

National Racquetball®

Vol. 6 No. 4
April, 1978
\$1.50

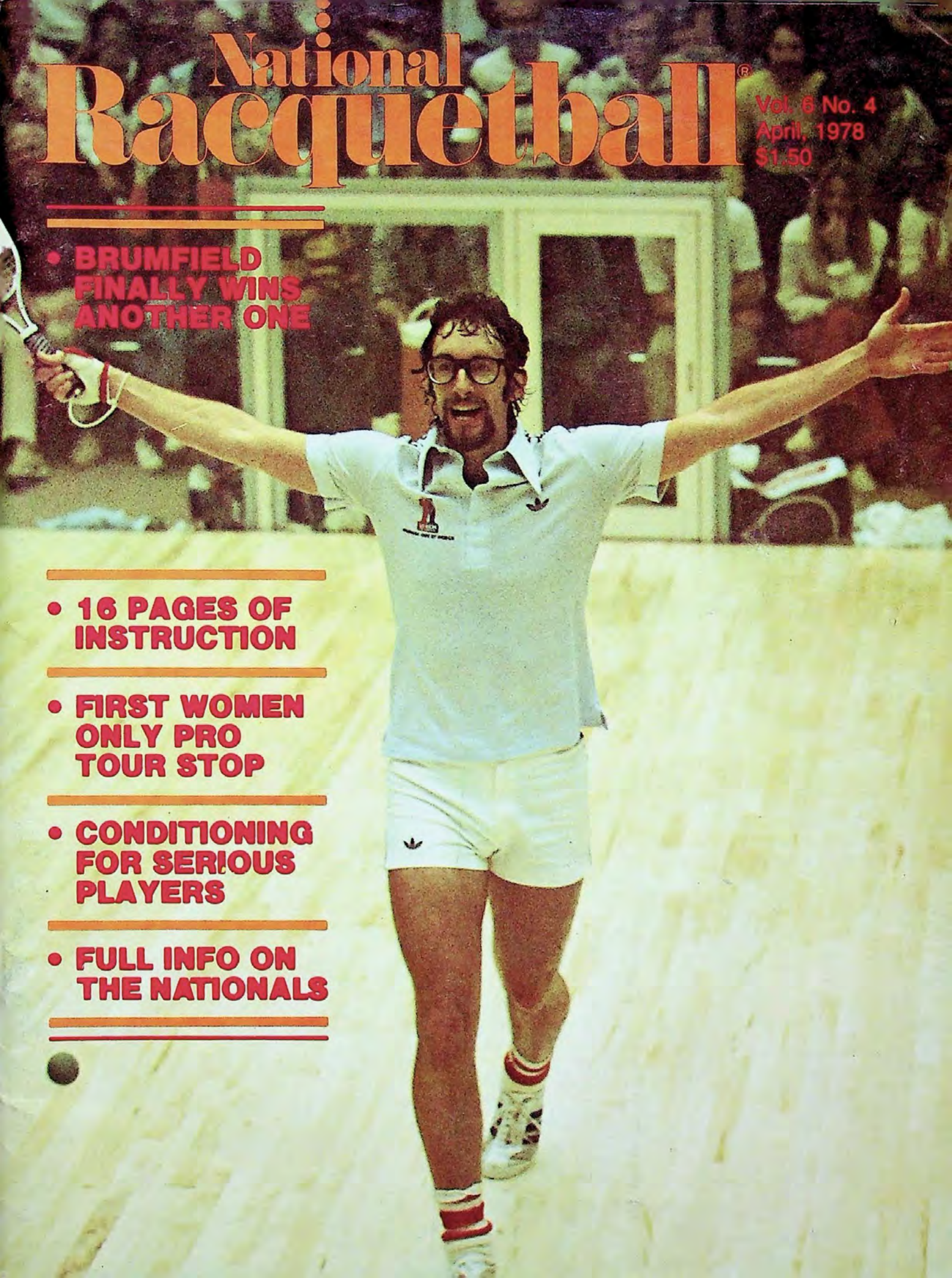
- **BRUMFIELD
FINALLY WINS
ANOTHER ONE**

- **16 PAGES OF
INSTRUCTION**

- **FIRST WOMEN
ONLY PRO
TOUR STOP**

- **CONDITIONING
FOR SERIOUS
PLAYERS**

- **FULL INFO ON
THE NATIONALS**



What's the best racquet in the game? Which racquet is recommended most? In an August 1977 survey by Western Union, court managers, pros, and racquet buyers at over 200 court facilities nationwide picked Ektelon by more than two to one.

Ektelon... the most recommended racquet in racquetball.

Here's why:

Exclusive Patented Milling Process

Ektelon "mills out" a strip of metal from the racquet head to help control weight, flexibility, weight distribution (balance point) and at the same time reduce vibration.



Unique Handle Construction

Ektelon racquet handles are virtually indestructible, yet lightweight. The aluminum frame extends all the way through the handle and is tapered at the end to maintain correct racquet balance. A locking pin secures the handle to the frame.

Ektelon offers the broadest selection of handle sizes and grip materials available.

Made of Alcoa 7005 aluminum: light, tough, 32% stronger than the materials most other racquet makers use.

Frame is drilled after bending, to eliminate stress points, tighten eyelet fit, lengthen string life.

Full year racquet warranty, 90-day string warranty.

All Ektelon racquets are manufactured in San Diego, CA
7079 Mission Gorge Road, San Diego, CA 92120

EKTELON®

Ektelon is a registered trademark of Ektelon, San Diego, CA

*Research results available from Ektelon.

shoot it  serve it  pass it 
belt it  splash it  whack it 
slap it  dunk it  bounce it 
freeze it  spin it  cream it 
chop it  wet it  dribble it 
lob it  hit it  ace it  loft it 
hang it  clobber it  bang it 
center it  spike it  kill it 
smash it  hook it  boot it 

buy it, Seamco

SEAMCO SPORTING GOODS COMPANY, DIVISION OF DART INDUSTRIES, LAGRANGE, GEORGIA 30240
FOR MORE INFORMATION, CALL 1-800-241-8111 TOLL FREE.

**WE'VE CAPTURED
ALL THE COLOR
AND ACTION...
of the '77 U.S.R.A. National
Racquetball Championships**

**... Now It's Available To You
On Video Tape Cassettes**

**IDEAL FOR CLUBS, PLAYERS
AND ENTHUSIASTS...**

**Taped from 3 different angles,
affording the best views of the action.
Slow motion and instant replay also!**

**30 Minute $\frac{3}{4}$ " Color Video Tape
Cassette... \$100 (incl. tax & ship.)
Study selected shots in slow mo-
tion and the highlights of the Men's
Quarter Finals, Semi-Finals and
Final Matches. And Women's
Finals, of course! Sound & Voice-
Over commentary.**

**10 Minute $\frac{3}{4}$ " Color Video Tape
Cassette... \$50 (incl. tax & ship.)
Outstanding scenes promoting the
'77 Nationals. Sound & Voice-Over
commentary.**

**90 Minute $\frac{3}{4}$ " Color Video Tape
Cassette... \$175 (incl. tax & ship.)
Men's Final Match—complete!
Actual contest soundtrack.**



**To order, call or write:
Ken Davidson (714) 298-9321**

All orders C.O.D.

Atlas Health Club
901 Hotel Circle South, San Diego, California 92138

National Racquetball®

Vol. 6 No. 4
April, 1978
\$1.50

Contents

Editorial

From Bob Kendler	8
The 22nd Point	90
National Commissioner	10

Instructional

Returning The Serve by Steve Keeley	15
Basics For Beginners by Terry Fancher	18
Doubles For Players Who Know What They're Doing by Steve Strandemo	24

USRA Amateur Racquetball

Beyond The Open	32
-----------------	----

Beyond The Open

Women In Racquetball	40
----------------------	----

Racquetball In The News

Racquetball In The News	41
-------------------------	----

NRC Professional Racquetball

Thrilling Days of Yesteryear (Gresham)	49
--	----

Back on Track (Omaha)

Back on Track (Omaha)	50
-----------------------	----

National Racquetball Extra!

National Racquetball Extra!	58
-----------------------------	----

Court Clubs

Court Clubs	66
-------------	----

Features

All-Pro Racquetball Tournament	72
--------------------------------	----

Health

Canadian Government Aids RB's Growth by George Vaia	74
---	----

Upcoming Events

Conditioning For Players Serious About Winning by Marcus B. Sorenson	76
--	----

Letters

Conditioning For Players Serious About Winning by Marcus B. Sorenson	78
--	----

National Championships	82
------------------------	----

Nationals Entry	83
-----------------	----

Kunnan/Leach Tournament of Champions	85
--------------------------------------	----

Letters	86
---------	----

On The Cover . . .

Charlie Brumfield, five-time National Champ has reason to be all smiles, after winning his first pro tournament in almost two years. For the full story, turn to page 50.

—Photo by Arthur Shay

National Racquetball Magazine is the official publication of the United States Racquetball Association

And is published monthly by the National Racquetball Club, Inc.

4101 Dempster Street, Skokie, Illinois 60076, (312) 673-4000.

President and Publisher • Robert W. Kendler

National Director and Editor • Charles S. Leve

National Commissioner and Business Manager • Joseph Ardito

National Coordinator • Terry Fancher

Associate Coordinator • Dan Bertolucci

Design Director • Milton W. Presler

Managing Editor • Carol Brusslan

West Coast Editor • Nick Longhurst

Circulation Manager • Kip K. Kendler

Circulation Administrator • Jack Kendler

Photographic Consultant • Arthur Shay

Advertising information requests should be addressed to

Joseph Ardito, Business Manager, National Racquetball Magazine,

4101 Dempster Street, Skokie, Illinois 60076. Copy subject to approval of the publisher.

All editorial communications should be addressed to The Editor, National Racquetball Magazine,

4101 Dempster Street, Skokie, Illinois 60076. Manuscripts must be typewritten and double spaced.

Color and black and white photographs are welcomed. Please enclose a stamped self-addressed envelope for return of manuscripts and photos.

Subscriptions are \$9.00 of one (1) year. Rates are for U.S., possessions, military and

Canada. Foreign subscriptions add \$5.00 per year for postage. Second class postage paid at Skokie,

Illinois and at additional mailing office. Postmaster send form 3579 to National Racquetball Magazine,

4101 Dempster Street, Skokie, Illinois 60076. (Please allow 8 to 10 weeks between the time

subscription form is mailed and receipt of first issue.)

National Racquetball ©1978. All rights reserved.

Reproduction in whole or in part without written permission is prohibited.

*Registered trademark of the
United States Racquetball Association

The Official Publication Of The U.S. Racquetball Association

Wood Floors.

Give a lifetime of performance and wearability, because they are more than skin deep.



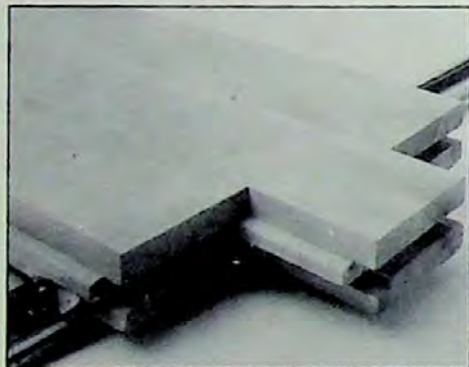
Wood floors . . . unlike thin, synthetic type floors . . . are constructed of sufficient mass to control the transmission of cold and condensation from a concrete subfloor to the playing surface. A most important construction consideration in the building of Racquetball/Handball Courts.

Robbins, now offers a choice of four, hardwood maple floor systems. The superb construction of each of these floor systems make them less affected by variations in temperature and/or humidity . . . resisting warping, twisting, excessive swelling and shrinkage. Your assurance in having a wood floor

system that will last the "lifetime" of your courts, with a minimum of maintenance.

For the player, Robbins wood floors give fast action . . . with *uniform ball bounce* as the ball comes off the floor without loss of energy. Furthermore, the high resiliency of Robbins wood floors *reduces player fatigue*.

With Robbins, the name in hard maple floors, there is a choice . . . Lock-Tite; Strip-Tite; Permacushion; Cincinnati Sectionals. For Complete details and specifications just write, or give us a call.

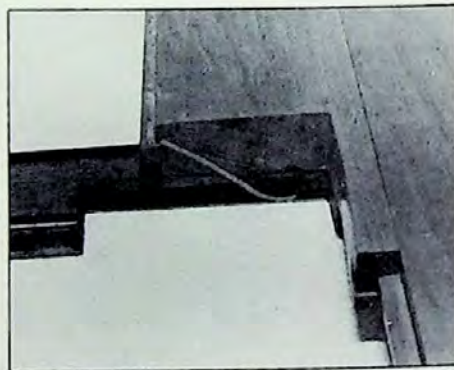


LOCK-TITE®

High quality steel channels and clip fastening system to withstand the extremes of moisture and humidity.

STRIP-TITE®

Combination of clinching and high density hardwood gives maximum hold down strength.

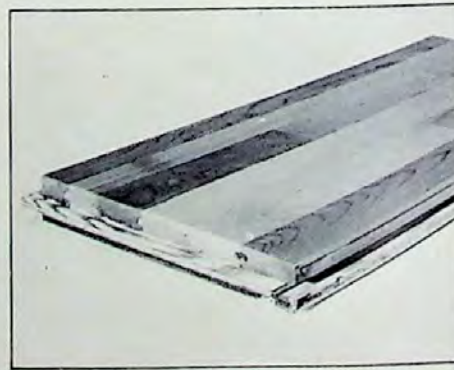


PERMACUSHION®

The hard maple floor system that floats on cushioned sleepers. Shock absorbing, economical and versatile.

CINCINNATI SECTIONALS®

Prefabricated, installation is accomplished quickly and easily.



Manufacturer of nationally famous Precision Courts wall & ceiling systems for Racquetball/Handball Courts



3626 Roundbottom Road / Cincinnati, Ohio 45244
(513) 561-5805





Centurion™— New carbon filled composite construction. Black heat-welded strings, plush raised-leather grip. 18.5 inches, 250 grams

Choose your weapon.

We make five great racquets, not just one or two. So more than just getting a choice of responsive aluminum or composite frames, you get a choice of strings, grips, weights, and even lengths. So choose your weapon. Choose a Spalding.

Futura™— New metallic brown-anodized aluminum frame. Exclusive nylon/stainless steel impregnated strings. Rich raised leather grip. 18 inches, 260 grams

Top-Flite™— Spalding's heaviest racquet built for power play and durability. Expanded teardrop head shape with clear tournament nylon strings and a top-grade leather grip. 18 inches, 285 grams

Smasher™— Extra long, extruded aluminum frame, rugged steel eyelets, durable twisted nylon strings, leather grip. 19 inches, 270 grams

Rebel™— New nylon/glass-filled composite, blue twist nylon strings. Raised stitch leather grip. 18.5 inches, 255 grams

SPALDING

About The All-American Kid . . .

In February we sponsored our First National Masters Invitational and it was quite a success. Coming at a time when we are making significant progress, it should be noted that the USRA is now giving all age categories tournaments so they can enjoy the lifetime sport for their entire lifetime. We are adding Women Seniors (age 35 and up) and Men Super Masters (age 65 and up). The Women Seniors and Super Masters will officially become brackets of play in the 1978 Nationals.

As you know, we already have categories for Senior Men (age 35 and up), Master Men (age 45 and up) and Golden Master Men (age 55 and up). It should be apparent that we are making giant strides to serve "kids" of all ages. Thus we prove our claim that racquetball is a lifetime sport with categories for the big kids as well as the little kids. And no one will ever convince me that every player is not really a kid at heart.

We are called upon to do many things besides sponsor tournaments. Following are two typical examples. The first is from Wesley B. Bartholomaeus of the Skyline School in Portland, OR.

"It is my good fortune to be an elementary school principal. Three hundred students in grades K-8 attend this rather rural school. We are at least 10 miles to a gymnasium facility that offers racquetball. I have attempted in a meager way to provide the upper grade students with an opportunity to play racquetball. We moved some physical education equipment that was mounted on one wall. We now have one front wall and one side wall that are almost regulation size. Two

ping pong table tops are placed on their sides to form another partial wall. No back wall is available. The students take turns using my three racquets. They exhibit a genuine interest in this new game in our improvised court. Our problem is to allow more participation because so many children are interested in playing. But I want to thank you so much for your work and, most of all, for an opportunity to read about you and your wife who have made this world a better place for so many people."

Mr. Bartholomaeus asked for nothing in his letter, so it must have come as a big surprise when he received a substantial amount of equipment for his kids . . . compliments of USRA.

Then we heard from Jim Stevens, newly elected National Chairman of the A.A.U. for Handball/Racquetball.

"In recognition of, and tribute to, your personal status and esteem in the heritage of these sports, and in consonance with our administrative organizational structure, I am hopeful that you will accept my invitation and appointment to serve on our Handball/Racquetball Committee's National Advisory council. I am also desirous of arranging an executive level meeting with you in the near future to review our national program objectives, and determine how we may mutually accommodate the multiple program challenges of two of America's most popular and beneficial socio-recreational and competitive sports, handball and racquetball."

Having once served as National A.A.U. Chairman, I know that Jim will need a lot of help. So does the Y and the JCC. We have that help, and it's available to one and all. We have run hundreds of tournaments for the Y and the A.A.U.



We stand ready to run more. But whatever contribution we make will be structured through our association and will shed its glory alike on both groups.

I therefore replied, "Anything that contributes to the prosperity of handball and racquetball will always have my wholehearted blessing. As I recall, this has been my philosophy since 1927 when I first realized all the possibilities of the little round ball.

"Unfortunately, this labor of love has laid a heavy hand on me. Struggling through nearly 200 tournaments each year has not only turned my hair pure white, it has denied my family and business companionship and concern that a rational man wants to give.

"Because of these continuing pressures, I must decline any further duties, at least until I can delegate some of my current undertakings. Feel assured, however, that I will fully cooperate with you as I always have with the Y, the JCC, and any other organization regardless of their competitive stance. After all, we are all working for the same boss, aren't we . . . the American Kid!"

I hope you particularly noted the closing line. When it's all said and done, what difference does it make . . . USRA, YMCA, AAU, or JCC . . . we are all working for the same boss . . . those wonderful American kids we all love. By the way, how many do you have? Put me down for seven! •

Bob Kendler

"Trust Him when darkest thoughts assail thee:
Trust Him when thy faith is small;
Trust Him, when to simply trust Him
Is the hardest thing of all."

Rosalind Russell

NOT ALL RACQUETBALLS ARE CREATED EQUAL.



Some are rounder than others. At Seamco, we inject superheated rubber into our molds. This gives us a uniform wall thickness and a super round ball.

Technically, our racquetballs are within seventeen one thousandths of

perfect roundness. Our next closest competitor is "out of round" more than twice that figure.

Being the racquetball originator, no one has greater technical expertise to give you a better playing ball.

SEAMCO RACQUETBALLS

The official ball since the game began.

IF IT BOUNCES SEAMCO MAKES IT.



Gals' Future All Roses

There were doubters. There were skeptics. Even the players themselves weren't sure what would happen. But when the first women-only pro tour stop came to a conclusion Jan. 22 only one inference could be made: the gals are here to stay.

Long a poor second cousin to the harder hitting and more flamboyant men on the Colgate-Seamco-Leach tour, the gals finally had a chance to prove themselves. But they alone could not have accomplished the tremendous event in Omaha, NE, that weekend.

It took a superb effort on a number of counts, but it all started with the pros. If courtesy, helpfulness and general attitude toward other players, fans and host staff can be measured in good will, the women pros did more public relations work in one weekend than some of their male counterparts will do in their entire careers.

Besides that the level of play on the ladies tour has improved drastically over the past year. Where there were Steding, Wright and who knows just 12 months ago, there now stand 10 or 12 players who are a threat to go all the way at any time.

The concept behind a women-only tour stop (there was another one the first weekend of April) is basic: there will never be a substantial amount of prize money on the ladies tour unless the ladies can make it on their own. They must be able to play excellent racquetball, provide exciting matches, draw good galleries, and make a stop profitable for a host in order to attract a sponsor who will make it profitable for them.

This is not only crucial for their own financial futures, it is crucial for the promotion of women's racquetball in every sector, for the further promotion women's racquetball gets with the pros, the more attention and promotion the gals will get for the entire sport.

But going into the event at Sports Courts of Omaha, many of the gals were hesitant. After four years of the cozy security of the men, some weren't sure that they alone could bring in the gallery. The doubters were wrong.

Everything possible was accomplished from press parties, clinics and publicity to kill shots, passes and ceiling balls. One hundred percent cooperation was given by the players for the good of the tournament, which sported full galleries and superb matches throughout.

Sports Courts owner Dick Kincade, the USRA's Nebraska state cochairman, whose belief in the ladies game provided an outstanding host club, did more than his share in hospitality and congeniality.

Many of the pros brought their mothers to this first time event, just to give mom a chance to see her baby in action - racquetball action. Each mother received an orchid and the comradery between players and moms was just another special something in this special tournament.



Many people have to do many things to insure the success of a major racquetball tournament - especially a pro event. Matt Helreich, representing our public relations firm of Stuart Rowlands and Associates, did one of the finest p.r. jobs in racquetball history, as the players were literally lined up for media coverage.

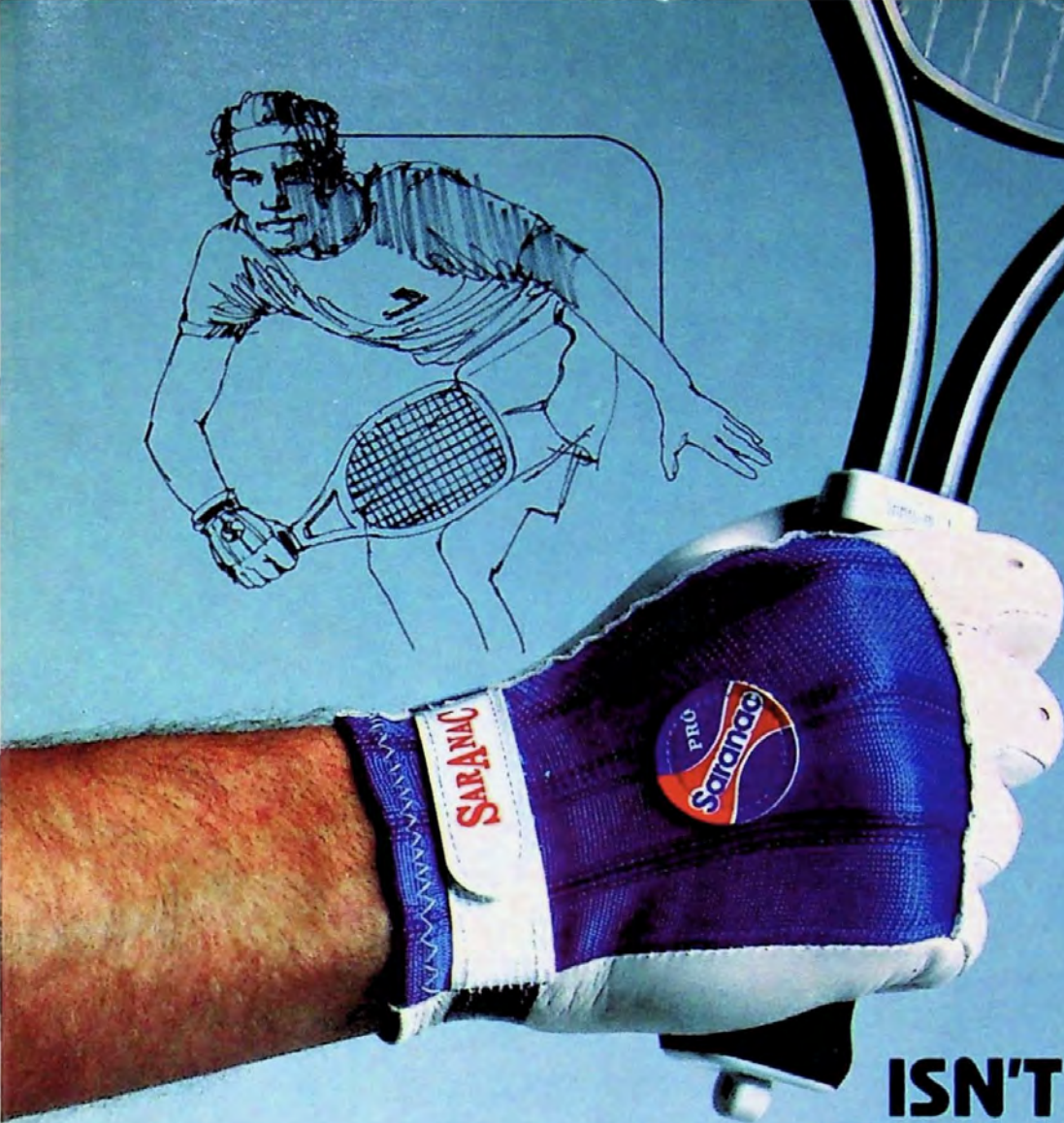
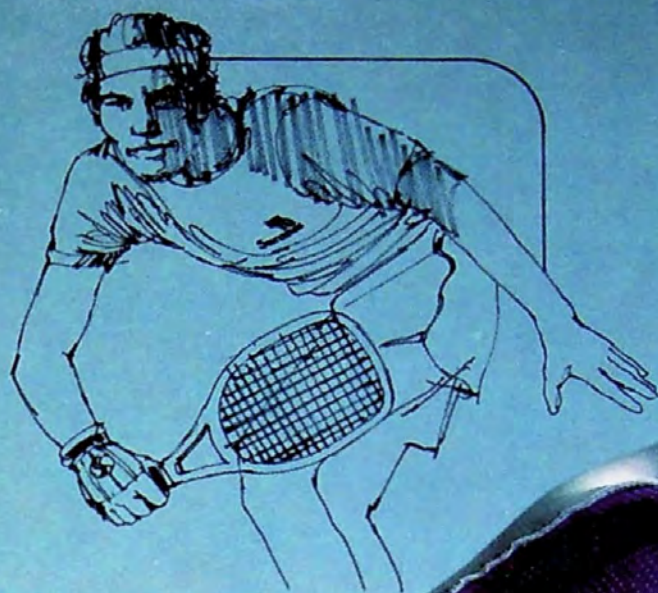
Every woman player gave of herself to the future success of women's racquetball. There was a job that needed to get done and they did it.

But I left Omaha feeling certain that the job would have been done, even if there was nothing at stake, because that's the way these players are.

If the Omaha women-only pro tour stop is any indication of what lies ahead for the ladies, I will guarantee you two things. First it won't be long before the women decide that they don't particularly care for distant cousin status, and second somebody big is going to come along and polish this diamond in the rough.

And it won't be a moment too soon. For if there is one sector of racquetball that is more deserving, I sure don't know what it is.

My hat is off to the women pros, they are true professionals in every sense of the word. ●



ISN'T IT TIME YOU TURNED PRO?

With Saranac's R-70 PRO

Look for Saranac's PRO emblem on our famous racquetball glove acclaimed nationwide as the finest . . . "the choice of the pros!"

The PRO is crafted from Saranac's own native deerskin . . . hand selected to be naturally light and tacky. Designed with a snug-fitting elastic and fully adjustable Velcro closure, the glove offers extra comfort and a feel of confidence.



SARANAC GLOVE COMPANY

P.O. BOX 786 GREEN BAY, WISCONSIN 54305

PHONE: 414/435-3737

THE FUTURE OF RACQUETBALL LOOKS GREY.

And it's called the Leach Graphite-Performer.™

First there was wood. Then aluminum. Then glass-filled. And now, graphite.

And no one needs to tell you what graphite can do for a sport. Or sales.

And in the hottest, fastest-growing sport in the world, graphite is bound to be dynamite.

It's priced and designed to move, both off your shelves and on the court.

For starters, the Graphite-Performer is an incredible 250 grams light. Yet still packs the power of a heavier racquet.

It's rigid enough to virtually eliminate vibration and excess

flexing. Yet still keeps the control of glass-filled.

Its unique narrow-throat, one-piece construction (you won't find anything like it anywhere else) actually turns the entire string area into the sport's biggest "sweet spot."

And it feels great.

All for a suggested retail price tag under \$35.

That's right. Graphite for under \$35.

You can't miss.

The sport's most innovative racquet from the sport's most innovative name.

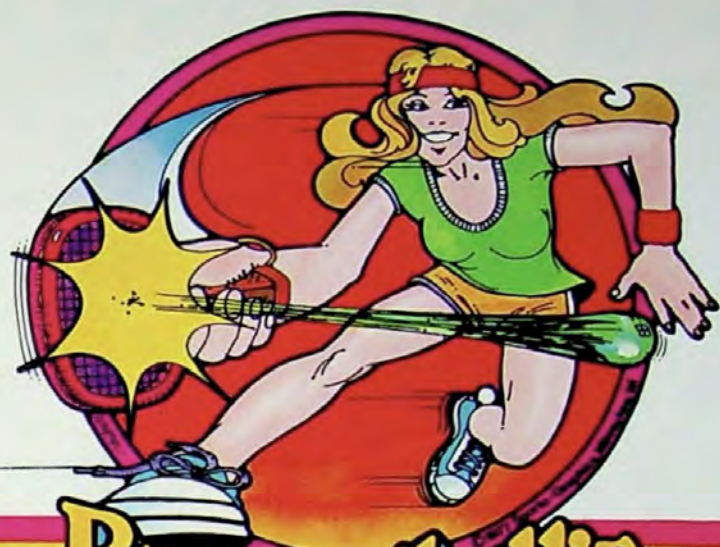
The competitively priced and designed Leach Graphite-Performer.

The future couldn't look brighter.



NUMBER ONE BY DESIGN

©1977 Sporto-Graphics, Milwaukee, WI



Racquetball's my game

RB-1006



RB-1002

Presenting "Court Chesters"™

by Sporto-Graphics

Now available for racquetball and handball enthusiasts, six of the most colorful, exciting, quality shirts and designs the courts will ever see. You can "Proclaim YOUR Game!" and look GREAT at the same time! All are white with NAVY trim, and made of 50% cotton — 50% polyester to assure maximum wearing comfort and minimal shrinkage. They look good and wear well. Order yours today, EXCLUSIVELY from Sporto-Graphics.



RB-1001



HB-2001



HB-2002



RB-1003

*NOTE: All designs are full-chest and loaded with color, as shown above.

TEAR OFF AND MAIL TO:

SPORTO-GRAPHICS P.O. BOX 1645 MILWAUKEE, WI 53201

QUANTITY	STYLE NUMBER	SIZE

1 shirt \$5.25 plus .75 shipping
 2-5 shirts 5.00 ea. plus 1.25 and
 6+ shirts 4.75 ea. plus 2.00 handling

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

Total number of shirts _____
 at \$ _____ per shirt = total price \$ _____
 Wisconsin residents add 4% sales tax _____
 + shipping and handling _____
 total enclosed \$ _____

Send check or money order only and make payable to SPORTO-GRAPHICS.

MENS AND WOMENS SIZES
 S (34-36)
 M (38-40)
 L (42-44)
 XL (46)

Omega takes over.



You'll take a commanding position on court with an Omega racquet. Every Racquet is an engineering masterpiece—right down to the finest detail. That's why an Omega plays better. Gives greater control. It's the only racquet with a frame that extends clear down to the butt of the handle. And that makes it virtually unbreakable! Omega's complete line of racquets is designed to outperform other top-of-the-line racquets—yet it's more attractively priced! See Omega. Play Omega. You'll see how Omega takes over! Call or write: Omega Sports, 2366 Schuetz Rd., St. Louis, Mo., 63141. (314) 872-9007.



Karin Walten, IRA and USRA Women's Champion, and Larry Meyers, USRA Junior Champion, win with Omega racquets.



WIN-DESIGNED Racquets

Returning the Serve

by Steve Keeley

Editor's note: The following advice on the service return is another excerpt *National Racquetball* is running from well-known Racquetball Pro Steve Keeley's cassette tape instructional course, *Racquetball Lessons Made Easy*. This six lesson package includes two one-hour cassette tapes and a course booklet of "Photo-Motion" pictures and diagrams. It is available for \$7.95 plus 25 cents postage from Cassette Course, 6369 Reynolds Rd., Haslett, MI 48840.

After the serve comes the *serve return*. The proper position for return of service is about four feet from the back wall and midway between the sidewalls or slightly to the left of midpoint (for right handers). See figure 1. Get into a comfortable tennis receiving stance with racquet ready at navel height in front of your body, knees slightly bent and eyes riveted on the server. Do not tense up in this stance because, unlike tennis, the racquetball serve isn't as formidable because it hits a wall before coming at you.

Realize this: the instant you receive service, you are in the *worst* court position possible — in deep rear court, probably on your backhand side. And at that same instant, your serving opponent is in the *best* strategic position possible — the epicenter of center court. Examine figure 2. Obviously, if you make an error now, it's gloom and doom time; you'll not have another chance. Therefore your first objective is to return the ball so that it forces your rival out of the coveted center court station. Do this, usually with a defensive shot.

On the other hand if the serve is a *weak* one, then by all means administer a more offensive return. A good rule of thumb on service return is to send back any serve that may be taken *above* the knees with a *defensive* shot. Return any serve that may be taken *below* the knees with an *offensive* shot (pass or kill). Note that most shots rebounding off the *back wall* are below the knees if you allow them to drop, so return these *offensively*.

Figure 1. Service receiving starting position is normally two feet left of center and about four feet from back wall. Move this position forward one step if your opponent serves from high zone. This facilitates the forward rush for fly return.

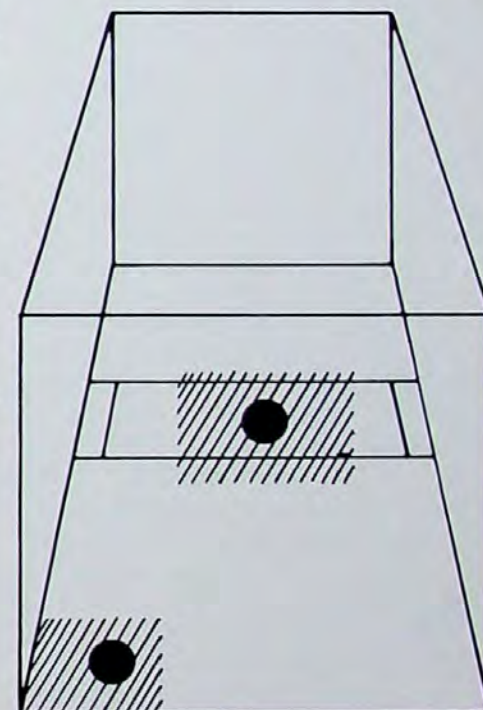
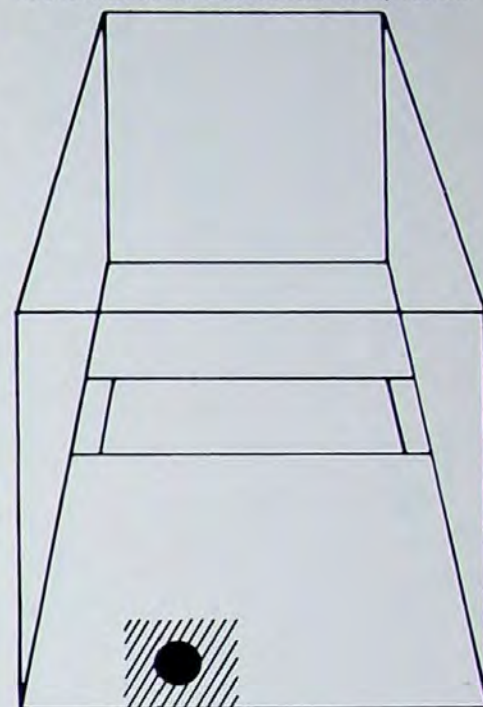


Figure 2. The relative court position at the service onset mandates that you, the receiver, think defensively on the serve return. Gain better positional advantage during the rally, before going for an offensive kill or pass. Relate this strategy to center court, as pictured in figure 9.

Figure 3. The Z ball finds infrequent use as a service return because most serves go deeper than the shaded area on the court where the Z must be struck. Plus, if a serve return is initiated from the shaded area, it is necessarily a weak serve which should be handled more offensively than with a Z.

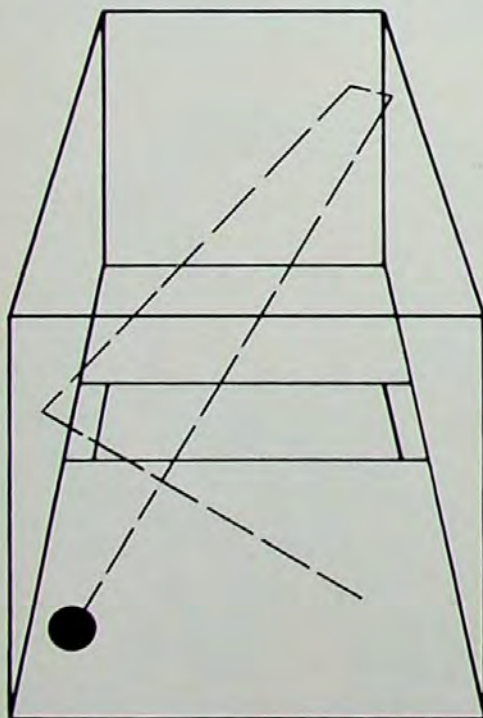
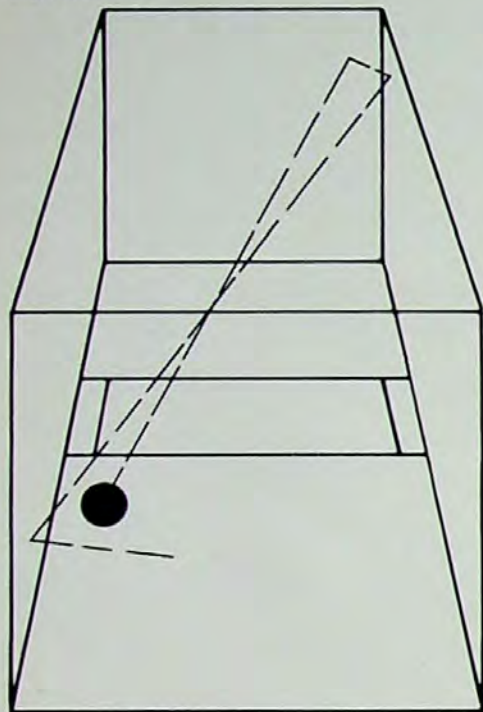


Figure 4. The many angled, many walled around-the-wall ball works well as a service return against a novice. A more experienced player will either (1) move up to the short line and volley your return if it is not struck hard enough, or (2) allow the ball to rebound off the back wall for a setup if you hit it too hard.

There are five possible service returns. Three are defensive and two offensive. Use the three *defensive* ones to return a good serve. These include the Z ball, around-the-wall ball and ceiling ball. The Z ball is a rather exotic shot that finds infrequent use on the service return because the court position from which the shot would have to be hit is too deep. See figure 3. The around-the-wall ball is satisfactory now and then as a change up or against an uncoordinated novice, but is relatively risky. See figure 4.

Ceiling Ball Safest

That leaves the *ceiling ball*, the safest and most logical service return of all. Direct your ceiling returns to the server's *backhand*, as in figure 5. The ceiling may be used to return *any* serve, from the garbage to the Z to the booming drive. Prove to yourself the effectiveness of the ceiling return in your next practice game by returning every serve (weak or strong) to the ceiling.

Next to the ceiling ball the *pass shot* is the most widely employed service return. The pass is more offensively geared than the steady ceiling play, yet is less offensively oriented than the risky kill attempt. You can drive (pass) returns cross-court or down the backhand line. The pass return uproots the server from center court in a manner which usually results in (1) an immediate point or (2) a feeble return.

Should you drive return cross-court or down-the-backhand line? The more effective of these two is the down-the-liner, but it is also the more difficult to control. True, the cross-court drive return goes to the opponents

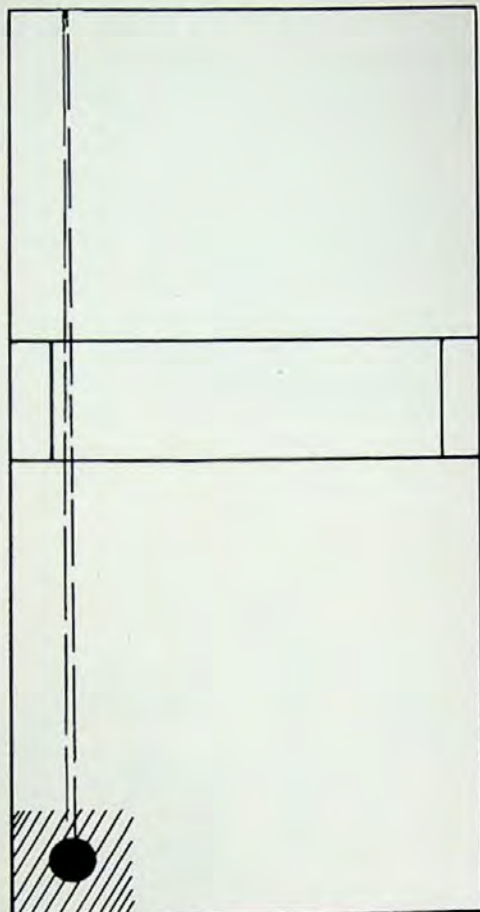


Figure 5. Direct your ceiling ball returns to the opponent's backhand deep court quadrant. In practicing the ceiling ball alone if you can consistently keep your ceiling shots dropping within the shaded area, you have conquered the service return as well as the ceiling game.

Figure 6. The cross court drive may be used to rebuff any serve you can take at knee height or lower. When passing an opponent's forehand, due to his longer reach on that side, aim for a wide angle pass which contacts the side wall just deep of the short line. Compare to figure 7.

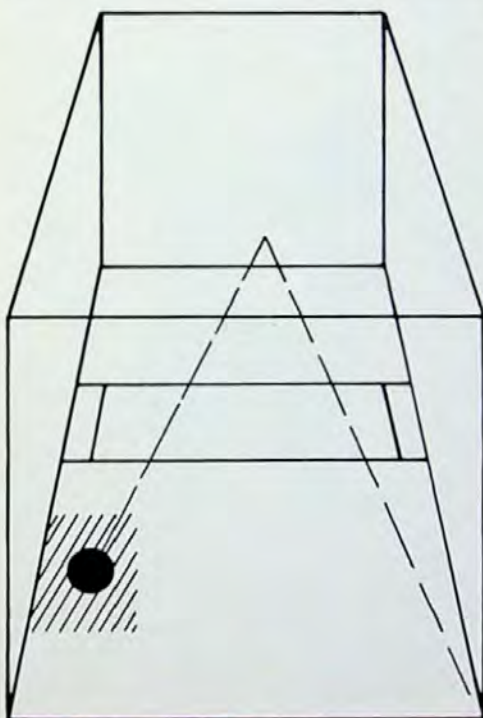
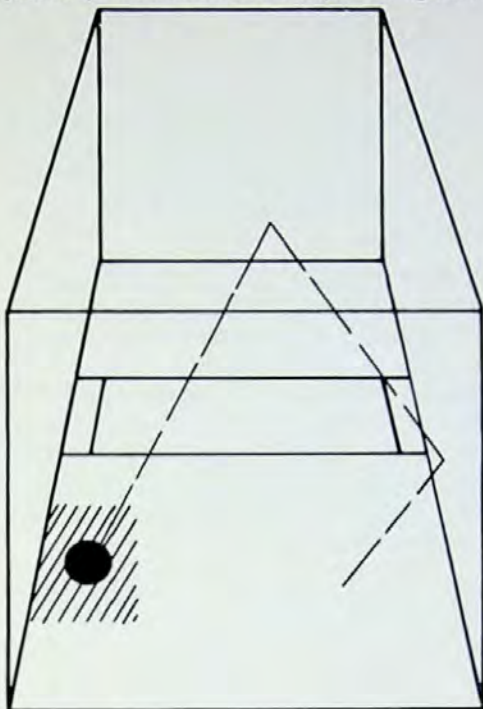
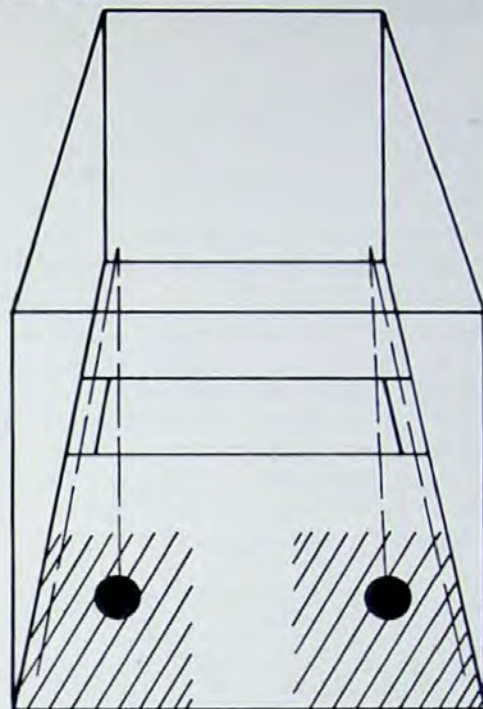


Figure 7. Compared to the wide angle pass in figure 6 the pure V pass contacts the side wall much deeper, sometimes carrying entirely to the back wall without side wall contact. The common error on the pure V is hitting too high on the front wall, precipitating a back wall setup.

Figure 8. You may logically attempt to kill any serve which (1) comes off the back wall or (2) comes off the side wall short of the shaded area. Note that if you choose to kill your return, most attempts should go down the line rather than cross court.



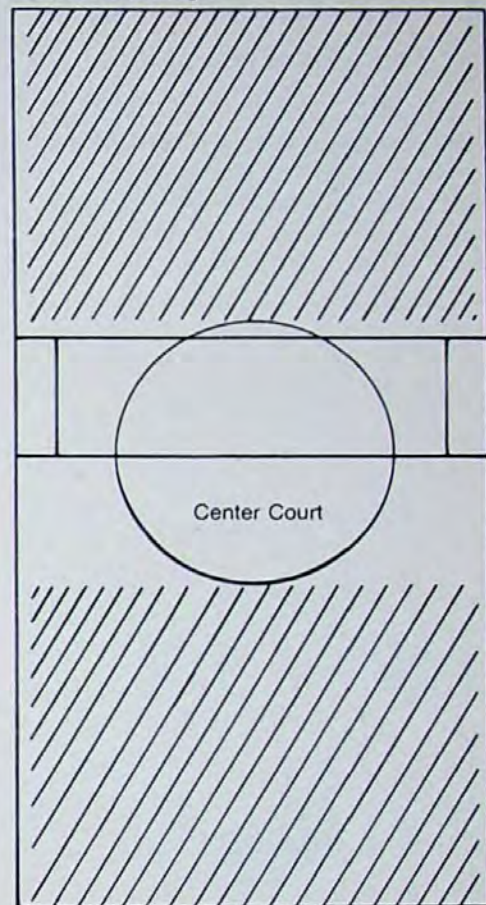
stronger forehand (with two right handers), but the shot has such a wide margin for error that most better players opt for it when they choose to pass. See figures 6 and 7.

The final possible service return is the *kill shot*. It is flashy when executed successfully, humiliating when botched. Any really bad serve deserves a really strong return, so rip back a bottomboarder on any service setup which rebounds short off a side wall or long off the back wall. Remember that when you do go for the kill return, usually place *backhand* kills into the *backhand* corner and *forehand* kills into the *forehand* corner, as in figure 8.

Scurry to center

Your work has only begun with the proper choice and execution of service return. Whether your return is offensive or defensive, well-placed or not, scurry immediately into *center court position*, just as the adept basketball player follows in each of his shots. See figure 9. One exception: If your return is a ceiling ball which you think is well placed, it is unnecessary to assume a precise center court station. Instead move forward a couple of steps to the outer *fringe* of center court and keep your eye on your opponent.

Figure 9. As in chess whoever controls the center court (circle) wins the game. Follow up your service return stroke by advancing to center court. If your return was well-placed, you may stand ready on the outer fringe of the circle. If it wasn't well placed, move closer to the center of the circle depending on where you anticipate the next shot will go.



Practice! Automatically practice the serve returns every time you drill on the defensive and offensive shots. Remember too, that the major points of consideration in *self-analyzing* one's game include the serve and serve return. If you feel you are losing games specifically due to poor service retorts, spend time in the court alone working on the ceiling ball.

The ultimate way to practice service returns is to dig up someone of comparable ability who wants to work on his serves. This, of course, is also the ultimate way for the other guy to practice serves. He serves, you return, and the ball is caught *without* perpetuating the rally. Repeat, repeat. . .

If aspiring racquetballers spent as much time practicing their serves and returns as they did other shots, the bouncy road to 21 would be much smoother. ●

Basics For Beginners — Point of Contact

by Terry Fancher

Editor's Note: This article is excerpted from *40 Common Errors In Racquetball, and how to correct them*, by Terry Fancher and Arthur Shay, soon to be published.

Point of contact with the ball is a much debated subject. Since everyone cannot stroke the ball with the force of Marty Hogan or the control of Charlie Brumfield, let's concentrate on how most successful amateur players get good results.

Many beginners are simply too anxious to hit the ball and therefore make the mistake of hurrying their shot.

Remember that whenever you can wait until the last possible moment to make contact. The longer you wait, the more likely your opponent is to commit himself, thus giving you the advantage

during the rally. This ability will improve over time if you will just keep it in mind. As your stroke skill improves, so will your power to maneuver your opponent.

Note in figures 1, 2, and 3 that John Lynch is striking the ball well to the rear of his body. Whenever possible this should be avoided by the novice player. It is quite difficult to direct the ball to where you want it to go if you swing too early. The ball will often just carry weakly around the walls and wind up in center court ready to be plastered by your opponent.



Figures 1-3. If the point of contact with the ball on the forehand stroke is too far behind the center of the body, the ball will be struck too soon. This causes the ball to hit the right side wall too early and results in a front court set-up for the opponent.

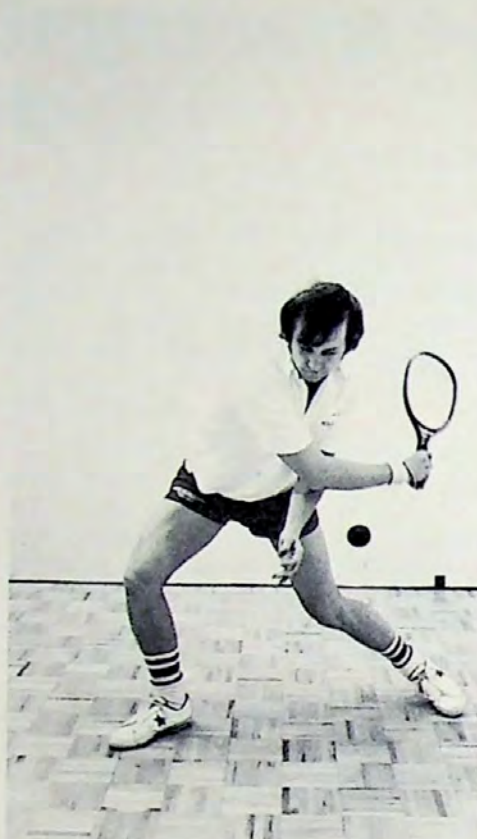
Figures 4-6. When the point of contact with the ball is well in front of the center of the body, just in front of the lead foot, the ball will be struck low to the floor and allow the player plenty of room to take a full swing. This will cause the ball to stay low for a difficult return by the opponent.



In the next sequence, figures 4, 5 and 6, note how the player contacts the ball well in front of his body. The point of contact is roughly even to the lead foot on the forehand stroke. When this method is followed, the player can generally see his opponent and the front wall, which is where he is directing his shot.

The same basics hold true especially on the backhand stroke, where errors are the most common. The body must literally unwind while executing the backhand. To allow this to happen the ball must be struck in front of the player's body with plenty of room to swing.

Figures 7-9. If the point of contact with the ball is too far to the rear of the center of the body, the ball will be struck too early resulting in a shot that hits the side wall too soon and a weak return.



Figures 10-13. John Lynch's wide stance allows him to lower his hips and get down on the ball. Note that the ball is in front of the lead foot, the racquet is well back prior to the swing and the entire stroke is smooth and forceful.

In figures 7, 8 and 9 the incorrect point of contact is depicted. As in the forehand if the ball is struck too far to the rear of the player's swing, the ball will probably strike the side wall and fall weakly into midcourt. The rest of the swing and execution is good in this sequence.

Figures 10, 11, 12 and 13 indicate a powerful well-executed backhand stroke. Note the various features of this sequence. There is a wide stance of the feet indicating that the player was set well in advance of the stroke. The racquet is well back and the wrist is cocked and the ball has dropped very low. As the hips rotate adding power the weight transfers from back foot to lead foot and there is ample follow through.



Figures 14-15. Getting too close to the back wall and deep court corner causes jamming of the stroke and often a mis-hit shot. Note how the player has to shorten his swing because he is so close to the wall, throwing him off balance. Note also he has not allowed himself enough room for his feet to set up.



Other common errors in point of contact relate to stroking the ball as it rebounds out of the back corners during a rally. Any time a player gets too close to the corner, he limits the range of motion on his stroke, thereby weakening the velocity of his swing.

Do not jam your swing as the player does in Figures 14 and 15.

Overrunning the ball will keep you continually off balance and inhibit your swing, as well as place you even further away from center court position.

Figures 16-18. Here the player demonstrates the correct arm's length distance from the side wall. Feet and body all have total freedom of movement.



Correctly, in Figures 16, 17, and 18 the player demonstrates the proper distance one should stay away from the side wall, both with the racquet and the feet. Notice how freely one can then swing at the ball and how easily the entire body can rotate. Obstruction with the side or back wall is thus eliminated and chances for a strong return are greatly increased.



Figures 20-21. If the proper arm's length distance is kept from the wall a good retrieve will turn into an effective return. To do so the player must have this full and unobstructed stroke.

Figure 19. If you overrun the ball you will crowd your shot in the deep backhand corner. The radius of your swing will be decreased, causing a weak or mis-hit return, especially if your racquet strikes the side wall.



The same basics hold true for retrieval of backhand shots out of the corner. In Figure 19 the player has overrun the ball and crimps his swing. The radius of the swing is then decreased and a loss of power results. Correction is made in Figures 20 and 21 when the ball is kept at arm's length and returned effectively with a full swing.

In conclusion it can be stated that proper mechanics, including point of contact, should be utilized. They will increase your efficiency on the court. Often the ball must be returned any way possible, but in most cases it is best to try for the proper point of contact, as demonstrated here. ●

Doubles For Players Who Know What They're Doing

by Steve Strandemo

From *The Racquetball Book* by Steve Strandemo with Bill Bruns. Copyright ©1977 by Steve Strandemo and Bill Bruns. Reprinted by permission of Pocket Books, a Simon & Schuster Division of Gulf & Western Corporation.

Doubles is a game that's growing in popularity as court space becomes limited in certain clubs and as more players learn the fundamentals of proper strategy and etiquette. There are a number of reasons for the game's appeal:

- There's the camaraderie of four people getting together and playing a match, with the joking and friendly competition that usually results.
- Since you have to protect only one side of the court, you don't need the conditioning that a full hour of singles would require.
- If you have trouble playing singles because of a feeble backhand, you can protect yourself by playing the right side of the court, where you can hit forehands nearly the entire match. All you need is a partner with a decent backhand to cover the left side.
- There's the challenge of having to execute your shots much more accurately than in singles, since you have two opponents covering the ball — on the same-sized court.
- The action in center court is usually faster than in singles, thus resulting in even more of a "reflex" game. This is good practice for the quick, open-stance swing you need in singles.
- Doubles is a thinking person's game. A team that can play together efficiently can often overcome and defeat a team that has brute strength or greater individual skills. A great singles player, in fact, can often be a terrible doubles player.

These virtues of the game, however, lead to one warning for beginners: wait until you have a good grasp of singles before tackling doubles. The action is so fast, with four players swinging four racquets in such a small area, that the game can be absolutely confusing and even physically dangerous unless *all four players* know what they're doing. It takes just one person in the foursome who doesn't understand the basic movements and etiquette to cause a great deal of chaos.

Etiquette

Just as in singles respect for one another is mandatory if you want your rallies to run smoothly and result in fun play. If you're not prepared to give your opponents an unobstructed swing at the ball and their rightful shots, there should be a doctor on call.

In basic rally situations each team must strive to give its opponents open hitting lanes for the following three shots: (a) a straight-in kill, (b) a pinch into the nearest front corner, (c) the proper cross-court angle.

The nature of doubles emphasizes the short, efficient swing that you have hopefully acquired in singles play. This swing is safer and much more effective in center-court exchanges, where three players are normally positioned close together. In deep court, however, there's usually enough room to take a full-body swing.

The Basic Formations

Side-by-Side

This is the most logical formation and the most efficient way to play doubles. Each player has basic responsibilities on his half of the court, with the understanding that whenever he gets out of position, his teammate will shift and cover his area.

True side-by-side is best executed when one player is left handed and the other right handed. This allows the team to cover the major passing and scoring lanes with crunching forehands. They then only have to decide who should cover shots down the middle, and that will obviously be the person with the stronger backhand.

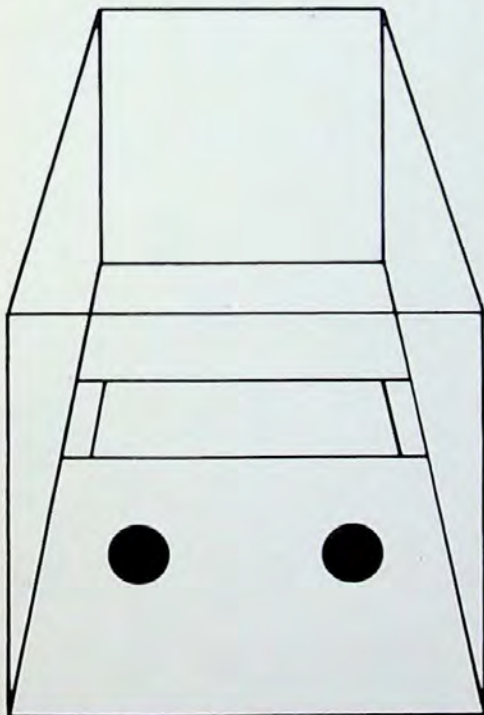


Figure 1. Side-by-Side

Modified Side-by-Side

Since there are relatively few lefty-righty teams the modified side-by-side formation will most often be used when two right handers are teammates. The right side player's major responsibility is to cover the right front corner, where most points are scored. The player with the stronger backhand will hold down the left side.

This formation enables a team with two right handers to account for the fact that the left side is being covered by a backhand, which rarely holds the same offensive potential as the forehand. Therefore, the left side player generally lags a little deeper to protect his backhand. This sets up a diagonal coverage pattern and takes into consideration the strengths of both players.

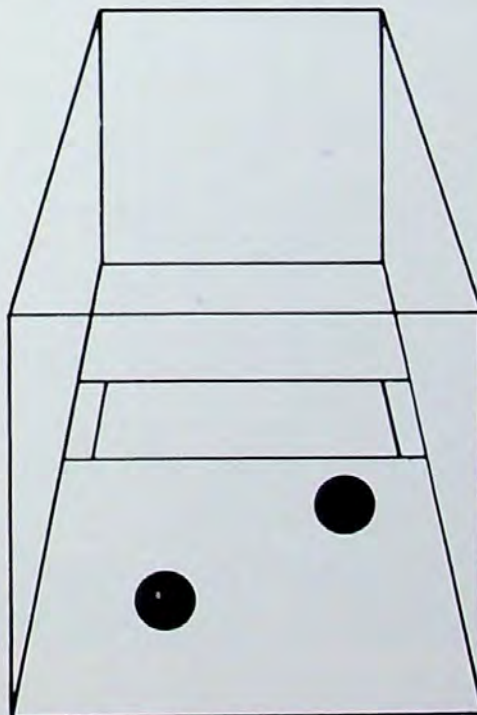


Figure 2. Modified Side-by-Side

The "I" Formation

This approach capitalizes on the specific assets of each member by having one player up and the other player back. The front player is quicker, has more aggressiveness in court coverage, and is a better retriever. The person in back shoots the ball better from deep court and has good control of his ceiling game.

Thus each player has the maximum amount of room in which to operate and execute his skills. The retriever is in the center court alone, so he has a full range of potential kill opportunities. His teammate can float from side to side in deep court, covering well placed passes and controlling the ceiling game.

The difficulty is in finding two players who have these qualities, and to then get them together as a doubles team.

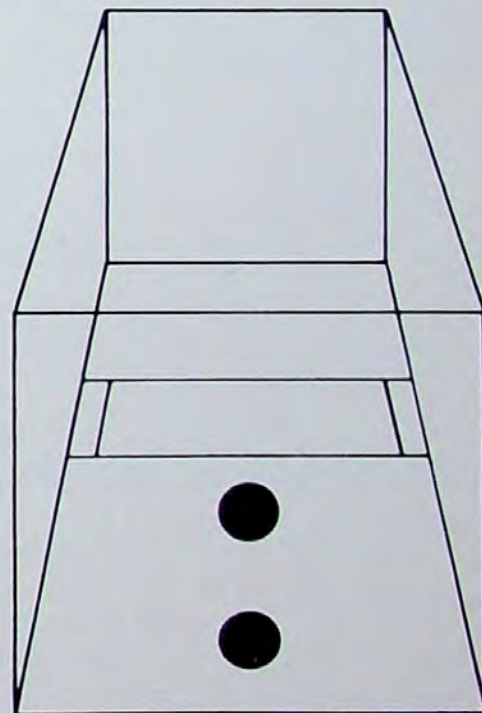


Figure 3. "I" Formation

Figure 4. Team A-B is playing team C-D. Against a right handed team A will try to serve the ball into area 3, because that is D's backhand corner. By standing in the middle the server has all the proper hitting angles to direct the ball to both back corners. Player B must stay in the service zone with his back to the wall until the served ball passes the back service line. Players C and D share the back court and are located 2 steps off the back wall.

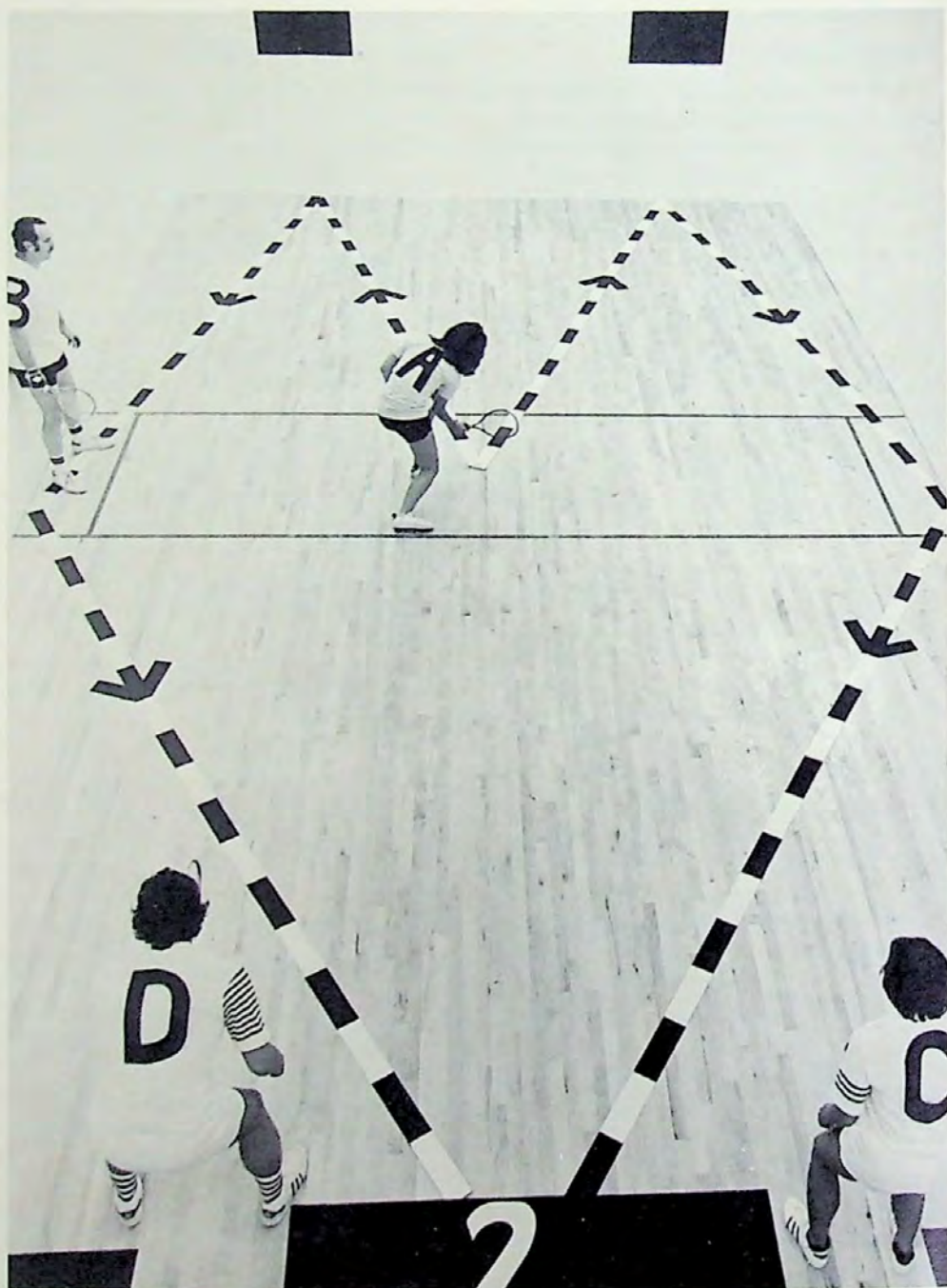
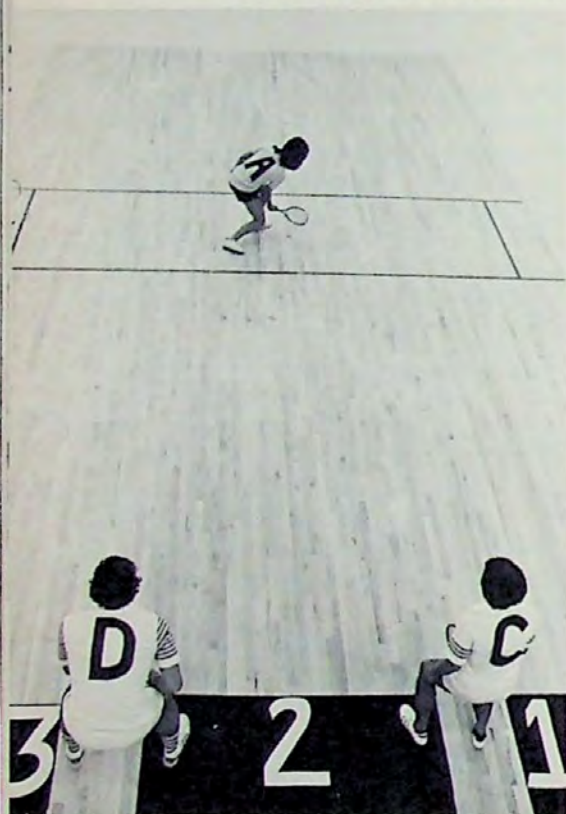


Figure 5. If team C-D is a right handed-left handed combination (as in the photograph), the server should learn to angle the ball into alley 2, since that forces backhand returns from either opponent. A good server is thus one who can serve into alleys 1, 2, and 3 with diversification and accuracy. Since control of the serve is more important than force, the server may hit with three-quarters speed until good direction is consistently achieved.

The Basic Shots

The Serve

Proper serving is necessary to get good doubles started. Serve from the middle of the service zone and aim for the back corners, using the same front-wall targets as in singles.

Accuracy on your serve is more important than power. But, again, remember: this is a game in which we'd like to master *both*.

Be careful not to serve low drives or half-lobbs into the back corner behind your partner. The timing of your opponent's return down this side wall will usually result in welts on the back side of your teammate as he relocates. Z serves and high lobbs into that back corner will take away this worry.

The Serve Return

This is dependent on the success of your opponent's serve. If he serves weakly, make an aggressive return by attempting to kill the ball or drive it cross-court. It's advantageous to widen the angle on your cross-court pass so that it has a greater chance of going by your opponent. (Have it hit the side wall just behind where your opponent is standing.) You should also try to volley and drive any lob serves, since this will get you closer to the center-court position.

On excellent serves go to the ceiling. If you try to hit an unreasonable offensive return, it may float up weakly to the front wall, where both your opponents will be ready to pounce on it.

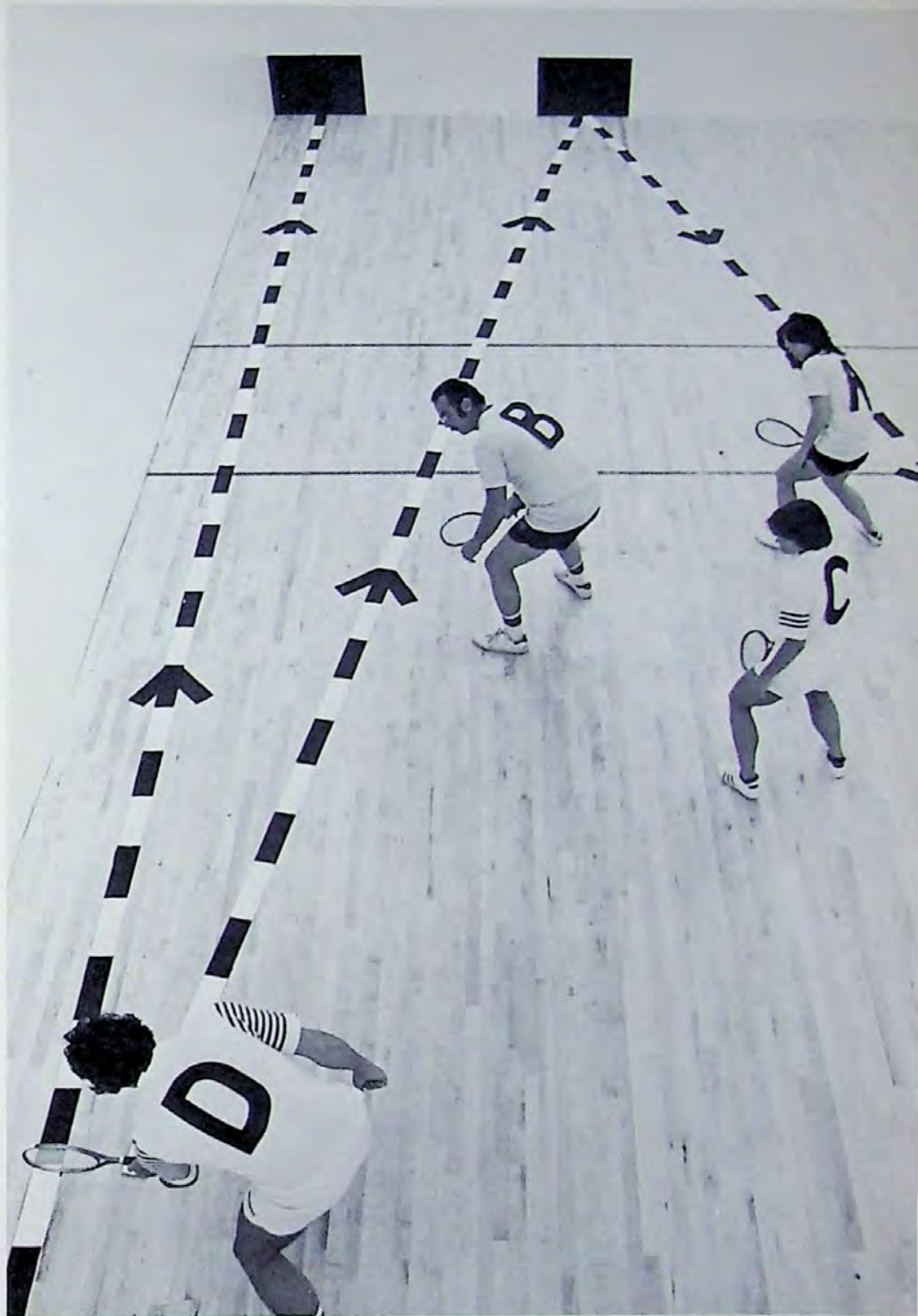


Figure 6. If the serve goes to player D, let's examine the responsibilities of each player. D's options with his return are: (1) a kill attempt into the left corner that, if hit too high, can result in a successful passing shot down the left wall, (2) a cross-court pass by A, (3) a ceiling ball.

Player B's responsibilities (after relocating in a center court position) are to cover the left corner kill attempt or left wall pass, or a ceiling ball return into the back left corner.

A relocates after serving, turns to watch D hit the ball, and anticipates D's cross court pass. A will also have to retreat and cover D's ceiling ball if he angles it into the deep right corner.

C moves up slightly behind A and B and is ready to cover their next shot. (One common myth of racquetball doubles is that one team plays completely up and the other team plays completely back. But as these photographs show both teams are always jockeying for the best possible position. This means that one member of the team is always trying to be located in center court, or slightly behind. If both members of the team are deep together, they are going to lose.)

Figure 7. If D's return comes to B, then B's shot options are: (1) kill the ball into the left corner, which can also result in a pass down the left wall; (2) cross court the ball past C. Meanwhile, D has moved up after hitting so that he's ready to cover B's shot. C has also moved up to her team's right side coverage position. A has given C this rightful position (C must be given room to hit B's cross court pass attempt), but A will be ready to move in and cover C or D's next shot. Notice how all team members are watching the ball so they all know what's going on.

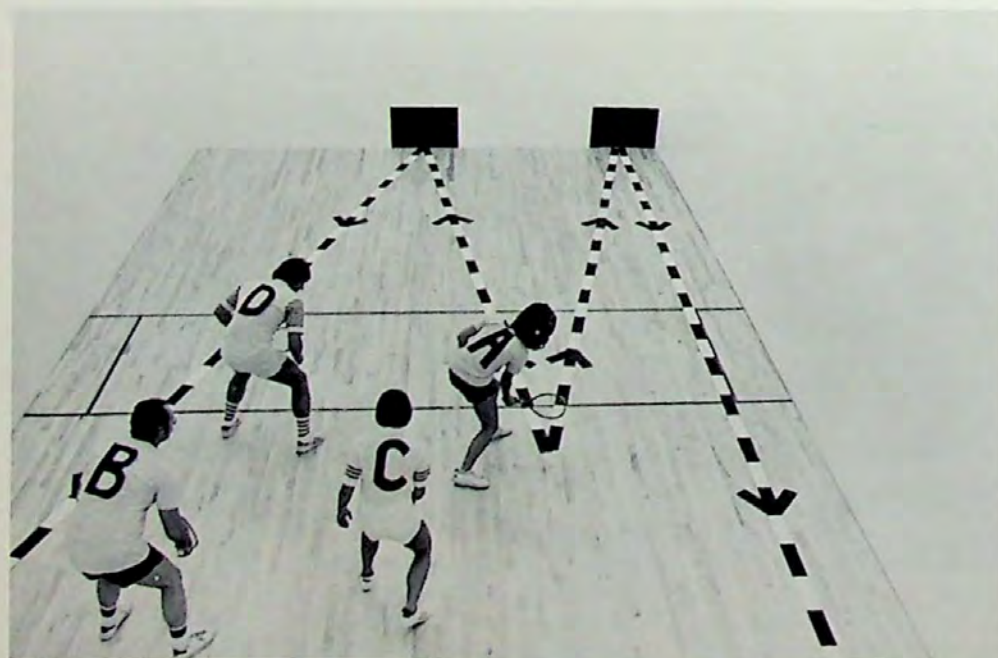
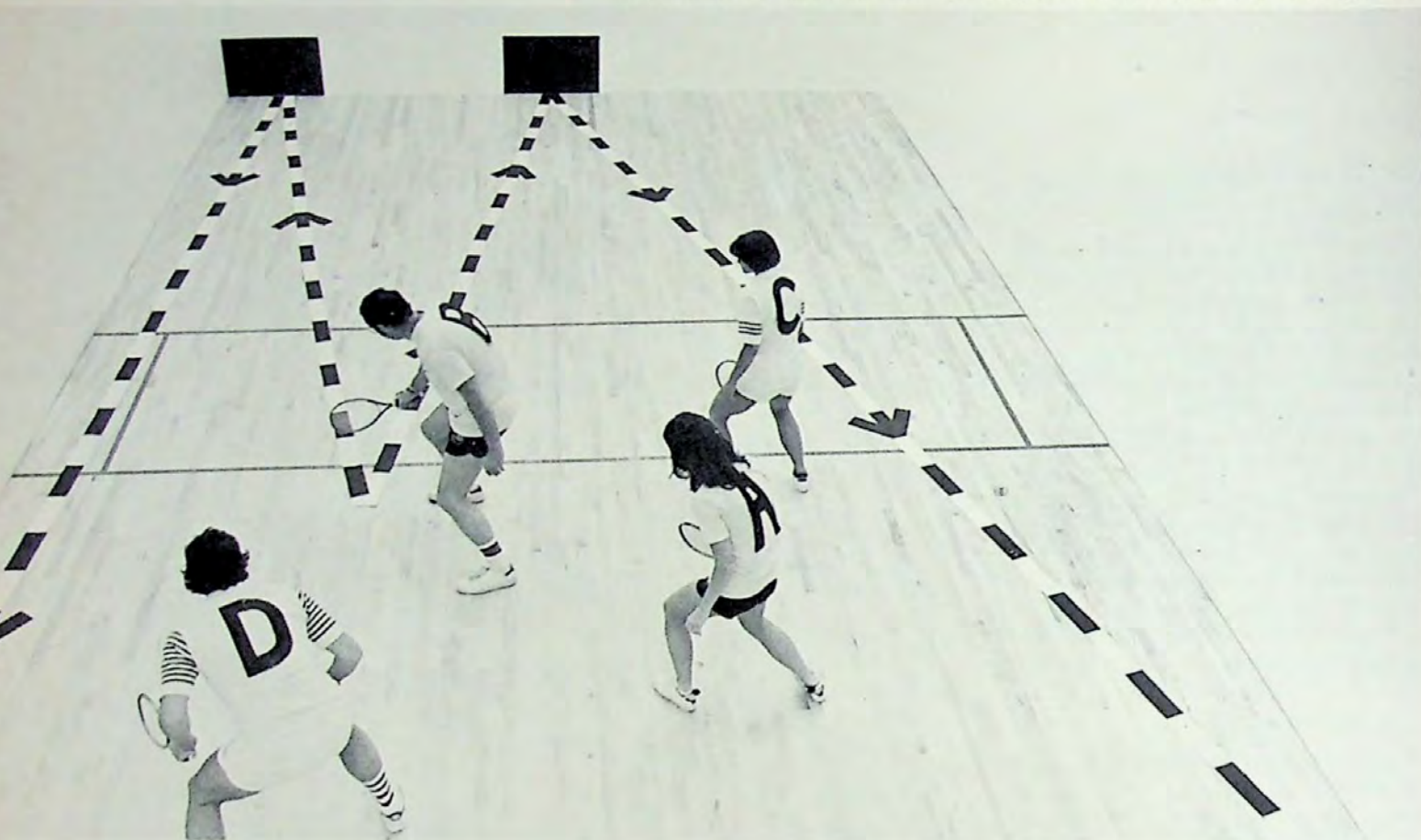


Figure 8. If D's return goes to A, her shot options are: (1) kill the ball into the right corner or drive it down the right wall; (2) cross court the ball by D. Note that D has moved up into his rightful position to cover A's cross court attempt. B must move back out of the way, but is ready to return to the front to cover after team C-D shoots. C has moved into her coverage position in the middle and will cover the kill attempt into the right corner or the pass down the right wall.

The Pinch Shot

This is a game in which you have to kill the ball to score the majority of your points because you have opponents placed on both sides of the court to track down your passing shot.

The pinch shot is a particularly valuable scoring weapon, because you often find one of your opponents lagging back a bit, playing defensively, or looking for the cross-court pass. Pinching the ball into the open front court area will thus be very effective. If this opponent starts to cheat too far forward to cover the pinch, then he's highly vulnerable to the wide-angled pass.

Through your doubles experience you'll find that your opponent on the opposite side of the court can't cover both your cross-court pass and your side wall, front wall pinch. So mix these shots up and keep your opponents in a quandary.

The Volley

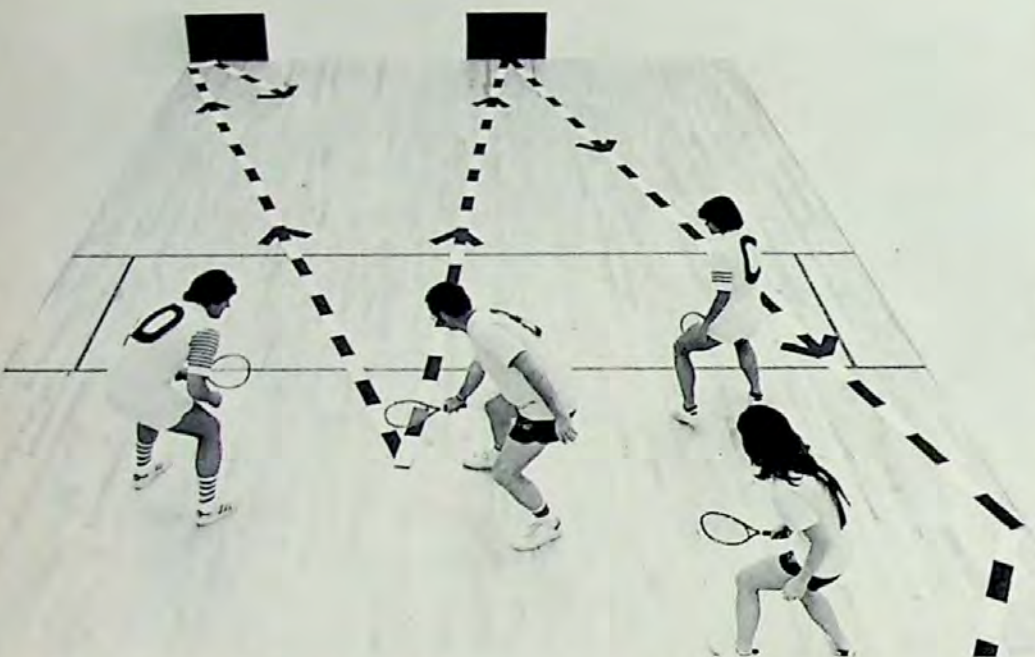
Just as in singles, the volley should be used extensively in doubles because it will allow your team to hold a center court position. (Remember the general rule: if the ball comes at waist level or below, cut it off on one bounce or volley it; if it comes higher than that, take it off the back wall.)

By volleying from center court — in front of your opponents — you will have a greater offensive shot selection, and since your opponents are not in their optimum coverage positions, a ball killed a little higher than normal has a good chance of going for a winner. Conversely, when you let a hard driven ball go by at waist level or below, then your opponents can return to their ideal defensive positions as you retreat towards the back wall. You will be forced to virtually "roll-out" your kill attempt.



Figure 9. If the serve goes to C in the right alley, then just reverse the service return options, and reverse the responsibilities of A, B, and D. Once again B must be ready to retreat into the back left corner for a ceiling ball.

Figure 10. When a player (B in this photograph) is hitting from the middle of the court during a rally, here are his options: (1) pinch the ball into the left corner – or his nearest front corner – away from D, (2) cross court the ball by C.



The Overhead Drive and Kill

Both of these shots can be used effectively in doubles. If you find an opponent lagging back, use the overhead kill to try to end the rally or to force him forward. If you find an opponent a little too far forward, use the overhead drive to force the ball to bounce up into his chest area for a difficult return.

The Ceiling Ball

Doubles can sometimes turn into long ceiling ball rallies. If your team doesn't want to play that type of deliberate game, you must change the pace with an overhead kill or an overhead drive. And any time an opponent's ceiling ball comes up short, or goes long off the back wall, be ready to set up for a kill attempt or passing shot.

The ceiling ball, of course, will have good strategic value when your opponents control center court and you don't want to risk a kill or pass attempt. In which case you'll try to drive them back with a ceiling shot.

The Importance Of Center Court

Center court control is a must for winning doubles.

First if your team is in the center court, you are in a better position to cover your opponent's different scoring attempts.

Second you are shooting from closer to the front wall and should be more accurate with your shots.

Third it's much easier to see the ball if you're standing in front of opponents.

Fourth you can use a wider variety of kills and pinches into the front wall because you don't have to shoot around other players.

Communication

Good communication is mandatory if your team hopes to maximize its ability. This communication should start before the match begins and should carry through to a critique of the completed match.

The pregame discussion should include the tactics you'll be using in your coverage, your offensive and defensive shots, and the types of serves that will be effective against your opponents. Don't be closed-minded. Reverse your thinking and try to answer these same questions about your own team so that you might anticipate your opponents' attack. Also decide on the verbal signals (i.e., "yours, mine") you'll give each other on questionable balls that come between you.

Each team is allowed three time-outs a game (30 to 60 seconds long) and you should use this time not just to towel off and catch your breath, but to talk strategy. The team that makes sensible adjustments during timeouts — such as by changing its shot selection — can often slow the other team's momentum and gain the offensive. There's nothing more satisfying than to win a match because of adjustments like these.

Often the pace and pressure is so hectic in doubles that when the actual match is over, you are physically and mentally relieved. But it's best if you and your teammate can take a little time to analyze your performance. Remember, you want to learn from all your matches. ●

The Ajay Racqueteers

***They drive opponents
right up the wall.***

From our **Spoiler**, the largest legal racquetball racquet, down to the **Vendetta**, the lightest around, Ajays are murder on the court, but not on your pocketbook.

The Ajay lineup includes 10 models, 6 head shapes. And when it comes to value, they run the others off the court. See them at your sporting goods dealer or department. Gangbusters!



THE LINEUP

SPOILER—Top gunner! Largest legal sized racquet, yet lighter than most conventionals (265 grams). Oversized rectangle.

ENFORCER—Plays with authority! A light-weight (255 grams) that hits like a heavy-weight. Rectangle.

• **357**—Sneaky! New angular design for low balls close to wall.

BULLET—Right on target! A new elongated teardrop sweet spot.

AVENGER—Great follow through! Comes in three colors with popular elongated rectangle shape.

EXCALIBUR—Very sharp! Color-coordinated tournament nylon strings, aluminum frame in rectangular shape.

VENDETTA—Strong finisher! Lightest weight you can buy, yet a heavy hitter. Teardrop.

HUSTLER—Gets the job done! Composition rectangle frame.

CM300—Money player! Probably the best value you can buy. Teardrop.

DIGGER—Unbreakable! Great for beginners. ABS rectangle frame.

AJAY 

GOLF CARTS, CLUBS, BAGS & ACCESSORIES
• BOWLING BAGS & ACCESSORIES • BILLIARD CUES,
BALLS & ACCESSORIES • TENNIS BAGS & ACCESSORIES
• RACQUETBALL RACQUETS & ACCESSORIES

Ajay Sports, 1501 E. Wisconsin, Delavan, WI 53115



Racquetball

Welcome, All 50 States

USRA State Affiliation — Volunteers Spur National Effort

It's been almost two years since the USRA began its amateur affiliation program with the individual states. It has been two years of gratification for me personally to assist the various state chairmen either to get a viable association started or to aid those already in existence.

That has been our goal, to assist and not to rule state associations. The players in any particular state will always have a better feel for the entire racquetball scene in their state. The USRA can only lend its support whenever possible.

We cannot hope to reach every individual club player within a state, other than through *National Racquetball*. The players who actively participate in state association sanctioned events, or who have family or children who do, have been the first to realize any benefits from our efforts.

Our national association is attempting to have a cohesive national body of state amateur associations that use the same standards we set for successful national events. The three requirements for affiliation are minimal but of utmost importance in achieving success: 1. Any state sanctioned tournament must use USRA official rules; 2. Any state sanctioned tournament must use our official amateur ball, the Seamco "558"; 3. Players who participate must be members of both the state and national associations through our magazine subscription.

The reasons for these requirements should be obvious. The entire country should be playing with the same set of rules, if they play in a sanctioned

tournament, support should be given to the manufacturer who is providing them with free balls and tremendous national promotion of the game, and lastly and of key importance they should become part of an organization that supports them in their state and national tournaments.

The last point deserves more attention. The concept of strength in numbers is as evident in racquetball as it is in politics or business. Many initial racquetball organization efforts have simply died on the vine. Why? Because the very people who realize the benefits will not even pay a few dollars to join a state association, usually a \$2 fee. This \$2 is taken out of a \$9 fee once a year for a *National Racquetball* subscription.

The USRA returns this \$2 fee to the state for every single membership received at our office. Seven dollars to us to pay for 12 issues of *National Racquetball*, and \$2 to the state association. We also give an annual \$100 donation to each state.

But what does the average tournament player receive for this money?

He or she first receives 12 issues of our complete and helpful monthly magazine with something inside for every type of racquetball player, from novice to professional. Through this membership players then make up the membership rolls of the state and national associations. This list is used to mail out state and regional tournament information, notices of televised racquetball, state newsletters, pro-am tournament entries, as well as our magazine subscription renewals.



Terry Fancher

The membership rolls insure a strong state association and allow a communication channel to the players; a tournament host benefits too by saving money on shirts and balls. A state chairman can offer a host site up to 12 dozen free balls and a reduced price on additional balls (through Seamco), free shirts for state singles and doubles championships and a 50 per cent reduction in shirt prices for any sanctioned event (through Leach), trophy discounts (through Sports Awards), free score cards, rule books, draw sheets and magazines, plus printed tournament results in our magazine when submitted. Additionally we provide tournament guidelines, referee guidelines, seeding guidelines, sample state constitutions and by-laws, and Articles of Incorporation. If that isn't a bargain, then there are no bargains in sports, because this is the best spent \$9 anywhere.

Obviously, 25,000 individual subscribers have gotten the message that the young USRA has assisted in the hundreds of annual sanctioned amateur tournaments, helped get national television coverage, administered a men and women's pro tour under the NRC and has acted in the best interests of its players.

We have succeeded up to this point by that all-important ingredient in each state, a strong chairman dedicated to the amateur player. Give him support, serve on a committee, and play in USRA sanctioned events. Join the effort in your behalf!



Meet Your State Chairman

Woody Cox - Hawaii

Where does a former college football player find health and happiness? The answer is in the beautiful sunny Islands of Hawaii, the 50th USRA state affiliate. The newly formed association is called the Hui O Racquetball Hawaii or "Club of" Racquetball Hawaii.

Woody Cox, our newly appointed Hawaii state chairman is 26 years old, single, and is the associate physical director for the Central Branch YMCA in Honolulu. Woody played wide receiver for the University of Nebraska on their 1970-71 National Championship teams and oddly enough became involved in racquetball during that time. You probably watched him play football on television.

Although he had tried paddleball a few times while visiting in Michigan, the original stronghold of the game, he played racquetball the first time next to the football locker room at Nebraska. *"The Nebraska players all played,"* according to the superbly conditioned and muscular Cox. *"In the off season, we played inter-squad tournaments and the play was very competitive among these fine athletes."*

Woody continued to play racquetball in ensuing years in Los Angeles and later after moving to Hawaii. He had visited the Islands while in college during a regularly scheduled season game and felt compelled to return due to the warm Pacific climate.

Racquetball in Hawaii is popular among those who know of the game. However, the Central YMCA has only four courts. Another local "Y" has four courts, and these make up the only eight public courts in the city.



According to Woody Cox the outer Islands may require some time before racquetball is developed. On the Island of Maui there are two courts which are to be private only, planned for construction in the next few months. Two other sites back in Honolulu have had serious construction delays. So, in the meanwhile, Honolulu remains the strongest area for play. But with the

positive emphasis on physical fitness and the highest number of joggers per capita in the 50 states, it's just a matter of time before Hawaii falls in love with racquetball. *"Mahalo,"* to all our Island racquetball players and thank you for your support.

—Terry Fancher



Prime location on Route #1, Edison, New Jersey zoned for Racquetball Facility

Principals desire joint venture or lease or sale of property . . .

Call 201-467-0566 or write

Murray Oil Company

P.O. Box 534, 55 Morris Avenue, Springfield, N.J.

Bringing Racquetball to the Aloha State

As a way of toasting the 50th state to join the USRA we are introducing readers to some of the men and women who are supporting racquetball in Hawaii.

Rapidly improving Kanani Bright, a secretary at the Central YMCA, is a good all around athlete who's enjoying her newest pastime.



Eighteen-year-old Randy Lau, a student at the University of Hawaii, is considered by many to be the best young player in the Islands.



Jane Goodsill, a superb control player, is the top women's competitor.



Frequent finalist in open tournaments is Owen Lovell, who also is one-half of the current state doubles championship team.



Taking time out from his job as detective with the Honolulu Police Department is Manny Rezentes, one of Hawaii's better senior players.

Well trained Les Skelton, a highly regarded Golden Masters player, is given the best chance at doing well at the National Championships.

All Hawaii photos by Roger Dunn



Marvin Wong is a 34-year-old Honolulu real estate broker who won the 1977 state singles title, as well as the double title with Owen Lovell.



Don Olsen, executive director of the Central YMCA and athletic coordinator of Metropolitan Honolulu, takes a break for some exercise on his home courts.



Sam Koanui earned fourth in the Masters Division during his last trip to the Nationals, which he makes every year. Sam has a reputation for knowing more about racquetball than anyone else in the Islands, and he lends a generous hand when other players need help with their games.

USRA State Affiliates

Alabama Jerry O'Neal c/o Nat'l Homes Acceptance Corp. Box 3436A Birmingham 35205 205-324-3431	Florida Rick Stevens 1831 N.W. 13th St. Gainesville 32601 904-372-1229	Maine Ken Astor, Kevin York 170 Rt. 1 Falmouth 207-781-4281	Nebraska/South Dakota Dick Kincade/ Chuck Erickson 222 N. 44th Street Lincoln 68503 402-475-5686	South Carolina Charlie White RPA Clemson Univ. Clemson 29631 803-656-2477	Vermont Chuck Bigelow 41 Hillside Terrace Shelbourne 05482 802-985-2760
Alaska Dan Dompier 2600 Devali St., #600 Anchorage 99503 907-276-0700	Georgia Wayne Vincent 3777 Vineyard Ct. Marietta 30062 404-971-5441	Maryland Joy Nolte Towson Court Club 8757 Mylander Lane Towson 21204 301-821-0160	Nevada Dan Seaton 3727 Centennial Cir. Las Vegas 89120 702-386-4011	North Dakota Sonny Lange 301 Eighth St. South Fargo 58102 701-293-4247	Virginia Ed Remen 32 Penny Lane Sterling 22170 703-430-2552
Arizona Chuck Hallock 504 West Malibu Dr. Tempe 85282 602-967-0001 after 5p.m.	Hawaii Woody Cox 1527 Wilder #U-2 Honolulu 96822 808-941-3344	Massachusetts Jim McConchie 12 "A" St. Lincoln 01773 617-273-1025	New Hampshire Tom Lancaster Carriage Lane Bedford 03102 603-472-5095	Ohio Ron Akins 2500 Hollyview, N.E. North Canton 44721 216-492-7210	Washington Douglas A. Wilson 5817 57 Ave., N.E. Seattle 98105 206-524-3037
Arkansas Bob Blake 2201 Braden Jacksonville 72076 501-982-6209	Idaho Dirk Burgard 130 N. Placer Idaho Falls 83401 208-523-0600	Michigan Dennis Wood (Chairperson) 2808 S. Deerfield Lansing 48910 517-882-8789	New Jersey Doug Clark (Co-Chairmen) 23 Holmes Lane Marlton 08053 609-983-4812	Oklahoma David Rippetoe 911 N.W. 42nd Street Oklahoma City 77118 405-528-2917	West Virginia Dave Taylor Rec.- Intramural Sports Off. Stansbury Hall-W.V.U. Morgantown 26506 304-293-5221
California Jerry Monell 2767 Ocean Front Walk S. Mission Beach 92109 714-275-3344	Illinois Tom Street, Alan Shetzer 570 East Higgins Rd. Elk Grove Village 60007 312-439-3030	Minnesota Bob Adam, Sr. 7600 Park Lawn Ave. Edina 55435 612-835-6515	New Mexico Gary Mazaroff Division of HPER Univ. of Albuquerque St. Joseph Pl., N.W. Albuquerque 87140 505-821-0536	Oregon Reed Fitkin 2510 Oakmont Way Eugene 97401 503-687-2811	Wisconsin Bob Keenan P.O. Box 203 Wales 53183 414-646-3607
Dave Gleason (Central) The Sport Sole 4777 N. Blackstone Ave. Fresno 94536 209-226-9232	Indiana Robert Tiedge P.O. Box 1792 South Bend 46624 219-272-8808	Mississippi C. T. Carley 213 Windsor Starkville 39759 601-325-4915	New York (Eastern) Tom Flannery 3A Alpine Dr. Wappingers Falls 12590 201-845-9040	Pennsylvania Jim Pruitt K.O.P. R.B. Club Flint Hill Rd. King of Prussia 19406 215-265-8350	Wyoming Barbara Williams YMCA-417 N. Jefferson Sheridan 82801 307-674-7488
Jerry Monell (Southern) 9453 Goodwick Ct. San Diego 92123 714-275-3344	Iowa Tom Sweeney 415 14th St. N.E. Cedar Rapids 52402 319-366-4558	Missouri Ron York 1012 W. 104th St. Kansas City 60114 816-942-6436	New York (Western) Jim Winterton 136 Greystone Lane #7 Rochester 14618 716-442-0114	Rhode Island Jerry Melaragno 15 Reva Street N. Providence 02911 401-274-4900 #569	
Colorado John Mooney 3455 David Circle Colorado Springs 80907 303-597-7775	Kansas Steve Ray 10839 Woodward Overland Park 66210 913-642-5220	Montana Russ Miller Shepherd 59070 406-373-6390	North Carolina Bob Baxter P.O. Box 17732 Raleigh 27609 919-787-1208	Tennessee George Truesdale Center Courts 2611 S. Mendenall Memphis 38118 901-794-7529	
Connecticut Jack Fruin c/o YMCA 842 Maine St. Willimantic 06226 203-423-4951	Kentucky David Fleischaker 628 Fincastle Bldg. Louisville 40202 502-585-5369		North Carolina Bob Baxter P.O. Box 17732 Raleigh 27609 919-787-1208	Texas Dewey Strickland 201 Vanderpool Houston 77024 713-868-3340	
Delaware Terry Arnold Marsh & Silverside Rd. Wilmington 19810 302-475-2125	Louisiana Sanford Comeaux P.O. Box 3644 Lafayette 70502 318-984-5753		Utah Randy Stewart P.O. Box 1143 Provo 84601 801-224-6969		



Canada
 Canadian Racquetball
 Assoc.
 333 River Rd.
 Vanier City, Ontario
 K1L 8B9
 613-745-1247

BEFORE YOU DECIDE, ASK ABOUT OUR PANEL SYSTEM

You've got the construction financing and the full head of steam it takes to get a racquetball club off the ground . . . but have you examined your choices in court panels?

The Court Company offers:

- Larger than normal panels for fewer seams
- Guaranteed solid consistent front-wall ball sound
- Total cost is less than other systems.

Contact Randy Stafford, player professional, before you start on your next racquetball club at The Court Company.

the court company 1330 Mossbrook, #2 • Memphis, Tn. 38134 • (901) 372-2960

Tournament Results

Reporters, take note: Help make our typesetter happy by sending us your tournament results typed double or triple (preferred) space with one-inch margins all around. Thank you.

Ohio

Over 70 entrants participated in Arlington Court Club's first winter racquetball tournament Dec. 9, 10 and 11.

The Men's A Division saw Don Schiefer cruise to an unopposed first place with no opponent scoring better than 10 points. Don's keen ability to place shots and keep his opponents out of position reaffirmed his ranking as one of Central Ohio's top racquetballers. Unseeded Bernie Dennison took second place while number three seed Jim Gordon captured third.

Ellie Chapman took the Women's A Division crown. The O.S.U. graduate student showed great promise by stopping her opponents also in less than ten points. Look for great things from this lady in the coming years as Ellie has only been playing infrequently for one year. The final saw her defeat Carol Bland 21-2, 21-10. Third place went to Rayne Schulteis.

Some of the most exciting competition took place in the B and C Divisions. Pete Boylan overcame a tough field to capture the B title defeating Bob Palmer 21-8, 21-8. Pete a recent handball convert, now moves into the A Division. In the Men's C, Dennis Sazima and John Larcher waged a tough battle going to three games before Sazima claimed the crown 18-21, 21-14, 11-7.

Women's B Division saw Judy Ferguson top Beth Trigg 21-17, 21-6 to take home first place. Third place trophies went to John Hauck (B), Dave Jordan (C), and Cathy Eckle (Women's B).

Consolation winners were Bill Hazen (Men's A), Roger Dearwester (Men's B), Orin Steihaus (Men's C), Sandra Anderson (Women's A) and Sara Winkler (Women's B).

—Neil Chapman

Ohio

Steve Sulli and Clyde Senters of Elmhurst, IL, with six wins and one loss, were winners of the Super 8 Invitational Doubles tournament Dec. 16-18 at The Court Yard in Cincinnati.

In second place were Jerry Davis and Jack Soble of Cleveland, OH, stacking up six wins against one loss. Danny Clifford and Bob Abrams of Cincinnati took third and Mike Sipes and Ronnie Fox of Cincinnati were fourth place winners. Others were Doug Gordon and Tom Garner of Bloomington, IN, in fifth; Clark Pittman and Larry Morgan of Mansfield, OH, in sixth and David Fleischaker and Eric Gilbert of Louisville, KY, in seventh. Holding down the last spot were Ed Rienhart and Elijah Helton of Cincinnati.

First place winners Sulli and Senters were unable to play a final exhibition match against Jerry Hilecher and Jerry Zuckerman, so Davis and Soble faced the pros instead. Hilecher and Zuckerman won the match.

California

Schoeber's Handball-Racquetball Health Spas, Inc., San Francisco, held its annual Christmas racquetball tournament Dec. 9-11 and Dec. 16-18 with the Ektelon Corporation as co-sponsor.

The tournament drew over 300 participants — 60 of them women — from California, Washington, Utah, Arizona and Nevada. The first weekend was devoted entirely to the preliminary rounds in the Men's C and D Singles division. The matches were best two out of three, and the first games were played to 21, the third — if needed — to 11. USRA rules applied, with winners required to referee the following matches on the court they had just played.

In the Men's Open Singles the first game began with Garey Berbert taking a 9-0 lead over number one seeded Steve Dunn. It looked as if an upset was in the making. Steve skipped a few into the floor while Gary was rolling his shots out almost at will. And then, with his usual deliberate, methodical style, Steve began to catch up. He began to drive the ball, almost continuously, at either side of Gary, hitting Berbert's one important weakness. Gary couldn't handle hard hit drives without setting Steve up. The final score was 21-19. The second game was a repeat of the first without the initial spurt by Gary. It was all Steve Dunn, as he took an early lead that he never relinquished. Final score: 21-14.

The first game of the Women's Open Singles went to Mary Ludwig and the second to Alicia Moore with identical scores of 21-14. Alicia hit strong pass shots and Mary played fine ceiling games. Alicia won the toss to serve first in the third game, but Mary recovered it immediately and ran off five straight points using hard drive serves and taking advantage of weak returns with solid kill shots.

Mary's relaxed ceiling game, keeping strong shooting Alicia in the back court, carried her on to a victorious 11-1.

A special bonus for the players was to see themselves on local television before they left the club. KRON-TV shot some footage of the players in action and televised it the day of the tournament on the 5 and 11 o'clock news.

Results:

Men's Open Singles: Steve Dunn d. Gary Berbert (3rd place — Gene Gibbs)

Men's Open Doubles: Bob Kraut-Gibbs d. Rich Handley-Rob Baruck (3rd place — Bill and Steve Dunn)

Men's B Singles: Tim Berbert d. Jeff Jensen (3rd place — Roger Fairchild)

Men's B Doubles: Dan Contreras-Dan Green d. Ron Deaver and Tom Haskell

Men's C Singles: James Stacey d. Frank Nell (3rd — Steve Mjehovich)

Men's D Singles: Alan Rosenstein d. Robert Schmutz (3rd — Pete Gutierrez)

Men's Seniors: Ed Carter d. Lou Concha (3rd — Spencer Johnston)

Men's Masters: Floyd Svensson d. Patrick Whitehill (3rd — Bill Dabney)

Women's Open: Mary Ludwig d. Alicia Moore (3rd — Bette Weed)

Women's B Singles: Sue Johnson d. Sheryl Ambler (3rd — Martha Girdler)

Women's C Singles: Kathy Rishel d. Patty Abramo (3rd — Donna Whitmore)

Mixed Doubles: Barbara McGowan-Scott Hawkins d. Jean Oeschger-Pete Blatman (3rd, by forfeit, Weed-Rich Benavides)

Juniors (8-13): Shawn Fitzpatrick, best round robin win-loss record; Nathan Martin, second, and Tony Johnson, third.

Juniors (14-17): Bob Davis d. Bob Dziedzic (3rd — Kirk Perry)

Nebraska

Racquetball players from six states gathered in Lincoln, Nebraska, Dec. 2-5 for the first annual Ben Simons Pre Holiday Racquetball Festival hosted by Sports Courts of Lincoln. The tournament was sanctioned by the Nebraska Racquetball Association, a division of the USRA. Balls for the tournament were provided by Seamco. A total of 67 prizes were donated by Ben Simons Clothiers which included sports coats, slacks, sweaters and gift certificates. The tournament was three play, which means all 211 entrants were guaranteed three matches. Each division divided itself into championship, second and consolation flights under the three play system.

The Men's Open Division went true to form as No. 1 seed Mark Hegg, Omaha, met No. 2 seed Ron York, Kansas City, in the finals. Hegg's super court coverage and devastating back hand were too much for the always tough York as the scores (21-10, 21-13) indicate.

The gutsiest performance was turned in by Susie Orduna, Lincoln, who with a 5½ month pregnancy handicap, bested Karen Harrington, Lincoln, in a thrilling two-game final in the Women's Open (scores 21-19, 21-17). Orduna utilized a strong ceiling game and superior deep-court shooting enroute to her victory.

Notes on Tourney:

Ron Cooley, Jack Andrews, Jeff Wisemiller and Phil Stepp were floor managers, Dick Kincade was tournament director, Pat Korbus helped with press releases, Myrta Hansen handled the hospitality and Bob Gifford and all the people at Ben Simons were enthusiastic backers of Racquetball in Lincoln.

Results:

Men's Open: Semi Finals, Hegg d. Bo Champagne 21-12, 21-16. York def. Rick Newcomen 21-10, 21-14. Finals, Hegg d. York 21-14, 21-12. 2nd Flight, Irv Rodin; Consolation, Jim Roberts.

Women's Open: Semi Finals, Orduna d. Pat Grieg, forfeit. Harrington d. Dee Massaglia forfeit. Finals, Orduna d. Harrington 21-19, 21-17. 2nd Flight, Becky Pickett; Consolation (tie) Dee Massaglia and Grieg.

Men's B: 1st Place, Harry Meginnas; 2nd, Don Battershell; 2nd Flight, Terry Pett; Consolation, Tom Shores.

Women's B: 1st Place, Barb Davis; 2nd, Elaine Green; 2nd Flight, Melaine Misialek; Consolation, Marlene Kahn.

Men's C: (Red Division) 1st Place, Jeff Johnson; 2nd Flight, Mike Swanson; Consolation, Bill Korbus.

Men's C: (White Division) 1st Place, Greg Pazderka; 2nd Flight, Terry Loftis; Consolation, Bernie Smith.

Women's C: 1st Place, Naomi Windhorst; 2nd Flight, Jan Loftin; Consolation, Anne Kauffman.

Men's Seniors: 1st Place, Lee Lantry; 2nd Flight, Jerry Bowden; Consolation, Alan Peterson.

Men's Masters: 1st Place, Ken Kennedy; 2nd Flight, Dick Kincade; Consolation, George Place.

Men's Golden Masters: 1st Place, George Place; 2nd Place, Jack Hyland; 3rd Place, Andy Small.

Junior Boys: 1st Place, Pet Balerud; 2nd Flight, Bill Parodi; Consolation, Tom Johnson.

Junior Girls: 1st Place, Gina Danner; 2nd Place, Christy Lantry; 3rd Place, Vicki Cecil.

—Phil Stepp

Florida

On a weekend that all areas weathermen forecast as overcast and rain drenched, but that ended up clear and sunny, the City of Cape Canaveral held its Double Racquetball Tournament Dec. 2-4, 1977. There were 114 entrants in three categories: Men's A, Men's B and Women's Open.

The tournament had its share of state and local "names": 1977 Indoor and Outdoor State Open Champion Percy Philman, Rockledge; 1977 Senior State Champion, Mike Mojer, Satellite Beach; 1977 Southeast Regionals Runner-up Ceil O'Connell, Jacksonville and Jim Adkins, Orlando, pro at The Racquetball Court Club.

There were two major upsets in the semi-finals. The team of Percy Philman and Jim Adkins, Number 1 seed, were heavily challenged by two Orlando men, Terry Fluharty and Bob Owens. Both teams, receiving first round byes, disposed of their quarter-finals matches readily (Philman-Adkins defeated Sappington and Reep 15-5, 15-8; Fluharty-Owens defeated Gabe-Propper 15-6, 15-8). When both teams met on Cape Canaveral's outdoor courts, tension was in the air as a crowd of 40 looked on from the court's new observation deck. Philman and Adkins played an excellent brand of racquetball winning game number 1 with Fluharty and Owens in hot pursuit 21-17. Obviously upset with the outcome of their game Fluharty and Owens

regrouped and blew past the number 1 seeds solidly to win game number 2, 21-11. In the tie breaker it looked as if Philman and Adkins had lost their momentum when Fluharty and Owens had them down 9-1, but a last minute surge by Philman-Adkins brought the score 9-9 before the serve went to Fluharty-Owens. Almost instantly the two points needed to win were made and the match was over 11-9.

The team of Mike Mojer, Satellite Beach, and Russ Latimer, Indian Harbour Beach (Number 2 seed) was upset by a strong Tampa-Gainesville team, Collie Carlton and Larry Swanson in their semi-final match 21-17, 15-21, 11-9.

Fluharty-Owens went on to defeat Carlton-Swanson in two excellent games 21-16, 21-10. Philman-Adkins defeated Mojer-Latimer for 3rd place 21-20, 21-15 in probably two of the finest games played all weekend.

Results:

Men's A Consolation: Don Donohue and Allen Sobel, Herb Nathan and John Brugger 21-11, 21-15.

Men's B: John Stanford and Ed Baines d. Chub Bonfleur and Tyrus Cobb 21-17, 21-10.

Men's B Consolation: Roy Rutherford and Chuck Myers d. Terry Leinback and Tommy Weinberg.

Women's Open: Ceil O'Connell and Diane Philman d. Marilyn Roberts and Peggy Coats 21-3, 21-6.

Women's Consolation: Pam Stanford and Cassie Macias d. Gail Flynn and Teresa Sparks.

—Jack Piccalo

Washington

Tennis World raised a thousand dollars to buy gifts for hospitalized children during its Children's Orthopedic Hospital Benefit Dec. 16-18 at the Seattle tennis, squash, handball, racquetball, badminton and gymnastics center.

In the Men's Open Dave Retter defeated Jeff Larson, 15-3, 15-8 to win first place and Stan Bulmer beat Dave Dimitri 31-20 in the Consolation. Bob Eshelman defeated Dave Gilbert 15-5, 15-7 for the first in the Men's B, with Bill Cohen downing Steve Bellar 31-18 in the Consolation. Men's C results were Gary Eyrii defeating Curt Larsen 15-11, 12-15, 11-8; Je Israel defeating Craig Bernhart in the Consolation. Jim Houston beat Gary Coon in the Men's Novice.

Cindy Stuart was the winner over Leslie Lindsck 15-13, 13-15, 11-8 in the Women's Open, which saw Betty Bennett beating Nan Barton in the Consolation match. Stuart defeated Sue Chewing 15-6, 15-6 in the Women's Intermediate, and Jo Judy beat Marilyn Uthe in the Consolation.

Larson and Bob Lund beat Dave and Gary Retter 15-10, 11-15, 11-4 to win the Open Doubles, with Sid Williams and Mike Call defeating Scott Hoyle and Reg Schilling 31-18 in the Consolation. The Mike Cheney/Buckingham team won over Phil Mancke/Nick Gantman 15-5, 8-15, 11-9 in the Intermediate Doubles. A score of 31-25 made Will Graham and Rich Murphy victorious over Lennie Robinson and Craig Tall in the Consolation match.



Tennis Week

A Newspaper Presenting
Tennis Information by the Week
Instead of by the Month

SUBSCRIPTION ORDER

Enter my subscription as checked below:

☐ 1 year \$15.00 ☐ 2 years \$25.00 ☐ 3 years \$32.50

(Payment must be included)

NAME

ADDRESS

CITY

STATE

ZIP

SIGNATURE

TENNIS WEEK
Box 1706 FDR Station
N.Y., N.Y. 10022
(212) 355-3611

Upcoming Events

April 8 and 9

West Virginia State Racquetball Tournament Coliseum, Morgantown, West Virginia. The public is invited to attend as spectators. For more information contact Jay Besson at West Virginia University, Morgantown.

When mailing us announcements of tournaments, please keep our deadline date in mind. It is the first of the month, two months before the month of publication.

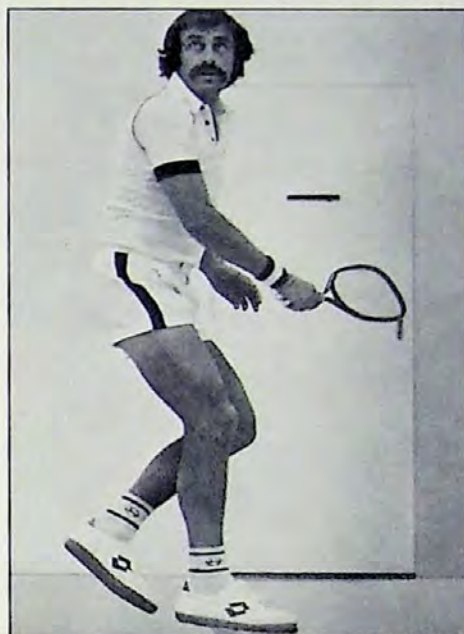


John Newcombe doesn't play racquetball in tennis shoes. Why do you?

Or are you one of those still playing in basketball sneakers? Either way, you're selling yourself short.

Let's look at it this way; nobody moves around in tennis shoes better than a champion like John Newcombe. But even he needs a special shoe when he leaves the grass, clay and asphalt tennis courts for the hardwood floors of racquetball.

They can give you much better traction, with a suction tread gum rubber sole that grips so well you can practically scale the walls. They wear longer because of the double-stitched top grain leather,



canvas or composition uppers and durable toe overlays. And they feel better because of a contoured anatomical footbed and heel counter.

In Lotto's you'll move quicker and feel lighter on your feet. Ask to see all five Lotto racquetball models for men and women. It's the better way to go...and stop...and go...

Great racquetball shoes.

Lotto

Lotto-Newk U.S.A., Inc.,
San Antonio, Texas 78216

A division of Program Tennis Service 



Beyond The **pen**

We welcome your news about over-35 players.

How To Age Gracefully On The Racquetball Court

It Takes More Than a Quick Drink of Water

At 20 you might kill yourself digging, fighting, picking up every shot. But at 50 you figure "when it's by you, it's by."

These were some of the comments made during the 1978 USRA National Masters Tournament Feb. 10-13 at SkyHarbor Court Club in Highland Park, IL. The 30 best 45 to 55 year old male racquetball players in the country competed in an invitational round robin tourney that enabled each of them to play 11 games. Highlight of the weekend was a Friday night players' party that USRA President Bob Kendler hosted in his Lake Forest home.

As a group the men were an elegant looking clan, with shocks of gray hair and well-tailored sportshirts that gave them polo player images. The competitors came from all over the country, some traveling from Florida, California, Washington State and New York.

Most of these three to five times a week players (whose main competitors at home are younger men) had reached the top of their professions. Among the players was a cardiologist, a florist, a math professor, a restaurateur, a veterinarian, several real estate investors and an operator of African safaris.

At age 45 to 55 the men are still in fine shape, their brawn and quick reflexes indicating they've been athletes all their lives. But they know they're getting older. Here's a random rundown of observations from the National Masters competitors that we're printing for the growing number of racquetball players "beyond the open."

- I play a hard three games and I've had it for the day. A 23-year-old player gets a drink of water and comes back for more.

- The legs go first. One day you notice you've lost that extra step and a half.

- Generally speaking the youngest players in each age category come out best on the national level. Players today are swinging so hard, they burn themselves out when they're 25. Other than Brumfield players have had it — physically — by the time they're past 30.

USRA National Masters Invitational Tournament Director Chuck Gudbrandsen checks the schedule with Bill Tanner, Memphis, who finished twelfth in the tournament. First, second and third place winners were Bud Muehleisen, Bob McNamara and Sam Poletta.

- Warming up might be pretty important to anyone, but as you get older, it's crucial. Stretching the Achilles tendon by leaning forward toward the wall is important before you play . . . Exercising in the sauna gets the blood going, especially as you do slow stretches.

- Playing regularly is important, but playing every day doesn't give older muscles a chance to rest.

- Racquetball's a lifetime sport because you can play it at your own speed, practice it by yourself. We expect to be playing each other — maybe half speed — when we're 90. ●

—Dan Kasberger photo



Women In Racquetball



Carol Brusslan

Full House Answers BIG Question

Nineteen pros had two questions on their minds as they arrived in Omaha for the mid-January racquetball stop.

Though there was the usual "How far will I get in the competition?" each woman pondering her own fate knew a bigger issue was at stake. The question was "Will people pay to watch women play racquetball?"

The spectators who filled the stands and crowded around the glass at Court Sports in the final matches those cold Saturday and Sunday nights answered the question with an emphatic yes.

From the start all 19 players proved women's racquetball was worth watching. The three qualifying matches that opened professional play were equally (and coincidentally) close and exciting — each one 21-19 in two games with a spread of only two or three points in each tie-breaker.

As news of the tournament spread — via word-of-mouth and Omaha's

television, radio and daily press — audience numbers grew.

So did audience amazement.

"I never knew women could move around a court like that."

"Can you believe a woman hitting a ball that hard?"

Even a male concession. "I think she'd beat me."

By the second day the women realized they were tournament stars. They were playing at prime time, in the exhibition court, hearing results of their games on the TV news.

And success was everyone's. Though there were the inevitable 18 individual losers, 19 pros were part of a victory for women's racquetball.

The last match, with Shannon Wright beating Peggy Steding in a tie-breaker, gave spectators a serve and shoot exhibition as dramatic as the men's finals. Said one veteran pro: "It's beautiful seeing all those men staring at women for all the right reasons."



One male spectator long sold on women's racquetball is Leo McCarthy, who watched (and coached) his wife, Camille, when she won her qualifying match at the first woman-only pro stop.

Keeping Kids Happy
While Mother's at Play
Child Care Experts Comment
on Court Club Nurseries . . .

42

Playing Tip #8
Positioning your body in deep court
and how it can help you
take balls off the back wall . . .

46

Who's Playing Racquetball?
Fires, strikes and robberies can
cancel her game . . .

48

Keeping Kids Happy While Mother's at Play

What to Look for in a Court Club Nursery

by Mary Jane Bezark

The hand that rocks the cradle is also stroking a classy racquetball game these days. More and more mothers are taking up the game and bringing their pre-school offspring for a stay at court club nurseries.

Is that a good arrangement for young children? Yes, say the experts, if the nursery is satisfactory and has the right kind of supervisor.

"Playing a game like racquetball can help a mother feel good about herself, and the better she feels about herself the more she can give her child. But she's going to be worried and edgy on the court unless she knows she's got the best possible substitute taking care of her child," says Lucinda Katz, who's an assistant professor of early childhood development at the University of Illinois Chicago Circle Campus, a racquetball player and mother of a two month old daughter.

Mothers are right to want a good nursery even if they only play for a short while. *"An hour or two for a child can seem like a day or two for an adult,"* says Linda Blumberg, a Highland Park, IL, psychiatric social worker who serves as a nursery school consultant.

To make sure the time your child spends in a nursery is a plus for him (or her) instead of a minus you'll want to find a facility that's safe, has some basic equipment and is supervised by someone who is responsive to children.

How can you know if a nursery meets those standards? The best

thing to do is visit when it's in operation. Look around, chat with the supervisor and stay long enough to see some of the routine and hear how the supervisor talks to the children.

Health and safety top the list of what to look for at a nursery/playroom.

A well planned facility won't have any objects that small children can hurt themselves on — no toys with cutting edges, no tables with sharp corners that children could bump into or fall on, no little parts of toys that toddlers could swallow and choke on. Any apparatus should be sturdy, and all upper story windows should be secured.

"No Scratching or Biting Here"

Another safety precaution to check: are the children closely watched so that the older ones don't take off on the little ones? *"You want the person in charge to set limits. She (or he) should be aware that young children are apt to hit or even scratch and bite, but when that starts she has to separate them and say, 'No you can't do that; we don't hurt each other here, and we won't let anyone hurt you,'"* explains Blumberg.

You might also want to find out about the nursery's policy on sick children. *"A slightly runny nose is one thing, but a cough, beet-red*



Racquetfun in Huntington Beach, CA, makes the most of its climate with an outdoor play area, a 250 square foot patio off the nursery.

face and warm forehead are another. I wouldn't want to see a child with those symptoms admitted, because it wouldn't be right to expose the others," says Katz.

The best insurance that the children will be safe and have a good time is a tuned-in supervisor on duty in the nursery. It's just not satisfactory to have the supervisor double as a desk attendant even if she's only separated from the children by a glass panel. Says Katz, "A good care giver prevents certain problems from happening by having 'eyes all around her head' and by listening to the kids. She has

to be on the spot to say, 'I think you two are playing a little roughly. I'm going to ask you to separate just for a minute.' Or to a child on a climber, 'Boy, it looks like you're pretty high up; let's keep it down to the third rung.'

"Or let's say a child really feels badly about his mother being away. He doesn't say, 'I really feel badly because my mother's away'; he sits in the corner and sulks. He could be in the corner a whole hour and a half feeling horrible if the care giver weren't there to help."

The experts agree that a supervisor doesn't have to have a particular kind of training, but they all say she

should understand how children feel about being away from their mothers.

Explains Blumberg, "Until he's had some experience a little child doesn't understand where his mother is while she's not with him and isn't at all sure that she'll be back. And since his time sense is different from an adult's, an hour or two without Mother can seem like an eternity.

"If he's treated warmly and is reassured while his mother's gone and then sees that she comes back each time, he's making a good start toward comfortable independence."



Indoors or out members' children take part in a planned program of reading, games, exercise and art.



— Arthur Shay photo

Turn to our Court Clubs section to learn how a New York center entertains members' children and gets them started in racquetball at the same time.

A good nursery supervisor understands and cares how children feel while their parents are playing racquetball.

It's O.K. to Miss Mother

Blumberg feels that how a nursery supervisor handles a child crying for his mother is decidedly important. *"If she says, 'There's nothing to cry about; you're having a good time,' she's just denying what the child really feels."*

"You can tell she knows her business if she holds the child on her lap and says something like, 'I know you miss your mother, but she'll be back.'"

(Your child will adapt to the nursery with greater ease if you go there and stay with him once or twice before the first time you leave him. More about that next month.)

Shirley Lee, resource teacher for San Francisco's public pre-school program, suggests that children who haven't been away from their

mothers outside their homes will feel confident about being on their own sooner and enjoy the nursery more if they find the same person in charge whenever they're there. *"If a club has two people who alternate days at the nursery, a mother can book her games on the days the person her child knows is on duty. Her child will benefit from the routine and will probably get acquainted with other children who come those days."*

Activities and equipment at the nursery don't have to be elaborate, *"but there should be enough variety so that children don't get bored after a few sessions and so both an action oriented youngster and one who feels like being quiet can find something they want to do,"* says

Wendy Born, a pre-school curriculum specialist for New York State.

The good old art standbys — paper, crayons, blunt scissors, paste and playdough — can keep some children creatively occupied for hours and should be nursery staples. So should a set of blocks, and to go with them, as they're built into garages, zoos, etc., some small cars, animals and people figures.

Helping Them Pretend

It's good to have a few dress up clothes on hand to make pretending games more fun, and if there's room a dishwasher or a refrigerator carton that's had a door and window cut into it and has turned into a playhouse.

For that active four-year-old a low, portable wooden climber with a slide to go down or a barrel to crawl through is ideal. "The supervisor should also organize some group games and see to it that the active child gets a chance to burn energy. For instance there's a circle game in which the leader rolls a ball to each child in turn, telling the one who's 'it' to jump up and down four times or do a somersault," says Born.

The nursery should have some books for youngsters who want to sit quietly and some big pillows on the floor so a sleepy child can curl up for a nap.

Finally the nursery needs a supply of juice and crackers for snacks. "Having something to eat helps children cope with loneliness and grouchiness," says Blumberg. "The later in the day it gets and the crankier the children get, the more they need that."

What can you do if there are more children in the nursery at your court club than the supervisor can take proper care of? How can you prepare your child so his first stay at the nursery will be as anxiety free as possible? What no-cost play supplies can you bring to the nursery? Read part II of this two-part series next month.



It's more than games and toys for boys and girls whose mothers bring them along to Storm Meadows Athletic Club in Steamboat Springs, CO. On Tuesdays and Thursdays the children are part of Exercise Director Karen Macrae's classes.

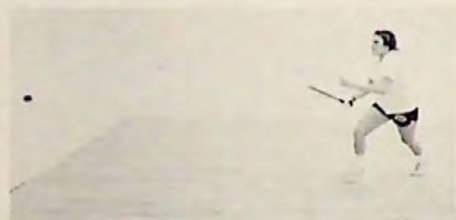
Karen believes in exercise for these little ones because "we show them how to enjoy it when it's easy so they'll keep on exercising when they get older. When they have a youthful body at 40, they'll be happy they started stretching when they were four."

Here Becky Sherrell, whose mother plays racquetball and is Storm Meadows nursery director, tries the knee to nose pull, pull ups, leg pulls, the toe to ear and the back flex, with and without Karen's help.

Playing Tip #8

Being able to play the ball off the back wall is a satisfying accomplishment - evidence that your game level is rising. Positioning your body for this shot is the topic of April's Playing Tip, another in our series from *Inside Racquetball for Women*, the helpful how-to-do-it by *National Racquetball* official photographer, Arthur Shay, and top professional player, Jean Sauser, who teaches at SkyHarbor Court Clubs in Northbrook and Highland Park, IL.

The book by Sauser and Shay (who also takes pictures for *Sports Illustrated* and *Time*, among other magazines) is available around the country at court clubs and book stores. Publisher is Contemporary books of Chicago.





Mistake—running Behind the Ball

If, pursuing the ball to deep court, you run directly behind it, your shoulders facing the back wall, you will probably find that most of your shots from this position barely get back to the front wall—if they get there at all. This is especially true in back wall play. Your body gets in the way of your racquet follow-through, and you end up hiking the ball over your shoulder, narrowly missing your face. Your generally weak return will give your opponent a setup.

Correction

Use a better body position as you pursue the balls that go past you. As you move back, keep a side view of the ball, not a rear view. If you move back properly, your shoulders will be facing the side wall. Your body will then be out of the way of your racquet stroke, and you will be able to return a stronger shot from deep court or off the back wall. In short try to get to either side of the ball as you race to catch up with it.



Who's Playing Racquetball

Rosemarie Gulley: Windy City TV Reporter

Racquetball, it sometimes seems, is not custom made for television reporters with erratic schedules. There are many days when Chicago's WLS-TV reporter Rosemarie Gulley gets out of bed thinking, "I know I'm going to come home feeling really good after my game," and instead winds up exhausted 14 hours later after covering a fire, a strike and political developments in the windy city.

Rosemarie's introduction to the game was, at the very least, intense. "I got a letter from the Chicago Heart Association asking me to play in their Second Annual Celebrity tournament at the Court House in Northbrook, IL. At first I forgot about it, and then I thought, why not? Be a sport Rosemarie." The 35-year-old TV "celebrity" of six and a half years took two lessons at the Mid-Town Court House and entered the tournament several weeks later never having played more than 45 minutes at a stretch. After four sets and a final match she and partner Jordan Tilden won second place.

Born in Louisville Rosemarie has been in Chicago since 1956. She received her BA and Master's from Roosevelt University, worked for several years as the executive director of the Independent Voters of Illinois and joined WLS-TV in 1972.

Rosemarie describes her job as "a seasaw", at least as far as hours are concerned. She will often arrive at the station at 7 a.m. on a Monday, 8 a.m. on Tuesday, 1 p.m. on a Wednesday with variations on the same theme during the rest of the week. Her responsibilities include the standard hard news and news features duties of a general assignment reporter, the additional role of education editor, special programs for the programming department and periodic appearances on the station's weekly format show, "Eyewitness Chicago."

Unlike some who take out the day's tensions by becoming even more

ferocious and formidable on the court, Rosemarie considers racquetball a release of a different kind. "I'm competitive and under pressure all day long. I play only because I enjoy it."

And she is under pressure all day long, though not just through the demands of WLS. During the past several years she has begun to dip into other fields as well. She now moderates an hour live talk show every other week on WBEZ-FM, Chicago's National Public Radio Station, for the Citizen Information Service, the educational arm of the League of Women Voters. She teaches a two hour class once a

week at Chicago's Columbia College called, "Reporting and Communications with a Critical I." And she just signed on as a contributing editor to World Book Encyclopaedia.

Although she has not been playing long, Rosemarie is a confirmed member of the racquetball religion. "When I've finished I know I've done something good for my body, great for my head, and I don't even think about the next day." And her next days aren't so easy to forget.

—Jennifer Alter

There's lots less tension for Rosemarie Gulley with racquet in hand than when she's on camera on location or in the television studio.



—WLS-TV Photos

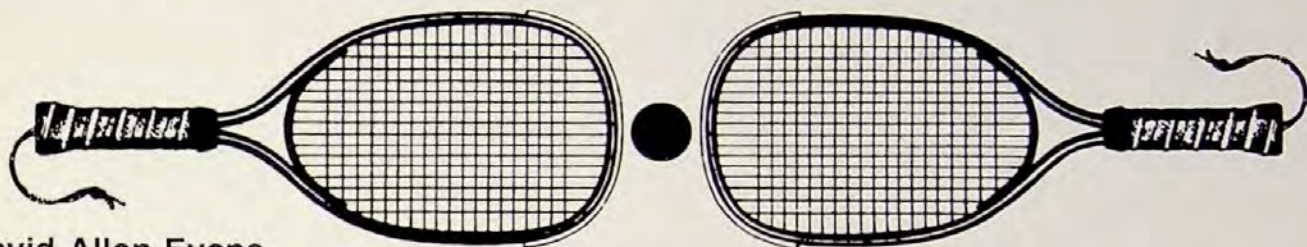


Racquetball

In The News!



Reprinted with permission of Minneapolis Tribune, which ran the story on Dec. 25, 1977, in their Picture Magazine. Let us know if your newspaper prints racquetball stories that our readers would enjoy.



by David Allen Evans

I step into a white room and shut the door. Another world. Twenty feet wide, twenty feet high, forty feet long. No loitering here. No staring, either, except at the ball.

So I come to play racquetball — to sprint, leap, dive, whirl around, pant, sweat, pound and pound and pound a ball against a wall. I come for the fun of it, too. To get better. And to win.

There's another guy in the room with me. We have the same idea: To hit the ball low enough on the front wall so the other man can't get to it before it bounces twice. A simple idea. Like twins, we share it, taking turns. The first one to score 21 points wins the game. The first one to win two games takes the match.

Simple, simple. The problem is . . . the problem: All these things to think about while I'm doing that.

Keep moving, I tell myself, keep moving, never stop moving, never stand in one spot longer than it takes to shoot the ball and follow through. Move. Shoot. Shoot and move. And then keep on moving, keep the legs alive, keep moving.

The center of the court attracts me like a magnet. Position. Position! Move to the center, occupy the center. Live there as long as you can. When you must leave it, hurry back to it. There — in the center — the walls are closest, the room is smallest. Reduce the room. Shoot from the center.

My opponent is good, as usual. I must learn his tactics, his moods. He tests me, wears me down, breaks my rhythm, hogs center court, forces me to play his game. He's found out a weakness: my backhand. His shots go to the ceiling too well. He strikes the ball upward; it angles sharp off that flat white sky onto the front wall near the top, bouncing in a high arc deep into the back left corner, spinning with a hiss as it scrapes along the wall.

Again and again, he drives me backward, the ball rainbowing beyond me. I must get there in time to dig it out and slap it back up on the ceiling with my backhand. Now his turn; now my turn; now his; now mine. We follow each other in a circle until one of us falters, sloughs off, hits the ball wrong. Then it lands in mid-court, bounces high, away from the wall. An easy set-up.

I must make this guy play my game, suffer my moods. They ride on the ball each time I strike it. I mix up my serves. I hit Z-balls, wrap-arounds, passing shots, drive shots. I try everything. I run and make him run. THINK! Move and shoot. Concentrate. Move to the center. Live there. And believe in your shots! Look at the ball. Move and shoot.

Then, 'Good shot,' I say to the other guy. His serve.

But I can beat him now, I think — or can I? His legs will give out. His shots aren't quite working. He's tough — he's buzzing like an owl, but he's vulnerable. Get him out of the center. Concentrate! Look at the ball, move, look at it, shoot it! Feel the ball on your racquet — the racquet's your hand, your wide-stringed palm. Feel the ball as it is met, feel the ball leaving the strings!

The shots are everything. The kill-shot. Especially the kill-shot. The sudden stopper of motion. The shotgun blast low on the wall. If only I could do this thing every time . . .

The ball bounces high in center court. I get there in time for a forehand kill. I plant my feet, bend both knees, my racquet poised, my eyes fastened on the ball as it drops. Then, when it's just below mid-calf, I bring my racquet through it quick, snapping my wrist, and the ball flattens on the wall two inches from the floor — and rolls out dead.

Yes. My point. ●

Tournament Results

Thrilling Days

*Brumfield orchestrates the crowd
as he nears the upset win over Hogan . . .*



Of Yesteryear

... and the winner pours it on
after point 11 in the thrilling tie-breaker.



Before a screaming, jam-packed gallery at the Gresham (OR) Court Club Jan. 15 Charlie Brumfield reached back into days gone by and extracted one more win for his victory starved supporters.

Nothing could have been sweeter for the five-time national champion than his superb and dramatic 16-21, 21-12, 11-8 win in the finals of the Gresham stop on the Colgate Men and Women's Pro/Am Racquetball Tour.

It was stop five for the men on the Seamco and Leach co-sponsored tour and was held in conjunction with the USRA Northwest Regional Championships.

But the big story was Brumfield. The bearded former number one did not have an easy time throughout the tournament with the one exception of besting his long time "patsy" Steve Serot in the semi's. Brum struggled through his round of 16 win, he struggled through his quarter-final win and he struggled all the way to the \$4,000 first place check against highly-favored Marty Hogan.

Circumstances were right for Brumfield and he took advantage of them. The championship court at the Gresham Court Club has a full glass back wall only, making visibility easier than on the three glass walled courts currently in vogue.

"It's difficult enough trying to return Hogan's bullets," said Brumfield. "But on three walls of glass it's next to impossible. At least I could see the ball in Gresham."

Yet there was really no indication of the upset in the making from the first game, which Hogan won 21-16. In it Hogan appeared to not even take the match

Brum is all concentration as he prepares to shoot his backhand into the left corner against Serot.

seriously as Brumfield grabbed a 12-7 lead. But Hogan came to life, as if pushing the lever to Warp 9 and proceeded to score nine of the next 10 points and take a 16-13 lead.

Marty, strangely hitting more passes than kills, extended the lead to 19-14 and couldn't reach 21 for six serves before tallying the magic point by blasting a forehand directly at Brumfield's feet which Charlie managed to get a racquet on, but couldn't react fast enough in order to get it to the front wall.

Game two was tied at six and nine before Brum grabbed a 12-9 lead. From that point Charlie played his best half-game in almost two years.

At 15-12 he began a string that included errorless and perfect racquetball. A forehand right corner kill was 16, a forehand dump kill into the right corner was 17, and a forehand fly, rekill made it 18-12. Nineteen came on a pass right and 20 was another forehand right corner kill.

Hogan, in a gesture of supreme disdain, then played the final point left handed, which Brumfield won with a forehand kill into the right corner 21-12, sending the 200+ gallery into fits of ecstasy.

So the tie-breaker was upon them and neither man gained an initial advantage with ties at two and three, before Hogan scored twice on a Brumfield backhand skip of a drive serve and an ace on a drive to the right.

Then Brumfield rode another hot streak. His fifth point was a forehand kill into the right corner, which seemed to be outlined in gold. Point six was a back wall forehand kill and seven came on a V-pass to the right. A backhand left

corner kill made eight and when a Brumfield ace hit the crack to the left Hogan was forced into a time out that left the fans on their feet, 9-6 Brumfield lead.

Charlie didn't let up when play resumed, tallying 10 on a backhand, back wall kill and moving an inch away from his first victory since the National Championships of June, 1976.

But you can never count out Hogan, who regained the serve and scored once with a pass left. Brumfield put him out but was unable to score and Hogan added another one with a pass down-the-line right. Then serving 8-10, Hogan readied to blast one of his patented 142 mph serves, only to have his racquet shatter on impact of the ball, forcing a skip serve and side out.

Again Brumfield came up empty when he reached for the 11th, but Hogan too

was unable to score, borrowing a racquet from fellow pro Steve Strandemo.

As the drama built to an unbearable peak Brumfield gained control of the ensuing rally, and put a forehand into the right corner for the match 11-8.

A surprise in the semi-finals was the ease with which Brumfield again did away with Serot. Despite the so called mesmerization that Brumfield seemingly has over Serot, the truth was that Steve was playing super racquetball en route to the semi's. His quarter-final win over Davey Bledsoe was particularly impressive 21-10, 21-13.

But Brumfield certainly has the lanky southpaw's number and Steve could do nothing the entire match. After some



*Hilecher strives to keep a pass in play as
Hogan looks on in the semi's.*

good early rallies that resulted in a lot of side out situations, Brumfield built a 13-4 lead, extended it to 15-9 and coasted in 21-10. The game was uneventful.

The second game was much of the same, as Charlie jumped ahead 6-1 and 9-2 and held the lead to 14-7. Serot was unable to generate any offense, doing most of his work retrieving, while Brumfield picked his offensive spots.

Serot made a late run, however, closing to 15-17 but that was the closest he got as Brumfield took advantage of key errors by Steve for point 18 on a skipped set up with the backhand, 19 was a forehand skip of a serve return and 20 another forehand skipped serve return.

Just for good measure the match winner was a Brumfield ace which caught the crack at the left wall just behind the short line 21-10, 21-17.

Hogan met Jerry Hilecher in the upper bracket semi-final a few hours later and they gave the fans one good game before Hogan took control of the match.

That game was the first with Jerry playing Marty even throughout the early stages forcing ties at three, four, nine and 13. When Hogan went ahead 15-13 on a Hilecher error and his own pass right, Jerry came right back to tie it with a Hogan skipped serve and Jerry's own backhand kill to the left corner.

Hilecher continued his streamrolling toward 21 with a pass left for 16, a forehand right corner kill for 17 and a beautiful backhand pinch kill left for 18. Hogan came back on an Hilecher error before Jerry took a 19-16 lead with a cross court pass left.

With his back seemingly to the wall Hogan took command. At 16-19 a pass

right made 17, and two kills, one backhand, one forehand both straight in tied it at 19, forcing a Hilecher time out.

No help there, though, as Jerry skipped in a kill attempt on Hogan's ensuing serve for Marty's 20th point. The end of game one came moments later when Marty ripped a roll out into the left corner with his backhand off the back wall.

"When Marty gets hot like that, he's uncontrollable," said another pro. "He can be unbeatable."

He was just that in game two, blasting his way to a 12-4 initial advantage and holding on to wait for any comeback bid

on Hilecher's part. Jerry managed to close to within 16-12 but another Hogan flurry made it 20-14, largely on the strength (or weakness) of Hilecher errors, which gave Marty freebies at 17, 19 and 21.

The final was 21-14.

The quarter-finals are generally the best matches of a pro tournament and the quarters in Gresham were no disappointment, with three of the four going to the tie-breaker.

In the top bracket Jay Jones went up against the mighty Hogan and almost brought him down. Playing his solid, percentage style, Jones strung out game one and hit his shots in the key times to capture a 21-15 decision.

His steady game, in which he controlled the pace by slowing it way





Hogan pounces on a back wall set up against Jones in their superb quarter-final battle.

down, forced Hogan errors, but only after superb retrieving on Jones' part. Jay was able to shoot particularly well on the run, another key factor in the win.

Marty started fast in the second and Jay let it go after a while, 21-5, forcing the tie-breaker to determine the winner.

It was super. The packed gallery watched Marty's powerful game rev up as he blasted to both sides and raced to an insurmountable 10-3 advantage. Jones mounted a belated comeback attempt, and just when he closed to within reach at 7-10 Hogan added the match winner, a backhand kill cross court.

Hilecher and Ben Koltun, who always match up close, did it again for the Northwest crowd. Jerry quickly dropped behind in the first 5-1, fell further back at 15-8 and then outscored Ben 13-3 the rest of the way to take a 21-18 first game.

In the second the two St. Louis natives battled to 10-all before Koltun hit his stride taking command on the strength of a five point 21st inning and coasting in 21-10.

But Hilecher had his big serve working in the tie-breaker, scoring four aces of the 11 points, including three of the final five. When the serve cracks out, there's nothing you can do, and Koltun, despite playing fine ball himself, was simply outplayed 11-6.

Serot found Bledsoe not up to his usual high intensity and the St. Louis southpaw took it to the faltering national champ in two quickies 10 and 13.

Bledsoe won the coin toss to start the match and it went downhill from there.



You can always tell a good call when both players disagree. This one occurred in Koltun vs. Hilecher in the quarters.

Bledsoe contemplates the roundness of the sphere as he tries to analyze his predicament, which against Serot in the quarters was a tough one.



In the sixth inning he led 5-4, in the seventh inning he trailed 12-6. Thereafter Davey added ones and Steve added bunches to arrive at the 21-10 first game score.

Serot jumped on top to start the second with an eight point early inning helping an 11-2 outburst. Bledsoe tried to come back and managed to close to 13-11 before Serot began to pull away.

When the game got down to the payoff time, Bledsoe's shots ruffled the dirt and Serot came home the easy winner 21-13.

Brumfield and Keeley, two old foes from control days, had one of the most entertaining matches of the tournament, won by Brumfield in the crazy scores of 21-1, 17-21, 11-3.

With today's power hitters and lively balls it was refreshing to see the fluid, fundamental strokes of these two cerebral players, although at times it was like listening to a 45 rpm record at 33 rpm speed.

Brumfield started well in game one but actually had a better workout warming up as Keeley let it go early 21-1. But as only he can, Steve played tough in game two, grabbed the key points down the stretch and forced the tie-breaker 21-17.

The Brum took no chances here, taking an early lead, extending it and never letting Keeley come close to momentum for an 11-3 winner.

Who were the could haves, but didn'ts? Mark Morrow in the 16's losing 21-9, 15-21, 11-5 to Jones; Mike Yellen in the 16's losing 11-21, 21-14, 11-6 to Brumfield; Craig McCoy on the short end 21-18, 21-18 to Keeley; and Richard Wagner a point away in the 16's 11-21, 21-20, 11-7 to Bledsoe.



Brumfield tries to chase down a Keeley pass left in an unusual quarter-final match.



Everybody was all smiles at the check ceremonies including (l. to r.) Franke Eisenzimmer, co-owner Gresham Court Club; Hogan; Charlie Drake, president of Leach; Brumfield; Bob Taylor, Gresham co-owner, and NRC's Chuck Leve.



Wonderful Mollie Mankertz, who put up with everybody and everything all week. She was the best.

Dave Bush powers a backhand kill attempt against Lindsey Myers in the Mens Amateur Open finals, won by Myers.



Pro Results (Qualifiers): Peterson, Watson, Krause.

(First Round): Hogan d. Duester 21-11, 21-11; Strandemo d. Bertolucci 21-4, 21-3; Morrow d. Peterson 21-12, 21-8; Jones d. Watson 21-5, 21-12; Koltun d. Mondry 21-18, 21-5; Fleetwood d. Trent, forfeit; Zuckerman d. Strom, forfeit; Hilecher d. Stephens 21-11, 21-12; Brumfield d. Dern 21-5, 21-17; Yellen d. Zeitman, forfeit; Keeley d. Krause 21-5, 21-17; McCoy d. Larson 18-21, 21-17, 11-1; Serot d. M. Sayes 21-13, 21-2; Owen d. Chase 21-20, 10-21, 11-4; Wagner d. T. Sayes 21-13, 21-13; Bledsoe d. Retter 21-12, 21-16.

(Second Round): Hogan d. Strandemo 21-11, 21-15; Jones d. Morrow 21-9, 15-21, 11-5; Koltun d. Fleetwood 21-11, 21-15; Hilecher d. Zuckerman 21-11, 21-13; Brumfield d. Yellen 11-21, 21-14, 11-6; Keeley d. McCoy 21-18, 21-18; Serot d. Owen 21-7, 21-11; Bledsoe d. Wagner 11-21, 21-20, 11-7.

(Quarter-finals): Hogan d. Jones 15-21, 21-5, 11-7; Hilecher d. Koltun 21-18, 10-21, 11-6; Brumfield d. Keeley 21-1, 17-21, 11-3; Serot d. Bledsoe 21-10, 21-13.

(Semi-finals): Hogan d. Hilecher 21-19, 21-14; Brumfield d. Serot 21-10, 21-17.

(Finals): Brumfield d. Hogan 16-21, 21-12, 11-8.

NOTES . . .

Denver's Jim Owen in an upset win over Steve Chase in the first round couldn't survive the Serot onslaught in the second . . . Nice to see Steve Strandemo back in action, although a tough draw gave him Hogan in the 16's . . . The Northwest Regionals saw some superb play and a number of trips to the National Championships were awarded to winners like . . . Canadian champ Lindsey Myers capturing the Open Singles . . . top seeded Alicia Moore going all the way in the Women's Open . . . and Bill Contradow capturing the Seniors . . . In the couldn't have been better category were Gresham Court Club owners Frank Eisenzimmer and Bob Taylor with their lovely wives Myrna and Carolyn . . . Mollie Mankertz in her first-ever tournament directorship role was superb . . . Floor manager Gary Fisher . . . and countless others who made this one another special event on the tour . . . Hospitality was excellent, closed circuit TV an added touch and full galleries a pleasure. ●

All photos from Gresham by Boyd Holloway



Alicia Moore shows her backhand form in taking the Women's Amateur Open championship against Vicki Panseri.

Back On Track



Sequence from the finals shows an effective hinder on the part of Wright, who follows through and is not able to move before her shot comes right back, creating the hinder on Steding.



It took Shannon Wright half the season, but she finally regained the form that made her the dominant force on the '76-77 tour and blasted her way to victory number one on the '77-78 books.

The event was the first women-only pro tour stop in NRC history and the Sports Courts of Omaha, NE, was a center of activity all four days, Jan. 19-22.

It was a tournament of upsets and near-upsets beginning with the qualifying round of three matches in which all three favorites lost in tie-breakers by a combined total of four points.

Along the way number two ranked Jennifer Harding never found her way out of the quarters; number three Janell Marriott scored 20 points in one match, all in the second game; Peggy Steding almost came up short in the first round, and little Martha McDonald made her first trip to the quarters.

Still in all it was Wright's show and she loved it. Her championship match win was over arch rival Steding and it was another of their brutal battles 15-21, 21-18, 11-9.

Steding, who was hobbled slightly by a pulled groin, was down early in the first game 11-2, before she mounted a comeback largely aided by Wright errors.

Shannon, whose style is now reckless abandon, shot the eyes out of the ball early, but as she sought to bring the ball down mid-way through Steding's re-entry into the game, she overcompensated, resulting in a flurry of skips that allowed Steding a 15-13 advantage.

When Shannon tied it at 15-all, Peggy responded with two of her own to 17-15 and followed with an amazing three straight aces for a 20-15 lead. After two super side outs Steding got the point, or actually was given the point on a Wright error 21-15.

As the second game progressed it was apparent to all that Steding did not want to go to a tie-breaker. There was no concession contemplated. Shannon continued to give away points early as Peggy rolled up early leads of 5-1 and 8-3.

But tides do turn and this one did. A red hot shooting spree vaulted Shannon back to an 8-all deadlock before the 42-year-old Steding cranked up three more aces, one a Z to the backhand, the other two drives to the left, and her lead catapulted to 13-9.

But here Peggy seemed to get a bit over-cautious and it cost her valuable momentum. Shannon kept shooting and as she began to hit, the game swung back to her, as she regained the lead 15-13.

The points were traded even as the two top ladies went down to the wire. Four times Steding stopped Wright at 20, until the magic vanished at 20-18 when Steding went for an overhead kill from deep court. The shot came up two feet short and the game went to Wright 21-18.

The tie-breaker held the same kind of drama. Steding did not get tired. Wright did not stop shooting. At 4-all Shannon managed a slight lead to 6-4, but Steding came back and tied 6-all.

The atmosphere was electric as they battled as they had in so many of their other meetings over the years. At 10-9 Wright finally managed the match-winner, a forehand back wall kill into the right corner, and victory was hers again.

In the semi-finals Wright stopped Kathy Williams, whom she did not expect to play, 21-10, 21-15. Williams, who had upset Harding the night earlier, didn't have the offensive punch that had been at her side for two days and it cost her against Wright.

Shannon's superb play, which by this time was getting to her friendly foes, was especially superb in game one highlighted by pinpoint passes both ways, fine deep court shooting and supreme confidence.

Unraveled by a questionable call Williams was unable to cope with the conditions and fell behind after staying even to 9-all. Kathy's concentration shattered, Shannon had an easy time running it out.

Game two was not as close as the score might indicate. Wright stayed hot and took command early, which she boosted to 20-10. A let up allowed Williams to sneak the score to



Williams was handcuffed during much of her match against Wright in the semi's. Here she struggles to get a backhand up to the ceiling.

Green gave Steding as much as she could handle in the upper bracket semi-final. Here Sarah does all she can to avoid a waffle.



respectability, if primarily on Wright errors, before Shannon put it away 21-15.

Sarah Green, who like many of the other women on tour, shows continued improvement, almost reached the championship match as she came just this close to knocking off Steding in the semi-finals.

Game one was tenderly close with a 13-all tie resulting. Neither player could put a string together, which was probably a plus for underdog Green who was showing good aggressiveness and controlling her share of the court.

Her own confidence bouyed Green began shooting well late in the game and using straight drive serves to Steding's backhand hit a few cracks and ran out 21-15.

The full gallery takes in the action during the Steding-Green semi-final battle.

Wright's excellent forehand form keeps Marriott in deep court during their quarter-final match.

The second game was carbon copy material — no big leads, nip and tuck all the way to 17-all. This time it was Steding who grabbed the necessary points including an ace on a drive to the forehand. Sarah used time outs wisely but ineffectively and the tie-breaker loomed ahead.

This game made the efforts in triplicate as they traded points reached to 9-all, then finally 10-9 Steding, who serving match point hit an ace to the crack left for the winner. Or was it? Referee Terry Fancher's call of "short" stopped all victory dances and when the appeal upheld the ref, a second serve was in order.

The issue became dead a second later, however, as a forehand kill straight in to the left was a winner 11-9.

In one of pro racquetball's wierdest matches ever Wright beat Marriott in the quarters by the outrageous scores of 21-0, 21-20. Don't ask how the third ranked player in the world can get a donut. Nobody believes it still.

The truth is that Shannon Wright played one perfect game of racquetball. She killed from everywhere, her serves were devastating to both sides and she drove the ball precisely. Marriott let it go at about 14 and hoped for the best in the second.

Shannon came out shooting again, but after a quick burst at the outset, the jets cooled. But instead of going back to percentage, Wright forced the fancy shots and the result was a 14-8 Marriott lead. Only then did Shannon start playing smart and the lead began to shrink.

At 19-all Marriott tallied once, but was unable to get the big one and Wright, wasting no time, tallied twice and took the match 21-20.

For Martha McDonald her first trip to the quarters was a quick one as Green totally dominated play for 21-6, 21-9 wins. Martha was flat and tight, Sarah controlled play throughout and as somebody in the gallery said, "it's a different game when you get to the quarters."

Martha Byrd McDonald — it was her first career trip to the quarter-finals.



Harding goes to the ceiling with her forehand during her upset loss to Williams in the quarters.



Williams, perhaps thinking to two lost matches to Harding with 21-20 games a big part of them, managed to get the key points in the first game against TV star Jenny, resulting in a 21-19 win.

Long rallies and a tight game were the trademarks in that first encounter as ties occurred at 11, 13, 15, 16 and 18 before Kathy snuck in the winners.

The second was opposite as Williams controlled throughout, her backhand into the left front corner outplaying Jennifer's vaunted forehand and Williams took it going away 21-14.

The final quarter-final match found Steding playing Karin Walton, and the Steding mystique got to the pert rookie from California in the first game. An early game hot streak earned Peggy the lead and Karin was never able to fully recover, closing to 14-18 once, but that was it.

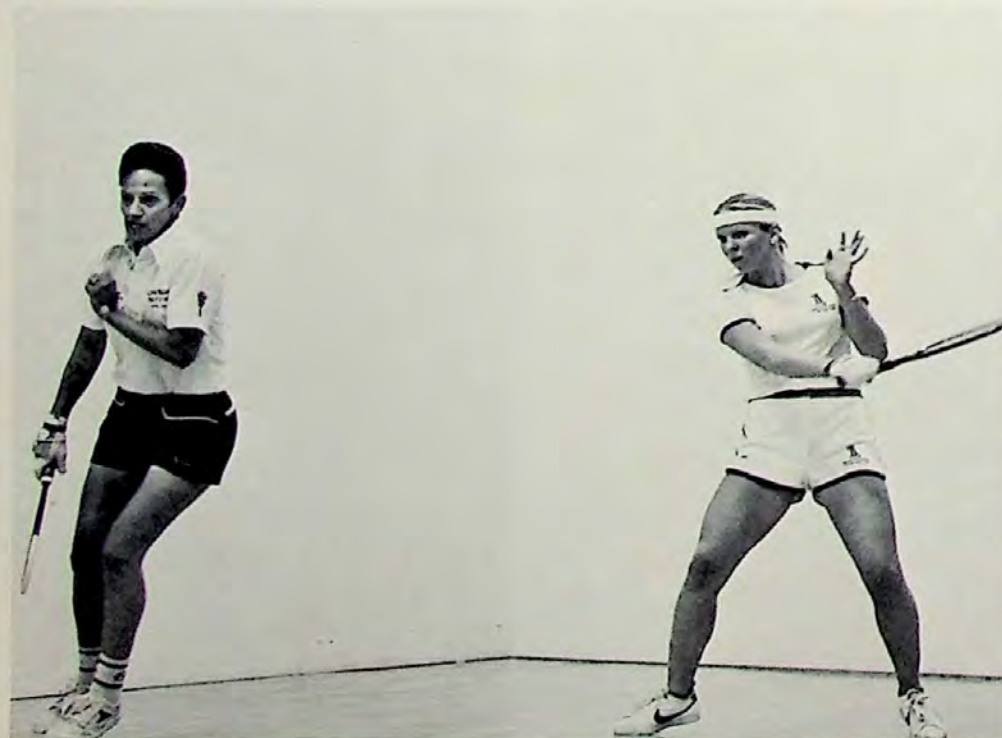
The second game was a much better effort on Walton's part, in fact she should have won the game. Down 10-13 Karin ripped two aces to make it 12-13 and an inning later she tied the score at 14. Next time in she ran three to 17-14 but her hold button got pushed just then.

When Steding tied it at 17, Karin wilted. An ace for Steding was 18, a backhand fly kill made 19, followed by a Walton error for 20. The finale was routine procedure.

To Walton's credit she battled back hard in the second game and was duly impressive after being intimidated in the first.

Now about those qualifying matches. Dena Rassenti was supposed to beat Camille McCarthy, but it was Camille in the tie-breaker 11-10. Glenda Pommerich was supposed to beat Judy Thompson, but in the tie-breaker it was 11-10 for Judy; Marci Greer was supposed to beat Sally Murphy, but Sally was still there in the next round thanks to an 11-8 finish.

And the Steding scare? It was Pat Schmidt, turning the tables on her in the first game 21-9 before Steding regrouped and recaptured that elusive concentration 21-7, 11-2.



Walton drives a pass cross court against Steding in the quarters.

Women's Racquetball Gets Maternal Boost

Sally Marriott, Kay Ebbert (Kathy William's mother), Virginia Sauser and Rita Hoff, left to right, were among pros' mothers at the Omaha stop. Also attending were Joan Walton, Johanna Schmidt, Helen Anderson (Jennifer Harding's mother) and Helen Pasternak. Celebrity treatment from Court Sports of Omaha included corsages and a mother-daughter brunch.



Passing out the loot (l. to r.) Dick Kincade, Steding, NRC National Commissioner Joe Ardito, Wright, and Tom Schussler.

All Photos from Omaha by Art Shay.

Pro Results (Qualifiers): McCarthy, Thompson, Murphy.

(First Round): Steding d. Schmidt 9-21, 21-7, 11-2; Walton d. McCarthy 21-9, 21-9; McDonald d. Hoff 21-17, 21-9; Green d. Thompson 21-4, 21-9; Marriott d. Pasternak 21-3, 21-7; Wright d. Sauser 21-12, 21-8; Williams d. Murphy 21-17, 21-16; Harding d. Carow 21-7, 21-5.

(Quarter-finals): Steding d. Walton 21-14, 21-17; Green d. McDonald 21-6, 21-9; Wright d. Marriott 21-0, 21-20; Williams d. Harding 21-19, 21-14.

(Semi-finals): Steding d. Green 15-21, 21-17, 11-9; Wright d. Williams 21-10, 21-15.

(Finals): Wright d. Steding 15-21, 21-18, 11-9.

NOTES . . .

Omaha's wind chill factor of -25F was the only cool note in an otherwise extremely warm weekend . . . the 12 court facility which seats 300 on its spectator court sat 300 for three straight nights . . . the congeniality was everywhere as owner Dick Kincade and his wife Phylliss (who did her share of shuttle bussing) couldn't do enough for the players and their moms . . . those moms, by the way included Sally Marriott, Kay Ebbert, (Williams), Virginia Sauser, Helen Anderson, (Harding), Helen Pasternak, Joan Walton, Johanna Schmidt and Rita Hoff . . . Quote of the week: at breakfast Sunday morning, one player said to a table full of moms, "why didn't you make curfew last night?" and all seven heads turned . . . Thanks must go out to some super hard workers like Tom Schussler, Maidy Urbanek, Irma Dickey, Myrta Hansen, and referees Phil Stepp, Leo McCarthy, and Keith Freeman . . . Hospitality, as always at a Kincade run tournament, was super . . . the amateur events sported some unusual prizes like Mark Hegg and Judy Thompson's portable TV, life rafts, electronic TV games and an assortment of Leach racquetball equipment, travel bags and luggage. ●

"If she doesn't try it as a pro, she might regret it all her life," says Johanna Schmidt, explaining why she's backing her daughter, Pat, playing the professional racquetball circuit for the first time this year.

Johanna — one of eight mothers who came to Omaha to root for their daughters during the premier women's only pro racquetball stop — added that her husband was "an excellent golfer who never had a chance to see if he could be a successful pro. He's glad his daughter's having her chance."

Watching your daughter compete in a national tournament can be pure pleasure. Johanna Schmidt was glad she was in the grandstand the first game in the round of 16's when Pat beat Peggy Steding, even though Pat lost the match.

But watching can be painful. One mother tried to view each of her daughter's matches, but gave up mid way in the first games. "For some crazy reason I feel as if I'm responsible for her playing. I think we're both better off if I don't watch."

Watching daughters compete against each other can get touchy, too. When two pros with visiting mothers met in a court, the usual maternal cluster broke up as each woman found her own spot in the stands to follow her daughter's play.

But watching was only one reason the mothers were in Omaha. The trip was just as much to get to know each other and the other players, and to have a good time. Most of all it was to learn what it's like to be in the center of racquetball — the center of their daughter's lives.

Rankings and Earnings

Current Official Men's Rankings

1. Marty Hogan,
St. Louis
2. Charlie Brumfield,
San Diego
3. Davey Bledsoe,
Kingsport, Tenn.
4. Jerry Hilecher,
St. Louis
5. Steve Serot,
St. Louis
6. Craig McCoy,
Riverside, Cal.
7. Richard Wagner,
San Diego
8. Ben Koltun,
St. Louis
9. Jay Jones,
Los Angeles
10. Steve Keeley,
Haslett, Mich.
11. Mike Yellen,
Southfield, Mich.
12. Jerry Zuckerman,
St. Louis
13. Mark Morrow,
Los Angeles
14. Steve Strandemo,
San Diego
15. David Fleetwood,
Memphis

Current Official Women's Rankings

1. Peggy Steding,
Odessa, Tex.
2. Jennifer Harding,
Portland, Ore.
3. Shannon Wright,
Las Vegas
4. Janell Marriott,
Salt Lake City
5. Sarah Green,
Memphis
6. Kathy Williams,
Hazel Park, Mich.
7. Rita Hoff,
St. Louis
8. Karin Walton,
San Clemente, Cal.
9. Martha McDonald,
Gainesville, Fla.
10. Jan Pasternak,
Houston
11. Jean Sauser,
Northbrook, Ill.
12. Sue Carow,
Glenview, Ill.

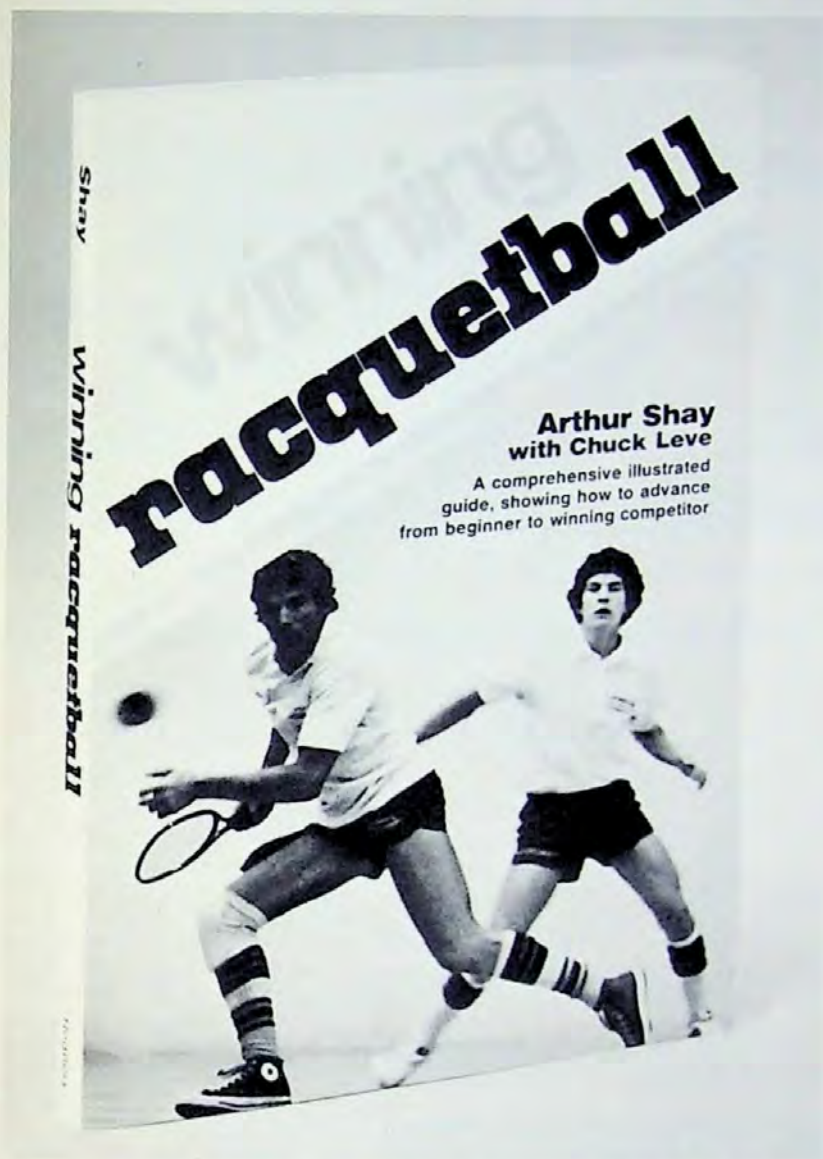
All Time Career Earnings Men

- | | |
|---------------------------------------|----------|
| 1. Marty Hogan,
St. Louis | \$51,190 |
| 2. Charlie Brumfield,
San Diego | 39,100 |
| 3. Steve Serot,
St. Louis | 20,350 |
| 4. Davey Bledsoe,
Kingsport, Tenn. | 20,000 |
| 5. Steve Keeley,
Haslett, Mich. | 17,950 |
| 6. Steve Strandemo,
San Diego | 15,610 |
| 7. Jerry Hilecher,
St. Louis | 15,220 |
| 8. Richard Wagner,
San Diego | 13,015 |
| 9. Craig McCoy,
Riverside, Cal. | 10,305 |
| 10. Bill Schmidtke,
Minneapolis | 6,506 |
| 12. Mike Zeitman,
Memphis | 5,375 |
| 13. Jay Jones,
Los Angeles | 4,775 |
| 11. Ben Koltun,
St. Louis | 5,425 |
| 14. Mark Morrow,
Los Angeles | 3,500 |
| 15. Ron Rubenstein,
Chicago | 2,885 |

All Time Career Earnings Women

- | | | | |
|---|----------|--|-------|
| 1. Peggy Steding,
Odessa, Tex. | \$14,800 | 6. Sarah Green,
Memphis | 3,125 |
| 2. Shannon Wright,
San Diego | 11,750 | 7. Jean Sauser,
Northbrook, Ill. | 2,250 |
| 3. Janell Marriott,
Salt Lake City | 6,225 | 8. Sue Carow,
Glenview, Ill. | 2,175 |
| 4. Kathy Williams,
Hazel Park, Mich. | 5,550 | 9. Rita Hoff,
St. Louis | 1,500 |
| 5. Jennifer Harding,
Portland, Ore. | 4,825 | 10. Jan Campbell Matthews,
La Jolla, Cal. | 1,200 |

winning racquetball



Foreword by Robert W. Kendler, President, United States Racquetball Association

Arthur Shay with Chuck Leve

Winning Racquetball is intended for beginning players seeking shortcuts to racquetball competence as well as those who have achieved the competence required to enter local club tournaments and last at least a round or two.

Building on the basics, Shay and Leve cover such areas as the mental attitudes required to win tournaments; how to get into supershape for racquetball; how to use your limitations (fatigue, for example) as advantages; and how to play against someone who is trying to out-psych you. There are winning suggestions for every department of play.

Proven racquetball winners, such as Steve Keeley, Steve Serot, Sue Carow, Kathy Williams, Charlie Brumfield, Bill Schmidtke, Ron Rubenstein, and racquetball's 19-year-old superstar Marty Hogan, are photographed in action and quoted throughout to illustrate the points made in the text.

Winning Racquetball will lead the racquetball enthusiast to the level of competence and beyond into tournament excellence.

Arthur Shay is a former *Life* and *Time* writer and *Sports Illustrated* photographer. He is the author-photographer of thirty-one books. Chuck Leve is the author of *Inside Racquetball* and the National Director and editor of *National Racquetball* magazine, the official publication of the United States Racquetball Association and the National Racquetball Club, Inc.

Please send me _____ copy(ies) of WINNING RACQUETBALL at \$4.95 each plus 50¢ postage and handling for each book ordered. Illinois residents kindly add 5% sales tax; California residents please add 6% sales tax. NO CASH OR C.O.D.'s accepted—please send check.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____



Contemporary Books, Inc.

180 North Michigan Avenue, Chicago, Illinois 60601

(312) 782-9181

National Racquetball

EXTRA!

National Racquetball's on the Newsstands

Now racquetball players in the midwest can find the only monthly publication devoted to their sport when they stop at the magazine rack of their local drugstores or supermarkets.

Prior to February *National Racquetball* was available only through home subscriptions and at court clubs around the country. But the growing number of players (around 5.5 million at last count) created a demand for

newsstand distribution, which should extend to other parts of the United States in coming months.

To respond to the player boom *National Racquetball* is tailoring its contents to its broader readership with

stories geared to beginners as well as intermediate and advanced players.

National Racquetball, established in 1972 as a bi-monthly, became a monthly magazine in January of 1978.

Court Club Owners Share Ideas At NCCA First Convention

Some 400 National Court Clubs Association members and their guests heard Jim McKay, ABC-TV sports commentator, at a Saturday night banquet during the NCCA's first convention Jan. 19-22 in Anaheim, CA.

Three new directors — Charles Spaulding, Spaulding Racquet clubs, Manchester, MO; Steven Pease, Wallbangers, Cupertino, CA, and Bruce Hendin, Racquetball and Handball club of San Antonio, TX — were elected at the Saturday morning session. Cathy Austin will continue as national coordinator.



NCCA President John S. Wineman, Jr., president and principal of the Court House, midwest chain of clubs based in Chicago, said "The four 90-minute round table discussions, where owners and operators shared information, were the highlights of the proceedings to many, who also benefited from hearing experts in statistical analysis, site selection, marketing, finance, design and construction."

ABC-TV Sports' Jim McKay

All-Around Athlete Becomes 10,000th Sports Illustrated Member

Ed Raseman, left, and Lynn, right, became 10,000th member of Sports Illustrated Court Clubs chain and that won them \$400 of racquetball equipment and clothing. Center: Jim Cloud, manager, Sports Illustrated Court Club-Kalamazoo West.



A Christmas shopper became the 10,000th member of the Sports Illustrated Court Club chain.

As a uniquely personal gift for Ed Raseman, 34, who had played racquetball when he attended Notre Dame, wife Lynn, 32, bought a family membership in the chain's Kalamazoo-Turwill Lane club.

Lynn's lucky timing won the family some \$400 worth of racquetball equipment and clothing, donated by Leach, Ektelon and Sports Illustrated Court Clubs, and five hours of free court time.

Ed Raseman, operations manager at National Storage Company, Kalamazoo, is an all-around athlete who made

the varsity swimming and football teams in high school. Lynn is a registered nurse who works part-time at Bronson Hospital in Kalamazoo.

Not only Ed and Lynn but six-year-old son Bumper expect to take advantage of the family membership.

The Sports Illustrated chain reached the 10,000-member mark with only five clubs open and only 14 months after opening its first club. President Craig Hall expects to double that figure sometime this spring when 10 clubs will be operating and to hit the 40,000-member mark with 15 to 20 clubs before year-end 1978.

planning to build or re-surface racquetball, handball or squash courts? Consider COURT-RITE panel SystemsTM

COURT-RITE panels and court systems utilize high pressure laminates fabricated to withstand constant use with a minimum of maintenance and downtime.

WE SERVE YOU BETTER!

WITH: ACTION • EXPERIENCE • SELECTION
GUIDANCE • ECONOMY • SATISFACTION

contact: C. J. Hendershot
312/498-0310

COURT-RITE, INC.
2751 LAKE COOK ROAD
DEERFIELD, IL 60015



Racquetball Raises Charity Dollars

Number Two Men's Pro Charlie Brumfield and Seventh Ranked Jay Jones settled a bidding battle over a diamond pin by playing the best of three games during a tournament at West Los Angeles' Century Racquetball club that raised \$2,500 for the Children's Hospital of

Los Angeles. When Brumfield tried to outbid Jones for the pin during the auction of items donated by local stores, the pros decided to settle the bid on the courts. Jones, who lost the close third game, said "I let him win because the pin wouldn't have looked good on me."

Brumfield was on hand in WBBM-AM and winner of Chicago a month later at the grand opening of the Lincoln Park Court Club, when Gary Lee, traffic reporter for son Foundation.



Jay Jones lost a sparkling match to Charlie Brumfield



Charlie Brumfield, left, and Chicago Honey Bear Karen Smith present Gary Lee, with a \$500 check to the United Parkinson Foundation and \$500 in silver dollars as his first place prize in the Lincoln Park Court Club Media Racquetball Tournament.

PISTOL™

GRAPHITE

The Pistol Graphite Racquetball Racquet from Aldila.

Aldila introduces the most explosive racquetball racquet to date—a new and revolutionary weapon that can knock out shots, scores, and opponents with the greatest of ease and deadliest of effect.

The tournament weight Pistol is light, quick, and maneuverable. Graphite fiber adds substantial stiffness and strength. The advanced rectangular head is designed to fit the tight corners of the court and provides the largest hitting area of any racquet. The longest racquet available, the Pistol delivers greater reach and power. A stalwart, the Pistol is absolutely unbreakable—guaranteed for a year.

Fire the Pistol at your nearest racquetball club, or call us.

Aldila™

"Energy for the Sports Revolution" 4883 Ronson Court D, San Diego, California 92111 800-542-6021 toll free in Ca. 800-854-2786 toll free elsewhere

18 High Schools Participate in Spaulding League



DeSmet high School racquetball coach, Ken Luecke, right, instructs Senior Tim McLaughlin, prior to the start of league play.

The Spaulding Racquetball Clubs, Inc., have established a new high school club racquetball league among 18 high schools in St. Louis county.

The leagues, which involve more than 400 students, approximately one-fourth of them girls, began mid-January. Each team has four players and a teacher sponsor as a coach. Many high schools are represented by four to six teams.

Following ten weeks of league play a playoff tournament was scheduled to determine the league champ-

ion, with each high school represented by its best four players based on wins and losses in league play. All games are to 21, one on one, and players referee themselves.

In making the league announcement, Spaulding club chain president, Chuck Spaulding, said, "we are simply overwhelmed by the tremendous response of high school students in the area to playing racquetball, and we believe this first effort by Spaulding in organizing a high school league is just the beginning."

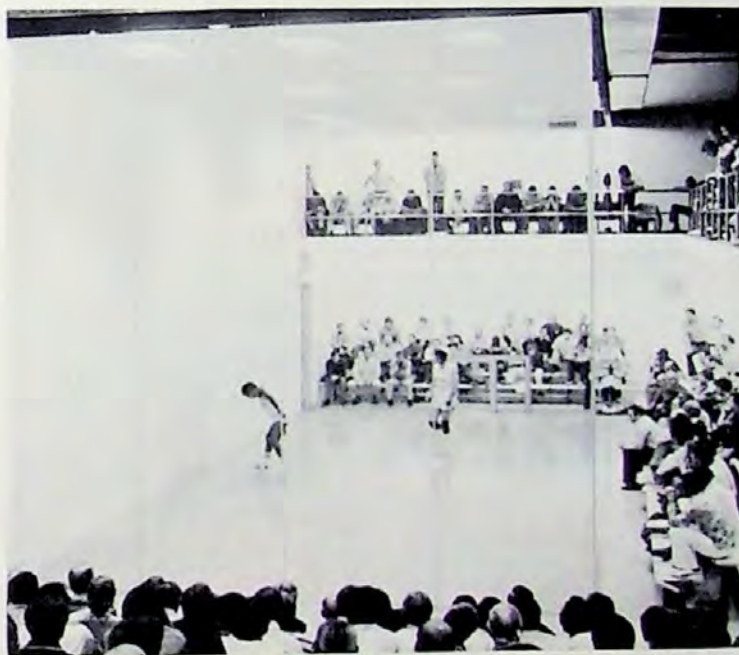
Brumfield Signs with Sportrooms

Five time national racquetball champion Charlie Brumfield has signed a five year contract with Racquetball International Corp., developers of the Sportrooms, a chain of private racquetball clubs and fitness centers.

According to the agreement, announced by Ed Torkelson, president of RIC, Brumfield, 29, will represent the Sportrooms exclusively on a national basis, visiting each club throughout the year, upgrading programs in instruction and conducting clinics revolving around the sport's most recent techniques.

Brumfield, called by his colleagues "The Holder of All Titles," is two-time national doubles champion, two-time national three-wall champ and two-time Canadian national champion. He holds the record at 25, for consecutive racquetball tournament titles.

Brumfield is a graduate of the University of San Diego School of Law and a member of the California Bar, but has given up the law for racquetball.



NORTHWEST SUBURBAN YMCA, DES PLAINES, ILL.

ABOLITE
Lighting

**5 GOOD REASONS TO CHOOSE
ABOLITE'S HANDBALL/RACQUETBALL
LIGHTING SYSTEM:**

1. Lowest initial and operating cost
2. Far fewer fixtures required
3. Fixtures designed to fit absolutely flush in any type ceiling
4. Longest lamp life
5. Dust tight design for excellent maintenance

Call or Write—**ABOLITE LIGHTING, INC.**

WEST LAFAYETTE, OHIO 43845 Tel: 614-545-6374

John Newcombe, right, three time Wimbledon men's singles champion and leading money winner several years on the pro tennis circuit, takes a lesson from Bruce Hindon, owner of the Racquetball and Handball club of San Antonio, where Newcombe is learning to play racquetball. Newcombe says "Racquetball has not hurt my tennis game — I like the quickness of racquetball—I think it's good for reflexes and agility."

—Impact Studio/Mise O'Rear Photo



Robert Henderson Design Photo

Adrienne Barbeau, center left, of TV's "Maude", lost to Donny Most, far right, of "Happy Days", as 450 spectators watched CBS film "Celebrity Challenge of the Sexes" at King's Racquetball Court, Westminster, CA. Other celebrities present at the filming of the show, which was aired in February, were Barbara Rhodes, of "Busting Loose", and McLean Stevenson, of "The McLean Stevenson Show."



—Arthur Shay Photo

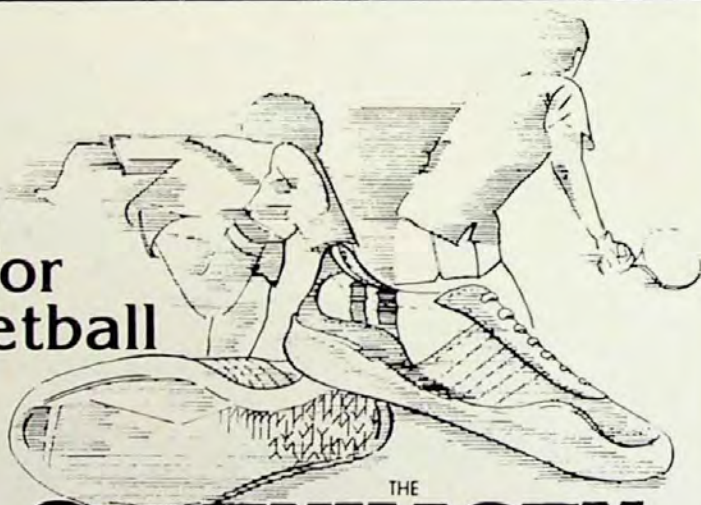
Jean Sausser signed copies of her Inside Racquetball for Women book (excerpted in our women's section) at a Meet the Author party in February at SkyHarbor Court Club, Highland Park, IL. Her co-author, Arthur Shay, took this picture.

Classified

REPRESENTATIVES NEEDED

To sell unique training product to Racquetball pro shops and clubs. Top name endorsements on patented product. Exclusive sales territory available in all areas. Contact: POWER SWING, INC. 9180 Chesapeake Drive, San Diego, CA 92123.

Only
one
shoe is
made for
Racquetball



COPENHAGEN

is molded to the foot, designed for quick movements, reinforced where necessary, light & comfortable, allows the foot to roll and gives a true grip.



PATRICK

You owe it to your feet

Patrick Athletic Shoe Company, 45 E. 30th St., N.Y., N.Y. 10016 212-686-8052

WE PUT IT ALL TOGETHER FOR YOU



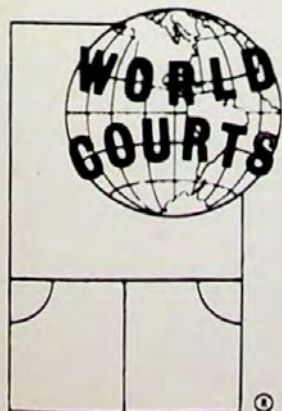
Are You Building New Squash, Handball, Racquetball and Paddleball Courts? Revamping or Repairing Your Old Ones?

NEVER A FAILURE!

**OUR P-62 HI-DENSITY LAMINATED PLASTIC PANEL SYSTEM
COMES WITH OUR FAMOUS DOUBLE GUARANTEE!**

LOWER MAINTENANCE COSTS

No Cracking or Chipping and No Painting Ever. A Mild Soap and Water Cleaning is All That is Ever Needed. No Wall Sweating.



A Total Court Package for Every Need!

For Further Details Call or Write:

WORLD COURTS, INC.

**554 MAIN STREET, DEPT. NR
S. WEYMOUTH, MASS. 02190
Phone (617) 337-0082**

Product of
Fibresin
Industries, Inc.

Youngest Players Learn on Mini Court

It's Popular Part of New York Club Nursery

Members' children as young as three try racquetball on Health'n Sports' mini court.



—Arthur Gray photo

L. J. Eiben is only three, but he's a twice-a-week racquetball player.

L. J. and his four-year-old sister, Cristen, play in a child size court whenever their father and mother, Larry and Lorraine, take them along to the Health'n Sports Racquetball Club in Westbury, NY.

With parents who are top players L. J. and Cristen are eager to learn the game. They get instruction from the nursery director, Robin Englehardt, or from one of the club's pros or from Larry or Lorraine, who sometimes spend five or 10 minutes in the mini court before the family heads for home.

L. J. and Cristen are among dozens of mini racquetball players whose parents are members of Health'n Sports. The three to eight-year-olds bat the ball around or play a game in a five, by 10, by seven foot court which children enter from a door off the Health'n Sports nursery.

Owner Abe Shames got the idea for the court shortly after he decided to convert a former Long Island movie theater into the present racquetball club.

"We had a good size area for a nursery," Shame's son, Jerry, who is co-manager explained. "My dad felt there was room for a mini court that kids would enjoy and that would encourage mothers to use the club."

Work on the club started in November of 1976, and by the following January the mini court was complete. Jerry Shames estimated that the small court cost between \$2,500 and \$3,000.

New Court Clubs

Editor's Note: Beginning with this issue our court club section, which has grown more rapidly than any other part of *National Racquetball*, will highlight new facilities by listing.

Club owners are encouraged to continue to send *National Racquetball* information on their facilities for two important reasons. First we will send each club 10 free copies of all issues of *National Racquetball* to distribute among members. Second it is important that we be able to spread the word about your club to all those who inquire about their local courts.

Additionally we will continue to publish court club feature articles which will interest all racquetball players.

We appreciate your comments.

"The mini court helped us sell memberships before we opened in June of 1977," Jerry Shames said. "It gave people new to the sport an idea of the fun of the game when they saw their kids get into the mini court and play."

Health'n Sports architect, Raymond Fellman, designed the small court on a one-quarter scale, except for the seven foot high ceiling. The panel system and the door are the same type used in the club's regulation courts. Four mercury vapor lights fit flush with the ceiling, and one wall is plexiglass.

To keep the ball moving around the court at a speed small children can handle, boys and girls play with molded plastic racquets with thick plastic strings — equipment used in water sports games at beaches or swimming pools. Most mini racquetball players hit an official Seamco 558 or 559 ball, but when a very tiny tot asks to go into the court *"to see what it feels like,"* Robin will provide a softer, larger rubber ball. Robin also recommends some kind of eye protection.

During peak times — such as weekends or on Wednesdays when the women's league is in session — Robin, who's had special education training and is a recreational racquetball player, sets up continuous round robin tournaments. She lets the children play games of six or seven points with the winner staying on to accept all challengers.

"We have some very good little players," Robin said. *"They tell me 'I can't wait to show Daddy how I play.'"*

And then the inevitable: *"The mini court's too small for me." "I'm getting too good for the mini court." "I can't wait to get on the big courts."*

Not a bad way to guarantee a new generation of racquetball players.

Alexandria Racquetball Club
112 Lincoln Ave. E.
Alexandria, MN 56308

Arlington Court Club
5005 Arlington Centre Blvd.
Columbus, OH 43220

Babylon Racquet Club
400 Babylon Rd.
Horsham, PA 19044

The Center Courts
11866 LaGrange
West Los Angeles, CA 90025

Chalet Sports Core
8300 S. Wolf Rd.
Willow Springs, IL 60480

The Courthouse
10 Leighton Pl.
Mahwah, NJ 07430

Downtown Athletic Club
1237 N. Van Buren St.
Milwaukee, WI 53201

LeBeau's Health Club
781-A Deerpath Rd.
Aurora, IL 60504

Manhattan Plaza Racquet Club
450 W. 43rd St.
New York, NY 10036

Merrymeeting Racquet Club
120 Main St.
Topsham, ME 04086

Newtown Racquetball Club
209 Penns Trail
Newtown, PA 18940

North Ridge Racquet Club
5475 Mills Creek Lane
North Ridgeville, OH 44039

Off the Wall Racquet Club
596 W. Hollis St.
Nashua, NH 03060

Playoff Racquetball/Handball Club
288 Wood Rd.
Braintree, MA 02184

The Racquet Ball
5165 Adamson Rd.
Orlando, FL 32804

Racquetball International
12 A St.
Burlington, MA 01773

Racquet Club Inc.
596 W. Hollis St.
Nashua, NH 03060

Racquet Time, Inc.
4774 N. Blackstone
Fresno, CA 93726

South Monroe Racquetball Club
15241 S. Dixie Hwy. (U.S. 25)
Monroe, MI 48161

Sports Courts of Omaha
4812 S. 114th St.
Omaha, NE 68137

Sports Illustrated Court Club
5601 W. Saginaw Hwy.
Lansing, MI 48917

Sports Illustrated Court Club
2717 Schust Rd.
Saginaw, MI 48605

Sports Illustrated Court Club
205 W. Edison Rd.
Mishawaka, IN 46544

Sports Illustrated Court Club
5928 Trier Rd.
Fort Wayne, IN 46805

Supreme Courts Racquetball and Health Club
4100 Prospect N.E.
Albuquerque, NM 87110

Vail Athletic Club
Vail, CO 81657

Winton Racquetball Club
3120 S. Winton Rd.
Rochester, NY 14323

All-Pro Tourney

A bold, \$500,000 All-Professional sports racquetball tournament has been announced by the California-based Volli Corporation. The tournament, which will match professional athletes from all except racquet and paddle sports, will be played in Las Vegas at various times this year.

The goal, as explained by Jim Flood, managing partner of the sponsoring All-Pro Sports, Ltd. and founder of the concept, is to *"determine the best racquetball player among professional athletes."*

The All-pro tournament will hold separate events in the following categories: baseball, football, miscellaneous and veterans.

In the baseball and football tourneys competitors must be currently on major league rosters. In the miscellaneous division players must earn at least \$15,000 in their professional sport. Veterans must have spent at least one full season on a major league roster.

The All-Pro Racquetball tournament has been sanctioned by the U.S. Racquetball Association.

"We feel that the All-Pro concept is something that will help promote racquetball," said USRA president Bob Kendler. *"And anything that helps promote racquetball is good for the game."*

It is well known that many top athletes in a variety of professional sports are racquetball fanatics. Many well known players and coaches play and/or encourage their players to use racquetball as off-season conditioning.

Football head coaches Jack Pardee of the Washington Redskins, and Don Coryell, formerly of the St. Louis Cardinals, are both avid racquetballers. Pardee, who is a three times a week man, and Coryell, who owns a number of facilities, both encourage play among their coaches and players.

Sponsor Charlie Drake of Leach Industries addresses the pre-tournament dinner.



Sponsor Al Mackie, (second from l.) president of Seamco, huddles with baseballers (l. to r.) Enos Cabell, Jim Todd and Rich Folkers.

Oliver, Kessinger In All-Pro Finals

Gene Gibbs, assistant to Coryell at St. Louis, won the 1976 National Seniors championships in San Diego and is winner of numerous other events.

"We think the All-Pro tournament will help uplift all of racquetball's professionals," said Charlie Drake, president of racquetball's Leach Industries and an investor in the event. *"The publicity and promotion of All-Pro will spread to the regular racquetball pro tour."*

To prove his point Drake indicated that top Leach professionals Marty Hogan, Charlie Brumfield, and Richard Wagner would be on hand at each of the All-Pro tournaments to help instruct players, referee and generally help run the tournament.

Most of the All-Pro events will be held at the brand new Las Vegas Racquetball Club, the first all-racquetball/handball facility in the glitter town.

Tournament director will be the club's manager, Dan Seaton, who is also Nevada state chairman for the USRA.

"We're as excited as every one else about the concept," said Seaton. *"It should attract nationwide attention."*

Each phase of the tournament will determine a finalist who will compete against other finalists in each category in a Grand Finals, scheduled for January, 1979.

"I believe there will be a great demand for national television coverage of the Grand Finals," said Flood. *"We expect the interest will be high."*

Finalists in each category are guaranteed \$10,000 each and the over all Grand Finals winner collecting \$50,000.

Al Oliver and Don Kessinger were the co-winners in the racquetball event for baseball players held as part of the recently announced All-Pro Racquetball tournament.

Oliver, former Pittsburgh star recently traded to Texas, defeated Craig Swan, Met pitcher, 21-11 and 21-12, and Kessinger, the former Chicago Cub great and currently with the Chicago White Sox, whipped Tim Foli, San Francisco, 21-14, 21-9.

The winners each received \$4,000 and qualify for the All-Pro Racquet finals against winners from similar qualifying tournaments for other athletes. The champion will earn \$50,000 from an expected purse of \$150,000.

More than 30 baseball stars participated in the double-elimination event held in Las Vegas Jan. 30- Feb. 1. In the championship round of eight Oliver downed Bobby Valentine (Mets) 21-9, 21-14; Swan whipped Richard Dauer (A's) 21-11, 21-12; Kessinger beat Gary Carter (Expos) 21-6, 21-4 and Foli trimmed John Stearns (Mets) 21-14, 21-9.

Oliver believes that he has the edge in the finals which are scheduled for late in the fall.

"Of all the pro sports baseball players have the greatest edge when it comes to racquetball because the sport requires good eye-hand coordination," he said. *"The sport also demands absolute concentration, the type of concentration required of a good hitter."*

Kessinger is familiar with the sport since he owns two racquetball clubs.

"If my owning two clubs gives me an advantage, then Walter O'Malley has an advantage when it comes to hitting home runs because he owns the Dodgers," he said. *"The neat thing about this tournament is that we can go on and compete against pros from other sports."*

Valentine, a quarter finalist, credits racquetball with his rehabilitation from a broken leg.

"Racquetball has been my entire rehabilitation program," he said. *"There were those who said I would never be able to play baseball again."*

The tournament, conceived by All-Pro Sports, Ltd. of San Diego, CA, has as its sponsors Leach Industries, the nation's largest manufacturer of racquetball racquets, and Seamco Sporting Goods. ●



Finalists Al Oliver (second from l.) and Don Kessinger (second from r.) pose with Dan Seaton (l.) tournament director and Marty Hogan, top ranked pro in the nation.

Photos by Randy Tunnell

Canadian Government Helps Racquetball Grow North of the Border

By George Vaia

Racquetball's growth in Canada has in many ways paralleled that of its American cousin, but on a considerably smaller scale. Canada is a sprawling country, physically larger than the United States, but with only 10 per cent of its population. The evolution of racquetball in Canada is slightly behind that in the States.

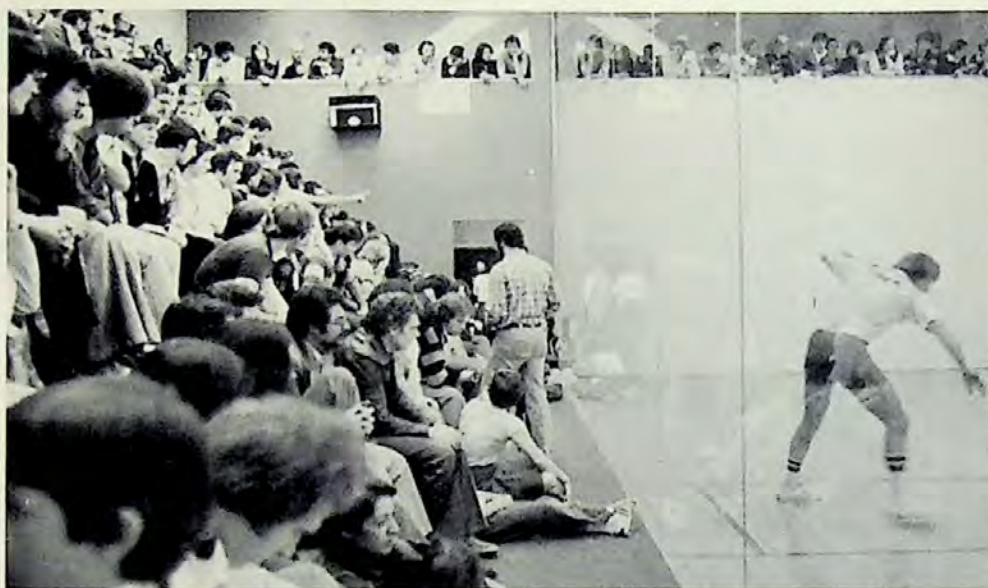
The huge potential of this North American phenomenon is starting to be realized with the creation of the Canadian Racquetball Association in 1971 and the aid of the Canadian government.

Accurate estimates are difficult to come by; however, the explosion of racquetball across Canada is a reality. A case in point is what has happened in Montreal, Quebec, where in 1974 there were only seven courts, while today there are over 30, with another dozen or more in the planning stages. Across Canada there are 300 courts with another hundred likely to be built soon. Approximately 100,000 sports people are engaged in playing the super-sport of racquetball.

The growth of racquetball in Canada can best be exemplified by the Montreal Open Tournament held annually in Montreal, Quebec. From its inception in 1973 with 90 participants, most of whom were local, to the 1977 tournament there was a dramatic increase in both the number and nature of the participants. Two hundred and twenty players from across Canada and from Eastern United States entered.

Played at the Cote de Liesse Racquet Club, an eight-court facility housed in a tennis, racquetball and squash complex, the new four-court addition proved a roaring success. One of the new courts, with a complete side glass wall and seating capacity for over 250 people, assured that all matches from the quarter-finals onward had an

A responsive overflow audience watches through the glass at Cote de Liesse Racquet Club.



overflow audience of 300 spectators. This resulted in a new phenomenon for Eastern Canadian racquetballers: a boisterous, sometimes critical, continuously active and openly opinionated assembly of sports spectators who not only encouraged and rewarded the best in athletic performance, but added a totally new dimension to racquetball play — the maddening crowd. Simultaneously there was local television filming and a university group shooting video tape of the competition to be used to examine energy expenditures required in the playing of racquetball.

Tournament Draws Colorful Players

The players responded, as players will, with superb performances of solid racquetball and some stimulating theatrics. Leo Marsocci introduced the Canadian audience to the unspoken as well as the spoken language of racquetball with his luminary lexicon of audio-visual expressions. Manny Gregorio leaped through the air with

the greatest of ease, with and without the flying trapeze. And Monique Parent, in the ladies' final, hit three spectacular behind-the-back shots in a row: one for a kill, and two for perfect passes. And so it went.

For the first time in Canada, \$1,000 of prize money was offered to the winners of the top four places in the Open division and the winners of the Senior and Ladies divisions. This added a new and exciting element to the tournament and insured press coverage for the entire event.

The competitive status of amateur racquetball for Canada vis-a-vis the United States was pinpointed and highlighted by the outcome of the Montreal Open. This tournament drew many excellent American players from the East including top competitors in the Open division. These players were representative of the fine racquetballers from Eastern United States, which has a population base considerably greater than that of Canada (the State of New York has a population only slightly smaller than all of Canada). At the quarter-final level of

Monique Parent scores points with behind-the-back shots to win the Montreal Open Women's division last spring.



the Open all the American players lost to their Canadian counterparts, and, except for the Junior division, no Americans won final events. The quality of racquetball in Canada is definitely on the upswing and it is not by accident.

Sports in Canada are given considerable encouragement by the Canadian Government. Under the guidance of Ivan Velan and Steve Milstein the Canadian Racquetball Association has been extremely successful in promoting the cause of racquetball with Sport Canada, a branch of the Department of National Health and Welfare. The CRA received federal funding of \$20,000 in 1975, \$37,000 in 1976, and hopefully will receive \$45,000 this year. These financial grants, which are given only for designated projects, are of major significance in promoting both the development and excellence of racquetball throughout Canada.

Philosophically the Canadian government is genuinely interested in promoting physical fitness and sport



Wayne Bowes, left, Canada's number one player, defeats second ranked Wes Hadikin.

Murray Diner photos

activities. Sport Canada is especially helpful and creative in aiding the development of athletics. Consequently it is more than willing to put its best "dollar" forward to deserving applicants.

Government to Sponsor Coaching Accreditation

Racquetball is supported by Sport Canada in a myriad of ways. Areas where application for aid have been made include junior development programs, officiating, coaching programs, national championships, national ranking system, racquetball promotion and preparation of teams for the Canada Winter Games.

One of the most exciting projects is the Coaching Certification Program. With the aid of Sport Canada's technical staff and resources the first coaching manual already has been formulated to provide interested racquetballers an opportunity to receive formal training in the art and science of coaching, which will lead to accredited certification.

Another field of interest is in refereeing. The government is supporting a program of accreditation for racquetball referees with the aim of standardizing the quality and caliber of officiating for tournaments across Canada.

In the area of youth development special games are held every two years. These Canada Games, as they

are called, are especially aimed at promoting athletic excellence and interaction among Canada's young people. In the 1979 Canada Winter Games to be held in Brandon, Manitoba, racquetball has been accepted for the first time as an official sport. This has opened the door for considerable additional financial support and interest on the provincial (state) level for racquetball.

And, finally, there is the real possibility that through Canadian government support a sports director might be appointed to coordinate racquetball activities on the national level. The federal government would pay the director's salary and offer office space, while the sports organization involved would pay rent and office expenses. The real possibility of an executive director in Canada's capital will enormously assist the growth of Canadian racquetball.

What's happening to racquetball in Canada? Tremendously exciting things. Canadians look at American racquetball achievements with interest and admiration. In turn Canadians serve notice to their friends from the south that racquetball is an international sport and Canada's fastest growing indoor sporting activity. ●

Conditioning For Players Who Are Serious About Winning

by Marcus B. Sorenson, Ed.D

Dr. Sorenson, director of the National Institute of Fitness, (offering physical fitness and weight-reducing vacations), also wrote "Racquetball: The Best Sport for Reducing and Weight Control" which appeared in a previous issue of National Racquetball.

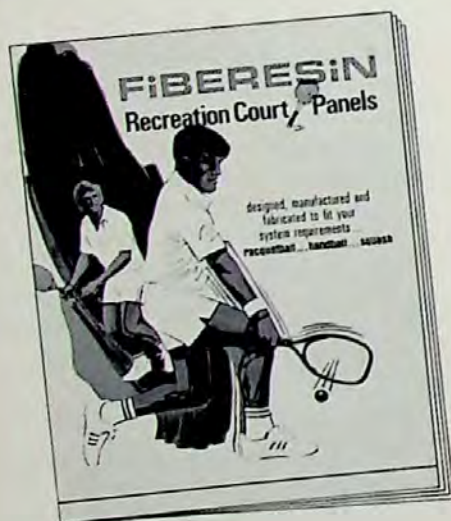
When two players of absolutely equal physical and mental skills enter a racquetball court, there will be only two factors which have a bearing on the outcome of the games they play. These factors are *luck* and *physical conditioning*. If both players stroke the ball equally well, if strategy and court knowledge is equal, if neither player is "psyched out" by the other, then only a freak ball, an accidental kill shot or perhaps a slick spot on the playing surface might make the difference in the score of the first game. This is the luck factor.

Luck, however, has a way of equalizing over a period of time. A far more important aspect, which will become evident as play continues, is *physical conditioning*. The player in superior condition will soon begin to dominate play. This will happen in spite of the similarities in skills and will make it appear that the highly conditioned athlete is far more skillful than his weaker opponent. This illusion is due to the former's ability to move to the ball quickly and execute properly, whereas his opponent is incapable of doing likewise because of a higher fatigue level.

When the poorly conditioned player begins a consistent and determined fitness program, his play will likely improve to the point that the only real factor having an influence on game scores will be this: Which player has the better conditioning program!

Train hard if you're serious

For all serious players hard training is a must. It should be undertaken correctly or much valuable time will be wasted by techniques which do not relate to racquetball, or by superfluous training. A training method should always be designed specifically for the demands that a particular sport places on the participant's body. Many trainees, however, fail to accurately recognize and analyze those demands, and thereby end up performing an exercise in frustration. As an example long distance running relates very poorly to actual court play but does give a player staying power and endurance over several consecutive games and matches. Conversely wind sprints relate very closely to actual court play but do not produce the type of endurance which long distance work builds. Thus it can be seen that long distance running alone is far from being



RACQUETBALL HANDBALL SQUASH

Planning, Designing, Building,
Specifying recreation courts?
This FREE brochure will prove
invaluable.

Describes the original genuine FIBERESIN® thermally fused, high density melamine-surfaced court panel . . . proven since 1970 in hundreds of Racquetball/Handball/Squash courts.

Protect your investment! Specify FIBERESIN, the experienced one. Call or write Chuck Hendrickson for complete data and literature.



FIBERESIN® Industries, Inc.
P. O. BOX 88, OCONOMOWOC WI 53066
PHONE 414/567-4427

the best method of training for racquetball, especially when it is done to the exclusion of wind sprints and other training techniques. This is true of any method which excludes other good conditioning procedures.

From the above paragraph it can be seen that correct performance of training exercises and proper balance among those exercises are essential for proper conditioning. It remains now to analyze and define the best conditioning activities and then put them to work in a properly balanced program.

To define the ultimate conditioning methods we must first take a look at the racquetball player from a strictly physiological standpoint and analyze his training needs. There are four basic components of conditioning for racquetball: (1) Aerobic training, (2) Anaerobic training, (3) Muscle strength training and (4) Muscle endurance training.

Aerobic training consists of exercises which tax the cardiovascular system of the body by demanding a constant supply of oxygen to the working muscles. Some of the positive effects that accrue are a more efficient heart, easier breathing and better blood supply to the muscles. Some examples of aerobic athletes are long distance runners, long distance bicyclists, distance swimmers and cross country skiers. Characteristic of well conditioned aerobic athletes is the ability to endure long, continuous bouts of moderate physical exertion and to recover quickly from those bouts. Racquetball is *not* a continuous bout of moderate physical exertion but rather a series of short, violent bursts. Therefore racquetball players can benefit from aerobic training only insofar as it helps to reduce fatigue over long, grueling games and matches.

Plan three aerobic sessions a week

For the racquetball player three half hour or forty-five minute aerobic exercise sessions per week will produce the ultimate in cardiovascular benefits as they relate to racquetball. Anything more is superfluous and will cut into training time which could better be used in anaerobic training, muscular endurance training or strength training. Your sessions may take the form of continuous running, swimming, bicycling or cross country skiing. There is but one requirement: The heart rate must be maintained at rates appropriate to your age. For people in good general physical condition who are 30 to 40, the figure is 140; under 30-150 is better; over 40-130 probably is adequate. This will insure a heavy enough work load for cardiovascular improvement to occur. To measure heart rate count the pulse for 10 seconds and multiply by 6 to obtain beats per minute. This should be done *immediately* after each session, because heart rate will decrease as aerobic fitness increases. When the heart rate drops below the recommended figure per minute during the work session, it will be necessary to increase the intensity of the work to bring the rate up and continue aerobic improvement.

Anaerobic training means without oxygen. An exercise such as sprinting is so demanding that it is impossible for the body to supply enough oxygen to the working muscles during the sprint. Racquetball is basically a series of anaerobic bursts around the court. Muscles can work for only very short periods of time without oxygen, however, and during those bursts where oxygen demand exceeds supply, the muscles form what is known as an *oxygen debt*. During the interval between the bursts oxygen must be furnished to the muscles to repay the debt or further bursts will be impossible. It becomes obvious that the best conditioned players can incur the greatest debt and repay that debt fastest during rest intervals. Anaerobic training produces this ability. Some of the best anaerobic training exercises are repetition all out sprints, repetition bicycle, sprinting and repetition swim sprints. A good method of anaerobic training is this: Sprint at full speed for

10 seconds. Rest until the heart rate drops to 120 beats per minute and then repeat the sprint. Continue this procedure until you have completed 20 sprints. Three sessions per week will be sufficient and will also be as much as most athletes can stand mentally, since this is extremely grueling exercise. Alternate your anaerobic and aerobic training days.

Muscle strength training. Muscular strength is important to the racquetball player, especially in the area of the hip and knee. These areas must constantly bend and support the weight of the body.

Without sufficient strength a player will try to execute his swing from the upright position rather than bend his hip and knee joints to stroke the ball properly. Weight training is the fastest way known to build strength. For the hip and knee areas the parallel squat with a barbell will quickly build and maintain a high level of strength. To perform this exercise support a barbell which weighs 50 pounds more than your own body weight across the shoulders behind the neck. Squat down until the top of your thigh is absolutely parallel to the floor and then return to an upright position. Repeat this exercise 20 times. Three squat sessions per week are sufficient.

Put Pullups in your schedule

For upper body strength 12 pullups three times and 15 parallel bar dips three times weekly are sufficient. Do all strength exercises on the same days as you do your aerobic training. If you are not capable of doing the exercises as described, then your strength may be inadequate for long, hard racquetball matches. Work diligently until you can perform them in the numbers suggested.

Muscle endurance training. Muscle endurance is the ability of muscles or muscle groups to repeat particular movements against resistance many times without fatigue. The more a particular movement can be repeated, the greater is the endurance of the muscle which performs that movement.

There are two ways to develop muscle endurance: (1) By strength training, as discussed previously. It is obvious that if a muscle is strong, each movement it

Fitness Component

Figure 1. The effects of Various Training Methods on the Four Fitness Components. Rating: Poor, Fair, Good, Excellent.

Training Activity	Aerobic Endurance	Anaerobic Endurance	Muscle Strength	Muscle Endurance
Bicycling uphill (at 10% grade for 1½ minutes. Repeat four times in 10 minutes)	Good	Good	Good	Excellent
Bicycle sprints (20 all out 10 second sprints based on a low pulse rate of 120 beats per minute)	Fair	Excellent	Excellent	Excellent
Long distance running (3 40-minute runs per week on alternate days)	Excellent	Poor	Fair	Fair
Long distance bicycling (3 40-minute rides per week on alternate days)	Excellent	Poor	Fair	Fair
Wind sprints (20 all out 10-second sprints based on a low pulse rate of 120 beats per minute)	Fair	Excellent	Good	Good
Weight training exercises	Poor	Poor	Excellent	Excellent

Figure 2. A suggested racquetball training program for the serious player. Asterisks indicate the days on which the individual should use a training method. All training should be performed as outlined in the text.

Training Method (as described in text of article)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bicycling uphill or exercise bicycling	*		*		*		rest & relax
Bicycle Sprints	*				*		
Long distance bicycling		*				*	
Long distance running				*			
Weight Training		*		*		*	
Wind sprints			*				
Racquetball (two hours)	*	*	*	*	*	*	

performs will be very easy and therefore it will be able to perform many more movements than a weaker muscle. Thus strength training is important to the development of muscle endurance. (2) By performing many movements against resistance. Two of the best muscle endurance exercises for racquetball are uphill bicycling, and parallel squatting, since both of these exercises have very strong effects on the muscles controlling the all-important knee and hip joints. Parallel squats, done as outlined under *strength training*, are excellent, but for maximum muscular endurance they should be such that the muscles involved completely fatigue after about one and a half minutes. Four muscle endurance bouts in a 10 minute period will be sufficient training for one day. This should be repeated three times weekly.

By combining several hours of racquetball each week with the techniques just described a player can develop tremendous fitness for racquetball playing. Figure 1 rates the effects of various training methods on the four fitness components. Figure 2 is a suggested weekly program for the serious-minded racquetball player.

Occasionally players ask, "Why not just play more racquetball to get in good condition?" The answer is this: when the body fatigues during racquetball play, this fatigue causes a failure to move to the ball, bend the knees and execute a proper swing. This means that the player will be practicing incorrect techniques which will be a detriment to his game. Also *hard* training is essential, and racquetball is only hard if players are equally matched. To be an excellent player you must train to play, not play to train.

Give the conditioning program suggested in figure 2 an eight week try. You'll be amazed at the improvement in your game. Good luck!! ●

The National Racquetball Championships

JUNE 17 THRU 24 AT
Sports Illustrated Court Club

Lemontree

BELLEVILLE, MICHIGAN

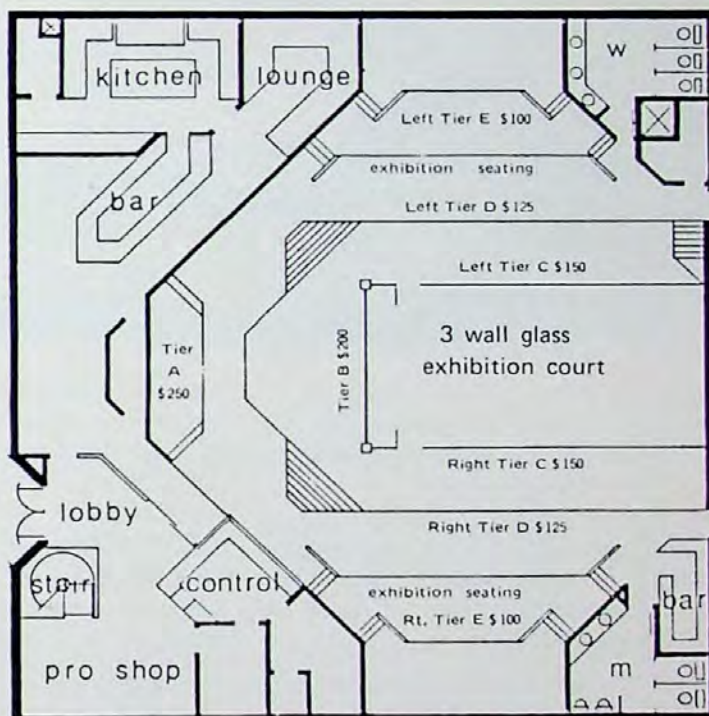
TICKET INFORMATION 8-DAY PACKAGE

- Reserved seat for 8 days around the Glass Exhibition Court
- One complimentary mixed drink each evening
- Admission to mid week lakeside party for players and ticket holders only
- Souvenirs of the tournament
- Complimentary program

The demand for tickets has been tremendous. Over 100 have been pre-sold. Send check and your seat selection with the coupon below to:

Grace McNamee
SICC Corporate Offices
26300 Telegraph Road
Southfield, MI 48034

For further information call (313) 358-0030.



PRICE STRUCTURE (Glass Exhibition Court only)

Tier A.....	\$250/ea.....	(VIP Seating)
		includes private hostess for beverage service and plush seating (32 available)
Tier B.....	\$200/ea.....	(60 available)
Left Tier C.....	\$150/ea.....	(65 available)
Right Tier C.....	\$150/ea.....	(65 available)
Left Tier D.....	\$125/ea.....	(55 available)
Right Tier D.....	\$125/ea.....	(55 available)
Left Tier E.....	\$100/ea.....	(40 available)
Right Tier E.....	\$100/ea.....	(40 available)

General Admission prices are \$5/day Saturday, June 17 thru Wednesday, June 21 and \$10/day Thursday, June 22 thru Saturday, June 24.

Entitles holder to standing room for Glass Exhibition Court, Balcony viewing on all other courts, and seated viewing on Four Back Glass Wall Courts.

I have enclosed a check in the amount of \$_____ for _____

of tickets _____ in _____ section

of tickets _____ in _____ section

Please send to

Name _____

Address _____

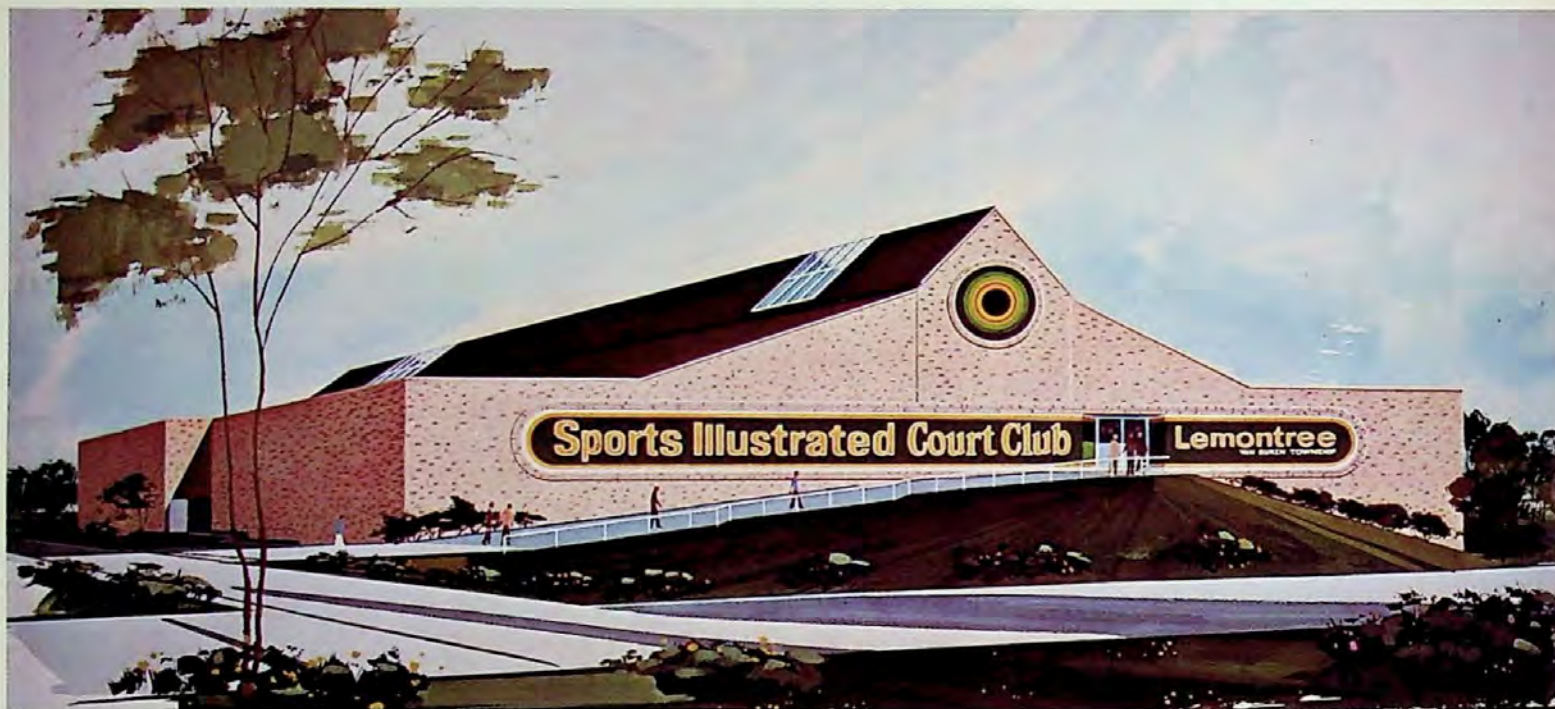
City _____ State _____ Zip _____

PHONE NO.: Home _____ Work _____

MAKE CHECKS PAYABLE TO: "1978 Nationals"

*If requested tickets are not available, we reserve the right to substitute the next lesser priced available tickets, the cost difference will be refunded. Sorry, but reservations can only be guaranteed upon receipt of your remittance.

Super Masters, Women Seniors Added To Nationals



The 1978 National Championships coming up June 17-24 in Belleville, MI, will highlight two new age brackets and four new divisions of play.

The new categories are Super Masters for men aged 65 and over, and Women Seniors for ladies aged 35 and over. Play will be held in singles and doubles for both divisions.

"We are extremely happy to be able to include these new events," said USRA National Commissioner Joe Ardito. "It is important that we continue to give as many racquetball players as possible a chance to test their skills in competition."

The Nationals, to be held at the brand new Sports Illustrated Court Club just outside Detroit, will be the biggest Nationals ever, according to advance estimates.

The tournament will be highlighted hospitality-wise by the annual USRA awards banquet along with many special events.

"We're looking forward to putting on the finest racquetball tournament in history," said Tournament Coordinator Gil Schmitt. "Everything that the player could possibly want over the eight days will be available."

The Sports Illustrated club, which features a three wall glass court that doubles as a disco, seats over 600 on the championship court.

The property known as Lemon Tree, an apartment/condominium/office complex, is adjacent to the club and features everything from swimming, golf and boating to barbeques and beaches.

A separate hospitality area will be set up in a huge tent just outside the club, to accommodate the expected 500 plus participants.

"When tickets go on sale, we expect them to last less than four weeks," said Schmitt, whose staff has been preparing for the event for months. "There isn't a bad seat in the house."

Tournament headquarters will be the Ramada Inn, 8270 Wickham Rd., Romulus, Mich., (313) 729-6300. Contact Jim LaBadie. One hundred and fifty rooms have been set aside for racquetballers, but just in case, overflow arrangements have been made with three nearby hotels, the Host International, Briarwood Hilton and Airport Hilton.

The fact that this is the first time the National Championships have been held in the central portion of the U.S. since the inception of pro racquetball is a challenging one to Schmitt, a former Michigan state racquetball champion.

"We want to prove to the racquetball world that the midwest is capable of hosting the absolute best in racquetball events," he said. "San Diego was great each of the last two years, but we intend to be better." ●

OFFICIAL ENTRY

Colgate Men & Women's 1977-78 National Pro-Am Racquetball Championships Co-Sponsored By Seamco/Leach

June 17-24, 1978
Belleville, Michigan

- Site:** SPORTS ILLUSTRATED COURT CLUB, LEMONTREE 49345 South I-94 Service Drive, Belleville, Michigan 48111, Phone (313) 699-0900
- Dates:** June 17-24, 1978
- Entry Fee:** \$50 in professional events, \$25 per person for first amateur event. If player enters second amateur event, add \$15.
- Entry Deadline:** *In our possession by 6:00 PM Thursday, June 1, 1978. Prescribed fee must accompany entry form. Entries received after the deadline, unsigned or without entry fee, will not be accepted. No phone entries will be accepted!*
- Sanction:** By National Racquetball Club (NRC) and United States Racquetball Association (USRA)
- Official Ball:** Seamco 559 (Green) in all professional events;
Seamco 558 (Black) in all amateur events.
- Eligibility and Rules:** All entrants must be current USRA members. Memberships will be available at tournament registration. Current USRA/NRC rules will govern all play. If two events are entered, players may have to play back to back matches. *Limit: 2 events maximum per player.*
- Awards:** \$30,000 total prize money in professional events. Awards to just four places in amateur events.
- Starting Times:** For starting times, please call (313)-697-6600 on June 12, 1978.
- Mail Entries:** To Gil Schmitt, c/o Sports Illustrated Court Clubs, 49345 South I-94 Service Drive, Belleville, Michigan 48111.
- Checks:** Should be made payable to SPORTS ILLUSTRATED COURT CLUBS, LEMONTREE

Tournament Headquarters: RAMADA INN, 8270 Wickham Road, Romulus, Michigan; (313) 729-6300; contact Jim LaBadie. Overflow accommodations will be referred to the following:
BRIARWOOD HILTON, State Street and I-94, Ann Arbor, Michigan 48104; (313) 761-7800
or HOST INTERNATIONAL, Detroit Metropolitan Airport 48242; (800) 237-2543.

Please enter me in:

- | | | |
|---|---|---|
| ☐ Men's Pro Singles | ☐ Women's Pro Singles | ☐ Men's Open Doubles |
| ☐ Men's Open Singles | ☐ Women's Open Singles | ☐ Men's Senior Doubles |
| ☐ Men's Senior Singles (35+) | ☐ Women's Senior Singles (35+) | ☐ Men's Masters Doubles |
| ☐ Men's Masters Singles (45+) | ☐ Women's Open Doubles | ☐ Men's Golden Masters Doubles |
| ☐ Men's Golden Masters Singles (55+) | ☐ Women's Senior Doubles | ☐ Men's Super Masters Doubles |
| ☐ Men's Super Masters Singles (65+) | | |

Note: A minimum of 8 entrants or teams is needed for a division of play to occur. If 8 are not reached, then those players will automatically be placed in the next younger age group.

Waivers: I understand that it is your intention to have my participation hereunder recorded on videotape for presentation on television and elsewhere, and I expressly agree that you shall have the unlimited right and authority to use and exploit your coverage of the series, the videotape, and any and all forms of reproduction thereof in any and all media in perpetuity in whatever manner, and by whatever means, and wherever you may desire, without any obligation to pay any monies to me except as hereinabove expressly provided. Such recordings shall, without limitations, be the sole property of NRC/USRA to deal with, broadcast, sell, license, rent, exhibit, and otherwise use to reuse in whole or in part as the NRC/USRA see fit.

I further understand and agree that if I should reach the quarter-final, semi-final, or final round match in either professional division, I will wear a shirt bearing the name of the official tournament sponsors as provided at the tournament, or a reasonable facsimile approved by NRC/USRA.

I hereby, for myself and my agents, waive and release any and all rights and claims for damages I may have against Sports Illustrated Court Clubs, Inc., the U.S. Racquetball Association, the National Racquetball Club and any of their agents, for any and all injuries received by me in connection with this tournament.

(Signature) _____

Name _____ Age _____ Club _____

Address _____ Phone _____

Signature _____

Doubles Partner _____ Age _____ Club _____

Address _____ Phone _____
(Street) (City) (State Zip)

Signature _____

Upcoming Events

Kunnan /Leach To Host Tournament of Champions

The Kunnan Lo Corporation of the Republic of China, the world's largest racquetball racquet manufacturer, will co-sponsor with Leach Industries of San Diego, the Kunnan/Leach Tournament of Champions May 11-14.

The tournament will feature \$20,000 in prize money and will be played at King's Racquetball Court in Westminster, CA. First place will be worth \$7,500, the largest single prize in racquetball's history.

Twelve touring professionals will compete in an unusual format that is actually a double elimination tournament of sorts.

In the first round the top four ranked players will receive byes, with players five through eight meeting nine through 12.

The second round will pit first round winners against the top four, while the losers have a round off. The winners of

this second round each receive \$500, while the losers get ready to play the first round losers in the third round.

The losers of this round are then eliminated and their prize money is what they came in with - zero. The winners are awarded \$500 each and move on to play the second round winners.

Each winner of this round (the equivalent of the quarter-finals in a normal tournament) receives \$1,000 while the losers take the next bus home.

The four winners then play in the semi-finals, with winners cashing \$2,000 checks each, and the losers packing their bags.

The last two winners play in the championship match in a winner-take-all \$4,000 first place match.

"The concept has two key

ingredients," said Charlie Drake, president of Leach Industries and the man who put the tournament together. *"First it truly tests the top four to prove they are the top four before prize money is dished out. Second the winner-take-all matches each round will heighten the interest."*

Players will be selected from the top 16 ranked professionals and the tournament is sanctioned by the National Racquetball Club, with the official ball the same as on the pro tour - the Seamco 559.

One of the highlights of the tournament will be the appearance of Mr. Kunnan Lo, who will personally present the prize money awards in the championship matches.

"It's going to be a superb event," said Drake. *"Another important factor is that it is the last tournament prior to the Nationals, so all the players will be at their best."* ●

Upcoming Events

Age Clarification Made For National Juniors

Due to the increasing number of inquiries the USRA has announced that all players who qualify for the National Juniors championships will participate in the age category in which they played the Regional championships.

This means that if a player won a trip at any USRA Regional, or if a player receives an at-large invitation, he or she will be eligible for the Nationals in the age category that was correct in the Regionals.

"A number of players will advance beyond their age group in the time between the Regionals and Nationals," said Terry Fancher, USRA national coordinator. *"We don't want to be in a position of taking free trips away from the kids because of scheduling difficulties."*

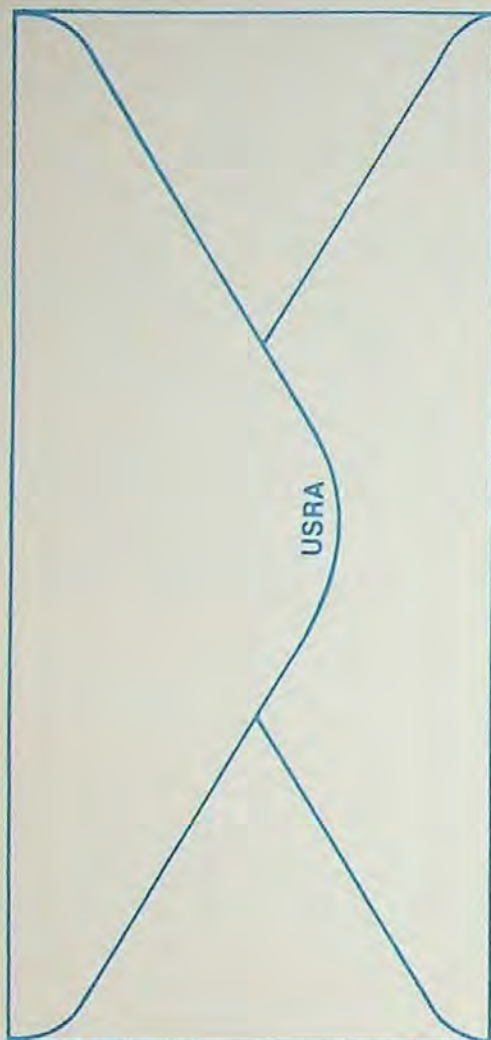
Any player who is not sure of his or her age category is encouraged to call Terry Fancher at USRA headquarters.

The Nationals, which will be Aug. 1-6 at King of Prussia Racquetball Club in

suburban Philadelphia, will play host to the top 80 junior racquetball players in the nation.

"We're looking forward to the tournament as the highlight of our season," said owner Jim Pruitt. *"We think the Juniors are going to have a ball."*

Further information, including hotel arrangements will be announced in upcoming issues of *National Racquetball*. ●



TV Tournament Good Second Time Around

Dear Mr. Kendler:

On Saturday evening, January 28, Channel 50 of our local PBS Station rebroadcast your Colgate Pro-Am Tournament finals from King's Racquetball Court in Westminster, CA. The program was excellent.

I wish to add my thanks to the many you have already received. Many of my friends have seen this sporting event and have been singing its praises.

Those of us who enjoy racquetball so much are thankful for a man like yourself who has been so involved and so helpful in the evolution of the sport.

Again, thank you so much!

E. O. Rodeffer
Newport Beach, CA.

Building a Low-Cost Club

Dear Mr. Leve:

I, like many thousands of others, have become infected by racquetball. I have played many, many sports, but have found none the equal of racquetball for competition, exercise, relief from tension or just plain fun.

My problem is that racquetball is becoming a city sport and primarily a large city sport. I have to drive 50 miles to Louisville or 75 to Cincinnati to play. I feel that for the sport to become more recognizable, it must become available to all the people.

Let me throw this idea at you for your comments and perhaps help in getting it started.

I'm proposing that in small towns such as ours, a very spartan facility could be built from a concrete block building, with poured concrete (painted) flooring. A composition front wall would be installed, but the other three walls would be plain concrete block. The ceiling would be $\frac{3}{4}$ " plywood with recessed lights. For "frills," we would have men and women's lockers with showers; again very spartan. From very preliminary cost estimates, a four court facility could be built for about \$50,000 (land not included) — a long way from the cost of present facilities.

My membership plan is very simple in that I sell all members a key to the facility for \$25.00. For the key, they must guarantee me one hour of play per month. There would generally be no employees at the facility and the lights would be coin operated (6.00/hr.-prime, 4.00/hr. non-prime). The keys would be numbered to prevent play from non-members.

There are other details, but you have the basic concept. Now-is it being done like this anywhere else? Can you lend some assistance for inexpensive, but acceptable construction?

I certainly thank-you for your time and any help would certainly be appreciated.

Jerry Freeman
Madison, Indiana

Check February's *Court Club* section for the story of an inexpensive conversion in Vermont.

To answer your question about building your own new facility, we checked with *Court Club Enterprises* President Mort Leve, an expert in advising people about building racquetball centers.

Leve says a key operation is a "very loose way to go because the place isn't maintained properly and the person who puts up the club has no control over its operation. I've seen \$50,000, one-court operations, and they don't work."

Leve suggests that for \$80,000 up front you could put up a quarter million dollar facility consisting of four courts, pro shop, a place where juices are available and a health/exercise room. He says you should start with a feasibility study, checking to see how many prospective members you might draw and how many courts you should build. Then "go to the city fathers to sell them on the idea of your leasing city land at a minimum price to build a private community center with a health program that would benefit all the citizens."

Leve notes that in Monroe, Wis., with a population of 23,000 in the whole county, a court facility with its own restaurant is drawing players who got tired of driving 45 miles to Madison (Wis.). Another trend Leve observes is the combination fast food restaurant/racquetball club. It's being done in the Pacific northwest with restaurants called "Business as Usual" providing glass backwalled courts where people can watch players who are knocking off the calories they'd just put on as restaurant patrons. —ED.

See What You Think of a Spotted Ball

Dear Chuck:

One of Timothy Gallwey's major points in the *Inner Game of Tennis* is concentration. He suggests focusing your vision on the seams of the ball and watching the seams as they twist and turn. In racquetball we don't have anything as subtle as that to focus on, except for a new ball's label, which lasts about 10 minutes.

Today I experimented with a ball on which I painted a spot about the size of a dime in the exact center with some yellow enamel (I put center of the mark where the ball is extruded.) I had some very interesting results. I found myself focusing on the ball much better because I was concentrating on the spot and watching what the spot was doing.

I would like to suggest to your readers that they try this also and see what they think of this idea. Another paint that the ball would absorb would be better because the enamel lasted only about a game and a half.

With racquetball in its infant stages all ideas that help improve the game should be entertained. This is probably not the perfect idea for helping the "ball" game, but ideas breed ideas and eventually we will have the perfect end result.

Don Jellison
Manchester, TX

Glad Women Pros Aren't Snobs

Gentlemen:

Getting to meet the women pros and see them play in Omaha was well worth going to this tournament. They make it look so easy! I have two pages of notes on ways to improve my game after watching them play. I hope it helps.

I was happy to see that we don't have snobs in our pro ranks, except the usual one or two. Peggy Steding was very friendly and kind to my daughter, who thinks Peg is the tops. It is very encouraging to an amateur player to receive recognition and/or advice from a pro.

All in all, it was a spectacular tournament. Thank you for bringing the pros to so many of us, who would otherwise never have the opportunity to see them play in person.

Linda Phebus
Kansas City, MO

Less Grab in Women's Section, Please

Dear Sirs:

We all appreciate the expanded women's section in your magazine. But would appreciate it more if it were geared to women and not men.

After a week of watching the male members of our club drool and grab over Adrienne Barbeau and your Miss America "Hopeful" I feel you need to know that warmups cut to the navel, satin gym shorts and girls with big boobs are great for the guys, but hold little interest for women. Your instructional tips and coverage of the pros are great, but, please, skip the frills.

Andrea Ray,
Overland Park, KS

The fact that the male members of your club found—in the same issue—two women to drool over was a coincidence. Adrienne Barbeau and Susan Hollman's grab-inspiring appearances are secondary to the reasons they were featured in our January issue. Adrienne was part of a series on well-known people playing racquetball. (Celebrity players include Actor Dustin Hoffman, Pulitzer Prize Winning Author Saul Bellow and other men and women we hope to feature in the future.) Adrienne was not a part of the Women in Racquetball section but Susan was. Susan also was part of another series—this one on interesting women who play and love racquetball. That's the only criterion for our Who's Playing Racquetball? series, which also has described the jobs and racquetball games of a sheriff, a nuclear scientist, a nurse, a lawyer and a college professor. —ED.

Where to Get Inside

Dear Gentlemen:

I just received the book, *Inside Racquetball for Women*, you kindly sent me. I have read through the whole thing and I feel it will be an excellent teaching aid to all women racquetball players learning the game. Jean Sauser and Arthur Shay did an excellent job putting it together. I'm sure I'll be able to use the ideas from this book to improve my ladies clinic leagues here at Santana Courts. Thanks again for sending the book.

Ruth Knudsen McGovern
Santa Ana, CA

P.S. I've had several ladies express an interest in obtaining this book. I would appreciate some information on where it may be purchased or ordered. Thank you!

Contemporary Books, the publisher, has distributed Inside Racquetball to book stores and court clubs around the country. You also can order the book by sending \$4.95 plus 35 cents for shipping and mailing (and sales tax—6 per cent in California, 5 per cent in Illinois) to Contemporary Books, 180 N. Michigan Ave., Chicago, IL 60601. Attn: Karen Stein. The hardcover sells for \$7.95, and would cost more for shipping and mailing. Write to Karen for prices on more than one copy. —ED.

"Raggedball" Story Gets Onions...

Dear Editor:

I am saddened to see the trend developing in your magazine concerning the projected image of racquetball. As a sport you are making it appear to be struggling like a child with an identity crisis. You compare it to other established sports which were developed, played, and promoted by upper middle class interests. Racquetball is not tennis, it is not golf; it is its own unique sport. It does not have the elitist atmosphere of these sports, it is a common man's sport.

Is it that important to the growth of this game that we "Raggedballers" don't wear Cardin clothes, carry Gucci bags or wear the most expensive shoes? One of the joys of beginning racquetball is not having to make an outlandish investment in acceptable apparel. As a person becomes more involved with the sport, they seem to naturally develop better clothing habits. Instead of trying to force these changes, let racquetball develop at its own pace. As more people take an interest in appearance, peer pressure will bring about these changes.

Please, in fairness to this great, but young, sport let it grow up from childhood to adulthood without the parental insistence that the sport act like an adult.

Chas Prior
Richardson, TX

Dear Sirs:

I'm writing in regard to the article by James H. Rutz entitled "Welcome to Raggedball." I work at the King's Court Racquetball Club in Roseville and I have the opportunity to view a whole barrage of sportswear. I must admit that some of the outfits aren't too becoming or even flattering to the participants who wear them; however racquetball is not a style show. It's a game of fun and exercise that is enjoyed by all, not just the wealthy.

My quarrel with the article is that I feel one of the reasons tennis might be dwindling is because no one except the high class mucky-mucks can afford the stylish attire of the game. If being in the latest fashion and dazzling your opponent with a spectacular color coordinated garment is what racquetball is all about, then people might as well dress in their Easter Sunday apparel and play parlor games in the Oval Room.

Meg Sander
St. Paul, MN

To Chuck Leve, James H. Rutz, et al:

I don't really expect your ego to tolerate the publication of this letter, but I'm sending it at any rate because it needs to be said. You, and those who think similarly, are making a profound mistake which could easily send racquetball sliding down the very same skids which tennis has so well greased for itself. Specifically I'm talking about your lemming-like, "fashion-conscious" beratement of those who choose to not dress up in Gucci shoes or Yves St. Laurent shorts simply to exercise, have fun and otherwise work up a good sweat and stink. This may be too low class for you, but I, and many

like me, do not choose to feed my ego by resorting to oneupmanship or snobbery in this manner. My abilities on the court should speak for themselves. To resort to outdressing one's opponent or someone else is to detract from one of the greatest attractions racquetball has.

Fashion usually sacrifices function and I prefer function. Very infrequently do I see women in dresses. Normally they wear apparel like the men's, namely the old standby athletic short. It may not be fashionable, but it sure is functional. Now that women are growing more aware that they need not fall into the stereotypical trap of being "ladylike" to be feminine, they are starting to relax, grow more fully human and pay less attention to what others think is fashionable.

If you think racquetball needs to become fashionable to gain more respect, more sponsorship and a marketable image, think again. Racquetball does not need an image like tennis. It does not need to even compare itself with that sport. It needs its own image. Unless those like you ruin it, it lacks the snobbishness, the fashionable uppityness, the elitism that sports like tennis exude. Just why do you think sports like football, baseball and basketball are so popular? Do you think it is because their players are more fashionable? Not quite. It is because they attract the greatest number, the casual middle class. If you'd rather be fashionable while exercising, go play tennis or golf.

Thomas M. Lester
Bethesda, MD

Dear Mr. Rutz:

You are an impressive writer, enjoyable to read, and I am touched by your concern for the "image" of racquetball players. However you entirely miss the purpose of racquetball by begrudging the admittedly less-than-perfect attire of its participants.

Racquetball was, and is, intended to be a fun sport, offering health and enjoyment to those who may not appreciate the frivolous fashion show of modern tennis. True, faded sweat shirts and cut off shorts are inappropriate for television coverage, but how many times do either of us appear on TV? That is certainly the exception rather than the rule.

Let's leave the Pierre Cardin set at Wimbledon and concentrate on developing our skills at this fascinating, informal game. Most of all let's have a good time, knowing that our opponents are sizing up our service and not merely the price tag on our shorts.

Dave Marshall
Lexington, KY

P.S. Skateboarders have feelings too!

.....

... And Orchids

Dear Mr. Kendler:

I'd like to compliment Jim Rutz on the feature article in January's issue "Welcome to Raggedball."

It has long been my feeling that bad manners in competition has been allowed to go too far. It spoils the name of the sport, takes away from the well-behaved opponent and belittles the true athletic ability of its beholder.

Although there could be more emphasis in the rules to keep poor manners in check, I feel in any sport it is the responsibility of the official to enforce control of the participants and spectators.

As far as clothes are concerned, they don't make the person, but appearance has an effect on mannerisms.

Let's take athletics away from the animals by giving respect, dignity and courtesy to all involved.

Shirley Holstad
Tillamook, OR

Dear Mr. Rutz:

I was delighted to read where *National Racquetball* was becoming a monthly publication. I have always looked forward to receiving the new issues.

I have been exposed to the racquetball atmosphere for less than a year and I must confess that the pleasant, wholesome athletic atmosphere really convinced me that this is a family sport, one in which I have no fears of including my family and friends.

Your article in the January 1978 edition of *National Racquetball* is very well taken. Racquetball has no place for shabbily dressed, provocatively dressed, boozed up or swearing individuals. Admitting such will destroy the class associated with this great sport.

A. W. Sue
South Charleston, WV.

.....

... As Well as a Defense of Wrestling

Greetings:

Please convey to Jim Rutz a revelation of a severe lack of knowledge in his article, "Welcome to Raggedball." Most of the article was great. So great I'll wash my socks. However I am appalled by his allegation that wrestling is low brow. Surely he is aware that there is a vast, vast difference in real wrestling and what is called wrestling on television. Intercollegiate Folkstyle and international Freestyle wrestling are as varied as chess, though considerably more strenuous and are a beautiful combination of artistry, strategy and physical conditioning. "Pro Wrestling" is a show, classified loosely as entertainment by some, which bears little resemblance to any real sport.

Again, however, let me say that I agree wholeheartedly with all of the rest of the article. Continue to do your usual great job with the magazine.

L. V. Peverill
Miles, IA

Recreation Majors Look to Racquetball

Dear Mr. Kendler:

We are recreation majors at Central Missouri State University, and are interested in the growing sport of racquetball. We will both be graduating in August of this year and would like to be employed in some phase of the racquetball field.

Could you advise us of further names or opportunities in the field, and send us any further information you might have. We are especially interested in working in the central or midwest states.

Thank you very much for your sincere time and effort.

Debbie Case and Lori Straub
Warrensburg, MO

More and more women are serving as pros, managers and assistant pros and managers in court clubs around the country. We will be happy to let you know about clubs in areas where you'd like to work.—ED

THE FASTEST GROWING BUSINESS INTERNATIONALLY . . .

Handball/Racquetball Court Clubs
Regional Seminars Covering All
Aspects Of This Tremendously
Viable Enterprise

Now available-Needed "Tools"
New Seminar

Report Booklet — \$10 ☐

40-Minute Tape Cassette —
Feasibility of Court Clubs
— \$10 ☐

\$100 per person covers
full package — Friday &
Saturday seminar and
reserved lunch.



312 272-4508

Further details, mail to:

Mort Leve, Executive Director,
Court Club Enterprises
360 Park Drive, Northbrook, IL 60062

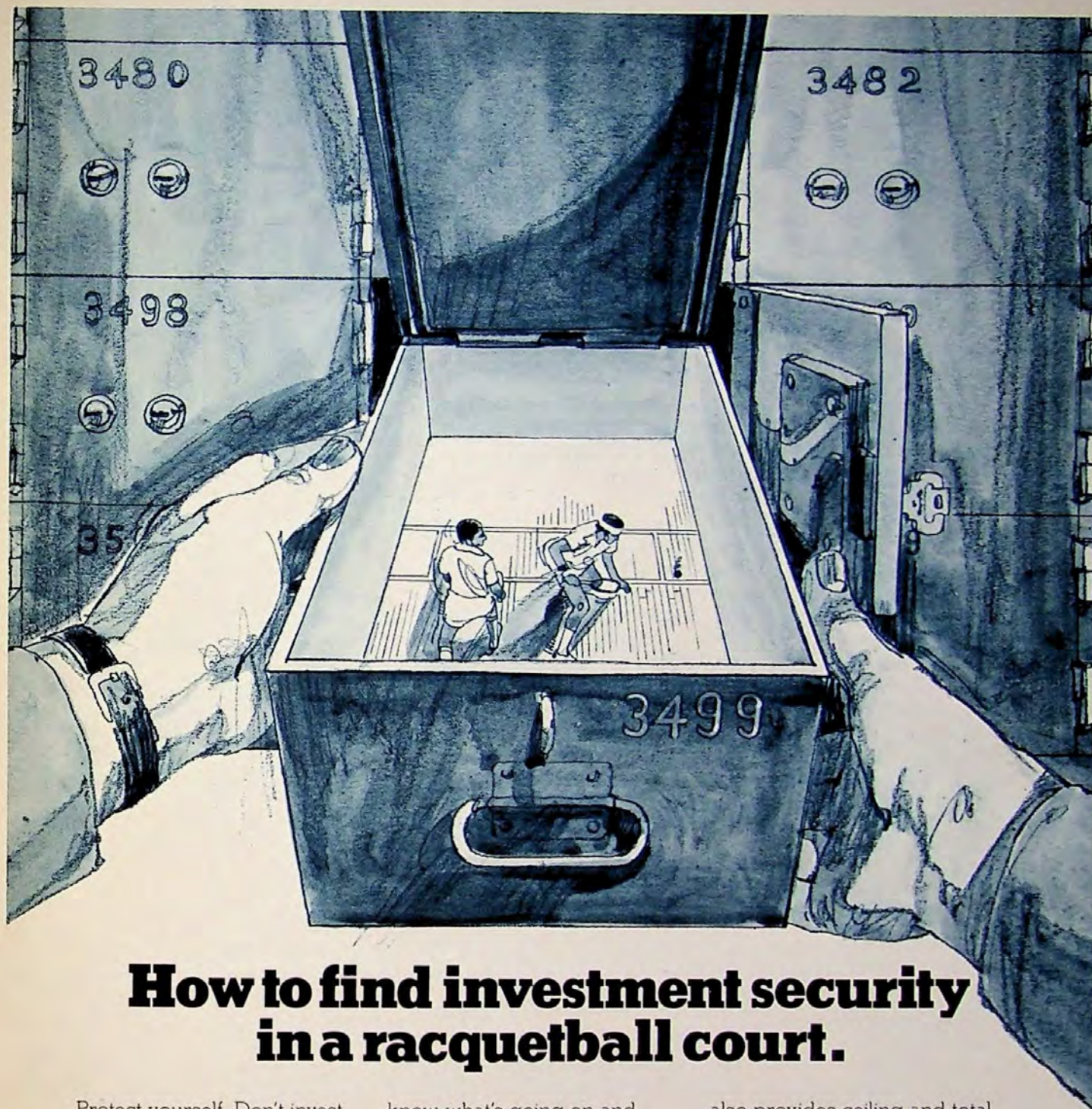
April 15 — Boston
Logan Airport Hilton

April 29 — Pittsburgh
Sheraton Inn Airport

May 5-6 — St. Louis
Marriott Airport

May 26-27 —
Washington, D.C.
Marriott Crystal City, 1999
Jefferson Davis Highway,
Arlington, VA.

June 9-10 — New Orleans
Airport Hilton Inn



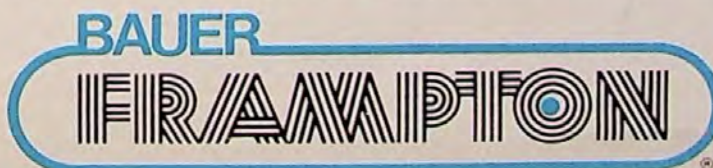
How to find investment security in a racquetball court.

Protect yourself. Don't invest in racquetball construction which may cost less today but which falls apart in a year or so. Talk to us. We provide complete consultation services, answer all your questions and help you plan your investment so you and your partners

know what's going on and what to expect every step of the way.

Best of all, Bauer Frampton offers the world's premier court system, built with famous Frampton F-62-SP court panels and nationally recognized SkillCourt floors. Bauer Frampton

also provides ceiling and total lighting and glass capability. You can find investment security and high profit return from your racquetball courts when you let Bauer Frampton build your courts and help plan your project. Call or write for complete information.



J. Bauer Corporation • 10807 Lyndon Avenue • Detroit, Michigan 48238 • (313) 935-3400



Reach For The Stars . . .

. . . Or maybe that should read, "*The Stars Reach For Racquetball*." The truth is that more and more Hollywood celebrities are taking up racquetball to keep themselves in shape for their acting roles.

Our January, 1978 issue featured actress Adrienne Barbeau playing racquetball and the reasons why. Recently you probably saw Ms. Barbeau compete with actor Donny Most from the "Happy Days" ABC series in a CBS "Challenge of the Celebrity Sexes" segment.

The more we delve into the world of stardom, the more we find the beautiful people taking up racquetball. The excellent health benefits, coupled with the emotional release that accompanies a good workout, provides ample reason for taking up the sport.

"A week doesn't pass that I don't hear about another celebrity playing racquetball," said Nick Longhurst, our west coast editor and writer of the Barbeau article.

"In fact," says Nick, "many of them are getting into the club business, as well."

Wayne Rogers, another well-known actor, who graced the pages of *National Racquetball* (September, 1977), is an investor in a chain of west coast facilities. We now hear that Donny and Marie Osmond are building a club in Utah and other stars are seriously looking at racquetball from the business as well as playful aspects.

Aside from the fact that motion picture and television personalities give us good reason to periodically have famous faces on the cover of *National Racquetball*, the upswing in celebrity racquetball holds significantly more importance to the sport in general.

Primarily the celebrities (some more for instances are Lee Majors, Al Pacino, James Caan, David Janssen and Dustin Hoffman) give racquetball instant credibility, or at least additional credibility.

We sometimes tend to forget that the New York-based national media haven't got the word yet as to racquetball's past and impending popularity, mainly because New York seems to be the last virgin racquetball area. It's another case of since they don't know too much about it, it couldn't be very important.

But when the stars do it, it becomes important because it becomes a potentially profitable promotion in one way or another. Celebrities help shape many of the social habits of this country — tennis being the most recent example.

The fact that these celebrities are not only playing racquetball, but also are *investing* in racquetball, adds further to the credibility of the sport. In today's

age of business agents and financial advisors for all celebrities it can be assumed that their investment in racquetball comes after some extensive research.

The next step logically seems to be a celebrity or pro/celebrity tournament of sorts. Don't be surprised if news of such an event is forthcoming in these pages.

The celebrity world can do much to enhance the growth of racquetball. The gospel will be spread much faster as a result of celebrity participation. More people will be exposed to racquetball, just to see what the celebrities are doing.

And it's not a ruse. The facts are that well known celebrities (sports and politics as well as actors and actresses) are joining the ranks of racquetballers.

Nobody has pressured any celebrity to play the game. Racquetball has attracted celebrities for the same reason it draws all of us — because of the healthful benefits to be derived. And that's the way it should be. ●



named "official" for racquetball

Champion GLOVE MFG. CO.
2200 E. OVID DES MOINES, IOWA 50313

The National Racquetball Club made the choice. Yes, the pro's selected Champion's Model 610 as the "official glove" because of design and superior performance. Soft, thin deerskin palm . . . double thickness terry cloth back, wrap-around Velcro wrist strap, Helanca stretch design . . . are all preferred features. That's why amateur, as well as professional, racquetball players like the Champion Model 610 glove. At your YMCA, Racquetball Club or Sporting Goods Dealer.

A LOT OF WOMEN WILL TAKE US TO COURT BECAUSE OF THIS.

Racquetball is the fastest growing sport in the world.

And an estimated 40% of the players are women.

**EXHIBIT
A**

Yet no one has come up with a glass-filled racquet designed especially for them.

Until now.

Leach introduces the Lady Swinger, the sport's first glass-filled racquet for women.

The Lady Swinger is a racquet dedicated to the proposition that women are every bit as serious on the court as men.

It's a natural competitor.

We've modified the basic teardrop shape to turn the entire string area into one big sweet spot, for more accuracy.

It weighs in at under 250 grams, making it easier to swing.

And the Lady Swinger's narrow-throat design and comfortable 4" grip put a stop to rotational torque on occasional miss-hits around the edge. So it's easier to control.

It's a superb price competitor too, with a suggested retail under \$20.00.

That's right. The first women's racquet for under \$20.00.

And backed by a full one-year guarantee covering both strings and frame.

The Lady Swinger. It's a great new racquet from the company amateurs and pros alike have been taking to court for years. And winning with. We rest our case.



NUMBER ONE BY DESIGN



5567 Kearny Villa Road, San Diego, CA 92123