for you?" Such remarks cut to the bone.

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

On the other hand, if you want to try some of the psyching methods yourself, you must be prepared for the consequences. You will not be particularly liked and most players probably won't want to enter the same court with you. However, there is this consolation. When tournament time arrives, they'll be forced to play you. Then you'll get a chance to practice all your dirty tricks. Doesn't that sound like fun? ■

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Scorecard

RACQUETBALL welcomes all tournaments to report their results. Please list all rounds of each event. Scorecard will report as many rounds of each tournament as space allows.



Left to right: Alan Meacham; Don Smith-Tournament Director; Gary Bell-Alabama State Director; and Jim Hawkins.

For reasons of space and clarity, tournament results submitted for listing in "Scorecard" should be arranged as shown in the example below. Entries using this format stand a better chance of being included in the "Scorecard" section.

Men's Open:
Semifinals: John Smith over Peter Smith 21-7, 21-15; John Doe over Peter Doe 21-20, 21-13.

Finals: John Smith over John Doe 21-20, 13-21, 21-16.

IRA ALABAMA STATE DOUBLES CHAMPIONSHIPS Pointe South Racquet Club Dothan, Alabama

Men's Seniors: Finals: Bob Andrews-Jim Jordan over Bill Hotze-Barry Cox 21-4, 21-10.

Men's Open: Quarterfinals: Jerry O'Neil-Richard O'Neil over John Jordan-Ronnie Davidson 18-21, 21-14, 15-3; Ronnie Coleman-Bill Jackson over Bill Hotze-Barry Cox 21-14, 21-6; Alan Meacham-Jim Hawkins over Bob Andrews-Jim Jordan 21-15, 21-12; Dennis Ervin-Pete Olen over Danny Winn-Jim Hodges 21-10, 12-21, 15-11.
Semifinals: O'Neil-O'Neil over Coleman-Jackson 21-15, 21-6; Meacham-Hawkins over Ervin-Olen 21-2, 21-20.

Finals: Hawkins-Meacham over O'Neil-O'Neil 21-17, 9-21, 15-11; 3rd, Coleman-Jackson; 4th, Ervin-Olen; consolation, Jordan-Davidson.

Men's B: Quarterfinals: Ronnie Davidson-Scott Thomas over Bill Hand-David Parsons (forfeit); John Morris-Richard Fall over Joe Farrar-Tom Long 21-7, 21-11; Danny Winn-Jim Hodges over Bill Jackson-Darlene Conrad 21-8, 21-14; Alan Meacham-Jim Hawkins over Don Smith-Lindy Bailey 21-19, 21-14.

Semifinals: Morris-Fall over Davidson-Thomas 7-21, 21-17, 15-8; Meacham-Hawkins over Winn-Hodges 21-13, 21-13.

Finals: Meacham-Hawkins over Morris-Fall 14-21, 21-10, 15-3; 3rd, Winn-Hodges; 4th,

Davidson-Thomas; consolation, Farrar-Long.

Men's C: Quarterfinals: Richard Fall-John Morris over Sam Wigglesworth-Judy Blitz 21-7, 21-20; Joe Farrar-Tom Long over Gary Bell-Darlene Conrad 21-17, 19-21, 15-5; Don Smith-Lindy Bailey over David Parsons-Bill Hand 21-15, 21-15; Gil Taylor-Jeff Snell over Bill Bowden-Bob Belk (forfeit).

Semifinals: Fall-Morris over Farrar-Long 21-5, 21-12; Smith-Bailey over Taylor-Snell 21-1, 21-10.

Finals: Smith-Bailey over Fall-Morris 5-21, 21-2, 15-11; 3rd, Farrar-Long; 4th, Taylor-Snell; consolation, Jere Rillstone-Tim Blansett.

AMF VOIT/COURTHOUSE RACQUETBALL TOURNAMENT The Courthouse Mahwah, New Jersey

MEN'S PRO:

Semifinals: Ray Capitanelli over Art Diemar, 21-15, 21-14; Victor Niederhoffer over Charles Horton, Jr., 21-4, 21-19.

Finals: Niederhoffer over Capitanelli, 21-15, 21-12.

MEN'S A:

Semifinals: Johnathan Sweetwood over Jerry Yee, 18-21, 21-15, 11-1; Dave MacKelcan over Mark Berwick, 21-15, 21-12.

Finals: MacKelcan over Sweetwood, 21-5, 17-21, 11-6.

MEN'S B:

Semifinals: John Cosmi over Dennis Goodman, 21-9, 18-21, 11-6; Craig Dowell over Richard Castaldo, 21-16, 10-21, 11-4.

Finals: Dowell over Cosmi, 21-16, 21-12.

MEN'S C:

Semifinals: John Cali over Chris Edwards, 21-9, 17-21, 11-1; Rich DiVito over Carmen DeGennaro, 21-1, 21-4.

Finals: DiVito over Cali 21-4, 21-5.

MEN'S DOUBLES:

Semifinals: Art Diemar-Dave Luft over Charles Horton, Jr.-Reuben Gonzalez, 21-13, 21-15; Ken Eagle-John Farrell over

Helmer Gonzalez-Rick Englander, 21-5, 21-18.

Finals: Diemar-Luft over Eagle-Farrell, 21-12, 21-17.

MASTERS:

Semifinals: Pete Talbot over Fred Rizzo, 21-6, 21-7; Phil Zofrea over Ferd Elia, 21-15, 21-11.

Finals: Talbot over Zofrea, 21-16, 21-12.

WOMEN'S A:

Semifinals: Karen Borga over Gerry Rudych, 21-16, 21-11; Marci Lynch over Beth Call, 21-3, 21-1.

Finals: Borga over Lynch, 10-21, 21-17, 11-10.

WOMEN'S B:

Semifinals: Kim Gloede over Diane Booker, 21-14, 21-15; Maureen Kane over Gail Uellendahl, 21-5, 21-10.

Finals: Kane over Gloede, 21-6, 21-8.

FIRST ANNUAL SANTA BARBARA YMCA/ SEMANA NAUTICA RACQUETBALL TOURNAMENT Santa Barbara Family YMCA Santa Barbara, California

Men's Open Singles: 1st, Jon Woodard (21-12, 21-14); 2nd, Billy Gould; 3rd, Cliff Minter.

Men's Open Doubles: 1st, Jon Woodard-Doug Thompson (21-17, 21-19); 2nd, Cliff Minter-Jeff Jensen; 3rd, Joe Peinado-Russ Banko.

Men's B Singles: 1st, Ron Adams (11-21, 21-9, 11-5); 2nd, Nino Maiani; 3rd, Jeff Campbell.

Men's C Singles: 1st, Stephen Drake (21-10, 18-21, 11-6); 2nd, Mark Brown; 3rd, Stan Snyder.

Men's Novice Singles: 1st, Burt Carlson (21-13, 21-13); 2nd, William Arnett; 3rd, Jim Gutierrez.

Women's Open Singles: 1st, Wendy Ayala (21-19, 21-15); 2nd, Kathy McNally; 3rd, Terri Olgy.

Women's C Singles: 1st, Elssa Frolenko (21-13, 21-11); 2nd, Brenda Cole; 3rd, Stephanie Eldridge.

WAR EAGLE OPEN Auburn University Auburn, Alabama

Men's Open: Quarterfinals: Bryce Anderson (Knoxville, TN) over Joe Vickery (Montgomery) 21-6, 21-2; John Jordan (Auburn) over Wayne Vincent (Atlanta, GA) 20-21, 21-16, 15-10; John Parks (Atlanta, GA) over Don Clark (Montgomery) 20-21, 21-6, 15-5; Jim Cullen (Atlanta, GA) over Michael Ray (Atlanta, GA) 21-15, 21-8.

Semifinals: Anderson over Jordan 21-3, 21-9; Cullen over Parks 21-10, 21-13.

Finals: Anderson over Cullen 21-16, 21-14; Parks over Jordan 21-17, 21-17 (3rd place).

Men's B: Quarterfinals: Chuck Evans (Cleveland, TN) over Rick Almas (Atlanta, GA) 21-15, 21-9; Joe Pipkin (Memphis, TN) over Bob Huskey (Opelika) 21-7, 21-7; Bill Jackson (Dothan) over Bryan Titus (Auburn) 13-21, 21-18, 15-13; Jim Hawkins (Auburn) over Ken Kelley 21-20, 15-21, 15-10.

Semifinals: Pipkin over Evans 21-1, 21-8; Jackson over Hawkins 21-16, 19-21, 15-8.

Finals: Pipkin over Jackson 21-11, 15-21, 15-10; Evans over Hawkins 21-20, 21-16 (3rd place).

Men's Novice: Quarterfinals: Ronald Stokes (Columbus, GA) over Sam Millsapps (Chattanooga, TN) 21-10, 21-9; Lindy Bailey (Dothan) over Bennie Dalzell 21-14, 21-20; Dan Entac over Tom Keyser 21-5, 21-13; Rick Allen over Richard Fall (Auburn) 21-11, 21-20.

Semifinals: Stokes over Bailey 21-17, 21-17;

Entac over Allen 21-10, 21-18.
Finals: Entac over Stokes 21-13, 21-9; Bailey over Allen by forfeit (3rd place).
Women's Open: Quarterfinals: Carolyn Gheraldini (Atlanta, GA) over Toni Clark (Montgomery) 21-4, 21-6; Micki Anderson (Knoxville, TN) over Kirsten Conrad (Auburn) 21-12, 21-20; Ann Burbach (Auburn) over Eunice Zachery (Athens, GA) by forfeit; Patsy Ingle (Memphis, TN) over Meg Hooper (Auburn) 21-9, 16-21, 15-10.
Semifinals: Gheraldini over Anderson 21-1, "Injury Forfeit"; Ingle over Burbach 21-14, 21-14.
Finals: Gheraldini over Ingle 21-6, 21-4; Burbach over Anderson by forfeit (3rd place).
Women's B: Round Robin: 1st, Toni Clark (Montgomery); 2nd, Buffy Fitzgerald (Tuscaloosa); 3rd, Karen Nunnally (Columbus, GA).
Men's Seniors/Masters: Round Robin: 1st, Fred Zitzer (Birmingham); 2nd, Ron Scallion (Atlanta, GA); 3rd, Sam Millsapps (Chattanooga, TN).
Men's Junior Vets: Semifinals: Jerry Wickliffe (Atlanta, GA) over Dave Lawrence (Columbus, GA) 19-21, 21-18, 15-13; Doug Wurster (Atlanta, GA) over Sonny Harmon (Auburn) 21-13, 21-20.
Finals: Wickliffe over Wurster 21-8, 21-13.
Men's Open Doubles: Quarterfinals: Wickliffe-Parks (Atlanta, GA) over Jordan-Clark (Birmingham-Montgomery) 21-13, 21-6; Siegel-Wurster (Atlanta) over Ray-Vickery (Atlanta, GA-Montgomery) 21-19, 21-16; Anderson-Anderson (Knoxville, TN) over Lawrence-Yates (Columbus, GA) 21-16, 21-10; Vincent-Cullen (Atlanta, GA) over Hawkins-Meacham (Auburn) 21-13, 21-18.
Semifinals: Siegel-Wurster over Wickliffe-Parks 21-18, 18-21, 15-7; Anderson-Anderson over Vincent-Cullen 21-14, 21-16.
Finals: Anderson-Anderson over Siegel-Wurster 21-11, 21-16.
Women's Doubles: Round Robin: 1st, Ingle-Nunnally (Memphis, TN-Thomaston, GA); 2nd, Burbach-Hooper (Auburn); 3rd, Conrad-Conrad (Auburn-Dothan).

SECOND ANNUAL HOUSE TOURNAMENT Middletown Racquetball Club Franklin, Ohio

Women's C: 1st, Kathy Zumbahlen; 2nd, Barb Barker; 3rd, Joni Earach; consolation, Karen Robinson.
Women's B: 1st, Debbie Constantine; 2nd, Nancy Chapman; 3rd, Marsha Curtis; consolation, Peggy Bimschleger.
Women's Open: 1st, Lori Heidtman; 2nd, Janet Snider; 3rd, Nancy Chapman; consolation, Margie Farkas.
Men's C: 1st, John Michael; 2nd, Greg Lloyd; 3rd, Steve Wood; consolation, Dan Long.
Men's B: 1st, Doug Barker; 2nd, Jerry Arnold; 3rd, Gregg Smith; consolation, Len Stahl.
Men's Open: 1st, Denny Stitsinger; 2nd, Jack Dalton; 3rd, Roy McKay; consolation, Early Heidtman.

GRAND SLAM JUNE OPEN Moore, Oklahoma

Men's Open: 1st, Marc Sanford; 2nd, Ken Smith; 3rd, J.B. Smith; consolation, Tom Hadly.
Men's B: 1st, Larry Hicks; 2nd, Gary Lohne; 3rd, Ken Denny; consolation, Jim Burkett.
Men's C: 1st, Don Wakeham; 2nd, Tim



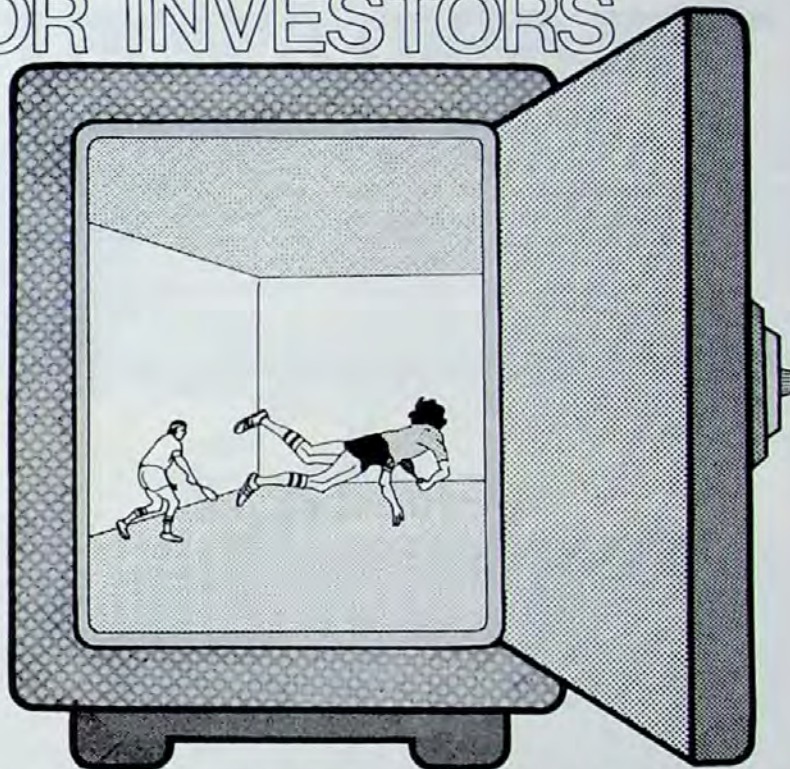
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Women's Open: 1st, Beth Bunker; 2nd, Cindy Overstake; 3rd, Betsy Bunker; consolation, Margaret McCurdy.

Women's C: 1st, Linda DeLoach; 2nd, Marlene Goss; 3rd, Shirley Street; consolation, T. Heinlein.

Women's Beginner: 1st, June Gravitt; 2nd, Pam Leidtke; 3rd, Laura Herzog; consolation, Glenda Bryan.

Men's Seniors II: 1st, Mike Lehr; 2nd, Ben Heinlein; 3rd, Glenn Rowell; consolation, Pat Patterson.



Left to right: Jeff Heimberg, Pam Regan, Howard Jacobson, Mark Steinhoff and Ken Alexander—Tournament Director.

LIVINGSTON YOUTH SERVICE BUREAU OPEN Livingston Racquetball and Health Club Livingston, New Jersey

Men's Open: 1st, Mark Steinhoff; 2nd, Mark Berwick; 3rd, Barry Sherman.

Men's Novice: 1st, Jeff Heimberg; 2nd, Charles Unice; 3rd, Merritt Raff.

Men's Student: 1st, Howard Jacobson; 2nd, Robert Powers; 3rd, John Curran.

Women's Open: 1st, Lisa Levine; 2nd, Dottie Joyce; 3rd, Steffi Paskow.

Women's Novice: 1st, Pam Regan; 2nd, Donna Perlstein; 3rd, Alison Peckerman.

1979 KAHLUA RACQUETBALL TOURNEY 98th Street Racquet and Swim Club Bloomington, Minnesota

Men's A: 1st, Paul Ikier (Madison, Wisconsin); 2nd, Bob Adam Jr. (Kings Court, Edina); 3rd, Don Constable (Bethel College); consolation, Tom Gonser (Kings Court, Edina).

Men's B: 1st, Tom Grady (Minneapolis J.C.C.); 2nd, Mark Kellar (Minnesota Vikings); 3rd, Jon Edwards (Northwest Racquet Club); consolation, Mike Bukovich (Egandale, Minnesota).

Men's C: 1st, Chuck Bauer (Normandale Sports and Health Club); 2nd, Dave Garber (Minneapolis J.C.C.); 3rd, Mike Olson (Northwest Racquet Club); consolation, Toby Foster (Northwest Racquet Club).

Women's A: 1st, Martha Corwin (Minneapolis J.C.C.); 2nd, Mary Hannes (Kings Court, Roseville); 3rd, Sue Grady (private courts); consolation, Darcy Chastain (Blaine Y.M.C.A.).

Women's B: 1st, Marsha Liss (Minneapolis J.C.C.); 2nd, Mary Strei (Blaine Racquet Club); 3rd, Gail Hitzman (St. Paul Court House); consolation, Linda Smith (Northwest Racquet Club).

Women's C: 1st, Jill Anderson (Northwest Racquet Club); 2nd, Nancy Boyum (Faribault Y.M.C.A.); 3rd, Deanna Rients (Willmar Kandi Courts); consolation, Chris Fagnan (Midtown, St. Paul).

**ADIDAS-COURTHOUSE NORTH
JERSEY INTERCOLLEGIATE
RACQUETBALL CHAMPIONSHIPS**
The Courthouse
Mahwah, New Jersey

Men's 1st Singles: 1st, John Bierman (Rutgers-Newark); 2nd, Wayne Shuster (William Paterson).

Men's 2nd Singles: 1st, Jim Vandenheuval (Rutgers-Newark); 2nd, Brad Yates (Rockland Community College).

Men's 3rd Singles: 1st, Alex Foulds (N.J.I.T.); 2nd, Terry Rettig (William Paterson).

Women's 1st Singles: 1st, Marta Riker (Rockland Community College); 2nd, Mary Ann Taormina (William Paterson).

Women's 2nd Singles: 1st, Sherry Rabinowitz (Rockland Community College); 2nd, Sue Lutzie (William Paterson).

**DAYTONA BEACH NOONTIME
BUSINESS MEN'S
RACQUETBALL TOURNAMENT**
Daytona Beach, Florida

Men's Singles: Tim Foli over Jeff Cooper 15-4, 15-3.

Men's Doubles: Tim Foli/Bill Kleyla over Jeff Cooper/Jim Robertson 15-10, 15-0.

**NEW SMYRNA BEACH SPRING
CLASSIC [3-Wall]**
New Smyrna Beach, Florida

Men's Open: 1st, Bill Kleyla.
Men's B: 1st, Pete McDonough.
Women's Open: 1st, Karen Powers.

**DAYTON AREA
RACQUETBALL TOURNAMENT**
Dayton Area Circuit
Court Racquetball Clubs
Dayton, Ohio

Men's Open Singles: 1st, Mike Sipes (Cincinnati); 2nd, Bob Ellis (Steubenville).

Men's Senior Singles: 1st, Jim Marsh (Dayton); 2nd, Elijah Helton (Cincinnati).

Men's B Singles: 1st, Gary Harrison (Wright Patterson AFB); 2nd, Tony Berkemeier (Piqua).

Men's C Singles: 1st, John Marinich (Hamilton); 2nd, Brooke McCarter (Dayton).

Men's Novice Singles: 1st, Ed Myers (Dayton); 2nd, Felix Guerra (Dayton).

Men's Open Doubles: 1st, Mike Sipes-Dan Clifford (Cincinnati); 2nd, Elijah Helton-Rod McKinley (Cincinnati).

Men's B Doubles: 1st, Kent Fusselman-Ron Yanucci (Warren); 2nd, Randy Frees-Dave Miller (Dayton).

Women's Open Singles: 1st, Becky Callahan (Cincinnati); 2nd, Sandy Brickley (Dayton).

Women's B Singles: 1st, Deb Shartle (Dayton); 2nd, Rosie Maxwell (Dayton).

Women's C Singles: 1st, Joyce McKinney (Cincinnati); 2nd, Sandy Hyre (Cincinnati).

(cont. on p. 46)

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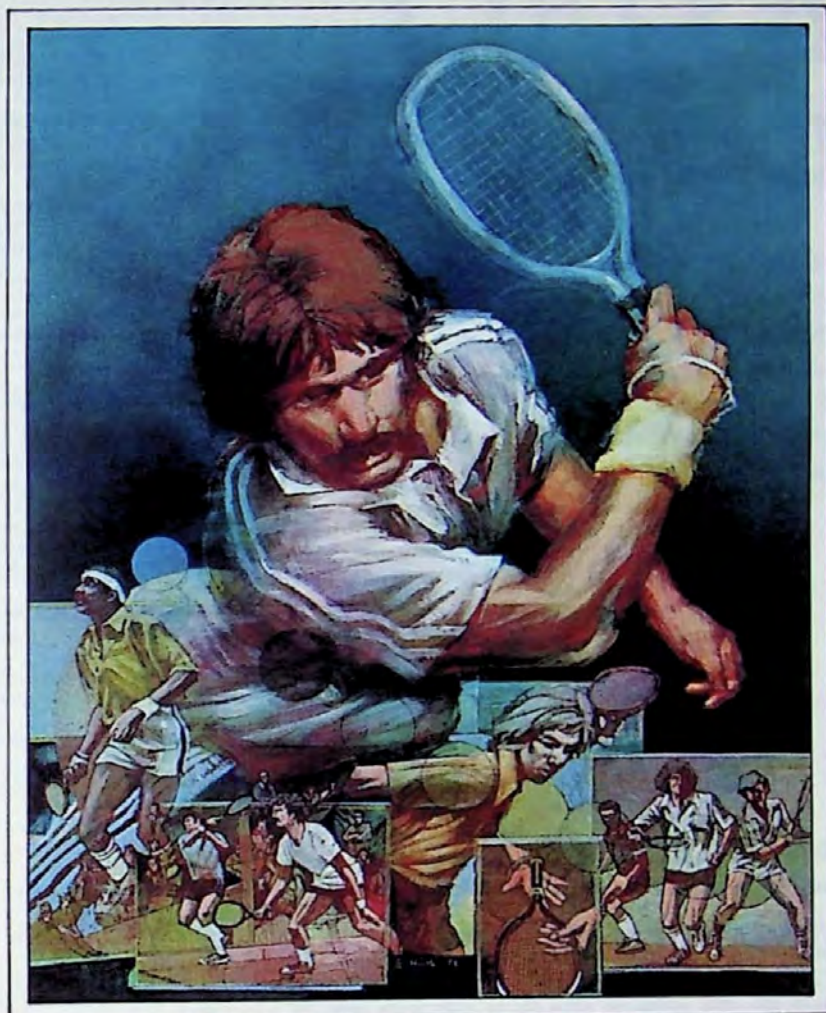
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(cont. from p. 43)

Women's Novice Singles: 1st, Cathy Mapes (Springfield); 2nd, Shirlene Leonard (Dayton).

Women's B Doubles: 1st, Sandy Hyre-Karen Wolff (Cincinnati); 2nd, Rosie Maxwell-Diane Reitz (Dayton).

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Men's "B"

Finals: Al Falkosky over Tom Dolfi 15-13, 15-3

Men's "C"

Finals: Ray Phillips over Bill Witherow 15-11, 1-15, 11-7

Men's Seniors:

Finals: Babkes over Gentile 15-5, 15-7

Men's Masters:

Finals: Al Schaffner over Bob Eazor 17-15, 15-6

Golden Masters:

Finals: Ed Emack over Mike McNulty 15-2, 15-2

Men's "A" Doubles:

Finals: Babkes-Magel over Engel-Del Greco 15-10, 19-21, 11-10

Men's "B" Doubles:

Finals: Tom Dolfi-Bob Steding over Ron St. Clair-Paul Love 15-4, 15-13

Juniors:

Finals: Adam Schwartz over Gary Sheffler Jr. 15-7, 15-5

Women's "A"

Finals: Farrell over Ross 15-9, 15-12

Women's "B"

Finals: Myrna Burns over Nancy Duff 11-15, 15-3, 11-2

Women's "C"

Finals: Fran Young over Janna Sam 15-6, 15-2

Women's Open Doubles:

Finals: Farrell-Miller over Ross-Gurson 15-8, 15-5 ■

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